

Issue 02 2020

# IQRA.



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## CNS

CENTER FOR  
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**UNDERSTANDING THE CORONA  
VIRUS DISEASE 2019**

(COVID-19): A PANDEMIC OF  
THE 21ST CENTURY

**DIGITIZATION OF  
CURRICULAR TRANSMISSION  
AMIDST COVID-19 LOCKDOWN:**

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**PREPAREDNESS & RESPONSE IN  
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A BETTER WORLD”



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# Read.\*

Read in the name of thy Sustainer,  
Who has created man out of a germ-cell!  
Read - for thy Sustainer is the Most Bountiful One  
Who has taught [man] the use of the pen  
Taught man what he did not know!

- HOLY QURAN 96: 1-5

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'Iqra' is the first revealed word of Holy Quran (96:1-5); which means proclaim or read.



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# CHANCELLOR'S LETTER



**Y. ABDULLA KUNHI**  
CHANCELLOR, YENEPLOYA  
(DEEMED TO BE UNIVERSITY)

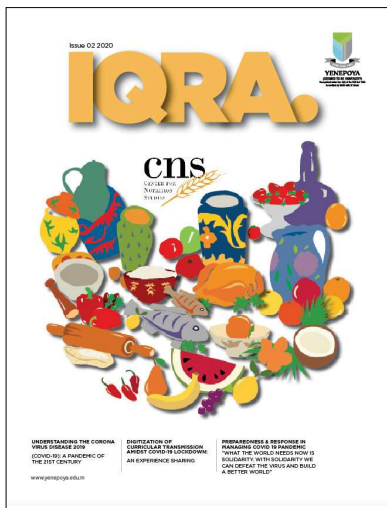
## **C-19 PANDEMIC AND THE TRIALS AND TRIBUNALS-PART-II**

Yenepoya continues to support the fight against the C-19 pandemic actively. The patients checking in at our gate go through the Triage counter and are directed, as required, to the emergency or OPD or the isolation ward. This screening helps in identifying each check-in patient and seamlessly taking care of the requirements on a case to case basis, without delay. As part of the fight against the pandemic, we are training healthcare workers to handle the situation at the grass root level, professionally and safely.

Some good news in these testing times-I am delighted to announce the listing of Yenepoya among the top global universities in impact rankings. For further details you may read the article on this subject. All I would like to add is that this could not have been achieved without the dedication of the Yenepoya team under the able guidance of the leadership and other stake holders. Let us continue our efforts towards making a safe and healthy environment for all.

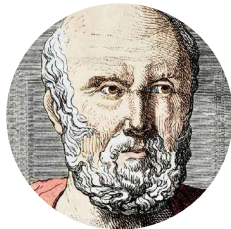
A handwritten signature in blue ink, appearing to read 'Y. Abdulla Kunhi', with a horizontal line underneath.





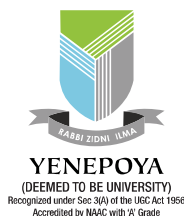
**HAVE A HEART THAT NEVER HARDENS, A TEMPER THAT NEVER TIRES, A TOUCH THAT NEVER HURTS**

Charles Dickens



**WHENEVER A DOCTOR CANNOT DO GOOD, HE MUST BE KEPT FROM DOING HARM**

Hippocrates



#### ISSUE TWO 2020

Iqra is the magazine of Yenepoya (Deemed to be University.) 'Iqra' is the first revealed word of Holy Quran (96:1-5); which means proclaim or read.

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# WELCOME NOTE



**Dr M Vijayakumar**  
Vice Chancellor

## **YENEPOYA HIT'S THE GLOBAL TOP 500 TIMES HIGHER EDUCATION RANKING'S**

Yenepoya (Deemed to be University) is featured, for the first time, in the Global Top 500 TIMES HIGHER EDUCATION (THE) Impact rankings from India. The Impact rankings are the only global performance tables that assess universities against United Nations Sustainable Development Goals (SDGs).

The UN SDG's were established in 2015 in order to tackle some of the biggest global challenges up to 2030. These goals focus on a number of issues including improving the gender equality, tackling poverty, providing better healthcare, providing education to all and encouraging economic growth. Yenepoya, by providing evidence on how these goals were being incorporated into our governance and how the University was self accountable in making a difference.

