



International Women's Day - 2021

(Theme : Choose to Challenge)

**MARCH
8**



Chief Guest

Ms. Pushpa Narayan,
Senior Asst. Editor, Times of India.

Inauguration of **Smt. Geetha Muthiah Labour Analgesia Services**



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LETTER FROM THE EDITOR'S DESK

Does an Indian woman citizen get all the benefits and opportunities available for an Indian man? There are still many who do not. Even though the Government and Public sector play pivotal roles in women's empowerment, we, the people, should also contribute to women's empowerment and create a gender-equal world. The theme for this year's International Women's Day is "Choose To Challenge", which requires us to challenge inequality, call out bias, question gender stereotypes, maintain a gender-neutral mindset and help forge an inclusive world for women.



The principle of gender equality is preserved in the Indian Constitution in its Preamble, Fundamental Rights, Fundamental Duties, and Directive Principles. The Constitution grants equality to women and empowers the State to adopt positive discrimination measures in favor of women. There is a necessity for more job opportunities for women, their increased safety and protection, and more. Much work needs to be done, but the goal can be achieved if we are all in it together. Following are the women's initiatives that help in securing the rights of women.

- BetiBachaoBetiPadhao Yojana aims to generate awareness and improve welfare services' efficiency for the girl child.
- Sukanya Samridhi Yojana, which falls under BetiBachaoBetiPadhao, is a government-backed savings scheme for girls. The account can be opened at any Indian Post office or a branch of an authorized commercial bank anytime between the child's birth and till the age of 10 by a parent or guardian.
- Mahila-E-Haat is a bilingual online marketing platform that leverages technology to help aspiring women entrepreneurs, self-help groups, and NGOs showcase their products and services.
- Mahila Shakti Kendra aims to empower rural women with opportunities for skill development, employment, digital literacy, health, and nutrition.
- Support to Training and Employment Programme for Women (STEP) The STEP scheme provides women with skills to take up gainful employment.
- Working Women Hostel Scheme aims to ensure safe, convenient accommodation for working families, along with day-care facilities for their children, wherever possible in urban, semi-urban and rural areas.

Also falling in march is the World No Smoking Day. This day's primary purpose is to spread awareness about tobacco consumption's harmful health effects through the cigarette and other modes. The important message is to help smokers get rid of the unhealthy habit of smoking, or chewing tobacco is one of the worst habits one can adopt. The health risks are known to all, but thousands of adolescents and youth start smoking each day. Let us not just be wary of Lung Cancer Day but observe No Smoking Day and spread awareness of lung cancer's primary cause worldwide.

Specialist Speaks....

BEAT THE BLUES - A brief overview of depression



Dr Sabari Sridhar O T,
Professor & HOD,
Department of Psychiatry

Depression is the most widely discussed psychiatric illness in the world. It is also one of the most common psychiatric conditions, with the World Health Organisation estimates about 350 million people of all ages suffering from it globally. Common symptoms include lowness of mood, reduction of interests in all spheres, easy fatigability, and feeling of low energy, lack of concentration and memory, feeling that one is worthless, that one's life is in a hopeless situation, feelings that it would be better to die or having thoughts of killing oneself, difficulty in getting sleep, lack of hunger, and poor self-confidence. Everyone goes through situations in which we would feel that we have one or the other symptoms listed above. But that doesn't mean that all of us are depressed. It is only when most of these symptoms occur together lasting for more than two weeks, at least it means that you are having depression. The reason why a person should have depression is not homogeneous. External stress, relationship issues, difficulty in adjusting to changed circumstances, any adverse life events, poor emotional reserve, low thyroid levels, vitamin D deficiency, long-standing physical illness can be a factor as to why depression occurs. There are a significant number of people who develop depression without any obvious stress or precipitating reason, which is known as endogenous depression. Depression is one of the leading causes of death because a significant group of people who are depressed kills themselves. Hence, it is of utmost importance that one should identify depression as early as possible and get it treated sooner.

There is no socio-demographic divide as far as who would get depression is concerned. There is a myth that depression is with poor coping skills would across classes, regions, socio-demographic But there are of course would make a person depression. Traumatic events including abuse, death or relationship or childhood trauma, depression and divorced, widowhood, certain personality traits like being anxious, dependent, low self-esteem, pessimistic, etc are risk factors of depression

an illness of the elite and only those get it. It is prevalent uniformly occupations, and whatever divides one can think of. certain risk factors that more vulnerable to traumatic and stressful physical and sexual loss of loved ones, financial problems, family history of suicide, single status, drug abuse, a person with being anxious, dependent, low self-esteem, pessimistic, etc are risk factors of depression



Of course, medications play a vital role in the treatment of depression but more than medications, lifestyle modifications are more important. Even simple measures like regular physical exercise, meditation, breathing exercise, or yoga, improving interaction with loved ones, identifying low thyroid levels or vitamin D deficiency, and treating them are as important. It is always advised to people who get thoughts of killing themselves to avoid being alone, share their feelings with a person whom they identify as the one who is non-judgemental and empathizing, and to seek psychiatric help.

CHETTINAD SQUARE

International Women's Day Commemoration and Inauguration of Smt. Geetha Muthiah Labour Analgesia services

Chettinad Academy of Research and Education (CARE) commemorated the International Women's day 2021 with the theme of 'Choose to Challenge' on March 8, 2021. The Chief Guest of the event was Ms. Pushpa Narayan, Senior Assistant Editor, Times of India.

The event started auspiciously with a prayer. The introductory speech was given by Prof. Dr. Ruckmani, Head, Department of Pharmacology, CHRI who spoke on the history behind the celebration of International Women's Day and the need for the attitudinal change in both men and women. This was followed by the Inaugural address by our Honorable Vice-Chancellor, Dr. T. Balasubramanian. He reminded us that every religion insists on the importance of women. He also affirmed the fact that behind every man there is a woman and talked about the contributions of Avvaiyar and Mother Teresa. He also lauded the many roles played by a woman from birth. The chief guest appreciated the institute that it has 'CARE' in the name. She spoke that it is the responsibility of every person in the society on women empowerment. This was followed by Dr. Merlin, Department of Anesthesiology who spoke on painless delivery.

Smt. Geetha Muthiah Labour Analgesia services was then inaugurated by the chief guest. An interesting debate was conducted with two teams of six participants from all the schools and colleges under CARE, who debated on the topic- whether women should change or men should change their attitude to prevent women oppression. Faculty and students from schools of Chettinad Hospital and Research Institute, Dental College, Allied health sciences, Law, Architecture, Physiotherapy and College of nursing attended the event and actively participated in the discussion on women oppression and crime against them. The chief guest concluded that women have a strong role and ability in convincing men to change for women's empowerment. Dr. Vijayashree, Head, Department of Pathology, CHRI delivered the vote of thanks. The program ended with National anthem.



Chettinad Outreach Activities

Outreach activities are being conducted by the outreach team of Chettinad Hospital & Research Institute. A total of 17 camps were organized exclusively by the outreach team in the month of February and nearly 1947 patients attended the camp of which 424 patients were referred to CHRI for further treatment. The camps were organized in Kuzhipanthandalam, Semmancheri, Manamathi, Pallikaranai, Kannagi Nagar, Alathur, Guindy, Devaneri, and Thoraipakkam. Besides, These activities conducted by Chettinad Academy of Research & Education (CARE) through Chettinad Free Community Hospital (CFCH) are meant to engage a large audience and to cater free healthcare to the community. Specialty camps were conducted on all Saturdays. All the departments actively participated in the medical camps organized by the Institute. These outreach activities were organized by the outreach team under the leadership of Dr. T K Raja, Deputy Medical Superintendent, CHRI.



