



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

CARE
KONNECT ►
Compassionately Together



Father of the nation symbolises growth aspirations of India

Dearest Readers,

Welcome to our third issue! We dedicate this issue to the Father of the nation who symbolised growth aspiration of india that we emulate at **CARE**.

This issue is packed with articles, poetry, celebrations and plenty of educative programs, viz. Conferences, Workshops, Seminars, etc. We hope it will provide food for thought and learning, as we try to cover a lot of ground.

Happy reading!!



“Best wishes to all the students for the semester exams”

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150th GANDHI JAYANTHI celebrations on 1st October 2019

In commemoration of the simple yet influential life of Mahatma Gandhi, CARE celebrated the 150th birth anniversary of Gandhiji. Hon'ble Vice chancellor, CARE, Prof Dr. T. Balasubramanian presided over the event. The Dean, CHRI, Dr B. Santhakumar, Prof. (Dr.) Krystian Complak, Professor, University of Wroclaw, Poland and Dr. Chinmay Kulshreshtha, Chettinad School of Law were the other dignitaries who participated in the event and offered their felicitations to the great man. Dean, CHRI gave the welcome address and spoke about the importance of Gandhian philosophies and practices in our daily lives. Dr Komplak said that the Father of the nation was lovingly called as Bapu by the people. VC, CARE advised all the students to practice patience and reiterated the thoughts of the Dean. Dr Kulshreshtha said that most of the practices followed by Gandhiji are in vogue today such as vegetarianism, naturopathy and preventive medicine and emphasized the fact that Gandhiji's principles of ahimsa and patience helps uniting the people of our country. Floral tributes were paid by the dignitaries to Gandhiji and 2 of his favorite songs, namely "Raghupathi Raghava Raja Ram" and "Vaishno janatha" were played to the audience. "Vaishno Janatha" sung by famous personalities from all across the globe was screened and this further portrayed the impact of Gandhiji and his principles on the people worldwide. The faculty and students of CARE, from various streams attended the event which concluded with a vote of thanks followed by the national anthem.



CELEBRATIONS

NSS Day observed on 24th September 2019

National Service Scheme is an Indian government sponsored public service program, being conducted by the Ministry of Youth Affairs. NSS, as it is popularly called, was launched on 24th September 1969, to commemorate Gandhiji's centenary year. The NSS unit of CARE, comprising of faculty coordinators and student volunteers, participated in the NSS day celebrations with zest. The program commenced with a bilingual presentation on the noteworthy role of NSS in educational institutions, which was followed by group dance performance and a Hindi poem recital, all by the

students. Dr. Koyeli Girigoswami, NSS PO CARE presented an update on the NSS activities carried out hitherto. Dr. Kumar Ebenezar, Associate Professor, FAHS also addressed the group. The program concluded with a vote of thanks and national anthem.



World Pharmacists Day on 25th September 2019

The faculty and students of Chettinad School of Pharmaceutical Sciences celebrated World Pharmacists day on 25th September 2019. The undergraduate fresher students of Pharmacy enthusiastically fashioned and put on show collage posters themed "Safe and Effective Medicines for All". The posters were educative, visually striking, and self-explanatory which were displayed at the Atrium, College block. Prof. Dr. R. Murugesan, Director Research, CARE inaugurated the session and evaluated the posters along with Prof. Dr. T. N. Swaminathan, Advisor & Consultant, CARE, Dr. Senthilkumar, Associate Professor, Department of Surgery, CHRI and Ms. Ruchi Sinha, Head I/C, School of Law. All the students were highly appreciated by the panel of evaluators for their ingenuity and thought provoking contributions.



