



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

CARE KONNECT ▶

Compassionately Together



"We remember your association with CARE Dr. V.Shanta"

26TH
REPUBLIC DAY
JANUARY



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

LETTER FROM THE EDITOR'S DESK

The new year has brought a New ray of hope. Vaccines had been released in order to fight against the deadly disease COVID-19. India started its COVID vaccination drive on January 16 with COVISHIELD and COVAXIN. These vaccines have been approved for restricted use in emergency situations under public interest. As per the recommended guidelines of the Ministry of Health and Family welfare, Government of India, it has been planned to vaccinate nearly 30 crore population in the phase 1 of COVID-19 vaccination programme including Health-care workers both from private and public health-care settings, such as doctors, nurses, pharmacists, paramedical staffs, hospital employees, and Integrated child development services workers; Front-line workers such as Police, Armed force, Home guard, Prison staff, Disaster management volunteers and civil defense organization, municipal workers and revenue officials involved in COVID-19 containment, Surveillance and associated activities, etc.; and population more than or equal to 50 years of age and population less than 50 years of age with comorbidities, such as diabetes, hypertension, cancer, lung disease, etc.

COVISHIELD is developed by University and is being manufactured by the Serum Institute of India. It is a monovalent vaccine composed of a single recombinant, replication-deficient adenovirus (ChAdOx1) vector encoding the S glycoprotein of SARS-CoV-2. Its efficacy and safety in people more than 65 years of age have not yet been established. COVAXIN is an indigenous vaccine developed by Bharat Biotech in collaboration with the Indian Council of Medical Research and the National Institute of Virology. It contains the Whole inactivated SARS-CoV-2. It also contains immune adjuvants like Aluminium hydroxide, 2-phenoxyethanol, which increases and boosts the immunogenicity of the vaccine. However, its clinical efficacy is not yet been established and it is still being studied under phase III clinical trial.



AstraZeneca and Oxford University are manufacturing the Serum Institute of India. It is a monovalent vaccine composed of a single recombinant, replication-deficient chimpanzee adenovirus encoding the S glycoprotein and safety data is currently equal to 65 years of age, and children and adolescents. COVAXIN is an indigenous Biotech in collaboration with Medical Research and the Indian Council of Medical Research. It contains the Whole virion also contains immune adjuvants like Aluminium which increases and boosts vaccine. However, its clinical efficacy is not yet been established and it is still being studied.

Both the vaccines are available as ready to use liquid presentation in multi-dose vials at dose vaccination regimen, which can be given as an intramuscular injection preferably in the deltoid muscle at 4 to 6 weeks apart. It has to be stored at a temperature of 2-8 degrees Celsius. It is recommended to administer to individuals who are 18 years of age and older. Those with a history of allergies to any ingredient of the vaccine, with fever, having bleeding disorder or on any blood thinner, Immuno-compromised or on medication that affects immune system, pregnant or breastfeeding women, who has received another COVID-19 vaccine are advised to avoid taking the vaccine. Commonly people who receive vaccines can encounter some of the following side effects: pain at the injection site, swelling, redness, itching, stiffness in the upper arm, weakness in the injection arm, body ache, headache, fever, malaise, weakness, rashes, nausea and vomiting. Some may experience severe allergic reactions like decreased appetite, enlarged lymph nodes, abdominal pain, excessive sweating. Hence close monitoring of all recipients should be done and beneficiaries are observed at least for 30 minutes after vaccination at the session site.

UI GREENMETRIC AWARD



Hurray, Yet another achievement by our Chettinad Academy of Research and Education. Our Chettinad Academy of Research and Education has been ranked fifth

among the UI Green-metric Ranking 2020 in India.

Sustained and enhanced performance of Chettinad Academy of Research and Education made to secure 5th rank in the year 2020 from 9th rank in 2019.

In the year 2020, a total of 31 Indian Universities made up to the global list in which CARE secured 5th position in the country. CARE secured 274th position in the global list of 912 Universities.



Remembering your association with CARE Dr. V.Shanta

Dr. V Shanta, Padma Vibhushan and Magsaysay awardee will be remembered for her outstanding efforts to ensure top quality cancer care. The Cancer Institute at Adyar, Chennai is at the forefront of serving the poor and downtrodden. Dr. V Shanta has been associated with Chettinad Academy of Research and Education, we still remember the memorable visits during Convocation 2013 and the National Conference – July 2016 on Advances in Cancer Research and Therapy organized by Department of Pharmacology and Faculty of Allied Health Sciences held at our Chettinad Health City Campus.

During her visit to our campus for Convocation she insisted on the importance of patient satisfaction and the need for the doctors to stay updated in the practice of medicine. She was kind enough to agree to inaugurate and participate in cancer research therapy conference at our campus. During the event, she shared her experience in the field of cancer and evolution of treatments for various cancers. She appreciated our university for organizing such conferences especially on recent advances of cancer therapy. Our Trustee Mr. MAMR. Muthiah graced the occasion and felicitated our chief guest Dr.V.Shanta.

She will be greatly missed by medical fraternity all over the world and the many tens of thousands of lives she has impacted. RIP Dr. V Shanta.



10TH ANNUAL CONVOCATION

The 10th convocation of Chettinad Academy of Research and Education was conducted on 20.01.2021 at SigapiAachi convention center, Chettinad Healthcity campus. A total of 508 students were awarded their degree at the convocation ceremony. The event was presided over by our Honorable Chancellor Smt.Geetha Muthiah and Dr.B Srinivas of ADGME, DGHS Delhi, Chief Guest of the event, delivered the convocation address. Also present in the function were Board of Management Members, faculty, and parents of the graduands.

While the graduands were eagerly waiting to receive their degrees, the chief guest of the ceremony was welcomed with a remarkable guard of honor by the Chettinad security personnel followed by a jackfruit sapling plantation by the former. The vice-chancellor escorted the chief guest to have a look at the mango tree planted by DR RV Ramani, the chief guest of the 9th convocation. Drizzling rain accompanied the chief guest which symbolized the good omen. The convocation started gracefully as the boards of management members, chief guest and the Honourable chancellor began their procession in their academic robes accompanied by raucous music.

The program was initiated with "Tamil Thai Vazhthu" followed by the annual performance report by the hon'ble vice-chancellor. The Vice-Chancellor Dr.Balasubramanian.T presented the annual report which highlighted the key achievements of the CARE during previous year. The Chief Guest delivered the convocation address and advised the graduands to serve with sympathy and be responsible global citizens. He recollected his convocation presided over by Former President, Bharat Ratna, Late APJ Abdul Kalam. The graduands took the oath and Chancellor gave away the Degree certificates, Gold Medals, and Awards to the toppers. The convocation came to a glorious end with the National anthem playing in the background. This was followed by lunch and refreshments. The graduation ceremony ended with a joy that is sure to inspire the students to achieve great heights.



Specialist Speaks....

