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2008-2010**

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Learn to Serve

Hello Manipalites,

The first CPD for this year was planned to add a little variety to the previous times. We planned this over many nights and finally came up with the idea that CPD must be interesting and must have variety.

Below are the complete detail of the 1st. CPD:

Date : 5th. April, 2009
Time : 4.00pm - 4.30pm (Registration)
4.40pm - 7.00pm (Lecture)
7.30pm - 9.30pm (Dinner)
Venue : P.J. Hilton

The evening started with Dr Koshy, our president addressing the delegates and officiating the evening.

NAMES OF FACILITATORS WITH TOPICS

1. **Dr. Haji Mohammed Farouk Abdullah** -
Cervical prevention, how can we make a difference?
Head and Senior Consultant
Obstetrics and Gynaecology
Hospital Tengku Ampuan Rahimah, Klang
2. **Dr. M. Thomas Abraham** -
Managing Medical problems in Dentistry
Head of Department
Dept. of Oral & Maxillofacial Surgery
Hospital Tengku Ampuan Rahimah, Klang
3. **Mr. David Baruffi** - Navigating your
Investment through Troubled Waters
Director of Blueprint Planning &
Financial Planner,
Blueprint Planning Corporate.
4. **Dr. Subramani M. Venugopal** -
Common abnormal patterns in
Chest Radigraphs
Senior Consultant Radiologist
Head of Department,
Hospital Tuanku Jaafar, Seremban.
5. **Dr. Balachandran Appoo** - Does my
partner have "Obstructive
Sleep Apnea" (OSA)?
Consultant Surgeon & Head of Department
Department of ENT Head, Neck Surgery
Sungai Buloh, Selangor &
Visiting Consultant Surgeon
Tropicana Medical Centre,
Kota Damansara, Selangor

BREAKING NEWS

Please be informed that the Convention venue has been moved to the Holiday Inn Melaka.



A true surprise with the presence of our great friend and lecturer, Dr Kariappa who was present as a delegate, we managed to request him to end the CPD with his collection of facial trauma goodies.

6. **Dr. Kariappa** - Collection of Facial trauma management done in Manipal (KMC)
Head of Department
Dept. of Oral & Maxillofacial Surgery
MANIPAL ACADEMY OF HIGHER LEARNING (MAHE/KM C) INDIA

Our sponsors , it was indeed a pleasure working with them .

1. Novartis
2. Sleepworks Sdn.,Bhd.,
3. GSK (Glaxo-Kline Smith)

We had a good turn out of about 64 delegates. Good brain storming session. The potential of the participants was very encouraging. The night ended with good knowledge, tummy full of good food and great fellowship.

The CPD was a great success and we are planning the next CPD in Ipoh. I hope this CPD will be an on going chapter in Manipal Alumni

CPD 2

It gives me immense pleasure in writing about our yet again exciting event for this year. We decided on the venue for the second CPD and it was happily accepted by Dr Selva (ENT Surgeon Ipoh) to be held in Royal Ipoh Club.

The task force headed by Dr Koshy and the committee along with Dr Selva planned and invited our special speakers with interest in all ends of the human body.

The most memorable part of this event was the trip to Ipoh in a "Mercedes Benz" mini bus. (Trust me seeing is believing)

We left after picking our ever hard working Kulen, who lugged along with him some homemade sandwiches, some Chinese dumplings and a big container of "Chai".

The trip was well entertained by our very own DeeJay Naga along with free flow of homemade Chai and sandwich. It reminded me of the trips during Manipal days Mamoos !!! The only difference is the drink was hot...

We reached Ipoh in time and we were greeted by the security guards (they look like they have worked there all their lives), anyway the speakers arrived earlier and the participants slowly packed the hall..... Guess things will never change

The evening started with Dr Koshy, our president addressing the participants and officiating the evening.

The speakers were well known to many . They spoke on wide aspects of human body, probed many orifices, got very close to the heart and left some with palpitation.



