

ANNUAL NEWSLETTER

AMI-HEALTH DIGEST

Aug 2021
Issue I



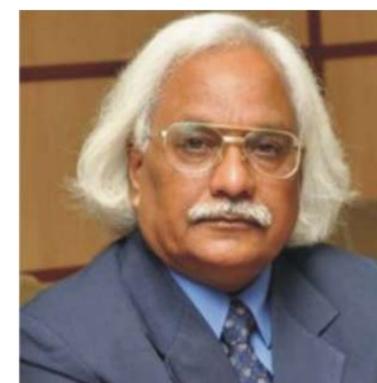
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COMMITTEE

Editor	: Dr. Luxita Sharma , Associate Professor & Officiating Head, Amity Medical School Head, Dietetics and Applied Nutrition
Creative Head	: Mr. Sachin Juneja , Director - Market Promotions
Assistant Editors	: Ms. Richa Singh and Dr. Vikram Singh
Editorial Support	: Mr. Vijay Kumar , Mr. Gaurav Kumar Bhardwaj , Dr. Arushi Mishra , Dr. Girija Kumari

MESSAGE FROM VICE CHANCELLOR



Healthcare is one of the largest sector in India both in terms of revenue and employment. After the COVID 19 pandemic the healthcare sector has gained utmost importance and the demand for the Healthcare professionals has grown exponentially. We at Amity Medical School are producing skilled and talented healthcare professionals in areas of allied health, that includes Nutrition and Dietetics, Medical Lab Technology, Optometry, Audiology and Hospital Administration. We feel immensely delighted that our graduates and research scholars have been received by their employers with great faith in their capabilities and global professional outlook.

I am also delighted that the Amity Medical School is engaged seriously in community services in the areas around the university and is regularly organising health camps and health care awareness drives. These camps involves the free evaluation of eyes, ears, providing diet charts and also imparting education about public health issues. Amity Medical School also focuses on research and academia in terms of hands on training in collaboration with renowned hospitals and industry experts.

I wish to Congratulate Amity Medical School on the release of their Inaugural issue of the Newsletter.

Prof. (Dr.) P B Sharma
Vice Chancellor
Amity University Haryana

MESSAGE FROM PRO VICE CHANCELLOR



I am delighted on the release of Amity Medical School's Newsletter Ami-Health Digest. It is a wonderful collation of the events, research and academic activities that highlight the dedication and commitment of Faculty and Students of Amity Medical School, who, despite the challenges of pandemic, stood firm in their endeavours. The Newsletter upholds the highest standards and core values that underline Amity's philosophy. Ami- Health Digest would be a Bi-annual publication. The Bi-annual supplement will create a stronger connect between all AMS fraternity and will lay the foundation for continual improvement in all aspects of their domain.

Prof. (Dr.) Padmakali Banerjee

Pro-Vice Chancellor & Dean-Academics
Amity University Haryana

MESSAGE FROM DEPUTY VICE CHANCELLOR



I have a great pleasure knowing that AMS in coming out with a News letter. I feel confident that the ideas, impressions and images brought out in the letter will definitely contribute in pursuing our cherished dreams of a better health care system in the nation. In the ongoing pandemic, the health care workers have done a wonderful job in providing medical assistance and proved to be front line warriors saving lives of the masses. But for their selfless involvement, dedication and devotion to duty the lives of so many humans could have been in peril.

The students at Amity Medical School learn the basics and advanced knowledge in the field of dietetics thus preparing them for looking after health of the community. They have been exposed to community service and guest lectures by experts in this field for practical experience.

I have no doubt that our students at Amity Medical School have learnt all the skills needed to be an efficient, knowledgeable and professional health care worker of the future.

I would like to convey my best wishes to Amity Medical School for a successful release of their inaugural issue of the newsletter.

With best wishes,

Maj Gen (Retd.) B S Suhag

Deputy Vice Chancellor
Amity University Haryana

MESSAGE FROM HEAD OF THE INSTITUTE



As World Health Organisation says Health is a human right; it's time for health for all. The basic health system of Primary health care is the first level of contact with the health system. The individuals and community should be focussed to provide the basic healthcare to promote and prevent the burden of the diseases. In the present scenario of the COVID-19 pandemic, the Healthcare profession has gained the utmost importance to help and treat the infected. Whether it is to provide dietary support or to provide nursing care with doctors, the healthcare workers are the frontline warriors.

At Amity Medical School, We, concentrate on producing the Skilled Healthcare Professionals with inculcated human values. At Amity University we provide industrial exposure to the students, so they become professionals with imbibed knowledge. The academia and the practical exposure exhort on Hospital visits, Community Service and Guest lectures from the renowned experts. Students and Faculty of Amity medical School have manifold achievements in terms of awards at national and international levels. As the Healthcare profession has ushered in a period of change, We are proud to provide support to our country in times of crisis. The students and university's faculty have shown their mettle to spread awareness and support the COVID patients and their families.

Therefore, I am proud to be associated with the Amity Medical School family for the successful release of the Inaugural issue of the Ami-Health Digest magazine.

Dr. Luxita Sharma

Associate Professor and Head
Amity Medical School &
Dietetics and Applied Nutrition

ABOUT AMITY MEDICAL SCHOOL



Amity Medical School (AMS), under the Faculty of Health and Allied Sciences, is a part of Amity University Haryana, Gurugram, was established under Haryana Act 10 of 2010 on April 26, 2010. The foundation of AMS was to fill the huge gap between the availability and requirement of trained manpower in medical and allied health sectors in India and abroad, thereby, contributing towards achieving the global objective of 'Health for All' by 2020. The School offers well-designed programs in medical and allied health sciences complemented by world class infrastructure that creates a conducive environment for learning.

Striving for excellence, with the aim to improve the standards of healthcare professionals through quality education, research and capacity development of health professionals, Amity Medical School is ardently committed towards fostering innovative learning, and creating social impact through our extensive services provided to the community.

In AMS, learning is not restricted to classrooms. The classroom education is further enhanced by case studies, industry visits, presentations, research work and modules on building communication, teamwork and leadership skills.

Rising competition among various healthcare groups, more demanding patients, legal hurdles, medical tourism and consumerism in healthcare make our programs highly sought after and, in turn, highly rewarding.

The school has tie-ups with the following eminent hospitals in NCR that help the students in obtaining much-needed clinical exposure through summer training, internships, joint seminars, workshops, conferences and projects.

PROGRAMMES OFFERED

- B.Sc. (Dietetics & Applied Nutrition)
- B.Sc. (Medical Lab Technology)
- B.Sc. (Molecular Medicine & Stem Cell Technologies)
- Bachelor of Audiology & Speech Language Pathology
- Bachelor of Optometry
- M.Sc. (Clinical Research)
- M.Sc. (Dietetics & Applied Nutrition)
- M.Sc. (Medical Lab Technology)
- M.Sc. (Molecular Medicine & Stem Cell Technologies)
- Master of Hospital Administration
- Master of Hospital Administration (Executive) for working professionals
- Master of Optometry
- Master of Optometry (M.Optom) Practitioner
- Master of Public Health
- Ph.D. (Hospital Administration)
- Ph.D. (Hospital Administration) - Part Time
- Ph.D. (Public Health)
- Ph.D. (Public Health) - Part Time
- Ph.D. in Dietetics & Applied Nutrition
- Ph.D. in Dietetics & Applied Nutrition (Part Time)

INITIATIVES BY AMITY MEDICAL SCHOOL – DEPT. OF DIETETICS AND APPLIED NUTRITION

INAUGURATION OF DIET CLINIC – BY HON’BLE PRO VICE CHANCELLOR

6th MARCH,
2021

Department of Dietetics & Applied Nutrition opened a Diet Clinic in the University. The clinic will cater to spread awareness related to nutrition amongst the inmates of the university. Nowadays, there is an increased sense of queries related to the food that we eat, also what to eat and what not to eat is a major question. Therefore, a diet clinic always comes in demand. It will also be an addition to the departmental resources as students will be able to have a hands on experience on patient counseling services. A diet clinic will give practical exposure to students while they are in the University. This will be a valuable addition to student’s curriculum, which will enable learning-by-doing.

The clinic will be run by the students of M.Sc. Dietetics & Applied Nutrition under the supervision of faculty members.

OBJECTIVES OF DIET CLINIC

The diet clinic will serve a number of purpose, which can be delineated as follows:

- **Nutritional Counselling:** Providing counselling to staff, students and Faculties of the university.
- **Diet Planning:** Provision of personalized diet plans to staff, students and Faculties of the university.
- **Camps:** Regular conduction of health camps to spread awareness about nutrition and health. Also aware the people regarding food safety and hygiene.
- **Workshops:** Workshops related to development of nutritional products from locally available ingredients.



BOOK PUBLICATIONS

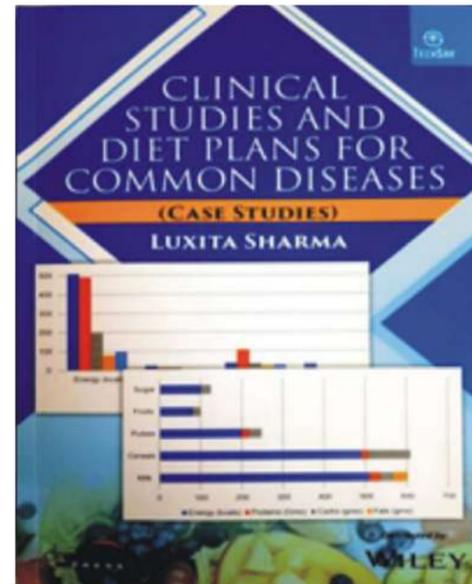
CLINICAL STUDIES AND DIET PLANS FOR COMMON DISEASES

ISBN: 9386768712

Author: Dr. Luxita Sharma

Publisher: Wiley & IK International Press

Publication Date: 1 November 2020



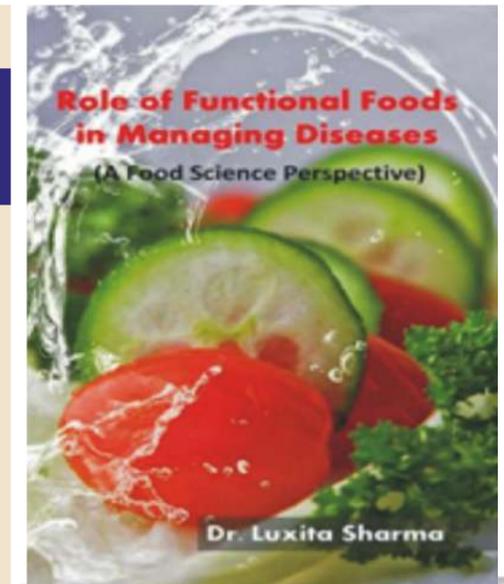
ROLE OF FUNCTIONAL FOODS IN MANAGING DISEASES (A FOOD SCIENCE PERSPECTIVE)

ISBN: 9789390307210

Author: Dr. Luxita Sharma

Publisher: Educreation Publishing

Publication Date: 12 August 2020



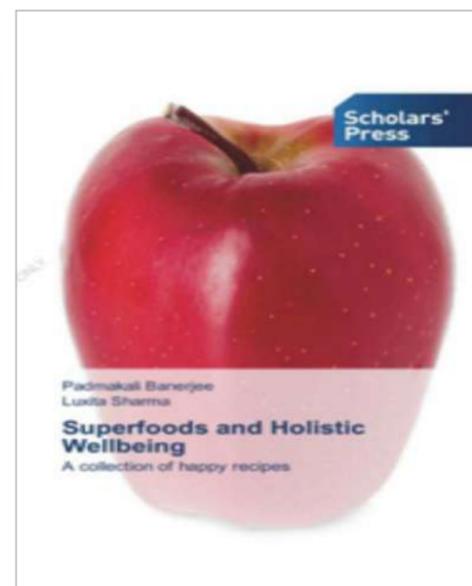
SUPERFOODS AND HOLISTIC WELLBEING A Collection of healthy recipes

ISBN: 6138943155

Authors: Prof (Dr) Padmakali Banerjee and Dr. Luxita Sharma

Publisher: Scholar's Press

Publication Date: 22 October 2020



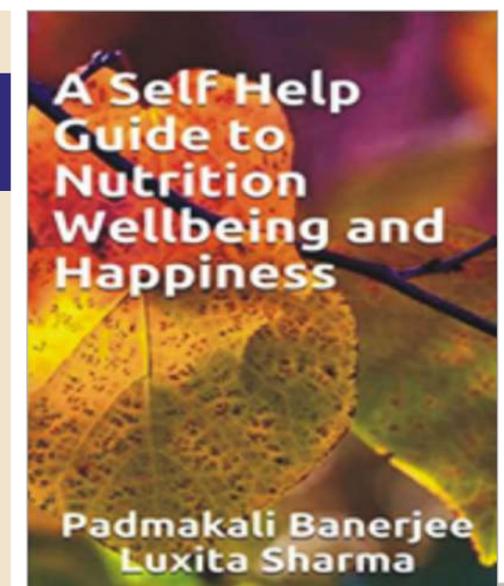
A SELF HELP GUIDE TO NUTRITION WELLBEING AND HAPPINESS

ISBN: 6138943155

Authors: Prof (Dr) Padmakali Banerjee and Dr. Luxita Sharma

Publisher: Kindle Edition

Publication Date:



BOOKS PUBLISHED

**LOW VISION EVALUATION:
A PRACTICAL GUIDE FOR OPTOMETRISTS**

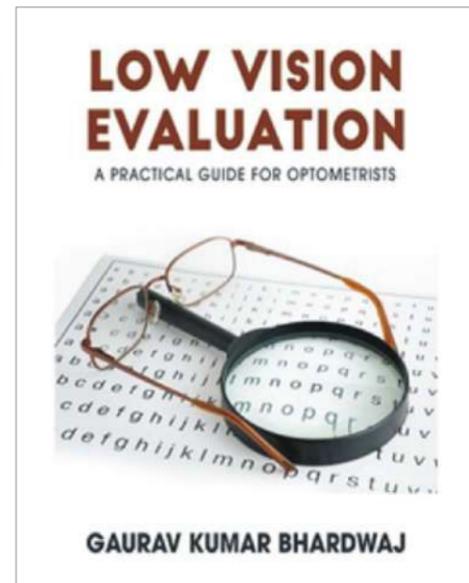
ISBN: 9789390307289

Editor: Gaurav K Bhardwaj

Authors: Gaurav K Bhardwaj and Sunanda Sarkhel

Publisher: Educreation Publishing

Publication Date: 24 July 2020



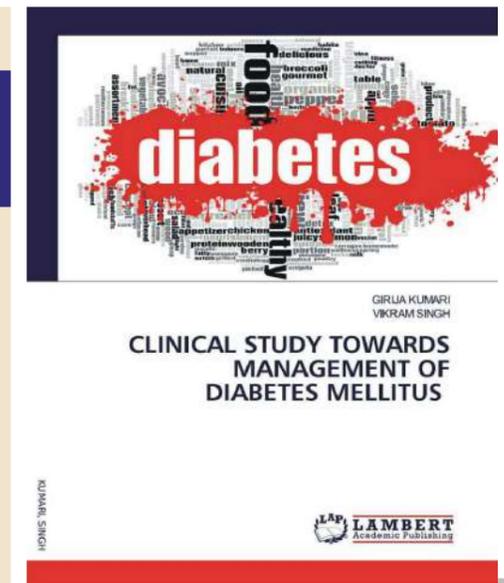
**CLINICAL STUDY TOWARDS
MANAGEMENT OF DIABETES MELLITUS**