ALLERGIC RHINITIS - A seasonal disease in ENT

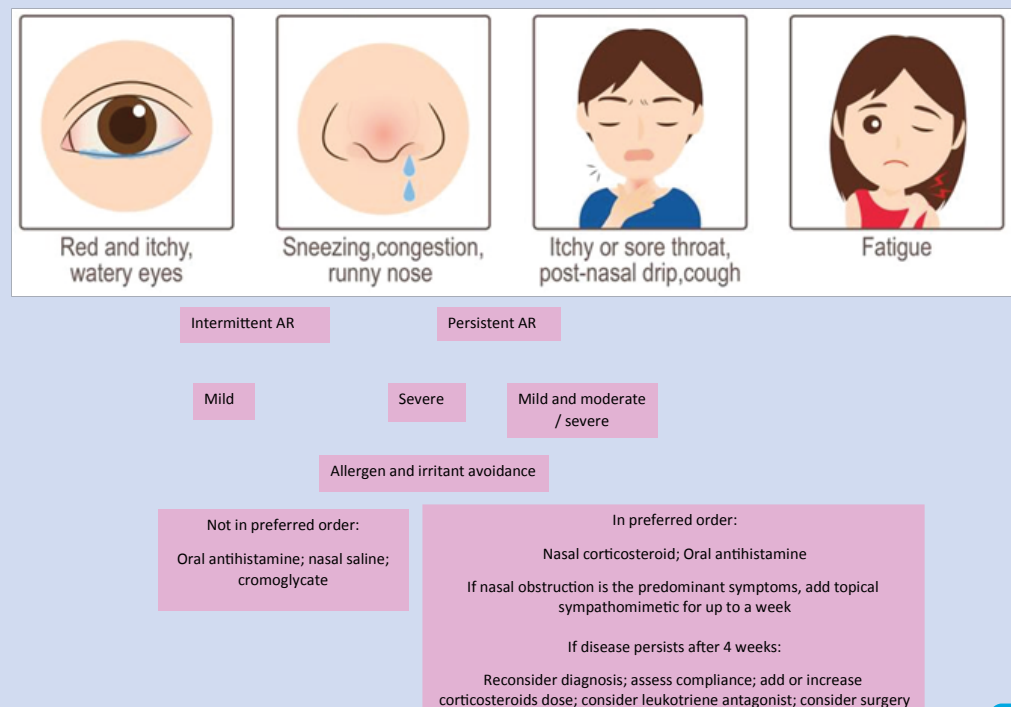


Dr Priya K
MS ENT

Allergic rhinitis is a worldwide health problem in adults, adolescents, and children, generating a significant impact on the quality of life and on medical care burden. Allergic rhinitis is characterized by inflammatory changes in the nasal mucosa caused by exposure to inhaled allergens. Rhinorrhea, nasal itching, sneezing, nasal congestion, and in one-third of patient's loss of smell are characteristic nasal symptoms of Allergic rhinitis. It is also associated with ocular symptoms such as pruritus/itching, redness, and watery eyes in 60-70% of patients. It has the potential to impair physical and mental components of life, associated with sleep disorders and breathing issues in childhood and adolescence, difficulties in learning, behavior, and attention. It is often associated with other allergic diseases like allergic conjunctivitis and asthma. As in adults, asthma is also frequently associated with Allergic rhinitis in children.

According to the aeroallergens sensitization, Allergic rhinitis is usually classified in perennial, seasonal, and occupational. According to ARIA (Allergic Rhinitis and its Impact on Asthma), symptom's duration can be classified as intermittent (IAR) or persistent (PER) diseases and the severity into mild or moderate/severe. Allergic rhinitis in both adults and children is based on the impairment of four health-related items: sleep, daily activities, work and study.

On examination, the nasal mucosa may be edematous, blue or pale in color and covered in thin mucus, but this is not always the case. In children, nasal block with normal nasal mucosa may be suggestive of an adenoid enlargement. In adults, an endoscopic examination will reveal polyps and other nasal disease can be excluded. In severe or atypical presentations like mucosal loss, systemic illness or refractory bleeding, exclusion of other inflammatory or neoplastic diseases is important. A history suggesting asthma such as wheeze or night time cough may necessitate an examination of the chest. A clear history that fits with allergic rhinitis and nasal examination helps us to diagnose confidently. If the diagnosis is uncertain, allergic testing should be performed either as a skin prick test or specific IgE in the blood.



CHETTINAD SQUARE

SPINE AND PAIN CLINIC:

Chettinad Academy of Research and Education took another novel initiative in inaugurating a specialty clinic - 'Pain And Spine Clinic' at the Department of Anesthesiology on 18.01.2021 at OPD No.6 in the 'A' block of Chettinad Hospital & Research Institute. This pain and spine clinic was started to treat patients with chronic pain and improve their quality of life by developing a comprehensive clinical model to evaluate and treat all areas of pain impacting patients effectively.

Health conditions treated are

- Low back pain and spine problems such as Disc prolapse/ herniation
- Facet joint arthropathy
- Neck pain due to Cervical spondylosis
- Shoulder pain due to Periarthritis shoulder
- Myofascial syndrome
- Abdominal pain due to chronic pancreatitis
- Cancer pain
- Degenerated disc
- Sacroiliac joint arthropathy
- Cervical disc prolapse
- Neuropathic pain due to fibromyalgia
- CRPS
- Joint pains
- Coccydynia

Management of the diseases with pharmacological treatment, Physical therapies such as stretch and strengthening exercises, range of motion exercises, ultrasonogram therapy, etc. were undertaken. Interventional Pain Management procedures are also being performed with image-guided fluoroscopy and/or ultrasound.



OUTREACH

Outreach activities are been conducted by outreach team of Chettinad Hospital & Research Institute. Total of 13 camps were organized exclusively by the outreach team and nearly 1198 patients are benefited out of which 302 patients were referred to CHRI for further treatment. All departments actively participated in the medical camps organised by the Institute. Speciality camps were conducted on all Saturdays in Siruseri, Egattur, Thaiyur-Elavanthangal and Panpadikoodam areas. The outreach was carried out by outreach team under the leadership of T K Raja.





FREE MEAL FOR THE POOR PATIENTS



Free food services have been re-started for the poor patients consulting at CFCH.

CAMPUS BUZZ

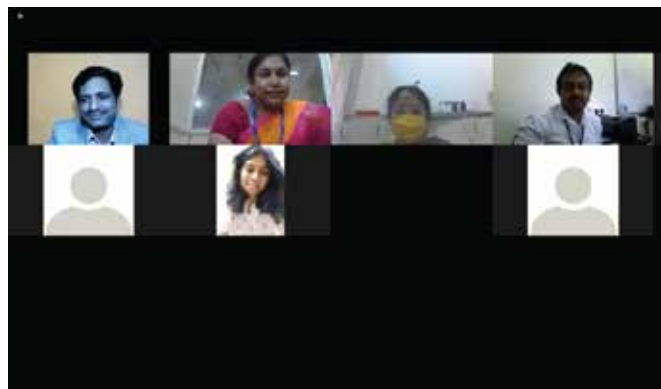
6P'S WORKSHOP ON OBSTETRIC EMERGENCIES

A workshop was conducted by Department of Obstetrics and Gynaecology on 6th January 2021. The topics discussed in detail in the workshop were: Pre-eclampsia and eclampsia, Preterm labour, Partogram, Postpartum haemorrhage, Puerperal sepsis and Postpartum contraception. Video demonstrations and skill drills were also done by the PGs. Clinical scenarios and conversations were also done by the PGs and faculties. The workshop was attended by 132 members including faculties, PGs and undergraduate students.