Below are the complete detail of the 2nd CPD:

Date : 15th. August, 2009
Time : 6.30pm – 7.00pm (Registration)
7.00pm - 9.00pm (Lecture)
9.00pm (Dinner)
Venue : Royal Ipoh Club

NAMES OF FACILITATORS WITH TOPICS

1. "Overview of facts and fallacies in ischemic disease"
Dr. Rajasingam Shanmugam
Senior Lecturer,
Internal Medicine (Royal College of Medicine, Perak)
& Consultant Physician / Cardiologist
Gurmail Specialist Medical Centre, Ipoh, Perak
2. "Clinical features and management of drug induced gingival overgrowth"
Professor Dr. Dasan Swaminathan
BDS(Mysore), MSc(Bristol), FDSRCS(England), FADI, FICD, FICCDE
Professor of Dentistry
International Medical University
3. "stapling for haemorrhoids – pain or gain"
Dr. M. Sarkunnathas, P.M.P.
Consultant in General Surgery & Colorectal Surgery
Pantai Hospital, Ipoh

We had a good turn out about 30 participants. The night was well received with the speakers serenading us. The night ended with good knowledge, tummy full of good food and great fellowship.

The return trip was fabulous with ongoing entertainment. Just when we thought we had too much to eat, Kulen brought out the remaining Chai and sandwich. They disappeared in no time. As we travelled half way to KL the music in the bus changed with mixture of snoring and apnoic spells.

All ended well with us complementing Dr Jeyalan on the choice of the bus. Kudos to the committee for yet another excellent job done.

I would like to thank Dr Selva (ENT Surgeon, Ipoh), the committee members and Mr Kulen for their help and motivation.

For those who wish to contribute, please kindly contact us through email or through the secretariat. Looking forward to seeing you all in the Manipal Alumni Annual CPD and Dinner .

"We'll keep you learning"

CPD CHAIRMAN
DR BALACHANDRAN APPOO



MY VIEWS.....MANIPAL ALUMNI

For the past 45 years, I have been very involved in several organizations starting from boys' scouts during school days, organizing parties during college days and was also very involved in the dental association in my professional years. This has definitely given me the insight into management of an organization and in resolving issues.

Three and a half years ago as I was stepping out of the Presidency of the Asia Pacific Dental Federation, my colleague, Dr Jeyalan was pondering whether it is timely to develop the Manipal Alumni to a higher standing among all the alumni in this country. After various discussions with closed friends, together we decided to embark on this project. As birds of the same feather flocked together, we had a plan and assembled a team who were very much interested in taking this alumni from its doldrums to one to be reckoned with. The following AGM, we took office with five senior members who had invaluable experience and young vibrant members in the hope of developing a succession plan for the alumni. I was then elected as the Honorary Treasurer of the Manipal Alumni.

When I was handed over the relevant financial documents and attendance list accrued over 19 years in a cardboard box, I knew I was in for a nightmare. The new committee sprang

into action as soon as they took office and charted the plan of action for the year. We focused on CPD activities, new concepts of sponsorship, computerization of membership records and accounting. We successfully executed our plans and by the end of the first year, we manage to put in place the computerized database of membership records, increased the fixed deposit of the alumni to RM 150,000, reviewed the constitutions and managed to bring new members to join the alumni. This is followed by the setting up of a new Secretariat in Bangsar with a salaried employee.

Treasurers are rare breed of people who volunteer into taking the responsibility of managing funds and presenting the accounts at Annual General Meetings and to answer all queries from members. As past treasurer of many other organizations before and now the Manipal Alumni, I was very enthusiastic in carrying out my responsibilities for the alumni. The success of this position is a very simple formula, we have to spend and manage funds accordingly to the needs of the alumni and continuously raising sufficient funds through sponsorships. A reasonable contingency fund of RM 150,000 should remain in the fixed deposit. This is the basic principle that a treasurer should follow at any point of time.

All financial records inclusive of cash books, receipt books, cheque books and bank & credit card statements are properly filed and safely kept at the secretariat. At the end of the year these documents are presented to certified public accountants who were elected during Annual General Meetings. Ultimately these accountants will produce the accounts of the year to be presented to all members of the committee. The treasurer with the internal auditors and the committee members will review the accounts before being tabled to members at the AGM.

