



Dawn of a new beginning... A Ray of Hope...

Image courtesy: Dr. Nirupama



Happy New Year



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

Physical and mental health

Physical and mental health go hand in hand. The lack of one will affect the other. Therefore, it is necessary to see them as one and focus not on physical health or mental health separately. When we say physical health, the two things that come to our minds are diet and exercise. Some of the things most people are unaware of are that not all

There is so much that can affect our mental health if not taken proper care of. Always talk about your feelings; it can help with troublesome times. Eating healthy and physically being active itself is a significant contributing factor. Avoid smoking and drinking and any other substance that can alter the mood. When tasks or activities get tough, take a short break. Having a hobby that you are good at also helps one stay in good mental health.

S. No	Product	Indian Manufacturer	Collaborator	Current stage
1	Covishield (Chimpanzee Adenovirus)	Serum Institute of India, Pune	Astra Zeneca	Phase II/III
2	Covaxin (Inactivated Virus)	Bharat Biotech International Ltd, Hyderabad	Indian Council of Medical Research, India	Phase III (advanced)
3	ZyCOV-D (DNA vaccine)	Cadila Healthcare Ltd, Ahmedabad (Zydus Cadila)	Dept of Biotechnology, India	Phase II (advanced)
4	Sputnik V (Human Adenovirus vaccine)	Trialled and manufactured in India by Dr. Reddy Lab	Gamaleya National Center, Russia	Phase-II over, Phase-III to start
5	NVX-COV2373 (Protein Subunit)	Serum Institute of India, Pune	Novavax	Phase- III under consideration in India
6	Recombinant Protein Antigen based vaccine	Biological E Ltd, Hyderabad	MIT, USA	Phasel plus II human clinical trials started
7	HGCO 19 (MRNA based vaccine)	Genova, Pune	HDT, USA	Pre-clinical animal studies over
8	Inactivated rabies vector platform	Bharat Biotech International Ltd, Hyderabad	Thomas Jefferson University, USA	Pre-clinical
9	Vesiculo Vax Platform	Aurobindo Pharma Ltd, Hyderabad	Aurovaccine, USA	Pre-clinical

CHETTINAD SQUARE

Chettinad centre for Global & Indian Languages

'The limit of my language means the limit of my world.'

In order to break that limit, our Chettinad Academy of Research and education has started Chettinad Centre for Global and Indian language (CCGIL) for the benefit of students, staff and faculties. CCGIL aims to train the students in the global them to be better world citizens have offerings in both Indian and which the initial deliberations are language courses, which are value-added courses. Allianz language. Upon successful com- receive an A1 level certificate. by Max Muller Bhawan (MMB), Chennai. The training cost for both French and German languages is borne by CARE. A quote says, 'Speak a new language so that the world will be a new world,' so come on, friends, let us all join together with CARE to open a new world.



language and culture to prepare and professionals. The center shall International languages, out of made for French and German offered either as elective or Francais teaches the French pletion of the course, students will The German teaching is supported

Hypertension Clinic

Hypertension, often referred to as a silent killer, is one of the major causes of premature death. More than 1 billion people have hypertension worldwide. Only about 20 percent of them have it under control. A vast majority of the hypertensive population are not aware of their high blood pressure status. It is a necessity to identify, make them aware, diagnose, and treat them. To achieve this significant goal, Chettinad's first step was setting up a hypertension clinic located alongside its diabetic clinic. Both have been beneficial in many ways.

HYPERTENSION SPECIALITY CLINIC

 Chettinad Academy
Research & Education Institute



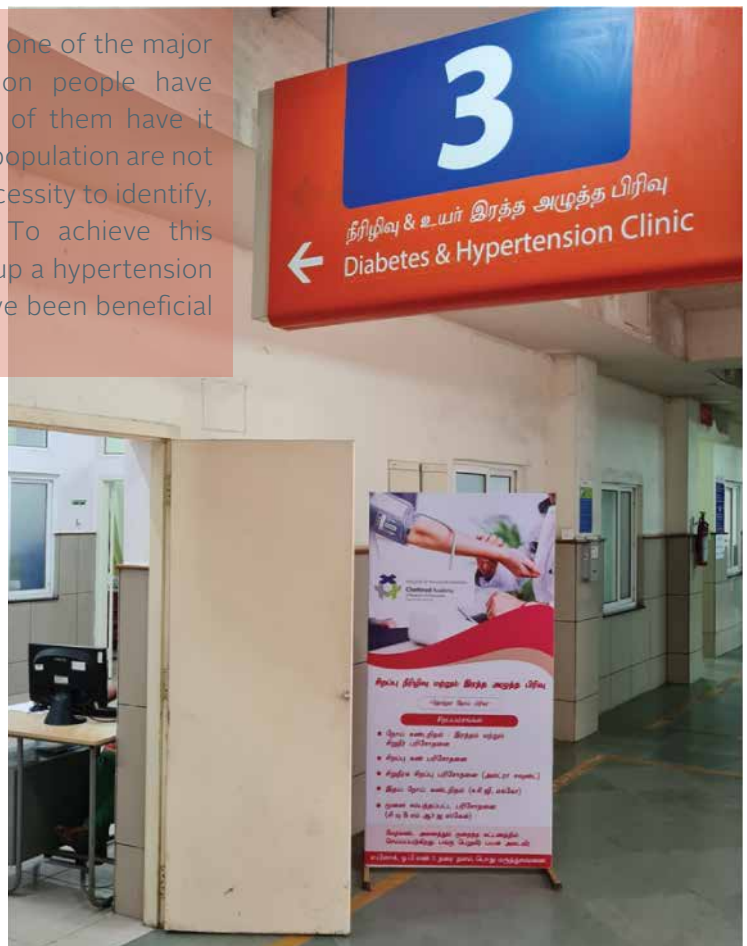
HEALTH IS WEALTH...

