



Image courtesy: Dr. Jerry Alfred S

Dear Readers,

In this issue, we have added exclusive contents such as 'Ask a Chettinad professor' and 'Chettinad square'.

Happy Reading!!!

Forget not to share your feedback with carekonnnect@chettinadhealthcity.com

NIRF INDIA RANKINGS 2020



We are proud to announce that in this year's NIRF Rankings, the Chettinad Academy of Research and Education (CARE) has achieved a place in India's top 100 Universities. The National Institutional Ranking Framework (NIRF) is a methodology adopted by the Ministry of Education, Government of India, to rank higher education institutions in India. The Framework was approved by the MHRD in 2015. There are separate rankings for different types of institutions depending on their areas of operation like universities and colleges, engineering institutions, management institutions, pharmacy institutions, and architecture institutions. The framework uses several parameters for ranking purposes. The honourable minister of HRD, Shri Ramesh Pokhriyal 'Nishank' released the NIRF India Rankings 2020. For this year's rankings, around 3,800 institutions participated in the process, which was 20 percent more than that in 2019.

The NIRF Rankings and their detailed scoring help us to identify the areas of strengths with ease. According to their Framework's scoring on various parameters, Chettinad Academy of Research and Education stood out in Teaching, Learning & Resources, Graduation Outcomes, Outreach & Inclusivity. Some of the Parameters which can be labelled as CARE's more substantial features are-

- Faculty-student ratio with emphasis on permanent faculty (FSR)
- Combined metric for Faculty with Ph.D. (or equivalent) and Experience (FQE)
- Financial Resources and their Utilization (FRU)
- Combined metric for Placement and Higher Studies (GPH)
- Metric for University Examinations (GUE)
- Percentage of Women (Women Diversity WD)
- Facilities for Physically Challenged Students (PCS)

Letter from the Editor's desk

WINTER IS COMING!!!

Though people are trying to get back to normal, the threat of COVID 19 has not yet subsided. Globally at the end of November, 63.6 million people are affected by COVID-19, of which 1.9 million deaths were reported. In India alone, 9.5 million cases were reported, of which 1.37 lakh people died due to it. Daily new cases in India are decreasing day by day, yet India continues to be number two on the list of countries with the highest number of recorded covid-19 cases. While the number of cases continues to drop, a second wave's risk is now posing a threat to everyone. After a dip in the new cases from June to August, Europe is currently reporting a far higher number of cases than its previous peak. The US, too, is going through a resurgence.

Nevertheless, the reason behind the second wave is not crystal clear, but there have been several assumptions behind it. of the guard is one main of cases. Without vaccines covid-19 cases was social distancing, wearing But with the relaxation of crowding has increased, tionary methods have also cept of climatic changes not yet been proven. But winter, the US had seen a usual. It raises the question, relation with Sars-CoV2? Northern Hemisphere in many areas, with more indoors, which further increases the chances of this disease to spread.



Experts say that lowering reason behind this surge and medicines, the drop in achieved mainly due to masks, hand hygiene, etc. these restrictions, over- and the people's precau- begun to relax. The con- related to Sars-CoV2 has with the beginning of rise in the cases than does climate have any Fall and winter in the mean inclement weather people spending time

During July, nearly seven companies initiated the research for a vaccine against Sars-CoV2. Bharat Biotech, Serum Institute, Zydus Cadila, Panacea Biotech, Indian Immunologicals, Mynvax and Biological E are among the domestic pharma firms working on the coronavirus vaccines in India. Serum Institute of India (SII) has partnered with British-Swedish global pharmaceutical giant AstraZeneca and Oxford University for the vaccine candidate. They together have introduced the 'Covishield' vaccine in India, which is now under Phase III trial. 'Covaxin' is being developed by Bharat Biotech in collaboration with the Indian Council of Medical Research (ICMR). Phase-three of the human clinical trial of Covaxin is currently underway. Zydus Cadila had announced earlier that the phase-I clinical trial of its vaccine candidate ZyCoV-D was over and it had commenced phase-II clinical trials from August. At Present, we expect a vaccine against COVID-19 by March 2021.

Winter is coming or vaccine is coming- we would be happy welcoming both!!!

Specialist Speaks....

FUNCTIONAL CONSTIPATION IN CHILDREN: MANAGEMENT SOLUTIONS



By, Dr. Alexander
 MD, Paediatrics,

Functional Constipation (FC) is defined as constipation with no underlying organic cause, as is the case in up to 95% of children. The rest 5% has organic causes, like Hirschsprung disease, anorectal malformations, neuromuscular disease, metabolic or endocrine disorders. It is a common childhood problem, with both somatic and psychological effects leading to significant abdominal pain, appetite suppression, fecal incontinence with lowered self-esteem, social isolation and family disruption.

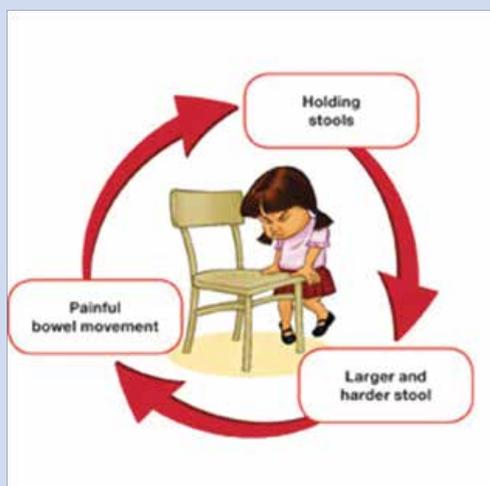
Rome III diagnostic criteria for functional constipation (criteria fulfilled at least once per week for at least two months before diagnosis):

Must include two or more of the following in a child with a developmental age of at least four years, with insufficient criteria for the diagnosis of irritable bowel syndrome:

1. Two or fewer defecations in the toilet per week.
2. At least one episode of fecal incontinence per week.
3. History of retentive posturing or excessive volitional stool retention.
4. History of painful or hard bowel movements.
5. Presence of a large fecal mass in the rectum.
6. History of large diameter stools that may obstruct the toilet.

