



# TRAINING ACTIVITIES

**DIVISION OF CLINICAL RESEARCH & TRAINING**

**ST. JOHN'S RESEARCH INSTITUTE, BANGALORE, INDIA**



**National Institutes of Health (NIH, USA) Centre of Excellence (CoE)  
Preferred Research Centre (PRC), Pfizer, India  
Pre vetted site for the Fogarty Fellowship program, USA**

**Division of Clinical Research & Training**

**St. John's Research Institute St. John's National Academy of Health Sciences,  
Bangalore-560 034 Karnataka; India**

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**REPORT OF TRAINING ACTIVITIES AT DIVISION OF CLINICAL  
RESEARCH & TRAINING**

**ST. JOHN'S RESEARCH INSTITUTE, BANGALORE**

## **Our Mission:**

- *To develop and conduct Clinical Research with special relevance to India and other developing countries.*
- *To train health professionals in research methods and research management*
- *To achieve world class standards at 'realistic' costs*
- *To transform knowledge to better health through advocacy and policy change*

## **Training Core Committee**

- 1.Dr. Denis Xavier
- 2.Dr. Ramesh .A
- 3.Dr. Padmini Nidhin
- 4.Ms. Nandini Mathur
- 5.Ms. Deepthi K.B
- 6.Ms. Jeslyn Stephen

## About us

The Division of Clinical Research and Training is a part of St. John's Medical College and Research Institute, Bangalore established in the year 2000. The St. John's Research Institute (SJRI) is one among the four institutions of the St. John's National Academy of Health Sciences. The other institutions are St. John's Medical College Hospital with 1200 beds, St. John's Medical College ranked one among the top ten in India and St. John's College of Nursing. From its inception 50 years ago (in 1963) St. John's set before it an ideal of excellence in academic courses as well as service to society.

### Training programmes:

We conduct various training programs in Health Research Methods for physicians and Research management for research support staff. We are a National Institutes of Health (NIH, USA) Centre of Excellence (CoE) to conduct training in health research methods. We are also recognized as a Preferred Research Centre (PRC) by Pfizer, to conduct training in clinical research.

Most of our training is conducted in collaboration with PHRI, McMaster University, Canada. To date, we have conducted 17 training programs and have trained 1100 participants from 70 institutions from 40 cities in 7 countries. We initiated a undergraduate medical student's mentorship program at MGIMS, Sevagram and at St. John's which is now in its fifth year and trained 72 students. We are a pre vetted site for the Fogarty Fellowship program. Health professionals can apply to conduct research at St. John's with financial and technical support from the Fogarty centre based in the USA. The PRC activities at St. John's are overseen by a Steering Committee which includes members from St. John's and Pfizer India Ltd. The training activities include two short-term courses for Clinicians in Health Research Methods and Good Clinical Practice (GCP), and Site Research Coordinators in Clinical Research Management and GCP.

## Courses Conducted:

1. Two-year Research training program through mentorship (2009, 2011)
2. Two week course in Health Research Methodology (2009, 2011)
3. Two week course in Advanced Health Research Methodology (2010, 2012)
4. Six months course in Undergraduate Research Mentorship (2009, 2010, 2011, 2012, 2013)
5. Three days course in Clinical Trial Management (2011, 2013)
6. Three days course in Research Methodology & Good Clinical Practice (2010, 2012)
7. One week course in Health Research Methodology & Evidence Based Medicine (2013)
8. One day Nurses Research Workshop (2013)
9. Three days workshop in Data Management and Bio-Statistics (2014)
10. Two day workshop for setting up Non Communicable diseases prevention and training units (NPTUs) (2014)



HRM 2009



AHRMC 2010



AHRM 2012



HRM 2011

**Note:**

HRM-Health Research Methodology

AHRM-Advanced Health Research Methodology

AHRMC - Advanced Health Research Methodology Committee

11. One week course on health research methodology and evidence based medicine (Nov 2014)
12. Three days training program on clinical diabetes and Health Research methodology (Dec 2014)
13. Three days training program on clinical diabetes and Health Research methodology (Feb 2015)
14. Three days training program on clinical diabetes and Health Research methodology (May 2015)
15. One week International course on health research methodology and evidence based medicine (Nov 2015)
16. One Day program-“ Accreditation for Clinical Research- Awareness and Expectation (Oct 2015)-ISCR
17. One week seminar -World Heart Federation Emerging Leader’s Think Tank Seminar (March, 2016)
18. One week International course on health research methodology and evidence based medicine (Nov 2016)



