



**Chettinad
Academy**
of Research and Education
(Deemed to be University)

CARE

KONNECT ▶

Compassionately Together



Infinity symbolises growth aspiration of CARE

Welcome to our e-magazine "CARE KONNECT - Compassionately together" where you can keep up to date with the latest news and events that happened in our various colleges and departments under CARE. In this issue, you will read and experience the celebrations, conferences, seminars, workshops, CME programs and students' activities.

Happy reading!





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Launch of inaugural issue of “CARE KONNECT – Compassionately together” the official e-newsletter of Chettinad Academy of Research and Education.

October is always an exciting month of the year. It signals the beginning of winter and rainy season, bringing a sense of joy into us. This October, there was more to the excitement as the much awaited official e-newsletter of Chettinad Academy of Research and Education, “CARE KONNECT – Compassionately together” was launched grandiosely on Thursday, 24th October 2019. The Chief Guests were Hon'ble Vice-chancellor, CARE Prof. Dr.T.Balasubramanian, and Dr.Prabu Mayakesavan Director of Medical Services, Chettinad Super Specialty Hospital and Prof.Dr.T.N.Swaminathan Advisor, CARE.

The entire inaugural program was coordinated by the students as they welcomed the audience and gave a prologue to Care Konnect. They also spoke on the highlights of the inaugural issue and described the features of different sections of the e-newsletter and illustrated how the future issues would evolve into. Hard copies of the inaugural issue were unveiled by the dignitaries on the dais, which were then distributed to the heads of the constituent colleges and to the students. The event concluded with the proposal of vote of thanks. Care Konnect will be circulated by email to all the employees and students of CARE, linking them compassionately together.



INAUGURATIONS

The month of August had witnessed a string of inaugural events pertaining to various streams which spilled over into the month of September too.

Inauguration of Chettinad School of Pharmaceutical Sciences and Chettinad School of Physiotherapy on 22nd August 2019 to all the employees and students of CARE, linking them compassionately together.

The inaugural function of the first batch of Chettinad School of Pharmaceutical Sciences and Chettinad School of Physiotherapy was conducted on 22nd August 2019 at Mini Auditorium. Shri. Vijay Mehta, Managing Director of Retort Laboratories, Kalaimamani Dr.S.Sunder, Managing Director of Prem Center for Physiotherapy and Rehabilitation Medicine and Mr.J.Jayaseelan, President of Tamilnadu Pharmacy Council inaugurated the Schools. The event was graced by the Honorable Vice-Chancellor CARE, Prof. Dr.T.Bal- asubramanian and The Dean, CHRI, Dr.B.Santhakumar. Shri Vijay Mehta and Shri. Jayaseelan individually addressed the audience on the multifactorial components of the pharmaceutical field while simultaneously emphasizing on the role of Indian pharmacy industries and pharmacists worldwide. Dr. Sunder highlighted the techniques and unveiled the secrets of becoming dynamic and much sought after physiotherapist. All the guests expressed their interest to associate with CARE to train the students.



CARE welcomes its first batch of B. Arch students on 11th September 2019

This event took place at their state of the art Chennai Kelambakkam campus. The chief Guest was Dr P.S.N.Rao, Director, School of Planning and Architecture and Ar. S. Manit Rastogi, Founding Partner Morphogenesis and Shri. K. Kathir, Film Art Director was the Guests of Honour.

Welcoming students and parents, Hon'ble Vice- Chancellor, CARE, Prof. Dr. T. Balasubramanian said that the launch of the Architecture program was the vision of the Trustee Sri. MAMR Muthaiah, who while building the campus with renowned architects dreamt of having an architectural school as a part of the University.

Dr. P.S.N.Rao congratulated the incoming students for having chosen the right institution and appreciated the large campus with its various amenities. Having said that Architecture is a blend of Engineering, Science, Technology, Art and Creativity, he also advised the students to focus and develop their skills since Architecture is a profession that will have long term impact and that the returns will be automatic for those who pursue this profession with passion.