Laboratory and radiographic investigations are rarely needed.

Two transition periods, particularly at the time of toilet learning and during the start of school, are prone to functional constipation. Toilet learning should not be a struggle, and the clinician may have a role in aiding parents to determine the child's readiness.



By the time a child is referred to a clinician, constipation may have been a problem for a long period. Thus, it is very important to instill hope and positivity in the frustrated child and her/his parents.

1. Positive messaging is aided by educating on the mechanism of functional constipation and briefing to identify characteristic retentive posturing: squatting, rocking, stiff walking on tiptoes, crossing the legs or sitting with heels pressed against the perineum. The goals in treating constipation are to produce soft, painless stools and to prevent the reaccumulation of feces.
2. Fecal impaction identified and disimpaction achieved through either oral polyethylene glycol (PEG) 3350 for 3 days at a dose of 1 g/kg/day to 1.5 g/kg/day (maximum dose 100 g/day) or rectal enemas for 6 days. High-dose mineral oil or digital disimpaction is not recommended in routine practice.
3. PEG 3350 with a good safety profile in children on adequate doses (Starting dose at 0.4 g/kg/day – 1 g/kg/day) is needed as maintenance therapy (2weeks to 6months and longer).
4. Behavioural modification: A toileting regimen on scheduled toilet sitting for 3 min to 10 min (age dependent), once or twice a day with a footstool on which they can support their legs to effectively increase intra-abdominal pressure (Valsalva) avoiding punishment for not tooling during the toileting time; praise and reward for stooling and the toilet sitting behaviour should be a routinely practiced.
5. A balanced diet that includes whole grains, fruits and vegetables (of high fibre content) is recommended as part of the treatment of constipation in children. Carbohydrates (especially sorbitol) found in prune, pear and apple juices and avoidance of excessive milk can add benefit. Compliance with the above measures and regular follow-up is ultimately very important to have a permanent cure.

ASK A CHETTINAD PROFESSOR



Dr. Murugesan
 Research Director
 CARE

What are the Indian Government and non-government agencies, which provide research grants for universities?

Extramural Research (EMR) funding scheme of the Government of India and other agencies launch several schemes around the year that aim to encourage emerging as well as eminent researchers to undertake R&D activities in frontier areas of science and engineering. These schemes promote researchers in academic and research institutions to take up the science at the highest level. Agencies like University Grants Commission (UGC), Science and Engineering Research Board (SERB) provide Start-up Research Grant (SRG) scheme that aims to assist researchers to initiate their research careers in a new institution. The names of major funding bodies are mentioned below with the URL.

List of major funding agencies

Department of Science and Technology (DST):
<http://www.dst.gov.in>,

Science and Engineering Research Board (SERB):
<http://www.serb.gov.in/>

Council of Scientific and Industrial Research (CSIR):
<http://csirhrdg.res.in>

Defence Research and Development Organisation (DRDO):
www.drdo.com

University Grants Commission (UGC):www.ugc.ac.in

Indian Council of Medical Research:<https://www.icmr.gov.in/>

Biotechnology Industry Research Assistance Council (BIRAC):
<https://birac.nic.in/>

All India Council for Technical Education (AICTE):
www.aicte.ernet.in

Aeronautics Research & Development Board:
www.drdo.com/boards/ardb/default.htm

Department of Atomic Energy (DAE):
http://www.dae.gov.in/node/194&https://brns.res.in/brns_rp.php

Department of Biotechnology (DBT):www.dbtindia.gov.in

Department of Scientific and Industrial Research (DSIR):
www.dsir.gov.in

Ministry of Environment and Forests (MOEF):www.envfor.nic.in

Science and Technology Application for Rural Development (STARD):
www.scienceandtechnology-dst-org