With this ranking Yenepoya has entered the league of global pioneers. The University received shared 3rd place from among 26 Indian Universities featured in this year's Global Impact Rankings.

Our Chancellor in his congratulatory note added "We will continue to strive hard to contribute towards providing solutions to complex global and local challenges through education, research and creating leaders, who can create a positive impact at their local and regional community, in line with the SDGs of United Nations."

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**Dr Akhter Hussain**  
Editor in Chief

## **THE CAULDRON OF EVENTS BUBBLES**

The Center for Nutrition Studies is one of the highlights of our new issue of IQRA. We are joining in the fight against the Pandemic C-19. The steps taken are very farsighted and well planned. Meanwhile, our students are utilizing the online classes being conducted using the digitalized platform. We show you how. Dr Shakil Moidin, our alumni shares, his story "Let gratitude be your attitude" with us. Also Yenepoya tops global rankings and some more. Happy reading !

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# LET GRATITUDE BE YOUR ATTITUDE

DR.SHAKIL MOIDIN



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Yenepoya University provided an atmosphere of academia admixed with an ability to acquire self-knowledge which made me more compassionate, humane and to always think positive.

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Born in GOD's own country, brought up in Karnataka, I completed my graduation in dentistry from the Krishnadevaraya College of Dental Sciences, Bangalore. My parents always taught me sincerity, justice and integrity as top characters. I met a wonderful teacher, an Oral Pathologist Dr.Radhika M Bavle, who inspired me in various ways during my graduation days. On completion of my graduation in 2007, she opined Yenepoya Dental College to be a gold standard in India for anyone interested to pursue Oral Pathology as a specialization.

I met the Honorable Chancellor Yenepoya Abdullah Kunhi Sir in 2008. From the very first meeting to this very day, I reminisce every moment that I spent with him or anything associated with him, as I found nothing but goodness. I completed my Masters in Dental Surgery in Oral Pathology and Microbiology in the year 2011 from Yenepoya Dental College & Hospital under the inspiring guidance of my beloved professors in the department and an outstanding principal no dental college in India ever had, Dr.B.H.Sripathi Rao. I belonged to first batch after Yenepoya became a "Deemed to be University".

After completion in 2011, I started my private practice in general dentistry as I always wanted to practice for some time in a place where I was born. Months later, I joined as an Assistant Professor in the Department of Oral Pathology and Microbiology at the Yenepoya Dental College and worked till 2014. A wonderful department, it taught me the importance of the thinking brain behind the eye of an observer, in diagnosing oral and maxillofacial diseases. It was personally and professionally a time to explore the world as I was young and raring to go. I was offered a job by the University of West Indies, Trinidad & Tobago which I rejected; followed by a job offer at the AlRass Dental College, Qassim University, with the ministry of education in the Kingdom of Saudi Arabia where I currently work in the department of Maxillofacial Surgery and Diagnostic Sciences.

To apply findings from basic science to enhance human health and well-being was my passion since my undergraduate days. The inspiration by Dr.Akther Hussain and the unending motivation by my Head of the Department then at Yenepoya Dental College & Hospital, Dr.Maji Jose further enhanced this passion that led to my invention of 'The Grossing Covering', a patent in collaboration with Yenepoya University in the very beginning of my professional career. The Grossing Covering won many accolades and got listed as the top medical innovations for the year 2012 at



the national level after being selected at regional level at the India innovation initiative (i3) conducted by the Department of science and technology, Government of India.

In 2014 I travelled to Bengaluru from Riyadh as the youngest invited International speaker at the National Conference of the Indian Association of Oral & Maxillofacial Pathologists. This invite was to showcase my brainchild YENCODE- A novel approach in digital pathology, another impactful innovation cradled during my affiliation with the Yenepoya University. Well begun is half done, Yenepoya University gave me a great start. At any international platform I find myself confident enough to speak, face any challenge professionally, and can commit myself to work in a disciplined and sincere manner.