HRM 2013



HRM 2014



HRM 2015



HRM 2016

Note: HRM-Health Research Methodology

## AN OVERVIEW OF COURSES CONDUCTED BY DCRT

Sl No	Program and Funding agency	Details of the program	Trainee achievements
1	<ul style="list-style-type: none"> <li>Two-year Research training through mentorship</li> <li>Part of NIH CoE program</li> <li>Two phases of two years each</li> </ul>	<ul style="list-style-type: none"> <li>14 candidates over 4 years (2009-11 and 2011-13).</li> <li>2 weeks basic course in the first year and</li> <li>2 weeks advanced course in second year.</li> <li>Research grant of up to \$10,000 awarded to each of the trainees.</li> </ul>	<ul style="list-style-type: none"> <li>Five (of six) candidates in phase 1 completed their projects.</li> <li>All eight candidates in phase 2 completed the milestones</li> <li>Established research activities at home institution.</li> <li>Provided a platform for research training and Collaboration.</li> </ul>
2	<ul style="list-style-type: none"> <li>Two week course in basic Health Research Methods (Sept. 2009 and Sept. 2011)</li> <li>Part of NIH CoE program</li> </ul>	<ul style="list-style-type: none"> <li>62 participants, representing 35 different institutions from 23 cities were trained.</li> </ul>	<ul style="list-style-type: none"> <li>Knowledge and hands-on skills in basic clinical research</li> </ul>
3	<ul style="list-style-type: none"> <li>Two week course in Advanced Health Research Methods (Sept 2010 and Sept 2012) Part of NIH CoE program</li> </ul>	<ul style="list-style-type: none"> <li>61 participants from 32 different cities representing 24 Institutes were trained.</li> <li>There were two trainees from Kenya and Sri Lanka in the 2012 course</li> </ul>	<ul style="list-style-type: none"> <li>Knowledge and hands-on skills in advanced clinical research</li> </ul>
4	<ul style="list-style-type: none"> <li>Predocctoral Mentorship program</li> <li>Part of NIH CoE program</li> </ul>	<ul style="list-style-type: none"> <li>SJMC (39) and MGIMS (33) completed their project.</li> <li>Research grant of up to Rs.10,000 provided for each trainee at SJMC.</li> </ul>	<ul style="list-style-type: none"> <li>9 students from St. John's and 12 from MGIMS presented papers in National conferences.</li> <li>This unique program facilitated a research culture among pre-doctoral students.</li> </ul>

Sl No	Program and Funding agency	Details of the program	Trainee achievements
5	<ul style="list-style-type: none"> <li>Three day course in Health Research Methods and GCP for physicians.(2010, 2012)</li> <li>Preferred Research Centre</li> </ul>	<ul style="list-style-type: none"> <li>66 participants from 23 institutions in 19 cities.</li> </ul>	<ul style="list-style-type: none"> <li>Empowered mid career and senior clinicians in the methods of clinical research.</li> </ul>
6	<ul style="list-style-type: none"> <li>Three day course in Clinical Research Management and GCP (2011, 2013)</li> <li>Preferred Research Centre</li> </ul>	<ul style="list-style-type: none"> <li>65 study coordinators from 18 institutions in 13 cities</li> </ul>	<ul style="list-style-type: none"> <li>Empowered site coordinating staff in regulatory and operational clinical research methods.</li> </ul>
7	<ul style="list-style-type: none"> <li>One week course on health research methodology and evidence based medicine (2013)</li> </ul>	<ul style="list-style-type: none"> <li>91 participants from 30 institutions from six different countries (India, UK, Sri Lanka, Bangladesh, Tanzania, Kenya)</li> </ul>	<ul style="list-style-type: none"> <li>Empowered participants in skills in designing, developing and conducting high quality research projects and communicating the findings.</li> </ul>
8	<ul style="list-style-type: none"> <li>One Day Nurses Research Workshop in collaboration with global Research Nurses' network, Department of Tropical Medicine, Oxford University, UK (2013)</li> </ul>	<ul style="list-style-type: none"> <li>40 nurses from St. John's Nursing College &amp; Hospital, Bangalore</li> </ul>	<ul style="list-style-type: none"> <li>Empowered participants in research methodology.</li> </ul>
9	<ul style="list-style-type: none"> <li>Three day course on Data management and biostatistics (2014)</li> </ul>	<ul style="list-style-type: none"> <li>56 participants from 21 cities.</li> </ul>	<ul style="list-style-type: none"> <li>Empowered participants in statistical methods, referencing software, data management, presentation skills, sample size calculation, analysis and presentation of data.</li> </ul>
10	<ul style="list-style-type: none"> <li>Two day workshop for setting up Non Communicable diseases prevention and training units (NPTUs) (2014)</li> </ul>	<ul style="list-style-type: none"> <li>12 clinicians from 11 hospitals in India</li> </ul>	<ul style="list-style-type: none"> <li>Plan to set up NPTUs at different parts of India to strengthen research and training capabilities in NCDs.</li> </ul>