Guest of Honour, Shri Ar S. Manit Rastogi, Founding Partner Morphogenesis, was the brains behind the design of the State-of-the-Art Sigappi Achi Auditorium in the campus that has won several awards. He mentioned that though India had created monuments that dated back to 4000 BC in the last couple of millennia the country had not showcased its creations at a global level. His business venture, Morphogenesis was aimed to globalize Indian Expertise. He exhorted the incoming students to make the Institution and the country proud.

The Dean of School of Architecture - CARE proposed a vote of thanks and the program was followed by lunch for participants, students and parents. Shri K. Kathir, famed Art Director in the Cine Industry, with several films to his credit said that Architecture was not only about buildings but also about visualizing and creating structures and sets that are dream come true as seen in the films. He said that Tamil Nadu that is a treasure trove of monuments next only to Indus Valley and congratulated the students for having chosen CARE to pursue their careers.

CELEBRATIONS

Teacher's Day celebrations on 5th September 2019

Students of CARE organized a program to felicitate the Teaching faculty. The program started off with a welcome address by the students. This was followed by a lamp lighting to honor Dr.Sarvapalli Radhakrishnan. Honorable Dean, CHRI Dr B Santhakumar, gave the inaugural address. He lauded the students on having organized a program in admiration of their teachers. Following this, various events were conducted to entertain the faculty which saw sportive participation by the faculty. The program ended with a colossal cake cutting and distribution to all members of the Chettinad Fraternity.



Nutrition Week at CARE from 1st to 7th September 2019

Department of Pediatrics, Chettinad Hospital and Research Institute organized a "Nutrition Week" to create awareness among the parents and student population about the importance of right kind of nutrition practices to be followed and the role of nutrition in the holistic growth and development of children. On the first day of Nutrition week, Nutritional counseling was offered to the parents of the Pediatric ward in-patients. On the following days, Essay competition, Poster making competition, debates and Nutrition related Quiz programs, were organized by the Faculty of Pediatrics, for the undergraduate nursing, allied health sciences, medical students, CRRIs and Medical postgraduates. On 6th September, 2019 a CME program was conducted on the topic "Nutrition in Child Health". The guest speaker was Prof Dr. J. Hemachitra, MD, Professor of Pediatrics, Kasturba Gandhi Hospital, Chennai. She spoke on the nutritional requirement of children from birth to 5 years, the various nutritional deficiencies and their manifestations and the management of the same conditions. The Nutrition week concluded with a Low Cost Nutritional Food exhibition and a Skit play by the postgraduates and CRRIs of Pediatrics Department.



CEREMONY

Cadaveric Oath Administration Ceremony on 7th September 2019

Department of Anatomy organized a Cadaveric oath administration ceremony as a mark of respect for the cadavers. Dean addressed the first year MBBS students and administered the oath to them. Students took the pledge to treat the cadaver, which is the first teacher for any medical student, with respect and dignity and to gratefully acknowledge the sacrifices made by the individual, who has donated his/her body for the purpose of knowledge acquisition by the medical students. He also initiated the dissection classes by making the first incision on the cadaver.



CONFERENCES

CHETMEDICON 2019 - Recent Advances in Medical Intensive Care Unit (RAMICU) was successfully conducted on 17th August 2019

The 6th Annual Conference of the Department of General Medicine - CHETMEDICON was conducted on 17th August 2019. The theme for this year's conference was "Recent Advances in Medical ICU". The conference was inaugurated by Honorable Vice Chancellor, CARE, Prof Dr.T.Balasubramanian and Dean CHRI Dr.B.Santhakumar.