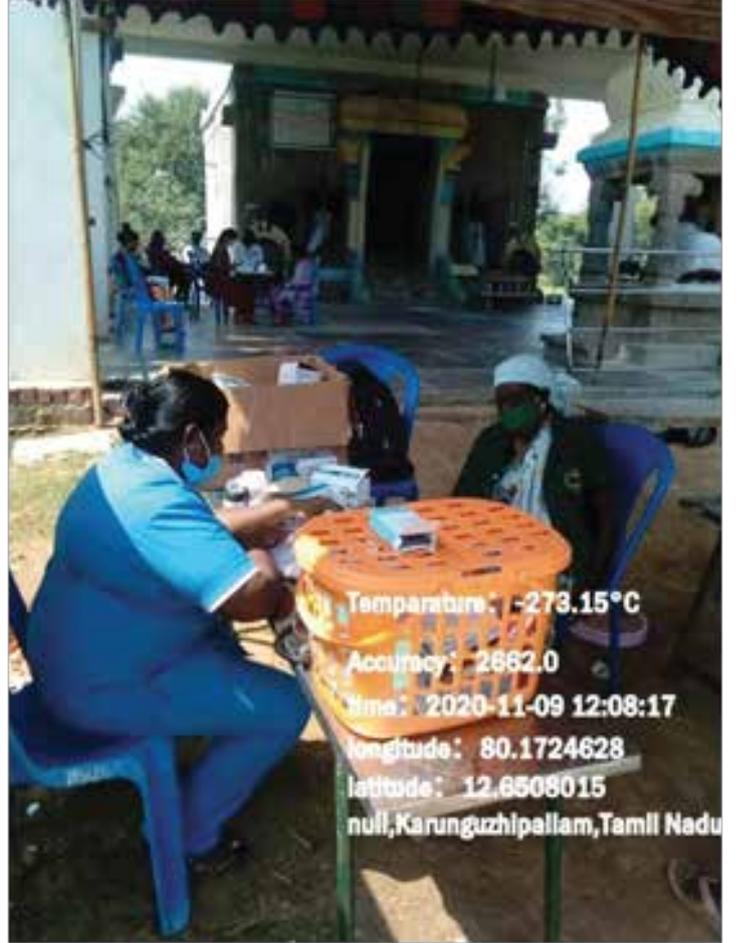
CHETTINAD SQUARE

Outreach activities are being conducted by the outreach team of Chettinad Hospital & Research Institute on a regular basis to engage a large audience and to bring knowledge and expertise on a particular topic to the general public. As a part of outreach activity, health camps are conducted across the villages/ areas surrounding the chettinad campus in the chengalpet and Chennai districts. The patients visiting the camps with a spectrum of health problems, are diagnosed and treated with free medicine. Those in need of specialist care are referred to Chettinad Hospital & Research Institute.





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null,Pudupakkam,Tamil Nadu



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null,Karunguzhipallam,Tamil Nadu

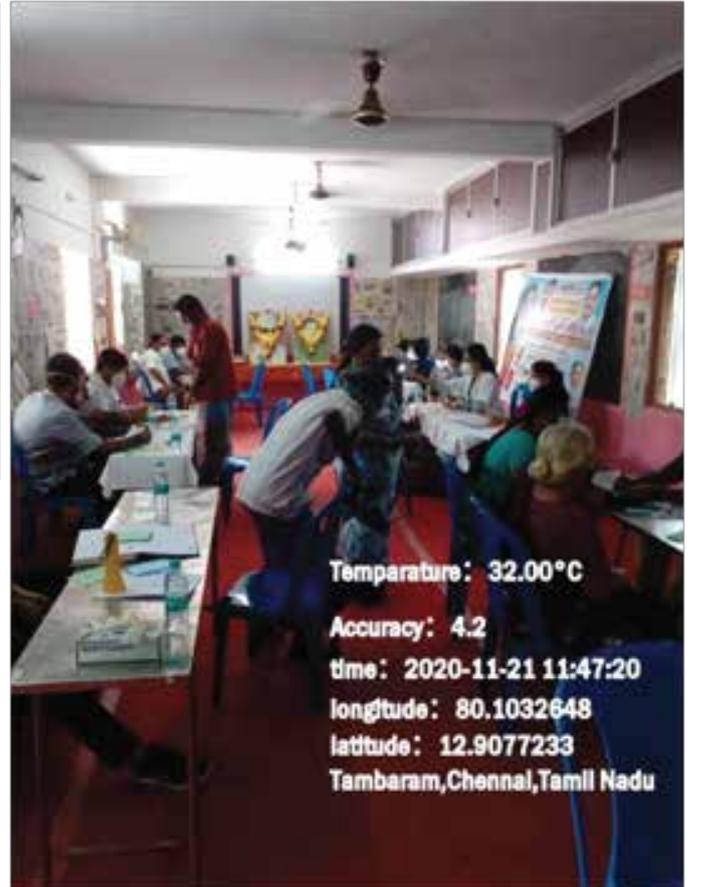


பொன்மாரில் மருத்துவ முகாம்-தினமலர்

திருப்போரூர்: கேளம்பாக்கம் செட்டிநாடு மருத்துவமனை மற்றும் அட்வென்ட் கிறிஸ்தவ சர்ச் இணைந்து, பொன்மார் கிராமத்தில் இலவச மருத்துவ முகாமை, நேற்று நடத்தியது.

மருத்துவர்கள் புவனேஷ்குமார், ராஜா, வினோத் உள்ளிட்டோர், பொது மருத்துவம், மகப்பேறு, கண், இ.என்.டி., பொது அறுவை சிகிச்சை மற்றும் எலும்பு முறிவு உள்ளிட்டவற்றுக்கு, பொதுமக்களுக்கு பரிசோதனை செய்தனர்.

அவர்களுக்கு, மருந்து, மாத்திரைகள் வழங்கப்பட்டன. 150க்கும் மேற்பட்டோர் பங்கேற்றனர்.



Temperature: 32.00°C
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Tambaram,Chennai,Tamil Nadu

CAMPUS BUZZ

NATIONAL NEWBORN WEEK 2020

The National newborn week was celebrated in the Department of Pediatrics from 16/11/2020 to 21/11/2020. We had our inauguration programme on 16/11/2020 by Dr.L.Uma Devi. She gave insight on Newborn care and prevention of neonatal mortality and morbidity. On 16/11/2020 quiz programme was conducted by Dr.Bhimana Vaishnavi and Dr.Greeshma for postgraduates in which Dr.Supriya and Dr.Keerthana won 1st prize and Dr.Ragavi and Dr. Rufina won 2nd prize. On 17/11/20 Dr.Greeshma and MD PGs students gave counselling to the postnatal mothers regarding the importance of breastfeeding and lactation management. On 18/11/2020 Counselling regarding essential Newborn care by Dr.Bhimana Vaishnavi for CRRIs and nursing staff. On 19/11/2020 PG's along with Dr. Kannan and Dr.Greeshma gave a lecture on the preparation of mother regarding breastfeeding in the antenatal OP and antenatal ward. They also Stressed the importance of diet of the mother and immunization. On 20/11/2020 E-CME on "RECENT UPDATES IN NEWBORN" was conducted where Guest speakers, Dr N. VAITHEESWARAN MD Senior consultant Paediatrician and Neonatologist, ,Chennai and Dr.Sasibhusan MD,