Sl No	Program and Funding agency	Details of the program	Trainee achievements
11	<ul style="list-style-type: none"> <li>One week course on health research methodology and evidence based medicine (Nov 2014)</li> </ul>	<ul style="list-style-type: none"> <li>36 participants from 11 cities in India including 1 from Sri Lanka</li> </ul>	<ul style="list-style-type: none"> <li>Empowered participants in skills in designing, developing and conducting high quality research projects and communicating the findings</li> </ul>
12	<ul style="list-style-type: none"> <li>Three days training program on clinical diabetes and Health Research methodology (Dec 2014)</li> </ul>	<ul style="list-style-type: none"> <li>33 participants from AstraZeneca</li> </ul>	<ul style="list-style-type: none"> <li>To train participants in updated guidelines and clinical management of T2 DM, as well as in basics of health research methodology and biostatistics (HRM and BS)</li> </ul>
13	<ul style="list-style-type: none"> <li>Three days training program on clinical diabetes and Health Research methodology (Feb 2015)</li> </ul>	<ul style="list-style-type: none"> <li>33 participants from AstraZeneca</li> </ul>	<ul style="list-style-type: none"> <li>To train participants in updated guidelines and clinical management of T2 DM, as well as in basics of health research methodology and biostatistics (HRM and BS)</li> </ul>
14	<ul style="list-style-type: none"> <li>Three days training program on clinical diabetes and Health Research methodology (May 2015)</li> </ul>	<ul style="list-style-type: none"> <li>34 participants from AstraZeneca</li> </ul>	<ul style="list-style-type: none"> <li>To train participants in updated guidelines and clinical management of T2 DM, as well as in basics of health research methodology and biostatistics (HRM and BS)</li> </ul>
15	<ul style="list-style-type: none"> <li>One Day program-“ Accreditation for Clinical Research-Awareness and Expectation (Oct 2015)- ISCR</li> </ul>	<ul style="list-style-type: none"> <li>54 participants from 5 cities in India</li> </ul>	<ul style="list-style-type: none"> <li>To provide information about the standards and expectations and help to understand the accreditation process, its impact, challenges and actions for each stake holder.</li> <li>This program is relevant for investigators, study teams and ethics committee members.</li> </ul>
16	<ul style="list-style-type: none"> <li>One week International course on health research methodology and evidence based medicine (Nov 2015)</li> </ul>	<ul style="list-style-type: none"> <li>104 participants from 33 cities in India including 3 from abroad(Oman, Singapore and Kenya)</li> </ul>	<ul style="list-style-type: none"> <li>Empowered participants in skills in designing, developing and conducting high quality research projects and communicating the findings</li> </ul>
17	<ul style="list-style-type: none"> <li>One week seminar -World Heart Federation Emerging Leader's Think Tank Seminar (March, 2016)</li> </ul>	<ul style="list-style-type: none"> <li>25 participants from 18 countries</li> </ul>	<ul style="list-style-type: none"> <li>To train the participants in Tobacco Control to help achieve the WHF's goal of reducing the risk of premature (30 to 69 Years) mortality from CVD by 25% By 2025.</li> </ul>
18	<ul style="list-style-type: none"> <li>One week International course on health research methodology and evidence based medicine (Nov 2016)</li> </ul>	<ul style="list-style-type: none"> <li>88 participants from 33 cities in India including Cameroon, Srilanka, Bangladesh</li> </ul>	<ul style="list-style-type: none"> <li>Empowered participants in skills in designing, developing and conducting high quality research projects and communicating the findings</li> </ul>

## The Participants

Health professionals (doctors, nurses, pharmacists), ethics committee members, Industry professionals, post graduate students, study coordinators regulators and health policy makers from India and countries like Sri Lanka, Bangladesh, Kenya, Tanzania and UK, Singapore, Oman, Camroon.



DM-Biostatistics-2013



EBM- 2013



Nurses Research Workshop - 2013



NPTU - 2014



HRM 2014



HRM 2015



HRM 2016

## Faculty:

The faculty for the training courses are from St. John's Medical College, Bangalore, Fortis Escorts Hospital, Jaipur, AIIMS, Bhopal, Mahatma Gandhi Institute of Medical Sciences (MGIMS), Sevagram, Centre for Chronic Disease Control, N. Delhi, McMaster University and University of Toronto, Canada.



NPTU - Non Communicable Diseases prevention and Training Units



Dr. Rajeev Gupta, Jaipur



Dr. Prem Pais St. John's

Interactive lectures on Skype are arranged for faculty who are unable to travel.



