

## PUSHPAGIRI RESEARCH COUNCIL CELEBRATES RESEARCH DAY 2025 WITH MAR ATHANASIOS RESEARCH ENDOWMENT AWARDS

PMCH Senate Hall, Thiruvalla, Kerala – October 17, 2025: The Pushpagiri Research Council proudly celebrated its Annual Research Day 2025, an event dedicated to recognizing outstanding research achievements and fostering a strong culture of scientific inquiry across all institutions under the Pushpagiri Medical Society.

The highlight of the day was the presentation of the prestigious Mar Athanasios Research Endowment Awards, instituted to promote research excellence through significant seed funding and cash prizes for both faculty and student researchers.

The event commenced at 3:05 PM with a warm welcome and introduction of the guest speaker, Dr. Gaddam Vijayalakshmi, by Rev. Fr. Dr. Biju Varghese, Chief Executive Officer of Pushpagiri Medical Society, who also chaired the session. In his opening remarks, he emphasized Pushpagiri's ongoing commitment to advancing medical and scientific research.

### **Guest Lecture: "Health & Peace through Research"**

The keynote oration was delivered by Dr. Denis Xavier, MD, M.Sc (Clinical Epidemiology), Professor & Head, Department of Pharmacology, and Head, Division of Clinical Research & Training, St. John's Medical College and Research Institute, Bengaluru.

Dr. Xavier's lecture titled "Health & Peace through Research" captivated the audience, underlining how collaborative and ethical research serves as a foundation for both global health and social harmony. His address inspired faculty and students alike to approach research with purpose, compassion, and innovation.

### **Dignitaries and Addresses**

Following the oration, the Presidential Address was delivered by Shri. Jacob Punnoose, IPS (Retd.), Principal Advisor, Pushpagiri Medical Society, who commended the continued efforts of the Research Council in nurturing a strong research culture.

This was followed by the Benedictory Address by His Grace Most Rev. Dr. Thomas Mar Koorilos, The Metropolitan Archbishop of the Archieparchy of Tiruvalla and Patron of Pushpagiri Medical Society, who highlighted the role of research in societal progress and the mission of Pushpagiri in serving humanity through science.

Felicitation addresses were delivered by Dr. Reena Thomas, Principal, Pushpagiri Institute of Medical Sciences & Research Centre, and Dr. Devadathan A., Principal, Pushpagiri College of Dental Sciences, who acknowledged the dedication and perseverance of researchers and faculty members across all Pushpagiri institutions.

### **Awards and Recognition**

The Mar Athanasios Research Endowment Awards ceremony, held from 4:30 PM to 4:55 PM, was the most anticipated part of the event. The awards recognized exemplary faculty and student researchers for their contributions through elite publications, innovative projects, and presentations at national and international conferences.

This year, a total cash prize of ₹6 lakh was distributed, along with seed funding of ₹10,000 each to deserving researchers for new and promising projects. The initiative reflects Pushpagiri's commitment to empowering researchers, promoting innovation, and advancing medical science for societal benefit.

Principals, faculty members, postgraduate students, and research scholars from all sister institutions – Medical, Dental, Nursing, Pharmacy, and Allied Health Sciences – actively participated in the celebration, marking a truly collaborative academic spirit.

### **Closing Ceremony**

The Research Day Celebration concluded at 4:55 PM with a Vote of Thanks proposed by Rev. Dr. Mathew Mazhavancheril, Chairman, Pushpagiri Research Council, who expressed heartfelt gratitude to all dignitaries, guests, speakers, and participants.

He reaffirmed the Council's vision to promote a vibrant and sustainable research ecosystem, strengthening Pushpagiri's role as a centre of excellence in biomedical and community-oriented research.