NATIONAL NEWBORN WEEK CELEBRATION

DEAN AND FACULTY OF
DEPARTMENTS OF PAEDIATRICS AND
NEONATOLOGY

CORDIALLY INVITE YOU TO **CHE ON**
RECENT UPDATES IN NEWBORN



Dr N. Vaitheeswaran MD
Senior consultant Paediatrician
and Neonatologist, Chennai



Dr. Sasibhusan MD, DM NEONATOLOGY
Neonatologist
Royal Hospital for women, Australia

Date: 20/11/2020 Time: 10:00am to 3:00pm

DR. K. PITCHAI BALAJI SHANMUGAM
DEAN, CHB

DR. L. UMADevi
PROFESSOR OF PAEDIATRICS CHB

ZOOM PLATFORM
MEETING ID- 8994357388
PASSWORD- 304443

Department of Paediatrics, Chembur Hospital & Research Institute



DM Neonatology, Neonatologist at Royal Hospital for women, Australia educated the gathering. On Day 7 (21/11/2020) BNCRP was conducted for CRRi by Dr.Arun Ganesh. Valedictory function held. Week-long reports and Prize distributed.

WORLD DIABETES DAY AWARENESS PROGRAM

On the eve of world diabetes day, the Department of General Medicine organized a Diabetic awareness programme for the general public on 16/11/2020 at 10:00am. Event was presided over by the respected Dean in the presence of the Deputy Medical Superintendent. The welcome address was given by Dr T G Sivagamasundari, postgraduate, Department of General Medicine. Head of the Department, Prof Dr V R Mohan Rao, delivered a short lecture in regional language(Tamil) for the gathering with a powerpoint presentation and educated the public about the risk factors, common clinical manifestations. He further enlisted about the treatment, complications and prevention of both diabetes and its complications. Common public also reciprocated with the same enthusiasm, by raising various queries with regard to prevention and control of Diabetes. A hall full of 50 people were in attendance. As the theme of the year 2020 “Nurses and Diabetes” the nursing personnel were honoured with a flower bouquet. The programme was ended by offering a vote of thanks by Dr Balakrishnan, First year postgraduate of the department of General medicine.



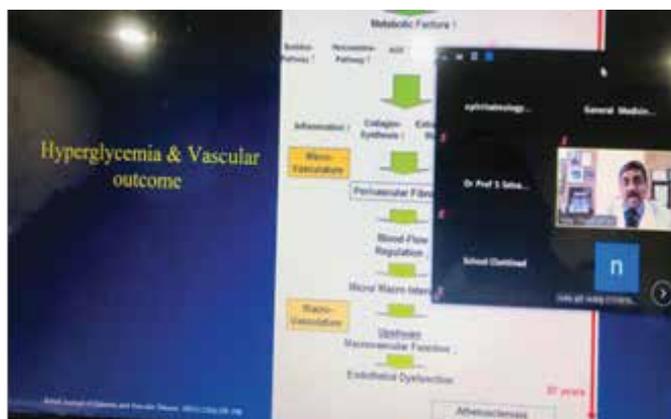
Pradesh. The event was inaugurated by Vice Chancellor honourable Prof Dr T Balasubramanian, in the presence of respected registrar madam and dean sir. In concordance with the theme of the World Diabetes day of this year, faculties of Nursing personnel Staff Nurses and students had participated.

COPD WEEK AWARENESS ACTIVITIES (14th TO 19th NOVEMBER)

On the occasion of WORLD COPD DAY, the Department of Pulmonology has conducted COPD awareness week from 14-11-2020 to 19-11-2020. Through this programme patients were sensitized regarding the

CME ON WORLD DIABETIC DAY

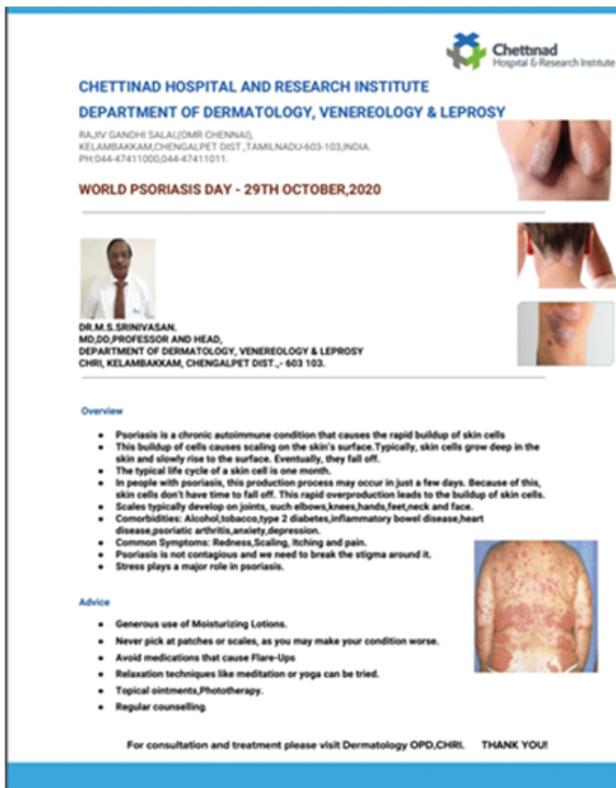
Continuing medical education programme was organized by department of General Medicine on the eve of “World Diabetes day” on 12th November 2020. The overall participants for the programme was 220. The event was graced by around 180 participants from all over Tamil Nadu and Andhra



disease, its management including smoking cessation, correct use of inhalers and they were also advised on continuing pulmonary rehabilitation (Breathing exercises, nutrition, Limb exercises and psycho-social support). E-guest lecture was conducted on “UPDATES ON GUIDELINE BASED COPD MANAGEMENT” by Dr.Palanivel, Professor & HOD, Department of Respiratory Medicine, Mahatma Gandhi Medical College for Post-graduates.