After years of voluntary work for the alumni, it saddens me to hear some members from the floor questioning



the creditability of the accounts presented and claiming that it was a waste of money to pay certified public accountants to audit the accounts for the alumni. It is disheartening to note that these members did not bother to take in account that when I was furnished the accounts there was no opening balance and no proper financial documents at all. I wonder whether these members who speak poorly about the preparations of the accounts have any credentials on accounting procedures. A growing Association like ours does not need pessimists to fractionalize and destroy the harmony that exists within this organization.

It was an enjoyable time for me working with a great committee and I am very sure other members feel the same way too. As the saying goes, all good things must come to an end and I will complete my term of office gracefully and hope to spend my time seeing my patients in the morning and playing golf in the evening.

AU REVOIR
Nagarajan





Susudei!!! For those who have never been to Cambodia, you must be wondering what the hell that means! Ha ha ha....It means drinking milk for breakfast...that we really didn't do much of....cos we had better stuff to drink there...wink wink.....

Upon arriving at the Siem Reap-Angkor International Airport, we were all very tempted to say Sawadikaap to the airport staff as we felt like we were in Thai-

land. No...we didn't get onto the wrong flight....its just that cambodian people look just like thai people.....what to do lah!!

Siem Reap City is the capital of Siem Reap Province , Cambodia. Siam Reap means the defeat of Siam(Thailand) as this place was once ruled by Thailand. The Cambodians are very loyal to their King and a majority of them are Buddhist followed by Hindus....which explains the many Hindu sites and influences around and some Christians.

After clearing immigration, we were welcomed by our local our guideMr.Vooti, who is a qualified teacher but now a full time tour guide and he was very knowledgeable and had a good command of the English language....the only problem was at times not being able to follow his accent after having a couple of shots...! After having a quick English breakfast we headed to Tonle Sap Lake...which is South East Asia's largest freshwater lake and boy oh boy it was large! At one point of time we thought we were in the middle of the sea. During monsoon, the lake would swell up to 12,000 square km flooding the areas nearby. The interesting part of this tour was to see the people here going about their routine day to day activities at the lake without leaving the lake....I mean they had sundry shops, market, post office, school, church, souvenir shops, basketball court and of course their own houses on the lake itself...Interesting but not my cup of tea..!

After the lake, we proceeded for lunch and back to the hotel...De La Paix, which is a 5 star hotel. Never before I had stayed in a honeymoon suite and the room was awesome...a cosy bathtub in the middle of the room, a doorless toilet and a transparent door shower room...guess what I did...?I showered and had a well deserved sleep of course due to the humid weather outside and fatigue(shame to all those who had a wild imagination and thought I did something else).

After a good rest, we headed out for dinner to a place near by and we were treated to a local Cultural show. It reminded me of the Balinese dance and it was nothing much to shout about....probably because we itching to start partying in Siam Reap and party time it was at Pub Street after hurrying dinner.Yes,Pub Street was the place to be...nice music, nice places, nice settings nice babes and of course cheap, cheap beers...50cents to US 1 Dollar for a beer....!Cheers...!!!For those of us who wanted something more than a beer, there was ...Happy Pizza...!I will leave it to Selva, Arasu, Nirmal and Meera to let you know about Happy Pizza in the next issue. The next day, (Day 2) we went for a tour of the 'Killing Fields'...it was the mini 'Killing Fields' and not the main Killing Fields at Phnom Penh. It was quite eerie to see hundreds of skulls and even more sickening to know how they were killed...Really dread about going to Phnom Penh now .The 'Killing Fields was then followed by a visit to the Le Artisans D'Angkor which was most definitely in Siam Reap and not a place some where in France as the name would have suggested. This is where many of the crafts of Cambodia are made and sold at exorbitant prices in US Dollars...probably the same thing is happening here in Selangor Pewters.

After lunch and a short snooze, it was time for us to make our way up to Bakheng Hill to view sunset. All the huffing and puffing(at least most of us were) going up the hill was in vain as the weather conditions did not permit us to have a good view of the sunset but we managed to get some scenic views and some amazing photo shots(depending on Nirmal for some photos from his 'canggih' zoom camera).It gets dark rather early here by 6.30pm. Soon it was dinner time and back to the room early to prepare for the hectic and big day ahead for wat...i mean Angkor Wat!