# LIST OF MAR ATHANASIOS RESEARCH ENDOWMENT AWARD AND SEED FUNDING RECIPIENTS – 2024–2025

## Publication Category I Grade I: Medical College (Clinical Stream)

1. Dr. Sajit Varghese
2. Dr. Lissa Abraham
3. Dr. Sujin Koshy

## Publication Category I Grade I: Medical College (Para Clinical Stream)

1. Dr. Nithin K Raju
2. Dr. Amrutha Mary Zachariah
3. Dr. Dona Dominic
4. Dr. Nithin K Raju

## Publication Category I Grade I: Dental College

1. Dr. Sunu Alice Cherian

## Publication Category I Grade I: Pharmacy College

1. Mrs. Mincy Mathew

## Publication Category I Grade I: Research Centre

1. Dr. Soumya R.S
2. Dr. Aniket Naha

## Publication Category I Grade II: Medical College

1. Dr. Nithin K Raju
2. Dr. Nikita James

## Publication Category I Grade II: Medical College (Para Clinical Stream)

1. Dr. Ambili R Nath
2. Dr. Nikita James
3. Dr. Ambili R Nath

## Publication Category I Grade II: Nursing College

1. Prof. Vineetha Jacob

## Publication Category I Grade II: Pharmacy College

1. Dr. Jeenu Joseph
2. Dr. Jeenu Joseph

## Publication Category I Grade III: Dental College

1. Dr. Lisa Elizabeth Jacob

## Publication Category I Grade III: Research Centre

1. Dr. Aniket Naha

## Presentation Category II Grade I: Medical College

1. Dr. Nithin K Raju

## Presentation Category II Grade I: Dental College

1. Dr. Sunu Alice Cherian
2. Dr. Sunu Alice Cherian
3. Dr. Ivin Elsa John

## Presentation Category II Grade II: Dental College

1. Dr. Minimol K Johny

# LIST OF MAR ATHANASIOS RESEARCH ENDOWMENT AWARD AND SEED FUNDING RECIPIENTS – 2024–2025

## Presentation Category II Grade II: Research Centre

1. Dr. Aniket Naha

## Special Recognition- Best Researcher Research Centre

1. Dr. Aniket Naha

## Seed Funding Category III Grade I: Medical College

1. Dr. Reeba Mary Issac
2. Dr. Amrutha Mary Zachariah
3. Dr. Nikita James
4. Dr. Betsy A Jose
5. Dr. Joe Abraham
6. Mrs. Nisha Kurian
7. Dr. Jacob Abraham
8. Dr. Dona Dominic
9. Dr. Felix Johns

## Seed Funding Category III Grade I: Nursing College

1. Sr Mary Jyothi

## Seed Funding Category III Grade I: Research Centre

1. Dr. Aniket Naha
2. Dr. Soumya R.S

## Special Recognition- Best Researcher Medical College

1. Dr. Sajit Varghese

## Special Recognition-Patent Approval

1. Dr. Nebu George Thomas

## Seed Funding Category III Grade I: Dental College

1. Dr. Sunil S
2. Dr. Nebu George Thomas
3. Dr. Minimol K Johny
4. Dr. Prameetha George Ittycheria

## Seed Funding Category III Grade I: Nursing College

1. Dr. Christy K Jose

## Seed Funding Category III Grade II: Medical College

1. Mekha Joykutty
2. Dr. Sreelakshmi K
3. Dr. Jithin J
4. Jocelin Jose
5. Sikha Suresh.
6. Sreenandini Nandakumar
7. Bonu K Baby
8. Shani Elizabeth Joseph
9. Abed Benny
10. Maria Gilu
11. Deena Rana
12. Arya J. S

# LIST OF MAR ATHANASIOS RESEARCH ENDOWMENT AWARD AND SEED FUNDING RECIPIENTS – 2024–2025

## Seed Funding Category III Grade II: Dental College

1. Maria Kachiramattam
2. Subhal Eleesa Sunny
3. Sherin Jaison
4. Aleena Varghese Alappat
5. Aathmaja G Nair
6. Aiswarya Suresh
7. Neha
8. Meenu Sara Chacko