Dr. MUTHULAKSHMI REDDY MATERNITY BENEFIT SCHEME

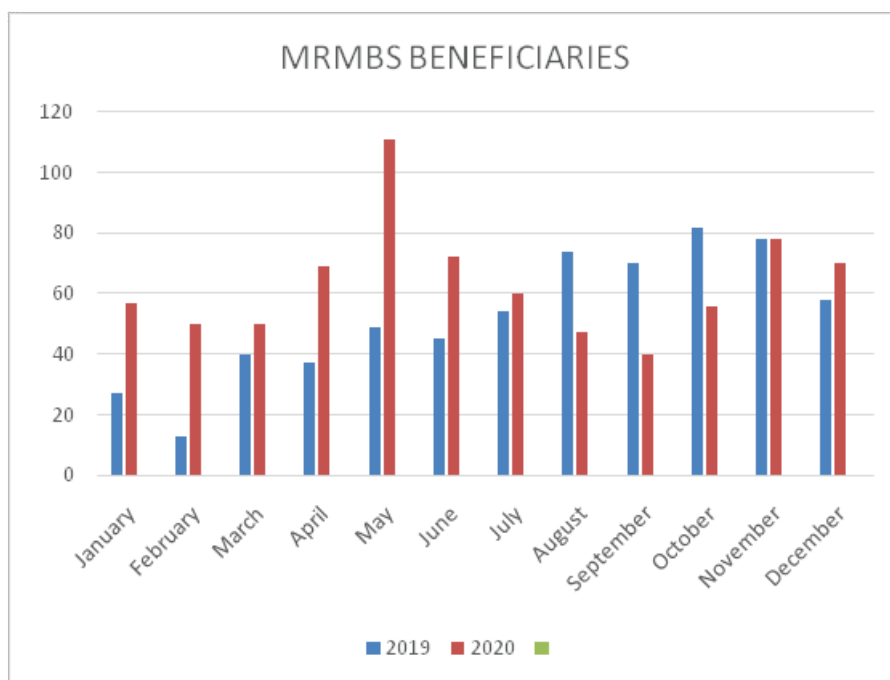


About the scheme

Dr. Muthulakshmi Reddy Maternity Benefit Scheme (MRMBS) was named after Dr. Muthulakshmi Reddy, Tamil Nadu's first woman doctor and a social activist. It was launched in 1987. Beneficiaries of this scheme are poor pregnant mothers. Pregnant women who are 19 years and old are eligible for this scheme for their first two pregnancies. Mothers delivered at Hospitals empanelled under Dr.MRMBS are also eligible for the provision of free delivery services including cesarean deliveries. Antenatal registration at or before 12 weeks receives an 1st installment of Rs.2000. On completion of three months, a kind benefit of Rs.2000 is rewarded. After four months Rs.2000 is given as the 2nd installment amount. A nutrition kit worth Rs.2000 is given as a kind benefit thereafter. The nutrition kit contains Health Mix Powder for Pregnant Mother, IFA Syrup, Dates, Protein syrup, Aavin Ghee, T.Albendazole, and towel. After delivery, the third installment of sum Rs.4000 is rewarded. After completion of all 3 doses of OPV/Rota/Pentavalent and 2 doses of IPV, a sum of Rs.4000 is given as 4th installment. 5th installment of Rs.2000 is given after completion of Measles-Rubella vaccination between 9th and 12th month of their infants.

The scheme at our hospital

Our institute- Chettinad Hospital and Research Institute, was empanelled by the Government of Tamil Nadu under the scheme in January 2019. From its inception at our institute, there has been a steady increase in the number of women who benefitted from this scheme. Till now a total of 1454 pregnant women were benefitted under the scheme at our Hospital. All the services including delivery, medicines, consultation, and Caesarean section are done at free of cost



District Blindness Control Society A Collaborative Service of CHRI

The National Program for Control of Blindness has been launched by the Government of India in the year 1976. It is a 100% centrally sponsored scheme whose goal is to reduce the prevalence of blindness. Under this program, District Blindness Control Society is established with the primary purpose to plan, implement and monitor the blindness control activities comprehensively at the district level. Our institute Chettinad Hospital and Research Institute has got the opportunity to help people through this program since 2012. Under this program, weekly camps are being conducted in the rural areas of the Kancheepuram district. In these camps, Teamworking behind these camps are ophthalmologist, optometrist, and nursing staff to screen for refractive errors, cataracts, and other diseases. Screening programs to identify diabetic/hypertensive retinopathy, glaucoma, and squint are also carried out in these camps. Patients requiring cataract surgery are referred to CHRI and surgery is performed. The school health program is also carried out under this program for the benefit of school-going children to identify refractive errors, vitamin A deficiency, squint, and other ocular pathologies. Approximately 16000 patients have benefited from this DBCS scheme at our hospital during the past 5 years.



CAMPUS BUZZ

This section has the list of all events conducted at Chettinad campus from 1st to 28th of February

COVID-19 vaccination for health care workers

Following the guidelines of the Government of India, Chettinad Hospital and Research Institute started a vaccine center for health care workers on 02.02.2021 at A block of General Hospital. All the healthcare workers including doctors, nursing staff, and paramedical workers were inoculated with the Covishield vaccine.



Dr. T. Balasubramanian
Vice Chancellor, CARE



Dr. K. Pitchai Balashanmugam
Dean, CHRI



Nursing Team
CHRI

Discussion on Rosai-Dorfman disease- A rare case presentation

A rare case discussion was held at the Department of Radiology on 02.02.2021. A patient presented to Imaging studies to the Department of Radiology, Chettinad Hospital & Research Institute. The incidence of the disease is 1 in 2,00,000 mostly prevalent in the United States. A total of 650 cases have been reported since its first description in 1969. Rosai-Dorfman disease also known as Sinus histiocytosis with massive lymphadenopathy is a rare non-neoplastic disease. It is a pseudolymphomatous benign disorder and patients usually present with fever, painless bilateral cervical lymphadenopathy, elevated ESR, leukocytosis with neutrophilia, and hypergammaglobulinemia. A 49-year-old south Indian female was admitted to our Chettinad Academy of Research and Education with chief complaints of severe headache, nasal stuffiness, and painless cervical lymphadenopathy. WBCs, CRP



Figure 1 - Sagittal T1 Contrast MRI (short arrow shows sellar and supra sellar, dural involvement, long arrow shows paranasal sinuses involvement)

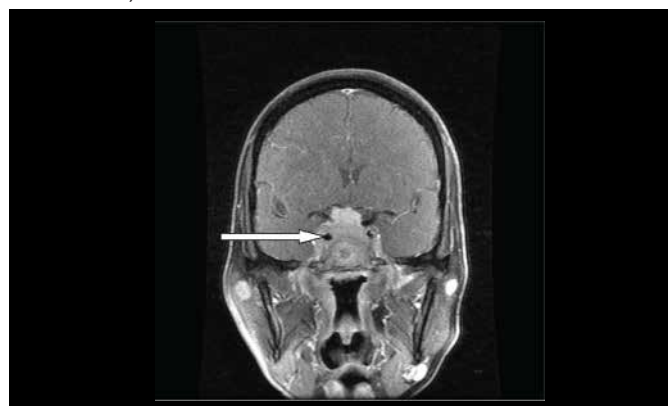


Figure 2 - Coronal T1 Contrast MRI (bilateral cavernous involvement by supra-sellar extension)