Invited guest speakers were notable practitioners from all over India, such as Dr.Rajesh from Olive Hospital,

Hyderabad, Dr. Rakesh Garg from AIIMS, New Delhi, Dr. Saravana Kumar from Kauvery Hospital, Trichy, Dr. Venkateswaran Ramanathan medical faculty from JIPMER, Puducherry, Dr. Charudatt Vaity from Fortis Mulund, Mumbai and Dr. V Rajendran from the Madras Medical College, Chennai. Each one of the speakers addressed a different issue with respect to patients undergoing treatment in the medical intensive care units. There was a motivating lecture on Organ donation, in the post lunch session, which was followed by a panel discussion on "Invisible but Essential Role of Diagnostic Departments". The panelists included Dr. Sumathy S, HOD, Bio-Chemistry, Dr. Vijayashree. R, HOD, Pathology, Dr. Priyadarshini S, Head of Microbiology and Dr. Alex Daniel Prabhu K, Prof., Radiology. Special issue of Chettinad Medical Journal was released which included selected abstracts sent by the participants and review articles contributed by medical faculty.



National Sleep Medicine Course took place on 7th & 8th September 2019

National Conference India Sleep and National Sleep Medicine Course were organized at Chettinad Hospital and Research Institute, under the aegis of India Society for Sleep Research, Lung foundation of India & Department of Respiratory Medicine, CHRI.



The course spanned for 2 days with an in-depth schedule comprising of 11 modules. Eminent medical practitioners from all over the country participated as guest speakers and shared their knowledge and expertise with the participants.

SEMINARS

IQAC Internal Seminar was organized on 13th September 2019

IQAC, CARE organized an Internal Seminar for the Faculty on "Opportunities for Health Sciences Institutions in SWAYAM". The invited Guest Speaker was Dr. Mangala Sunder Krishnan, Prof and Head of Chemistry Department, IIT, Madras and National Web Courses coordinator, NPTEL, MHRD, Government of India. In this one and half hour session, Prof. Krishnan gave an overview about the SWAYAM portal, its origin, purpose and role of government, current available courses, benefits and appropriate uses of the content both by teachers and students. He highlighted the large number of courses available and the latest initiative in the Medical stream, especially Pre and Para Clinical subjects. At the end of the session Prof. Krishnan cited the steps to be followed for an institution through its faculty to become a course provider. Faculty interacted with the guest by putting forth vital questions which were well answered by the resource person.



WORKSHOPS

Live hernia operative workshop on 27th August 2019

Department of General Surgery, CHRI organized a live Hernia operative workshop for the undergraduate students. This was made possible by means of a direct relay from the Operating room to the students lecture hall. The chief guests were Dr. J. S. Raj Kumar, Chief Surgeon and Chairman, Lifeline Hospitals Chennai and Dr. M. Kanagavel, Senior Consultant and PG Faculty, Department of General Surgery, St Isabel's Hospital, Chennai. The program commenced with the live demonstration of laparoscopic hernia repair. This was followed by the Inaugural function, which was presided over by Honorable VC, CARE, Dr. T. Balasubramanian and Dean CHRI, Dr. B Santhakumar. The next program was a hands-on endotrainer training session for the surgery post graduates, by faculty of General Surgery department. Dr. J. S. Raj Kumar delivered 2 guest lectures on "Obstructive Jaundice" and "The History of Surgery".



NAAC RAF workshop at CARE was conducted on 12th September 2019

CARE organized a workshop on Revised Accreditation Framework of NAAC on 12th September 2019. The theme of the Workshop was based on the Institutional challenges on NAAC Revised Accreditation Framework. The resource persons were Dr. N. Jayasankaran, former Vice Chancellor and Advisor to NMIMS (A Category 1 University) and VIT (An Institute of Eminence) and Dr. Meena Chinthamaneni, Registrar

NMIMS University which was also NAAC A Category University. Both speakers were from premier high ranking institutes took the participants through each of the revised criteria of NAAC and how and where the focus needs to be. Faculty from various schools and constituent colleges of CARE participated. The workshop started with a session on "Institutional aspirations for a leap forward in the third cycle of accreditation". Dr N Jayasankaran, spoke on what Accreditation agencies expect in the third cycle of accreditation. The second session was on the topic "The Art & Science behind NAAC- New instrument and methodology." The facilitator for this session was Dr. Meena Chinthamaneni. She discussed in depth the key aspects of Criterion I, II, III. The post lunch session extensively covered the key aspects of Criterion IV, V, VI and VII. The workshop concluded with the drafting of a road map for the immediate action and participants were asked to set the timeline for the goals.