## Special Recognition: ICMR UG STS 2024 Medical College

1. Mekha Joykutty
2. Dr. Sreelakshmi K
3. Dr Jithin J
4. Jocelin Jose
5. Sikha Suresh.
6. Sreenandini Nandakumar
7. Bonu K Baby
8. Shani Elizabeth Joseph
9. Abed Benny
10. Maria Gilu
11. Deena Rana
12. Arya J. S

## Special Recognition: ICMR UG STS 2025 Medical College

1. Gisha Santhosh
2. Jovitta J Joy
3. Ajna Joy
4. Deepa Lordon

## Special Recognition: ICMR PG STS 2024 Medical College

1. Dr Sreelakshmi K

## Special Recognition: KUHS UG Research Award: Medical College

1. Bonu K baby
2. Abed Benny
3. Krishna Rajesh
4. Lakshmi Pradeep
5. Andrea Olivero
6. Anupa Jomon
7. Anita Ann Thomas
8. Selin Saju
9. Kalyani Moha
10. Arya JS

## Special Recognition: KUHS UG Research Award: Dental College

1. Maria Kanchiramattam
2. Sanjana Mariam Ittycheria
3. Deon Paul
4. Irene Elizabeth Jose

## Special Recognition: DHS UG Research Award: Dental College

1. Vismaya Susan Praveen
2. Sherin Sumod Mathew
3. Meenakshi Mevallur B
4. Steve John Roy
5. Vidhu Premnath
6. Neha
7. Aiswarya Suresh

1. Aleena Rose
2. Anandakrishnan
3. Yuvaraj P Madhav
4. Acqulin Varghese
5. Ashwathy
6. Anupam Bobby





# CELEBRATING EXCELLENCE: ABOVE AND BEYOND RECOGNITION FOR RESEARCH CENTRE FACULTY DURING PUSHPAGIRI DAY 2025

Faculty members from the Pushpagiri Research Centre were honoured with the Above and Beyond Recognition Award during the 67th Pushpagiri Day Celebration for their exceptional achievements in research, innovation, and academic excellence.

Rev. Dr. Mathew Mazhavancheril, Director, PRC, and Dr. Nebu George Thomas, Scientist, PRC, were recognized for their Intellectual Property Rights (IPR) filings in biomedical research, highlighting Pushpagiri's growing emphasis on translational innovation.

Dr. Aniket Naha, Scientist, PRC, received the award in recognition of his remarkable scholarly impact, having achieved over 500 citations and an h-index of 12 on Google Scholar and ResearchGate.

Dr. Betsy A. Jose, Assistant Professor, Department of Community Medicine, was honoured for successfully conducting the internationally funded project CANCare, valued at ₹1 crore, marking a major milestone in collaborative research.



Recipients of the Above and Beyond Recognition Award from Pushpagiri Research Centre during the 67th Pushpagiri Day Celebration.

### Paw Track Kerala *A Community-Driven, One Health Model for Humane Stray Dog Regulation*

Presented by:

Dr. Ampadi AN

(Veterinary Officer, Pushpagiri Research Centre, Thiruvalla, Kerala)



Dr. A.N. Ampadi, Veterinary Officer, Pushpagiri Research Centre, secured 3rd place in the Innovative Section at the National Rabies Conclave, organized by the Indian Society of Scientific Education & Farmer Welfare. He was recognized for his presentation titled "Paw Track Kerala: A Community-Driven, One Health Model for Humane Stray Dog Regulation".

