



BULLETIN of

Calcutta National Medical College ALUMNI ASSOCIATION

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PRESIDENT SPEAKS

I, Dr. Sujit Kumar De, have assumed charge of the Post of President of Alumni Association Calcutta National Medical College, w.e.f. 01.04.2020 in a very turbulent and harrowing time in the wake of the lock-down period caused by COVID-19.

At the outset, I must congratulate my beloved Senior and Junior Colleagues, who have selected me for this post and I remain grateful for their trust and confidence they have reposed in me. I am also committed to keep their reliance on my abilities intact and alive and will make my sincere endeavour whole-heartedly for the all-round development of our Organisation. Simultaneously, I will strive to continue the momentous work contributed by my Predecessors who have so long played their sterling role for betterment and upliftment of our Organisation.

You must appreciate the fact that, in this very critical and exasperating circumstances, discharging the associated activities of the desk of President are indeed challenging and insurmountable affair. Despite heavy odds all around, I have managed to conduct small group meetings and many vital and significant decisions / resolutions have been taken universally. Even on many occasions, meetings have been conducted through Video Calls.

Other important stakeholders of our Organisation having vital role to play are not always available due to this lock-down period and their unintentional absence has undoubtedly affected the performance of the Association.

Regular and routine jobs of the Association are also being looked into with due priority has been accorded wherever necessary. Serious and earnest efforts are being made to plug Organisational loopholes.

However, there is always scope and opportunity for further development and I am committed as well as dedicated to carry out my duties in far better and superior way and, for this, I beseech your whole-hearted cooperation to stand by me solidly in this hour of great crisis.

Finally, my views / speech will remain unfulfilled, if I do not mention the momentous role of the Secretary and Treasurer of our Organisation for their unstinted support from the very beginning by always standing by my side and helping me to overcome many tricky and complex day-to-day issues.

Long Live Alma Mater.

With my very best wishes,

Yours truly,

Dr. Sujit Kumar De, President, Calcutta National Medical College Association, Phone : 98300 16837, E mail : drsujitde@gmail.com.



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From the Desk of Secretary



I would like to convey my sincere gratitude and thanks for giving me an opportunity to serve the prestigious Alumni Association of Calcutta National Medical College. I would like to pay homage to the alumni who have left us for heavenly abode. My sincere thanks to Dr Arnab Gupta, Organizing Secretary of 69th reunion and his team for successfully holding Reunion 2020.

I would also like to express my sincere thanks to Dr Dhrubajyoti Bhowmick, Organizing Secretary of 67th Reunion and his team for donating their surplus money to Alumni Association.

We are passing through a very difficult period of time due to Covid-19 pandemic. The outbreak of Novel Coronavirus disease (now named COVID-19) was initially noticed from a seafood market in Wuhan city in Hubei province of China in mid-December 2019, has spread to more than 185 countries/territories worldwide including India. The causative agent for COVID-19 has officially named as SARS-Cov-2. In West Bengal we have lost five doctors and two nursing staffs till date. Of them Dr Sisir Kumar Mondal, Dr Shuvendu Bhandari, Dr Bikash Bose, Dr Kanchan Dey are belongs to CNMC Alumni family. I would like to pay homage to all the departed souls. We should follow the social distancing, use of face masks and other preventive measures as laid down by the Ministry of Health and Family Welfare strictly.

Due to nationwide lock down starting from 25th March 2020, we could not organize many of our activities in time. However, by maintaining social distancing and preventive protocol we have been able to organize two Executive Committee meetings at ELT. I convey my sincere thanks and gratitude to Prof. Ajay Kumar Ray, Principal CNMC for his generous help in organizing meetings at ELT.

This year Doctors' Day celebration will be held on 1st July 2020 in Alumni Association Office keeping in mind the restrictions imposed due to Covid-19 pandemic. Intern felicitation, Dr Susanta Bose Memorial Oration and Prof N K Pal Memorial Oration, all events will be deferred. Special General Body meeting will be held on 11th July 2020 at ELT. On that day senior alumni members namely Dr Rabin Sankar Choudhury and Dr Radha Basu will be felicitated. Regarding 70th Reunion 2021, decision will come out from the Special GB Meeting. On 11th July, there will be a scientific seminar on skin diseases by Prof. R. N. Dutta.