Online Workshop on Social Entrepreneurship

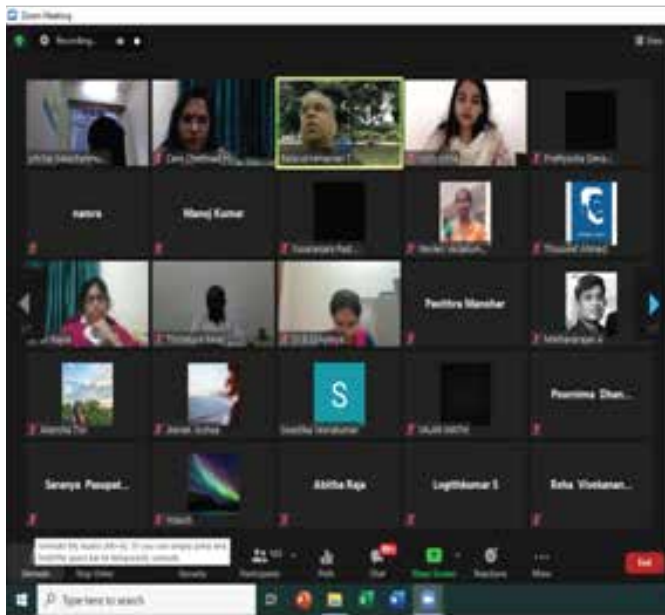
As a part of Social Entrepreneurship Cell of the Higher Education Institution, MGNCRE, Ministry of Education, Govt Of India conducted an online workshop on 7th January 2021 for motivating and promoting Swachhta and Social Entrepreneurship through preparation of 'Social Enterprise Business Plans' at Chettinad Academy of Research and Education. In this regard, Social Entrepreneurship, Swachhata and Rural Engagement Cell, CARE, UBA and NSS, CARE has conducted an



online workshop for the students for knowledge sharing including aspects of encouraging Social Entrepreneurship. The online workshop was in hybrid model with zoom participants as well as live streaming. The organizers were Dr. Priyadarshini S, Professor and HOD, Department of Microbiology, CHRI and Coordinator, Social Entrepreneurship, Swachhata and Rural Engagement Cell, CARE and Dr. Koyeli Girigoswami, NSS, PO and UBA Coordinator, CARE. There were 200 students and 50 faculties who attended the workshop. The workshop was very much encouraging for the students to become self-dependent by starting small business.

National Youth Day Celebration Programme

National Youth day 2021 was celebrated on 12th January 2021 on the account of the birth anniversary of Swami Vivekananda at Chettinad Academy of Education and Research by the Department of Anatomy, Chettinad Hospital and Research Institute. Vice-Chancellor, Dr. T. Balasubramanian and Dean of CHRI, Dr.K.Pitchai Balashanmugam addressed the gathering and both stressed the importance of vibrance and hard work in the youth, as per the teachings of Swami Vivekananda. Special speaker, Ms. Ruchi Sinha (Assistant Professor and Head of the Department, Chettinad school of law in charge) gave a vibrant and need of the hour talk on youth and law, thereby, pointing the need for all of us to be aware of the basic laws of our country. Dr. Sabari Sridhar (Professor and Head of the Department of Psychiatry, CHRI) motivated the young minds who attended the meeting by pointing out the early symptoms of



stress-related depression and simple methods to overcome them in his talk titled “ Youth empowerment during Covid Pandemic.” Students of first MBBS, Miss. Abitha and Mr.Logith Kumar shared their views on the teachings of Swami Vivekananda in Tamil and English, respectively, by talking eloquently as well as by singing. As a part of celebrations at CARE, e- Essay writing competition on Youth response to COVID -19 and e-Poster competition on Online teaching – impact on youth were conducted. The e-posters were displayed in the meeting and the prize winners were announced. The program was coordinated by Dr. B. Sowjanya, and Dr. M.S. Arathi, Associate Professors of Anatomy.

Army day celebration

The ‘Army Day’ 2021 celebration was conducted on 13th January 2021 by the Department of Forensic Medicine, CHRI to honour the martyred soldiers of the Indian Army. In order to observe the event, the Department of Forensic Medicine conducted an essay writing contest. The competition was open to all students of Chettinad Academy of Research & Education (CARE). Several students participated in the event and their essays were evaluated by judges. The results of the contest were declared and the participants were given a total of three prize certificates.



Obesity awareness campaign and outreach program

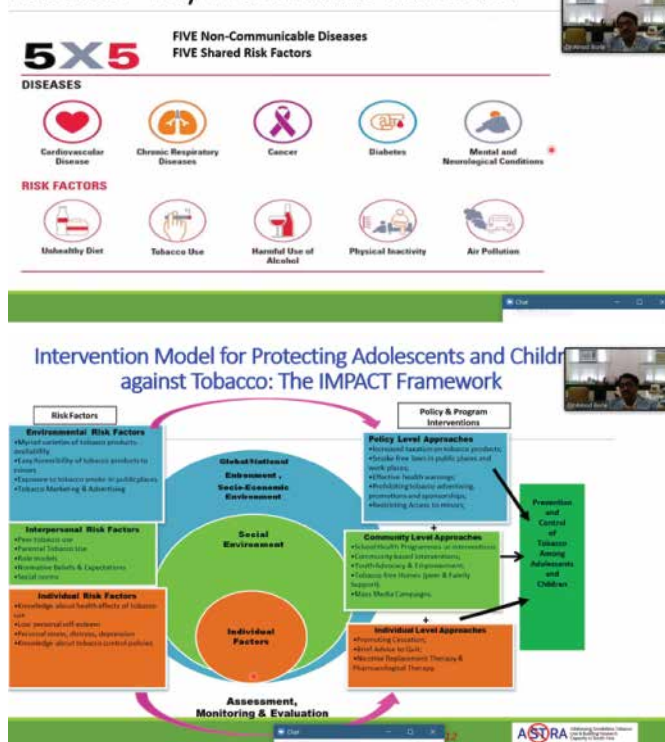
The Department of Physiology, CHRI, conducted an Obesity Awareness campaign between 18th – 22nd of January 2021, among the First year students of Faculty of Allied Health Sciences, Chettinad School of Nursing, Chettinad School of Pharmaceutical Sciences, Chettinad School of Physiotherapy and Chettinad Dental College as well as those pursuing Masters program in Nutrition. The BMI of the students was calculated and they were made aware of some simple tips to avoid obesity. The consequences of obesity were also elaborated upon. This was completed by a Guest Lecture on the same theme by Dr. Rukmani, HOD, Department of Physiology, CHRI, on 20/01/2020. A community outreach program regarding obesity was conducted in St. Mary's Matriculation Higher Secondary School, Kelambakkam. Authentic medical information regarding what was obesity, its consequences, the importance of routine physical activity and balanced diet in order to combat the sedentary lifestyle of students were shared during interactions with around 150 students belonging to Classes X and XII, who participated in this event.