## 6th JBI-Accredited CS RTP Successfully Concluded



Pushpagiri Centre for Evidence  
Based Practice (PCEBP)  
AJBI Centre of Excellence

JBI ACCREDITED

COMPREHENSIVE SYSTEMATIC REVIEW  
TRAINING PROGRAM (CS RTP)

The 6th Comprehensive Systematic Review Training Program (CS RTP), accredited by JBI, Adelaide, Australia, was successfully conducted by the Pushpagiri Centre for Evidence-Based Practice (PCEBP) – A JBI Centre of Excellence, from 24th to 30th September 2025. The sessions were held in hybrid mode at the Pushpagiri College of Dental Sciences.

### The training covered three core modules:

- Module 1: Introduction to Evidence-Based Healthcare & Systematic Reviews (24.09.2025)
- Module 2: Conducting Systematic Reviews of Quantitative Evidence (25.09.2025 – 26.09.2025)
- Module 3: Systematic Reviews of Qualitative Evidence (29.09.2025 – 30.09.2025)

The sessions were facilitated by Sr. Mary Jyothi OSS, M.Sc (N), M.Phil, Vice Principal, Pushpagiri College of Nursing, and a JBI-accredited trainer, who served as the primary resource person. A total of 10 participants from various parts of the country attended the program, gaining hands-on experience in the systematic review process and evidence synthesis.

This flagship initiative of PCEBP continues to play a vital role in strengthening evidence-based practice and research capacity among healthcare professionals across disciplines.





Ms. Silpa S and Ms. Gopika P. S., interns of the Cytogenetics and Biochemistry Lab, Pushpagiri Research Centre (PRC), participated in the International Conference RHYTHM – 2025, held on October 18–19, 2025. The event was organized by the Dr. N. Radhakrishnan International Centre for Medical Innovation (NRICMI), Mahatma Gandhi University, and hosted by St. Thomas Hospital, Chethipuzha. They presented a poster titled “In Vitro Evaluation of Euphorbia hirta Against Oxidative Damage in HepG2 Cells,” based on research conducted under the guidance of Dr. Soumya R. S. The study investigated the antioxidant and cytoprotective potential of Euphorbia hirta using a liver cell model.

The presentation showcased the innovative work emerging from PRC laboratories and underscored the Centre’s commitment to advancing biomedical science through student-led research and mentorship

### Poster Presentation at the 11th Annual Conference of the Society for Mitochondrial Research and Medicine (SMRM)



Dr. Ampadi A N participated as a co-author in a poster presentation at the 11th Annual Conference of the Society for Mitochondrial Research and Medicine (SMRM), held at the Manipal School of Life Sciences, MAHE, Manipal, organized jointly by the Society for Mitochondrial Research and Medicine (SMRM), India, and the Centre for Rare Disease Diagnosis, Research, and Training, Department of Medical Genetics, KMC, MAHE, Manipal

The presented poster, titled “Tissue-Specific Expression of Nuclear-Encoded Mitochondrial Genes Reveals Metabolic Adaptations in Buffalo with Translational Relevance to Human Health,” highlighted novel insights into mitochondrial gene regulation and its implications for comparative and translational biomedical research.

### Post Graduate Orientation Programme – Pushpagiri College of Dental Sciences



As part of the Post Graduate Orientation Programme at Pushpagiri College of Dental Sciences, Dr. Aniket Naha, Scientist, Pushpagiri Research Centre, conducted a Hands-on Training Session on Mendeley Reference Management Software for the First-Year Postgraduate Students on 8th October 2025.

As part of the Post Graduate Orientation Programme at Pushpagiri College of Dental Sciences, Dr. Aniket Naha, Scientist, Pushpagiri Research Centre, conducted a Hands-on Training Session on Mendeley Reference Management Software for the First-Year Postgraduate Students on 8th October 2025.

The session introduced the participants to the effective use of Mendeley for organizing references, managing bibliographies, and enhancing research writing efficiency. The interactive workshop enabled the students to familiarize themselves with key features of the software, including citation management and collaborative tools, thereby equipping them with essential skills for their academic and research activities.