Day 3 arrived and it was an early start. We were on the bus by 6.30am departing for Kbal Spean, a journey that will take 1.5-2hrs. It was very pleasant to see the countryside along the way, nature preserved the way it should be. Arrived at Kbal Spean at around 8.00am and prepared for the treacherous walk up the hill(1500m above sea level) to the 'River of a Thousand Lingas'. After about 45 minutes, the sound of the gushing stream was audible and soon we were able to see hundreds of demolished 'lingas'. This demolition was done hundreds of years ago when the then ruling king embraced Buddhism. There was also an impressive carving of 'Vishnu' and 'Shiva' on the upper section of the river.



Soon we were descending down after witnessing some spectacular images. The next part of the journey was of to the Bayon Temple which is not only famous for its temples but also because one Mrs. Brad Pitt (not Jennifer Aniston but Angelina Jolie) shot a scene from 'Tomb Raider' there and henceforth picked up and adopted Maddox(hope got the name right).Along the way, we got to see a few more places of interest, namely South Gate of Angkor Thom, Elephant Terrace, Leper King Terrace and Royal Enclosure.

Next was lunch and with great anticipation of the moment that we were all waiting for...a place that we have heard about many times...studied in the history books....seen it on Discovery Channel and National GeographicLadies and Gentlemen...presenting Cambodia's pride, a UNESCO heritage...ANGKOR WAT...! Wow....standing in front of this fantabulous historical monument got my hair standing...one of the highlights of my lifetime...! It took me and the rest slightly more than an hour to finish seeing just one section of the temple (there are 3 sections). In order for one to appreciate the architecture of the temple,one should realise the effort, time (tens of years of course) and thousands of men to sculpture and put up the



temple hundreds of years ago without modern technology and then preserve this place during the times of various kingdoms, wars, hazardous conditions and major weather and climatic changes. Just imagine and visualize that...!!!

By the way, Susudei actually means good day in the local language.....cmon...u didn't believe me when I said drinking milk for breakfast...did you??? Ha Haaaaa...!!!

So till our eagerly awaited next MAAM trip, here's wishing everyone a happy reading and SUSUDEI...!!!

Saravanan

I Had a Dream...

The President and four of the Committee Members represented the Alumni for the Melaka Manipal 2009 Convocation.

The entourage received VIP treatment from the Management of the College and the book prizes donated by the Alumni was duly recognized by the Dean in his speech.

The following recipients for the MAAM award

Batch 13

Best Medical Student

Dr. Jagdeep Singh a/l Surmukh Singh - Book

Batch 13

Best Student in Opthamology

Dr. Gary Low Kim Kuan - Gold Medal

Batch 14

Best Medical Student

Dr. Nicholas Chua Yul Chye - Book

Batch 14

Best Student in Opthamology

Dr. Chang Jia Vern - Gold Medal

In our pursuit to reach the potential members of the new graduates, the Alumni made prior arrangements to meet the graduants during their rehearsals; a day before the Convocation. Dr. Thomas Koshy gave an inspiring speech to motivate and persuade the new aluminus to join the fold. Below is the excerpt of the speech.

Salutations and Congratulations to the new graduates. Since the first Malaysian graduate from Manipal in the early 60's the numbers to leave the shores of India have been gradually increasing. Today more than 5,000 Malaysians have graduated from Manipal or Mangalore, which together encompass Manipal University. More than three quarter of the graduates are medical doctors, another 20% comprising dental surgeons and the rest Pharmacist and Engineers

The Malaysian Government confidentially made a foray into medical twinning programme 15 years ago knowing very well that Manipal University had set a precedence for the caliber of doctors the University has produced.

I am happy to note Manipalites have and continue to make a great impact in this country in all the vocations. In the public and private sector Manipalites have made great strides and have cultivated a name for themselves.

Today, I stand in front of you as the President of the most active and largest Alumni in this country. I stand firm and remain convicted with my statement. Our membership continues to grow and by the end of this year, it would have reached its 1,000 mark.

The Manipal Alumni Association Malaysia was incepted in August, 1986, after a small group of medical doctors, dental surgeons and pharmacist got together a year before that to set the groundwork. It was duly registered with the ROS on that date with a formally placed constitution.