CME Programs

Microbiology CME - "Carbapenems: Mechanisms of Resistance, Diagnosis and Clinical Impact" - 16th August 2019

Department of Microbiology, CHRI organized a CME on the topic "Carbapenems: Mechanisms of Resistance, Diagnosis and Clinical Impact" on 16th August 2019. The invited guest speaker was Dr. Anusha Rohit MD. - Head of Clinical Microbiology, Madras Medical Mission. She spoke to the audience on the classification of carbapenem antibiotics such as Imipenem, Meropenem etc, mechanisms of resistance to Carbapenems, classification of carbapenemases and the appropriate

antibiotic to be prescribed for each organism. She also explained about the threat of multi drug resistant bacteria and the newly introduced laboratory techniques to detect the same. Dr Anusha concluded her lecture by enumerating the newer antibiotics in the pipeline and also stressed on the importance of following basic infection control measures such as hand washing and standard precautions, in order to combat multi drug resistance.



Pathology CME- Recent trends in Pediatric CNS tumors- 30th August 2019

Department of Pathology organized a CME program on Recent Trends in Pediatric CNS tumors. The invited guest speaker was Dr K. Rama, Professor, Institute of Neuropathology, Madras Medical College. Dr Rama used a multidisciplinary approach to pediatric malignancies and discussed the malignancies occurring in the pediatric age group, including embryonal tumors and glial tumors. A slide discussion was also arranged for the benefit of the MD Pathology postgraduates.



Orthopedics CME- Cervical Myelopathy- 30th August 2019

Department of Orthopedics organized a CME on Cervical Myelopathy. Dr Nalli R Yuvaraj, Prof of Orthopedics and spine surgery, Govt Rajiv Gandhi General Hospital was the invited guest speaker. He addressed the issue of cervical myelopathy and its clinical symptoms. He also demonstrated the signs of myelopathy and spoke on the investigative workup and the surgical management of these patients. He shared his rich experience with the faculty, postgraduate and undergraduate students.



Forensic Medicine CME - It Takes lives to Save Lives- 31st August 2019

Department of Forensic Medicine, CHRI, organized a CME promoting Organ Transplantation, titled "It Takes Lives to Save Lives". Dr J. Amalorpavanathan, MS., M.Ch., Senior Vascular Surgeon, Apollo Hospitals, Chennai was the invited Guest speaker. The lecture encompassed various aspects of organ transplantation such as determination of brain death, organs suitable for transplant, benefits of live donor transplants and the importance of sensitizing the donor's relatives towards the same.



SERVICE TO THE SOCIETY BY WAY OF OUTREACH PROGRAMS

Road Safety Awareness program was organized on 7th September 2019

NSS Unit of CARE and Dept. of Security, CHC organized a road safety awareness program and road rally on OMR and Vandalur Road. The Chief Guest was Mr. D Suresh, SI, Kelambakkam E8 Police Station. 100 student volunteers accompanied by NSS POs Dr. Koyeli Girigoswami and Ms Yaga Jeyanthi, AGM Administration, CHC, Mr Solaiyappan, and Head Security, CHC Mr. Sundarajan, with his team of security personnel, actively participated in the event. They were offered guidance and help by a team of policemen under Mr. D. Suresh. They made announcements using the Public Address System, to identify the two wheeler riders without helmet and advised them on the ill effects of the same. The volunteers interacted with bike riders without helmet and car commuters without seat belt and stressed on the importance of wearing helmets and fastening seat belts. The road rally with awareness banners and hand placards written in English and Tamil was very useful to the general public.



FELICITATIONS



Appreciation

Dr. P. Harishwaran,
MS, Assistant Professor,
Dept. of General Surgery

Dear All,

Let us all join in Chettinad Academy of Research and Education appreciation to Dr. P. Harishwaran, MS, Assistant Professor, Dept. of General Surgery for his dedication to professional service, personal attention and care in attending to the patients at zero delay clinic even at night true to his Hippocratic oath. Congratulations Dr. Harishwaran and we are sure that you will continue to work with the same dedication and commitment and justify the confidence placed on you by the management and CARE fraternity.