We are pleased to inform that Hypertension specialty clinic in Chettinad Hospital & Research Institute (A Block) is functioning from 03.12.2020.

In this exclusive specialty clinic apart from screening for hypertension measures are taken to identify its complications (cardiac, eye, neurological & kidney) at an affordable cost. Hence the public may utilize the opportunity to overcome this dreadful disease.

"PREVENTION IS BETTER THAN CURE"

Chettinad Hospital & Research Institute
"A" Block, OP No- 3, Rajiv Gandhi Salai, CHSR,
Kelambakkam - 603 103. **044-4741 1000**



Specialist Speaks....

GASTROESOPHAGEAL REFLUX DISEASE (GERD) – COOL YOUR HEARTBURN & GUARD YOUR GUT



Dr. K. SENTHIL KUMAR
M.S.,FMAS.,FIAGES.,FAIS.,
DIP IN LAP.,MBA
Consultant General and
Laparoscopic Surgeon

Gastroesophageal Reflux Disease (GERD) is a digestive disorder that occurs when acidic stomach juices or food and fluids flow back up from the stomach into the esophagus. There are two sphincters or valves which control the flow of food from the esophagus into the stomach – The upper esophageal sphincter (UES) and lower esophageal sphincters (LES). GERD is caused due to a dysfunctioning LES. The LES either becomes weak or relaxes very frequently, allowing regurgitation of stomach contents into the esophagus.

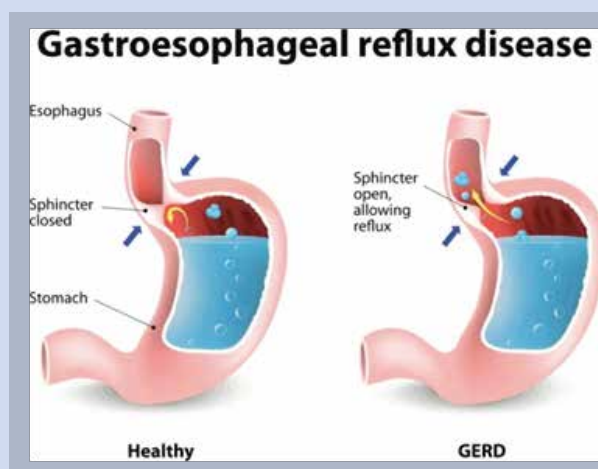
GERD affects people of all ages—from infants to older adults. GERD is a relatively common condition that affects each person differently. Symptoms may range from mild to severe. If not treated, chronic acid reflux can injure the esophagus and, in some people, progress to a precancerous condition known as Barrett's esophagus and eventually lead to esophageal cancer.

One single cause of GERD can't be ascertained. Multiple factors lead to its development. A faulty LES can be because of the following factors: Large meals - Stretching of the stomach can cause loosening of LES temporarily, A hiatal hernia – pushing of the stomach upwards through the diaphragm, Obesity, Stress, smoking, Junk foods such as chocolate, carbonated drinks, chewing gums, fatty foods, etc

Symptoms

The main symptom of GERD is heartburn, often described as a fiery feeling in one's chest and regurgitating sour or bitter liquid to the throat or mouth. Other symptoms of GERD include:

*Non-burning chest pain, which is usually located in the middle of the chest and radiates to the back, *Difficulty swallowing (dysphagia), *bloating, belching, *nausea, *Atypical reflux symptoms relating to the throat, larynx or lungs, *Sore throat, *Coughing, *Increased salivation, *Shortness of breath.



Diagnostic procedures

- Upper Gastrointestinal endoscopy
- Ambulatory acid (pH) test (monitors the amount of acid in the esophagus)
- Esophageal impedance test (measures the movement of substances in the esophagus)
- Barium esophagram
- Upper Endoscopy

Upper Gastrointestinal endoscopy is done to examine the lining of the esophagus, stomach and first part of the small intestine till the second part of the duodenum. It is the best test for evaluating reflux-induced esophageal injury and diagnosing esophagitis and Barrett's esophagus. It can also help diagnose an esophageal stricture (narrowing).

Although only 10 percent to 20 percent of people with reflux will have abnormal findings during an endoscopy, the procedure is necessary to evaluate the potential for complications.