Apart from Covid-19 pandemic we have witnessed a Super Cyclonic Storm "Amphan" which has caused massive destruction in our state. Executive committee members have expressed deep concern and wished to stand by the side of Amphan victims. A relief amount of worth Rs. 2 lakhs was handed over to Bharat Sevashram Sangha. Representative of Bharat Sevashram Sangha, Swami Uttamananda, came to Alumni Association Office on 03.06.2020 to receive the cheque in presence of office bearers of Alumni Association.

Amphan relief of another 2 lakhs was handed over to Ramkrishna Mission Ashram, Manasadwip, Sagar Island on 06.06.2020. Members of Alumni Association, comprising of President, Vice-President, Secretary and Executive Committee members visited the Ramkrishna Mission Ashram, Manasadwip, Rudranagar of Sagar Island and handed over the cheque worth Rs 2 lakhs and some essential items like sanitizer, cotton face masks, gloves, liquid hand wash and soaps to the Secretary Swami Stavapriyananda Maharaj and other residents of the Ashram.

Distribution of Personal Protective Equipments (PPE's) to the Interns, Housestaffs and PGT's was started by Alumni Association from 03.04.2020. Initially it was distributed from the Principal's office. Distribution of remaining stock is still continuing from Alumni Association Office. Frontline doctors are requested to collect the same from office.

We are hopeful in organizing Dr Susanta Bose Memorial Oration, Intern Felicitation, Prof N K Pal Memorial Oration, Midterm Get Together and Medical Camps as soon as the situation becomes favourable.

As a Secretary I appeal to all the students, interns, housestaffs and NATMEDS to come forward with all possible way of participation in enriching our Alumni Association.

Long live our Alma Mater Calcutta National Medical College .

Long live our Alumni Association.

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Reminiscences of Reunion 2020



I was touched by the Love, affection & trust that my colleagues and others had in me while choosing the Organising Secretary for the 69th Reunion to be held in Feb, 2020, although I still feel that they could have chosen someone more deserving. Anyway, the job of organizing such a mega & prestigious event for my Alma Mater became so much easier with the strong support that I received from the word 'Go' from my colleagues & the Senior Alumni members including the Past Organising Secretaries like Drs Somanth Sorcer, Dhrubajyoti Bhaumik, Amitava Sett, Shrabani Bhakta. I wish I could mention the names of atleast some of my colleagues without whose help the job would have been impossible, but the list would have been too long, and I would request all of you to refer to our Souvenir for that. It was an honour to have our Teacher Prof Dulal Ch Dolui as our Reunion President, who was there with us in the Pre-reunion CMEs, on all 3 days of the Conference including the Banquet, the late evening cultural programs, inspite

of not being in the pink of his health. These all show how strongly our Alumni respect their Alma Mater, and it sets an example for the Generation Next. Catching up with our old friends, some we met after decades, during the Pre-reunion CMEs, each one being preceded by our nostalgic Canteen Adda, was a great bonus as a starting. Academic presentations in the same lecture theaters, where we were mere students, was a great experience especially doing that in front of our teachers & seniors.

The grand inauguration of the Big Event took place dot at 9 AM on 7th February (Friday) with eminent personalities like Swami Suparnanandaji, Pandit Ajay Chakraborty, Padmashri Dr Arunadoy Mondal, DME Dr Debasish Bhattacharya, in the presence of our Alumni President Dr Santanu Bhakta, Hony Secy Dr Lina Bandopadhyay, Principal Dr Ajay Ray & of course Dr Dulal Ch. Dolui, Reunion President. Pigeons & balloons were the hallmark of the Inauguration during the symbolic flag hoisting. Interestingly the balloons got trapped on an overhead cable & stayed with us till the end of the Reunion. Many other great things happened during the actual Reunion, and these were only God sent. Although the weather forecast hardly fails these days in the era of satellites, the heavy shower never happened on any of the 3 days apart from a mild drizzle while people were shaking their legs with the DJ in the unique ambience of Lakeside Arena at Nicco Park during the banquet. In fact, it was like an AC weather specially created for us, all throughout- which made the whole experience so much better. The Décor was unique, complete with a Modern Reunion Venue, the Pagoda & Octanion stalls, red carpets, the fountain, the illumination & last but not the least the Selfie Zone where people had probably spent most of their times trying to get the best Selfie award. The musical extravaganza of Rupankar & Kinjal got everyone on to the dance floor. No less were the performances by our colleagues backed up with excellent AV creations. The Medical Quiz, Antakshari, Reunion Debate, the Orations & all the Scientific deliberations were all of high quality. The essence of spreading academics through the Reunion apart from Fellowship was covered in different Electronic & Print media. The memorabilia designed by our colleagues & the leather delegate bags were special attractions. The 4 different caterers served their best possible dishes, each of different flavours, over lunch & dinner, which were appreciated by all. The closing ceremony was with the release of a Gas lantern on the evening with- the never thought of- a Full Moon, while our colleagues waved at all singing 'Chalte Chalte mere ye geet...' (which brought many to tears before they left for their destinations- in India & abroad).