Saraswati Pooja on 5th October 2019

Navarathri is an important Hindu religious festival celebrated for 10 days and 9 nights during the autumn season. The ninth day (Navami) is dedicated to Saraswati, the Hindu goddess of knowledge, music and art, wisdom and nature. She is a part of the trinity of Saraswati, Lakshmi and Parvati. She is the energy of



Brahma and symbolizes creative energy and power in all its form. Traditionally Hindus perform a pooja at home to books, instruments of knowledge in reverence and dedication to the deity. In corporates and institutions in Tamil Nadu, this celebration is performed a day prior to Ayudha Pooja. True to this tradition, CARE combining home (since students live in campus) and corporate performed Saraswati Pooja in its Atrium in College Block wherein books and notebooks of the students were also kept along with traditional college items and stationary. A priest performed the Pooja in the presence of more than a thousand students and faculty. The celebration came to conclusion as Pooja Prasad was distributed to everyone.

INAUGURATIONS & ORIENTATIONS

Chettinad College of Nursing inaugurates next batch of UG and PG courses

On 30th September 2019, it was an auspicious and memorable occasion for Chettinad College of Nursing as they inaugurated their XIV batch of B. Sc (N), XII batch of Post basic B. Sc & II batch of M. Sc programs. The event was accentuated with the presence of Dr B. Santhakumar, Dean Chettinad Hospital and Research Institute, as the Chief Guest. He appreciated the dedication and involvement of the teaching faculty with respect to the students' activities and put emphasis on the importance of discipline in nursing profession. He also wholeheartedly congratulated the nursing students who have earnestly involved themselves in research. The inaugural program was highlighted by the presence of the parents of fresher students.



Executive Program on Microsoft Office on 18th September 2019

CARE took a novel initiative by inaugurating the “Executive program on Microsoft Office” to empower its staff with knowledge and learning. Honorable VC, CARE, Prof Dr. T. Balasubramanian, who inaugurated the program, said that computer literacy was a mandatory prerequisite both in the workplace and at home. Also he commended the efforts of the program leader Mr. Satish Batchu, Head IT, CARE and his team, in making the University campus ICT enabled. Both teaching faculty and non teaching staff have enrolled for this one year program which will indubitably benefit them from the lectures.



Career Orientation Program on 3rd October 2019

“Career Opportunities for Life Science Students in Clinical Research” a Career Orientation Program jointly organized by the Faculty of Allied Health Sciences, Chettinad School of Pharmaceutical Sciences and the Institutional Innovation Council of CARE, on 3rd October 2019. The resource person was Dr. Mohammed Sulaiman Sait J, Senior Executive from the R&D centre, Dept of Clinical Pharmacology and Pharmacokinetics, Granules India Limited. Dr. Sait in his interactive presentation discussed the innumerable



career opportunities for the graduates to pursue, such as Project management, Business development, Medical Writing, Drug discovery, and Quality Assurance.

Students Induction Program by Chettinad College of Nursing (CCN) from 30th September to 10th October 2019

A week long induction program was conducted for the fresher students from various nursing courses for the newly commenced academic year. The objective of this program was to compose the new students feel comfortable in the new environment while simultaneously inculcating into them the ethos and culture of the Institution, orienting them to the campus and enabling bonding among themselves.



CONFERENCES

Chettinad International Fertility Colloquium convened on 29th September 2019

The Chettinad International Fertility Colloquium 2019, the 8th Annual conference organized by the Department of Andrology and Reproductive Medicine, CARE, was conducted on 29th September 2019. This one day colloquium commenced with the round table breakfast session moderated by Prof. Dr.N. Pandiyan,



himself a pioneer in the field of Andrology and Assisted Reproduction. The conference witnessed the presence of over 200 delegates for whom 11 guest lectures were delivered by eminent speakers from prestigious hospitals all over India. The keynote address by Dr. Danny Schust from the University of Missouri, USA was an online live Zoom session. Dr. Jiri Fronek, transplant surgeon from Prague shared his knowledge and experiences on uterine transplant. There were two interesting debate sessions on “Whether Antioxidants are helpful in Male infertility” and “Whether PGT-A is definitely required even in selected situations”. The last session was a panel discussion on Role of adjuvants in Assisted Reproduction.

