



# DAANA NEWSLETTER



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**CLICK RED**



Horseshoe Bend, Page AZ by Samia Taj (2000)

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## LCDR Mohammed Arsiwala MD ('85)

The editorial team is excited to present Dr. Mohammed Ali Arsiwala in this edition's alumni spotlight, a dedicated Physician, Lieutenant Commander Navy Reserves, Entrepreneur, Philanthropist!!

Dr. Arsiwala is from 85 batch of DCMS. He was born and raised in Musheerabad area of Hyderabad in an old family home built in 1905!

After graduating from DCMS he moved to US. His first exposure to US healthcare system came in the role of a medical assistant at an urgent care and occupational health clinic. He struggled adjusting to the new system, be it difficulty understanding some accents or fumbling a simple task as collecting urine drug screen sample. But he persevered, while continuing his day job, he spent most of the night preparing for USMLE at Law library of University of Michigan.

Then came the residency interview process, he chose to interview only at programs within driving distance because of limited resources, he could not afford an airline ticket. His hard work paid off, he finished Internal Medicine Residency at Wayne State University, Detroit, Michigan. He has been a Michigander since then.

Dr. Arsiwala is a living example of "when life throws lemons at you, make lemonade". The first urgent care ownership came out of a misfortune. The hospital that operated the urgent care he was working at decided to close it due to operational losses. Suddenly finding himself unemployed, 8 months out of Residency Program, he approached the hospital with a plan to take over. Hospital administration thought he was crazy to do so, but he took a leap of faith and with a steely determination to succeed, he created Michigan Urgent Care which served 6 counties, 10 locations and 200 employees. He successfully sold the urgent care in 2020, and currently works as full time military physician. He also served as Chairman of Michigan Board of Medicine and President Of Michigan State Medical Society.



## HELP foundation

With success came the desire to help the less fortunate and gave shape to **HELP foundation!!** Health, Education, Life, Progress! Established in 2005, with goals to create economical solutions in diverse communities worldwide to eliminate poverty, improve health outcomes and create educational opportunities. It is a self funded organization serving underserved in Afghanistan, Haiti, India, Uganda & US.



## Pandemic Walima s/p COVID vaccination ~ Afzal Rasheed ('89)

“Parenthood is not a competition to see who has the smartest kids, cleanest house, healthiest dinner, or nicest clothes. Parenthood is your journey with your kids” - unknown

To the best I can, I will try to recap my life experience with my son Zahir's walima. I would like to start off by saying it was a long journey from pre-COVID 19 era engagement in 2019 to Nikah in midst of COVID-19 in 2020 and to post vaccination Walima in 2021! Not sure to laugh or cry - it's finally done. One down, 3 to go!! Yesssss!!

Alhumdulillah, Zahir's Walima was not only an opportunity to amalgamate his union with his soulmate Savara but also turned out to be a post vaccine reunion of family and friends! I think by Almighty Grace we hit the sweet spot when things just started opening up and most of the adults were vaccinated!!

My husband Zafar, had announced to the community that he wants to get Zahir married off by the time he was 18, which of course become a standing joke (poor kid). He did get married, of course not at 18 but at 23! That initial seed did help him prepare for an early marriage though!



Pappa kehte hai bada kaam kareyga !!



We always encouraged him to let us know as soon as he knows who he wants as life partner so we can approach her parents. No fooling around please and he Alhumdulillah did not disappoint us. Zahir did not become a Doctor/Shoctor but Alhumdulillah he is on his own two feet! Along with cramming a Bachelors in public administration and Masters in Public policy by age of 24 he also has been working full time as research & press assistant for Center for American Progress in Washington DC .

Mashallah! Him going to a local university for both undergraduate and graduate education and commuting from home has definitely facilitated this. So when he moved out after marriage, it was time for us to cut the cord and detox from him and

do this :



“The greatest gifts you can give your children are the roots of responsibility and the wings of independence.” ~ Denis Waitley.

One strong point I would like to make on kids' weddings is please invest in a good professional photographer. They are expensive but it is money worth spending. What you are left with at the end of the day are of course the memories and the pictures!