Figure 3- Coronal T1 weighted image (Right cervical lymphnode)



Figure 4 - Coronal T1 MRI showing meningeal involvement

and ESR were elevated 15K/microl, 60mg/L and 83mm/h respectively. Her serum uric acid level was also elevated. Because of headache with no history of trauma Magnetic resonance imaging (MRI) (GE 1.5T) with contrast was recommended for further evaluation. T2 hypointense homogeneously enhancing lesion with sellar and suprasellar involvement measuring 20mm (CC) x 17 mm (TS) x 5mm (AP) noted causing indentation on optic chiasm which is pushed superiorly (figure 1). No significant expansion of sella. Enhancing T2 hypointensities were noted in bilateral cavernous sinus encasing internal carotid arteries which were contiguous with and inseparable from the lesion. Enlarged parapharyngeal and cervical nodes are noted in the visualized region. Nodular enhancement is noted in the paramedian aspect. Excisional biopsy of right cervical lymph node showed attenuated infiltration of lymphoplasmocytic cells and histiocytosis of varying sizes and foci of emperipolesis within the cellular borders of large, pale histiocytic cells. On immunohistochemistry, there was a diffuse expression of S-100 protein by larger histiocyte cells and all cells were negative for cytokeratin AE1/AE3 and CD1a. The diagnosis of Rosai-Dorfman disease (RDD) was given based on a pathology report.

Endobronchial Ultrasound – An overview

An E-guest lecture was conducted by the Department of Respiratory Medicine on the topic Endobronchial Ultrasound – An overview on 04.02.2021. The speaker of the event was Dr. V.R. Pattabiraman, Senior interventional pulmonologist and senior consultant in pulmonary critical care and sleep medicine at Royal Care Hospitals, Coimbatore. There were a total of 39 participants. The session was moderated by Professor and H.O.D Dr. Meenakshi.N, Department of Respiratory Medicine. The speaker talked about the use of endobronchial ultrasound in the diagnosis of different types of lung disorders, including inflammation, infections, or cancer.



CHETPATHCON - World Cancer Day

Department of Pathology, CHRI conducted CHETPATHCON 2021 on World Cancer Day which falls on the 4th February of every year. The theme for this year is "I am and I will" and the theme for CME this year was "Cervical Cancer". Dr. Shirley Sundersingh, Head of the Oncopathology department in Adyar Cancer institute spoke on the topic "Carcinoma Cervix in Indian Perspective". She described the latest trends and incidence of cervical cancer in Indian women, highlighting the importance of





early screening and diagnosis for improving the overall survival in these patients. The second talk was given by Dr. Ranoji Vijaysing Shinde, Professor, Obstetrics and Gynaecology department, CHRI on "Carcinoma cervix - Clinical Aspects" wherein he described the etiopathogenesis and natural history of cervical cancer, the various surgical treatment options, and the importance of HPV vaccine. The CME was attended by faculties and Postgraduates in Lecture Hall - 1 of the college block. A collage competition was conducted to commemorate this day and the theme was "Cancer Awareness". The winners were Bhavadharshine (1st place) and Thanushree (2nd Place) of Dental college.

Cancer awareness program by the Department of Obstetrics and Gynecology

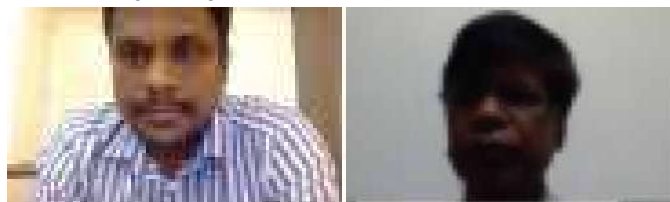
World Cancer Day was commemorated by the department of Obstetrics & Gynecology, CHRI on 04.02.2021. An awareness drive was conducted, with the HOD, Associate Professor Dr. Renuka, and other faculty from the department talking to the public about cervical cancer and its prevention by Pap smear screening. Awareness about the need for self-breast examination was created with charts and video demonstrations. The women were also sensitized about endometrial cancer and its symptoms of post-menopausal bleeding. Most importantly the women were given diet counseling and




the need to avoid carcinogenic foods. It was a very interactive session with lots of questions from the women which were addressed.

Cancer Awareness Program - Guest Lecture

Department of General Medicine commemorated Cancer Awareness Program on 04.02.2021. A Guest lecture was arranged and the speaker of the event was Dr. Pandurangan Basumani, Senior Interventional Gastroenterologist, Rela Institute and Medical care, Chennai. The speaker gave a lecture on Hepatocellular carcinoma (HCC). Following are the excerpts from the lecture. HCC is the most common primary malignancy of the liver. Most people have an underlying liver disease such as Hepatitis B or C, alcohol-related liver disease, or non-alcoholic fatty liver disease. Newer diagnostic and treatment modalities have improved survival among patients with HCC. The program enabled young doctors including under-graduates and post-graduates to know more about the disease from a renowned doctor who has immense experience in handling HCC. The Awareness Program was lucid and informative and was well received by everyone who attended it.





**WORLD
CANCER DAY**

Dean & Department of General Medicine, CHRI
cordially invite you to
Online continuing medical education program on
"HEPATO CELLULAR CARCINOMA"
Date: 04.02.2021 | Time: 5.00 to 6.00 pm

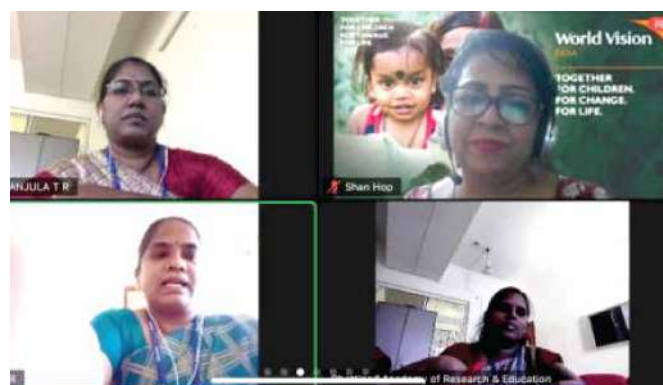
A joint initiative collaborative clinical study between the CSP, CARE and JOGO

A joint initiative collaborative clinical study between the CSP, CARE, and JOGO Biofeedback Clinic on 04.02.2021 started with the opening ceremony in the Presence of Vice-Chancellor Dr. T. Balasubramanian, CARE and Chief Guest Mr. Shyam Sunder, Clinical Head/ Director, JOGO healthcare Private limited. School of Physiotherapy, CARE has started attracting students and researchers within a short span of its establishment. In its quest of bringing happiness to the faces of ailing patients, it has ventured into fruitful collaborations with industry and institutes. This joint venture aims to explore the efficacy of JOGO, a digital therapeutics for Orthopedic, neurological, and OBG rehabilitation.