WORKSHOPS

Pharmacology Workshop on 26th & 27th September 2019

Dept of Pharmacology, CHRI, had organized a 2 day workshop on “Basic Statistics for Pharmacologists”. The Resource persons were Dr Raveendran and Dr Manikandan from JIPMER, Pondicherry. The workshop started with an introduction to basic biostatistics and then covered various topics such as data types, data measurements, data preparation for Analysis, descriptive and inferential statistics. The topics selected for the second day of the workshop were in synchronization with those covered on the first day. The resource persons explained various statistical tests like Anova, T Test, Chi Square Test, Correlation and Regression. The entire workshop was very lively and interactive and was interspersed with many hands on exercises which had been planned diligently for the 50 plus participants from Tamilnadu and other states.



Orthopaedics Workshop on 28th September 2019

Department of Orthopaedics, CHRI organized a workshop on “Primary Total Knee Replacement Arthroplasty”. The resource person was Dr. Bharath L, MS (Ortho), Joint Replacement Surgeon affiliated to Soundarapandian bone and joint. The workshop was well thought-out and integrated both the theoretical and practical aspects of knee replacement surgeries. At the outset, Dr. Bharath discussed the biomechanics of the knee and principles of primary knee replacement with all technical tips, and also did primary knee replacement on Saw bone model. This workshop was attended by faculty and more than 30 postgraduates in orthopedics. The workshop proved to be highly beneficial to those aspiring to develop their skills as knee replacement surgeons.



CME PROGRAMS

Microbiology CME on 3rd September 2019

Department of Microbiology, CHRI organized a CME program on Biomedical waste Management as per the statutory guidelines 2016 and 2018. Dr. AVM Balaji from Govt. Stanley Medical College was the invited guest



speaker who shared information on different categories of biomedical waste, its segregation and the colour coding of the waste containers. His talk also extensively covered post exposure prophylaxis and management of needlestick injuries. Following the talk, he also put forth a set of questions on the topic which were enthusiastically answered by the audience.

Biochemistry CME on 19th September 2019

Department of Biochemistry, CHRI organized a CME program on the topic "Reactive Oxygen species and the Antioxidant Defence." Dr. B. Shanthi, Professor & Head, Dept. of Biochemistry, Sree Balaji Medical College, Chennai had been invited as the resource person. Dr. Shanthi spoke on the basics of free radical generation in the human body and the different mechanisms involved in combating the same. She also stressed on the paramount importance of fortification of vitamin E in cooking oils. At the end of the session, she interacted with the audience, answering their questions and doubts.



Physiology CME on 20th September 2019

Dept of Physiology, CHRI organized a CME program on the topic "Application of the principles of General Physiology in clinical practice". The resource person, Dr. Brinda, Assistant Professor, Dept. of Physiology, ACS Medical College & Hospital, Chennai is also an alumna of CHRI. The session was highly interactive with a dynamic speaker who linked the principles learnt by students in General Physiology with their clinical applications.

Anatomy CME on 21st September 2019

Department of Anatomy, CHRI, organized a CME program on "Is your Anatomy sound for Ultrasound" to promote the view that sound knowledge of the normal human anatomy is essential to understand the pathological variations. The first lecture was a knowledge sharing session on Anatomy - the key factor in ultrasound interpretation and the resource person was Dr. S. Aruna, Prof and Head, Department of Anatomy, Indira Gandhi Medical College. Following the lecture was a talk on the normal and abnormal ultrasonographic studies of the abdomen, by Dr. Chezian, Medical Gastroenterologist from Madras Medical College. In the next session, Dr. Geetha, Radiologist from Govt Theni Medical College spoke on the role of Antenatal USG screening in all three trimesters to rule out congenital anomalies. The final talk was on the applications of Ultrasound in OBG practice by Dr. G. Indhumathi, Consultant in OBG from Sainath Hospital. This was followed by a free poster and paper presentation.



CME on Ethical issues in Assisted Reproduction on 5th October 2019

Institutional Bioethics Committee of CARE along with the Student wing of the Bioethics committee organized a CME program on the “Ethical issues in Assisted Reproduction”. Dr. N. Pandiyan, Professor and head of Andrology and Reproductive medicine, addressed a very attentive gathering of students from the Medical, Dental, Nursing and Allied Health Sciences streams and spoke on the myriad ethical dilemmas that crop up in Assisted Reproduction, as a result of the tremendous advances being made in this field. He also illustrated these issues by referring to many real life case scenarios and made it an interesting session.