Dr. Aniket Naha, Scientist, Pushpagiri Research Centre (PRC), was invited as a Distinguished Speaker at the 6th World Congress on Infectious Diseases and Antibiotics 2025, held on October 12, 2025, at the Indian Institute of Science (IISc), Bengaluru.

He delivered an insightful talk on his pioneering research titled “Anti-TB Nanocarnosine Drug Composites: A Novel Drug Delivery System for Combating Antimicrobial Resistance in Pulmonary Tuberculosis.”

His presentation highlighted innovative nanotechnology-based approaches for addressing the growing global challenge of antimicrobial resistance.

The congress brought together over 1,000 participants, including clinicians, researchers, scientists, pharmaceutical experts, and students from diverse disciplines, fostering meaningful dialogue on emerging strategies to combat infectious diseases worldwide.

## CONGRATULATIONS



*Celebrating Excellence in Research*

**“Congratulations to Our Adjunct Faculties Listed Among the World’s Top 2% Scientists”**



**Prof. (Dr) Sabu Thomas**



**Prof. (Dr) Anil Sukumaran**



**Prof. (Dr) Nandakumar Kalarikkal**



**Dr. Robin Augustine**

“Pushpagiri Research Centre proudly congratulates Prof. (Dr) Sabu Thomas, Prof. (Dr) Anil Sukumaran, Prof. (Dr) Nandakumar Kalarikkal, and Dr. Robin Augustine for their outstanding global recognition. Their dedication, mentorship, and scientific contributions continue to inspire our community.”

# PUBLICATIONS:

BDJ Open

www.nature.com/bdjopen

ARTICLE OPEN

Check for updates

## In vitro and in vivo biocompatibility of a porcine cholecystic extracellular matrix (CECM) membrane for tissue regeneration

Betsy Thomas<sup>1</sup>, Thomas George Velliavettill<sup>1</sup>, Kanakarajan V. Pratheesh<sup>2</sup>, Mekha Grace Varghese<sup>3</sup>, Rani Shine Raju<sup>3</sup>, Yogesh Bharat Dalvi<sup>3</sup>, Sukumaran Anil<sup>4</sup>, Nibu Varghese<sup>5</sup>, Avneesh Chopra<sup>5,6,7,8</sup> and Nebu George Thomas<sup>1,3,7,8</sup>

© The Author(s) 2025

**BACKGROUND:** Periodontal disease affects 3.5 billion people globally, resulting in annual treatment costs exceeding \$54 billion. Guided tissue regeneration (GTR) membranes are essential for periodontal therapy, but commercially available options often suffer from limitations, including high cost, limited accessibility in resource-limited settings, and suboptimal mechanical properties. This study aimed to develop and characterize a novel porcine cholecystic extracellular matrix (CECM)-based GTR membrane and comprehensively evaluate its physicochemical properties, cytocompatibility, and in vivo biocompatibility compared to the commercially available Healigide<sup>®</sup> membrane.

**METHODS:** CECM membranes were fabricated through systematic decellularization, lyophilization, and ethylene oxide (ETO) sterilization of porcine gallbladders. Surface characterization was performed using scanning electron microscopy (SEM) with

1. Thomas B, Velliavettill TG, Pratheesh KV, Varghese MG, Raju RS, Dalvi YB, et al. In vitro and in vivo biocompatibility of a porcine cholecystic extracellular matrix (CECM) membrane for tissue regeneration. *BDJ Open* [Internet]. 2025 Oct 9 [cited 2025 Oct 27];11(1):81. Available from: <https://www.nature.com/articles/s41405-025-00370-4>



RESEARCH ARTICLE

## Evaluation of Biocompatibility and In Vivo Response of Electrospun PLA/Nd<sub>2</sub>O<sub>3</sub> Nanocomposite Fibers for Biomedical Scaffolding Applications

Save Related Papers Chat with paper

Anju Rajan, Raneesh Balakrishnan, Rishi Mohanan, Karthika Shylaja, Yogesh Bharat Dalvi, Nebu George Thomas, Akshara Sreekumar, Ruby Varghese