Dr. Dave Sackett, Canada



Dr. Gordon Guyatt, Canada

## FACULTY FOR THE TRAINING PROGRAM AND THEIR POSITIONS

Sl No.	Faculty	Designation	Institution
1	Dr. Arvind Kasthuri, MD	Professor & Head, Community Medicine	St. John's Medical College Bangalore
2	Dr. A Ramesh, MD	Associate Professor, ENT	St. John's Medical College Bangalore
3	Dr. C Andrade, MD	Professor, Psychopharmacology	National Institute of Mental Health & Neuro Sciences, Bangalore
4	Dr. Dominic M, MD	Professor, Community Medicine	St. John's Medical College Bangalore
5	Dr. D Prabhakaran, MD, DM, MSc	Executive Director	Centre for Chronic Disease Control, New Delhi
6	Dr. Denis Xavier, MD, MSc	Vice Dean (PG), Professor & Head Pharmacology	St. John's Medical College, Bangalore
7	Dr. Mario Vaz, MD	Professor, Dept of Physiology	St. John's Medical College Bangalore

Sl No.	Faculty	Designation	Institution
8	Dr. Prem Pais MD	Chief Mentor , Professor of Medicine	St. John's Research Institute, Bangalore
9	Dr. Rajeev Gupta MD, PhD	Senior Consultant & Head, Medicine	Eternal Heart Care Centre , Jaipur
10	Dr. Rajnish Joshi MD, MPH, PhD	Associate Professor, Medicine	Mahatma Gandhi Institute of Medical Sciences, Wardha
11	Dr. S P Kalantri MD, MPH	Professor, Medicine	Mahatma Gandhi Institute of Medical Sciences, Wardha
12	Dr. Tony Raj MD	Professor, Physiology	St. John's Medical College Bangalore
13	Dr.Tinku Thomas MSc, PhD	Associate Professor of Biostatistics	St. John's Research Institute Bangalore
14	Dr. Salim Yusuf MD, DPhil, MRCP	Professor, Department of Medicine. Director, Population Health Research Institute	McMaster University, Canada
15	Dr. David Sackett OC, MD, FRSC, FRCP	Professor Emeritus, Clinical Epidemiology & Biostatistics	McMaster University, Canada
16	Dr. Gordon Guyatt MD, MSc, FRCPC	Distinguished Professor, Clinical Epidemiology & Biostatistics	McMaster University, Canada
17	Dr.P.J.Devereaux MD, PhD	Associate Professor, Clinical Epidemiology and Biostatistics	McMaster University, Canada
18	Dr.Onil Bhattacharyya MD,CCFP,PhD	Assistant Professor & Clinician Scientist	University of Toronto, Canada
19	Dr.Deepak Kamath MD	Assistant Professor Pharmacology	St. John's Medical College Bangalore
20	Dr.PadminiDevi	Associate Professor, Pharmacology	St. John's Medical College Bangalore

## Course Content:

The course contents include topics on

- (a) Study designs and methods: randomised controlled trials, cross sectional studies, registries, regulatory and project management, literature review, data management, systematic review and meta analysis,
- (b) Biostatistics: sample size, survival analysis, non parametric methods, ANOVA, ANCOVA & regression, interpreting results,
- (c) Others: grants and publications, ethics in clinical research and clinical practice, diagnostic tests, health policy and knowledge translation/ implementation, policy and advocacy.

## Course Methods:

The methods include interactive lectures, journal clubs, project presentations and practical sessions.



## Group Activities For Participants



**The Zen sessions** are conducted in a garden setting in the evenings. Discussions are informal interactive sessions between the group members and the faculty.



### Evaluation of participants:

The journal clubs, project presentations and previous day's highlights are evaluated by an average of 3 faculty members based on knowledge, clarity of presentation, quality of slides and handling the questions. Prizes are given to outstanding candidates and the best group.



### Evaluation of the course:

The participants evaluate the course based on lectures, faculty, journal club, project presentations, statistics practical, Zen sessions, food, accommodation, time schedules and overall assessment of the course.

### Extra curricular activities:

Candidates are taken to an offsite location for team building activities in the same courses.



## Trainees In 2- Year Program

### Batch 1 - 6 candidates: 2009 - 2011



Dr. Tulika Gowarmi  
Community Medicine

**Institution:** Assam Medical College and Hospital, Dibrugarh, Assam  
**External Mentor:** Dr. Rajnish Joshi MD, PhD, MGIMS, Wardha  
**Internal Mentor:** Dr. B. N. Mahanta MD  
**Project:** Prevalence of cardiovascular risk factors amongst tea garden and General population in Dibrugarh, Assam.  
**Status:** Recruited 2826 subjects

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Dr. Akash Bang MD,  
Pediatrics

**Institution:** Mahatma Gandhi Institute of Medical Sciences, Wardha  
**External Mentor:** Dr. Rajeev Gupta MD, PhD, Fortis Hosp, Jaipur  
**Internal Mentor:** Dr. Rajnish Joshi MD, PhD  
**Project:** Maternal risk factors in babies born with Low Birth Weight at a teaching hospital in rural central India.  
**Status:** Recruited 3246 consecutively born newborns at Sevagram, Maharashtra

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Dr. PV Balamurugan MD  
Gen. Medicine