CME on Adolescent Health on 9th October 2019

Department of Obstetrics and Gynecology, CHRI organized a CME on Adolescent Health and Dr. Sampathkumari, Professor of Obstetrics and Gynecology, Madras Medical College was the invited guest speaker. She commenced her talk by stating that in India, almost 40% of the population is young and then went on to address the health issues affecting the



adolescents in our country and other social problems to which the young minds succumb under peer pressure leading to stress and depression. She added that appropriate and sensitive counseling on life style modification is necessary for management of depression and obesity related issues.

CME & Guest Lecture on Mental Health on 9th & 10th October 2019

Department of Counseling Psychology, under the Faculty of Allied Health Sciences, CARE, organized a guest lecture in commemoration of the World Mental health day on 10th October 2019. WHO had declared the theme for the year 2019 as Suicide Prevention in view of the fact that every 40 seconds a person loses their life to suicide. This CME was organized to spread awareness on the importance of mental health and to identify the warning signs in people with suicidal tendencies. The invited guest speakers were Dr. Nappinnai, Clinical Psychologist and Dr. Ardhanaari, Assistant Professor of Psychiatry, Meenakshi Medical College, Kanchipuram.



Department of Psychiatry, CHRI organized a CME program on 10th October 2019 with the aim of promoting mental health, to identify the warning signs in people with suicidal ideations and to offer assistance to them. Dr. A. Prabakaran, Deputy Medical Superintendent, CHRI was the Chief Guest and advised that the mental health of an individual should be given importance and said that leading a peaceful, stress free and contented life was the essence behind this

Dr. Srinivasan, Prof and Head of Psychiatry also spoke on the primary prevention of mental illness and how good lifestyle, stress management, adequate exercise and healthy food can help to promote mental health. He also gave a brief overview on the suicidal tendencies in people and on the suicide prevention helpline.



CNE PROGRAM

Rabies Prevention on 11th October 2019

Community Health nursing department of the Chettinad College of Nursing had organized a CNE - Chettinad lecture series to commemorate World Rabies day which was observed on 28th September 2019. The invited Guest speaker was Dr. S. Selvamani, M.D, Associate Professor, Department of General Medicine, Chettinad Hospital & Research institute who spoke on the topic, "Rabies: Vaccinate to Eliminate". The program was attended by the undergraduate nursing students and faculty, who found the presentation to be useful and very informative, enabling them to update their knowledge on the recent trends in the management of Rabies.



OUTREACH PROGRAMS

"Safe and Effective Medicines for all" on 25th September 2019

Chettinad School of Pharmaceutical Sciences conducted an awareness program "Safe and Effective Medicines for all" for the students of class 10 and 11 of BKM School, Kelambakkam on 25th September 2019. The First year B. Pharm students organized a mime show on the safe and effective use of medicines. They also gave speeches in Tamil and English to emphasize on the role of pharmacists in the health care sector. CARE wholeheartedly believes that this outreach program conducted by our students will contribute in its own way to reduce the risk of irrational use of medicines.



"Plastic free" campaign on 27th September 2019

As part of the Unnat Bharat Abhiyan initiative, CARE organized a "Plastic free" campaign in Velichai, which is one of the many villages adopted by this institute. The program is a part of Swacchata hi seva and it started off with a rally by the faculty and student volunteers, who displayed the various single use and throwaway plastics, that had been banned. This was followed by door to door visit to the households to collect the plastic bags and in lieu of that cloth bags sponsored by CARE



were distributed. The plastic items collected were sent for recycling as per the statutory norms. Dr. Koyeli Girigoswami and the second year B. Sc students of FAHS, CARE actively took part in the program and were responsible for its resounding success. This step taken by UBA, CARE will have a substantial role to play in the elimination of single use plastics from the villages and nearby areas.