It was a wonderful surprise and so lovely to see my DCMS family join us in celebrating this occasion with gusto! Some new, some old friends and of course those who I share family ties as well!! Had a blast with the festivities culminating with them ditching me or vice versa and going to Shahnoor's ('88) Falaknuma palace for high tea at midnight !!

The next day was the highlight at least for me as the gorgeous ladies of DCMS gave “Salami” and applied Haldi/Chiksa to the couple and put garlands and did Rasam at a cozy brunch at my home. A true blessing indeed to be a part of this huge DCMS family. Keep us in your duas / prayers please. Sharing a few pictures from the walima.



## HUM! ~ Sufiya Ahmed (2014)

“One touch of nature makes the whole world kin.” — William Shakespeare

The Pandemic in so many ways has changed all our lives. My grandmother at 82 saw her life change like it never has before and so did my 11 year old baby sister. None of us today can claim to have not been marred by the virus in one way or the other, the true impact of which we haven't been able to fathom yet, now to remember a time before, feels strange like travelling into a different dimension, a lost world.

March 2020 saw the world change, suddenly and all at once, and in a manner that was unforgiving to everybody. And while there's a lot to be told and retold of these tortuous times, that none of us can even now claim has ended or predict a future where it isn't a factor ruling all our lives, I write today as someone that graduated out of medical school into this new world.

COVID has certainly shaped how I will look at what it means to be a physician, but more than that what it means to be the person most important to you as a physician = your patient-worried, confused and helpless. Emotions that we've all expressed and experienced.

There is hope in a collective suffering that continues to test our capacity and endurance, and It feels like we've all lived through that together for months now, and out of this sense of grief, empathy and shared hope was born a project that I'm extremely proud of today- HUM.

HUM simply explained was a collaborative project through which multiple physicians and health care personnel from different backgrounds, came together to provide a Tele Consultation service- for COVID! But really it was a lot more than that.

HUM- Hyderabad United Medics- saw multiple NGO'S coming together, the path that this effort took to come into being was beautiful. Groups gathered selflessly providing all the services they could. These were difficult times, but they decided to be tougher. Physicians, both very senior and right down to the 1st year medics wanted to help, and it wasn't limited to that, our volunteers, our true covid warriors were people from diverse backgrounds, that just wanted to help, they truly were the backbone of the team.

Here was where, I saw what kindness and empathy looked like very closely, and then I witnessed how that could move mountains.

The group had doctors answering aggrieved desperate pleas in helpless times at odd hours of the night, The young volunteers our first point of contact would guide console and connect with the confused and lost patients, helping them through their toughest moments, whether it was connecting with a physician, a hospital bed or Oxygen! This was truly in its essence a people led mission that flourished on our sense of shared humanity and empathy. It crossed borders with doctors joining us internationally from the US and the UK!

With more than 9000 patients having been catered to today - Hum continues to prepare for the next wave, while it trudges on by building isolation centres through the city of Hyderabad while also conducting various vaccination drives across the city. HUM, Honge kamyab.

We take comfort that while we may have more still to endure, better days will return. We will be with our friends again, we will be with our families again, we will meet again.

**Editors' message:** *As some parts of the world emerge from the COVID-19 pandemic, thanks to vaccinated adults going back to work & school children to be vaccinated soon, and people begin to pursue their lives safely, we bring some good news of our own community with this newsletter - in many forms - from weddings of alumni children to sporting achievements of alumni to **OUTSTANDING** performance of our current DCMS students at various intercollegiate meets & conferences. In addition we have some thought-provoking articles as well as a special Meet Our Alumni. Please take special note of our **NEW** Alumni podcast (**Dastaan-e-Deccan**), as an additional avenue for sharing our experiences with our friends & colleagues. Kindly check it out & contribute your insights.*

*P.S. Send your contributions & suggestions or feedback (corrections / changes) to [daananewsletter@gmail.com](mailto:daananewsletter@gmail.com), for amends before final upload to [NEWSLETTERS ARCHIVE](#).*



# STUDENT SECTION

Contributions by current students of Deccan College of Medical Sciences

Student correspondent : Hunaina Manfusa - 2017 batch (4<sup>th</sup> year DCMS)