Tobacco use and control policies/ Legislation in India

An online guest lecture was organized on 19th January 2021 by the Department of Community Medicine, Chettinad Hospital and Research Institute on the topic "Tobacco use and Control Policies/Legislation in India" on 19/01/2021. The resource person was DrAmod L. Borle M.D., Assistant Professor, Department of Community Medicine, Maulana Azad Medical College, New Delhi. The session was attended by 6th semester MBBS students, community medicine postgraduates and faculty. The various legislations related with tobacco usage and its control were discussed in detail. Intervention Model of preventing tobacco use among children and adolescents, the IMPACT framework was discussed. The queries of the audience in relation to the topic were addressed by the speaker at the end of the session.

Tobacco - Key Preventable risk factor



Dr. Amod L. Borle, MD,
Assistant Professor Dept. of Community Medicine,
Maulana Azad Medical College, New Delhi

Chettinad Academy of Research and Education

ONLINE GUEST LECTURE SERIES

Tobacco use & Control Policies / legislation in India

19th January 2021
10:30 AM to 12:00 PM IST

Moderator:
DR. RAJA D. MD., MBA.,
Professor Dept. of Community Medicine,
Chettinad Hospital & Research Institute

ID: 815 6291 6842
PASSWORD : 195585

Organized by: Department of Community Medicine, CHRI

FOOT AND ANKLE BIOMETRICS SEMINAR (21/01/21)

A rapidly growing sub-specialty in Orthopaedics is Foot and Ankle surgery. Many patients suffer from various foot and ankle illnesses that require corrective footwear and support to alleviate their chronic pains and prevent deformities. Texus Healthcare, a company in Chennai, have dedicated themselves to this cause and have a team of biomedical engineers and computer engineers who analyze the issues and provide qualitative and quantitative data with the help of foot scanners, foot arch/heel analysis, and podiatry meter. Plantar pressure, CAD, and CAM scan machines were used to acquire the data and the information gathered is later processed by the team and a comprehensive foot and ankle report is gener-



ated. The information such as heel-foot angle, foot arch height, foot biomechanics/gait analysis, and accurate measurements of the foot is tabulated. The data is valuable for both patients and doctors as it gives insight to potential foot/ankle problems the patient may eventually get. The Postgraduates got the opportunity to get scans of their feet and understand the biomechanics of the feet and foot pressure points. A basic class on foot and ankle orthosis was also taken and a detailed explanation was given on how common foot and ankle deformities/illnesses are treated. The interaction led to multiple discussions between faculty members and gave rise to potential ideas of incorporating these findings in future Department Research initiatives.

ANEMIA SUMMIT 2021

Department of Biochemistry, CHRI conducted a Pre-conference CME programme titled "Anemia Summit 2021" on 21st January 2021. The distinguished speakers for the CME were Dr. Sreevidya. J, Associate Professor, Department of Anatomy, Stanley medical college, Dr. D. Celin Professor and HOD Department of Physiology from Chengalpattu Medical College and Dr. M.P. Saravanan, Prof & HOD Department of Biochemistry, Stanley medical college. The CME commenced with the presentation of Dr. Sreevidya. J. She gave a talk on the topic Anemia-Anatomical Annotation. Inauguration ceremony was conducted after that, where Dr. Sumathy. S gave the welcome address and was followed by the lightening of the kuthuvilakku and delivery of the keynote address by our Dean, Dr. Pitchai Bala Shanmugham. The next speaker was Dr. D. Celin,

Department of Biochemistry, CHRI

Cordially invite you to the **Pre-conference CME** on

ANEMIA SUMMIT 2021

Patrons

Mrs. Geetha Muthiah
Chancellor, CARE

Shri. M.A.M.R. Muthiah
Trustee

Advisors & Benefactors

Dr. T. Balasubramanian,
Vice Chancellor, CARE

Mrs. S. Jeyendrasaraswathi,
Registrar, CARE

Dr. K. Pitchai Balashanmugam,
Dean, Faculty of Medicine, CHRI

 21st Jan, 2021

 08:30 am - 01:00 pm IST

who talked on the topic of Erythropoiesis and the pathophysiology of Anemia. The last talk was given by Dr.M.P Saravanan, who enlightened about Iron Bioavailability-Tip of the Iceberg of Anemia. The programme concluded with the vote of thanks addressed by Dr.Anuradha.G, Associate Professor, Department of Biochemistry, CHRI.

National Girl child day

Chettinad School of Physiotherapy, CARE, conducted a National Girl Child Day Celebration on 21st January 2021. On behalf of National Girl Child Day, School of Physiotherapy conducted a debate competition with the theme "Are Girl Child Empowered in India" and a Poetry Competition with the theme of "Importance of Girls Education". Various Students from Constituent Colleges/ Schools of CARE participated and created awareness about the importance of Girl Child and their role in our society. Dr.Priyadharshini, Professor and HOD, Department of Microbiology, CHRI and Dr. Lakshmi, Dean, School of Pharmaceutical Sciences, are the invited Judges to moderate the above competition with their added guest notes about the National Girl Child Day Celebration.



CHETANCON 2021

Department of Anaesthesiology conducted conference-CHETANCON 2021 on the topic "Update in Resuscitation" on 24th January 2021. The conference had discussion on important topics of resuscitation updates, including basic and advanced life support, inotropes use in emergencies, airway management and pediatric resuscitation. The conference sessions were carried out by eminent speakers which was followed by panel discussion. The guest speakers of the program were Dr. Shreedevi Gandhamnaeni, Sri Ramachandra Medical College & Research Institute, Dr. Thilaka Muthiah, All India Institute of Medical Sciences, Dr. Shruthi T K, Sri Ramachandra Medical College & Research Institute, Dr. Amarnath Moni and Dr. Prabhu M, Sundaram Medical Foundation. More than 100 participants have actively participated in the conference over zoom platform.

DEPARTMENT OF ANAESTHESIOLOGY

Cordially invite you all for the

CHETANCON 2021

THEME: UPDATE IN RESUSCITATION

 **JANUARY 24, 2021**  **09:00 A.M - 05:00 P.M**

PATRONS

SHRI. M.A.M.R. MUTHIAH
Trustee

MRS. GEETHA MUTHIAH
Chancellor, CARE

CARE ADVISORS & BENEFACTORS

DR. T. BALASUBRAMANIAN, Vice Chancellor, CARE
MRS. S. JEYENDRASARASWATHI, Registrar, CARE
DR. K. PITCHAI BALASHANMUGAM, Dean, CHRI

ORGANIZING CHAIRPERSON
DR. ASHOK KULASEKHAR
 Professor & Head of Anaesthesiology, CHRI

ORGANIZING SECRETARY
DR. K. RAVINDRAN
 Professor, Department of Anaesthesiology, CHRI

ORGANIZING TEAM
 All faculty members & Postgraduates - Department of Anaesthesiology

