



# DANDIYA GARBA NIGHT AT CARE

## HAPPENINGS

Most higher education institutions kick start the new academic year from August. CARE is no exception and the main activities are centered around induction of new batches of freshers to schools and colleges both existing and new under CARE. Many departments also organized CMEs, conferences, medical camps and outreach programs in addition to their regular academic activities. All these are captured in this inaugural issue.

## MESSAGE FROM TRUSTEE



The last 15 years has seen a remarkable growth in the field of higher education in the Chettinad group. The move towards multi – disciplinary studies has opened up several options. We are at a point where a large number of students are opting for higher studies in diverse fields. Keeping this in mind, the major focus is on providing quality education to bridge the gap between academics and industry requirements.

Chettinad Academy of Research & Education aims to provide education that meets global standards while also enhancing leadership qualities and culture of research. All the programs offered by Chettinad Academy of Research & Education are incorporating the latest knowledge and stimulating the young minds. Regular visits to industries, internships, training programs, paper presentations all have helped the students in various facets of their life.

'Care Konnect – Compassionately Together' the e-Newsletter is the perfect platform to share the events happening in the campus both Academic and Non- Academic among its fraternity and alumni .

I wish the University the very best in this endeavor.

## MESSAGE FROM CHANCELLOR



At Chettinad Academy of Research & Education we believe that every student has the power to impact lives. We aim to create a nurturing and encouraging environment where students can express themselves and learn to give the best of their abilities.

We recognize and celebrate the diversity of the programs and the experiences. We are committed towards our motto of helping students “opening the doors of learning and opportunity”, thereby making the world of possibilities accessible to all. The open doors create a space for the departments to exchange ideas and information.

There are many exciting changes happening in the field of education in the present and “ Care Konnect-Compassionately Together” our e-Newsletter welcomes you to explore and share your learning and experiences.

Looking forward to “Care Konnect-Compassionately Together”

## MESSAGE FROM VICE CHANCELLOR



Chettinad Academy of Research & Education (CARE) a deemed to be University is launching “CARE KONNECT- Compassionately Together”, an Internal e - Newsletter that is a student initiative. From a modest beginning in 2005, CARE has come a long way offering more than 60 programs in UG, PG & Doctoral domains with 2000 + students today. With this diversity – both Academic and Students', a Newsletter is the need of the hour to share all the Campus happenings amongst the fraternity and today it is a reality and is happening.

As Swami Vivekananda said, “Dare to be Free; Dare to Go as far as your thoughts lead and Dare to carry that out in your life”. “CARE KONNECT” is going to be an excellent opportunity for our student fraternity to show case their talents and achievements – both Academic and Co/Extra Curricular and also develop their further learning from their peers.

I am that happy that this newsletter will consist of different sections such as Academics, Sports, Cultural, Competitions etc. besides Students' and Alumni Corners. The Chettinad Academy fraternity will have access and enjoy reading “CARE KONNECT” and contribute to forthcoming issues. I wish all the very best for this new initiative and I congratulate and compliment the contributors. I look forward to many more such initiatives for disseminating new knowledge.



### CHANCELLOR TAKES CHARGE

Smt. Geetha Muthiah assumed charge as the Hon'ble Chancellor of Chettinad Academy of Research and Education on 11th August 2019. She visited the CARE campus and interacted with the heads of the constituent colleges, schools and departments.

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## INAUGURATIONS

### MBBS – The Flagship Program - 31<sup>st</sup> July 2019

CARE welcomed its 14th batch of MBBS students on 31st July 2019 at its Crown Jewel and state-of-the-art Sigappi Aachi Convention Centre. Dr Mani Veeraragaven, an eminent Endoscopist was the Chief Guest and Dr S Ananthakrishnan Urologist and Robotic surgeon was the Guest of honour. Dr Mani Veeraragaven had meticulously prepared a power point presentation which had answers to many of the questions that arise in the young minds, as they step into the medical career. Dr Ananthakrishnan, a third generation doctor in his family talked to the students about the nobility of the medical profession and the various qualities that a doctor needs to develop in order to gain the respect and trust of his patients.