### ABSTRACT

Electrospun polylactic acid (PLA) fibers incorporating low concentrations of neodymium

2. Rajan A, Balakrishnan R, Mohanan R, Shylaja K, Dalvi YB, Thomas NG, et al. Evaluation of Biocompatibility and In Vivo Response of Electrospun PLA/Nd<sub>2</sub>O<sub>3</sub> Nanocomposite Fibers for Biomedical Scaffolding Applications. [cited 2025 Oct 27]; Available from: <https://onlinelibrary.wiley.com/doi/10.1002/pat.70394>

RESEARCH

Open Access



## Management and prognostic indicators of intussusception: spotlight on spontaneous reduction in a 15-year study

Bipitha Baby<sup>1</sup>, John Jospheh<sup>1\*</sup>, Rosin George Varghese<sup>2</sup> and Atul John<sup>1</sup>

### Abstract

**Background** Intussusception is a significant paediatric emergency requiring timely diagnosis and management. This study aims to analyse the clinical features, treatment modalities, and outcomes of intussusception cases at a tertiary care centre in South Kerala, India over a 15-year period, with special focus on spontaneous reduction and its clinical predictors.

**Methods** A retrospective analysis was conducted on 601 cases of intussusception from 2007 to 2022, reported to a tertiary care centre in South Kerala, India. Data collected included demographics, clinical features at presentation, and treatment modalities: spontaneous reduction, saline hydrostatic reduction (SHR), and surgical intervention. Statistical analyses were performed to identify factors associated with spontaneous reduction, successful SHR, and the need for surgery.

**Results** The study population comprised 61.1% males and 38.9% females, with a mean age of 23.58 months. Typical cry (99.3%), poor feeding (88.4%), and vomiting (77.7%) were the most frequent clinical features. Spontaneous reduction occurred in 18.8% of cases. SHR was attempted in 80.0% of cases, with a success rate of 94.2%. Surgical intervention was required in 5.8% of cases. Older age (> 2 years), absence of vomiting, absence of red stools, absence of a palpable abdominal mass, and presence of enteritis were associated with spontaneous reduction. The absence of red stools and female gender were associated with successful SHR. The presence of vomiting, red stools, and a palpable abdominal mass were associated with the need for surgical intervention.

**Conclusion** Recognizing predictors of spontaneous reduction—older age (> 2 years), absence of red stools/vomiting, absence of palpable abdominal mass and enteritis—can guide conservative management, reducing unnecessary procedures. Early recognition and timely intervention significantly increase the likelihood of non-operative management success. Incorporating these predictors into triage protocols may reduce surgical rates and improve outcomes.

**Keywords** Intussusception, Spontaneous reduction, Saline hydrostatic reduction, Pediatric Emergency, Non-operative reduction, Treatment outcomes

3. Baby B, Jospheh J, George Varghese R, John A. Management and prognostic indicators of intussusception: spotlight on spontaneous reduction in a 15-year study. *Egyptian Pediatric Association Gazette* [Internet]. 2025 Sep 29 [cited 2025 Oct 27];73(1):94. Available from: <https://doi.org/10.1186/s43054-025-00440-0>

# PUBLICATIONS:

www.caserepclinradiol.org

ScientificScholar®  
Knowledge at point  
Publisher of Scientific Journals

Case Reports in Clinical Radiology

Case Series

Adding the fourth dimension to computed tomography neck in the evaluation of parathyroid adenoma

Sonu Paul<sup>1</sup>, Mathew George<sup>1</sup>, Sheba Ann Zachariah<sup>1</sup>, Geena Benjamin<sup>1</sup>, S Mangalanandan<sup>1</sup>

<sup>1</sup>Department of Radiodiagnosis, Pushpagiri Institute of Medical Sciences and Research Centre, Thiruvalla, Kerala, India.