A Visit to Little Hearts Foundation at Panaiyur on 2nd October 2019

“Be the change you wish to see in the world” - In observance of the true spirit of Gandhism and to experience the joy of giving, the resident students of the Boys hostel of CARE along with their wardens paid a visit to the Little Hearts Foundation and distributed items of clothing to the 150 mentally challenged inmates who have found shelter for themselves at this

organization, located at Panaiyur, Chennai. Dr. Duraivel, Asst Professor of Pharmacology, Dr. Rajesh Kannan, Asst Prof of Community Medicine, CHRI and the wardens of the Boys hostel namely Mr. Shanmuganathan and Mr. Ilangoan were the staff who accompanied the students to the foundation and were instrumental in making this happen.



FELICITATIONS

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CARE proudly announces that **Dr. C.N. Ram Gopal**, Professor of Counseling Psychology, Faculty of Allied Health Sciences, CARE and **Mr. Sagayaraj K**, Research Scholar pursuing his PhD in Counseling Psychology have received Copyright from Govt. of India on the development and standardization of the **Psychological Assessment Scale on Sexual Orientation**. This is the first ever scale to be developed in the Indian perspective and measure the individual sexual orientation. CARE congratulates Dr. C.N. Ram Gopal and Sagayaraj K and wishes them success.

Congratulations!

CARE heartily congratulates **Dr. S. Rashmi**, Assistant Professor, Department of Biochemistry, Chettinad Hospital and Research Institute, on having been conferred the “**Dr H.V.Hande Gold Medal Award**” for the best outgoing student in MD Biochemistry, from SRMC, Chennai.



STUDENT ACTIVITIES

Ceramic Art work by CSA students on 13th September 2019

Students of Chettinad School of Architecture paid a visit to Dakshinachitra, the most famous live Architecture Museum of South India. They worked on creating individual clay models with floral patterns as their theme which would later be translated into courted ceramic and compiled into a single large Art Installation to be displayed at the university campus. The idea behind this clay workshop was to understand different characteristics of building materials while simultaneously exploring their talent and showcasing their creativity using different materials in its raw state. The students' activities were foreseen by the Artist Potrasan.



Student - Alumna Interaction on 26th September 2019

Ms Pallavi Kesavan, alumna of CARE, visited her alma mater and interacted with the final year BSc students, pursuing their education in the Faculty of Allied Health Sciences. Pallavi, a graduate in Medical Genetics, from the AHS stream, discussed the myriad opportunities available for Indian students opting for higher studies abroad and also advised them on the process involved in applying to various universities abroad.



Sapling plantation drive on 27th September 2019

To add to the enviable collection of medicinal plants thriving in the Herbal Garden of CARE, the faculty and students of Chettinad School of Pharmaceutical Sciences organized a sapling plantation drive with the purpose of planting flowering medicinal plants which will be tended to by the students themselves, instilling in them a sense of responsibility and ownership while acquiring knowledge.





SPORTS

KALINGA'19, an intercollegiate sports meet organized by Melmaruvathur Adhiparasakthi Institute of Medical Sciences and Research, Melmaruvathur from 30th September to 03rd October 2019. Like any other sports tournament, students of CARE once again stole the spotlight as they bagged plenty of winning prizes in each of the sporting events – Chess, Tennis, Long jump, High jump, Running and Volley ball. Here are our Champions Vishal Kannan, Niveditha, Sharu Latha, Gowsic, Shivanandh, Ashwini, Bhuvaneswari, Shanthi Priya, Gayathri, Srinidhi, Kavitha, Sanjane, Deepika, Sembiya, Pandiselvi and Thilakavathi.

Team CARE KONNECT congratulates all the winners and participants with good fortune.

STUDENTS CORNER

MEDICINE-**A SCIENCE OF UNCERTAINTY AND AN ART OF PROBABILITY**

Is there any greater wealth than a mind and body concurring with good health? Having well-known the preciousness of health, our department of General Medicine contributes in providing everyone with good health and excellent education. Department of General medicine, which works from 08:30 AM to 08:00 PM on regular days and from 08:30 AM to 02:00 PM on holidays, is one of our large departments with vast number of doctors providing best patient care. Round the clock, inpatient care is ensured by availing one senior faculty in rotation. They also have a zero delay ward which functions 365*24*7 for emergency conditions.

