

Title

JANAMPATRI TO GENOMEPATRI: FROM BIRTH CHARTS TO DNA BLUEPRINTS

Authors

Adarsh Keshari, Roshan Pandey

Abstract

The transition from **astrological birth charts (Janam Patri)** to **genomic blueprints (Genome Patri)** represents a major shift in personalized healthcare. While **Janam Patri** is rooted in cultural tradition with **limited scientific validation**, **Genome Patri** offers a **data-driven approach** for predicting drug responses, adverse reactions, and optimal dosing.

Genomic profiling has transformed **drug development and patient care**, leading to **personalized treatment plans** that enhance efficacy and reduce side effects. Unlike astrology, genomic insights provide **quantifiable, evidence-based predictions** for therapeutic success. This shift highlights the **growing role of molecular science** in healthcare, paving the way for **precise, tailored medical interventions** that improve patient outcomes.

Title

Bioremediation Uncovered: A systematic Review on how Nature Fights Pollution

Authors: Mr. Saransh Nigam, Dr. Adarsh Keshari, Dr. Hansika Rajoria, Ms. Mahin Sajid, Mr. Srinivas Pedapolu, Mr. Abhishek Katiyar

Abstract

Bioremediation uses **microorganisms** to break down pollutants, making it a **cost-effective and eco-friendly** way to clean contaminated environments. This review explores its **types, key microorganisms, benefits, and challenges**.

Bioremediation is classified as **in situ** (treating pollution at the site) or **ex situ** (removing contaminants for treatment elsewhere). **Bacteria, fungi, and algae** play a key role in breaking down **hydrocarbons, heavy metals, and pesticides**. While bioremediation is **efficient and sustainable**, it requires **specific conditions**, has **limited microbial availability**, and may produce **harmful by-products**.

Overall, bioremediation is a **promising alternative** to conventional methods, but **further research** is needed to **optimize techniques and overcome limitations**.

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Title:

Evaluating the Impact of an Iron Supplementation Program for Combating Anemia
in School-Age and Adolescent Females by Grassroots Organization in India

Authors

Suryansh Kataria, Samriddhi Kataria, Durga Chougule, Bindesh Bharti, Akanksha Rastogi

Abstract

Iron deficiency anemia (IDA) affects **over two billion people worldwide**, impacting **physical, mental, and social well-being**. This study evaluated the effectiveness of a **non-profit organization's IFA supplementation program** for school-age and adolescent females.

A **four-month intervention (June–September 2023)** provided **weekly iron and folic acid (IFA) supplements** and **anti-helminthic treatment** to **146 participants**. Among **99 participants with follow-up data**, hemoglobin levels **increased significantly** from **11.1 ± 1.7 g/dL to 11.7 ± 1.4 g/dL (p<0.001)**. The percentage of participants with **normal hemoglobin levels** improved by **16.2%**, with the greatest increase seen in younger age groups.

Grassroots organizations play a vital role in improving **IFA program compliance and anemia reduction**. Their **peer networks and behavior change strategies** can be integrated into national programs to **enhance effectiveness and long-term impact**.

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Title

Advancements in upper body prosthetic limb technology: Providing effective solutions for medical amputations in the young population.

Authors

Ayushman Puri, Munish Kumar, Dr. Pooja Sharma and Alexander Girgis

Abstract

Abstract

Limb loss in children is **life-changing**, affecting **daily activities and social interactions**, making **advanced prosthetic solutions** essential. This review explores the **unique challenges** of pediatric prosthetics, including **growth adaptability, comfort, and functionality**.

Current prosthetic options often lack **affordability and user-friendliness**, but **emerging technologies** like **3D printing, AI integration, and biosensors** offer **customizable, cost-effective, and high-functionality solutions**. Future advancements, including **regenerative technologies and brain-controlled prosthetics**, could further **revolutionize mobility and independence** for young amputees.

Developing **next-generation prosthetics** aims to provide **better adaptability, sensory feedback, and long-term usability**, ensuring **improved quality of life** for children with limb loss.