WORLD PSORIASIS DAY AWARENESS PROGRAM

On World Psoriasis Day (29/09/20), an awareness program was conducted by the Department of Dermatology. On that day Posters and banners were put up all around the hospital and our PG students went around the hospital premises educating and bringing awareness about the disease among the common patients and attenders.



CHETTINAD HOSPITAL AND RESEARCH INSTITUTE
DEPARTMENT OF DERMATOLOGY, VENEREOLOGY & LEPROSY
 RAJIV GANDHI SALAJI (DMR CHENNAI),
 KELAMBAKKAM, CHENGALPET DIST., TAMILNADU-603 103, INDIA.
 PH:044-47411000, 044-47411011.

WORLD PSORIASIS DAY - 29TH OCTOBER, 2020

DR. M. S. SRINIVASAN
 MD, DO, PROFESSOR AND HEAD,
 DEPARTMENT OF DERMATOLOGY, VENEREOLOGY & LEPROSY
 CHRI, KELAMBAKKAM, CHENGALPET DIST., - 603 103.

Overview

- Psoriasis is a chronic autoimmune condition that causes the rapid buildup of skin cells
- This buildup of cells causes scaling on the skin's surface. Typically, skin cells grow deep in the skin and slowly rise to the surface. Eventually, they fall off.
- The typical life cycle of a skin cell is one month.
- In people with psoriasis, this production process may occur in just a few days. Because of this, skin cells don't have time to fall off. This rapid overproduction leads to the buildup of skin cells.
- Scales typically develop on joints, such as elbows, knees, hands, feet, neck and face.
- Comorbidities: Alcohol, tobacco, type 2 diabetes, inflammatory bowel disease, heart disease, psoriatic arthritis, anxiety, depression.
- Common Symptoms: Redness, Scaling, Itching and pain.
- Psoriasis is not contagious and we need to break the stigma around it.
- Stress plays a major role in psoriasis.

Advice

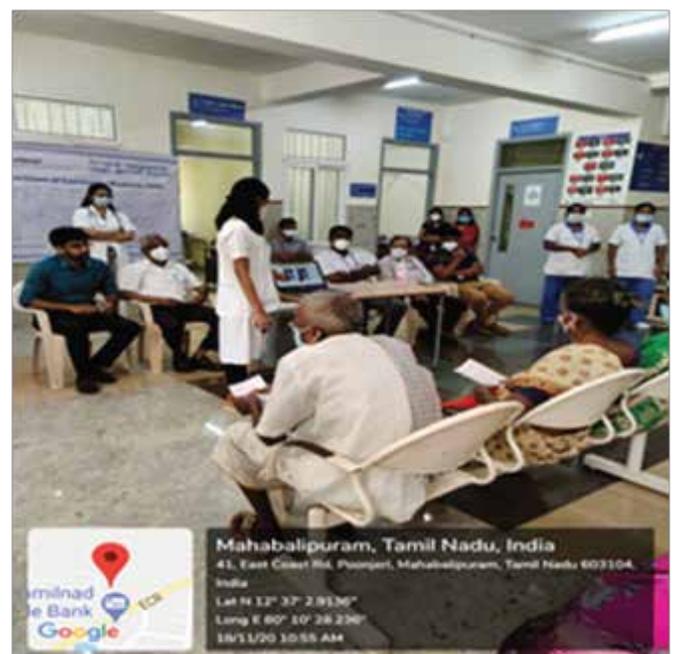
- Generous use of Moisturizing Lotions.
- Never pick at patches or scales, as you may make your condition worse.
- Avoid medications that cause Flare-Ups
- Relaxation techniques like meditation or yoga can be tried.
- Topical ointments, Phototherapy.
- Regular counselling

For consultation and treatment please visit Dermatology OPD, CHRI. **THANK YOU!**



WORLD DIABETES DAY ACTIVITIES AT RHTC, POONJERI

The Department of General Surgery along with the Department of Community Medicine, CHRI conducted Diabetes awareness programme on 18th November 2020 to the people of Poonjeri. Post graduates of the Community Medicine department addressed the gathering about risk factors involved in the occurrence of diabetes. Post graduates of General Surgery explained to people regarding wound hygiene and also about the signs and symptoms of diabetic foot and its complications. Queries of the participants were cleared by the doctors. Patients with diabetic foot were identified and wound care was given.



BREAST CANCER AWARENESS:

On 28.11.2020, Department of General surgery along with Department of Community Medicine organized a breast Cancer awareness programme in Urban health training centre, Karapakkam. A brief introductory speech was given on the need of breast cancer awareness by Dr.Imranthariq followed by detailed awareness was given to the gathering on causes, signs and symptoms of Breast Cancer by Dr.Prarthana (Post graduate in department of surgery). Posters and charts were exhibited on causes, signs and symptoms of breast cancer. Self-breast examination procedure was demonstrated in detail to the participants with the help of charts. An interactive session was carried out towards the end of the program where participants' queries were clarified. Patients were examined for breast lumps and positive cases were referred to Dept. of General surgery, CHRI for further evaluation and management. Participants with positive family history were advised regular follow-up and marked in the UHTC OP card for follow-up by the centre.



WORLD DIABETES DAY ACTIVITIES – UHTC

The Department of Community Medicine created awareness among General public and patients in the Urban Health Training centre about Diabetes on 1.11.2020. In accordance with World Diabetes day Post-graduates and CRR1 gave a brief speech on the need of Diabetic awareness and a detailed overview on its risk factors, symptoms, signs and preventive measures. Posters and charts were exhibited on the same. An interactive session was carried out towards the end of the program where participant's queries were clarified. Participants with positive family history of diabetes were advised regarding regular follow-up and marked in the UHTC OP card for follow-up by the centre.