This department has their very own free treatment clinic which was opened in the month of August and other specialty clinics where consultants from corresponding departments visit patients in the outpatient department. The specialty clinic currently focuses on Diabetes, Hypertension, Hematology, Cardiology, Nephrology, Gastroenterology, Endocrinology, Geriatrics and Neurology. They also extend their services by conducting periodic camps in rural areas and by providing consultations in urban as well as rural health centres.

Wisdom cannot exist where there's no room for knowledge. In view of teaching as the uppermost form of bestowing knowledge, department of General Medicine has taken many exemplary steps to spread knowledge to the students. For teaching undergraduates, the faculty introduced strategies such as 'Back to the black board' methods and bedside teaching sessions to clear the students' doubts. For teaching postgraduates, they have academic programs like routine physician conference, journal club, symposiums, case presentations and weekly diagnostic challenges where diagnostically or therapeutically challenging cases of all units are discussed.

Clinical pathologic conferences are being conducted where a candidate from each year of MBBS along with a resident and a specialty postgraduate discuss about cases which have uncommon presentation of common diseases and vice versa. Adding to the highlights, they also have video based patient awareness program to provide health education on common communicable and non-communicable diseases.

- T.K.ARUNAAKSHARA, 2nd year MBBS.



FROM LAW TO **STAND-UP COMIC**

Team CARE CONNECT sits down for a quick chat with lawyer-turned-Stand-up comedian Naveen Richard who talks about his jokes, career and life.

You studied LLB and became a Stand-up comedian. What drove you there? What made you to pursue stand-up comedy?

The last two years of my college days, I started doing theatre, stand-up and I made some money out of it. That's when I realized I was better at comedy than law. All my friends were good at law but for me, it was comedy that came out easily and fortunately it worked well as I could connect with people. So I think I'm doing comedy because I'm better at this than anything else.

As a stand-up comedian, what do you think the audience will expect if they are coming to a show? And what do you expect from the audience?

I would expect the audience to relate to my kind of jokes. If the audience are coming, I would want them to relate with my jokes because India is profoundly diverse in terms of its tastes and comedy and every state has its own kind of comedy. In some places you may not relate to the vibe with them. So the only thing I hope is that the audience connect with my kind of comedy.

What mood will you be in when you start a stand-up comedy show?

Before a show I have to either be in a good mood or at least in a neutral mood. Or the best is to go in the mood of the audience like I try to match that energy and then

bring it up from there. Audience might come with too much energy, so if I'm upset about something I'd get rid of all that stuff then neutralize my energy and then go on stage.

Do you think being a stand-up comedian makes you get relaxed too easily because you personally take things jovially?

To be honest, stand-up comedians are as nervous as regular people; even they have their own anxieties. In fact, it's a little bit scary because you write some jokes and you hope it works, you hope the audience connect. So every day it's like every crowd is a different crowd. So you never know how things will go. I tend to not take things too seriously in a way but yes, such anxieties often visit me.



Every person has their own difficulty in their profession. So what were your difficulties when you started up with stand-up comedy?

The main thing with stand-up comedy is to find your voice. Because when everyone starts off you would sound like everybody else and obviously you would try to sound like the person you're inspired by. It takes many years to develop your own style of comedy. Some people think they found it. Some find it easily. Some take longer to find out. Even when you think you have found it, you still haven't found it. So it takes a long time finding a new style and I think that is the harder part.

FOR A **PERFECT NIGHT'S SLEEP**

Research shows that deep, restful sleep is essential for a long and healthy life. Besides helping to refresh both body and mind with proper diet and exercise, a sound sleep helps regulate immunity, appetite, energy levels and is critical to a sharper memory. Sleep plays a significant role in healing and repairing your heart and blood vessels. It helps us maintain a healthy weight and a good balance of hormones, as well as controlling sugar levels. Though we sleep every day, it's rather worrying that the majority of people don't sleep very well. Fortunately, there are many practical ways to improve our sleeping habits. So review the wide range of helpful hints below and encourage yourself for a peaceful night's Zzzzzzz.