Medical treatment

1. Antacids: These drugs can help neutralize acid in the esophagus and stomach and stop heartburn.
2. H₂ blockers: For chronic reflux and heartburn, the doctor may recommend medications to reduce acid in the stomach. These medicines include H₂ blockers, which help block acid secretion in the stomach
3. Proton pump inhibitors (PPIs): Also known as acid pumps, these drugs block a protein needed to make stomach acid.
4. Prokinetics: In rare cases, these drugs help the stomach empty faster, so one doesn't have as much acid left behind. They may also help with symptoms like bloating, nausea, and vomiting
5. Surgery and other procedures
 - Fundoplication
 - LINX device.
 - Transoral incisionless fundoplication (TIF)

Prevention

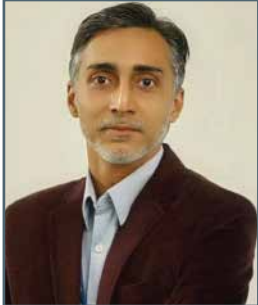
Yes, heartburn can be managed very well and in fact, can be prevented. To prevent heartburn, one must stick to the following habits –

1. Do not overeat; instead, have small and frequent meals
2. Quit smoking, Decrease alcohol intake
3. Have adequate sleep
4. Maintain healthy weight
5. Avoid foods that are known triggers of heartburn; decrease caffeine intake, junk and oily foods.
6. Do not lie down within two to three hours of eating. Elevate the head of the bed 6-8 inches



ASK A CHETTINAD PROFESSOR

What are the Career Avenues in Legal Education?



Dr. Shyamtanu Pal
PhD., LL.M, BA.LLB(Hons.)
Associate Professor

Don't Raise your Voice, Improve your Argument-

Before exploring career opportunities in the Legal world, it becomes imperative to understand the demand of legal education in India. In terms of absolute numbers—India's legal profession is the world's second-largest, with over 1.4 million enrolled lawyers in legal practices nationwide. There are around 1,200 law schools in India currently, with close to 80,000 enrolments taking place every year. And not to the utter surprise, the numbers are on a constant rise. The legal profession in India has undergone a strategic and substantial change over the last few decades. Now we have entered the era where Universities are imparting clinical legal education. Being an applied area of work, the career prospects of legal education ranges from anything to everything. The Moot Courts, Legal Clinics, Mock Parliaments, Model United Nations, Client Counselling have become an important component in the life of a law school student.

The integrated Law programmes with a unique blend of tailor-made Honours/Specialization papers has actually helped to cater to the aspirations of students coming from any educational background. These 5 year integrated UG programmes include, BA.LLB(H.), BCo.M.LLB(H.), BBA.LLB(H.), BSc.LLB(H.) and the 3year LL.B(H.). All the programmes are designed in such a way that the aspirants are able to complete a dual degree program in 5 years instead of 6 years. The masters programme (LLM) is of one year.

Coming to the career options in law, its a diverse topic to discuss with. I have to admit the fact that when I decided to pursue law as my career, I was not even aware of such diverse avenues and prospects. There were only two options that I focused on. The first being Litigation and Academics being the second. But today, when i see the huge transformation. I stand amazed as multiple avenues have opened up.

From Medicine Law to Mining law, from Oil and Gas Law to Space Law to Energy Laws to Cyber Law to Nuclear Law to Environmental Law to Corporate Law to Intellectual Property Law to Technology Law (with the advent of e-commerce and cryptocurrencies), from International Law to WTO to UN, from

Publishing to Legal Journalism to Tax Laws to Banking Law to Competition Law: gone are those days that if you study law, you need to spend your rest of your life as a lawyer. Such is the range.

I do not know if there is any other profession that gives such a luxury of choosing from such diverse avenues. Let us not forget that all these avenues are commercially viable as well. To sum it up, the avenues could be in the form of Litigation, In-house Counsel, Corporate Law Firm jobs, Legal Process Outsourcing, Compliance Jobs, Judiciary, Arbitrator, Mediator, Conciliator, Govt. Law Officers, Armed Forces, Civil Services, Legal Academia, Legal Bloggers & Journalist, International Organisations, Non-Government Sectors, Policy-Making & Implementation, Boutique Firms, Think Tanks & Research Institute. A law aspirant can relate to everything around him.

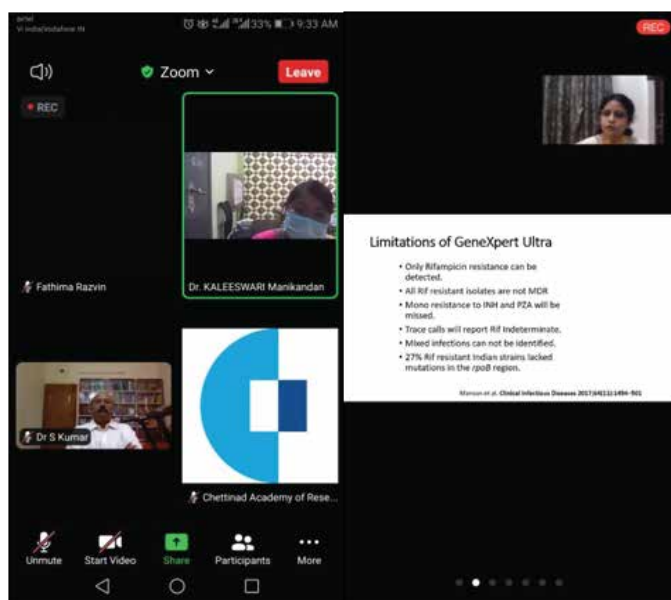
"The power of the lawyer is in the uncertainty of the law." *Jeremy Bentham*