Lastly, God has also been very kind that the Corona pandemic narrowly did not get to affect our Nostalgia 2020 Reunion where the motto was 'Reconnect Rejoice Rejuvenate' allowing us to showcase our Saga of Friendship. Only bad thing is Dr Kalyani Pradhan, who was a constant pillar of strength with her gracious presence in every Reunion, had to leave for heavenly abode recently. On a personal note I would like to dedicate this Reunion to my teacher Prof Urmila Khanna, who was my mentor all the way till she passed away 1 year ahead of the Reunion. My best wishes to the next Organising Secretary Dr Tibar Banerjee and his team for another successful Reunion, although I understand it will have to wait till 2022. Long live CNMC and its Alumni.

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Covid-19 Pandemic

Introduction

On December 31, 2019, China informed the World Health Organisation of cluster of cases of pneumonia of an unknown cause in Wuhan City of Hubei province. On January 9, 2020, the WHO issued a statement mentioning Chinese researchers have made "preliminary determination" of the virus as a novel coronavirus. On March 11, WHO declared this global outbreak a pandemic.

The global pandemic of novel coronavirus disease 2019 caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) began in Wuhan, China and has spread worldwide. As of now, there have been more than 11.5 million reported cases and 5,46,737 deaths in more than 200 countries. This novel beta coronavirus is similar to Severe Acute Respiratory Syndrome Coronavirus (SARS-CoV) and Middle East Respiratory Syndrome Coronavirus (MERS-CoV). Based on its genetic proximity, it is likely to be originated from bat derived coronavirus with spread via an unknown intermediate mammal host to humans. At present the transmission is solely contributed by human to human.

History

The word pandemic is derived from the Greek word "pan" meaning all and "demos" meaning people. An epidemic occurring worldwide or over a very wide area, crossing international boundaries, continents and usually affecting a large number of people, is the definition of a pandemic. If we go through the pages of history, we will find the pandemic of the Bubonic Plague in the 14th Century (the black death), the Great Plague of London (in the year 1665, which killed 20% of the population of London), the Spanish Flu (1918), the "Asian Flu" in East Asia in 1957 (H2N2 strain). More recently in 2009 in the US the "Swine Flu" (novel influenza virus, H1N1), the flu pandemic.

Causative Agent

The coronaviruses are a large family of viruses. The emergence of 2019 coronavirus (2019-nCoV) was presented as unusual cases of pneumonia (Novel Coronavirus Pneumonia, NCP) since 31st December 2019 in Wuhan city in Hubei province of China. The virus has been officially named as the SARS-CoV-2 by the International Committee on Taxonomy of Virus (ICTV). The novel coronavirus disease has been named as the Corona Virus Disease (Covid-19) by the WHO. SARS-CoV-2 is the third beta coronavirus after the earlier SARS (Severe Acute Respiratory Syndrome) in 2003 and MERS (Middle East Respiratory Syndrome) in 2012.

The SARS-CoV-2 virus is spherical and looks like a crown, hence the name 'coronavirus' (corona means crown). It is enveloped, positive stranded RNA virus with nucleocapsid. The genomic structure is organised as +SS RNA of approximately 30kb in length. It is the largest known RNA virus. The size of spike protein is 180 K Da with two subunits. It helps the virus receptor to bind with ACE2 receptor of human cells. The SARS-CoV-2 has more than 95% homology with bat coronaviruses and more than 70% similarity with the SARS-CoV-1.