My other interests include artificial intelligence in dentistry, digital pathology, nanodiagnostics in dentistry, and learning management systems in medical education. An aspiring professional in my field should look at how artificial intelligence can be combined with human intelligence to result in an augmented intelligent system, that can be used in early diagnosis of oral pre-cancer, cancer and identify various prognosticators.

Yenepoya University provided an atmosphere of academia admixed with an ability to acquire self-knowledge which made me more compassionate, humane and to always think positive. The constituent colleges of Yenepoya University are indeed a game changer in shaping careers and caring lives through world-class healthcare education.

At Yenepoya University a medical student is taught the true definition of health, which includes physical, mental, and social well-being, as a resource for living full life. It refers not only to the absence of disease, but the ability to recover and bounce back from illness and other problems. This total definition of health is important in a healthcare worker in diseases that are multifaceted and in difficult situations like a pandemic. The training at Yenepoya University enhances the true definition of health emphasizing a learning approach that allows to understand that one's self worth and dignity is not based on grades, but based on realization of qualities.

Married to a Neurologist, Dr.Salma and loved by my daughter ILma, I strongly believe pursuit of knowledge results in the pursuit of happiness. The greatest satisfaction to me has always been in being a part of others' success stories. Yenepoya Dental College & Hospital has played an important role in making others smile.

If you want to lift up yourself, lift up someone else

Dr.SHAKIL MOIDIN.

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# CNS

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## CENTER FOR NUTRITION STUDIES

DR MADHAVI BHARGAVA

MD ASSISTANT PROFESSOR

DEPT OF COMMUNITY MEDICINE, YENENOYA MEDICAL COLLEGE

DEPUTY HEAD, CENTER FOR NUTRITION STUDIES

YENENOYA (DEEMED TO BE UNIVERSITY)

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**“IF WE COULD GIVE EVERY INDIVIDUAL THE RIGHT AMOUNT OF NOURISHMENT AND EXERCISE, NOT TOO LITTLE AND NOT TOO MUCH, WE WOULD HAVE FOUND THE SAFEST WAY TO HEALTH” HIPPOCRATES**

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This advice by the Father of Medicine rings true even two and a half thousand years later as problems related to nutrition continue to be the largest single contributor to the disease burden at the global and at the national level. In India, problems of under-nutrition are an underlying contributor to the high burden of infectious diseases in children and adults. Every third malnourished child in the world lives in India, and almost

half of the 4.5 million deaths in children under-five are related to under-nutrition. On the other hand the prevalence of overweight and obesity is also increasing and generating epidemics of diabetes, hypertension and cardiovascular disease. Micronutrient deficiency is widespread especially in women and children.

Our poor rank in the Human Development Index where according to 2018 figures, we

are 129th among 189 countries is partially because of low life expectancy related to early life mortality. Early life nutrition in the first 1000 days of life is closely linked to cognitive development and learning abilities and the biggest brain drain in India is of the loss of intellectual capacity of our young children because of malnutrition.

There is need for academic institution



to engage with nutrition as a core and cross-cutting issue with a focus on creating knowledge and evidence for clinical practice and public health policy, building capacity of health professionals, and high level advocacy. The Yenepoya (Deemed to be University) recognized these needs and that there are few centres in India which are conducting focused research on nutritional issues of national importance. Resource persons at Yenepoya University were invited to lead the team to draft a 'Guidance Document of nutrition, care and support of patients with Tuberculosis' on invitation by Ministry of Health and Family welfare. This document is an official policy document of the National TB Elimination Programme which acknowledged the contribution of Yenepoya (Deemed University) by featuring the University Logo on the cover page. This later led to a 600 crore/year allocation for funds to enable TB patients to access a nutritious diet. Following this encouraging development a Center for Nutrition Studies (CNS)

was established in October 2017. It was formally inaugurated by Dr Vishwa Mohan Katoch, former Director-General, Indian council of Medical Research and Mr Yenepoya Abdulla Kunhi, Chancellor of Yenepoya (Deemed to be University) in October 2018.

**Vision of the Center:** A healthy and developed India free of malnutrition, where individuals and communities can attain their true potential

**Mission of the Center:** To develop a center for excellence in clinical and public health nutrition; focusing on research and innovation, capacity building of healthcare personnel and engage in health advocacy.