WORLD DIABETES DAY – RHTC

The department of Community Medicine, CHRI organized a programme on 12th November 2020 in order to create awareness about diabetes to the people (in Karunguzhipallam) residing in Payanoor area. Post graduates of the Community Medicine department addressed the gathering about risk factors involved in occurrence of diabetes with help of charts written in local language for better understanding. They also explained to them about the signs and symptoms of diabetes and its short term and long term complications. Interns prepared charts for demonstrating the preventive measures that can be implemented in day to day life, which were explained in detail to the gathering by post graduates. All the participants were explained about dietary modification, foods with low glycemic index and lifestyle changes that can prevent diabetes. Queries of the participants like what foods to be avoided, laboratory tests that can detect diabetes, when to seek medical help, etc were all cleared by post graduates.



PEDIATRIC DEVELOPMENT AND PHYSIOTHERAPY

Chettinad School of Physiotherapy, CARE has organised an online webinar on pediatric development and physiotherapy intervention for varying developmental problems on 03/11/2020. Through this webinar expert speaker Mrs. Smeetha Rani explained very clearly and concisely about how to evaluate the child's development in varying stages and physiotherapy management for the abnormal Child.



PHYSIOTHERAPY AWARENESS CAMP FOR DIABETIC PATIENTS

With respect to World Diabetic Day 2020, Chettinad School of Physiotherapy, CARE organized a Physiotherapy awareness camp for diabetic patients in our General Hospital A block, Chettinad Hospital and Research Institute on 17/11/2020. PG students along with the Orthopaedician assessed the patients who came to the camp and advised the importance of exercises in diabetes. Many patients benefited from the importance of exercise in the prevention and control of diabetes along with the medication.



59TH NATIONAL PHARMACY WEEK CELEBRATION

National Pharmacy week was celebrated by Chettinad School of Pharmaceutical Sciences from 16th November to 20th November, 2020. The event was conducted to acknowledge the contributions of Women leaders in the Pharma field. Five such women leaders were identified from Academics and Industrial sectors and interacted with students on different aspects of pharmaceutical sciences. Everyday the session was conducted by virtual mode. First and second year B.Pharm students were highly benefited with different sessions ranging from career opportunities, importance of research, Intellectual property rights and the importance of product development and innovation.



LIVE WEBINAR

**School of Pharmaceutical Sciences
Chettinad Academy
of Research and Education**

**NATIONAL PHARMACY WEEK
CELEBRATION – 2020**

WOMEN LEADERS IN PHARMA
16th to 20th November, 2020

<p>16/11/2020 10:00 am to 12:00 pm Career Opportunities of Pharma Profession in Abroad and India</p> <p>Dr. Ji. Sankha Prady Professor, B.Pharm Programme, Faculty of Pharmaceutical Sciences, IIT, Jodhpur, Rajasthan</p> <p>Zoom ID: 892 8682 5643 Password: 892676</p>	<p>19/11/2020 2:00 pm to 04:00 pm Introduction to Research</p> <p>Dr. Purvima Ashok Professor and Principal, College of Pharmacy, Bangalore</p> <p>Zoom ID: 898 0987 8765 Password: 093676</p>
<p>17/11/2020 2:00 pm to 4:00 pm Product Development & Innovation</p> <p>Dr. Savithri Sivakumar Executive Director, Aranya Biosciences, Bangalore, Chennai</p> <p>Zoom ID: 838 2642 4768 Password: 093676</p>	<p>20/11/2020 10:00 am to 12:00 pm Translational Research – Bench to Market – Lessons for the Researcher</p> <p>Dr. K. Mukund Associate Professor & Lecturer in Pharmacy, Department of Pharmacy, Anna University, Tamil Nadu</p> <p>Zoom ID: 898 0987 8765 Password: 093676</p>
<p>18/11/2020 10:00 am to 12:00 pm Intellectual Property Rights Is it relevant for me?</p> <p>Ms. Lavanya R. Pillai Assistant Professor, Knowledge Cell Management, IIT Madras Ltd, Chennai</p> <p>Zoom ID: 832 8625 8982 Password: #9767</p>	<p>Organized by School of Pharmaceutical Sciences Chettinad Academy of Research and Education.</p>

CENTRAL LIBRARY - ORIENTATION PROGRAMME

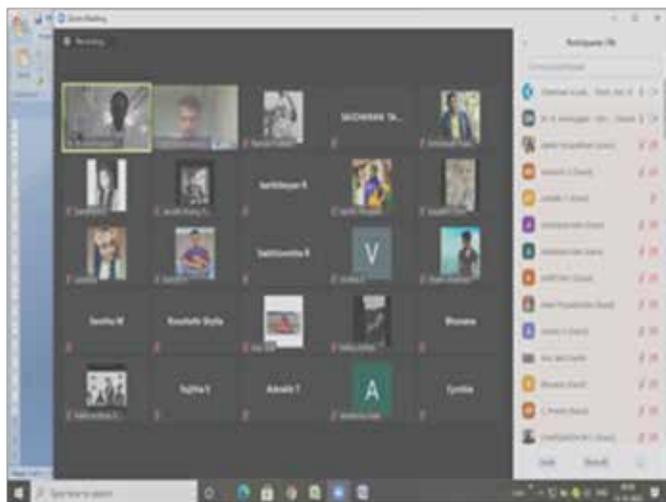
It is important to organize an orientation programme for freshers, to introduce library resources, services, techniques to access the resources, familiarize the