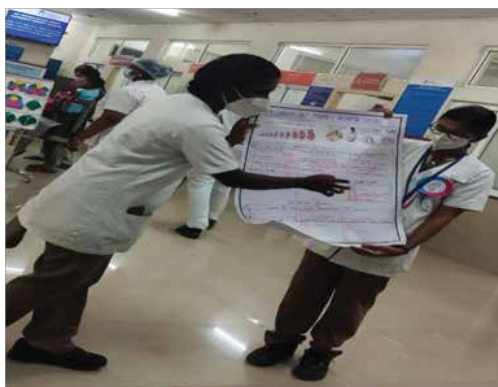
Conference & Paper Presentation Zoom ID : 889 5362 2489 Passcode : 538288

Poster Presentation Zoom ID : 844 8327 2300 Passcode : 869384



NATIONAL BIRTH DEFECT PREVENTION AWARENESS PROGRAMME

In this National birth defect month, the Department of Public health dentistry conducted an awareness programme on 24th January 2021. Dr.Jagannatha.G.V, HOD, The department of Public Health Dentistry, began the program with a brief speech and presented the badge. The awareness programme was done in the Department of Obstetrics and Gynecology. The patients gathered in the OPD were explained with the help of charts and models. Then a questionnaire was distributed among the pregnant women to assess their understanding.



National Voters Day 2021

On behalf of the Chettinad Academy of Research and Education, the Chettinad School of Law organized the Voters' Day 2021 event on 25th January 2021. The theme of this year's voter's day was 'Making Our Voters Empowered, Vigilant, Safe and Informed.' The distinguished speaker for the session was Ms. Ridhima Dixit, Assistant Professor, National Law University Bhopal and the moderators for the event were Ms. Suvetha and Ms. Yuvakeethana, students, Chettinad School of Law. Ms. Ruchi Sinha, HOD (I/c.) Chettinad School of Law delivered the welcome address and welcomed the speaker, students and the participants. Ms. Dixit gave the students a comprehensive overview of the history of the right to vote in India and specifically emphasized on the evolution of the Indian freedom movement from 'Swarajya' to 'Purna Swarajya.' The students then learned about the various forms of Government and Aristotle's classification of Government. The students were then enlightened about the correlation between law and society and how this symbiotic relationship was heavily dependent on the mechanism of the vote. The speaker then focused on the importance of voting in the Governance of society: how active participation of citizens acts as a direct catalyst in bringing about new policy decisions and laws by choosing the representatives of the Legislature. Then, Ms. Ruchi Sinha and Dr.Shyamtanu Pal, Associate Professor, Chettinad School of Law, shared their thoughts on the significance of voting in a democracy and encouraged new voters to participate in the electoral process. Ms. Monashree, Ms. Angeline Priyanka and Ms. Madhubala – students of the Chettinad School of Law expressed their views on the topic. The session ended with the Vote of thanks delivered by Dr. Shyamtanu Pal.



Republic Day Celebration

The 72nd Republic Day of India was celebrated on 26th January 2021 in the premises of CHRI. The Security team of CHRI did a parade and march-past. Following which our honourable Vice-Chancellor Dr. Balasubramanian.T, unfurled the National Flag and addressed the gathering at Block- A of CHRI. All the faculties, nursing staffs, students and other hospital staffs were present during the celebration.



MBBS Inauguration

The 15th batch of MBBS inauguration event was successfully held on 27th January 2021. The event began with Dr. Mrinalini welcoming the freshers and their parents. The dignitaries on the dais along with three MBBS freshers lit the lamp and started the event. Prof. Dr. K. Pitchai Balashanmugam, Dean of CHRI, and Dr. Arun Kumar R, vice-principal addressed the gathering. An informative virtual tour of the CHRI campus was given in the form of A-V presentation. The Chief guest, Dr. Raji, Former Vice Chancellor, Chettinad Academy of Research and Education was honoured following which she presented her speech to the audience. She insisted on humility and patient oriented care. This was followed by ICMR student research completion certificate distribution. The Vice-Chancellor, Dr. Balasubramanian T, talked to the students about the nobility of the medical profession and the various qualities that a doctor needs to develop in order to gain the respect and trust of the patients. The event ended with the National Anthem.



CHETSURGICON 2021

The department of General surgery had conducted CHETSURGICON 2021 on 27, 28 and 29 of January 2021 involving the Faculty and postgraduates of various medical colleges of Tamil Nadu.

The conference was conducted in both virtual mode and with in person attendance of faculty and postgraduates following all safety protocols .

Various faculty Lectures, clinical case discussions and quiz were conducted on these three days. This post graduate teaching program focused on interactive sessions to understand better about 24 clinical problems through lectures, clinical demonstration and guest lectures by experts. Intercollegiate quiz competition was held. Academic proficiency awards were presented. There was about 345 registration. This conference gives 6 credit hours of CME awarded by Tamilnadu Medical Council.



Department of General Surgery,
CHRI

Cordially invites you to

CHET-SURGICON 2021

A CLINICAL EXTRAVAGANZA FOR
POST GRADUATES

Patrons

Mrs. Geetha Muthiah
Chancellor, CARE

Shri. M.A.M.R. Muthiah
Trustee

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Dean, Faculty of Medicine, CHRI



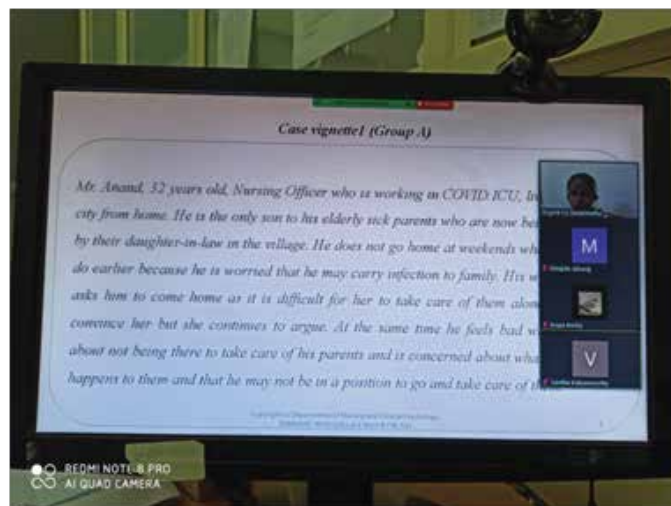
27-29 Jan, 2021



08:30 A.M - 05:00 P.M

Faculty development program on Promotion of mental health of healthcare providers during the COVID-19 pandemic

The Faculty development program on “Promotion of mental health of healthcare providers during the COVID-19 pandemic” utilizing the Zoom platform was conducted by the Chettinad College of Nursing in coordination with the Mental Health Nursing Department from 27th January 2021 till 29th January 2021. The resource person was Mrs. Rogina J. S. Savarimuthu, Professor & HOD, Mental Health Nursing Department, Chettinad College of Nursing. This program was organized in order to complete the training program funded by WHO-India and collaborated by the Department of Nursing, NIMHANS, in collaboration with the Department of Clinical Psychology, NIMHANS, WHO – India and MoH&FW. The sessions focused on Managing emotions and stress, Self-care and management of stress and negative emotions during Covid-19 for nursing professionals, managing interpersonal relations (IPR) and seeking support. Videos on submissive communication, aggressive communication and assertive communication were added on to the session.