CAMPUS BUZZ

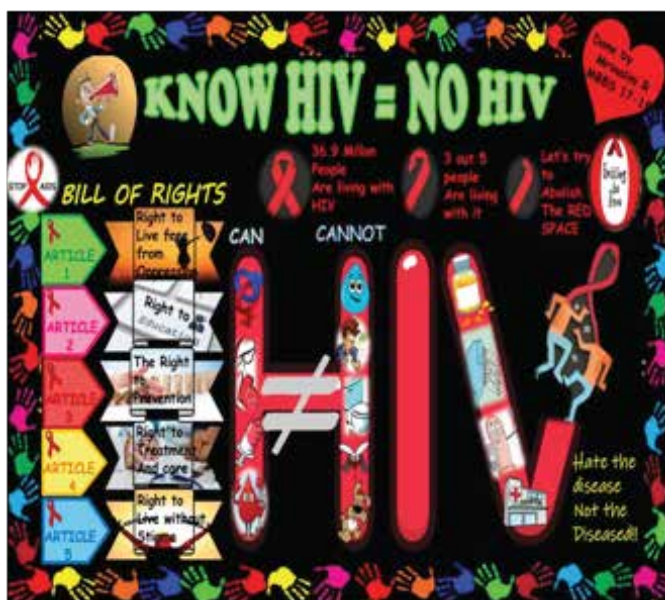
CME ON RECENT UPDATES IN TB

The Department of Respiratory Medicine conducted a CME on the recent updates in TB on 28/12/2020. The CME was moderated by Dr. Meenakshi N, Prof. & HOD, Dept. Of Respiratory Medicine, CHRI. CME was attended by 153 participants. Eminent speakers who enlightened the participants during this event were: Dr. Kaleeshwari, District TB Officer, Kancheepuram; Dr. Asha Frederick, State TB Officer/Joint Director of Medical and Rural Services (TB) Tamil Nadu; Dr. S. Kumar, Retd RMO(GHTM), Senior consultant Pulmonologist; Dr. R. Sukanya, Senior Consultant Clinical Microbiologist. Dr. Aruna Shanmughanathan, Prof & Senior Consultant Pulmonologist, spoke over updates on tuberculosis. Topics covered include - An overview on National Tuberculosis Elimination Programme, Bi-Directional screening of TB and COVID 19, TB in particular situations, Recent Tools in diagnosing TB and Airborne infection control, Drug-Resistant TB-Updates. The topics were discussed in detail with the active participation of the delegates.



WORLD AIDS DAY

The Department of Obstetrics and Gynaecology commemorated WORLD AIDS DAY on 1st December 2020 by organizing a day full of events, including an awareness program for patients, an E-Poster competition for students, and an E-CME in the



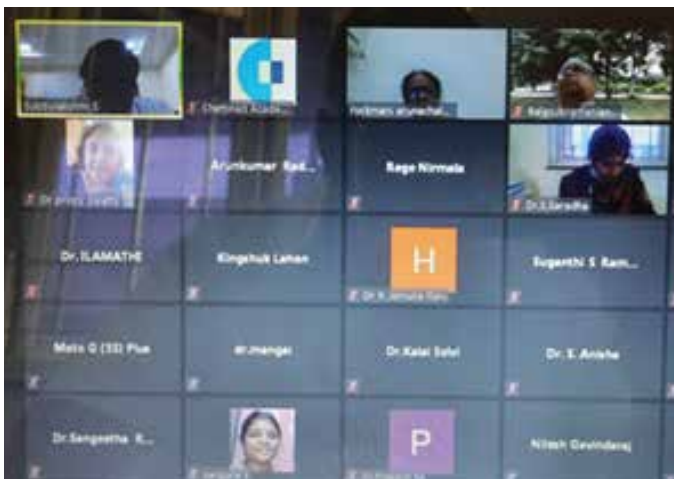
afternoon. The interactive sessions with patients were held between 10:00 am – 12:00 pm in the OG OPD, where awareness was created about the myths about HIV and the social stigma among infected individuals, and the importance of universal screening for all pregnant women was also stressed. Professor Dr. Anuradha CR, Dr. Renuka, and other faculties participated in the session, sharing their views and facts on HIV. The patients actively participated by asking questions and raising doubts.