**Institution:** Govt. Medical College, Theni.  
**External Mentor:** Dr. Prem Pais MD, St. John's Medical college, Bangalore  
**Internal Mentor:** Dr. Soundararajan MD  
**Project:** To estimate the Prevalence of Cardiovascular risk factors among School children in Theni District.  
**Status:** Recruited 2373 students. from Theni Dist, Tamil Nadu

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Dr. Pretesh Kiran MD,  
Community Medicine

**Institution:** St. John's Medical College Hospital, Bangalore  
**External Mentor:** Dr. Onil Bhattacharya MD, PhD, U of Toronto, Canada  
**Internal Mentor:** Dr. Arvind Kasturi MD  
**Project:** Burden and Risk Factors for Cardiovascular disease among the Elderly in a Rural area in South India.  
**Status:** Recruited 726 elderly from Kolar, Karnataka

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Dr. Srinivasa Rajagopal  
MD, DM,  
Chest Medicine:

**Institution:** St. John's Medical College Hospital, Bangalore  
**External Mentor:** Dr. P. J Devereaux MD, PhD, PHRI, Canada  
**Internal Mentor:** Dr. George D'Souza MD  
**Project:** Lung expansion maneuvers to prevent postoperative respiratory Failure and pneumonia.  
**Status:** Recruited 120 from Bangalore, Karnataka



Dr. Amol Hartalkar, MD,  
Gen. Medicine

**Institution:** Maharashtra Institute of Medical Sciences, Latur.  
**External Mentor:** Dr. S. P. Kalantri MD, MPH, MGIMS, Wardha  
**Internal Mentor:** Dr. B. S. Nagoba MD  
**Project:** Prevalence and Predictors of Diabetes Mellitus among Rural population in central India.  
**Status:** Project not started due to institutional Constraints

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## BATCH 2 - 8 CANDIDATES: 2011- 2013



Dr. Animesh Jain MD,  
Community Medicine

**Institution:** Kasturba Medical College, Mangalore  
**External Mentor:** Dr. Prem Pais MD, St. John's Medical college, Bangalore  
**Internal Mentor:** Dr. B Unnikrishnan  
**Project:** Educational interventions to improve compliance to treatment and quality of life in asthmatic school children, Mangalore, India.  
**Status:** 2752 children from 8 schools from Mangalore, Karnataka

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Dr. Saba Fathima MD,  
Medicine

**Institution:** St. John's Medical College and Hospital, Bangalore  
**External Mentor:** Rajnish Joshi MD, PhD, MGIMS, Wardha  
**Internal Mentor:** Jyothi Idiculla  
**Project:** Effect of Vitamin D supplementation in metabolic syndrome.R  
**Status:** Recruited 120 patients from Bangalore, Karnataka

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Dr. Shailendra Hegde MD,  
Community Medicine

**Institution:** St. John's Medical College and Hospital, Bangalore.  
**External Mentor:** Prem Mony MD, MSc , St. John's Research Institute, Bangalore  
**Internal Mentor:** Dominic Misquith MD,  
**Project:** Effectiveness of a school-based educational intervention on knowledge, attitude and practices related to cardiovascular risk factors among high school students in selected rural schools of Kolar district in Karnataka state, India.  
**Status:** 650 children from 2 schools at Kolar, Karnataka

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Dr. Shruthi Kulkarni MD,  
General Medicine

**Institution:** St. John's Medical College and Hospital, Bangalore.  
**External Mentor:** Denis Xavier MD, MSc , St. John's Medical College, Bangalore  
**Internal Mentor:** Ganapathi Bantwal MD, DM  
**Project:** Intense lifestyle modifications as compared to standard intervention in preventing or delaying the onset of type-2 DM and CVD among patients diagnosed to have IGT.  
**Status:** Recruited 103 from Bangalore, Karnataka



Dr. Swaroop N MD,  
Community Medicine.

**Institution:** St. John's Research Institute, Bangalore.  
**External Mentor:** Onil Bhattacharya MD, PhD, U of Toronto, Canada  
**Internal Mentor:** Anita Shet MD.  
**Project:** CVD risk factors in HIV patients on ART in Karnataka, South India.  
**Status:** Recruited 240 Patients from Mysore, Karnataka

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Dr. Vishakha Jain MD,  
Community Medicine.

**Institution:** Mahatma Gandhi Institute of Medical Sciences, Sevagram.  
**External Mentor:** Jyothi Idiculla MD, St. John's Medical college, Bangalore  
**Internal Mentor:** Rajnish Joshi MD, PhD  
**Project:** Structured diabetes programme feasibility in rural India.  
**Status:** Recruitment (302) patients from Sevagram, Maharashtra

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Dr. Subita L MD,  
Community Medicine

**Institution:** JIPMER, Puducherry.  
**External Mentor:** Rajeev Gupta MD PhD , Fortis Hospital, Jaipur  
**Internal Mentor:** Sitanshu Sekar Kar MD  
**Project:** Development of Diabetes registry in Pondicherry- feasibility study.  
**Status:** Recruited (2000) Patients from Pondicherry

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Dr. Sanjeev Nair MD,  
Pulmonary Medicine

**Institution:** Govt. Medical College, Trivandrum  
**External Mentor:** PJ Devereaux MD, PhD, PHRI, Canada  
**Internal Mentor:** Vijayakumar K MD  
**Project:** Effectiveness of locally developed pulmonary rehabilitation programme in functional capacity, perceived Dyspnoea and quality of life in COPD Patients in Trivandrum.  
**Status:** 606 patients interviewed. 4 doctors focused group discussion Completed from Trivandrum Kerala

## Undergraduate Research Mentorship Program

The undergraduate research mentorship program is conducted in collaboration with St John's Research Society.