Pathogenesis

SARS-CoV-2 virus targets cells through the viral structural spike (S) protein that binds to the angiotensin-converting enzyme 2 (ACE 2) receptor. Following receptor binding, the virus particles use host cell receptors and endosomes to enter cells. A host type 2 transmembrane serine protease, TMPRSS2, facilitates cell entry via the S protein. Once inside the cell, viral polyproteins are synthesised that encode for the replicase-transcriptase complex. The virus then synthesises RNA via its RNA-dependent RNA Polymerase. Structural proteins are synthesised leading to completion of assembly and release of viral particles.

Transmission and affected group

The symptoms of Covid-19 appear within two to 14 days after exposure and include fever, cough, running nose, difficulty in breathing and many

more to no symptoms at all. It primarily spreads through the respiratory droplets of infected people. If a person touches a surface or object that has been infected by the virus (fomites) and then touches his own mouth, nose or eyes, he may get infected. People of all ages can be affected by the disease and older people are the highest risk of developing complications, specially with pre-existing medical conditions, such as cardiovascular disease, diabetes, chronic kidney disease. These groups have an increased morbidity and mortality rate than others.

Clinical presentation

Infection with Covid-19 produces no symptoms (asymptomatic) to mild symptoms like fever, cough and occasionally diarrhoea. At the onset there may be transient loss of smell sensation. The disease may progress to potentially fatal Acute Respiratory Distress Syndrome (ARDS) and Severe Acute Respiratory Infection (SARI). The development of ARDS follows destruction of the alveolar cells and hyaline membranes. This is secondary to the cytopathic effects of the virus and the immune response of the body which are broadly labelled as "cytokine storm". It leads to extensive tissue damage due to pro-inflammatory cytokine, interleukin-6 produced by active leucocytes. The excessive tissue damage, sloughing of parenchyma, accumulation of inflammatory debris in the alveoli and dysfunction of the surfactant producing cells in the alveoli leads to deterioration of respiratory function.

Prevention

1) **Hand-hygiene:** As per the WHO, to reduce the risk of infection is by regular and thorough cleaning of one's hand with soap water or using alcohol based hand sanitizer. Viruses such as coronavirus, influenza virus, ebola, zika have their genetic material encased in layers of fat called the lipid envelope. Soap molecules are pin-shaped with a head that is hydrophilic and a tail that is oleophilic. Being the oleophilic the tail portion of the molecule tends to have an affinity for and competes with the lipids in the virus envelope. Since the chemical bonds holding the virus together are not very strong, the oleophilic tail gets inserted into the envelope and breaks the lipid envelope of the virus. The tail also competes with the bond that binds the RNA and lipid envelope thus dissolving the virus into its components which are then removed by water.

Alcohol-based sanitizer: Like soap, alcohol present in hand sanitizers dissolve the lipid envelope thereby inactivating the virus. To be effective, the sanitizer should have 70% of alcohol.

2) **Use of face mask:** According to the WHO wearing a medical mask is "One of the preventive measures to limit spread of certain respiratory diseases, including novel coronavirus (SARS-CoV-2) in affected areas." Transmission through droplets from coughing and sneezing is one of the major routes of virus spread. A properly worn mask can reduce the risk of inhaling droplets containing the virus. Studies have shown that people infected with novel coronavirus can transmit the virus even before they show symptoms of the disease. Therefore it is the single important issue to wear face mask outside the home when the virus is spreading in the community.

3) **Social Distancing:** According to the WHO at least 1 metre (3 feet) distance to be maintained from anyone who is coughing or sneezing. This is because when someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. According to WHO if anyone who is too close, can breathe in the droplets, including the coronavirus if the person coughing has the disease.

4) **Avoidance of touching eyes, mouth and nose:** hands can pick up viruses as they come in contact with many surfaces. It can then transfer the virus to one's eyes, nose or mouth. From there the virus can enter the system.

70th Reunion, CNMC Organising Committee

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