Activities are the hallmark of any association; knowing very well inactivity leads to disinterest and winning numbers. I will briefly allude to you our various activities.

(i) Communication is an important aspect to breath life into the association. We have a quarterly Newsletter - Howzit - an entertaining tabloid meant to take the stress out of our daily activities. Contributions are exclusively by members and their families and the newsletter covers our activities and articles of common interest. On that note I once again want to thank Manipal University for part sponsoring this Newsletter.

Our website continues to update the latest and happy to note that it has been receiving rave comments from our global network of Manipal Alumnus. To be kept relevant we are in facebook.

(ii) The pride of the Association's activities is our Community Project, dedicated to the marginalized and destitute. This medical and dental camp with close to 30 odd Specialist and General Practitioners in attendance has slowly gained popularity among the Public and the country's leading Newspapers, Star and NST carry full page articles every year highlighting the work done in these camps.

(iii) Continuing Professional Development.

Using the resources of the many medical and dental specialist from Manipal in the country, we conduct these CPD programmes in 3 major towns in the country every year. This is a runaway success which fosters learning updates and fellowship. Next month on August 15th our next CPD will be held at the Royal Ipoh Club.

(iv) December never fails to disappoint Manipalites. Always taking into account the best facilities, entertainment and great sporting activities the committee spends close to 4 months putting this 3 days 2 nights event into top gear. The record turnout of over 500 manipalites and families speaks volumes of the camaraderie and bonding that is only typical of a Manipalite.

After extolling to you all these activities in a nutshell, I am sure your thoughts may wonder to ask, what's in it for me? The common negative notions that it being monopolized by seniors, difficulty in communicating and a distant feeling comes to mind. That's a natural human tendency and frankly the ice will only break if you take the first step. A steady stream of graduates from Melaka Manipal have joined the Alumni and two of them actively serve in our sub committees.

Now having graduated there are some of you who have set your sites into post graduate programmes and the others either into mainstream public service or private practice as General Practitioner.

Our mentoring programme has seen some level of success where we get the specialist within the fold to assist you in the post graduate programmes that you have determined. Likewise networking in private practice among Manipalites has gained popularity.

I fervently hope with this information in mind, you would confidentially join us and who knows one day one of you present today would be up here speaking the same language to the new graduates from this great school of ours.

Jeyalan



MAAM OLYMPICS 2009

Above the bustle of Jonker Street and the imposing Flor De La Mar, the call of the coming games can distinctly be heard.

The orthopedic consultations have increased as the ole' bones and ligaments are crying out for help. All this, due to the desperate "get fit for the games" regimes in place. One man hobbles around the O.T., the results of a twisted ankle.

Another is so pleased that he can fit into his old '60's jeans and "Dance like a butterfly and sting like a bee" is his song today.

Another thinks that the Melaka Manipal young ones have thrown a challenge to the mature and experienced. Let's not forget the friendly and competitive Olympic spirit.

Pierre De Coubertin, a Frenchman, founded the International Olympic Council in 1894 and presided over the council from 1896 till 1925. He believed that the essence is not to win but to have taken part – the spirit of the struggle is what counts. He preached the religious nature of the elite in sports who participated in true and friendly competition to glorify the philosophy of art form in sports. Can we see the spirit of Manipal rise to pay tribute to the great Pierre De Coubertin? Why, yes. You can bet your ass on it babe.



Event schedule

1. Cricket. - Friday – 11th December - 8.00 am – Melaka High School.
2. Golf. – Friday - 11th December – 1 pm. – Tiara Golf Resort.
3. Children Tele Match – Friday 11th December – 2 pm.
4. Squash – Friday 11th December 4 pm – TBC
5. Football & Netball – Saturday 12th December – 3 pm- Melaka High School.



Important requirements

1. Cricketers are requested to come in, a day early to avoid any delays in the start up timing – at your own expense (preferred hotel rates will be negotiated). Any delay here will result in the golfers being affected. Please oblige and enjoy the Melakarian delights the night before!
2. Please indicate on the registration “Borang” as to which events you & your kids / spouse would like to partake in. This will go a long way in organization.
3. The football & netball will run simultaneously to allow for hair styling, bikini waxing and logistical planning before the red carpet event - The Gala Dinner.