The unique feature of the program is learning research by hands-on experience: Over a ten month period the students undertake a research project as the principal investigator. A faculty mentor facilitates the process. The student generate a research question, applies for ethics clearance from the institutional ethics review board and responds to objections if any and presents the project proposal to a scientific committee. Following this a grant of up to Rs.10,000/-is provided to conduct the project. From 2009, 4 batches with 39 students completed the program. Four published in PubMed indexed journals, seven obtained awards for best undergraduate research and nine presented in national conferences. Two were awarded the Indian Council of Medical Research student fellowship

### LIST OF UNDERGRADUATE MENTEES

Mentee	Mentor	Project Title
2009 – 2010		
Maryann Prakash Jacob	Dr B. Bharathi	Quality of life in advanced cancer: Presented: National Conference of radiation oncology, Kochi, 2010
B. G Trinity Deepak Jacob	Dr Ramesh A	Effect of high noise levels on the blood pressure of workers in a hospital setting. Presented: National Workshop, Bangalore, 2011
Karthik Shyam	Dr Ranjini Shamsundar	Airborne bacterial population in operating rooms of a tertiary care center. Presented: National UG Conference, Puducherry, 2011
Ann Sarah Koshy	Dr Jayakumari S	Prevalence of B12 deficiency in type 1 diabetes Presented: National Conference of Endocrinology society of India, Kochi, 2010
Pooja. P. Lokkur	Dr Savita N.	Prevalence of bacterial contamination of stethoscope diaphragms. Presented: National UG Conference, Puducherry, 2011
Rwituja Thomas	Dr Nivedita Kamath	Risk factors for growth retardation in children with chronic renal failure Presented National UG conference , Bangalore, 2011
Megha Saigal	Dr. Premalatha T.S	Prevalence of cervical dysplasia in HIV positive women.

**LIST OF UNDERGRADUATE MENTEES**

<b>Mentee</b>	<b>Mentor</b>	<b>Project Title</b>
Mareen Ann Jacob	Dr Baijyanthi Mishra	Diabetic control in urinary tract infection in post menopausal women.
Somadattaa Ray	Dr Anitha Devanath	Lipid metabolism markers and CD 4 counts.
Swathi. S	Dr Ramesh.A	Barriers in the implementation of a noise reduction protocol in the NICU Presented National workshop, Bangalore, 2011
<b>2010 – 2011</b>		
Anaghashree U.S	Dr. Premalatha T.S.	Auditory toxicity with weekly cisplatin in advanced cancer cervix patients - a cross sectional study
Sharan M Shanubhogue	Dr. Anitha Devanath	Evaluation of nutritional parameters in twice weekly versus thrice weekly dialysis
Theres Mathew	Dr. Baijyanti Mishra	Device associated infection rates in medical and surgical ICU
Astrid Hazel Maria Dias	Dr. Nivedita Kamath	Prevalence and profile of folic acid deficiency in children on chronic maintenance dialysis.
Dipti R Kamath	Dr. B. Bharathi	Quality of Life in Adult Cancer patients with and without pain
Dharamveer	Dr Nachiket Shankar	Assessment of various parameters to estimate adequate oro-tracheal tube length in Indian neonates – a cross sectional study Presented National. conference, Davangere, 2011
Steven Pinto	Dr Ranjini Shamsundar	Microbial flora in burn wounds.
Gitanjali Rebello	Dr Jayakumari S	Basal serum cortisol levels in patients with autoimmune thyroid disorders: -A case control study in a tertiary care hospital.
Tiji Alphonse	Dr Savita. N	Perianal colonisation with drug resistant Gram negative bacteria in the ICU.
Karan N Ramakrishna	Dr Ramesh A	Formulation of a Protocol to accurately measure noise exposure in the ICU Presented National workshop, Bangalore, 2011
<b>2011 – 2012</b>		
Joseph Sushil Rao	Dr Jayakumari S	Correlation of Cytology Patterns of Tubercular Lymphadenitis at FNA with CD4 counts in HIV patients Presented National conference, 2012, Bangalore
Jerome Nelson	Dr Sulekha T	Infant and Young Feeding Practices in an urban underprivileged area of Bangalore city.
Safiya Sherrin	Dr Premalatha T.S	Comparing the carboplatin dosing estimated by 24 hours urine creatinine clearance with Cockcroft – Gault formula in ovarian cancer.
Amith Varghese	Dr Uma Devraj	Clinical profiles and outcomes of empyema.
Chris Zacharias	Dr Nivedita.K	Prevalence of anemia and correlation of Iron status in children with chronic kidney disease stage.
Avian Chang	Dr Ramesh. A	Effect of an educational video on alleviating maternal anxiety in a neonatal hearing screening program.
Priyanka Mathias	Dr Nachiket Shankar	Validation of modified Tochen's formula in neonates with low birth weight in placement of endotracheal tube for intubation