CARE Library Orientation programme | Date: 29/09/2020 | 09:30AM - 11:30AM

ABOUT CENTRAL LIBRARY

- Library build up area : 40,000 sq. ft., Centralized AC
- Seating Capacity : 500
- Resources : Books & Journals (Both Print & Electronic)
- Other Resources : E-Books/DVDs, Project reports, Dissertations, Theses
- Facility : Circulation, internet, WiFi, reading room, Referal section, OPAC, Aarav & Print, ILL, SMS of books, loaned/returned/overdue/overdue charges, New Arrival of books & Journals display, Shelf catalog, Location number of books



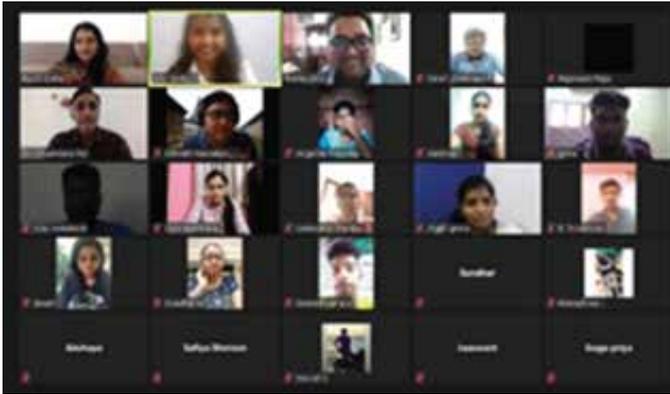
users with the library & its resources and increase the usage of library services & resources by the users. Hence Library Orientation programme was conducted for First year Pharmacy & Physiotherapy Students on 29/09/2020. Meanwhile, the Library orientation programme for First year AHS students was conducted on 13/10/2020.

LEGAL WRITING WORKSHOP

As part of the Chettinad School of Law's initiative towards spreading the clinical legal education it organised a "LEGAL WRITING WORKSHOP" on 19 Nov 2020. The distinguished speaker for the session was Mr. RishavSoni, Assistant Professor of ICFAI Law School, Hyderabad, and the moderator for the event was, Ms. AlinGedsi, Student, Chettinad School of Law, Chennai. The students of Chettinad School of Law attended the session. The speaker started the discussion by introducing the topic of legal writing and how it is useful for law students. It was followed by a discussion on good legal writing. He further emphasized on the various stages involved in writing a statement with-



You are required to cite the law Without misrepresentation as its applicability or meaning and to rely on jurisprudence which is appropriate and relevant.



out errors. He also spoke about the word limitation and was told to use a minimal number of words to express the statement. He explained everything by giving examples which were very penetrable. Overall, the discussion was very relevant as it gave the students a good insight on the topic. The webinar ended with an interactive question and answer session that saw a very enthusiastic involvement of the students and other participants.



On the behalf of

CHETTINAD ACADEMY OF RESEARCH AND EDUCATION,

CARE KONNECT team

wishes you a

Prosperous and happy New year 2021..

LET THIS NEW YEAR- 2021 BE FILLED WITH HAPPINESS AND BLESSINGS !!!

CLINICAL VIGNETTES

Question 5

A 32-year-old man goes to a clinic after several episodes of severe paroxysmal hypertension, associated with diaphoresis and headache. On the last occasion, he had been admitted overnight until the blood pressure settled. A 24-hour urine collection revealed VMA excretion of 10 times the upper limit of normal on that occasion, while plasma catecholamines were similarly elevated. An emergency CT scan showed a 3cm left adrenal mass. What is the diagnosis?

Question 6

A 62-year-old gentleman with type 2 diabetes for 17 years is found to have decreased visual acuity at his annual review. What is the diagnosis?



Answers to questions from the previous issue

Question 3

Wegener's granulomatosis

Question 4

Koilonychia



Identify The Personality - 2

Can you Identify this famous personality who said these words, "those who, during the preceding year, shall have conferred the greatest benefit to humankind." ?



Participants who sent the right answers :

Shifa A, (First year MBBS)

Dr.Aarthy A, (First year PG, PSM)

Identify The Personality (1)

1) John snow

Answers can be sent to:

Mail ID : carekonnnect@chettinadhealthcity.com /
ckmeditors@gmail.com

FACULTY ACHIEVEMENTS

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Prof. Dr. Senthil Kumar K, MS., FAIS., FMAS., FIAGES., DIP IN LAP., MBA. Department of General Surgery has been selected for the ASI BEST YOUNG SURGEON AWARD FOR THE YEAR 2021 by the ASSOCIATION OF SURGEONS OF INDIA (ASI) amongst the various contenders from different states in India. He had been nominated for this prestigious award representing Tamil Nadu State. It is noted that after 10 years, a surgeon from our state is being selected for this award. ASI Young surgeon award is given to ONE young surgeon (<40 years) at the national level, selected from all contenders from various states, every year during the National surgeons conference ASICON.

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Dr. A. Ahamed Basha, Professor of Physiology, CHRI received 1st Prize for E - Poster and Special Jury Award for E - Collage (Category: Faculty) on 1st National Summit on Bioethics (VIBES 2020) held at Panimalar Medical College Hospital and Research Institute, Chennai on 19th October 2020.

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STUDENTS ACHIEVEMENTS



Dr Chaitanya, 2nd year MD (PG) student, Department of Psychiatry has won 2nd prize in All India PG quiz in the National Psychiatry Conference organised by Manipal University.



Mr. Rohit Vishwanath R V, of M.B.B.S currently completing Internship, has been awarded the ICMR - CNMTC STS Excellence Award 2019. He will be given a cash prize of Rs. 10,000 and a certificate of Honour.