### Chettinad School of Law - One of the New Babies - 19<sup>th</sup> August 2019

A milestone in the history of Chettinad Academy of Research and Education was the inauguration of Chettinad School of Law also inaugurated at Sigappi Aachi Convention Center on 19th August 2019. The Chief Guests at this prestigious event were Hon'ble Mr. Justice Dipak Misra, Former Chief Justice of India, Hon'ble Mr. Justice Mohan Peiris, Former Chief Justice of Sri Lanka and Hon'ble Mr. Justice Kalyan Shrestha, Former Chief Justice of Nepal. Prof. (Dr.) S. Shanthakumar, Director, Gujarat National Law University, Gandhinagar. Prof. (Dr.) Tara Prasad Sapkota, Former Dean, Tribhuvan University, Nepal. Prof. (Dr.) Krystian Antoni Complak, Former Vice-Dean, University of Wroclaw, Poland were the Guests of Honor. This occasion witnessed another major event that was the unveiling of new logos – that of Chettinad Academy of Research and Education and of the Chettinad School of Law. Shri. MAMR. Muthiah, Managing Trustee, Chettinad Academy of Research and Education also graced the occasion and proposed a vote of thanks.



### Chettinad Free Community Medicine - 19<sup>th</sup> August 2019

In adherence to the philanthropic tradition of the Chettinad family, the Managing Trustee of CARE, Shri MAMR Muthiah inaugurated a newly constructed free OP block at CHRI, on 19th August 2019. The objective of this Outpatient department at CFCM is to provide free medical examination, baseline laboratory and radiological investigations for the underprivileged patients hailing from nearby villages. Free food & transport to and fro are also provided to the patients.



## CELEBRATIONS

### White Coat Ceremony - 13<sup>th</sup> August 2019

WHITE COAT CEREMONY (WCC) is considered by many as a rite of passage in the journey toward a healthcare career. It originated in University of Chicago's Pritzker School of Medicine in 1989, but the first full-fledged ceremony was conducted at the Columbia University College of Physicians and Surgeons, in 1993 by Dr. Arnold P. Gold, a teacher and pediatric neurologist. This ceremony is a ritual in many medical schools with the intent of guiding the students about the expectations and responsibilities of the medical profession, even ahead of the commencement of their regular lectures and CARE follows this tradition. White Coat Ceremony at Chettinad Hospital & Research Institute was conducted on 13<sup>th</sup> August 2019 in a traditional manner. The program was hosted by Dr Vedapriya, Prof. of Community Medicine. Dr. Indumathy, Prof and Head, Anatomy welcomed the gathering and Dr Nawaz, Professor of Forensic Medicine enlightened the students about the implications and importance of this ceremony. The Chief Guest was Dr. K Ravindran, former VC, CARE. He advised the students on the importance of hard work and regular studies in the medical field. The Guest of Honor, Dr. M Sudakaran, MBBS, IPS, Deputy Commissioner of Police, enlightened the students on the ten commandments that the medical student was expected to follow and also advised the students to constantly update their knowledge as the medical field was fast developing. This was followed by the White Coat Adorning in which senior faculty helped the fresher students in donning their white coats. Dr Sanjay, Prof. and Head of Physiology administered the White Coat oath that was zealously repeated by the students. The ceremony concluded with a Vote of Thanks by Dr Sumathy, Prof. and Head of Biochemistry.



### 73<sup>rd</sup> Independence Day Celebrations at CARE – 15<sup>th</sup> August 2019

73<sup>rd</sup> Independence Day of India was celebrated with a patriotic fervor at the campus on 15<sup>th</sup> August 2019. Hon'ble Vice chancellor, CARE, Prof Dr T Balasubramanian, hoisted the national flag. This was followed by a March past by the CHC security team. Sweets and National flags were distributed and the National anthem was sung in gusto.



## CONTINUING MEDICAL EDUCATION

### Pediatrics – World Breastfeeding week – 5<sup>th</sup> August 2019

World Breastfeeding Week is celebrated annually between the 1<sup>st</sup> and 7<sup>th</sup> of August, in more than 120 countries. As a part of this year's celebration, Department of Pediatrics, Chettinad Hospital and Research Institute had organized a guest lecture by Dr. Sridevi. A. Naaraayan, MD, Associate Professor of Pediatrics, Govt. Kilpauk Medical college, on 5<sup>th</sup> August 2019. The topic for the CME was based on this year's theme - "EMPOWER PARENTS, ENABLE



BREASTFEEDING". She enlightened the faculty and students on the importance of breast feeding & this year's theme. She was concerned that even when the mothers are able to get off to a good start, in the weeks or months following delivery, there is a sharp decline in breastfeeding rates, and practices, particularly exclusive breastfeeding. The period when mothers do not visit a healthcare facility is the time when a community support system for mothers is essential. Continued support to sustain breastfeeding can be provided in a variety of ways. Traditionally, support is provided by the family. As societies change, in particular due to urbanization, support for mothers from a wider circle is needed, whether it is provided by trained health workers, lactation consultants, community leaders, or from friends who are also mothers, and/or from fathers/partners.