**LIST OF UNDERGRADUATE MENTEES**

<b>Mentee</b>	<b>Mentor</b>	<b>Project Title</b>
Carl Britto	Dr Johnson Pradeep	A study of resilience in wives of alcohol dependents in Indian context.
Karthika. M	Dr B. Bharathi	Screening for Alzheimer's disease at a tertiary care hospital.
Nikith D'Souza	Dr Savitha Nagaraj	A clinical audit of antibiotic prescription compliance in the NICU.
<b>2012-2013</b>		
Joseph Edmund	Dr Jayakumari.S	Comparison of vitamin B 12 levels between red capped vacutainers and serum separator tubes transported through pneumatic tube system.
Nisha Samantha Thambuchetty	Dr Yamini Priya	Prevalence of Meibomian gland dysfunction in of a community health center by Health workers using a questionnaire
Kushal Rathnakar Heggade	Dr Premalatha. T.S	Survival in Ovarian cancer in a specialized cancer unit in a tertiary care hospital.
Bhavna Patrick	Dr Uma Devraj	Correlation of severity of COPD by measuring zone of opposition of diaphragm, rectus femoris cross sectional area to FEV <sub>1</sub> .
Seshadhri Subramanian	Dr Anuradha. A	Prevalence of anaplastic lymphoma kinase – 1 receptors in adenocarcinomas of the lung.
Sharan Subramanian	Dr Ramesh. A	Quantification of Hearing Impairment by a Health Worker using Audiometry in a resource limited setting.
Peter Tanel Joseph	Dr Nachiket. Shankar	Patellar movement with isometric quadriceps femoris muscle contraction in young adults.
Sarthak Sahu	Dr Johnson. Pradeep	An exploratory study of a new index: Serum transferrin receptor - Ferritin Index in the estimation of Iron deficiency in children with attention deficit disorder.
Jose Austine	Dr Shoba Nair	Perspectives of Orthopedicians on Pain Management in Osteoarthritis pain.
Clyde Richard Menezes	Dr Savitha. Nagaraj	Nasal Swab Screening for Methicillin Resistant Staphylococcus – Is it enough.
<b>2013-2014</b>		
Merina Mathew	Dr. Premalatha T.S	Comparison of mobile phone cervical images with coloscopic images.
Ashna Pinto	Dr Uma Devaraj	Stepwise model of screening questionnaire and level 3 sleep study to detect obstructive sleep apnea in a rural setting.
Bhavapriya Mani	Dr Anuradha	Perception of pathology as a career among medical students.
Royson D'souza	Dr Ramesh. A	Efficacy of trained health worker in customizing an ear mould in resource limited setting.
Jason. F	Dr Nachiket Shankar	Patellar movement with isometric quadriceps femoris muscle contraction in young adults.
Priyadarshini. Krishnaswamy	Dr Shoba Nair	The effect of music therapy on pain in terminally ill cancer patients.
Vishak. S.R	Dr Savitha. Nagaraj	Correlation of antibiotic use and resistance in the adult intensive care unit of a tertiary care hospital.
Advika. T. S	Dr Jyothi Idiculla	Exercise in type 2 diabetes: practices, perceptions and barriers.

## LIST OF UNDERGRADUATE MENTEEES

2014-2015

Mentee	Mentor	Project Title
Jessica Maria D'Souza	Dr Premalatha T.S	Comparison between 2 and 3 -dimensional transvaginal ultrasound to assess endometrial pathology in asymptomatic postmenopausal thickened endometrium A Validation Study
Stallon Sebastian	Dr Uma Devaraj	Prevalence of Restless Leg Syndrome in patients with chronic renal failure -A cross sectional study
Abdul Kader Surti	Dr Anuradha	Oncologists' attitude towards the use of internet by cancer patients and their relatives to seek medical information - A qualitative study
Shruthi. S	Dr Ramesh.A	A Grounded Theory of Perceptions of Normal children about those wearing Hearing Aids in a Marginalized community- A Qualitative Study
Michael James Chirayath	Dr Nachiket	The concentric Hamstring: Quadriceps strength ratio and its associations among undergraduate medical students - a cross sectional study
Midhun Mathew	Dr Shoba Nair	Pain relief with intravenous morphine versus intravenous morphine + paracetamol for procedural pain in burns patient - A descriptive cross over study
Roshini.A.P	Dr Savitha.N	Urinary Tract Infection & Associated Risk Factors among Catheterized Patients in the Surgery Department of a Tertiary Care Centre: Prospective Cohort Study
Reuben. C. Johnson	Dr Jyothi Idiculla	Urinary Tract Infections in Diabetics and Non-Diabetics:- A Cross-sectional Analytical Study
Rahoul Gonsalves	Dr Suman Rao	Comparison of DHA levels in breast milk of Indian mothers of term and preterm neonates
Manu Abraham	Dr Jayakumari	Evaluation of the effect of sample timing on serum TSH levels - A cross sectional Analytical study

