A dream doesn't become reality through magic; it takes sweat, determination and hard work. Success is the result of perfection, hard work, learning from failure, loyalty, and persistence. There are no secrets to success. It is the result of preparation, hard work, and learning from failure.

September is the month where we all eagerly wait with a bit of apprehension as the outcome of all the hard work, determination and efforts put forth by all the faculty is received in the form of undergraduate university results. Of course, ultimately dedication and hard work of the students is utmost important, but the driving force are the dedicated teachers.

With last year’s extremely good results, the expectations were high.

Mr. Rumith N topped the chart in Biochemistry with 83% and Mr. Yateesh KP topped overall in all subjects (78.6%).

Another proud moment for the department was, our PG Dr. Namitha D. securing 2nd rank in RGUHS examinations. Heartiest congratulations to her.

I am also proud to announce the department has consistently done well in past four years topping the preclinical phase and I am extremely thankful to my family of Biochemistry colleagues for their consistent hard work and perseverance.
Best Teaching Learning methods by the Department

- Effective teaching in medical field requires that teachers address learner’s needs. In present day, the teachers are considered as facilitators who guide the students and motivate the students in learning. The department has adapted a variety of innovative Teaching Learning methods apart from regular teaching methods.
- The students are trained in all aspects of learning and all forms of evaluations including Viva Voce examinations, MCQs etc.
- Regular topic and chapter test are conducted and feedback is given to all the students on their performance.
- Based on performance in the formative assessment, slow learners are identified and regular Remedial classes are conducted.
- To match the current trends in medical education, case based teaching, OSPE has been adopted in both teaching methods and evaluating tests.
- The department conducts Orientation and induction classes.
- Students are sensitized in bioethics in orientation classes.
- Small group teaching in the form of Tutorial classes are conducted on all the working days in small batches.
- Integrated student seminars are conducted.
- Students are motivated in self directed learning by encouraging in activities like model making, chart making etc.
- The department organizes in house quiz activities as well as trains and encourages the students to participate in intercollegiate quizzes.
- The department organizes Guest Lectures, inviting eminent persons so that the students are benefited from their expertise.
- The department has conducted state level CMEs and the students are invited to participate actively.
- Students are encouraged to take up research projects including ICMR STS projects and every year a couple of students have completed these projects.
- The students are encouraged to excel by Awarding and rewarding students in academic excellence.
- The students are monitored in all aspects of academic performance and advised on personal issues by having strong mentoring by the department.
- The department has developed online feedback for teacher evaluation by students.
The department organized a guest lecture on the topic “Biochemistry of Hemoglobin” on 7th December 2016 between 10.30am to 1pm. Dr. Prashant Vishwanath, Prof and Head, Dept. of Biochemistry, JSS Medical College, Mysuru, was the guest speaker. Ms. Alisha and Ms. Bharagavi 1st year MBBS students were the moderators of the programme. Dr. Venkatesha D, Incharge principal, Prof and Head, Dept. of Microbiology, Dr. Manohar TM, Medical Superintendent, AH&RC, Dr. KN Swamy, Prof and Head, Dept. of Physiology, Dr. Rajendra, Prof and Head, Dept. of Anatomy and Mr. Umesh B K, Registrar were the invited guest.

The programme started by seeking the blessing of the Almighty with the invocation song by Ms. Jeevitha, 1st year MBBS student. Welcome address was rendered by Dr. Aliya Nusrath, Prof and Head, Dept. of Biochemistry. The programme was inaugurated by the ceremonial watering of the Tulsi plant by the dignitaries and a couple of students. The programme was attended by the staff of various departments and students of 1st MBBS. The guest speaker was introduced by Dr. N Asha Rani, Asst. Professor, Dept. of Biochemistry.

Dr. Prashant Vishwanath delivered an interesting lecture on “Biochemistry of Hemoglobin” which was well appreciated by the students and staff members. At the end of the lecture there was a group activity of mind mapping where students were divided into 3 groups A, B and C with 50 students in each group. Mind mapping was thoroughly enjoyed by all the students and the staff of various departments.