Between 12:00 pm – 1:00 pm, an E-Poster competition was held for the MBBS students on the topic "ENDING THE HIV AIDS EPIDEMIC: RESILIENCE AND IMPACT". Dr. Meenakshi and Dr. Aruna from the Dept of Pulmonology were the judges for the event. The first prize was awarded to Ms. Mrinalini (2017-18 batch), and the second prize to Ms. Aparmita Das (2016-17 batch). The

E-CME was conducted from 1:30 pm – 4:00 pm. Professor Dr. Anuradha (HOD), delivered an informative talk on HIV in pregnancy, labor-management of affected individuals, and postpartum care. This was followed by Dr. Sukanya associate professor, the Dept of Dermatology, Sree Balaji Medical College who spoke about the prevention of parent-to-child transmission of HIV and Anti Retroviral Therapy. Dr. Bhimana Vasihnavi from the Dept of Paediatrics, CHRI, addressed the care of newborn and pediatric HIV. The day-long event was a grand success, which benefited the patients and students.

National Symposium on 'Competency-Based Medical Education in Pharmacology'

On 23.12.2020, the department of Pharmacology conducted a National symposium on "Competency-Based Medical Education in Pharmacology". The speakers of the program were: Dr. Princy Louis Palatty, Professor and Head, Dept. of Pharmacology, School of Medicine, Amrita Vishwa Vidyapeetham, Kochi, Kerala; Dr. Nirmala N Rege, Professor Emeritus, Dept. of Pharmacology, King Edward Memorial Hospital, Seth Gordhandas Sunderdas Medical College, Mumbai; Dr. Barna Ganguly, Professor, Dept. of Pharmacology, P.S. Medical college, Karamsad, Gujarat.



Medications use during COVID-19 pandemic

The department of Pharmacology, CHRI organized an outreach program on Medication use and personal care during the COVID pandemic on 30.12.2020 between 9 am to 12 noon in RHTC, Poonjeri. The target audiences

were the patients and their attenders who visited the Center and the staff who are working in the RHTC. Dr. Ilamathi, Dr. Anu, Dr. Vivek, Dr. Padmaja, and Dr. Lakshitha conducted the program. Dr. Ilamathi addressed the gathering and spoke on various aspects of personal care to be maintained during COVID 19 pandemic and the essential information on how to use medications during this period, in which patients will not be able to visit their physicians as scheduled. She also emphasized the importance of taking nutritious food, adequate fluids, and periodic deworming. She also highlighted the consequences of taking medications from different systems of medicine at the same time. The faculty of the department of Pharmacology distributed educational pamphlets to all the participants. The participants interacted well with the speaker and the faculty and clarified doubts regarding vaccination and personal care.



WORLD AIDS DAY 2020

World AIDS day 2020, was observed on 01.12.2020 by the Department of Dermatology and STD, CHRI. The students and faculty of several departments were invited, with a total number of 45 attendees (with social distancing). The program began with the distribution of Pamphlets to the patients, staff, and faculty explaining the various methods of HIV transmission and prevention. The HOD in-charge professor Dr. P. Elangovan with Dr. M. Prem Kumar, Dr. N. Devanand, Postgraduate students of dermatology and STD department, and CHRI's held an interactive rally inside the hospital and spread awareness among our patients and staff. Various departments were visited and an awareness speech was given. Then a session in the demo hall began at noon, hosted by Dr. Harshini in which the HOD in charge Professor Dr. P. Elangovan addressed the



gathering. The guest lecture was given by Prof. Dr. Murali Narasimhan, HOD of Department of dermatology, SRM Medical College, Potheri, on the topic was "Virological opportunistic infections in HIV". His presentation started with an explanation of the types and clinical manifestations of HIV, followed by a brief introduction to AIDS. The speaker later went on to describe each opportunistic virological infection associated with AIDS in great detail with illustrations and clinical pictures. An interactive session between the attendees and speaker



followed. The session was chaired by Professor Dr. Mohan Rao, HOD of Internal Medicine. Postgraduate students from the Department of Orthopaedics presented papers. Dr. Shah Shaival explained the various orthopedic manifestations in HIV, and Dr. Guhan presented on prevention of HIV transmission in health care settings. The program came to an end with Prof. Dr. G. Srinivasan, delivering the vote of thanks.

AWARENESS PROGRAM ON CHOLELITHIASIS & APD– DECEMBER 2020

The Department of General Surgery along with the Department of Community medicine arranged an awareness program on cholelithiasis and APD in Rural Health Training Center, Poonjeri on 16th December 2020. A brief introductory speech was given to the public by the postgraduates of community medicine. Dr. Pradhushana, SR from general surgery gave a brief speech on symptoms, signs, and treatment of APD and cholelithiasis. Dr. D M Shribhagya, 1st year general surgery pg explained the preventive measures. Posters



and charts were exhibited on causes of APD & cholelithiasis, signs, and symptoms of cholelithiasis and APD. An interactive session was carried out towards the end of the program where participants' queries were clarified. Patients were examined for APD and positive cases were referred to Dept. of General Surgery, CHRI for further evaluation and management. Participants with a positive family history were advised regular follow-up and marked in the OP card for follow-up by the center.