- Dean



Congratulations!

DST Fund Award

Dr. Antara Banerjee
Asst. Professor, FAHS

CARE proudly announces that Dr. Antara Banerjee, Asst. Professor, Faculty of Allied Health Sciences, has been awarded a sanction of release of 2nd year funding under the "Grants-in-Aid-General" from DST-Science and Engineering Research Board (SERB). The DSTSERB fund was sanctioned and awarded to implement the Research Project entitled "Role of human UC-MSCs and UC-MSC derived conditioned medium in regulation of colon cancer progression. Toward elucidating function of paracrine factors and epigenetic regulators". Fund for the second year was received to implement the research project with the approval from competent authority of DST-SERB, Govt. of India after the successful implementation and satisfactory progress of first year approved work. CARE congratulates Dr. Antara Banerjee and wishes her success.

STUDENTS CORNER

WORKSHOPS

Communication Skills and Learning Workshop on 22nd August 2019

A two day workshop on Communication Skills and Learning for the first year MBBS students was organized by CHRI in association with Dept. of English, VIT, Vellore. Dr. Soumen Mukherjee, spoke on the importance of communication for doctors and Dr Madhumitha dealt with the salient features of learning and memory for undergraduates. The session was very interactive. Dr Arun Baisal also from VIT, Vellore spoke to the students on English communication and personality development.



Simulation Based learning - Guest lecture on 26th August 2019

Department of Anatomy, CHRI organized a Guest Lecture on "Simulation Based Learning" by Ms. Princy Fernando, Education Service Specialist, Laerdal Medical India. Ms. Princy addressed the First MBBS students on concept of the Simulation Labs, their uses and equipment maintenance. She also explained to the students how simulation is incorporated into the medical system.



Neonatology Quiz for Postgraduate Students on 30th August 2019

National Neonatology forum organized an Annual Postgraduate Quiz in Neonatology at CARE campus. 10 teams from government and private colleges across the city participated. The winning team was from Southern Railway Hospital and they qualified to enter the Zonal Level Competition.



Art Studio Classes

Chettinad School of Architecture students participated in Art Studio classes that are a weekly one of the week's art classes comprised of creating geometric designs on canvas which was overseen by the artists. The student's artistic talents were evident in the beautiful geometric patterns created by them.

Chettinad School of Architecture students also made models using matchsticks. Experts opine that this helps them to understand the strength of materials, structural systems and induces creativity in them with limitation.



Chettinad School of Law Students steal the show at VIT culturals - 19th September 2019

The students of the School of Law, Chettinad Academy of Research & Education had the opportunity to participate in VITNESS' 19, organized by the School of Law, Vellore Institute Technology on 19th September, 2019. The Cultural event saw students from reputed colleges/universities taking part in the various events



that were organized. Our students excelled in the two major events namely - the Legal Quiz competition "Suits 2.0" and the extempore competition "Just A Minute". Ms. Joanna Esther Shalini [1st year, LLB (Hons.)) won the First Prize in the Elocution competition and received a cash prize of Rs. 1000. Mr.G.S.Sanjay Shridhar and Mr. Abdus Salam.K.A, [1st year, BB.A.LLB (Hons.)) were the glorious winners of the 1st prize which also included a cash prize of Rs.3000.

Sports

Students of CARE participated in AADUKALAM 2019- an intercollegiate sports meet, organized by Government Kilpauk Medical College from 28th to 31st August 2019 and emerged as the winners in many events. Bhargav Mahalingam of MBBS 2017 batch was the winner in the State level Table tennis singles and doubles in the men's doubles tournament; he shared the title with Yogesh M of MBBS 2019 batch. In the mixed doubles tournament, Aparimita Das of MBBS 2016 batch and Bhargav were the runners-up. Hitesh Nalla Reddy MBBS CRRRI won 1st place in the men's discus and shot put throw events. Shifa SA of MBBS 2019 batch secured second place in the women's discus throw and Sharveshini of the same batch secured third place in shot put and discus throw. CARE congratulates the proud winners and extols their achievements.



