

A SOUND BODY KEEPS A SOUND MIND – JOE FRAZIER

The students of MAHSS got an amazing opportunity on 12th October 2020 to interact with the very eminent Dr. Shamprasad Nadkarni who did his MBBS, MS and DNB in Orthopaedics Surgery. He completed his MBBS in 1991 with distinction and received an institute prize in Preventive and Social Medicine in Goa Medical College itself. He completed his MS in Orthopaedics in 1996 and DNB in Ortho in 1997.

Dr. Shamprasad worked at Rajavani Hospital in Mumbai. He was the Senior Resident Orthopaedics at GMC, and Senior Orthopaedic Surgeon at Hospicio Hospital Margao. Dr. Shamprasad completed his training in Spine Surgery in Mumbai, then he joined as consultant faculty at GMC in 2001, and took VRS as associate professor at GMC in 2017. He is at present a consultant Ortho surgeon at Healthway Hospital Goa and specialises in Spine and Joint replacement surgery. Moreover, Dr. Nadkarni has several publications in Orthopaedic Journals and has presented several research papers at various conferences. Additionally, he conducted many multi-centric clinical trials as well.

Dr. Nadkarni gave a special thanks to our mentor and Director Vyankatesh Prabhudesai sir for giving him an opportunity to speak to the brightest brains in Goa. He said that he feels confident that in the next 2 years, with sheer hard work, determination and guidance from faculty each one of us will be able to excel and prosper.

In the month of March 2020 when the covid pandemic struck India, India was forced and compelled to go into a lockdown and a lot of changes occurred during this period. The Doctor continued by

saying that, firstly a major change took place in the field of education and learning. Teaching has been shifted from the four walls of the classroom to the comfort of a bedroom, and from the dull black board to the bright led screen of a mobile or laptop, due to this covid pandemic. Doctor Nadkarni then continued by saying that even though everything on the surface was fine, simple and proper, there was actually a much deeper problem. Several years back when the computer revolution occurred and the office and banks went into automation, doctors in hospitals started getting a new class of patients with symptoms of neck pain and back pain which got clubbed together as computer related injuries or what we call as the 'Technological Disease'. But due to the covid pandemic and online schooling for hours on end, a new group of people inclusive of teachers and young adolescent students are starting to show up with these symptoms more and more, which is extremely petrifying.

That was why Dr. Nadkarni felt that it was the right thing to dwell into how to prevent these problems and if they occur then how to deal with them. The Doctor started off by saying, "I am sure your academic curriculum demands a lot of time. I think in a day most of you exercise your grey cells of your nervous system for 15-16 hours." Dr. Nadkarni then insisted and compelled students to dedicate at least 30 minutes of their time per day to exercise their body physically as a sound body would certainly assure a sound mind.

Doctor Shamprasad then touched upon the topic of the common problems that are expected to arise in the coming days during the pandemic especially because of the Technological Disease. These are CRI, Cervical Pain syndrome, Low Back Pain, Mouse shoulder, Carpal tunnel syndrome, tennis elbow, golfers' elbow, texting thumb etc.

He continued by saying that basically neck and back pain are problems of the spine and the spine problems occur due to evolution and the biopolar stand. The Doctor then continued by regarding the human spine as an absolute architectural marvel. The 2 contrasting properties of stability and flexibility are beautifully amalgamated in the spine. The spine's stability can be inferred from its ability to take weights several times the body weight as is seen in sports when someone is running, high jumping or weightlifting. At the same time when you see gymnasts perform acrobatics, many a times we are amazed at the flexibility of the spine as all this happens without damaging the spinal cord which is a very delicate structure. So, sir concluded, 'if you maintain a proper back hygiene, neck hygiene, exercise and diet then probably you can stay away from all the problems we are likely to encounter during this covid pandemic.'

Doctor Nadkarni then touched upon the symptoms we might encounter due to continuous use of computers. These could be the cervicocephalic syndrome characterised by headache, neck pain, dizziness, blurring of vision, diplopia, inability to concentrate, cervicobrachial neck pain radiating to arms, chest and upper back, tightness of muscles, restriction of movements, numbness in hands.

Carpel tunnel syndrome, he continued, is also due to the prolonged working on the keyboard or mouse. It leads to the chance to get a numbness of the hand and face as well as many other severe repercussions. Tennis Elbow, Golfers elbow, Tendinitis and Texting thumb are also quite frequent side effects. Moreover, Lower back pain due to poor posture, morning stiffness radiating to one or both legs, and numbness in legs are a commonplace during this pandemic.

Dr. Nadkarni then emphasized that the correct sitting posture is to sit erect as tall as possible with a back rest and arm rest, keeping the level of the chair at a good height, and making sure that our feet is firmly resting on the floor or foot rest. Additionally, our shoulders should be relaxed and arms should be supported with an arm rest keeping your computer screen at your eye level.

He suggested that during school breaks students should get up often, stretch out their arms and legs, relax their shoulders, turn their neck and twist their trunk. Moreover, students should try to shut their eyes for a few moments which would in turn be able to make them more alert and attentive.

Additionally, Dr Nadkarni said that students who wear glasses should make sure they fit properly to avoid tilting their head during class or straining their eyes. Students should type with light strokes and try and keep their muscles relaxed. They should sit tall aligning their ears, shoulder, and hips. Moreover, sir continued, when you sit, think about making yourself an inch taller. Another few suggestions the doctor gave were; switching our hands when using a mouse and completely rest our wrists during breaks which includes taking your hands off the mouse and relaxing them.

The doctor then continued with his presentation by saying that, '20% of children are overweight, and so all of us must try and maintain a healthy diet.' Students should have a 35-minute workout every day to keep themselves fit. 5 minutes stretching, 15 minutes of cardio or aerobic exercise, 10 minutes of strength workout and 5 minutes of cool down, should be the basic framework of the exercise schedule. Those using computer should also do neck and shoulder stretches.

Moreover, students should engage themselves in aerobic exercises like jogging, brisk walking, swimming, cycling, dancing for 15-20 minutes per day. This would help in weight control, improve heart and lung functions, improve sleep, improve digestion, improve cognitive function and memory, and improves problem solving ability. Moreover, it would boost the energy and mood of the student.

On a more serious note it could help reduce the risk of heart attack, stroke, controls blood pressure, type 2 diabetes, anxiety and depression, cancers, arthritis, and dementia.

Core strengthening exercises were also strongly suggested by Dr Nadkarni. These included plank exercises, muscle building with weights or resistance bands, leg strengthening, followed by cool down.

A sound soul, dwells within a sound mind, and a sound body. These were the very words of Dr Nadkarni himself. All the students of MAHSS gathered for the interactive session took back a lot from this wonderous andvery informative experience. The vote of thanks was then proposed by a student form 11th and the session was concluded on an extremely high note.

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