BREAST CANCER AWARENESS PROGRAMME

Department of General Surgery and Department of Community Medicine arranged for a Breast Cancer Awareness Programme in RHTC, Poonjeri on 2nd December 2020. Postgraduates of Community Medicine gave a brief introduction to the program. Senior Resident of the General Surgery Department, Dr. V.P. PRADUSHANA M.S., addressed the gathering about risk factors involved in breast cancer and the symptoms with the help of charts written in the local language (Tamil) for better understanding. CRRI of the General Surgery Department explained to people the symptoms of breast cancer and how to self-examine one's breast and the need for early diagnosis with the help of charts written in local language for better understanding. A video regarding breast cancer –its prevalence, symptoms, and self-examination- was played to the people gathered in the local language for better comprehension and awareness. Interns prepared charts to demonstrate the symptoms, how to self-examine breasts, and the need for early diagnosis and treatment. Queries of the partici-



pants like how to examine, laboratory tests that can detect breast cancer, when to seek medical help, etc., were all cleared by the general surgery department's faculty.

ORAL CANCER AWARENESS – DECEMBER 2020

The Department of Community Medicine along with the Department of General Surgery conducted a health awareness program on Oral cancer to the public of Rural health training center, Poonjeri on 30.12.2020. A brief introductory speech was given on the need for oral cancer awareness by Dr.Pradhushana followed by a brief speech on causes, signs, and symptoms was given by Dr.Gowtham (Postgraduate in the department of surgery). Postgraduates from the department of Community medicine educated the public about Risk factors and how to prevent them. Posters and charts





were exhibited on the causes of oral cancer, signs, and symptoms of oral cancer. Patients were screened for Oral cancer and those with risk factors were advised to come for follow up regularly. Doubts and queries of the patients were cleared.

ORAL CANCER AWARENESS PROGRAM, Karapakkam

On 26.12.2020 the Department of Community Medicine along with the Department of General Surgery conducted a health awareness program on Oral cancer to the public of Rural health training center, Poonjeri. People were explained what is Oral carcinoma, its signs and symptoms, and available treatment options by doctors from the Department of Community Medicine. Postgraduates from the department of Community medicine educated the public about Risk factors and how to prevent them. Posters and charts were exhibited on the causes of oral cancer, signs, and symptoms of oral cancer. Patients were screened for Oral cancer and those with risk factors were advised to come for follow up regularly. Doubts and queries of the patients were cleared.



FIT INDIA CYCLOTHON

In this post Pandemic world, when life has become monotonous, the department of physical education has created an opportunity to break the chains of boredom. On 23.12.2020, they organized FIT INDIA CYCLOTHON for all students and staff of Chettinad Health City. Cycling is as much for the mind as for the body. Cycling is powered by positive vibes and unleashed thoughts



CLINICAL VIGNETTES

Question 7

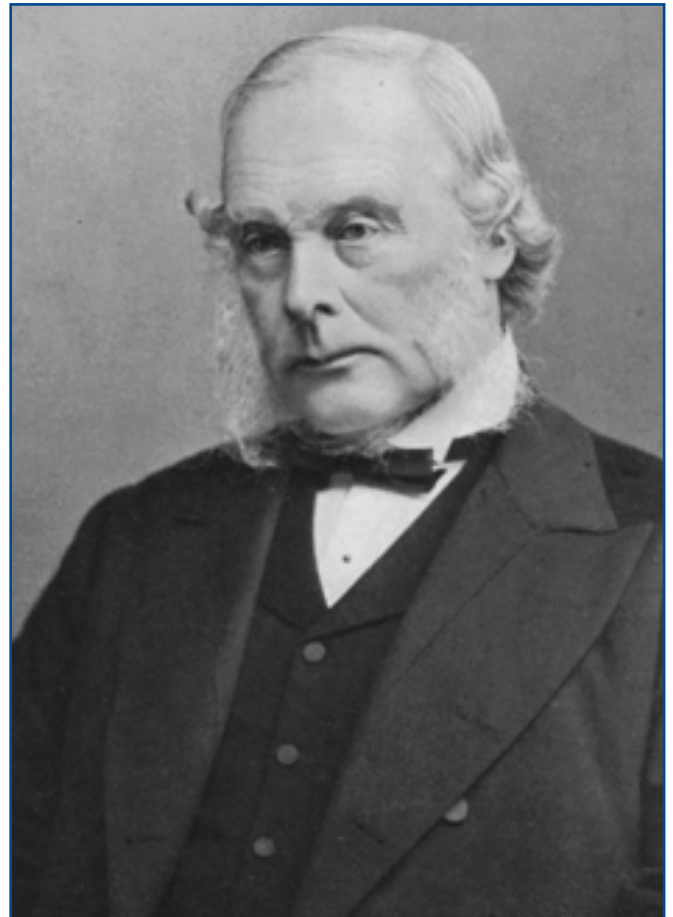
A 25-year-old patient presents with palpitations, anxiety, and heat intolerance. Urea and electrolytes are unremarkable, TSH is less than 0.01, T₄ and T₃ are both elevated. Thyroid scanning reveals a uniformly increased uptake of technetium. What diagnosis fits with this clinical picture?

Question 8

Identify the condition.