Meet Bhargav - 2nd Year MBBS



The first time he played Table tennis was on a dining table at home. Today he is a champion player who keeps on adding trophies to his credit, with his smart play. In a conversation with Bhargav Mahalingam, our State level Table Tennis player, he opened up about his sports journey.

On speaking about winning the trophy in a recent tournament, he said, "I think my confidence level was high; I was comfortable enough to express myself on the court. Also, my everyday practice hugely helped me focus on my game, not bothering much about the result- whether I win or lose, I wanted to deliver my best."

When asked about how Bhargav balanced between sports and academics as a student, he said, "I have always liked to study. I practice for two to three hours "

every day and I also plan my study time accordingly. I think the quality of time is important more than how many hours I spend for both studies and sports."

"What helped you to improve on your game?"
"I trained playing with the Robotic machine in our college which greatly helped me to play fast and accurate. I could also spend quality training whenever I play with the machine. Also I would like to thank my coach, the Dean, the Vice chancellor, the Vice Principal for providing me this opportunity to play for CHRI."

When asked him what he thinks his strength and weakness are, Bhargav's simple answer was truly amazing. He said, "I don't think strength and weakness are two different things. I believe whatever distracts my focus from achieving my goal is my weakness and my immediate target would be to convert that weakness into my strength. I am confident I can add all my weaknesses to my strengths"



Legal remedies for Cyber Crime

Cybercrime, or computer-oriented crime, involves a computer and a network or legally speaking, "Offences that are committed against individuals or groups of individuals with a criminal motive to intentionally harm the reputation of the victim or cause physical or mental harm, or loss, to the victim directly or indirectly, using modern telecommunication networks such as Internet (networks including chat rooms, emails, notice boards and groups) and mobile phones (Bluetooth/SMS/MMS)" constitutes Cyber crime.

Cyber Law, a distinct field in itself is an intersection of many legal fields, including intellectual property, privacy, freedom of expression, and jurisdiction. In essence, cyber law is an attempt to integrate the challenges presented by human activity on the Internet with legacy system of laws applicable to the physical world. Believe it or not, cybercrimes can involve criminal activities that are traditional in nature, such as theft, fraud, forgery, defamation and mischief, all of which are subject to the Indian Penal Code.



As section 506 IPC mentions; threatening emails of a nature that may cause a person to do things against their wish or prevent them from doing things they wish to do, or if perceived as a threat using any other leverage, is a punishable offence by imprisonment, fine or both.

The abuse of computers has also given birth to a gamut of new age crimes that are addressed by the Information Technology Act, 2000. But to validate the usage of technology, several interesting legal recourses are available to us, which you as a citizen, have the right to know of.

-V. Ashvath Neelakandan

Burn out among medical undergraduates

Medical undergraduate training is deep and emotionally demanding. Repeated indication that medical students are prone to considerable stress has been published over the last decades. It has been demonstrated that the mental distress in medical school forecasts later problem in physicians that the personal behaviour of the individual doctor might badly affect the patient care. Burnout is a syndrome of the emotional exhaustion, depersonalization and reduced personal accomplishment. It represents a response to the chronic emotional strain of dealing others extensively in the working environment.

Among medical students, burnout could undermine their professional development through unprofessional conduct or less altruistic view regarding physicians' responsibility to the society and place patients at risk. Burnout may bring about many undesirable personal consequences including increased alcohol abuse and suicidal ideation. The core duties of students are structured, coercive and directed towards specific goals such as passing examinations and degree obtainment.