Ashvath Neelakandan, B.Com, L.L.B (Hons.,) Second Year at Chettinad School of Law participated in the National Legal Essay Writing Competition conducted by Law Bhoomiand has been ranked 9th among the Top 10 winners of the competition.

“



Angeline Priyanka, who is pursuing BA LLB (Hons.,) 1st year at Chettinad School of Law had participated in poster designing competition organized by Lawgical club under PGDM (Law) programme at Adani Institute of Infrastructure Management (AIIM), Ahmedabad and presented a poster on the topic "Coping with COVID-19" and is one among the top three winners.

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Mr. Abishek V, of B.Pharm second year, won first prize at the HCOP's Herb Photo Contest – 2020 organized by Department of Pharmacognosy, Hindu College of Pharmacy, Guntur.

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“



Ms. Harshini V, of B.Pharm first year, won second prize at the HCOP's Herb Photo Contest – 2020 organized by Department of Pharmacognosy, Hindu College of Pharmacy, Guntur.

”

STUDENTS CORNER

Law Point

Suspension of Fundamental Rights during Pandemic times

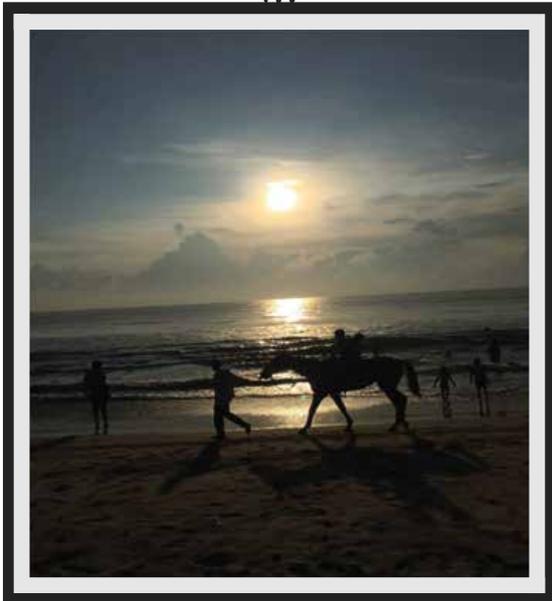
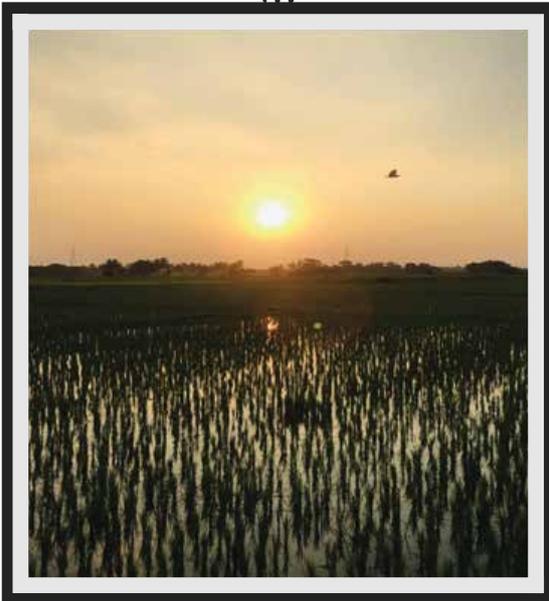


The Fundamental rights under **The Constitution of India, 1949** in real sense are not absolute. The Constitution provides for the **Curtailment** or **Suspension** of the fundamental rights in as Article 358 which provides when the proclamation of emergency including the **Pandemic of COVID - 19** is made by the President of India under Article 352 the freedoms guaranteed by Article 19 are automatically suspended and would continue to be so for the period of emergency. The suspension of rights guaranteed by Article 19 thus removes restriction on the legislature and executive powers of the state imposed by the constitution. Any law, executive order made by the state during this period cannot be challenged on the ground that they are inconsistent with the rights guaranteed by Article 19 as Article 358 makes it clear that things done or omitted to be done during the emergency cannot be challenged even after the emergency. Article 359 empowers the president to suspend the right to move any court for the enforcement of rights conferred by Part – III of the constitution except Articles 20 & 21 during the continuance of emergency. The suspension of the right to move the courts for the enforcement of fundamental rights can be done by the order of **The President of India** which may extend to whole or any part of the territory of India. It is to be noted that while under Article 358 of the rights conferred by Article 19 are suspended in which the suspension under Article 359 can be brought about by an order of the President of India.

- Ashvath Neelakandan pursuing 2nd year B.Com, L.L.B (Hons.,)



- Bijju



- Shreeya Vijay (1st year MBBS)



LOST DREAMS

*There's a dawn after dusk,
They say,
But it's my abode,
That dawn never visits.
My life was a wonder I thought,
And every day a diamond,
I savored every moment,
Only to regret.
All my dreams shone bright once,
When I was fooled,
And believed,
That I could touch the horizon.
Love, passion, dreams,
Soon turned out to be empty words,
When the life I savored,
Was snatched from me.
My pen was stolen,
So my thoughts would die,
My mind succumbed to the words hurled at it.
Reality pulled me down,
And I went in maelstrom,
Flailing as I drown,
Never to sail again.
And now,
My mind is no more at strife,
As all my thoughts are long buried,
No more to reminisce,
It's only the void that lingers now.*

- **SHIFA S A** (1st year MBBS)

*Life is beautiful they said,
Ups and downs are temporary they didn't say.*

*A little knowledge is a dangerous thing they said,
It's not one half so bad as a lot of ignorance they didn't say.*

*Love is passionate they said,
Feelings are eternal they didn't say.*

*Success is the only thing they said,
But failure is a prerequisite to it they didn't say.*

I'd rather try and fail than not try at all, as they say.

- **Simran Panda**

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