International Street Children's Day

Guest lecture for CARE affiliated colleges in commemoration of International Street Children Day on 'Voice of Voiceless' via online platform was conducted by the Chettinad College of Nursing in coordination with the Mental Health Nursing Department on 05.02.2021. The resource person for the above program was Ms. Shanthi Hopper, Senior Manager, Advocacy & Programmatic Campaign, World Vision India. The sessions focused on Street children and the problems faced by the children, forms of child abuse & child protection act, rights of children were added to the session.



CME- Candidemia

The Department of Microbiology, CHRI, organized a CME program in association with the MEU, CHRI on 5.02.2021, titled 'CANDIDEMIA IN INDIA AND THE WORLD OVER'. The resource person was Prof. Dr. Anupma Jyoti Kindo, Professor & Head, Dept. of Microbiology, SRMC, Porur. The speaker gave a detailed overview of Candidemia, the commonly prevalent species of Candida, the global, national, and regional epidemiology, species-specific antifungal susceptibility patterns, surveillance, and prevention of the same. This lecture was attended by the Medical faculty, research scholars, postgraduate and undergraduate students who were greatly benefitted from the same.

Continuing Medical Education
Medical Education Unit : CHRI

Topic:
Candidemia in India and the World Over

Date : 05-02-2021 | Time - 2:00pm - 04:00pm



Dr Anupma Jyoti Kindo
Professor & HOD,
Department of Microbiology,
Sri Ramachandra Medical College &
Research Institute, Chennai.



Central Library – Book Exhibition

A book exhibition was organized on 05.02.2021 & 06.02.2021 by the central library of CARE, to display and showcase books of all disciplines available at the central library. There were 5000+ books displayed in the exhibition, which covered various text and reference books of all subjects. Besides medical journals and magazines were also displayed in the exhibition. Besides, textbooks, reference books of first-year MBBS subjects were the highlights which were very much useful for first-year MBBS students. The students utilized the opportunity to familiarize themselves with textbooks of various authors on the course subjects.



Awareness Against Female Genital Mutilation- Symposium

UN for Awareness Against Female Genital Mutilation- was commemorated by the Department of Obstetrics and Gynecology on 06.02.2021. A symposium was organized for creating awareness against female genital mutilation and sexual offences on women and children. The symposium was attended by doctors, nurses, students, and other hospital staff. A total of 200 people attended the symposium. Prof.Dr. Anuradha, Head of the Department welcomed the gathering. Dr.Priya enlisted the various types of sexual offences and the prevalence. Dr.Sherin presented a detailed discussion on the examination of a victim (eg.Rape). This event was very useful for practicing doctors and gynecologists

from the point of view of medical and forensic areas. Dr. Sabari Sridhar O.T, Head, Department of Psychiatry elucidated extensively on psychological aspects of sexual offences in women and children. Dr.Preethi enlightened the audience on the various laws and prominent offences and crimes related to a female genital mutation that took place in our country. Finally, Dr.Nawaz Ahmed, Associate Professor, Department of Forensic Medicine gave a succinct account of the medico-legal aspects of sexual offences. The program was appreciated by the audience on a positive note and the need for education from childhood to prevent such brutality in our community was insisted. Dr. Shery acted as the moderator of the event.

Continuous Pharmacy Education

Chettinad School of Pharmaceutical Sciences organized a guest lecture on “Current Good Manufacturing Practices in Pharmaceuticals” on 08.02.2021. The resource person for the program was Mr. Dhas Prakash, M.Pharm, ISO 9001:2015 QMS Lead Auditor, Assistant Manager Quality Assurance, Adcock Ingram Ltd, Bangalore. He gave an overview of different aspects of Good Manufacturing Practices being adopted in the manufacturing pharma industries. He also highlighted the importance of knowing the regulatory requirements of different countries in terms of manufacturing aspects. The session was highly beneficial to the first and second-year students of B.Pharm.



National Deworming Day - Paediatrics

National Deworming Day was celebrated on 10.02.2021 by the Department of Paediatrics. It involved the active participation of all faculty, post-graduate and undergraduate students of CHRI, staff nurses, parents, and children. Audiovisual presentations were given on worm infestations by Dr. Avinash and Dr. Harinie (Post Graduates). Roleplay was enacted by Visali and Vishnu Karthika. All the queries from the audience on worm infestations were responded to by CRRI. Besides, demonstration of charts was done by CRRI to emphasize the importance of deworming. This was followed by an interactive session with parents. The program ended with the distribution of free deworming medicines to all children between 1-18 years of age.



National Deworming Day - OBG

Department Of OBG, CHRI has commemorated National deworming day on 10.02.2021. This day is observed to reduce the morbidity due to soil-related helminthic infection among adults and children. The event conducted included health awareness talk to the patients at the OBG outpatient department and interactive sessions with the women. The awareness event started with an introductory talk by the Head of the Department Dr. Anuradha. Health awareness talk was given by Dr. Jennifer Britto, Assistant Professor. She discussed the burden of the disease, mode of infection, symptoms, and preventive measures with a display of charts. Subsequently, the effects of the disease on pregnant women were elaborated by Prof Dr. Vijayalakshmi. This was followed by an interactive session with the patients in which many queries of patients were addressed. Subsequently, a health talk was given to patients of CFCH, and patients' queries were addressed. Dr. Jennifer addressed one of the queries raised by the patient by explaining the importance of taking a deworming tablet during pregnancy in the second and third trimester.



National Deworming Day - General Surgery

National Deworming Day was observed by the Department of General Surgery, CHRI on 10.02.2021. A public awareness speech and interactive session were organized by the Department, CHRI. The postgraduates enacted a roleplay emphasizing the importance of deworming, to educate the patients. The program was attended by faculty, undergraduate and postgraduate students, patients, and children. An awareness program was organized at Rural Health Centre, Poonjeri at 11.00 a.m. Around 60 people attended the event and it was a grand success. Two guest lectures were organized online. The topics were on 'Intestinal Helminthiasis' delivered by Dr. Yadla Kavitha MD, Associate Professor, Microbiology from Vinayaka Mission Medical College, Karaikal and 'Surgical Aspects of Intestinal Parasites' delivered by Dr. Rajesh Kumar, Professor of General Surgery from PSG Institute of Medical Sciences and Research, Coimbatore. The need for deworming was emphasized and the surgical complications of intestinal parasites were discussed.



The International Day of Women and Girls in Science

The International Day of Women and Girls in Science, celebrated by the Faculty of Allied Health Sciences on 11.02.2021. The day was observed by UNESCO and UNITED NATIONS to promote women and girls in science. This day insists on the promotion of opportunity and equal access, participation in science for women and girls. Gender equality is a global priority for UNESCO, and the support to young girls, their education, and their full ability to make their ideas heard are levers for development and peace. Faculty of Allied Health Sciences conducted a virtual interactive session with Mrs. Sruthi Babu, Founder & CEO, Dhanvantri Biomedical Private Limited who spoke on diversity in scientific research and Biotechnology Industry Research Assistance Council. She brought in fresh perspectives and encouraged students to undertake strategic research and innovation, addressing nationally relevant development needs. Competitions were conducted following the lecture in which students from different schools of CARE participated and were awarded prizes. This Day is a reminder that women and girls play a critical role in the science and technology sectors. Their participation should be strengthened.