### Biochemistry – Point of Care Testing Highlights - 9<sup>th</sup> August 2019

Department of Biochemistry organized a CME "Point Of Care Testing - Highlights" on 09.08.2019. The invited guest speaker of the session was Dr.V. S. Kalaiselvi, Professor of Biochemistry, Sree Balaji Medical College, Chrompet, Chennai. The speaker emphasized on the definition, purpose of POCT and elaborated on the various investigations done as a part of point of testing. She also highlighted on the paramount importance of these investigations in the diagnosis and clinical decision making. The session witnessed spontaneous interaction between the audience and the speaker.



### INTERNATIONAL SPEAKERS

#### Guest Lecture by Speaker of International Repute by Dr Mohan Peiris, Former CJ Srilanka – 21<sup>st</sup> August 2019

The medical undergraduates of Chettinad Hospital and Research Institute had the privilege of attending a guest lecture by Hon'ble Justice Mohan Peiris, former Chief Justice of Srilanka, on the 21st August 2019. He spoke on the Medico Legal Aspects of Medical Negligence in Clinical Practice, highlighting the origin and history of development of International laws on Medical negligence in various countries across the globe. He stressed on the importance of obtaining informed consent from the patients prior to carrying out any procedures and cited examples of judgments given in medical negligence lawsuits. The students' immensely benefitted from this talk.





## MEDICAL CAMP – 21<sup>st</sup> to 23<sup>rd</sup> August 2019

Chettinad Hospital and Research Institute, a constituent college of CARE organized a medical camp at Ellen Sharma School, Shollinganallur from 21<sup>st</sup> to 23<sup>rd</sup> August 2019. Faculty from the departments of Respiratory medicine, Pediatrics, Paedodontics and Biochemistry participated in the camp. Pulmonary Function tests, Pediatric and Dental assessment were carried out for the students. Students were also educated on healthy food practices by Biochemistry faculty. More than 500 students were benefited by the camp.



## Unnath Barath Abhiyan – 22<sup>nd</sup> August 2019

As part of the Unnath Barath Abhiyan initiative of CARE, the NSS unit organised a sapling plantation drive on 22<sup>nd</sup> August 2019 within the Chettinad Health City Campus. The event was organized by NSS program officers Dr Koyeli and Mrs Yagajeyanthi and was inaugurated by Dr B Santhakumar, Dean, CHRI. Faculty and students of CARE participated in the event. Highlight was planting of 100 saplings in the CHC campus.



## CAMPUS PLACEMENT DRIVE

### CCN Campus Placement – 20<sup>th</sup> August 2019

Chettinad College of Nursing (CCN), a constituent college of CARE, had organized a campus interview for the final year undergraduate Nursing students on 20<sup>th</sup> August 2019. This was one of the many such placement drives organized by CCN. Dr Premila Lee, Nursing Superintendent from Christian Medical College, Vellore gave a detailed presentation to the students about the job responsibilities and training programs that they had to undergo, before getting inducted into the CMC Vellore team. 93 students benefited from the same.



## FELICITATION



Dr. Lakshmanan S, MD General Medicine Post graduate from CHRI, CARE secured an All India Rank 87 in NEET –SS and has chosen to pursue his super specialty program in Neurology at the prestigious Madras Medical College, Chennai. .



## LIVE SCREENING of the FIT INDIA MOVEMENT - 29<sup>th</sup> August 2019

The Hon'ble Prime Minister of India launched the "Fit India Movement" on 29th August 2019. Keeping in line with the directives of the MHRD, CARE had organized a live telecast of the launch of the Fit India Movement at the mini auditorium. More than 300 students participated in this event. CARE has always taken efforts to promote the health and well-being of their students and staff.



## GLITTERING GARBA NIGHT



## DANDIYA GARBA NIGHT- NAVARATHRI CELEBRATIONS AT CARE - 4<sup>th</sup> October 2019

To celebrate the spirit of Navarathri, CARE had organized a Dandiya Garba Night on 4th October 2019. This was the first of its kind event to be celebrated at CARE. The Dandiya night was inaugurated by The Dean CHRI, Dr B Santhakumar. The dances commenced with the Lamp lighting by the Registrar CARE, Mrs. Jeyendra Saraswathi. Garba instructors demonstrated to the students how to perform Dandiya and Garba. The Dean heartily joined the Garba performers as they danced to the music gracefully. More than 700 Students and Faculty from all constituent colleges of CARE participated in the event, clad in colourful ethnic wear. The Dandiya Night concluded with a sumptuous dinner being served for all participants.