ISBN: 6203582913

Author: Dr. Girija Kumari and Dr. Vikram Singh

Publisher: Lambert Academic Publishing

Publication Date: 26 April 2021



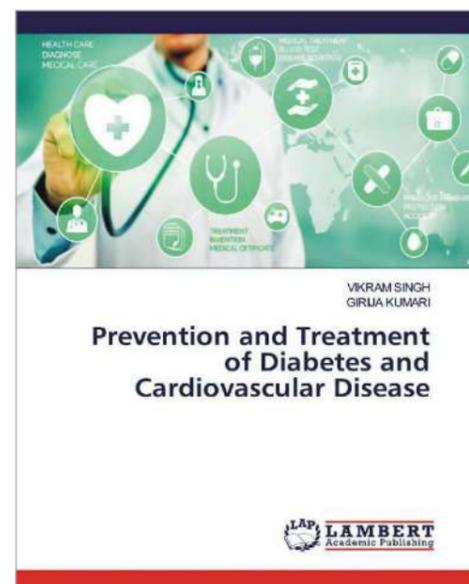
**PREVENTION AND TREATMENT OF
DIABETES AND CARDIOVASCULAR DISEASES**

ISBN: 6202816724

Authors: Dr. Vikram Singh and Dr. Girija Kumari

Publisher: Lambert Academic Publishing

Publication Date: 24 September 2020



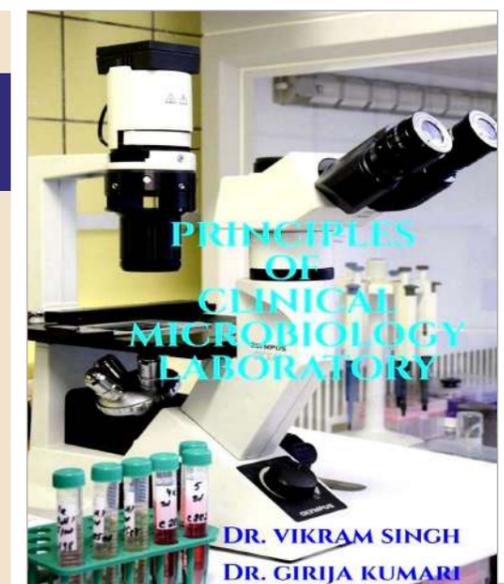
**PRINCIPLES OF CLINICAL
MICROBIOLOGY LABORATORY**

ISBN: 1639049673

Authors: Dr. Vikram Singh and Dr. Girija Kumari

Publisher: Notion Press

Publication Date: 5 May 2021



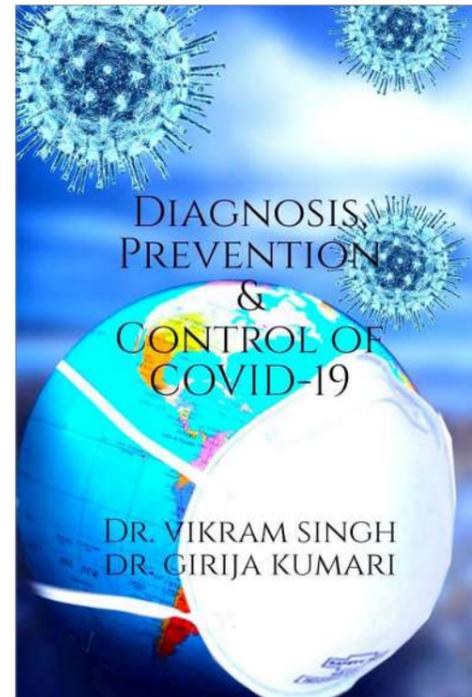
DIAGNOSIS, PREVENTION AND CONTROL OF COVID-19

ISBN: 1638328536

Authors: Dr. Vikram Singh and Dr. Girija Kumari

Publisher: Notion Press

Publication Date: 19 April 2021



PATENTS PUBLISHED BY FACULTY MEMBERS

Patent published by
Dr. Luxita Sharma

Title:
Probiotic Bread Spread and its method thereof

(12) PATENT APPLICATION PUBLICATION	(21) Application No.201911010648 A
(19) INDIA	
(22) Date of filing of Application :19/03/2019	(43) Publication Date : 25/09/2020
(54) Title of the invention : PROBIOTIC BREAD SPREAD AND ITS METHOD THEREOF	
(51) International classification	:H01M0010440000, G11B0017049000, G03G0015080000, A24D0003060000, B65D0006220000
(31) Priority Document No	:NA
(32) Priority Date	:NA
(33) Name of priority country	:NA
(86) International Application No	:NA
Filing Date	:NA
(87) International Publication No	:NA
(61) Patent of Addition to Application Number	:NA
Filing Date	:NA
(62) Divisional to Application Number	:NA
Filing Date	:NA
(71)Name of Applicant :	1)AMITY UNIVERSITY Address of Applicant :AMITY UNIVERSITY CAMPUS, SECTOR-125 NOIDA UTTAR PRADESH-201313, INDIA Uttar Pradesh India
(72)Name of Inventor :	1)LUXITA SHARMA 2)PANKHURI PANDEY 3)MAHAVIR SINGH
(57) Abstract : The present invention relates to a method of khoa based low calorie, low fat, antioxidant rich and probiotic bread spread beneficial for health. The invention includes the khoa based probiotic bread spread composition and its method of preparation.	

Patent published by
Dr. Luxita Sharma

Title:
A fibre rich ketchup using Lotus Stem infused with flavonoids

(12) PATENT APPLICATION PUBLICATION	(21) Application No.201911042621 A
(19) INDIA	
(22) Date of filing of Application :21/10/2019	(43) Publication Date : 23/04/2021
(54) Title of the invention : A FIBER RICH KETCHUP USING LOTUS STEM INFUSED WITH FLAVONOIDS	
(51) International classification	:A23L0033105000, A23L0033160000, A23L0033150000, A23L0013600000, A61K0036620000
(31) Priority Document No	:NA
(32) Priority Date	:NA
(33) Name of priority country	:NA
(86) International Application No	:NA
Filing Date	:NA
(87) International Publication No	:NA
(61) Patent of Addition to Application Number	:NA
Filing Date	:NA
(62) Divisional to Application Number	:NA
Filing Date	:NA
(71)Name of Applicant :	1)AMITY UNIVERSITY Address of Applicant :AMITY UNIVERSITY CAMPUS, SECTOR-125 NOIDA UTTAR PRADESH-201313, INDIA Uttar Pradesh India
(72)Name of Inventor :	1)LUXITA SHARMA 2)SHELLY GARG 3)HARDIK DALAL
(57) Abstract : The present invention relates to the fiber rich ketchup using lotus stem infused with flavonoids. Different ingredients like lotus rhizome, trikata herb and T. tetrapetetera were used in different combinations to get best blend of taste. The ketchup is provided with unique health benefits as well as loaded with many vitamins and minerals. The present invention provides fiber rich ketchup loaded with flavonoids which helps in relieving GI tract disorders.	

RESEARCH PAPERS PUBLISHED BY FACULTY MEMBERS IN SCOPUS, WOS AND UGC APPROVED JOURNALS

1. Luxita Sharma : Management Against COVID-19 through Nutritional Supplementation to build Adaptive Immunity - A Systematic Review: International Journal of Pharmaceutical Sciences and Research ; Vol. 11(9): 4114-4122. E-ISSN: 0975-8232; P-ISSN: 2320-5148:IF- 1.230: Web of Science: [http://dx.doi.org/10.13040/IJPSR.0975-8232.11\(9\).4114-22](http://dx.doi.org/10.13040/IJPSR.0975-8232.11(9).4114-22): DOI - 10.13040/IJPSR.0975-8232.11(9).4114-22: Sept 2020 – WOS
2. Deepika Dhawan and Sheel Sharma (2020). "Abdominal Obesity, Adipokines and Non-communicable Diseases." The Journal of steroid biochemistry and molecular biology vol. 203: 105737. doi:10.1016/j.jsbmb.2020.105737
3. Akanksha Yadav , Luxita Sharma: "Nutritional and organoleptic properties of oat milk dessert enriched with paneer and standardized milk ": Asian Journal of Dairy and Food Research" ; Agricultural Research Communication : Accepted UGC approved : Online ISSN: 0976-0563, 0971-4456 : IF- 3.88 : 5.75 (NAAS) WOS
4. Richa Singh, Luxita Sharma: "Utilization of waste leaves of Beta vulgaris, Brassica Oleracea and Oryza sativa flakes for the development of Iron rich Vermicelli": "International Journal of Current Research and Review": Accepted. SCOPUS Indexed: ISSN: 2231-2196 (Print) ISSN: 0975-5241 (Online): IJCRR DOI Prefix (CrossRef): 10.31782/2231-2196: Impact Factor (CiteFactor) (2020-21): 1.84
5. Sarkar, S., Bharadwaj, S.R., Reddy, J.C. and Vaddavalli, P.K., 2020. Longitudinal Changes in Optical Quality, Spatial Vision, and Depth Vision after Laser Refractive Surgery for Myopia. Optometry and Vision Science, 97(5), pp.360-369.
6. Sarkhel Sunanda 1, Bordoloi Sagarika. (2020). 'Starting Low Vision Services in Optometry Clinic' in Bhardwaj, G.K. (eds) Low Vision Evaluation: A practical guide for optometrists, New Delhi: Educreation Publishing, ISBN: 978-93-90307-28-9, pp. 88-102.
7. Dixit, S.K., Ahooja, H., Sharma, M., Dubey, G., Tripathi, H., Singh, J., Masihhuzzaman, M. and Pradhan, N., 2021. Visual Impairment: Blind School Survey at Gurugram Haryana India. Annals of the Romanian Society for Cell Biology, pp.2126-2140.
8. Pradhan, M.D. and Janardhanan, R., Role of Atropine to Control Myopia in Indian Children: A Review.
9. Kumari, R., Kumari, V., Dubey, G., Pradhan, N., Ali, J., Mohapatra, J.S., Masihhuzzaman, M., Srivastava, M.R. and Janardhanan, R., 2021. Phacoemulsification versus Small Incision Cataract Surgery for Treatment of Cataract. Annals of the Romanian Society for Cell Biology, 25(6), pp.9544-9550.
10. Kumari, R., Srivastava, M.R., Janarthanan, S.D., Dubey, G., Pradhan, N., Masihhuzzaman, M., Ali, J. and Janardhanan, R., 2021. PHACOEMULSIFICATION VERSUS SMALL INCISION CATARACT SURGERY-A SURGICAL OPTION FOR IMMATURE CATARACT IN DEVELOPING COUNTRIES. Journal of Cardiovascular Disease Research, 12(3), pp.171-175.
11. Girija Kumari , Vikram Singh et al. Effect of lifestyle intervention holistic approach on blood glucose levels, health-related quality of life and medical treatment cost in type 2 diabetes mellitus patients. Acta Scientiarum, Health Sciences, 2021; 43, e53729, 2021. E-ISSN: 1807-8648; P-ISSN: 1679-9291; IF: 0.3; Pub Med, SCOPUS, Web of Science: <https://doi.org/10.4025/actascihealthsci.v43i1.53729>
12. Vikram Singh, Girija Kumari et al. Clinical Linkage of Coronavirus Disease (COVID-19) with Hypertension, Diabetes and Cardiovascular Disease. International Journal of Research in Pharmaceutical Sciences (IJRPS). 2020, 11 (SPL)(1), 1034-1041. Scopus | ID: covidwho-903300. E-ISSN: 0975-7538, IF- 0.2; SCOPUS: <https://doi.org/10.26452/ijrps.v11iSPL1.3441>
13. Girija Kumari, Devang Sharma, Vikram Singh. Role of integrative approach in the prevention and treatment of lung cancer with latest advances. Journal of Advanced Scientific Research. 2020, 11(3), Suppl 7:41-47. E-ISSN: 0976-9595; IF: 0.5; UGC Care indexed: https://sciensage.info/current_issue_publish.php?p=755
14. Girija Kumari , Vikram Singh et al. Role of Lifestyle Medicine in the Prevention and Control of Diabetes Mellitus and Associated Co-morbidities. International Journal of Scientific & Technology Research. 2020; 9 (3): 1435-1447.E-ISSN: 2277-8616; IF: 0.2; SCOPUS : <https://www.ijstr.org/paper-references.php?ref=IJSTR-0320-31257>
15. Vikram Singh, Girija Kumari et al. Effect of lifestyle-based Edu vaccine in Indian community: Study outcomes of National Program for Prevention and Eradication of Heart Attack. Journal of Applied Pharmaceutical Science, 2020, 10(1) : 055-066. E-ISSN: 2231-3354; IF: 0.7; SCOPUS : https://japsonline.com/abstract.php?article_id=3049&sts=2
16. Vikram Singh, Girija Kumari et al. Impact of Complementary and Integrative Medicine in Rehabilitation of Coronary Heart Disease and Type 2 Diabetes Mellitus Patients. International Journal of Scientific & Technology Research. 2020; 9 (1), 4321-4331. E-ISSN: 2277-8616; IF: 0.2; SCOPUS: <https://www.ijstr.org/paper-references.php?ref=IJSTR-0120-29031>

AWARDS RECEIVED BY FACULTY MEMBERS

ASIAN EDUCATION AWARDS FOR CONTRIBUTION TO EDUCATION COMMUNITY

was conferred upon **Dr. Luxita Sharma** in recognition of continuing excellence in teaching



NATIONAL NUTRITION AWARD

conferred upon **Dr. Luxita Sharma** by Mahanagar Global Achievement Awards



EXCELLENCE IN OUTSTANDING ACCOMPLISHMENT (STATE LEVEL)

was conferred upon **Dr. Luxita Sharma** by IAPEN - The Indian Association for Parenteral and Enteral Nutrition (IAPEN)



FIRST PRIZE IN POSTER COMPETITION

was won jointly by Faculties of Department of Dietetics & Applied Nutrition- **Dr. Luxita Sharma, Ms. Richa Singh, Ms. Apoorva Tandon, Ms. Deepika Dhawan** and **Ms. Deepika Pal**. The competition was held at the National Conference 2020 in Mahatma Jyoti Rao Phoolle University, Jaipur



Invited as a **speaker on World Environment Day** by Hindustan Lifecare Limited, a PSU to speak on sustainable management of menstrual hygiene. A glimpse of the same may be viewed through the link below: <https://www.youtube.com/watch?v=Sp23vJTweXg>

Invited as a **panelist for menstrual hygiene management progress in India** by the Rotary Club Pune.