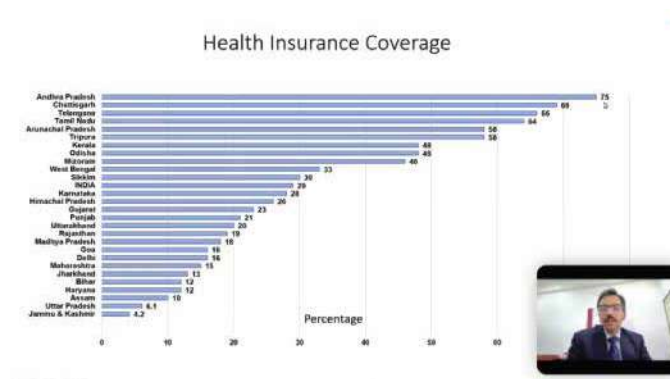
Social Innovation Immersion Program

Ageing and health

Research Program	INR 50000 PM	Kick Start Grant
Exposure to Rural Condition	Clinical Immersion	Business Mentoring
Need Identification	Prototype Development	Submission for Seed Grant

Managed by SIIP Implementation Partner





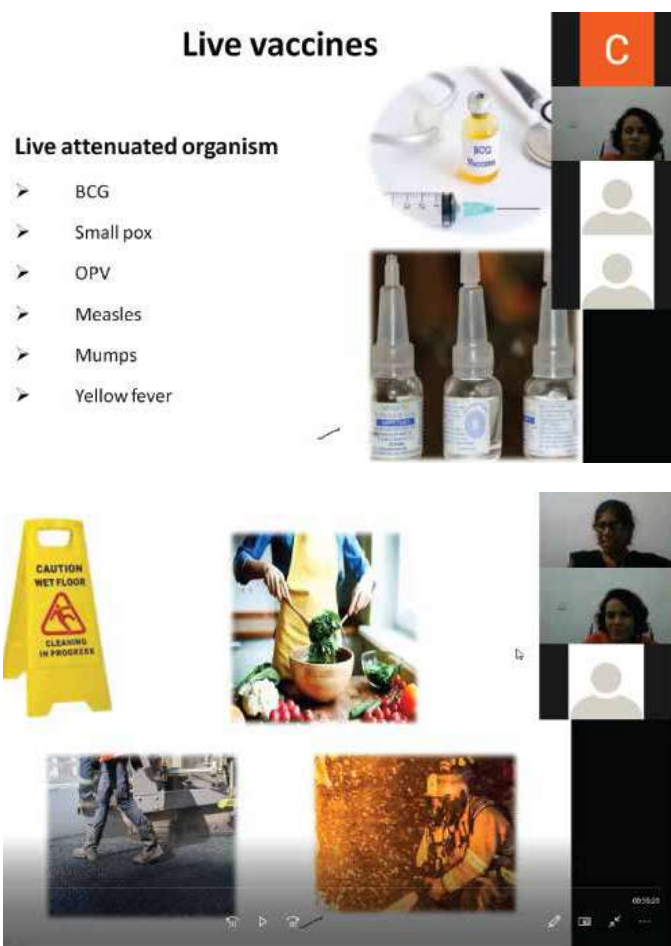
Workshop On Fissures And Foramina- Surgical Anatomy Of Orbit And Skull Base

A workshop on Fissures and Foramina - Surgical Anatomy of Orbit and Skull base was organized by the Department of Ophthalmology on 18.02.2021 to get practice and hands-on experience about the relationship of orbit with paranasal sinuses and cranial fossa. The speakers of the workshop were Prof.Dr.Stephen Sudhakar, Head, Department of Ophthalmology, Prof.Dr.S.Rajasekaran, Head, Department of ENT and Prof.Dr.V.G.Ramesh, Head, Department of Neurosurgery, CHRI. The workshop was attended by the faculty and postgraduates of the Department of Ophthalmology, ENT, General Surgery, and Neurosurgery. Orbital anatomy and surgical landmarks for clinical interpretation were discussed by Prof.Dr. Stephen Sudhakar, this was followed by a discussion of surgical anatomy of Fissures and foramina on the inner and outer aspect of the skull base by Prof.Dr.S.Rajasekaran, Prof.Dr.V.G. Ramesh, demonstrated various approaches used for lesions of the anterior, middle, and posterior cranial fossa. This was followed by an interactive session between residents, faculties, and the experts. Around 30 participants attended the workshop.



Universal Precautions and Vaccination

The Department of Anatomy, CHRI, conducted an online CME- Universal precautions and Vaccinations on 27.2.2021. Dr. RHS Rajila, Professor & Head introduced the speaker and started the session. The speaker was Dr.D.RVedapriya, Professor and Head, Department of Community Medicine, Sri Venkatesh-wara Medical College and Research Institute, Puducherry. The participants of the CME were MBBS students, faculties of various departments of CHRI. The lecture started with an interactive session by the speaker on various modes of precautions taken by us in everyday life and as well as in our workplaces. Then, the speaker highlighted the need and the various methods of precautions we need to follow as medical professionals. The need to wash hands and its correct technique and the importance of masks during the COVID pandemic was stressed upon. Then an overview of different types of vaccines along with a comparison between COVAX and COVISHIELD vaccines was also given. Finally, a question-answer session was conducted and the doubts asked by the students were discussed. The total number of participants was 232.



Guest lecture - Importance of Information Technology in Healthcare Management

A Guest Lecture on the Importance of Information Technology in Healthcare Management was organized by the school of physiotherapy on 18.02. 2021. The speaker of the event was Shri. T. Ramanan, Technocrat, Cyber Crime Specialist and Leadership Trainer with 28 years of experience in Information and Communication Technology Industry. A total of 60 participants attended the program. The resource person insisted on the importance of information technology, digitalization, and modern technologies used in the medical field. This is to assess the patient and drive the early intervention and preventive measures. The session was very interactive and many queries of the students were addressed by the speaker.



Hippocratic Oath Taking Ceremony

The Hippocratic oath-taking ceremony was observed on 19.02.2021 at Lecture Hall-3 of Chettinad Hospital & Research Institute (CHRI) for MBBS students batch 2015-2016. A total of 154 MBBS students who completed the course on 18.02.2021 participated and took the Hippocratic oath. Dean Dr.PitchaiBalashanmugam, Vice-principal Dr.Arun Kumar, and Dr. A. Prabakar, Professor, Department of Surgery addressed the gathering. Head and faculty members of all departments had participated in the ceremony. Meritorious students who are prize winners of medal exams conducted by various departments were congratulated by the Dean. Vice-principal wished the students to achieve greater heights and excel in their career.



Weekly CME

Weekly Continuing Medical Education conducted by the Medical Education Unit of CHRI was held on Friday, 19.02.2021 via online zoom platform. The CME was hosted by the Department of Ophthalmology. Dr. M Rajakumari, Professor of Ophthalmology discussed the impact of vasculitis on the eye. An interactive discussion on the role of immunity on vasculitis involving the eye and its clinical presentation was put forward by the speaker. The speaker gave an overview of the possible sequelae of vasculitis affecting each of the layers of the eye as well as the symptoms to look for in the history elicited from and examination of the patient. The final summary included an overview of the management of such cases. Recent advances on the topic were highlighted too. The CME was attended by the teaching faculty and postgraduates of CHRI.