## Overseas Trainees at DCRT

Dr. Tanvir Hussain, MD, MSc, PhD (Epidemiology) a Clinical Fellow at Harvard Medical School and Internal Medicine physician at Harvard's Brigham & Women's Hospital visited St. John's for 4 months in 2010 and for 1 month again in 2011. Dr. Hussain is a physician-scientist with expertise in global health and international health care development. He worked with our community based project- SPREAD (Secondary Prevention of Coronary Events after Discharge from Hospital). At present he is a physician – researcher at John Hopkins Hospital, USA.

Dr. Anna Dill from George Washington University, USA visited St. John's on a 9 month Fulbright-Nehru grant under the USIEF's student researcher program from August 2012 to June 2013. Her research proposal was entitled ' Providers, Practices, and Perceptions: India's Chronic Diseases viewed by Physicians.' She is now a primary care internal medicine resident at Yale New Haven Connecticut, USA.

## Infrastructure

Training Halls: We have 8 halls with seating capacity for 60 to 100 participants in classroom style. We have two mini auditoriums with a seating capacity of 200 each and one auditorium with a capacity of 990. We also have smaller seminar rooms (up to 20) to conduct group discussions and journal clubs. All venues have their own audio visual infrastructure.



Pope John Paul II auditorium- 220 Seater Hitech Auditorium



20 Seater Seminar/Board Room

30-45 Seater Seminar Room

10 Seater Meeting Room

**Library:** There is a well equipped and well furnished library – the Zablocki Learning Centre with approximately 30,000 books and 7000 journals, apart from CDs, dissertations, reprints and internet facilities



## Residential facilities:

We have an on-campus Annexe-3 with 230 rooms for participants. The rooms are bath attached, non AC and are available at a modest cost (presently Rs.500/- per day for single occupancy). For faculty we have a guest house with 12 rooms that are air-conditioned and bath attached with internet, coffee maker, refrigerator and dining area.



Banyan tree guest house for faculty



Annex guest house for candidates



Food court

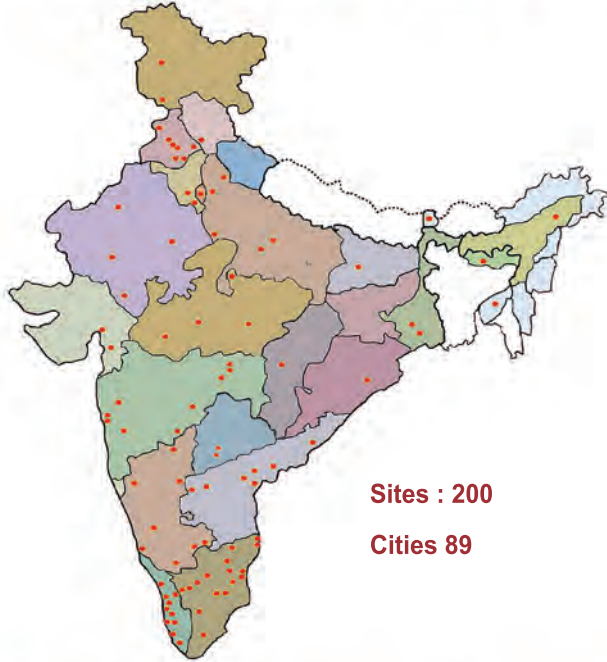
## Our Campus:



**Internet facilities to provide online courses:** We presently have 40 servers for Internet, E-mail and data back-up. These support over 750 email users and offers broadband connectivity with 25 Mbps mainline and 5 Mbps backup. We have Wide Area Network and VPN connectivity with voice over internet protocol (VOIP). The VPN is also connected with international collaborators with a facility for remote server access

**Learning Management System:** TYRO is a learning management system (LMS) used at St. John's National Academy of Health Sciences. It runs on a platform called TUSK which is developed by TUFT's University, Boston. TYRO hosts all the contents including lecture slides, handouts and reading materials for this course. In addition, evaluations, quizzes, assignments and assessments are done on TYRO. Students can also check announcements, schedules and other information.

**we conduct research in these cities in India**



**Our Trainees from different Countries**