Identify The Personality - 3



Answers to questions from the previous issue

Question 5

Pheochromocytoma

Question 6

Proliferative Diabetic Retinopathy

Identify The Personality (2)

Alfred Nobel

Answers can be sent to:

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



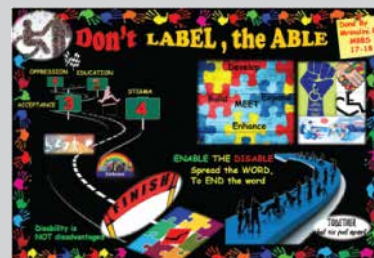
STUDENTS ACHIEVEMENTS



Miss. Roshini .P, M.B.B.S student has won first prize in Doodling competition at WORLD AIDS DAY: RETROCON PANIMALAR 2020 organized by Panimalar medical college, hospital and research institute, Chennai.



Miss. Abitha. R, M.B.B.S student has been selected by the special jury, in a Doodling competition at WORLD AIDS DAY: RETROCON PANIMALAR 2020 organized by Panimalar medical college, hospital, and research institute, Chennai.



Miss. Mrinalini. R, M.B.B.S student has won first prize in the E-poster competition in INTERNATIONAL DAY OF PERSONS WITH DISABILITIES conducted by Chettinad Academy of Research and Education, Chengalpattu.



Miss. Karshini M Kumar, M.B.B.S student has won second prize in the E-poster competition in INTERNATIONAL DAY OF PERSONS WITH DISABILITIES conducted by Chettinad Academy of Research and Education, Chengalpattu.



Miss. Aparimita Das, M.B.B.S student has won first prize in the poem competition on INTERNATIONAL DAY OF PERSONS WITH DISABILITIES PROGRAMME conducted by Chettinad Academy of Research and Education, Chengalpattu.



Miss. Harshini Chandrabose, M.B.B.S student has won first prize in the poem competition on INTERNATIONAL DAY OF PERSONS WITH DISABILITIES PROGRAMME conducted by Chettinad Academy of Research and Education, Chengalpattu.



Miss. Mrinalini. R., M.B.B.S student has won first prize in the E-poster competition in WORLD AIDS DAY PROGRAM conducted by Chettinad Academy of Research and Education, Chengalpattu.

STUDENTS CORNER



- Mrinalini .R, 3rd Year, M.B.B.S.



- AlinGedsi, 1st year, LLB hons at Chettinad school of law



- AlinGedsi, 1st year, LLB hons at Chettinad school of law

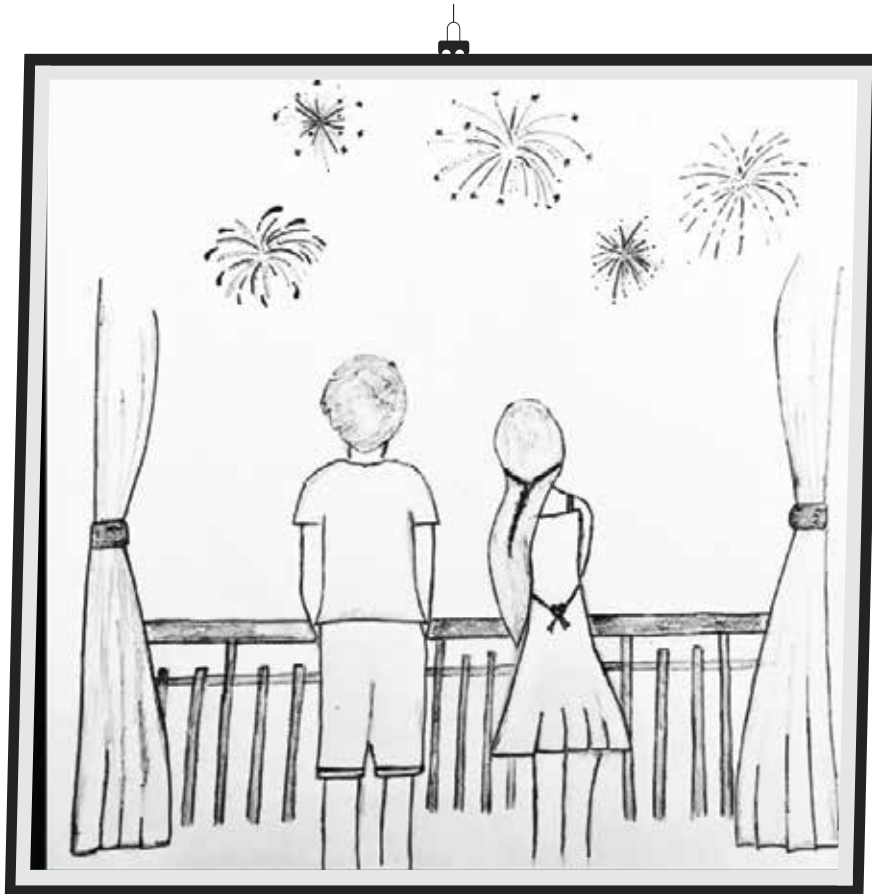
Alternanthera dentata(Brazilian joy weed)