Get some sun. If you're not sleeping at night, know that it might be because you're not getting enough sun during the day. Daylight regulates your circadian rhythm—the time clock on which your body runs everything—so make sure to spend at least 30 minutes outside every day.

Let active at days bring restful nights. The more active a body is during the day, the happier it is to be restful at night. Increasing the amount of time you move your muscles—even by 15- to 20-minute increments—help many people get a better night's sleep. So walk, swim, jump, dance or swing your way to sweet slumber.

Watch the clock as when you workout. Working out effectively can tire your body out gently, promoting a better night's sleep. Although daily exercise is a key for a good night's sleep, performing it too close to bedtime may cause sleep problems. In fact, it can often be counter-productive, leading to additional alertness when trying to sleep. So leave yourself at least two hours before bedtime to unwind and mellow out—both mentally and physically.

Snack it smart. It is reasonable in saying that you are what you eat because when it comes to getting a restful night's sleep, the food and drink you consume has a radical effect. The best foods for sleep include milk, cherries, chicken and rice, while fatty meat, curry and alcohol are some of the worst. Some people choose not to eat after 6pm, as late meals can make it difficult to sleep. However, if you are tempted to have something before bed, reach for a milky drink or a soothing herbal tea.

Avoid smoke. The nicotine in cigarettes is a central nervous system stimulant, so that last drag won't help you get to sleep. In fact it increases your heart rate and blood pressure. Plus, many smokers actually experience withdrawal symptoms at night. So, save your lungs and go to your bed!

Say no to that nightcap. Downing a couple of drinks at night can negatively affect your sleep and hormones. Although alcohol can initially have a sedating effect, it can interrupt normal sleep patterns and cause or increase the symptoms of sleep apnea. The quality of sleep will not be as deep and you will probably not wake up feeling well rested even after a full night's sleep.

Wind down. Your body needs time to shift into sleep mode, so spend the last hour before bed doing a calming activity such as reading. For some people, using an electronic device such as a laptop or a mobile phone can make it hard to fall asleep, because the particular type of light emanating from the screens of these devices is activating to the brain. If you have trouble sleeping, avoid electronics before bed or in the middle of the night.

Give up and get up. If your worries are keeping you up, get up, go somewhere else and make a list of things you can do about that nagging worrisome situation. Nature will take its course once you make peace with whatever's got your mind working overtime. Just Chill...

POETRY

“In Retrospect”

There was a park and little children,
They ran and played and squealed.
Faces pink and a reflection of the sun;
She sat at her window, intently watching the field.

The room was neat, a table, a chair, a hard bed,
Some new bottles and a few scattered pills.
The air though smelt so stale;
She sat at her window, her chin pressed to the sill.

Reminiscing, she was a child again,
Playing with her dog and two brothers.
She grew up and then suddenly she was tired and old
She sat at her window, conscious of the presence of others.

“What can she remember?” asked a voice.
“She talks of her brothers and a dog”
“Not of the accident nor the son she lost?”
She sat at her window, listening distantly to the dialogue.

It ended with, “After all, one can’t tell about Amnesia”
At that she smiled, as if in recognition of the word.
She could recall at least, no pain from her past.
She sat as she did at her window, two eyes; windows to a soul with the flight of a bird.