DR LUXITA SHARMA WAS NOMINATED AS JUDGE IN AN INTERNATIONAL RECIPE COMPETITION BY INDIAN DIETETICS ASSOCIATION

IDA Delhi Chapter Invites you to Asian International Webinar
SURVIVE TO THRIVE
 A Metabolic Approach to Cancer
 30th Jan, 2021

Welcome Address: 3:00 PM- 3:05 PM
 Ms. Anita Jatana
 Chief Dietician, Apollo Hospitals,
 Convener, IDA Delhi

Speakers: 3:05 PM - 3:45 PM
Chairperson
 Dr. Pawan Gupta
 M.Ch. Cancer Surgeon
 Director HN Max
 Institute of Cancer Care, Vaishali
 Dr. Eileen Canday
 H.O.D. Nutrition & Dietetics
 H.N. Reliance Hospital, Mumbai
 Ms. Anita Jatana
 Chief Dietician, Apollo Hospitals,
 Convener, IDA Delhi

Panelist 3:45 PM- 4:15 PM
 Ms. Chowdhury Tasneem Hasin
 Principal Dietician
 United Hospital Ltd
 Bangladesh
 Ms. Kabita Maharjan
 Head Dietician
 Nepal Cancer Hospital &
 Research Center, Nepal
 Ms. Rajeswari. A.
 RD, Senior Clinical Dietitian,
 Head-Department of Dietetics
 Apollo Cancer Center, Chennai
 Dr. Divya Choudhary
 Chief Clinical Nutritionist
 Rajiv Gandhi Cancer Institute
 & Research Center, New Delhi

Judges for the Cancer Recipe Contest 4:15 PM - 4:30 PM
 Dr. Kumud Khanna
 Retd. Director IHE
 Past Vice President, NSI
 Ms. Guljeet Kaur
 Chief Dietician
 Fortis Hospital,
 Amritsar
 Dr. Leena Saju
 PhD. RD
 Divisional Head-Dietetics
 Artemis Hospital, Gurgaon
 Dr. Luxita Sharma
 Associate Professor and Head
 Dietetics and Applied Nutrition
 Amity University, Haryana

Vote of Thanks
 Ms. Shilpa Thakur
 Chief Consultant, Asian Hospital
 Gen. Secretary, IDA Delhi Chapter
 Anita Jatana
 (Convener)
 Richa Jaiswal
 (Co-Convener)
 Shilpa Thakur
 (Chapter Secretary)

AWARDS RECEIVED BY STUDENTS

1. Dr. Bhumika Gupta (4th Sem) - Certificate of appreciation by Punjab Prison Department by National Health Mission for serving as Medical Officer.
2. Dr. Bhumika Gupta (4th Sem) – Certificate of Appreciation by Anti drug federation Punjab for performing duties as a medical officer
3. Dr. Bhumika Gupta (4th Sem) – Certificate of Appreciation for working in Isolation ward of Covid-19 by Lifeline Welfare Society
4. Dr. Geeta, Dr. Divya and Dr. Monika (4th Sem) – Won 2nd position in Innovative Project Contest
5. Surbhi B.Optom. VI Sem – Winner in Mycyclotron held at LVPEI Bhubaneshwar.
6. Ujjwal Sharma B.Optom.VI Sem- Winner in Mycyclotron held at LVPEI Bhubaneshwar.
7. Bharti Chopra B.Sc. DAN VI Sem- Third Prize in “Inter-College Cooking Competition” On “Enjoy healthy cooking during COVID -19” held at JCD Memorial PG College, Sirsa, Haryana
8. Namita Sharma B.Sc. DAN VI Sem- Won Third Prize in Recipe contest using fortified staples “Nourish to Flourish” held at Bhaskaracharya College of Applied Sciences during National Nutrition Month –September 2020.
9. Devang Sharma and Sadaf Tariq achieved 1st position in Innovative Project Contest 2020 organized by Amity Medical School.
10. Mr. Rajat Sharma, Jalsa, and Doli Kumari got first position in Innovation idea contest 2020 organized by Amity Medical School.
11. Most students of the MLT department are working as COVID warriors in different hospitals and labs and got the best appreciation from the organizations.Mr. Vikrant Yadav got an appreciation certificate from the Microbe Laboratory, Gurugram his sincerity and day and night hard work in COVID time.
12. Mr. Vikrant Yadav, Md. Ansari, Mr. Chyan, Mr. Ankit, Mr. Sanjay, and Ms. Sailja who have completed their internship in COVID pandemic time from the NIP-ICMR got the best appreciation from the ICMR.
13. Ms. Leena (M.Sc. MLT) and Mr. Sachin (B.Sc. MLT) got 2nd position in the Innovation idea contest (Poster Presentation) 2020 organized by Amity Medical School.
14. Ms. Shreya and Ms. Divya Secured 7th Sem BASLP students secured 2nd and 3rd position in 1st Annual Students’ Research Convention organized by Delhi branch of Indian Speech & Hearing Association (DISHA), and they received cash prize of Rs. 1500 and 1000, respectively. Eight more students (Ms. Muskan Sharma, Mr. Shoeb Nizam, Ms. Jyoti Pandey, Yuthika Verma, Rishav Ojha, Mr. Palash Preet Singh, Mr. Rohit Kumar and Mr. Vikram) secured 1st position in the video making competition organized by DISHA. Mr. Shoeb, Ms. Muskan, Ms. Yuthika, Ms. Jyoti, Mr. Rishav IV Sem, Batch 2019-2023 1st Prize in Video Making Competition.
15. POSHAN MAAH CELEBRATION By Department of Dietetics & Applied Nutrition, NUTRITION AIDS MAKING COMPETITION. FIRST PRIZE Simran Kakkar, SECOND PRIZE Kriti Bhardwaj AND SUYASHA GUPTA THIRD PRIZE - MAHIMA GRACE LAL, All from B.Sc. DAN V Semester.

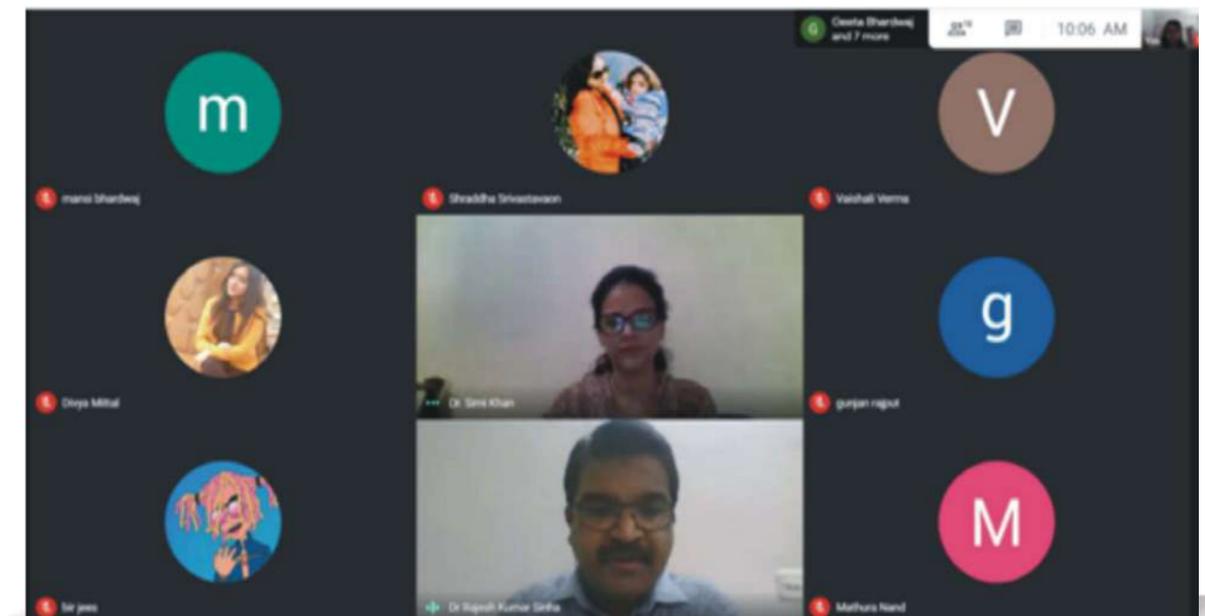
EVENTS ORGANIZED IN AMITY MEDICAL SCHOOL

 WEBINAR CONDUCTED ON ‘**SAVE GIRL CHILD**’ BY **DR. VAIBHAV PATHAK** ON 19TH APRIL 2020



Department of public health organized a webinar on 19th May 2020 on the topic of Girl Child Survival in India. It was graced by Dr. Vaibhav Pathak, State specialist at Uttar Pradesh Technical Support Unit with more than a decade of experience in the field of female feticide. The webinar received the registration of over 90 students and faculty. The session began with a basic introduction to the topic and the general myths that people have regarding the topic of girl survival. Dr. Pathak then explained some glaring data by the government and non-governmental organizations which was an eye-opener for one and all showing the drastic change in the sex ratio over these years. The session was concluded by having deep dive into our role as a society and what changes we can make by our small contribution. Dr. Pathak was then thanked and applauded by the faculty and HOI for an enriching session.

 WEBINAR ON **CAREER OPPORTUNITIES AND OVERVIEW OF PUBLIC HEALTH** ON 14TH OCTOBER 2020



Department of Public Health, AMS organized a webinar on 14th October 2020 for the students of MPH semester 1 and 3 on the career opportunities and an overview of Public Health. The session was coordinated by Prof(Dr) Rajesh Kumar Sinha, HOI, AMS, and Dr. Arushi Mishra, Assistant professor of Public Health, AMS. Speaker gave a detailed presentation about the career options available for a public health graduate. She explained to every sector from government, nongovernment to academic the roles of a public health professional and the responsibilities towards the society as a whole. She also discussed the core areas that the students should polish during the course and their internship period to get an insight into their competencies and the stream they would like to pursue in the future. The session concluded with extensive interaction between her and the students. The students quenched their doubts and ambiguities. A vote of thanks was given to the speaker.

WEBINAR ORGANIZED BY **DEPARTMENT OF CLINICAL RESEARCH** ON ENTITLED **SYSTEMATIC REVIEW AND META-ANALYSIS** ON 29TH MAY 2020 IN AMITY MEDICAL SCHOOL



The webinar was organized by Dr. Girija Kumari, Department of Clinical Research on entitled “Systematic Review and Meta-analysis” on 29th May 2020 in Amity Medical School. This webinar was begun in the morning at 11: 00 AM on Microsoft Teams. The welcome speech was addressed by Prof (Dr.) Rajesh Kumar Sinha, Professor & Dy. Director of AMS followed by Dr. Girija Kumari, Assistant Professor, Department of Clinical Research, AMS. Ms. Tanushree Choudhary, the speaker of this event is the Consultant at the Department of Health Economics & Outcome Research Scientific Services, Real World Solutions in IQVIA, Kochi, India. She delivered her lecture on different practical aspects of systematic review and meta-analysis and its further application in scientific outcomes. The webinar was very knowledgeable to all participants of AUH and outside of AUH. Questions and answer interaction was arranged in which participants asked their queries and were clarified by the speaker. This webinar was completed by 1:30 PM and the vote of thanks was delivered to the guest by Dr. Girija Kumari on behalf of department of clinical research, Amity Medical School.



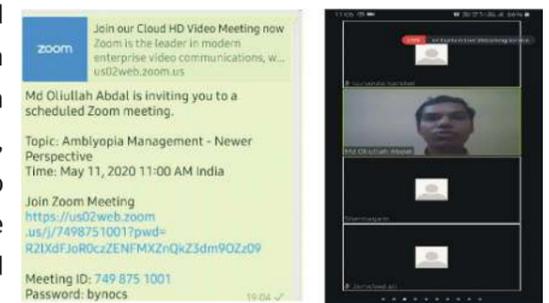
WEBINAR ORGANIZED BY **DEPARTMENT OF OPTOMETRY AND VISION SCIENCE** ON **OPTOMETRY AND EYE CARE** ON 11TH MAY 2020



Department of Optometry and Vision Science had arranged webinar on “Optometry and Eye care” dated 11th May 2020 where more than 150 students and eye care practitioners had joined. The keynote speaker Md Oliullah Abdal were called who is very well known in the field of Optometry nationally and internationally. Over 80 students took part in our webinar to learn some expert advice on ‘Amblyopia Management- Newer Perspective from our speaker. Many attendees sent in their questions and key challenges when it comes to amblyopia management and there were some common topics, which Oliullah addressed during this one-hour session.

WEBINAR ORGANIZED BY **DEPARTMENT OF MEDICAL LAB TECHNOLOGY** ON **OVERVIEW ON COAGULATION TESTS IN LABORATORY** ON 25TH MAY 2020

Department of Medical Lab Technology had organized a webinar on “Overview on Coagulation tests in Laboratory” on 25th May 2020 by Dr. Saritha Kamath from the Department of MLT Manipal University, Karnataka, India. The purpose of this webinar was to create an open platform for the participant to update themselves about coagulation estimation and related diseases. Also to develop future research possibilities in concern of clinical hematology about coagulation and related disorders. The speaker is a well-known Lab Medicine expert. She delivered her lecture on different methods of coagulation estimation and related diseases and further research possibilities. The lecture was very knowledgeable to the students and faculty. Participants updated themselves about the mechanism of Coagulation and Haemostasis with its clinical significance and also get knowledge of PT, APTT, TT, and other coagulation test principles, procedures, and clinical relevance. The lecture was completed at 10:30 AM and vote of thanks was given to the guest on behalf of the department of MLT, AMS.