International Mother Language Day

The Department of Pharmacology, Chettinad Hospital and Research Institute commemorated the International Mother Language Day on 19.02.2021. The event comprised of a Guest lecture and a language translation competition for the students of all the constituent colleges of CARE. The Online Guest lecture was on the topic தாய் மொழியும் தமிழ் மொழியும் delivered by Dr. Arasendiran, Retired Professor of Tamil, Madras Christian College. The event was presided by the



Vice-Chancellor, CARE and Dean, Chettinad Hospital and Research Institute. Around 150 participants attended the program. The lecture was followed by a group competition on a translation of selected English words. There was active participation by the medical, dental, pharmacy, nursing, physiotherapy, architecture, and law college students in the competition. Prizes were distributed to the winners. The students expressed that the program was much useful and the competition was interesting.

World Day of Social Justice

As February 20th is considered as World Day of Social Justice, Chettinad School Law commemorated the day at lecture hall-6 and demo hall-17 of our Institution. The welcome address was given by Ms. Ruchi Sinha, HOD, Chettinad School of Law. There were two sessions- oratorical competition and guest lecture and the event was attended by 70 participants. In the forenoon session, an oratorical competition was held on the topic of 'Call for Social Justice on Digital Economy'. Students from other schools took part in the competition. This competition was judged by Dr. Ruckmani, HOD, Dept of Pharmacology, and Dr. Vijay Shree, HOD, Dept of Pathology of CHRI. An interactive





session was held in which students expressed their views on the topic of Call for Social Justice on Digital Economy. In the later part, the Guest lecture was delivered by Ms. VinatiTahilianey, Advocate and Tax Consultant, Gandhidham, Gujarat Tolani Vidhyapeeth Campus. The welcome address was given by Dr, Chandrika Mehta, Assistant Professor Chettinad School of Law. Later two videos were shown to the students to sensitize them on world Day of Social Justice. Students were enlightened through the views and ideologies which she said. Students expressed their views and as a representation from students, Mr. Deepak Thiruvartchelven, a Student of Chettinad School of Law gave a speech. Dr. Shyamtanu Pal, Associate Professor of Chettinad School of Law delivered a vote of thanks.

Community awareness camp

An awareness camp was organized and conducted by the School of Physiotherapy, CARE in collaboration with the Department of Community medicine, CHRI on 20.02.2021. The camp was conducted in Perungudi area of Chennai. The camp was carried out to create awareness about physiotherapy as one of the treatment modalities for musculoskeletal problems. There were as a total of 48 patients who had medical problems such as osteoarthritis knee, frozen shoulder, and neck spasms. Exercises specific to various health conditions were



being taught to the patients. They were made aware of other therapies available such as wax therapy, ultra-sound therapy, inferential therapy. Many doubts and queries of the camp attendees were addressed.

Lecture on Biomedical waste Management & Workshop on Infection Control Practices

Department of Microbiology, CHRI, organized five days event- workshop on Infection control practices from 22.02.2021 to 26.02.2021 for Nursing staffs, CRRI's,





Medical & AHS students, paramedical staffs and House-keeping personnel. The hand hygiene awareness program was a part of this workshop, a lecture on hand hygiene awareness was held. The participants have been asked to demonstrate the various steps listed in the handwashing protocol. An elaborate guest lecture on Biomedical Waste Management was delivered by Dr. A.V.M. Balaji, Senior Assistant Professor of Microbiology at Stanley Medical College and state nodal officer for Infection control, Directorate of Medical Education, Government of Tamil Nadu on 25.02.2021. The lecture was attended by faculty, postgraduates, Nursing staff, and housekeeping supervisors. A total of 400 participants attended the workshop.

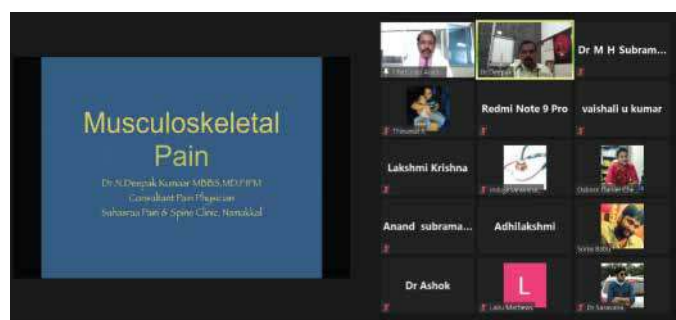
dics. A total of 78 participants attended the CME. Dr.Senthilkumar discussed in detail about causes, diagnosis, and treatment modalities available to treat low back pain. Dr. Deepak Kumar discussed musculoskeletal disorders namely fibromyalgia, myofascial pain, etc. The sessions were chaired by faculty from the Department of Orthopedics, Dr. Selvam, Dr. Subramaniam, Dr.Sathik-Babu, and Dr. Thirumal. The CME helped the participants in understanding the concepts and enhancing the understanding of low back pain and musculoskeletal disorders.

CME -Pain Medicine

The Department of Anesthesiology had organized a CME -Pain Medicine on 23.02.2021. There were 2 sessions of e-lectures which was followed by an interactive Q/A session. The speakers of the event were Dr.Senthilkumar Raju, Director and Consultant in pain medicine, Atlas pain care, and Dr. N. Deepak Kumar, Consultant Anesthesiologist and Pain physician, Sahasraa pain and spine center. The CME was attended by postgraduate students and faculties from the Department of Anesthesiology and Department of Orthope-

Introduction to Lower Limb Anatomy and Abdomen - Surface Landmark

A webinar was organized by Chettinad School of Physiotherapy, CARE on 24.02.2021. The guest speaker of the event was Dr. P. Murali, who is an eminent researcher and anatomist. Dr. Senthil, Dean of CSP, introduced the guest speaker and welcomed the participants. The webinar was attended by students, faculty, and





researchers. There were about 51 participants. The webinar refreshed the surface landmark of lower limb anatomy and abdomen. The participants learned the applied anatomy and palpation of artery and nerve. There were applied anatomy questions and interactive discussions were held.

Workshop to enable frutification of research Concept to be funded project

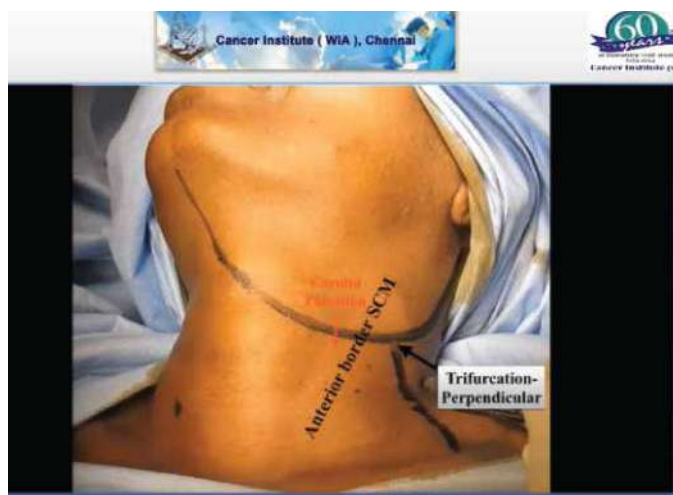
A workshop to enable frutification of the research concept for the funded project was organized by the Department of Research, CARE on 24.02.2021. The speakers of the workshop were Prof. Ramachandran Murugesan, Dr. Shoba Narayan, Dr.Pazhani GP. The topics discussed were successful grant writing, preparing call-specific project proposals – elements of the proposal, and making your application step-wise. Dr. Murugesan gave a glimpse of how much difficult it was to gain recognition and funding based on the quantum of funds available for disbursement and the possible success rate. He also told the researchers that they should come out of the impression that research grants are only for established researchers with high credentials. To make his points clear, Prof. Murugesan then went through the proposals prepared by the faculty and advised on the kind of calls that they should look for and