ONE DAY SEMINAR CAREER (STUDY/EMPLOYMENT) ABROAD: OPPORTUNITIES AND CHALLENGES

Centre for Career Counselling and Training, CARE organized a ONE DAY SEMINAR ON CAREER (STUDY/EMPLOYMENT) ABROAD: OPPORTUNITIES AND CHALLENGES on 30th January 2021. The resource for the event was Learners Cortex, which is a test Prep and University Admission Company. The Session was kick-started with Dr. Shyamtanu Pal, Coordinator, Centre for Career Counselling and Training, CARE welcoming the esteemed speakers, the students of constituent schools/colleges of CARE and other participants. Dr. Pal gave a brief outline and the agendas of the one-day seminar and also spoke about the scope and opportunities to pursue their career abroad in various fields. Dr. Pal also broke down the myths related to career opportunities abroad, such as it is very expensive, language proficiency etc. The Esteemed speakers for the day were Mr. Anand G Shankar and Mr. Kamalakaran Srinivasan. Mr. Anand is a training research fellow of Learners Cortex. He is also the head of the Knowledge and Research division and Mr. Kamalakaran Srinivasan, Process Excellence Officer, Admissions Counselor, SOP Editor of Learners Cortex. Both the Esteemed Speakers for the Day gave a brief outline and scope of various opportunities abroad specific to each



and every department of CARE, including Law, Pharmaceutical Sciences, Physiotherapy, Architecture, Nursing, Medicine, Dental and Allied Health Sciences. The Speakers also enlightened the gathering with the knowledge about IELTS (International English Language Testing System), TOEFL (Test of English as a Foreign Language) and GRE (Graduate Record Exam). The Eminent Speakers highlighted the challenges faced by the students and gave ideas to overcome the same. The Seminar ended with an interactive session where the students of CARE asked many queries to the distinguished speakers of the day.



National Martyr's day

National Martyr's day was commemorated by the department of physiology, CHRI. The death of Mahatma Gandhi, the Father of our Nation, is observed as Martyrs' Day which falls on 30th January of every year. This is done as a mark of respect towards all the great people who paid their lives as the price to ensure that we breathe the air of freedom today. In the run-up to observing this day of national importance, the Department of Physiology organized an essay cum online MCQ contest open to all first-year students under CARE, whose theme was "WHAT MUST BE THE ATTRIBUTES





OF A MARTYR IN PRESENT TIMES?”. First-year students of the Faculty of Allied Health Sciences, Chettinad School of Law, Chettinad School of Pharmaceutical Sciences and Chettinad School of Nursing participated in the contest with great zeal. This webinar was projected live in Lecture halls 1 and 3, for the benefit of first-year students of all other schools under CARE who had gathered for this event. The gathering was welcomed by the HOD of Physiology and our Honorable Vice-Chancellor, Prof. T. Balasubramanian, was invited to share his thoughts on this solemn occasion. The guest speaker, Dr. (Major) G. Premnath, shared his experiences while working in the Army Medical Corps. The training given before induction into forward posts, the problems faced due to the harsh terrain and the various challenges taken on by the medical personnel of the Indian National Army, were all touched upon. He made us aware of those brave hearts who, in recent years, made the ultimate sacrifice in the line of fire in order to save their fellow men. A two minute long silence was observed by all the 400 participants as a mark of respect towards the sacrifices made by our martyrs.

Visit to KSM Architects

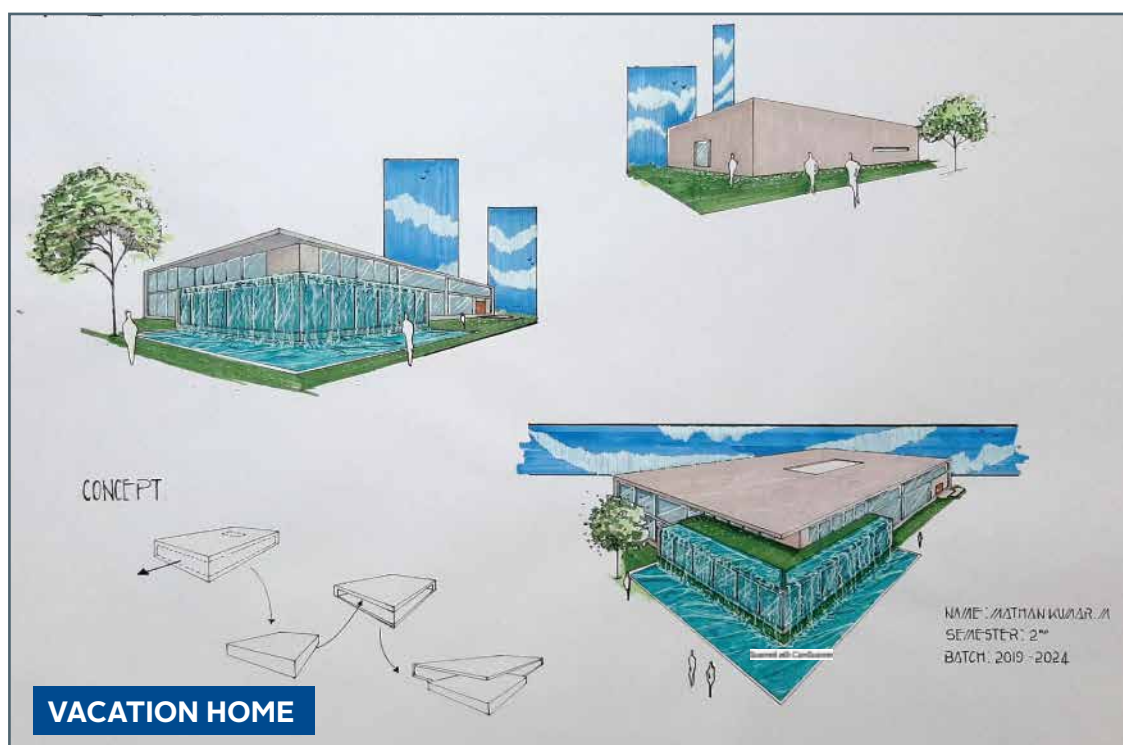
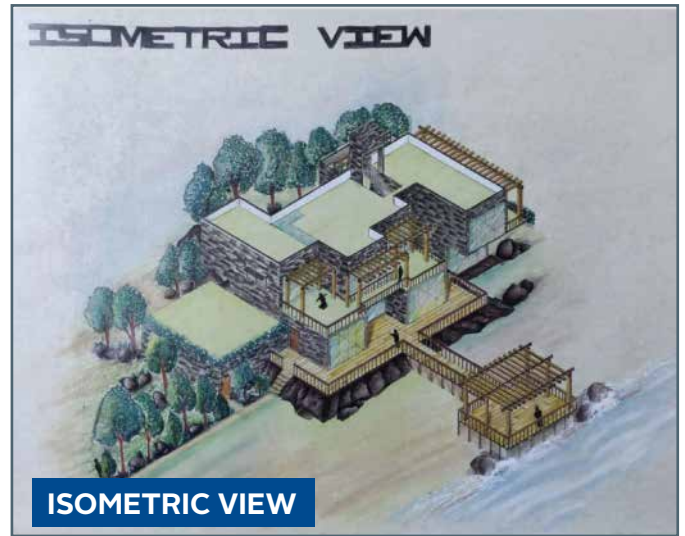
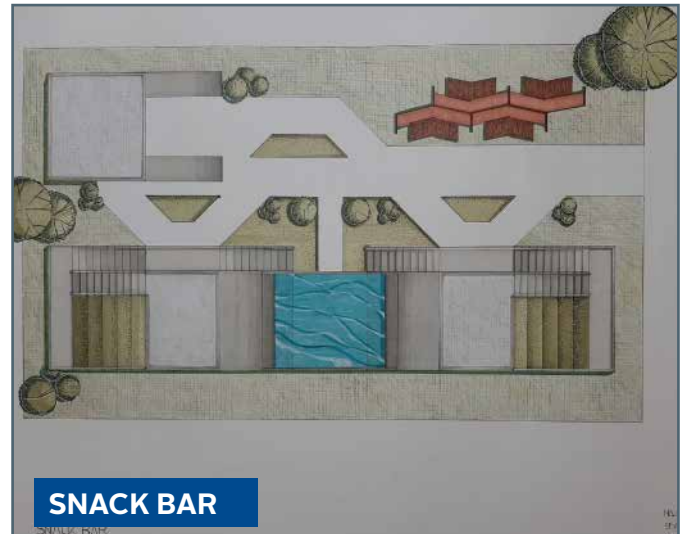
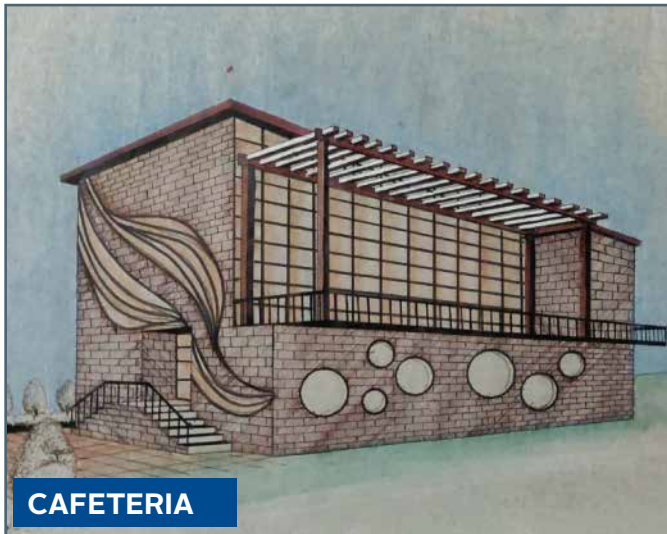
In order to get exposure of practical working environment, academic tour was arranged by School of Architecture. Students and faculty visited KSM architecture, which is one of the leading firms that design sustainable and eco-friendly buildings. Ar.Sriram Ganapathy, managing director of KSM architecture demonstrated the session. He explained about the philosophy and design style of the firm. The students learnt about philosophy, especially in residential design (primarily in hot and humid Indian conditions). They also learnt the use of appropriate technology in building practices and material coupled with traditional vernacular wisdom.