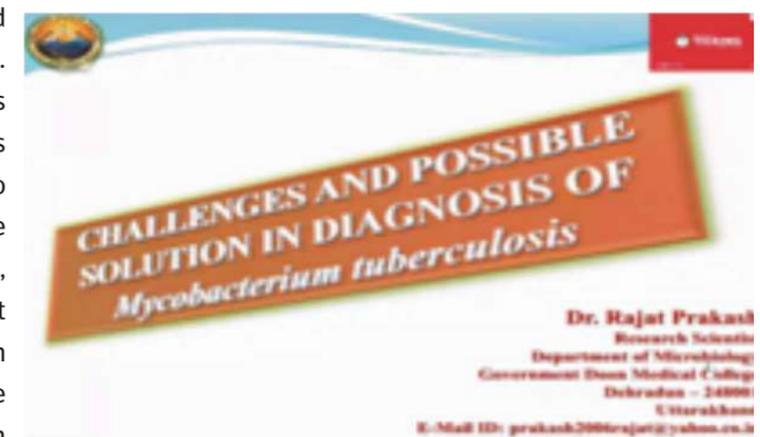
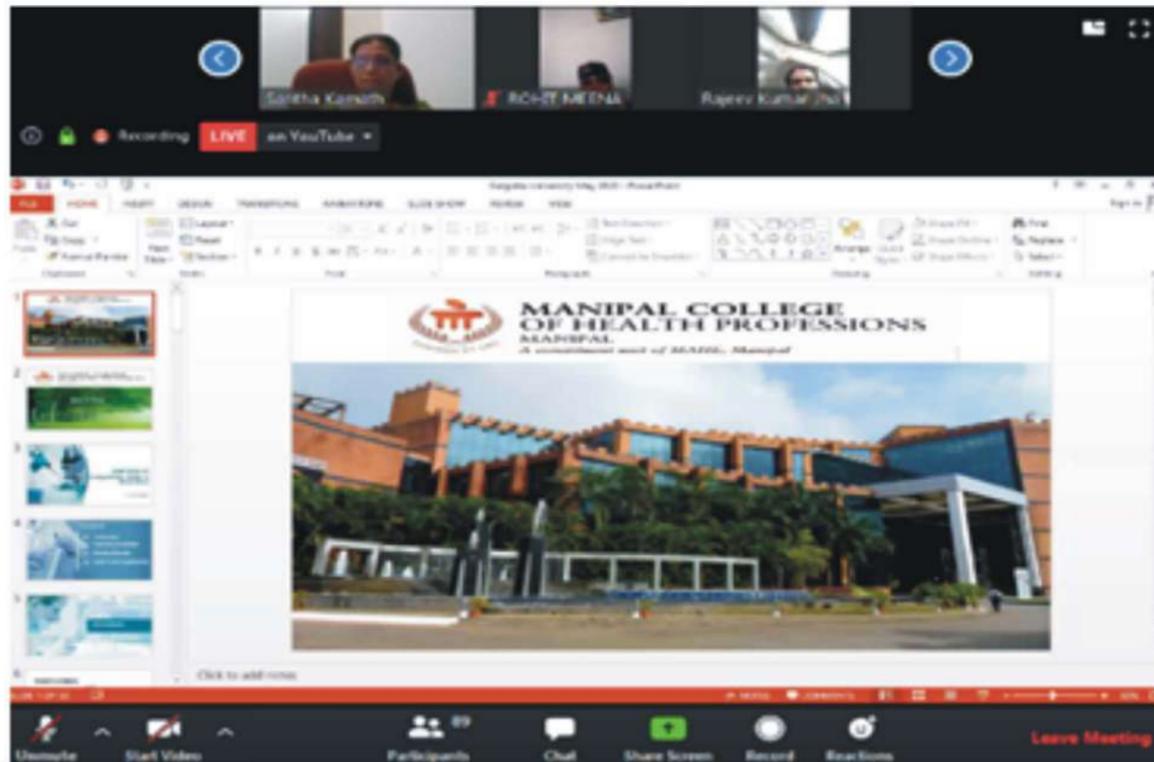


WEBINAR ORGANIZED BY DEPARTMENT OF MEDICAL LABORATORY TECHNOLOGY ON CHALLENGES & POSSIBLE SOLUTION IN DIAGNOSIS OF MYCOBACTERIUM TUBERCULOSIS ON 13TH APRIL 2020

Another webinar was organized by the department on “Challenges & Possible Solution in Diagnosis of Mycobacterium Tuberculosis” on 13th April 2021 by Dr. Rajat Prakash, Research Scientist from the DOON Medical College, Dehradun, India.

The Webinar initiated with a warm welcome to the guest, which was addressed by Dr. Luxita Sharma, officiating Head of AMS and followed by Dr. Vikram Singh, Assistant Professor & Program Coordinator MLT, Amity Medical School. The speaker is a renowned and certified Medical Microbiologist. The webinar was very knowledgeable to the students and faculty with comprising the research gaps and future research possibilities. Participants updated themselves about the diagnosis of tuberculosis with its clinical significance and also get knowledge of testing through the latest technology such as Genexpert, TrueNet, MGIT, and LAMP test principle, procedure, and along with the testing, they found some research gaps and challenges in diagnosis with further solutions. The

lecture completed at 3:30 PM and the vote of thanks was delivered to the guest on behalf of the department of MLT by Dr. Vikram Singh, Program Coordinator of MLT, Amity Medical School.



GUEST LECTURE ORGANIZED BY DEPARTMENT OF MEDICAL LABORATORY TECHNOLOGY ON LIVER DISEASES THROUGH EARLY DIAGNOSIS WITH MOLECULAR TECHNIQUES ON 27TH FEBRUARY 2020

The department usually organized guest lectures twice in the academic semester. One guest lecture was organized on “Liver diseases through early diagnosis with Molecular techniques” on 27th Feb 2020 by Lab medicine expert “Dr. Palliavi Jain” from the Medanta Hospital, Gurgaon. The lecture began with full energy and enthusiasm in the morning at 10:00 AM, at D block, D-425 Room of AMS. The welcome speech was addressed by Dr. Vikram Singh, Assistant professor of MLT, Amity Medical School. The speaker delivered her lecture on different methods of advanced molecular laboratory diagnosis of liver diseases and further research possibilities. The lecture was very knowledgeable to participants and followed by the lecture, a session of question and the answer was arranged in which participants asked their questions and were clarified by the guest. The lecture completed at 11:30 AM and the vote of thanks was delivered to the speaker on behalf of the Department of MLT, Amity Medical School.

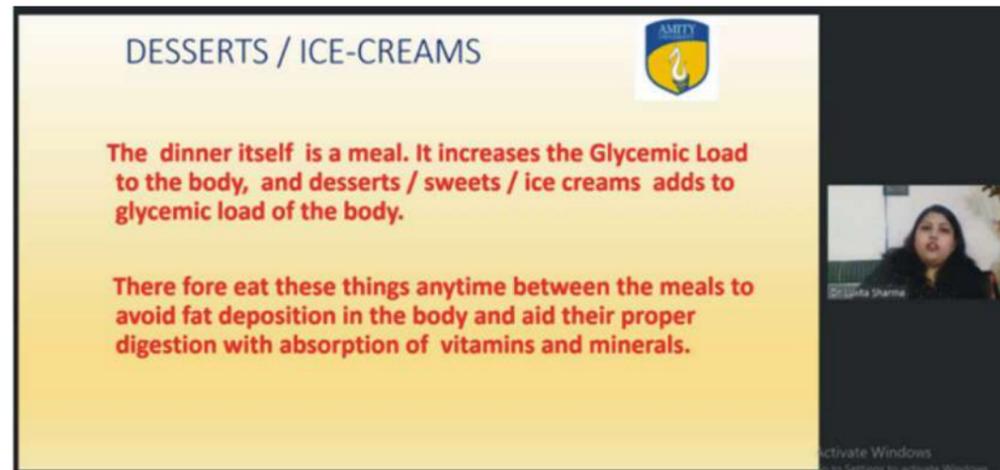
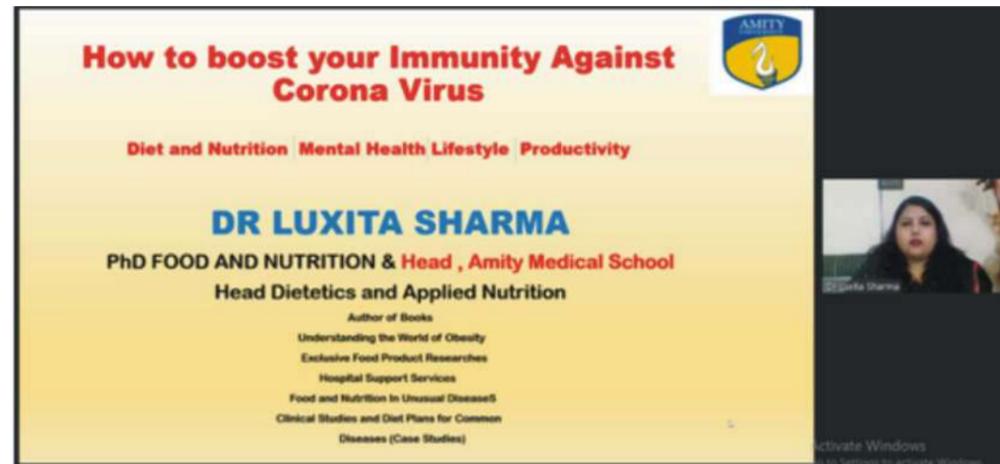


WEBINAR ON HOW TO BOOST YOUR IMMUNITY AGAINST CORONA VIRUS ORGANIZED BY DR. LUXITA SHARMA, ASSOCIATE PROFESSOR AND HEAD - DEPARTMENT OF DIETETICS & APPLIED NUTRITION



The webinar was moderated by Mr. Sachin Juneja, Director- Market Promotions, Amity University Haryana and the lecture was delivered by Dr. Luxita Sharma, Associate Professor & Officiating Head, Amity Medical School & Head, Dept. Of Dietetics & Applied Nutrition. The participants of webinar included all Faculties of Amity Medical School and opened to all the students, alumni, teachers and outsiders as it was shared on all social media platforms.

The program started with a brief introduction of Amity University Haryana and of the eminent speaker by Mr. Sachin Juneja. After which Dr. Luxita Sharma introduced COVID-19. She talked about role of diet, nutrition, exercise and mental wellbeing in combating COVID-19 and ways by which one can boost immunity. She also cleared doubts regarding common myths and scientific studies done related COVID-19. Overall, the session educated the participants about right lifestyle practices to manage COVID-19 pandemic and reduce stress level in this bad time. This was followed by question-answer round asked by participants to the expert. The participants asked various queries related to common myths, nutrient supplements and much more the from expert. It was indeed a very informative session as a very sensitive topic came into light and were talked upon. She also introduced Amity Medical School and the courses offered. She further explained collaborations and scope of the courses offered. Further, the program ended with a vote of thanks from Dr. Luxita Sharma and Mr. Sachin Juneja, in which they thanked and expressed gratitude to all the participants for attending this event.



ON THE OCCASION OF WOMEN'S DAY 2021, A WEBCAST WAS ORGANIZED BY THE DEPARTMENT OF DIETETICS & APPLIED NUTRITION IN COLLABORATION WITH AZZURA PHARAMACONUTRITION. DR. LUXITA SHARMA WAS THE MODERATOR FOR THE WEBCAST WHICH FEATURED EMINENT SPEAKERS. THE THEME OF THE WEBCAST WAS "CHOOSE TO CHALLENGE" WITH NUTRITION AND WELL BEING.

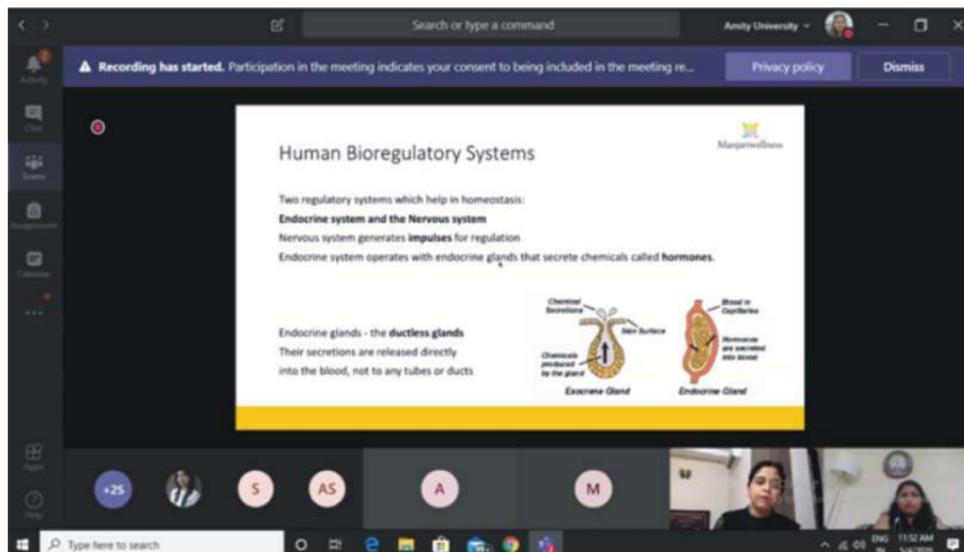
The webcast was moderated by Dr. Luxita Sharma, Associate Professor & Head, Dietetics and Applied Nutrition, along with the four panel members- Dr. Padmakali Banerjee, Pro Vice Chancellor, Amity University Haryana; Dr. Nitu Singhal, Senior Consultant & Head Department Radiation Oncology Asian Hospital, Faridabad; Dr. Divya Kumar, Senior Consultant Obs & Gynae, Assisted Reproductive Techniques QRG Health City, Faridabad; Ms. Shilpa Thakur, Consultant, Asian Hospital Gen. Secretary, IDA Delhi Chapter. The participants of webinar included Faculties of Amity Medical School, alumni students, Ph.D. scholars, B.Sc. and M.Sc. students of Amity University Haryana.

The program started with a brief introduction of all panel member introduced by Dr. Luxita Sharma. This was followed by question-answer round asked by participants to the panel experts. The participants asked various queries related to women's health, stress management, dietary guidelines from experts. It was indeed a very informative session as very sensitive topics came into light and were talked upon. The program ended with a vote of thanks from Dr. Luxita Sharma, in which she thanked and expressed gratitude to all the dignitaries.



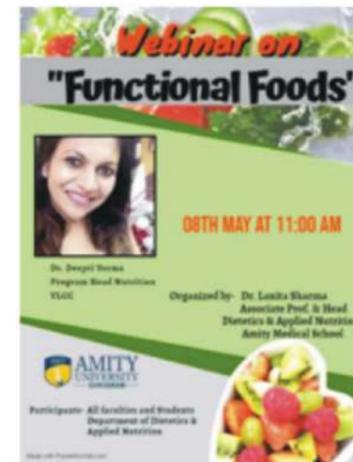
WEBINAR ON NUTRITION AND HORMONAL BIO-REGULATION WAS ORGANIZED BY THE DEPARTMENT OF DIETETICS & APPLIED NUTRITION ON 4TH MAY 2020

The webinar was headed by Dr. Luxita Sharma, Associate Professor & Head, Dietetics and Applied Nutrition, along with faculty members, Ms. Richa Singh, Ms. Apoorva Tandon, Ms. Deepika Pal and Ms. Deepika Dhawan. The online session was organized from 11:30AM-12:30PM on 4th May 2020 through Microsoft Teams application. For the guest lecture, Ms. Manjari Chandra, Consultant therapeutic and Functional Nutrition, Nax Healthcare, Daivam Wellness; was invited to deliver a lecture on the topic "Nutrition & Hormonal Bioregulation". The participants of webinar included alumni students, Ph.D. scholars, and M.Sc. students of DAN department. The lecture started with keynote and general introduction by Dr. Luxita Sharma about the guest Ms. Manjari Chandra. After which the guest explained about the role of hormones in the body and its relation to nutrition and disease. She also presented a PowerPoint presentation to explain the physiology of hormones which was very helpful and easy for the students to understand. At the end of the session students asked about their queries from the guest and cleared their doubts they had during the lecture. Overall the webinar gave wide exposure to students and helped them to upgrade their knowledge.