The Center has faculty from multiple disciplines like clinical medicine, community medicine, dietetics, basic sciences, physiotherapy, and nursing.

The objectives are to conduct quality

clinical and public health nutrition research, capacity building for nutritional care and research and establish linkages at national and international level for impact on policy and public health advocacy.

**Quality research in clinical and public health nutrition:**

The center is leading some important implementation research at national and state level in the areas of tuberculosis and nutrition and maternal and child nutrition. The University leads the RATIONS (Reducing Activation of Tuberculosis by Improvement of Nutritional Status) study: A cluster-randomized trial of nutritional support (food rations) to reduce TB incidence in household contacts of patients with smear-positive pulmonary tuberculosis in communities with a high prevalence of undernutrition. This is the first trial of its kind globally which seeks to improve outcomes in

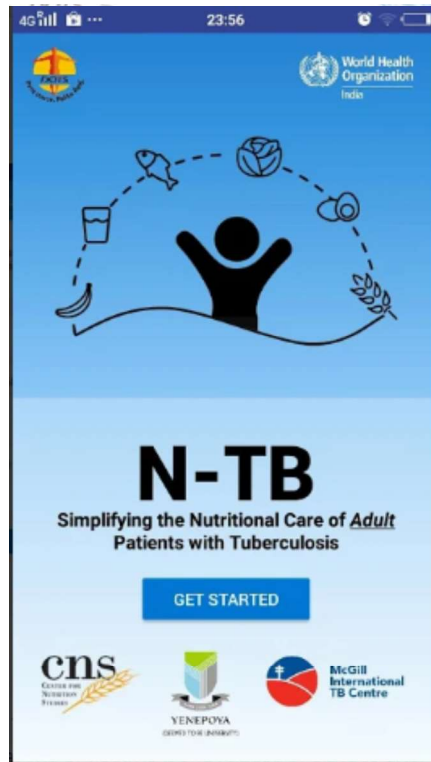




TB patients and reduce TB disease in household contacts of patients, by providing them nutritional support in the form of dry food rations during therapy. It is being conducted in 28 blocks of 4 tribal dominated districts of Jharkhand and is of three years duration, and will recruit nearly 3000 families of patients and their household members. The study



is funded by the Indian Council of Medical Research (ICMR) and being conducted in partnership with Jharkhand State TB cell, National Institute of Research in Tuberculosis, Chennai and National Institute of Nutrition, Hyderabad. Presently more than 1600 patients along with their families have already been enrolled with a staff of 60 field workers and project consultants. The key finding of the trial so far has been alarming levels of severe undernutrition in patients with active TB in Jharkhand, high levels of undernutrition in child and adult contacts. The project team lead by investigators from the CNS have been able to achieve high adherence rates to TB treatment (< 0.5% non-adherence), double the weight gain seen in patients in the national TB program. Preliminary findings also suggest significant reduction of TB mortality as compared to the NTEP with food support in our trial. The NTEP is launching an initiative to reduce TB mortality in Jharkhand and has requested the RATIONS study team to provide technical support.



Nutritional assessment of patients and provision of appropriate dietary advice is often a challenge for healthcare staff. The CNS developed a mobile app, N-TB app in collaboration with McGill University. It has been endorsed by Revised National Tuberculosis Programme and WHO (India) and was released on 23 March 2018 at the Delhi End TB Summit by Prime Minister Narendra Modi. The center also provided the training slides for the use of the app to the national program

At the State level, an implementation research was conducted to assess the capacity of the Dakshina Kannada district in addressing the nutrition component of TB care along. We conducted capacity building exercise and training of all the PHC medical officers of the district in collaboration with the district and state TB cell.