Students' design works

Students of School of Architecture, got an opportunity to design a luxury vacation home, cafeteria and snackbar to be constructed in East Cost Road, Chennai. Each student started designing with their innovative ideas and designed with creativity. The designs made by the students were unique and impressive.





Reuse, Reduce, Recycle e-wastes!!



Chettinad Sarvaloka Education International School is an IGCSE Cambridge (Waldorf) school that engages in experiential, inquiry-based, trans-disciplinary active learning. It is a part of the Chettinad conglomerate.

Our humanistic approach empowers students to discover the joy of learning, embrace the challenge, and use earth's resources mindfully.

Grade 3 children of Chettinad Sarvaloka learned about the proliferation of e-waste and its harmful effects on the environment. The need to reduce waste and the methods to adopt are also taught. Children took a pledge to follow proper disposal and recycling of e-wastes to avoid land, air, and water pollution.



Take the Pledge!



All electronic gadgets have dangerous chemicals.



E-waste should not be dumped in landfills.

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Old mobiles and other items should be sent back to their companies to be recycled.

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Take the Pledge!



Donate the electronic gadgets that you no longer use.



Sell the electronic items that you don't use anymore.

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CLINICAL VIGNETTES

Question 9

A 42-year-old type-2 diabetic woman presents with recurrent urinary tract infections. She has been treated with a number of antibiotics, including trimethoprim, ciprofloxacin and amoxicillin. She still complains of dysuria and some soreness in her groin. Her most recent Hb A1c was 12%. USS abdomen demonstrated no structural abnormalities or evidence of pyelonephritis.

Question 10

Identify the condition.



Answers to questions from the previous issue

Question 7

Grave's disease

Question 8

Question 8 Adenoma sebaceum

Identify The Personality (3)

Joseph Lister



Identify The Personality - 4



KUDOS!!!

Participants who sent the correct answers :

Mr. **Aurabindo**,
CRRJ,
Chettinad Hospital & Research Institute

Miss. **Alaka**, MBBS

Miss. **Durga**, IInd year B.D.S,

Answers can be sent to:

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

FACULTY ACHIEVEMENTS

TOPPERS

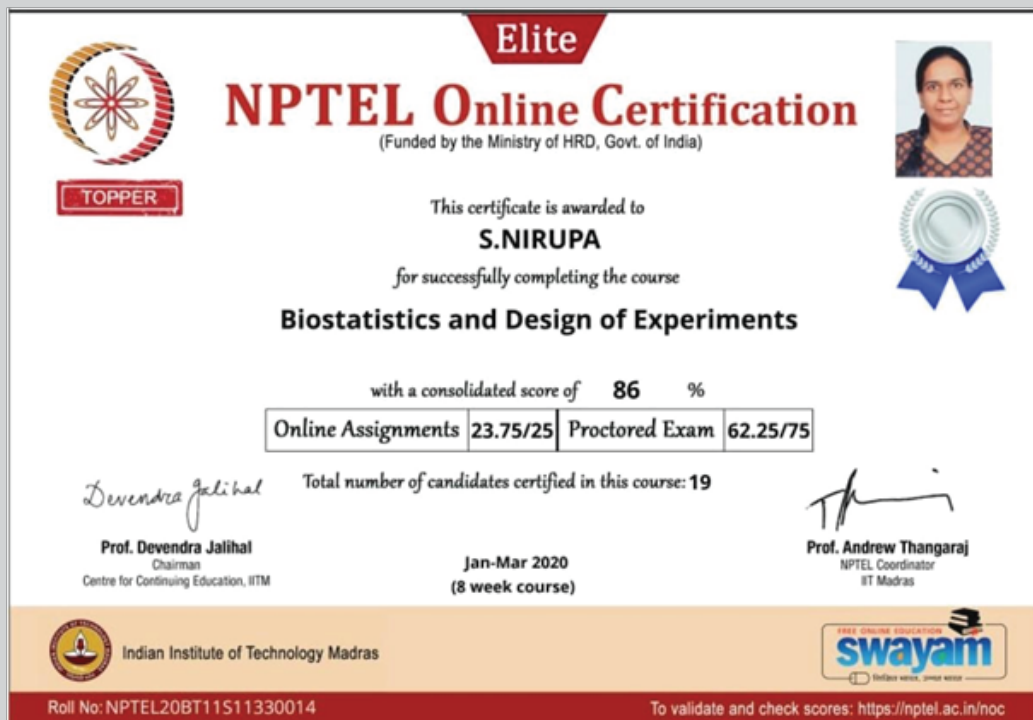
The following faculty are the toppers of Biomedical research course conducted by ICMR- NIE in 2020



