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Editor Desk

From the Editor-in-Chief's Desk

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A new issue of the IP Journal of Diagnostic Pathology and Oncology is ready and highlights a plethora of interesting topics from some of the top medical authors across the country. The various original articles and case reports cover different aspects of pathology and transfusion medicine which will surely enlighten the readers and help them in their practice.

Medical research for practicing lab physicians requires additional effort and judicious time management. A popular method of effective time management is the Pomodoro technique which was developed in the late 1980s by an Italian university student Francesco Cirillo, who, himself was having a hard time completing his assignments. The word 'pomodoro' is Italian for 'tomato' as Cirillo invented this method using a tomato-shaped kitchen timer. The technique involves breaking a complex task into smaller tasks of 25 minutes followed by a break of 5 mins. The interval is followed by another 25-minute focussed work after which there is again a break of 5 mins. These focused work sessions are known as pomodoros and after completing 3-4 pomodoros a longer break of 15-30 minutes can be taken. During these focused work sessions (pomodoros), one should not allow any distractions that may hamper concentration. However, one may customize the technique as per his/her preferences. This technique is now used by many to break procrastination, improve productivity and finish pending assignments on time. Nowadays, several pomodoro timer applications are available for desktops and mobiles which use this technique of time tracking and focused task management.

To conclude, I take this opportunity to thank all the authors for submitting their hard work to the IP Journal of Diagnostic Pathology and Oncology. I also congratulate the publishing team for bringing out yet another informative and timely issue.

Happy reading...



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