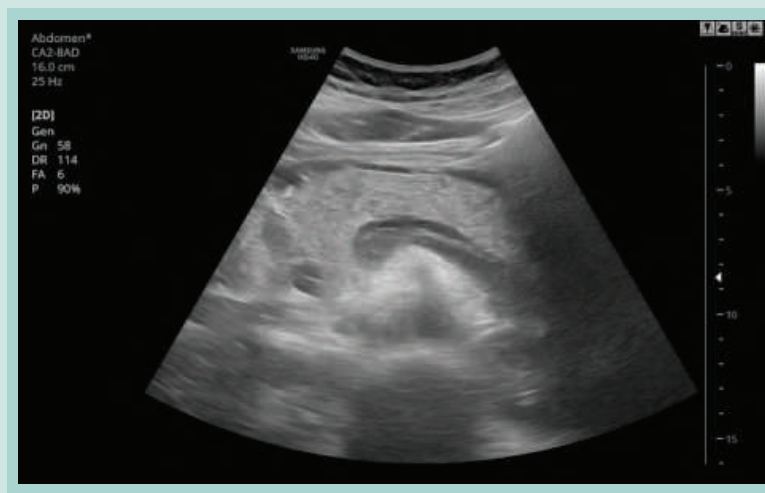
They may feel exhausted and have a cynical attitude towards studies, which may lead to increase in burnout, these have been proved and explained in various articles and literatures that have been published all over world. Effect of social media on the Psychosocial health and behaviour in core is related to the stress, anxiety, depression, person to person relationship, loneliness and the stress created by the system of medical education.

Maslach Burnout Inventory-Student Survey (MBI-SS) is a cross country validated tool for assessing burnout. Any psychosocial stress among the medical students has great impact on the patient health care. The reformation of medical educational system towards constructive mental health of the aspiring young doctors is the necessity that we truly ought to possess.

-S.B. Anvar Basha

Can you diagnose?

A 40 year old woman presented to the hospital with sudden onset of severe abdominal pain which radiated to her back. She complains of vomiting for past 10 days but her vomiting gave no relief from pain. H/O HT & TYPE II DM controlled by metformin. N/K/C/O jaundice, pallor. No history of smoking or alcohol intake. Tachycardia with no murmurs rubs or gallops seen. O/E BMI-31, BP 100/60mm Hg, HR-110/min, RR-20/min and temperature-38.5°C. There was diffuse tenderness throughout abdomen. What is the most likely diagnosis?



Note : This case diagnosis will be published in the next issue of the magazine.

Mail your diagnosis to carekonnct@chettinadhealthcity.com

Know your medicine..

Zantac contains carcinogen

The generic Zantac that's being used across the country for heartburn isn't necessarily contaminated with N-nitrosodimethylamine, rather the carcinogen may stem from the breakdown of the ranitidine molecule.



While GSK and Dr.Reddys have recalled the drug globally, Cadila pharma and JB chemicals say that they will continue to sell it as their internal tests have shown that the presence of NMDA in their product is within the permissible limits.

Sweet Chat with Shakthisree

It was the song “nenjukulle...” from the Tamil movie ‘Kadal’ that uplifted the talented vocalist, songwriter and sensational singer Shakthisree Gopalan to the top on the fame chart. We caught up with the singer for a cool chat with us post her preshow.

Here are some quick bites from the conversation we had...



Firstly ma'am, why did you choose unplugged today?

The show was actually delayed today and I was confused whether I would get to perform tonight. Moreover we had some technical issues that forced us to do an unplugged session today. Anyhow the lovely audience with their unconditional support made our show lively and blissful.

Band or Unplugged? Which do you prefer and why?

Oh my God! It's a very difficult question. I can't choose one of them because both are equally important for me. You get to do certain things in unplugged and some different things when you perform with your band and orchestra. We sometimes sneak Unplugged for about 15 to 20 minutes in our regular shows where we perform with a sophisticated band.

You actually said you were uncertain about today's program so what do you think was the major drawback you faced today?

Basically when you do it with the band you have four to five people taking care of different instruments and the feel is really different. Even if someone drops, the other takes care of the event and it would be so electrifying. Moreover when you have such a large audience, especially students, you know that energy is irreplaceable. Today when Alok and I were told about unplugged, I almost flinched for a moment, thinking if students would enjoy. But it is really surprising to see so many people staying back to encourage us.