At the **IAP (Indian Association of Pediatrics) Quiz** held on September 30, 2021, **Zoya Naaz & Afreen Mohammed (2017)** represented Deccan College of Medical Sciences at the inter-college competition and stood runners-up (2nd position). From a qualifying round among 16 medical colleges of Telangana, six colleges qualified for the finals round. Following is the final ranking of the colleges:

- 1) Gandhi Medical College
- 2) Deccan College of Medical Sciences
- 3) RVM Institute of Medical Sciences
- 4) ESI Medical College
- 5) Mediciti Institute of Medical Sciences
- 6) Osmania Medical College



## AEGIS (Annual Edition of Gandhi's Intermedical Symposium) 22nd - 24th October 2021

**Adeba Kauser (2017)** won **Best Case Presentation** for her case with Mohammed Faisal Habeeb (2017) ~ *“Unusual presentation of Scurvy with a dumbbell tumour of femur in a cerebral palsy child”*



**Hunaina Manfusa & Saimah Naseer (2017)** won **Best Paper Presentation** for their paper *“Comparison of Singh's Index in Intertrochanteric Fracture, Intracapsular Fracture and the Normal control”*. This also got selected for ICMR-STs (Indian Council for Medical Research-Studentship).



**2017 batch students volunteered for TSAPICON** (5th Annual Conference of Telangana State Association Of Physicians of INDIA) held 22nd - 24th October 2021.

*Students pictured: Mohammed Sadat Mohiuddin, Syed Zakiuddin, Shariq Siddique, Mohammed Affan Osman Khan, Syed Farhan Muqtadir, Syed Arbaz, Ariyan Khan, Saimah Naseer, Hunaina Manfusa, Nabiha Tabassum, Zoya Naaz, Mehveen, Nadya Nayeem*

*(Not pictured) Nusrath Fatima, Zehra Yousuf, Maria Tasneem, Zoya Rasheed*



**MENTAL HEALTH CARE FOR ALL: LET'S MAKE IT A REALITY!**

**S M IL IN THESE TRYING TIMES ARE WE REALLY TRYING?**

Own yourself, own your feelings! Take it out and talk it out.  
You are yourself and the best version of your self

**MAINTAIN POSITIVITY**  
Learn something new

**STAY CONNECTED**  
We may be far, but couldn't be nearer!

**ENJOY YOUR ME TIME!**  
Plan your activities. Spend a day with vigor and fun

**it's okay to feel your feelings**  
It's okay, contact and enjoy with others like you

**Exercise- A healthy body leads to a healthy mind and healthy mind leads to a healthy body**  
Today is another Productive day

**Stay HOME**

You are the most precious person to yourself. No one more important and no one more worthy!

**THERE IS NOT ENOUGH TIME TO HAVE FUN, SO WHY WASTE TIME WORRYING?**  
Hope. Perseverance. Goals. Achievements. Happiness.

**World mental health day**  
-MALIVISI FATIMA M995 4 YR

IT WILL COME TO AN END, SO LET'S END IT LIKE Warriors!



**Mahvish Fatima (2017)** - Winner of 2nd Prize at National Poster Competition to observe Mental Health Day organized by the SPM Dept. of DCMS.

**\*Ecosystem Restoration\***

by Syed Wasif Hussain (2020)



We have failed the nature at last.  
You may blame your ancestors of the past.  
You have suffered a lot to brave it,  
But you've done nothing to save it.

I hope we never have to hear that,  
But it might be the future we'll look at.  
With how we go about today,  
Mass extinction is not far away.

Start restoring Ecosystem before it's gone,  
Before there's no wildlife to gaze upon.  
Start planting trees with utmost haste,  
Before the only green left is toxic waste.

**"Being Nostalgic with Gambusia"**

by Abdul Haq (2017)

~ A tale of mosquito borne diseases and our inability or reluctance to prevent them.



As I was writing my final exams, I came across this answer on preventive measures to reduce mosquito borne diseases, one of which includes introduction of larvivorous fishes like Gambusia into ponds, a common breeding site. It just reminded me of my school days, Inter-school years and now here I am, a third year undergraduate, still writing the same answer for the very same question!