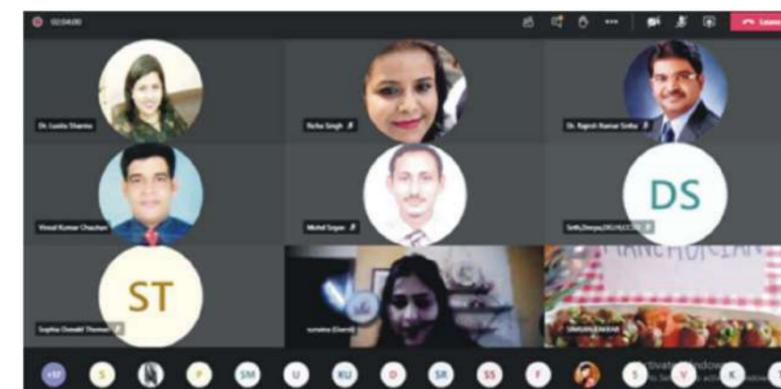


WEBINAR ON FUNCTIONAL FOODS WAS ORGANIZED BY DR. LUXITA SHARMA, ASSOCIATE PROFESSOR AND HEAD DEPARTMENT OF DIETETICS & APPLIED NUTRITION

The Speaker for the programme was Dr. Preeti Verma, Program Head Nutrition, VLCC. It was a very knowledgeable and informative webinar, in which Dr. Verma gave us an insight into functional foods and their role in enhancing nutritional status of the people. Students asked a number of questions from the speaker. Which were meticulously answered by her.



CELEBRATION OF NATIONAL NUTRITION MONTH BY DEPARTMENT OF DIETETICS & APPLIED NUTRITION IN COLLABORATION WITH MAGGI. IT WAS AN INTER-UNIVERSITY RECIPE COMPETITION USING MAGGI. STUDENTS FROM VARIOUS UNIVERSITIES LIKE SGT UNIVERSITY, MANAV RACHNA INTERNATIONAL UNIVERSITY, BANASTHALI UNIVERSITY ETC TOOK PART IN THE COMPETITION. THE COMPETITION WAS JUDGED BY MS. SUNAINA KHETARPAL, CHIEF DIETICIAN, KALYANI ESCORTS HOSPITAL.



POSTER MAKING COMPETITION ORGANIZED ON THE OCCASION OF DIETETICS DAY. THE THEME WAS “DIETICIANS REACHING THE UNREACHED”. THE COORDINATOR FOR THE EVENT WAS DR. LUXITA SHARMA, ASSOCIATE PROFESSOR AND HEAD, DEPARTMENT OF DIETETICS & APPLIED NUTRITION.

The competition was headed by Dr. Luxita Sharma, Associate Professor & Head, Dietetics and Applied Nutrition, along with faculty members, Ms. Richa Singh, Ms. Apoorva Tandon, Ms. Deepika Pal and Ms. Deepika Dhawan. 15 Students of B.Sc. and M.Sc. DAN participated in the competition with zeal and enthusiasm. Prof.(Dr.) Rajesh Kumar Sinha, Deputy Director & Head, Amity Medical School, was invited as the Judge for the competition.

Simran Kakkar and Swati Choudhury, both students of B.Sc. DAN Semester IV won the first and second prizes respectively. The competition ended with motivational words from Dr. Luxita Sharma who focussed on participating in co-curricular activities along with academics for students' all round development.



Community Visit to Anganwadi Center, Bhaghanki (nearby village) was organized by the Department of Dietetics & Applied Nutrition. The visit was organized to enable the student learn about the process of survey and data collection in the community and gain practical experience related to nutritional counseling. Students of M.Sc. DAN III Semester were part of the visit. The community visit proved to be very fruitful for the students as well as the village people. The students got practical exposure and knowledge about working in a community and undertaking data collection, while on the other hand the villagers got nutrition education which may help in improving their health.



Hon'ble Prime Minister has launched POSHAN ABHIYAN (Prime Minister's Overarching Scheme for Holistic Nutrition) to address the multiple determinants of Malnutrition, which is endemic in a large number of Districts in India. It is a flagship programme by Govt. of India to improve nutritional outcomes for children, pregnant women and lactating mothers. For commemorating this initiative, various programmes were organized by the Department of Dietetics & Applied Nutrition.

The poshan maah celebration was marked by a 3 event series, which are as follows.

The first Event under the Poshan Maah Celebration was Nutrition Awareness Program was conducted online for Anganwadi workers, children, and their mothers on the topic of Hygiene, Sanitation and Food Safety. The Integrated Child Development Scheme officer, Pataudi, consented to collaborate

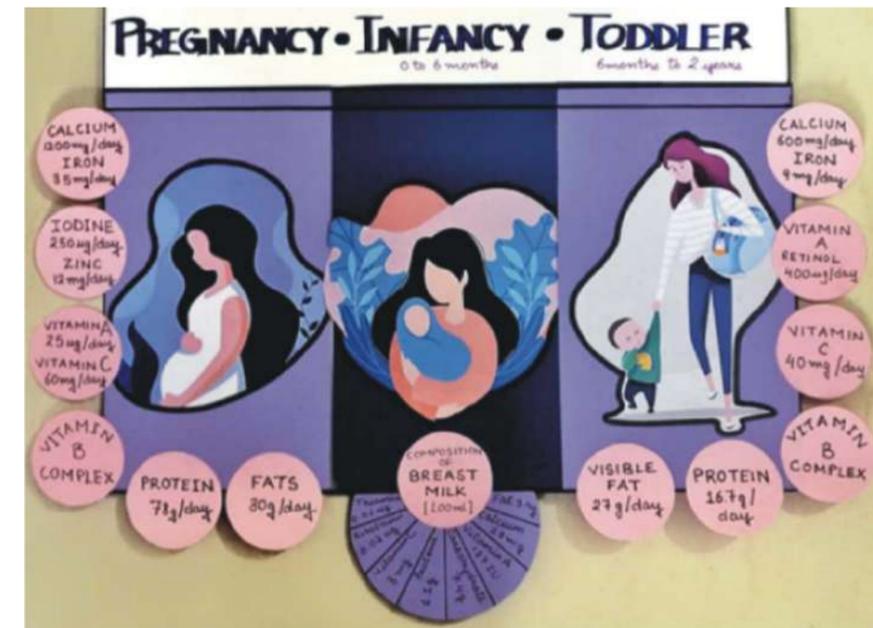
with us for conducting this online program. The duration of the program was around one hour. Students of M.Sc. DAN III Semester actively took part in the program by preparing various activities for the listeners. Some students presented self-written poems, songs to the audience. The programme was coordinated by Dr. Luxita Sharma, Associate Professor and Head, Department of Dietetics & Applied Nutrition.



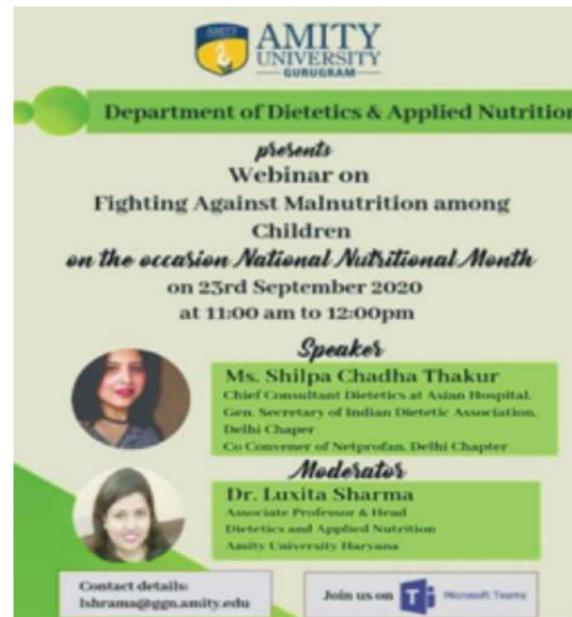
THE SECOND EVENT WAS NUTRITION AIDS MAKING COMPETITION.

First prize : Simran Kakkar
 Second prize : Kriti Bhardwaj and Suyasha Gupta and Mahima Grace Lal
 All students were from B.Sc. DAN V Semester.

The theme of the competition was awareness about “Importance of Nutrition for first 1000 days of a child” Students actively took part in this competition and showed their creativity on the paper. It was an Inter-university event with active participation from SGT University, Manav Rachna International University including Amity University. The glimpse of the event are shared below.

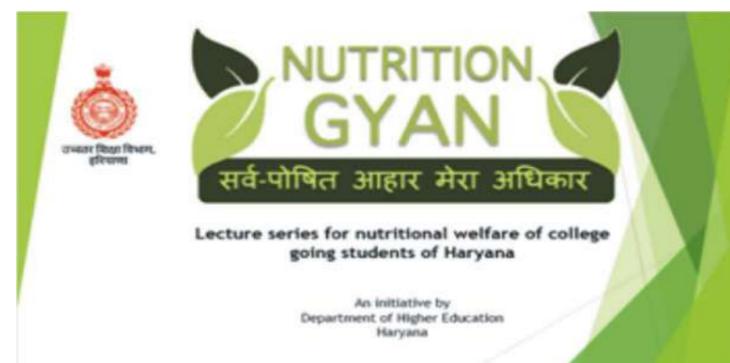


The third event under the Poshan Maah celebration initiative was a Guest Lecture organized by the Department of Dietetics & Applied Nutrition. Ms. Shilpa Chadha Thakur, Chief Consultant Dietetics at Asian Hospital was the honorable speaker of this event. The event was moderated by Dr. Luxita Sharma, Associate Professor and Head, Department of Dietetics & Applied Nutrition. The theme of the Guest Lecture was “Fighting against Malnutrition among Children”. The honorable speaker gave a very detailed and informative lecture on the importance of nutrition during childhood and how malnutrition can be tackled. It was indeed a very enlightening event for one and all.



SPECIAL INITIATIVE BY THE DEPARTMENT OF DIETETICS & APPLIED NUTRITION

The Department in collaboration with Government of Haryana, organized a lecture series in the state colleges named “NUTRITION GYAN”. The theme of the series was for nutritional welfare of college going students of Haryana. It was an initiative of the Department of Higher Education, Haryana.

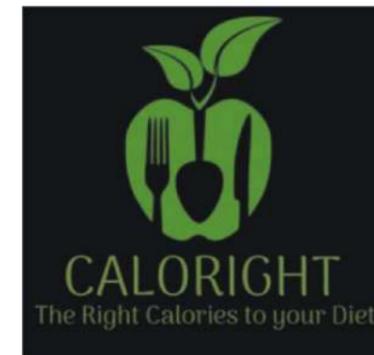


Selective Students of M.Sc. Dietetics & Applied Nutrition II and IV semester, B.Sc. DAN VI Semester and Ph.D. Scholars were the flag bearers of these lecture series. These students were trained and prepared to undertake the presentation in over 192 colleges of Haryana through online mode.

A stipend of Rs.500 per lecture was also paid to the students for presentation by the Department of Higher Education, Government of Haryana.

STUDENT CLUB

CALORIGHT- THE NUTRITION CLUB



The CALORIGHT CLUB was formed by students of Dietetics & Applied Nutrition with due approval from Maj. Gen. GS Bal, Dean of Student Welfare and Dr. Luxita Sharma, Associate Professor and Head, Department of Dietetics & Applied Nutrition, Amity Medical School. The club came into existence on 30th July 2019.

Caloright club is a nutrition club, which comprises of a number of members. The Club's 2019-2020 team constitutes:

HEAD FACULTY COORDINATOR

Dr. Luxita Sharma
(Associate Professor and Head,
Dietetics & Applied Nutrition)

TREASURER

Ms. Apoorva Tandon
(Asst. Professor, Dietetics & Applied Nutrition)

PRESIDENT OF THE CLUB

Ms. Suyasha Gupta
(student BSc. DAN 2018-21)

VICE PRESIDENT OF THE CLUB

Ms. Swati Chowdhury
(student B.Sc. DAN 2018-21)

SECRETARY OF THE CLUB

Ms. Pallavi Thakur
(student BSc. DAN 2018-21)

STUDENT COORDINATOR

Ms. Peddapati Pavani
(student BSc. DAN 2018-21)

CLUB PHOTOGRAPHERS

Ms. Namita
(student Bsc DAN 2018-21)

Ms. Vanshika Kalra
(student BJMC)

SOCIAL MEDIA

Mr. Mayank Lamba
(student B.Sc. Mathematics)

CORE MEMBERS OF THE CLUB

- Ms. Shruti Goyal (B.Sc. DAN 2018-21)
- Ms. Bharti Chopra (B.Sc. DAN 2018-21)
- Ms. Dhanyaja SNair (B.Sc. DAN 2018-21)
- Ms. AditiMittal (B.Sc. DAN 2018-21)
- Ms. IshaMittal (B.Sc. DAN 2018-21)
- Ms. Deeksha (B.Sc. DAN 2019-2022)
- Ms. Shreya Jindal (B.Sc. DAN 2019-2022)
- Ms. Ishita Singhal (B.Sc. DAN 2019-2022)
- Ms. Sehaj (B.Sc. DAN 2019-2022)

EVENTS CONDUCTED UNDER THE CLUB

SWEETS MAKING WORKSHOP | 29TH AUGUST, 2019

This workshop was the inaugural event of CALORIGHT and was held at the Nutrition Lab (A block room 313).

Students from various courses signed up for this workshop. This workshop was conducted by Dr. Luxita Sharma, Associate Professor and Head, Dietetics & Applied Nutrition. A number of traditional sweets were taught to the students in a very comprehensive manner.

Some sweets demonstrated under the workshop included:

- Nariyal Barfi • Besan Barfi • Gulab Jamun • Shakkarpaare

The workshop was a great success amongst students. They participated with full zeal and valor and indeed had a great learning in the event. The occasion was graced by Head of the Institute Maj. Gen. Mahavir Singh, who gave his words of wisdom and encouraged the students.

FEW GLIMPSES OF THE WORKSHOP ARE AS FOLLOWS:



SNACK LIGHT FOOD STALL | 28TH SEPTEMBER, 2019

The Caloright Club Team organized a food stall near the banyan tree, serving low calorie snacks. The main idea was to incorporate taste into food which are considered to be high in calories without adding much calories.

These snack items were prepared by the team members. Arranging for ingredients was done a day before and on the day of the event preparation of the snacks was done. Some members of the team were allotted the cooking duty while the others were setting up the stall.

Once the snacks were prepared, it was displayed in the stall maintaining all standards of hygiene.

Our menu items included:

- ? Farm fresh healthy bites - amalgam of farm fresh vegetable stopped on brown bread with some cheese and spices.
- ? Melt in mouth popcorns- popcorns caramelized with brown sugar

The event was a success. The students were able to sell off all the products prepared and received positive response from buyers.



KHATTI - MEETHI TAAZGI | SANGATHAN 2019

Sangathan is an annual sports event and since this is an outdoor event everyone needs a good dose of hydration. So, the caloright team decided to setup an Energy Drink Stall to quench the thirst in the extreme heat.