what changes could make their proposal better. He emphasized that the faculty must look at themselves as reviewers who have to go through several applications to select a few and that too from subjects that may not exactly fit their expertise. Prof. Murugesan's lecture, evaluations, and discussions were followed up by Dr.Pazhani GP who explained how a project proposal has to be submitted online. Through screenshots of the project grant calls, Dr.Pazhani took the audience through what they would encounter when they start filling up their proposals. Dr. Shoba explained what a project call would require. She emphasized that the entire requirements should be prepared upfront before starting the submission process online. All three speakers advised the faculty to avoid basic errors such as spelling, grammar, lengthy sentences, unconventional abbreviations; etc., besides erroneous totaling of budget. The workshop had a total of 33 participants and hands-on exercises were given and evaluation was done with inputs shared to the participants.

Neck Dissection And Management In Oral Cancers

A guest lecture on neck dissection and management in oral cancers was organized by the Department of ENT, CHRI on 24.02.2021. Professor Dr.Rajasekaran, Head of the Department welcomed the guest speaker and participants. The guest speaker was Dr. Venkatesh. V, Associate Professor, Department of Surgical Oncology,





Cancer Institute, Adyar, Chennai. He discussed methods of neck dissection and the prognostic effect of elective neck dissection in patients with oral cancer. He also mentioned the role of imaging methods such as ultrasound-guided needle biopsy, sentinel node biopsy, and positron emission tomography-computed tomography in the diagnosis of oral cancer. Faculty, postgraduates of various departments of CHRI and CRRIs attended the guest lecture. A total of 55 participants attended the guest lecture.

Interesting Radiology Case-Intracranial Vascular Malformations

An interesting case discussion was conducted by the Department of Radiology, CHRI on 24.02.2021. The speaker of the lecture was DR. J.Anandapadmanabhan MD, FRCR., Consultant Neuroradiologist, Swansea Bay University Health Board, Wales NHS, UK. He talked about the case of Intracranial Vascular Malformations. Intracranial vascular malformations encompass Arterio-venous malformations of the brain and dura, cavernous malformation (cavernoma), venous malformations (developmental venous anomalies), dural AV fistula, and capillary telangiectasias. Together, IVM is the most common cause of primary intracerebral hemorrhage in young adults. Aneurysms may coexist with other types of IVM, most often with brain AVM. The patient can



experience various symptoms and signs at presentation. The natural history of vascular malformations depends on lesion type, location, size, and overall hemodynamics. Digital subtraction angiography remains the gold standard, able to exquisitely delineate the location and number of feeding vessels and the pattern of drainage. On angiography, AVM appears as a tightly packed mass of enlarged feeding arteries that supply a central nidus. One or more dilated veins drain the nidus and abnormal opacification of veins occurs in the arterial phase represents shunting. Therefore we report the imaging features of intracranial vascular malformations to increase our awareness of its diagnosis and treatment. The lecture was attended by 100 participants from various colleges across the country.

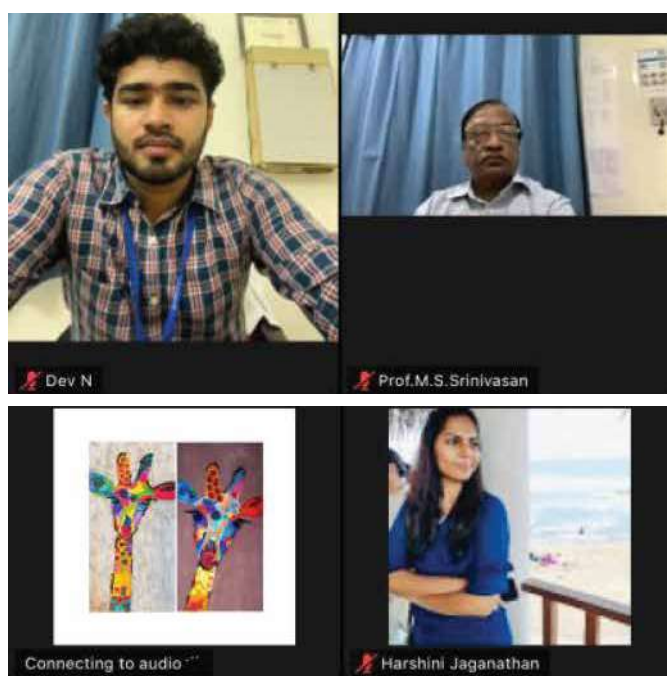
CME - Physiology of Bone Healing

The Weekly CME of CHRI has been organized on 26.02.2021 through the zoom portal. The title of the CME was Physiology of Bone Healing and the speaker of the CME was Dr. Vinoth, Department of Orthopedics, CHRI. The CME was attended by teaching faculty and postgraduates of CHRI. Dr.Vinoth discussed the physiology of bone healing and the essential principles underlying the response of bone to trauma. The factors regulating bone healing were also discussed and the speaker concluded the presentation with an overview of the clinical assessment of bone healing. A note on recent advances in this field was also added. The speaker answered all the queries of the participants. A total of 40 participants attended the CME.



World Leprosy Day

Department of Dermatology, Venerology & Leprosy, CHRI conducted an online CME to commemorate 'WORLD LEPROSY DAY' on 26.02.2021. The topic of CME was 'HISTOID LEPROSY - A Strange Disease'. The session started with an introductory talk by Prof Dr.M.S.Srinivasan, Head of the Department of Dermatology Venerology & Leprosy, CHRI followed by two lectures by Dr.Devanand.N and Dr.Soundarya.S. A paper was presented by Dr.Harshini, PG, Dermatology Venerology & Leprosy, CHRI on a leprosy case study. A total of 35 participants attended the CME. This was followed by questions from panelists & faculties of the Department of Dermatology Venerology & Leprosy, CHRI, and also from faculty of other colleges.



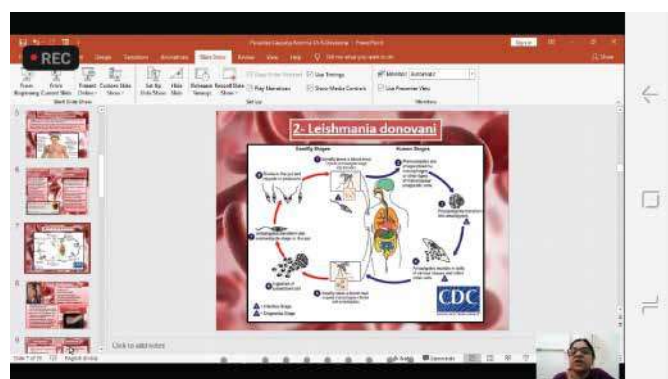
tion plan, in-service education, acknowledgment of contributions, workplace safety, grievance handling system, the principle of natural justice, the confidentiality of the information, and patients' rights were also detailed by the speaker. The program was attended by students and faculty members of CCN.