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I would like to thank Exobot Dynamics for providing me an experiential opportunity to learn about Bionic limbs and their functioning during my summer break. I would also like to acknowledge and thank Ms. Durga Chougule, Freelance Medical Writer for medical writing support in writing this review article.

Title

Exploring The Perceptions of Students On Music As An Aid Or Distractor In Learning

Authors

Pavit Singh Jaggi, Dr. Adarsh Keshari, Dr. Padam Singh, Dr. Pooja Sharma

Authors

This study explored **students' perceptions** of music's impact on **memory retention** while studying. A survey of **secondary to postgraduate students** found that **63.8% listen to music**, favoring **hip-hop/LoFi (56.7%)** and **instrumental music (36.7%)**. While **40% believed music aids retention**, **50% were unsure**, and **10% disagreed**. **Instrumental music was preferred** for memory, especially in **mathematics (80%)**.

Results suggest music's impact is **highly individual**, with **instrumental music showing potential benefits**. Further research is needed to clarify its role in **academic performance**.

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Title

Real-Time Location Systems: Revolutionizing Porter Services for Improving Patient Care Efficiency

Authors

Samriddhi Kataria, Pankaj Sharma , Suryansh Kataria , Meenu Saharan , Rajiv Sikka

Abstract

Hospital transport porters (TPTs) play a **key role in patient care**, but traditional management lacks **real-time tracking**, leading to inefficiencies. This study evaluated the impact of an **Indoor Porter Tracking System (IPTS)** on **time and cost efficiency** at Medanta - The Medicity, Gurugram.

Before IPTS, **62% of porter calls** went unanswered. After implementation, **turnaround time (TAT) decreased** from **28 to 20 minutes (A-wing)** and **26 to 18 minutes (B-wing)**. **Staff was optimized**, reducing **three porters in A-wing and four in B-wing**, saving **₹0.18 million (\$2,150) monthly**. Expansion to **medicine delivery** could further cut costs by **₹8 million (\$96,000) over three years**.

IPTS significantly **improved efficiency, reduced costs, and enhanced staff utilization**, supporting further **technology integration for long-term operational gains**.

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Title

What do we know and how do we act: knowledge, attitude and practices around antimicrobial resistance?

Authors

Saisha Sherawat, Sharmila Sengupta, Padam Singh, Pooja Sharma

Abstract

The **overuse and misuse** of antibiotics contribute to **antimicrobial resistance (AMR)**, a major global health threat. This study assessed **knowledge, attitudes, and practices (KAP)** related to antibiotics and AMR among **rural, semi-urban, and urban** populations in **Delhi NCR, India**.

A **one-month online survey (June–July 2024)** included **500 participants (ages 15–80 years)**. While **87% were aware of antibiotics**, only **43.2% understood AMR**. Although **70.1% used doctor-prescribed antibiotics**, **69.1% stored them for future use**, and **39.9% self-medicated for similar symptoms**. Participants linked **reuse (31.9%)**, **poor-quality drugs (40.3%)**, and **incomplete courses (35.6%)** to AMR.

Despite awareness, **antibiotic misuse remains high**, highlighting the need for **targeted interventions** to improve AMR awareness and responsible antibiotic use.

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Title

Influence of Social Media on Antimicrobial Resistance (AMR) Awareness

Authors

Vanishree Mittal, Dr. Adarsh Keshari, Dr. Padam Singh, Dr. Pooja Sharma

Abstract

Antimicrobial resistance (AMR) is a global health crisis, requiring urgent awareness and action. This study assessed the role of **social media** in educating the public about **AMR and responsible antibiotic use**.

A **one-week online survey (July 16–23, 2024)** was conducted among **75 non-medical participants**. Results showed that **62.7% believed social media is effective for AMR awareness**, while **25.3% saw it as a useful learning tool**. Only **12% felt it was unsuitable**.

Findings suggest that **social media can enhance AMR awareness**, but content must be **monitored and structured** for effectiveness. Further research is needed to assess its impact on **behavioural change**.

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