The students of Caloright team created a drink which would provide hydration, energy and is refreshing as well. Keeping this in mind, a refreshing drink with a blend of tamarind (imli), banana and lemon was prepared to refresh and energize every body.

A positive response from everybody, who took the drink was received. It was a very successful event which was appreciated by one and all.



BAAKI BAATE PEENE BAAD... NIKKE NIKKE SHOTS | 20TH FEB., 2020

This event was organized during Amifest 2020. The students of Caloright Club decided to put up an interesting game for all the participants which was named after a Bollywood song - baaki baate peene baad..... nikke nikke shots (Winning gives you Sweet & Losing gives you Sour! a Dare to your Taste buds!!)

The participation was in a team of two. There were 3 rounds in the game which were to be performed on the spot. The event was enjoyed by all the participants and organizers.

The winners were awarded with medals while others received participation certificates.



All teams participating in round 1



Event banner



Judges with the winning team

MISSION VISION

DEPT. OF OPTOMETRY AND VISION SCIENCES 2013-2019

No. of cases seen in outreach programs	14308
Free Cataract Surgeries performed	62
Free Medicines provided	1331
Free Spectacles provided	783



SOCIAL RESPONSIBILITY - AMITY MEDICAL SCHOOL

MEDICAL LAB TECHNOLOGY – BLOOD DONATION CAMPS



EXTENSION ACTIVITIES

AMITY MEDICAL SCHOOL - DIETETICS AND APPLIED NUTRITION



AUDIOLOGY AND SPEECH LANGUAGE PATHOLOGY



OPTOMETRY AND VISION SCIENCES



DEPARTMENT OF DIETETICS AND APPLIED NUTRITION LABORATORY



INFRASTRUCTURE

Amity Medical School (AMS) under the aegis of Amity University Haryana, Gurugram offers undergraduate, post-graduate, and Doctoral programs in various functional areas of medical fields. AMS provides students an ambiance to learn grow and mature into leaders by equipping them with the required skills and knowledge to meet the challenges of the dynamic work environment. The campus provides a multicultural environment with the presence of students from across India and different countries who share the diversity of regions, ethnicities, flavors, and cuisines giving the campuses a global outlook.

As per the infrastructure of Amity Medical School, it is situated on the 4th floor of D-Block of Amity University Gurugram, and all theory classes of the students are held in state of art lectures halls and tutorials rooms. At Amity Medical School, all classrooms are wide and air-conditioned, with the majority being amphitheater-style. The most suitable environment for dynamic and concentrated learning is provided in the classroom. These are intended to combine analysis and action, and they are supplemented with integrated audio-visual and sophisticated teaching aids for lectures and presentations. AMS has 2 major labs; firstly of the department of Dietetics and Applied Nutrition and secondly department of Medical Laboratory with the relevant facility. Along with labs, AMS has 2 clinics; one for the Department of Optometry & Vision Science and the second for the Department of Audiology & Speech-Language Pathology with all required faculty.

DEPARTMENT OF OPTOMETRY & VISION SCIENCE CLINIC



DEPARTMENT OF AUDIOLOGY & SPEECH-LANGUAGE PATHOLOGY CLINIC



DEPARTMENT OF MLT LABORATORY



ARTICLES by FACULTY

DIGITAL HEALTHCARE IN INDIA

The Indian market has always been in desperate need of innovative, sustainable and scalable healthcare technologies to improve lives, due to the vast inequalities in healthcare distribution, as well as a lack of trained clinicians and the related infrastructure gaps. A range of factors, including vast inequalities in healthcare distribution, shortage of trained healthcare clinicians and infrastructure gaps, have made the Indian market highly dependent on innovative, sustainable and scalable healthcare technologies to improve lives. The Indian healthcare market has always been in need of innovation, sustainability and scalability in healthcare, because of the huge inequalities in healthcare distribution, the lack of healthcare professionals and infrastructure gaps, and the adverse financial impacts of these factors. In the Indian market, innovations in sustainable and scalable healthcare technologies have always been a key issue due to social inequalities in healthcare delivery, a lack of qualified healthcare clinicians, and infrastructure gaps. Indian healthcare has always been in need of innovative, sustainable and scalable healthcare technologies owing to vast inequalities in healthcare distribution, a shortage of trained healthcare clinicians, and other infrastructural gaps, further compounding the problem.

The Indian market has always been in dire need of innovative, scalable and sustainable healthcare technologies to improve lives, in part because of the vast inequalities in healthcare distribution, the lack of access to trained health care professionals and the structural problems. As a result of huge inequities in healthcare distribution, lack of trained clinicians, and related infrastructure gaps, the Indian market has always been in need of innovative, sustainable and scalable healthcare technologies, which will create better lives for citizens. Due to the vast inequalities in healthcare distribution, a lack of trained clinicians and gaps in the health-care infrastructure, India has always had a need for innovative and scalable healthcare technologies to improve lives. Historically, the Indian market has found itself in a desperate need of innovative, sustainable and scalable healthcare technologies to improve lives. This is due to the massive inequalities in healthcare distribution, the lack of trained clinicians and the related infrastructure gaps. The Indian market has always been in dire need of innovative, sustainable, and scalable healthcare technologies to improve lives, because of the wide inequalities in healthcare distribution, the lack of trained healthcare professionals, and infrastructure gaps, which are further exacerbated by the increase in business competition.

COVID-19 continues to harm lives around the world by compromising health equity and outcomes and creating barriers to socio-economic growth. As time has gone by, it has become evident that these gap areas cannot be solved through a linear approach and that convergence and cooperation are

necessary. Globally, COVID-19 continues to impede health equity and outcomes, while creating barriers to socio-economic development. Over time, it has become apparent that these gap areas cannot be addressed in a linear manner. COVID-19 continues to negatively impact lives around the world, hampering health equity and outcomes and causing obstacles in countries' socioeconomic development. It has become evident that these gaps cannot be addressed in a linear way and that convergence and collaboration must be the best approach. The COVID-19 continues to impact lives across the globe, hampering health equity and outcomes, and creating barriers to socio-economic growth. It has become apparent that these gaps areas cannot be resolved linearly and that convergence and partnership are required. Over time, it has become clear that such gaps cannot be addressed by linear means. Rather, integrating convergence and coordination is essential to achieving health equity and improving outcomes. Globally, COVID-19 continues to negatively impact health equity and outcomes, as well as limiting socio-economic growth.

Over time, however, it has turned out that these gap areas cannot be corrected through a linear approach. Continually, COVID-19 continues to hamper health equity and outcomes and create barriers in socio-economic growth of countries globally. As time has gone on, it has become clear that these gap areas cannot be solved by linear approaches, but may be solved through a convergence and incremental approach. COVID-19 continues to have significant impacts around the world, reducing health equity, producing poor health outcomes, and creating socioeconomic barriers for countries. During the process, it became clear that these gaps cannot be managed via a linear approach and that convergence and collaboration are the solution. In addition to hampering health equity and outcomes, COVID-19 has created economic barriers to countries across the world. Over time, it has become apparent that these gap areas cannot be addressed through a linear approach and that convergence and interoperability will be critical to addressing these gaps. COVID-19 continues to adversely affect lives across the globe, hampering health equity and results and creating barriers to the socio-economic development of countries. Over time, it has become clear that these gaps cannot be addressed through a linear approach, and that convergence and collaboration are the most ideal solutions.

The most important aspect apart from accessibility is the capacity building of communities as a whole. A large part of population still struggles to afford the digital services and even if they do they are not aware about the basics of using the same. Therefore a comprehensive approach including capacity building, training, affordability and accessibility needs to be addressed.



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ROLE OF CLINICAL RESEARCH IN THE ASSURANCE OF SAFETY AND EFFICACY OF COVID-19 VACCINES

Clinical Research is the branch of Medical Science that determines the safety and efficacy of a new drug, vaccine, and treatment method for human use. These medical products are used for prevention, treatment, and the diagnosis of a disease and the ultimate goal of these products is to improve the health-related quality of life of a patient. So the safety and efficacy requirements for COVID-19 vaccines are the same as for any other vaccine and medical product. There are several steps in clinical trials that to ensure the new vaccine (COVID-19 vaccine) is safe and effective against illness.

Pre-clinical studies- After developing a vaccine by the scientists' safety trials begin in the laboratory, with tests and research on cells and small animals, before human studies for efficacy and safety then move to the next stage of testing if there are no safety concerns. Phase I clinical trial- In this trial only small groups of healthy volunteers receive the vaccine to test its safety and side effect. Phase II clinical trial- Vaccine is given to a larger group of patients who have disease characteristics similar to those for whom the new vaccine is intended. Phase III clinical trial- The COVID-19 vaccines are tested by thousands of patients with underlying COVID-19 to generate the scientific data and other information needed to determine safety and effectiveness. These efficacy clinical trials are conducted by manufacturers according to standards protocol. Phase IV trial- After getting approval from the regulatory authorities, the vaccine is prepared for launch and Sales. The vaccines will continuously and carefully monitor for safety, adverse effect and study long-term effectiveness in the population. So the COVID 19 vaccine is safe and effective to reduce the risk of COVID 19 infection hence everyone should take any one vaccine.

Working mechanism of COVID-19 vaccines- Vaccines significantly decrease the risk of infection by training the immune system to identify and pathogens (viruses or bacteria). Recent COVID-19 vaccine research focuses on eliciting responses to all or a portion of the spike protein that is specific to the virus that causes COVID-19. When we receive the COVID-19 vaccination, it activates our immune system, causing it to produce antibodies. If the individual becomes infected with the virus, the immune system identifies the virus and is already prepared to combat it, protecting the person from COVID-19 infection.

COVID-19 vaccines available in India

COVAXIN (BBV152) is an indigenous, inactivated vaccine which means that it is made up of dead coronaviruses, developed and manufactured in Bharat Biotech's BSL-3 high containment facility in collaboration with ICMR & NIV, Pune. The two dosages are separated by a period of 2-3 months. The vaccination can be kept at temperatures ranging from 2 to 8 degrees Celsius. The vaccine has an efficacy rate of 81%, initial data from its phase 3 trial shows. Indian regulatory authority gave the vaccine an emergency approval in January while the third phase of the trial was still underway. Pre-clinical studies confirmed strong immunogenicity and protective efficacy in animal studies conducted in hamsters & non-human primates.

Covishield-The Oxford–AstraZeneca COVID-19 vaccine AZD1222 (ChAdOx1), and sold under the brand names Covishield manufactured the AstraZeneca, Serum Institute of India, the world's largest vaccine manufacturer, is given by intramuscular injection. The non-Replicating Viral Vector vaccine is made from a weakened version of a common cold virus from chimpanzees. It modified to expression more like the COVID virus. After the vaccine is injected into the patient, it reminds the immune system to start producing antibodies and primes it to attack COVID infection. The injection is administered in two doses given between four and twelve weeks separately. Clinical trials results on this vaccine showed effectiveness of 90%.

Sputnik V (Gam-COVID-Vac) vaccine, developed by Moscow's Gamaleya Research Institute. It is a Non-Replicating Viral Vector, uses a cold-type virus, engineered to be harmless, as a carrier to deliver a small fragment of the coronavirus to the body. After vaccination, the body starts to produce antibodies especially personalized to the virus. Unlike other similar vaccines, the Sputnik injection uses two slightly different versions of the vaccine for the first and the second dose given 21 days separately. The Sputnik V vaccine aims to protect against COVID-19 and the effectiveness of Sputnik V records 97.8% against coronavirus in the UAE



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CURRENT DIAGNOSTIC APPROACHES FOR DETECTION OF COVID-19

COVID-19 is the world's most lethal infectious outbreak and the main cause of life-threatening respiratory failure along with damage to the heart, lungs, liver, and neurological system. This COVID pandemic may be managed by early diagnosis of the virus using effective diagnostic techniques, which are explained in detail below.

Advance Diagnostic Methods

In vitro diagnostic (IVD) method is based on either the idea of viral genetic material detection or the identification of host antibodies against COVID-19 in the human sample.

Nucleic Acid Detection

Real-Time PCR – Identification of viral genetic material in the patient's body is strongly advised for a verified diagnosis of COVID-19. COVID-19 nucleic acids can be detected by real-time reverse transcription-polymerase chain reaction (RT-PCR) in nasopharyngeal swabs, lower respiratory tract secretions, sputum, blood, feces, etc. Conventional RT-PCR for viral detection can occasionally provide false-negative findings, especially in the early stages of infection. To get over this problem, NGS (next-generation sequencing) is an alternate technique that may be utilized for diagnosis; luckily, it is more sophisticated and faster than PCR. NGS may also be used to examine pathogen mutations. The sample should be collected from the lower respiratory tract to acquire reliable results.

GeneXpert Test:- COVID-19 can be detected within one hour with this rapid and FDA-approved test. Samples are obtained using a nasopharyngeal swab or a nasal wash and processed in less than one minute. The technology utilized in this is RT-PCR, and the kit includes the necessary probes, primers, and internal controls. This test is presently carried out around the globe.

Isothermal Nucleic Acid Amplification Test: Due to the challenge of insufficient RT-PCR sensitivity for COVID-19 diagnosis, more sophisticated nucleic acid detection methods, including the isothermal technique, have recently been launched. It was shown to be ideal for detecting extremely small amounts of viral RNA and may effectively be utilized as an alternate approach to RT-PCR. ID Now®, an isothermal nucleic acid amplification–a based device developed by Abbott, has received FDA clearance.

CRISPR Nucleic Acid Test: Another cutting-edge method for nucleic acid detection is Clustered Regularly Interspaced Short Palindromic Repeat (CRISPR), which detects viral genomes utilizing a variety of bacterial enzymes such as Cas-12. When compared to real-time RT-PCR, this method provides greater speed and sensitivity for COVID-19 nucleic acid identification.

Antibody Detection Tests

Lateral Flow Immunoassay: Lateral flow immunoassay-based methods have been developed for fast diagnosis, similar to the rapid pregnancy strip test for COVID-19. This technique of diagnosis necessitates a considerably small amount of material as well as a detection time of fewer than 15 minutes. BioMedomics has received FDA clearance for an IgM-IgG-based fast diagnostic kit. Although the standard COVID-19 test is nucleic acid detection by PCR, these antibody detection-based methods offer equivalent sensitivity and selectivity to RT-PCR and should be utilized when RT-PCR facilities are not available.

Chemiluminescence Immunoassay: Diazyme in the United States developed and received FDA clearance for a Chemiluminescence Immunoassay (CLIA)-based IgM and IgG rapid detection test. It uses an automated analyzer with a throughput of 50 tests per hour. MAGLUMI CLIA analyzer is also used for the detection of IgM and IgG in patient samples using a similar detection concept.

Clinical Diagnosis

Physical Examination: This method entails making a disease diagnosis based on physical indications and symptoms. In the absence of pneumonia, some individuals have only minor symptoms such as tiredness and a low temperature, whereas those with severe cases have dyspnea, lung crackles, and dullness. Acute respiratory distress syndrome, dyspnea, septic shock, bleeding problems, difficult-to-correct metabolic acidosis, and even multiple organ failure can occur in patients with severe illness. Those in critical or severe condition may have a mild to high fever.