\*Corresponding author:  
Sonu Paul,  
Department of Radiodiagnosis,  
Pushpagiri Institute of Medical  
Sciences and Research Centre,  
Thiruvalla, Kerala, India.  
dr.sonupaul.rd@gmail.com

**ABSTRACT**

Parathyroid adenomas are the most common cause of primary hyperparathyroidism. Various imaging modalities such as ultrasound, nuclear medicine imaging studies, and multiphase computed tomography (also known as "four-dimensional" [4D] CT) are the most often used and highly approved imaging modalities for pre-operative diagnosis and localization of adenomas. Accurate pre-operative imaging is of prime importance to facilitate surgery, which is the definitive management, and 4D CT proves to be advantageous.

## Department of Radiodiagnosis

Paul S, George M, Zachariah SA, Benjamin G, Mangalanandan S. Adding the fourth dimension to computed tomography neck in the evaluation of parathyroid adenoma. Case Rep Clin Radiol. 2025;3:5-11.

doi: 10.25259/CRCR\_80\_2024

## CASE SERIES

### Exploring the psychiatric spectrum of herpes simplex virus encephalitis

Haritha S, Soumya P. Thomas, Joice Geo

Department of Psychiatry, Pushpagiri Institute of Medical Sciences and Research Centre, Thiruvalla, Kerala, India

## ABSTRACT

Herpes simplex encephalitis (HSE) typically presents with fever, seizures, and altered sensorium, but atypical presentations with predominant psychiatric symptoms can delay diagnosis and treatment. We report a case series of three patients, who initially exhibited psychotic symptoms, including hallucinations and mood disturbances, without classic neurological signs. Diagnosis was confirmed via cerebrospinal fluid analysis and MRI findings. Early antiviral therapy led to prompt recovery. This series highlights the importance of considering HSE in acute psychiatric presentations to prevent misdiagnosis and ensure timely intervention.

## Research Report

### A COMPARATIVE STUDY OF CLINICAL CHARACTERISTICS, COURSE OF ILLNESS, SUBSTANCE USE PATTERN, AND QUALITY OF LIFE BETWEEN PATIENTS WITH BIPOLAR AND UNIPOLAR DEPRESSION

M Goutham Kiran, Roy Abraham Kallivayalil, Joice Geo

1. Consultant Psychiatrist, InMind (Institute for Mind And Brain) Hospital, Thrissur, Kerala 2. Professor Emeritus, 3. Professor and Head, Department of Psychiatry, Pushpagiri Institute of Medical Sciences and Research Center, Thiruvalla, Kerala.

\*Corresponding Author: Professor and Head, Department of Psychiatry, Pushpagiri Institute of Medical Sciences and Research Center, Thiruvalla, Kerala. Email: drjoicegeo@gmail.com

**ABSTRACT Background:** Distinguishing between unipolar and bipolar depression is critical for effective management. This study aims to compare the clinical characteristics, illness trajectory, substance use patterns, and quality of life in patients with unipolar and bipolar depression. **Methods:** A cross-sectional study including 140 patients diagnosed with unipolar or bipolar depression per DSM-5 criteria was conducted. Participants were evaluated using the Hamilton Depression Rating Scale (HDRS), Brief Psychiatric Rating Scale (BPRS), WHO Quality of Life-BREF (WHOQOL-BREF), Alcohol Use Disorders Identification Test (AUDIT), and the Fagerstrom Test for Nicotine Dependence. Socio-demographic and clinical data were analysed using descriptive and inferential statistics. **Results:** Patients with Bipolar Depression (BD) had significantly higher symptom severity, with mean HDRS scores of 21.59 (SD = 5.05) compared to 17.64 (SD = 4.43) in Unipolar Depression (UD) ( $p < 0.001$ ), and BPRS scores of 44.10 (SD = 7.99) vs. 37.91 (SD = 8.55), respectively ( $p < 0.001$ ). Psychotic symptoms were more common in the BD group (64.3%) compared to the UD group (34.3%) ( $p < 0.001$ ). Regarding the course of illness, BD patients had an earlier age of onset (mean = 25.61 years, SD = 7.31) than UD patients (mean = 36.23 years, SD = 8.04);  $p <$