Dr. K N Swamy, Prof and Head, Dept. of Physiology and Dr. Rajendra R, Prof and Head, Dept. of Anatomy were the judges. Group A, won the prize for the best mind mapping. At the end of the programme the guest speaker was felicitated by Dr. Vasudev Naik, Prof and Head, Dept. of Medicine and Dr. Shetty Shivakumar with a momento, as a token of gratitude. The function was concluded by rendering the vote of thanks by Ms. Bhargavi moderator.
Traditional lectures have been criticized for its passiveness in learning. The roles of teachers are changing from “sage on stage” to “guide by side”. Interactive and innovative teaching methods are the need of the hour to cater the learning needs of current generation of students.

One of the methods of interactive teaching technique is Jigsaw. The technique involves dividing the class into small groups. For example if you have 25 students in the class, the students can be divided into 5 groups of 5 students each and the groups can be named as group as A,B, C, D and E. (In large group teaching where the number of students is greater than 100, we can have parallel sessions of this method). If the topic to be taught is say, for example Diabetes Mellitus, divide the topic into five subtopics like Definition and classification, etiology and pathogenesis, manifestations and complications, diagnosis and monitoring, treatment and management. To each group, one subtopic along with material is given to be learnt and discussed in a specified time. After this reshuffle the groups, such that the new group has one member from each of the previous groups (Ex A1,B1,C1,D1, E1 will form new group). In this new group each of the students would have learnt one subtopic. Now each student in the group teaches the other student (peer learning). At the end of the certain specified time period there can be a general discussion and clarification of doubts and issues. The teacher acts as facilitator. Evaluation can be done by quizzes etc.

The advantages of this technique is

1. To teach is to learn twice
2. Unlike the traditional group teaching where one or two dominates the group, in this method every one contributes and there is active learning
3. Students takes responsibility for their own learning
4. Improves the communication skills of the students
5. Mixing students with different learning capacities improve the performance of underperformers.
6. Quality of learning is better than passive learning in lecture class

References:
- Handouts from Resource person – Dr. Munir Ahmed R MD(Hom),MBA(Edn. Mgt) Domain Expert- Learning & Development in Health Sciences Education

By Dr Aliya Nusrath, Prof and HOD, Dept. of Biochemistry, AIMS

We at our department have successfully conducted this technique of teaching in tutorial class of 25 students for three batches. Majority of the students have given a positive feedback on this teaching method. We have gone a step further to evaluate the learning by randomly selecting the students for presentation of the topics. We found that students including the underperformers doing a better presentation with increasing confidence and improved communication skills. However we have to evaluate the student retention of knowledge over a longer period of time. Feasibility of adopting this method in lecture class also needs to be tried.

“Around here, however, we don’t look backwards for very long. We keep moving forward, opening up new doors and doing new things….and curiosity keeps leading us down new paths”

Walt Disney
Four faculty of the department are members in Medical Education Unit (MEU) and are involved in organizing the programmes of MEU as well as resource persons for these programmes. The members are:

1. Dr. Aliya Nusrath
2. Dr. N. Asha Rani
3. Dr. Shilpashree YD
4. Dr. Prathibha K
Publications by the Department


The department celebrated New Year 2017 by cutting the cake. Both teaching and non teaching staff were present for the occasion.

Result Celebrations of the department

It was celebration time in the department as history was created with almost 98% results. The department hosted a party and Dr MG Shivaramu, Principal, was the invited guest. We are thankful to our beloved principal for his constant support.

Fun and Learn

Clues

LACTATE TCA
CITRATE CoA
CYTOPLASM PDH
GLYCOLYSIS ATP
LACTIC ACIDOSIS BPG
HEXOKINASE GTP
ENOLASE GIT
IODOacetate ICD
PYRUVATE TPP
PYRUVATEkinase NADH
ARSENITE
ALDOLASE

By Dr N Asha Rani,
Asst. Professor
Dept. of Biochemistry, AIMS

Word Puzzle on Carbohydrate metabolism

By Dr N Asha Rani, Asst. Professor Dept. of Biochemistry, AIMS
Fun and Learn
Biomed Crossword (Crossword on Enzymes)

By Dr Aliya Nusrath, Professor and HOD
Dept. of Biochemistry, AIMS

Answer to previous crossword on Vitamins