**- Karthik Ganesh**  
II year MBBS



## STUDENTS CORNER



### FUSION: AN EMOTION

Adrenaline gushing through our veins, uplifting our spirits with excitement, amidst our fully occupied schedule, is what our intercollegiate cultural extravaganza, Fusion, is all about. Fusion, the combination of both cultural and sport events is organised every year, and it aims to improve our friendly relationship with various other college students belonging to the medical stream. It serves as a beacon of excitement and acts as a medium for students to exhibit their skills. Between lectures, postings, and lifelong learning.

Fusion was started from the year 2009 and was initially conducted as a purely cultural event. Later, other events like sports were also included. Fusion exhilarates us, just like how hustling leaves, chirping birds and blooming flowers, give us tiny bouts of happiness in a packed day. It leaves students elated for at least one month prior. It leaves our hearts ecstatically pounding with resplendent experience and would remain as one of the most remarkable evergreen memories of our college days.

This year, fusion 2k19, was organized by 'ELIXIRS' (MBBS 2016-17 batch), hosted for a total of seven days from 10-10-2019 to 17-10-2019. It included 'RUSH' a national level intercollegiate sports spectacle for the first three days, followed by cultural events staging music, art, dance and other online events. There were around 30 cultural events and over 20 indoor and outdoor sporting events were conducted. It was orchestrated with a radiant and magnificent theme, 'RIO CARNIVAL', displaying brightness, freedom and laughter, turning our serene campus into a fun filled fiesta.

Fascinating shows like battle of bands, beat boxing, fashion show, Vallezimi Duet and stand-up comedy were also showcased. A huge cash prize was awarded for the winning team, along with an overall trophy, intending to encourage the participants to pursue their talents further. Many eminent celebrities like Naveen Richard, Andrea Jeremiah and Benny Dayal were also invited, to fill our essence with amusement, during the proshows.

Above all, Fusion is a platform laid years ago, with a purpose of bringing out all the unexpressed forgotten talents, which many students pursuing professional careers bury deep down their skins and look at it each day, as a long lost tale. And here, beyond all individual opinions, we stand in unity, heads held high, and present 'FUSION 2K19', an emotion, which binds us all together.

### SPORTS



**Mr. Nandha Gopal**, B.Sc. Nursing, CCN.

I represented our university in table tennis, badminton, athletics, football and I feel proud on every occasion that I have played for CARE. I had the privilege and opportunity to participate in many games organized by our institution. I have won many prizes both within and outside our college, the most recent win being badminton match at PIMS. My message to my fellow students is that a huge opportunity beckons our student fraternity, to open up their talents and wisdom in the field of sports and academics. I sincerely thank our VC (CARE), Dean (CHRI), Principal (CCN), Deputy Director of Physical Education (CARE), coaches, faculty and fellow students who have encouraged and guided me both in sports as well as academics.



## POEMS

### First day of college

Wandering and ogling eyes beware,  
To refrain listening and escape your stare;  
Check them all with questions galore,  
To make them all, ponder and pore;  
Stand not a statue on the stage,  
Nor pace like a panther in a cage;  
Appear smart and neatly dressed,  
Bear a smile and be not depressed;  
A dull and melancholy mood,  
Makes no teaching good;  
Write on board with clarity,  
Albeit it is a rarity;  
With many a joke to please the folk,  
Now and then let a humour stroke;  
Make your lecture lovable as a song,  
And the notes kept as a treasure for long;  
Speak the language with a flawless flow,  
Unto the audience a countenance glow;  
Raised and noble is thy rendition,  
Trade not that high tradition;  
Ordained by Almighty to teach;  
Is a chance to empower and preach;  
Nothing better is there to beseech,  
Allow not people to impeach;  
With your pedagogy profound  
And knowledge deep and sound,  
Struck with an awe extreme,  
Let them develop great esteem;  
Give the calling a Godly grace  
And desist from a mercenary race;  
With will and pleasure bring light and cheer,  
To all the students, Oh dear !

### Step into a new home

Step in time and step in style,  
Bearing all the while a beguiling smile;  
Dresses neat and nicely pressed,  
But your mind fully obsessed,  
With only the subject of the day  
To keep all doubts at bay.  
Stand tall and trim in the hall  
And survey at once students all;  
As you speak and move,  
Let your eyeballs rove,  
So every student feels noticed,  
All through the lecture practised.  
Let high pitched be your voice,  
To suspend the surrounding noise;  
Blessed by the sublime soul of Socrates,  
Ask searching questions, to test and tease.



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