- Aparimita Das



KNOW YOUR **MEDICINE..**

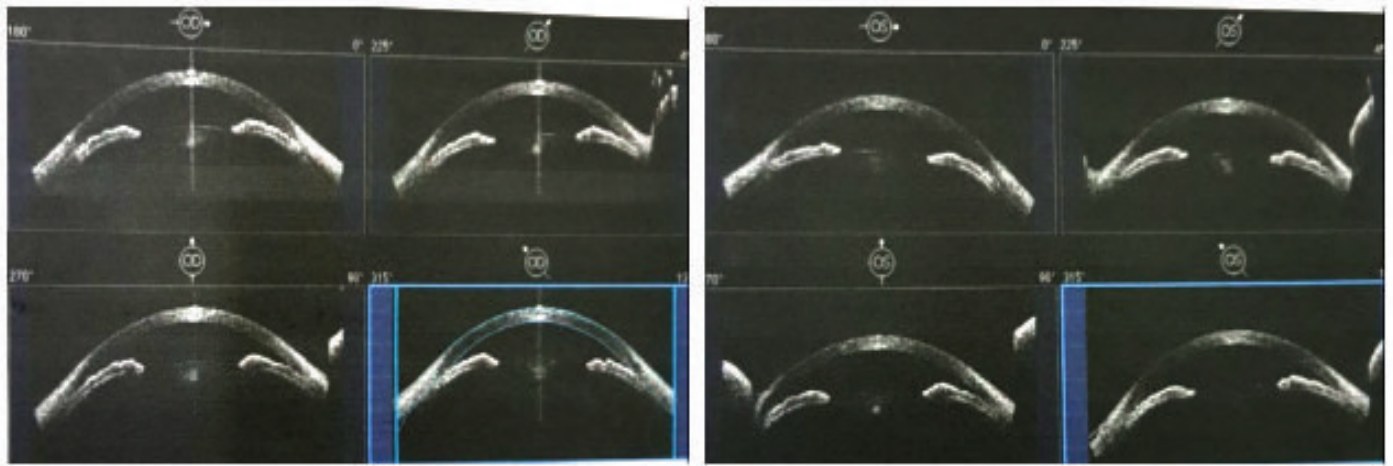


The U.S. Food and Drug Administration granted approval to Reblozyl for the treatment of anemia in adult patients with beta thalassemia who require regular red blood cell transfusions.

“When patients receive multiple blood transfusions, there is a risk of iron overload which can affect many organs” said Richard Pazdur M.D., director of FDA’s oncology centre of excellence. “Today’s approval provides patients with a therapy that, for the first time, will help decrease the number of blood transfusions. This approval is an example of our continued progress for rare diseases and providing important new drugs to patients earlier”.

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?



Diagnosis for previous case:

Treatment:

Mild acute pancreatitis:

- Pain killers
- Nasogastric tube is used to remove excess liquids and air as treatment for nausea and vomiting.
- Bowel rest
- Preventing dehydration.

Severe acute pancreatitis:

- Antibiotics stops further infection in dead tissue.

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

Mail your diagnosis to carekonnct@chettinadhealthcity.com

DID YOU KNOW?



SUSHRUTA – THE FATHER OF SURGERY

Sushruta was a physician from ancient India who is known as the “Father of Indian Medicine” and “Father of Surgery”. He lived in 6th century BC and has invented and developed many surgical techniques which have been explicitly described in his book “Sushruta Samhita” or Sushruta’s Compendium. He is said to have practiced medicine in North India and was regarded as a great healer. This book has 184 chapters, contains description of more than 1100 illnesses and discusses many medicines concocted from plant and animal sources. Sushruta Samhita also describes many surgical techniques, including cataract surgery, plastic surgery and the methods used by ancient healers to anaesthetize the patients.

Dear Students,
Please send your contributions to CARE KONNECT for future issues at
carekonnnect@chettinadhealthcity.com

EDITORS

Dr. Priyadarshini Shanmugam
Dr. A. Moorthi

Mr. Satish Batchu
Dr.T.N.Swaminathan

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Uniqca Jitracs (MBBS)
S. B. Anvar Basha (MBBS)
R. K. Aksharasri (MBBS)
V. Nandhitha (MBBS)
Muthu Prabhakaran (MBBS)
Tharun Ramachandran (MBBS).
A. Agusta (NURSING)
K. Sneha (NURSING)

Yuvaraj (MSC. OHIS)
J. Iswariya (B. SC MBNT)
K. Vaishak (B. SC)
R. Balaji Prasad (B. SC. BIOTECH)
Shamshrikha (ARCHITECTURE)
Juvana (LAW)
V.Kanimozhi (B. PHARM)
Jenifer (PHYSIOTHERAPY)

DESIGN TEAM

S T Manigandan
P Prabakaran

J Immanuel Prabu

CONTENT EXECUTIVE

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