Radiology Examination -CT Testing: CT imaging of the patient is strongly advised for determining the degree of illness and its sensitivity is 97.2 % for COVID diagnosis. CT imaging of lesions may show significant distributions in the subpleural area or maybe absent along bronchial vascular bundles.

Other Laboratory Tests

Hematological Testing: COVID-19 can be tentatively identified by evaluating hematological changes. The number of lymphocytes initially falls, but the number of monocytes remains normal or rises, while the overall leukocyte count remains normal or decreases as the illness progresses. When there are a substantial decrease in CD4+ and CD8+ T cells, or when the lymphocyte absolute value falls below 0.8 10⁹/L, blood counts must be rechecked every three days.

Additional Laboratory Examination: Other laboratory tests commonly used in the diagnosis of COVID-19 include blood gas analysis, liver, and kidney function tests, myocardial enzymes, erythrocyte sedimentation rate (ESR), C-reactive protein (CRP), lactate dehydrogenase (LDH), D-dimer, urinalysis, coagulation test, and inflammatory factors (IL-6, IL-10, TNF).

COVID-19 detection and diagnostic capabilities can be improved using artificial intelligence and deep learning. With the rapid advancement of molecular testing technology and intelligent technology, it is also possible to set up a smartphone-friendly Cloud-based quick diagnosis platform to easily execute COVID-19 control. This method is based on smartphone-based POCT testing with microfluidic chips, as well as ongoing surveillance of confirmed cases. Such cutting-edge intelligent technology will significantly aid in the worldwide COVID-19 pandemic control.



Dr. Vikram Singh

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DO YOU KNOW VIRUSES CAN CAUSE OBESITY?

Lifestyle and eating habits have foremostly been blamed to cause obesity all around the world. But very little attention has been received on this etiology of obesity namely “virus induced obesity”, though several animal and human studies support that certain virus can cause excess accumulation of fat in the body. Adenovirus (Ad) virus, SMAM-1 is avian virus, first reported to cause excess adiposity in 1970s in India when infected in chickens and later in human beings too. The case studies show that chicken infected with SMAM-1 virus had excess fat deposits around the abdomen along with enlarged liver and kidneys and shrunken thymus. While among the humans tested positive for antibodies against this virus had a higher body mass index and excess of adiposity. Another pathogen of interest is Ad-36 that causes common cold in humans. Animal studies show that it can cause fat gain by up to 60%. A small human study on 500 subjects showed 30% of obese subjects were infected with Ad-36 as they had antibodies against it their blood sample. But still, we do not know how prevalent this viral infection is among the population. Other adenoviruses that were discovered later and found to be obesogenic are Ad-37 and Ad-5.

Obesogenic viruses are not just limited to adenoviruses, but they are not much studied in humans. One is the Canine distemper virus that damages hypothalamus and cause obesity but is limited to albino rats. Rous-associated virus type 7 may lead to sharp rise in triglycerides and cholesterol levels, fatty liver and obesity when infected in chickens. Borna diseases virus is seen to cause obesity and central nervous system damage in variety of animals like horses and rats, and may affect humans too, but presently no study reports obesity in humans due to its infection. Scrapie agent is related to obesity and diabetes, naturally in sheep and goat, while other variety of animals in lab, no works presents its affect on humans.

The SMAM-1 and Ad-36 have been in the limelight to invade human body and cause obesity. Especially Ad-36 is clearly observed to affect adipocyte cells and program the enzymes to increase fat mass in the body. As it is a human virus, scientists' hypothesis that in late 20th century this virus may have played a significant role in causing present obesity. Though the evidence is strong, but no large-scale study has been done so far on human beings to support this. So, it is difficult to ensure the alarming rise in obesity is due to these obesogenic viruses or the traditional causes should be held responsible for this, while we are still fighting COVID-19 virus and its repeated mutations in this era. This pandemic has made us realize the importance of hygiene practices and use of traditional plant-based foods to enhance our immune system to fight off these viruses. But not only limited to this, the government authorities have started investing more in medical research so that more studies can be done on these viruses and how they interact with our environment.



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EYE CARE DURING COVID-19 (SARS-CO V-2)

The severe acute respiratory syndrome coronavirus 2 (SARS-Co V-2) or very well recognized COVID-19 pandemic has unsettled our society on an unparalleled scale since its beginning in December 2019. It caused a large global outbreak and also made a major impact on public health issue. According to WHO COVID-19 Situation Report on 29th June 2021, there are more than 180 million cases globally and the number of deaths stand at almost 4 million.(1) It is now well understood that coronavirus can be transmitted by droplets, aerosol particles, human-to-human contact or via other fomites (particles of skin cells, hair, clothing and bedding).(2) These viral particles can enter in the body through the mouth, nose or eyes and can cause severe infection which can lead to even fatal condition. To mitigate the infection several steps and precautions have been taken globally. These include self-isolating, social distancing, wearing masks, frequent handwashing, using of sanitizer. By adopting these habits, somehow we were capable to control the infection.

Although all the primary transmission of COVID-19 was ceased to enter into the body through mouth, nose or hands, the eyes may serve as a source of infection as well as an entryway for transmission. Due to its anatomical structure, 'Eyes' are the only organ in the body which is very vulnerable to any kind of infections. If a respiratory droplet comes in contact on the surface of the eye, the virus-containing fluid can then enter the respiratory system through the nose and thus can enter into the lungs. Evidence

also showed that the virus may therefore be transmittable from the ocular surface to a new host via contact with the ocular mucosa, tears, or subsequent fomites. Evidence from studies proved that eyes are the good portal of entry of the virus and been a feeder home to the virus. In tear fluid of patients, presence of virus had been evidenced which causes lots of respiratory illnesses.(3) So there are chances that contact with the eye and subsequent fomites can lead to inoculation of the virus in other persons much likely the way it happened by respiratory droplets.(3)

It has been advised by all healthcare professionals to use eye protection such as goggles or face shields as part of the standard personal protective equipment (PPE) in addition to wearing masks to stop the transmission of the virus.(3) Conjunctiva, tearfilm, eyelashes all are the potential entryway for transmissions but tears should be considered to be potentially infectious. Hence, frequent eye wash with lukewarm water and cleaning of eyelashes with baby shampoo is very necessary. Also, one has to remember to clean the goggles, eye protection, spectacles, face shield with advised cleaning solution or with mild shampoo frequently like handwashing regime. It is advisable for contact lens users to strictly adhere with cleaning regime. As Contact lens would be wearing on eyes, so there is high chance of transmission of virus if not thoroughly cleaned before and after use of contact lens just as like spectacles, goggles, eye protectors. Same kind of hygiene should be followed before handling of the eye drops. People should do handwash before installing the eyedrops and keep the medicines in cleaned place. This is required because infected droplets can find their way into the ocular surfaces where the virus can replicate.

The main signs of ocular manifestations of COVID-19 are like red eyes, severe watering, headache, sticky discharge on eyes, conjunctival hyperemia, chemosis, epiphora, or increased ocular secretions. It is also been reported that in positive or suspected COVID-19 infected patients, RT-PCR from conjunctival swab resulted as positive but ocular symptoms were absent. The rate of ocular manifestation is low as reported by studies with variance in prevalence data from 5.3% to 7% in worldwide.(4) It is suggested by researchers and healthcare professionals that tears can be a potential source of infection early on the disease (COVID-19) course and that the conjunctiva may sustain with viral replication for an extended period of time. However, a paucity of evidence is not enough to rule out the possibility of ocular transmission of COVID-19. There is the possibility of the underreported of ocular symptoms which patients might have experienced in real. Hence as healthcare professional it is recommended to enquire the suspected or confirmed COVID-19 patients about their eye redness, itching, and discharge. It will help to get the more accuracy of data and hence would be helpful to develop the protocol to halt the disease (COVID-19) further.



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SPEECH THERPAY USING TELE-REHABILITATION MODE: A SUCCESS STORY OF AMITY UNIVERSITY HARYANA

Speech and Hearing Sciences as a field has thrived on face-to-face interactions with patients. Interacting in person helps the clinician know their patients better by not only the verbal report, but by analyzing their non-verbal cues, alongside body language. However, the unprecedented hit by the pandemic led to a 1800 shift in all of the assessment and management procedures. It did seem limiting and restricting initially, however, with constant adaptations, tele- practices have turned out to be a great way to connect and proving to be as effective as in-person interaction.

The department of Audiology and Speech language pathology at Amity University Haryana quickly adapted to therecent change in scenario, after a nation-wide total lockdown was imposed in March 2020. A protocol was formulated for smooth transition of speech-language therapy into the online mode. This ensured to be the client-friendly and student-efficient interface. A briefing session was held for both students and clients. Points on dealing with the client, maintaining confidentiality of the client, prioritizing consent of the client, and effective delivery of therapy were discussed during the meeting. The initial two months were a bit patchy, where we fine-tuned and adapted to any short comings in the afore-mentioned guidelines. After which, the inflow of clients improved manifolds and we as a team were proficient in taking these sessions in an effective manner.

There was a sharp increase in the number of clients taking up assessments and therapy sessions. Initially there were 8 clients joined to online session soon after the lockdown, and 4 clients were newly enrolled. The numbers increased to 24-28 clients through August 2020 to May 2021. A variety of disorders, such as Childhood Language Disorders for e.g., Spoken Language Disorders, Speech Sound Disorders, Hearing Impairment, Autism, Cerebral Palsy, Intellectual Disability etc.,Voice and Fluency Disorders, and Adult Language Disorders such as Aphasia, Dysarthria and Cognitive Impairment cases were enrolled and availed customized therapy. Regular follow up with the clinician and client, helped to curate a safe space for everyone to depend on each other and develop the required skills excellently. Monthly assessments of the clinicians' performance helped them analyze and redesign the intervention plan, thus helping them advance their clinical skills and grow as a competent professional. The same was done with the clients, where the case supervisors constantly followed up for determining their expectations, receiving feedbacks and addressing any concerns. It helped in improving the delivery of ASLP clinical services and bridging any gaps that were found.

There were 63 new case intakes in the academic year 2020-2021 and a total of 69 discharges of which only 7 were drop-outs due to medical and personal reasons, other 62 were discharged with significant and near normal improvement. All discharged cases were given a discharge report and asked for a

follow up in next 3 months. Overall, the tele-rehabilitation process has been a huge success at the Department of ASLP-AMS, Amity University Haryana, by the virtue of constant and operative feedback from the faculty, clinicians and clients. The department is all set to commence its services for the academic year 2021-2022. Effective communication is the key to lead a contented life. We, as a team of Audiologists and Speech Language Pathologists at department of Audiology & Speech Language Pathology, pledge to provide *“quality services in any possible way to one and all, without being phased out even in such grim conditions, such as the pandemic”*.

By: **Akriti Kumar (SLP Grade I)**

ARTICLES by STUDENTS

INTEGRATIVE APPROACH TOWARDS MANAGEMENT OF DIABETES

Diabetes is the condition in which the body does not get the proper amount of energy (glucose). Most of the food, mainly carbohydrates such as wheat, rice, potato provide us with energy in the form of glucose but our body cells cannot take up the glucose from the blood due to the absence of a hormone called insulin. Major signs of diabetes can be: Extreme hunger, Frequent urination, Thirst, Tiredness and Weight loss. People with age between 45 to 64 years are more at risk of having diabetes. Nowadays children between the ages of 15-20 years are also having diabetes. This could be due to poor health and not having a proper diet.

Impact of Diabetes: diabetes can affect different organs such as heart, kidneys and eyes and impair with other hormones and can lead to different disorders such as, high blood pressure, risk of heart diseases, irritation in urine, visual disturbances and risk of infections.

Diets for diabetes

Diabetes is a metabolic disorder which makes the food we consume an important factor in regulating the disease. For diabetics one should be very careful with the intake of sugary substance and carbohydrate as complete avoidance of carbohydrate will impact one's health therefore the amount of carbohydrate intake should be balanced. Here is a list of careful recommendation of food for diabetics:

- **Green Leafy Vegetables:** These are rich in vitamins, minerals and other nutrients and have minimal effect on the blood sugar level. For e.g., Spinach, broccoli, cabbage. Some studies have found that kale juice is highly effective in regulating blood sugar level.

- **Whole grains:** They contain a high level of fiber. Eating a fiber-rich diet is essential for diabetics as it slows down the digestion process. Whole wheat and whole grain have a lower glycemic index than rice thus have less impact on blood sugar. For e.g., millet, brown rice, quinoa etc.
- **Beans:** These are the plant-based protein which helps patients satisfy their appetite while reducing the carbohydrate intake. The body digests them slower than carbohydrates. For e.g., kidney beans, black beans etc.
- **Citrus fruits:** Research has shown that citrus fruit such as oranges, lemons, grapefruits have an anti-diabetic effect.

Workout or Physical activities impact on diabetes

Workout improves blood control in diabetes, decreases cardiovascular risk factors, Regular exercises help in reducing weight loss, and improves wellbeing. Here is a list of recommendations of exercises for diabetics:

- **Walking:** You don't need a gym membership or pay thousands of rupees for a gym membership. If you have a supportive pair of shoes and a safe place to walk, so you can start today. A good starting target for your patients is to increase walking by at least 1.2 miles/day or 30 min or 2,400 steps/day.
- **Weightlifting:** weightlifting and other strengthening activities help build your muscle mass, which can help increase the number of calories you burn each day. Weightlifting may also help improve your blood sugar control.
- **Calisthenics:** In calisthenics, you use only your own body weight to strengthen your muscles. Common calisthenic exercises include Crunches, pushups, pullups, squats, lunges. Whether you choose to strengthen your muscles with weights, resistance band, or your own body weight and trying to work out every major muscle group in your body. To give your body time to recover, take a day off from muscle strengthening activities between each session of strength training.
- **Yoga:** yoga can help people with type 2 diabetes manage their blood sugar control, weight, cholesterol levels; it might also help lower your blood pressure problems, and improve the quality of sleep, and boost your mind.



Article written by MSc CR students
Ms. Ayushi Bisht, Mr. Love Jain
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DIAGNOSIS OF NORMOCYTIC NORMOCHROMIC ANEMIA

A major problem affecting in both males and females of each house without having any look on ages. As in, a normal human body consists of 60-70% water and around 10% of blood, which helps in building up the weight of the body. It also consists of different types of elements like oxygen, carbon dioxide, sodium, potassium, calcium, etc. All these play major roles in the human body in different styles using its mechanism of working. However, as in every proper functioning human system, some of the other errors are caused which is also called dysfunction. One among them is anemia.

As blood is a vascular connective tissue. It is somewhat sticky, slightly heavier than water, alkaline with pH 7.44 as some of its characteristics. The blood also consists of different types of cells like Erythrocytes (Red Blood Cells or RBC), Leukocytes (White Blood Cells or WBC), and Thrombocytes (Platelets). All these cells are formed inside the bone marrow through a process called Hematopoiesis. Blood plays a very important role in the removal of waste particles from the body and the transportation of minerals and gases from one part to another. These gases bind with hemoglobin, which is present in RBC and is transported throughout. The decreased levels of hemoglobin lead to anemia.