This made me ponder about the problem statement, and why is it that this still continues to be a huge problem. Globally Malaria and Dengue together cause a total of nearly 315 million cases and almost 440,000 deaths annually. Vector borne diseases have killed more people in the past 10 years than Covid did since the beginning of Pandemic.

In 2019, GHMC released around 50,000 fishes in ponds and the government has been taking up measures like mosquito fogging, checking for breeding sites, etc. But all these measures happen to be reactive and not proactive, only after sufficient damage has been done.

While development of vaccines & medicines to tackle these diseases are in progress, we as citizens can do a lot to contribute in this fight by simple, doable measures starting from our home which include...

- Look for breeding sites
- Using insecticides and mosquito repellents
- Using mosquito nets
- Proper disposal of waste and empty cans and bottles.

And Yes I had to end with the same answer I wrote in exam.

**OSMECON 2021 (undergraduate medical conference hosted annually by Osmania Medical College and its associated hospitals in Hyderabad, India) held 29-31 Oct 2021:**

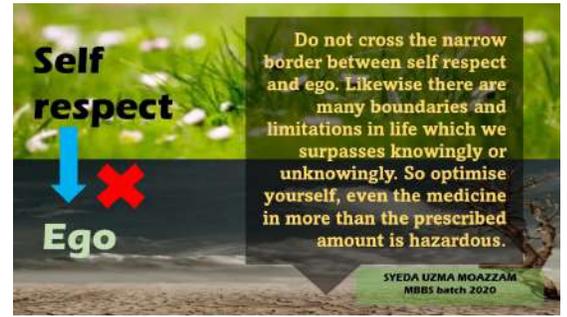
Case Presentation winners: **Mohammed Affan Osman Khan & Syed Muqtadir Ahammad (2017 batch DCMS)**  
Case Presentation Title - A Case Of Adrenal Incidentaloma In A 26 Year Old With A Histological Surprise



Case Presentation runners up: **Mohammed Sadat Mohiuddin and Syed Arbaz (2017 batch DCMS)**  
Case title: Van Wyk Grumbach Syndrome.



Paper Presentation runner up: **Adeba Kauser (2017 batch DCMS)**  
Paper title: Role of Proximal Quadriceps Release (Senguptha's Proximal Release) in Congenital and Acquired Quadriceps Contracture.



**Nature's POV**  
**by Shareen Syed (2020)**



Save me, the river cried  
As it carried all it's dwellers.  
The dumping of the garbage  
has got the tiny beings smother.

Save me, the iceberg said  
I'm home to your polar friends.  
This unbearable heat  
has got me melting at every end.

Save me, the forest yelled  
As the wildlife gradually ceased.  
I'm turning into ashes  
as the wildfire spread with ease.

Man, oh man, we cry for aid  
But man turns blind and nature fades  
Protect this boon, please nurture me  
I'll thrive to give back more of me.

You sit around when you need some peace  
While I choke on your noxious luxuries  
You'd notice the creation collapse swiftly  
If only you could see through my POV.

**Colloquim at OSMECON 2021**

A competition where the team needs to solve a medico social problem keeping in mind governmental budgets and budget of an average Indian. We had to create a magazine detailing our solutions to the problems. DCMS won the **Best Magazine Award**.

Winners : Team DCMS !!!

Team members:

- Ananth Naik (2017 batch)
- Fateen Shareef (2017 batch)
- Adeba Kauser (2017 batch)
- Sana Altaf (2018 batch)

**Fateen Shareef**  
Fateen chose to study medicine because he believes the human body is one of the best puzzles and mysteries in the universe and hopes to have a higher understanding of life by studying the human body. He aspires to go into the fields of Internal Medicine and Public Policy.

**Sana Altaf**  
Sana aspires to become an emergency medicine physician and work in global health. She hopes to tackle inequality within the healthcare system as she believes health care is a basic human right. She hopes to work for a system that prioritizes health over socioeconomics.

**Adeba Kauser**  
A career in medicine has always been at the forefront of Adeeba's mind, because she believes it provides constant mental stimulation, a continuous opportunity to learn and progress and to work flexibly. She aspires to become a Dermatologist.

**Ananth Naik**  
Ananth likes the thrills of the medical career and the meaningful impact healthcare has on communities. He aspires to become an Indian Air Force medic.