Nirmal @ JJ

The important thing in life is not victory but combat; it is not to have vanquished but to have fought well.” - Pierre de Coubertin



Howzit Everyone,

The President & the Committee would like to wish all our members a very Happy & Prosperous Deepavali.

Firstly I would like to to apologize for this slightly overdue issue which was a result of so many unavoidable circumstances and on the same pitiful note....yup you heard it right we have relocated the venue of our Melaka Convention. More of that as we go along....

Our cover story highlights the two amazing CPD's that we conducted during the past few months. Although the turnout was better in PJ Hilton I must say the atmosphere was just as awesome in the Ipoh Club. Kudos to Bala & team for their excellent organisation. Next stops Penang & Kuantan.

Our beloved treasurer Naga conveyed his long desired wet dream to pen a few lines in this issue. He was abit upset....who am I kidding...fuming actually at the recently concluded AGM (not MCA) but our very own MAAM. Most of the Committee shared the same disappointment with regard to the caustic remarks and flak that we received from some members. A little pat on our backs from the rest of the members would have sufficed in locking our declining morales but sadly we received none. After some discussions we reckoned that's probably our cue to step down and move along. Anyway not to worry, we bear no grudges to anyone and will still be held responsible to deliver the best Convention ever in Melaka.

Don't ask me why but Jeyalan never fails to make his annual pilgrimage to to the Melaka Manipal Convocation....hmm...could it be those young pretty things. Our President could not help that silly grin during his stay in Melaka partly due to the usual high spirited nocturnal entertaining by Mano & Eugene but insanely more because his son was also on the graduation list. Congratulations Boss....like father like son. Hope you guys enjoy Jeya's live coverage of the occasion.

Keeping to the true blue 1Manipal spirit, 50 of our members and kin hopped on a plane to Siem Reap during the recent Merdeka holidays. Our pro resident photographer Nirmal armed with his new D 90 Nikon camera captured some amazing National Geographic shots. Sorry for copyright reasons I could not print all of them but believe me Angkor Wat will never appear to be the same. Confusing nagging thoughts of whether this happened before or after that Happy Pizza. Malini



our junior photographer also did us proud with her candid shots...Roomba Nandri Malini. I have to say I really enjoyed this entertaining article by Saravanan who will be replacing me as the next Editor of Howzit next year.

Our Sports Convener Nirmal has a very paranoia kind of concern about the physical fitness of our sports men & women. Guys if you are unfit and want to be selected to the various teams remember the only way is to either engage in some performance enhancing drugs or courier us a bottle of Singleton 18 instead. Don't try reporting us to MACC for obvious reasons. Cricket enthusiasts are encouraged to check-in on Thursday the 10th of Dec. Call Mr.Kulen aka Mr.KOOL @ the Secretariat for details.

Since we simply love challenges and torturing ourselves sick, we decided to move the Convention venue to the Holiday Inn Melaka. The President or Mano will explain the reasons to you in Dec. Here's the the 1st great news- It is a 2 year old spanking new beach front hotel that comes with a 2 thumbs up rating from our LOC(Local Organising Committee) comprising of Mano, Madelina(Mrs.Mano) and Eugene. Please check out the hotel website www.melaka.holidayinn.com for more information and blow yourself with the facade and facilities. The 2nd great news -We are offering all of this in toto at the same ridiculously low price of RM480/.and since we are all in a celebrating mood let me take this opportunity to thank Madelina for the exceptional assistance that she has rendered to MAAM. Thank you Madelina..You d Man.

In a about 2 weeks time you will be receiving your final flyer, registration form & map. Please register asap if you desire priority rooms as most have already been gobbled up like hot masala vadais. We hope to make arrangements with the hotel for shuttle buses to take the extended manipalite families on historical & shopping tours ie. if there are sufficient numbers and for a nominal fee of course.Finally I hope you guys like the Convention T-Shirt.Thanks to all my contributors Naga, Jeyalan, Bala, Saravanan, Malini, Nirmal, my family, my neighbours, my dog...just kidding.

Bye for now. See you in Melaka.

DREAM ON

Simon Martin

Editor

howzitnews@gmail.com