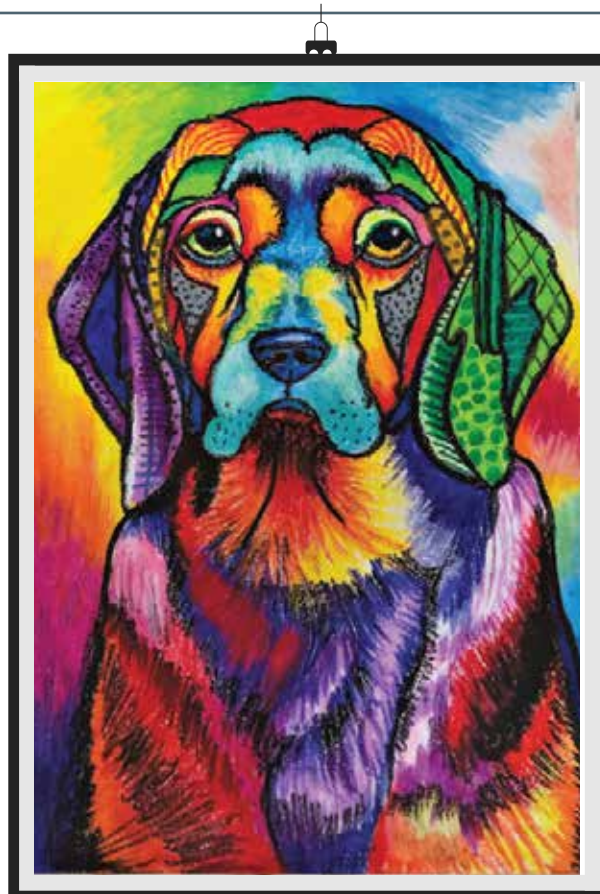
Sphagneticolatrilobata (Yellow dots)



- BARATH. S.I, 1st year, B.Pharm



- Subhashini, Happy New Year



- Aksharasrri RK, 3rd MBBS

A DAY IN AUTUMN

A day in autumn, it was.

A day that cleared all odds.

As I sat and observed this one particular tree,

I questioned, 'why it looked merry?'

It was a day in autumn.

The red leaves decorated the tree,

A calm serene feeling filled me

Heard the birds singing,

And my legs automatically started tapping.

Oh how, beautiful the sight was, nature kissed.

And that's when I realized..

That my life could never be this.

Darkness is what I saw,

And darkness is what I was.

Darkness surrounded me so much,

That I had to welcome it in me as such.

In deed it was a day in autumn.

A day that made me realize,

That life wasn't a prize.

We all had to optimize.

- **S. SUVETHAA SRI** (1st year BCOM.LLB (HONS))

THE SUNFLOWER GIRL

The Beautiful girl that I am with the shadow behind me to remind me of darkness,

With reflection ahead of me to remind me of light,

With a face so red as a cherry punch; to remind me of my light.

But what oh is to become of my nameless beauty?

I hardly have someone to talk about it, just like the sunflower in the mead whose endless beauty is ignored.

But it reaches out to its goal ignoring all the hurdles

Yes! It yearns to reach the sun not aware that the sun might burn it.

So my beauty is not my fortune, but my happiness is!

My friends are not my strength, but my goodness is!

My brilliance is not my victory, but my effort is!

- **Yuvakeerthana K** (1st year LLB (HONS)
Chettinad School of Law



WHAT MADE ME GREEN-EYED?

In my everyday peep,

*Is it the florid orange sun which makes its,
Promising advent every day without fail,
To do its onus of scattering its fierce and radiant light,
That made me green-eyed?
As the sun in contrast to human carries out its unflagging mission.*

Or

*Is it the betel winding around swiftly, without any snag,
In its flight of steps,
That made me green – eyed?
Though I envy for a “pliable” and “Riley” epoch.*

Or

*Is it my pleasant garden fully loaded,
With ambrosial crape jasmine,
That made me green-eyed?
As I always crave for a salubrious day*

Or

*Is it those two tiny squirrels, in which one snatches the java plum
From another one having a joyful time,
That made me green-eyed?
Though I often think, I am not jammy ,
to have a kith and kin to play with.*

Or

*Is it the bumblebee sucking the nectar
From the bitter neem flower,
That made me green-eyed?
As we sometimes dreath the efficiency to procure
The good deeds even from the embittered state of affairs.*

Or

*Is it the water droplets on the lotus leaf,
Floating on the pond nearby,
That made me green-eyed?
Water droplet when falls into the pond has nothing unique,
But when falls on the leaf, it shines like pearl,
This made me begrudge the droplet's choice of the right place
To make its world a better place.*

Or Atlast

*You too made me green-eyed,
You have some spare time,
To read a poem which tempts your aesthetic sense
But I had to move to my next poem
To entice and delight you.*

- S. R. DEEPSHITHA

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J. Iswariya (B. SC MBNT)

K. Vaishak (B. SC)

R. Balaji Prasadh (B. SC. BIOTECH)

Shamshrikha (ARCHITECTURE)

Juvana (LAW)

V.Kanimozhi (B. PHARM)

Jenifer (PHYSIOTHERAPY)

DESIGN TEAM

S T Manigandan

P Prabakaran

J Immanuel Prabu



care konnect



care_chettinad



chettinadcare