Dr. R Arunkumar, Professor, Dept. of Pharmacology, CHRI,



Dr. D Vinoth Gnana Chellaiyan, Associate Professor, Dept. of Community Medicine, CHRI,



Dr. S Nirupa, Professor, Dept. of Microbiology, CHRI,

STUDENTS ACHIEVEMENTS



Miss. Harshini Chandrabose, MBBS student, has won first prize in the E-essay writing competition at the National Youth day celebration program conducted by the Department of Anatomy, Chettinad Hospital & Research Institute.



Miss. Hasira Bhanu, BPT 2nd year from Chettinad School of Physiotherapy, has won second prize in the E-essay writing competition at the National Youth day celebration program conducted by the Department of Anatomy, Chettinad Hospital & Research Institute.



Mr. Sriram.V, B.pharm 1st year in Chettinad school of Pharmacy, has won Third Prize in the E-essay writing competition at the National Youth day celebration program conducted by the Department of Anatomy, Chettinad Hospital & Research Institute.



Dr. Arun Kumar.S, Super Speciality in Urology in Chettinad Academy of Research and Education, has won first prize in the E-poster competition at the National Youth day celebration program conducted by the Department of Anatomy, Chettinad Hospital & Research Institute.



Mr. Shrivatshan, MBBS student of Chettinad Hospital & Research Institute has won second prize in E-poster competition at National Youth day celebration program conducted by the Department of Anatomy, Chettinad Hospital & Research Institute.



Ms. Archana.A, B.Pharm 1st year in Chettinad School of Pharmacy has won third prize in E-poster competition at National Youth day celebration program conducted by the Department of Anatomy, Chettinad Hospital & Research Institute.



Mr. Gopi J, IV year B.Sc. Nursing was selected for the second round of the National Innovation Contest - 2020 (All India) organized by the Ministry of Education Innovation Cell, AICTE, New Delhi under the guidance of the Institution Innovation Council, CARE.

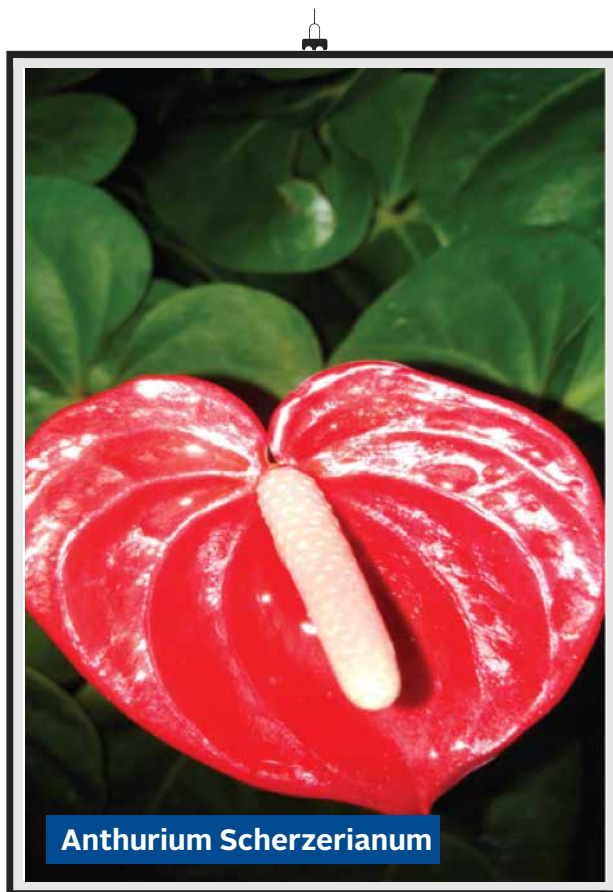
STUDENTS CORNER



- Yousuf. U, BA.LLB (HONS) 1st year



- AlinGedsi A, LLB hons 1st year at Chettinad School of Law



- Priyamol Joseph, 1 yr B.Pharm.,



INNOCENCE MISUSED

*Age to play,
But moulding clay.
Age to feel free and happy,
But feeling insane.
The job of sawing each day,
The same job every day.
No food,
Feeling no good.
Thousands of dreams,
But no means to fulfil it.
Dreams I see in those innocent eyes;
Not a thing I can do.
Seeking for cleansed water,
But not even a bit of cookie batter.
Smile's disappeared long ago,
Due to people's ego.
Don't even know they are undergoing crime,
Oh lord! Change their time.
Say they will be treated well,
But behind closed doors they are facing hell.
No one sees,
But people who encourage this should be seized.
Children out there are wasting time,
While children in here, don't even have enough to dine.
If we can do something about this issue, we can;
But we don't, just because they are the kids of some poor man!
No ears to hear,
And no eyes to see their tears.
Don't be towards their sentiments brutal,
Cause it is very cruel.
Don't sustain it too long,
Let's join hands and make their pain a long gone.*

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

LIFE

*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 pre-requisite to it they didn't say.

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

- Simran Panda (MBBS, CHRI)



FOREST

*See your body as it truly is :
a thing of beauty,
a dense forest with canopies of emerald,
with ferns so lush and lichens in vibrant color
spreading soft among the roots of trees,
marigolds and daisies blooming
in fragmented patches of golden sunlight,
How can a forest be judged
for its shape, its size,
when you can stand within its hollows,
shoulder to shoulder with the trees,
holding fistfuls of wet soil in open palms,
letting the leaves tell you secrets of the wind ?
You are a vessel of ever-changing life
an unfurling vine.
And no matter what attempts to desecrate you
be it a wildfire, or a storm
that threatens to snap your tender limbs, know this:
a forest, even wholly devastated, regrows with splendor in time.*

- **Yuvakeerthana K** (1st Year LLB(Hons), Chettinad School of Law)

THE BLOOD STAINED PLUME

*The feathers are plucked
The blood oozed
Amidst the fog of broken premises
She walks on the lonely streets
With the burden of thoughts and griefs
She is a hidden mystery with mask on
The wings burning fire towards the hell
She wore the crown of the thorn on her liars chair
Beneath the stain of time, the feelings disappear
The world reflected the lies
And the unseen heart, a mirror of truth.
A sea of her washed her over
Until a new hope rose in her horizon
An exclusive vision of love..
She is a true warrior to her universe
Who abandoned her without a word.
Fighting still on her soul
And fierily passion in her heart..
The strong wings held her flight
And her heart held her soul!*

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

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