Anemia occurs due to a decline in the number of RBC. Whereas in normocytic normochromic anemia, the characteristics like size and color do not change in this condition. Clinical conditions such as infections, cancer, chronic kidney failure, lupus erythematosus, etc. are the major causes of normocytic normochromic anemia. Early symptoms observed by the patients physically are shortness of breath, fatigue, tiredness, and dizziness. The diagnostic tests to identify this condition in clinical laboratories are Hemogram, Peripheral blood smear, G6PD (Glucose 6-phosphate Dehydrogenase), CRP (C-reactive protein), Ferritin and Renal function test. The levels of all these laboratory tests will reflect abnormal which decides whether the identified condition is correct. For instance, in Hemogram, the ESR level will increase and the CBC level may alter, whereas in Ferritin, the level will decrease and in renal function test the urea, creatinine levels will alter. The result of these diagnostic parameters along with the abnormal CRP value will give better clarification to decide the severity of this condition. Hence, the treatments can be provided by giving oral iron supplements in the early stages or by treating the major causes by dialysis, chemotherapy, and blood transfusion in severe conditions.



Ms. Jesbin
MSc. - MLT student

THE LOCKDOWN TSUNAMI

The key to keep 'afloat' - strike the balance between the right nutrition and right set of exercise or yoga

Tsunami, literally means series of waves. The lockdown tsunami can be aptly described as series of waves of a plethora of troubles which most people came across with- the biggest of all being- COVID.

The COVID wave has wrecked the peace of mind of everyone in every possible way. But there have been other 'waves' or troubles too, that are going unnoticed but are omnipresent – Weight gain, Obesity, Irregular Menses, gastric troubles such as flatulence, indigestion and constipation, migraines among others. Particularly, the incidence of such symptoms has shown up in those individuals who were quite healthy before the lockdown. The onus of such onset of symptoms is on sedentary lifestyle in combination with poor dietary habits. Stressed out mind when complemented with poor diet and lack of activity, adds fuel to fire and hampers proper functioning of the body.

Sedentary lifestyle is the one in which the person remains fairly inactive. It can be due to lack of motivation, or just absence of physical work. Staying at home comes with its own baggage of luxuries which involves binge-watching television, binge eating, and getting an extra hour of sleep. Excessive indulging in these 'luxuries' is taking a toll on the health of not only the middle aged but also the youth. Youngsters, kids, adults, it spares no one.

According to various surveys and studies, there is an increased incidence of polycystic ovarian syndrome in girls owing to an inactive lifestyle and poor diet. This has led to additional problems such as acne, hair fall & insulin resistance.

Constipation and flatulence, are increasingly becoming common, but how badly it affects the quality of life of a person throughout the day, only the sufferer knows. It is due to lack of movement and therefore reduced peristaltic movements and improper digestion and absorption of nutrients.

The dietary habits of the people have drastically altered in the course of this lockdown. It began with giving in to the sweet tooth by home-made cakes, Dalgona coffee, momos, and all kinds of fancy food, compromising fruits, vegetables and pulses.

It was much later, when people started to realise the importance of good diet in bolstering immunity. When the pandemic hit harder, people switched over to popping multivitamin pills. Immunity booster diets were the trend. But it is well established, strong immunity can only be built through healthy diet and exercises over an extended period of time and not instantaneously.

The crux is- The required dosage, recommended dietary allowance (RDA) of essential vitamins, minerals can be easily met if the diet has 2-3 servings of fresh fruits and vegetables, be it salads, smoothies or shakes.

Incorporating whole grains and millets complemented with well-cooked pulses adds good quality proteins and required amount of fibre that aids digestion and minimises constipation and flatulence.

Prebiotics and probiotics such as curd, yoghurt, pickles in small quantities help in maintaining a healthy gut flora that keeps digestion in check and boosts immunity.

One should also not ignore Water, which is 70% of our body and all metabolic processes occur in its presence. The requirement varies from individual to individual depending upon physical activity, but 3-4 glasses a day is must.

Health can come with taste and satiety. What is important is Innovation and creativity to create healthy yet delicious dishes and a zeal of keeping oneself nourished, and to reduce dependence on pills and medicines.

In order to ace this pandemic and come out stronger the mantra is BALANCE. Balance out the food we ingest with the right amount and right kind of exercises or yoga. This 'balance' will help us weigh right on the dreaded weighing 'balance'.

Tailor made diets should be the trend as everyone's body responds differently to any food and therefore, depending on the age, sex, physical activity, preferences, food allergies, etc. one can get personalised diet charts made from certified nutritionists and dietitians that can help the person in meeting the nutrition goals effectively. The role of Nutrition and the nutritionist should be well recognised.

Precisely, we can see that the lockdown is a double-edged sword, on one hand it is bringing with itself mammoth problems, but on another hand, it is giving us time and energy to work upon ourselves, give up on our lethargic unhealthy lifestyles and give in to the right doses of nutrients and exercise which will in turn help us face the bigger wave of COVID- gracefully, efficiently.



Ms. Suyasha Gupta

B.Sc - Dietetics & Applied Nutrition (2018-21)

CORPORATE SPEAKS



Kirti Chugh
Dietitian Lead, Abbott Nutrition

“ I would like to appreciate the placement cell at Amity (Medical) for the efforts they made for providing a fair and ample amount of chances to students. The faculty members and dietetics department worked so hard on their overall development.

Amity university has always believed in helping and guiding its students and it was no different during the placement season.

Working with Amity has been a really great experience. Students are not only good and fast doing the work, they also added their own touch to the Dietitian service.

I take extreme pleasure in getting associated with Amity Medical school for recruiting your students as permanent employees in our company. I truly appreciate your combined efforts to set up an exclusive placement division to benefit your students. ”



Ms. Tanvi
Speech Language Pathologist
Founder - The Speech World

“ I have collaborated with Ms. Aishwarya Kakkar numerous times at The Speech World. As a Senior Speech Language Pathologist, I have had the opportunity to observe her therapy sessions as well as have consulted with her on many occasions to develop individualized goals for our clients. Her experience has allowed her the opportunity to work with numerous disabilities leading to a broad knowledge base. She demonstrates the exceptional intellectual ability and dedication required to understand and apply the skills necessary for working with a variety of communication disorders. She makes great strides during therapy and parents have always been appreciative of the special way she interacts with their children as well as the therapy outcomes. I would really like to appreciate Amity University Gurgaon, your faculties and supervisors who have guided Ms. Aishwarya and made her one of the finest young professionals. She possesses the qualities needed to be an excellent speech and language pathologist- kind, patient, and client-centered. She is a dedicated therapist and an asset to her field. I wish her best of luck for her future. ”



Aman
Medical Superintendent
Radium Eye Centre LLP

“ It is the pleasure to share that Mr. AMAN, Postgraduated from Amity University Haryana, has been working as a Senior Optometrist at Radium Eye Centre LLP, Rohini, Sector-08, New Delhi since 29 Feb 2016 till date. I have found him to be a dedicated, goal oriented, punctual and trustworthy personnel during his working period. His performance as a Clinical Optometrist proved him an enthusiastic practitioner in optometry practice. His specialty is Diagnostic Optometry while Refraction and other optometry work are well satisfactory.

I wish all the very best for his bright and outstanding career in future. Mr Aman would be a tremendous asset to any other work station and has my highest recommendation. ”

STUDENT TESTIMONIALS



Debasrita Banerjee
M.Sc. DAN Batch: 2019-2021

“ I feel honored to be a part of AMS. Apart from helping in academic curriculum, my faculties and mentors boosted my self-confidence and helped in all-round-development. The compulsory internships that are a part of academics, provided me with practical exposure in the field of nutrition. ”



Dr. Geeta Bharadwaj
Master of Public Health
Batch: 2019-2021

“ I, Dr. Geeta Bharadwaj from Amity Medical School, would like to express my thoughts towards Amity University for contributing to my success. I thank our HOD and the entire team of AMS faculties who always supported and motivated us to have a positive attitude of a go-getter, who always pushed us to improve our attitude, knowledge, and perception better than before. The placement department has helped me to gain not only theoretical but also practical knowledge from the scratch through the internship at the Public Health Foundation of India (PHFI) and Manas Foundation. I had a great experience working with the placement department where I got a chance to learn more about professionalism. ”



Sakshi Sarwal
M.Sc. DAN Batch: 2019-2021

“ My five years at Amity have been great and are a memory to cherish for a lifetime. The professors here make the university what it is today. With an attitude of always being ready to help, cooperate and educate, they truly are the pillars of this esteemed university who have also become a treasure in my life. Amity University gave me an opportunity to meet different kinds of people from all walks of life. From international students to Ph.D scholars. I am thankful to my honorable HOD Dr. Luxita Sharma and all the faculties, mentors and entire placement cell. Overall it was a great and fun experience studying at Amity. ”



Devang Sharma
M.Sc. Clinical Research
Batch: 2019-2021

“ My two years at Amity University, Haryana were great and a memory to cherish for a lifetime. AUH provides a fair and ample amount of opportunities to enhance academic and interpersonal skills. I learned a lot from the expert Professors in the Department of Clinical Research, AMS at AUH. I understand that education is not only limited to books but it sharpened my skills of communication along with scientific research. The events organized by the college are awesome and witness huge crowds. I am now working as a CRC for an ICMR funded project at Fortis Escorts Hospital, Jaipur and I owe my success to all the faculties and the training and placement cell of AUH. I am feeling proud to be an Amitian. ”



Himanshu Upadhyay
M.Sc. - MLT
Batch: 2019-2021

“ I am Himanshu Upadhyay, currently working as Senior Scientific Officer in Zen Health Services, Gurgaon with a pay scale of INR @ 7,00,000 / annum. I am a former student of Department of Medical Lab Technology, Amity Medical School (AUH). I have a great learning experience at Amity Medical School as they have excellent environment for the students to learn. My experience so far is excellent that I have been able to be a part of Amity University Gurgaon. The dedication and hard work that has been put into my two years so far has allowed me to succeed in many ways, as well as increasing my self-development skills. This university is a great place to study and I would suggest it to everyone. I got the present position all because of the platform I used of Amity University Gurugram. The department provides me the various academic as well as practical exposure to medical laboratories such as Dr. Lal Path Labs and Medanta Hospital, Gurugram. I am very thankful for University and feeling proud to be an Amitian. ”



Ms. Neelam Das
Masters in Clinical Optometry
Batch: 2019-2021

“ My experience at Amity University is great and memorable, a memory to cherish for lifetime. Amity University helped me in enhancing my academic and interpersonal skills and with great hostel facilities. I have acquired lot of confidence and gain knowledge through various platforms such as Sangathan, Youth Fest which gave the students to present their creativity and talent. Huge respect, love and devotion for entire faculty members and department who leaves no stone unturned to shape one's future and ready to help anytime. Though due to pandemic situation, regular classes held through online bases to help us with our aptitude and technical skills. ”



Sahil Sharma
Bachelor of Clinical Optometry
Batch: 2017-2021

“ It was my immense luck and fortune to be the part of Amity University. When I took optometry to study, I wanted to learn new things and update myself. Thanks to all my mentors and my university who always care about how students are doing within the course and whether we understand rather than, just giving information and letting the students absorb it however they want. Overall it was a great experience and lifetime memory at Amity. ”



Ms. Jasveen Kaur
BASLP
Batch 2016-2020

“ If I had to sum up my experience from this university, it'll be a beautiful roller-coaster, the kind where you are very scared and terrified to get on first but once you take a ride on it you just don't want to get off of it. I was petrified in my First Year as I found everything very new and different, but I was also excited to meet new people and have some fruitful experiences. The faculties throughout were very supportive. We as a batch had lots of ups and down but at the end, we all came out stronger. If there was one person who supported us throughout, encouraged us to do better and stood by us every step of the way, then it had to be our HOD Mr Vijay Kumar. Vijay sir always guided us to the best of his abilities, I have never seen somebody being so patient and kind with a sense of humour too. All in all, it was a delightful experience. I learned a lot many things, I had to let go of a lot, but I know that I came out as a strong opinionated individual by the end of it and I am extremely thankful to the teachers, staff, and my friends for playing a major role in it. ”

PLACEMENTS



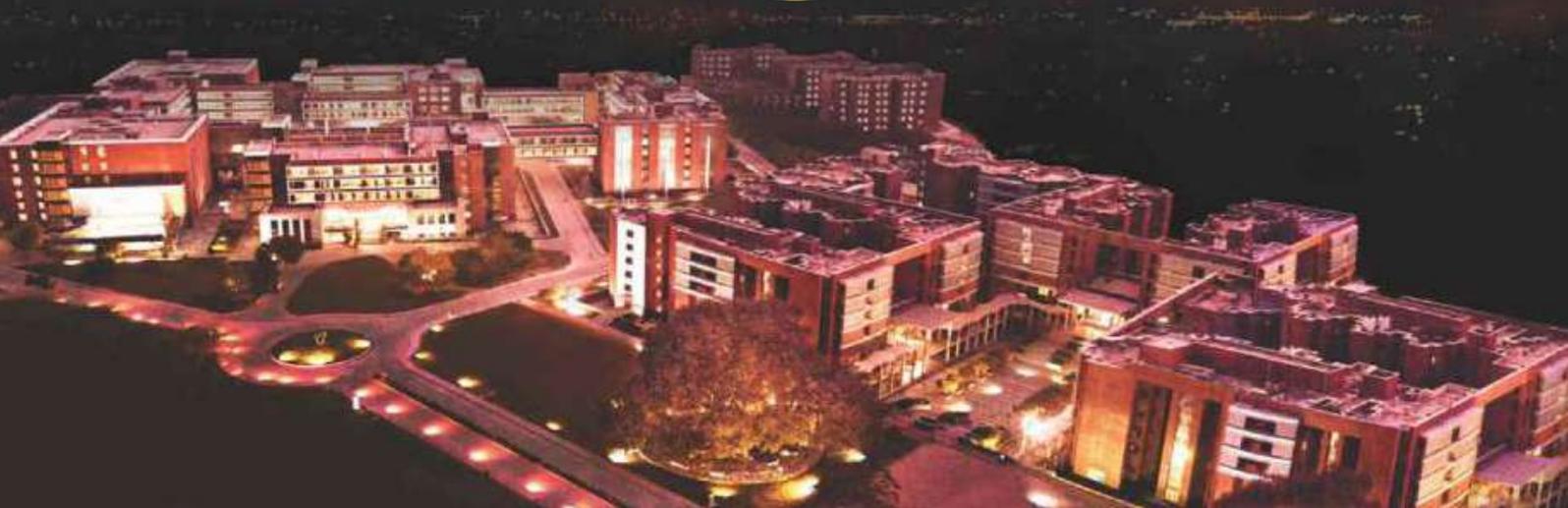
COLLABORATIONS AND MoU





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— GURUGRAM —

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