So now to go on with a cliché question. Say something on working with ARR sir:

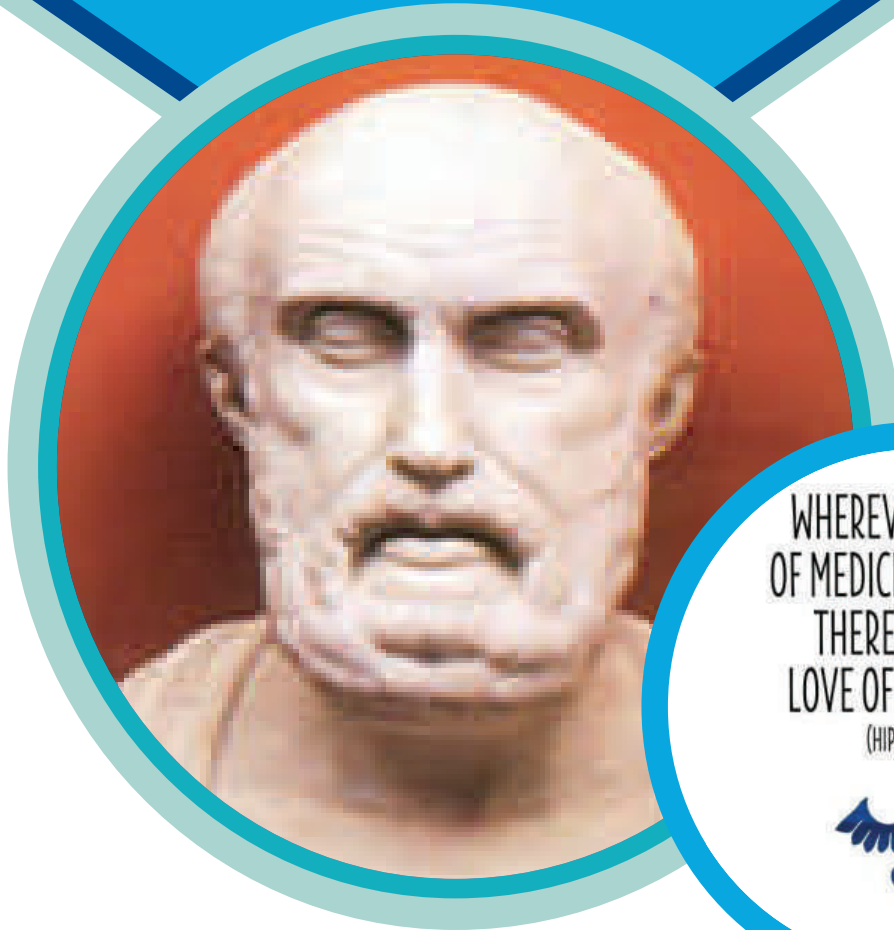
Sometimes life has its own plans that you wouldn't even have imagined would happen. When it happens, one is so over-awed that it's hard to even believe it is real. It felt like that when I got the opportunity to work with ARR sir, like it was really surprising and a lifetime opportunity I would never have wanted to miss. So, definitely it was a dream came true and I still cherish it.



DID YOU KNOW?

MEDICAL GENERAL KNOWLEDGE

Hippocrates is known as the Father of Medicine



WHEREVER THE ART
OF MEDICINE IS LOVED,
THERE IS ALSO A
LOVE OF HUMANITY.

(HIPPOCRATES)



Hippocrates was born at 460 BC in Greece. He was known as the founder of medicine and was considered to be the greatest physician of his time. His practice was based on his observations and study of the human body. He believed that every illness had a rational explanation. Hippocrates traveled throughout Greece practicing medicine and later on founded a medical school where he began teaching his ideas. Soon afterwards he developed an Oath of Medical Ethics for physicians to follow. This Oath is taken by physicians even today as the "Hippocratic Oath" as they begin their medical practice.

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