## Department of Psychiatry

Haritha S, Thomas SP, Geo J. Exploring the psychiatric spectrum of herpes simplex virus encephalitis. Indian J Psychiatry 2025;67:900-2, DOI: 10.4103/indianjpsychiatry\_347\_25

Kiran MG, Kallivayalil RA, Geo J, A comparative study of clinical characteristics, course of illness, substance use pattern, and quality of life between patients with bipolar and unipolar depression. Kerala Journal of Psychiatry 2025; 38(1): 48-55. doi:10.30834/KJP.38.1.2025.506.

### Knowledge, Attitude, and Practice toward Basic Life Support among Medical Students in South Kerala

Surya Sankar, Snehamol Varkey George, Shrutishree Arun, Stephen Abraham, Rosin George Varghese, Felix Johns, Sapna Meryl Mari, S. Sree Durgachithi, Vandana Vijayan

Departments of Community Medicine and Emergency Medicine, Pushpagiri Institute of Medical Sciences and Research Centre, Pushpagiri Medical Society, Thiruvalla, Kerala, India

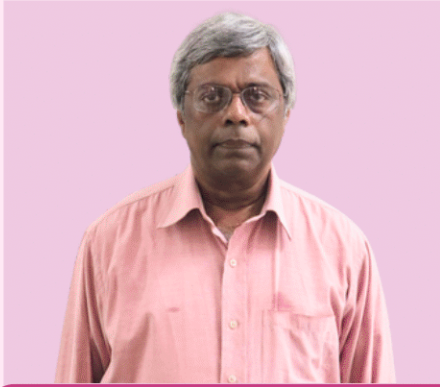
## Abstract

**Introduction:** Basic life support (BLS) skills are crucial for healthcare professionals, particularly in regions with limited emergency medical services. This study assesses the knowledge, attitudes, and practices related to BLS among medical students in south Kerala. **Methodology:** A cross-sectional analytical study was conducted using a self-administered online questionnaire with 373 medical students (1st to 4th year) at a medical institution in south Kerala, from July to September 2024. The data were analyzed using Jamovi (V2.3.28). **Results:** A significant 83.9% of participants demonstrated poor BLS knowledge (scoring <60%). The mean knowledge score was 11.18 out of 25. Knowledge scores improved with each advancing year of study and were notably higher in students who had attended a BLS workshop. While most of the participants recognized the importance of BLS, 80.2% of participants lacked confidence in performing BLS in real-life scenarios. Only 12.1% of participants had applied BLS skills in an actual emergency. **Conclusion:** This study reveals significant deficiencies in BLS knowledge and practical application among medical students in south Kerala. There is a critical need for more robust and comprehensive BLS

## Department of Community Medicine

Sankar S, George SV, Arun S, Abraham S, Varghese RG, Johns F, et al. Knowledge, attitude, and practice toward basic life support among medical students in south Kerala. Curr Med Issues 2025;23:152-6. DOI: 10.4103/cmi.cmi\_9\_25

# APPOINTMENTS



**Dr. Koshy Madathilettu Koshy**

*Assistant Professor*  
Microbiology  
01 october 2025



**Dr. Melvin Stalin**

*Junior Resident*  
Nephrology  
01 october 2025



**Dr. Jiby Babu**

*Senior Resident*  
Paediatrics  
15 october 2025



**Dr. Harikrishnan M Pisharody**

*Junior Resident*  
Neurosurgery  
13 october 2025



**Dr. Divya S**

*Assistant Professor*  
OBG  
23 october 2025