The Centre believes in a life course approach and works in partnership with UNICEF, National Centre for Excellence and Advanced Research in Diets (NCEARD), at Lady Irwin College, New Delhi and NIN, Hyderabad in the field of maternal and child nutrition. Yenepoya was one of the sites for a national level multi-centric project, for implementation

of Maternal Nutrition Algorithm. More than 500 antenatal mothers at the YMCH out-patient department and Rural Health Training Center, Harekala underwent nutritional risk screening and counselling in collaboration with the Departments of Obstetrics and Gynaecology and Community Medicine. Capacity building workshop of all stake holders, faculty, nursing staff and interns was also conducted to this end. This activity was fully supported by the UNICEF which led to a publication of report 'Nourishing Womb - Nourishing Life'.

### Capacity building activities for Nutrition Research:

A Short Course on 'Nutritional Assessment Techniques' was conducted over 4 days with the support from UNICEF under the leadership of Dr Madhavi Bhargava. Thirty two participants from Karnataka, Tamil Nadu, Telangana, Maharashtra, New Delhi were trained. The resource persons were from University of Tampere, National Institute of Health and Welfare, Helsinki, St John's Research Institute, Bangalore, NCEARD, New Delhi, NIN, Hyderabad, Yenepoya Physiotherapy College and Center for Nutrition Studies. The idea was to create a cadre of resource persons who are trained in disseminating the skills of nutritional assessment.

At CNS we believe that research should be socially relevant and should have an impact on the community. We identify and mentor some young students towards this every year by developing their research skills of writing proposals, conducting data collection, generating reports that are published in peer reviewed domain. Students supported by Short Term Studentship by ICMR or Center resources conduct one publishable research every year. Studies were done on low sodium salt substitutes, point of care testing for drinking water sanitation, sarcopenia in elderly and use of neck circumference in nutritional assessment by undergraduate students.

A refresher course for more than 80 medical interns for training in nutritional assessment and counselling





of pregnant mothers and updates in maternal and child nutrition was conducted for skill transference. Our teaching-training activities include teaching anthropometry skills, research methodology, searching literature using PubMed, using referencing software, choosing right journals and avoiding predatory publications, etc

### **Linkages at National and International level in the field of nutrition and public Health:**

Within a short span of three years CNS has developed linkages and partnerships with the UNICEF, University of Tampere and National Institute of Health and Welfare (Finland), McGill International TB Centre, (Canada), Central TB Division (New Delhi), National Institute of Nutrition (Hyderabad), National Centre for Excellence and Advanced Research in Diet (NCEARD), Lady Irwin College (New Delhi), St John's Research Institute (Bangalore) and National Institute of Research in Tuberculosis (NIRT, Chennai). Dr Anurag Bhargava has been appointed

as a member representing India at the WHO Strategic Advisory Group on In Vitro Diagnostics (SAGE IVD) 2020. He is also a member of Strategic Advisory Committee of RePORT India Consortium, joint initiative of National Institute of Health, USA and DBT, India. He was team leader of the patient support group and multisectoral initiatives theme group for Joint Monitoring Mission, National TB Elimination Program, member of National Technical Working Group on TB-Comorbidities by Central TB Division, MoHFW, India.

Center for Nutrition Studies co-organized a workshop 'Undernutrition and Disease Syndemics in India' at the International Conference on Critical Public Health Consequences of the Double Burden of Malnutrition and the Changing Food Environment in South and Southeast Asia at New Delhi along with People's Health Movement (PHM-Global), Jan Swasthya Abhiyan (PHM-India), Public Health Resource Network (PHRN), and International Food Policy Research Institute (IFRI). There was a joint seminar

by CNS at University of Tampere, National Institute of Health and Welfare (THL), Helsinki in May 2018, 'Fighting against Tuberculosis in India, Finland and Somalia. TB experts from THL, Physicians for Social Responsibility, and Filha (NGO, Somalia) participated in the seminar. Having co-organized a symposium on Nutrition and TB at the 50th Union World Conference on Lung Health held at Hyderabad, a session on 'Undernourished patients, Undernourished Populations and the END TB Strategy' succeeded in bringing attention of the international TB community towards importance of nutrition in TB. The problem of undernutrition in adolescent age-group at national level was also presented in the form of a poster in this conference.

Recently, in the current COVID-19 pandemic, the center advocated for the introduction of anthropometric measurements in affected persons to explore obesity as a risk factor. The opinion piece published in Current Science generated interest and way forward for the ICMR for conducting relevant research.