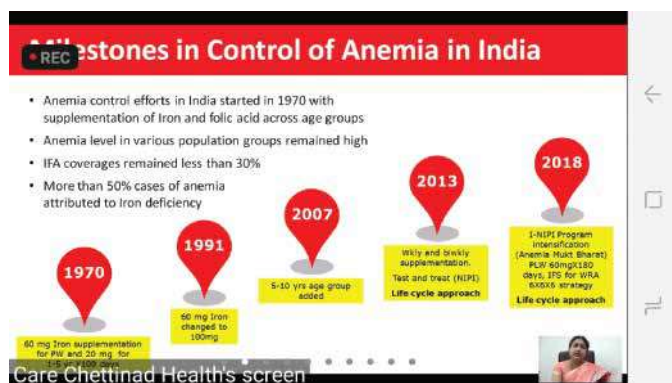
Anemia Summit

Department of Biochemistry, CHRI organized a two-day national conference- Anemia summit on 25th and 26th of February 2021. The conference was attended by 570 participants from various medical colleges and institutes across the country. The conference was inaugurated by Vice-chancellor, CARE, Dr.T. Balasubramanian, and Dean of CHRI Dr. K. Pitchai Balashanmugam. The program started with an inaugural speech by Dr. Sumathy, Professor and HOD. The conference had eight eminent speakers from various institutes. Dr.Papathi, Professor & HOD, Department of Pathology, ICH, Madras Medical College, talked about the diagnostic approach in hemolytic anemia. It was followed by a session on the Story of vitamin B2 and vitamin B12 by Dr. Barnali Das, Consultant in laboratory medicine from Dhirubhai Ambani Hospital, Mumbai. Dr. Chithra, Professor, Institute of Community Medicine, MMC enlightened the participants with her talk on Public health aspects of anemia. This was followed by the next session on the

Introduction to NABH on Nursing Excellence

A Continuous Nursing Education (CNE) Programme was organized by the College of Nursing on 26.02.2021. The speaker of the event was Mr. Venkatesan. A, Assistant Professor and HOD, Medical-Surgical Nursing Department, Chettinad College of Nursing, CARE. In the CNE, the vision and mission of NABH (National Accreditation Board for Hospital and Healthcare provider) was highlighted. The benefits of accreditation for health care agencies, staff, and patients were informed. Components of NABH (Nursing Excellence have 07 chapters, 48 standards, 216 objective elements) and the eligibility criteria of Internal and External Assessor were discussed. Documentation for nursing resources, induc-





parasitic causes of anemia by Dr. Devasena, Prof & HOD, Department Of Microbiology, ICH. Dr. Nazira, Consultant Gynecologist, Cloud 9 hospital talked about an approach to anemia in pregnancy. Other speakers of the conference were Dr. Sreedevi Professor-General Surgery, Balaji Medical college, Dr. Akila Prashanth, Professor, JSS medical college and Dr. Kowsalya Nathan, Celebrity nutritionist who talked on surgeons' concern on anemia, Anemia research base for public policy decision making and role of nutrition in the management of anemia respectively. On the Second day, Oral and poster presentations were conducted where participants from various universities presented their research studies. Prizes were distributed to the best oral and poster presentations.

Ministry of Earth Sciences, India. Dr. R. Venketesan encouraged the students to brief the latest innovation and contribution of the Ministry of Earth Sciences in Science and technology. A total of 250 participants enrolled in competitions and prizes were distributed to the winners. The guest lecture was attended by 480 participants.

National Symposium on Drugs acting through Enzymes and Enzymatic Receptors

Department of Pharmacology, Chettinad Hospital & Research Institute organized a National Symposium was conducted on 26.02.2021. The symposium was conducted online and a total of 75 participants from various institutes across India attended the symposium. The chairperson of the organizing committee, Dr. A. Ruckmani, HOD, Pharmacology, CHRI introduced the theme of the symposium. Dr.S.Saradha, Associate Professor of Pharmacology welcomed the dignitaries and participants. The Honorable Vice-chancellor of CARE, Dr.T.Balasubramanian inaugurated the symposium and delivered the inaugural address. The Dean of CHRI, Dr.PichaiBalashanmugam addressed the participants. The speakers of the event were Dr.S.Seethalakshmi, Professor and Head, Department of Pharmacol-

National Science Day 2021

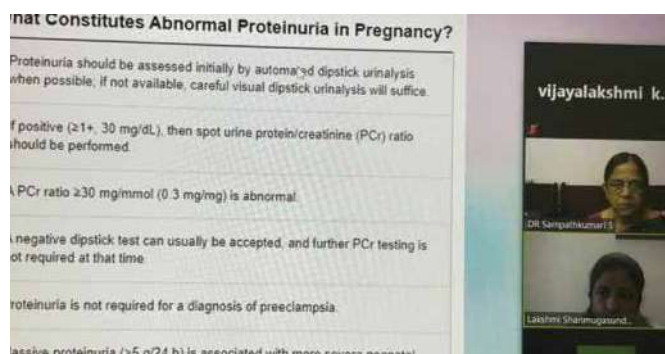
Faculty of Allied Health Sciences, CHRI commemorated conducted National Science Day on the theme 'Future of Science Technology and Innovation' from 23.02.2021 to 26.02.2021. Guest lectures, workshops, and competitions were the events organized during the science day celebration. The competitions held were scientific quizzes, bio-connections, drawing/painting, elocution, essay writing, and Debate. The inauguration event of the celebration was started with a special address by our Honorable Vice-Chancellor Dr.T. Balasubramanian, CARE, and the chief guest Dr. R. Venkatesan, Scientist-G from National Institute of Ocean Technology,



ogy, ESIC & PGIMSR, KK Nagar, Chennai, Dr.K.Manimekalai, Professor and Head, Department of Pharmacology, Mahatma Gandhi Medical College and Research Institute, Puducherry and Dr.A.Ruckmani, Professor and Head, Department of Pharmacology, Chettinad Hospital and Research Institute. There were three sessions- Drugs acting through Enzymes, Drugs acting through Enzymatic Receptors, and Drugs acting through Non-Receptor associated Enzymes. Each session was followed by an interesting interaction with the queries clarified. The symposium was concluded with the concluding remarks and vote of thanks delivered by the Organizing Chairperson, Dr.A.Ruckmani.

CHETOGCON

The Department of Obstetrics and Gynaecology, Chettinad Hospital & Research Institute conducted an International Conference-CHETOGCON 2021 on 27.02.2021. The themes of the conference were High-risk Pregnancy and Benign Gynaecology. The organizing secretary was Prof Dr. Vijayalakshmi and the organizing chairperson Prof and HOD Dr. Anuradha. The participants were delegates from several departments of CHRI and other medical colleges across the country. The speakers of the event were Dr. Prabha Sinha, Oman Medical College an affiliate with West Virginia University, USA, Dr. Lakshmi Shanmugasundaram, Institute of reproductive medicine and women's health, Madras Medical Mission, Chennai, Dr.Anjalakshi Chandrasekar, Madha Medical College, Dr.SukeshKathpalia, D.Y. Patil Medical College, Pune, Dr. Sumathi, Kilpauk Medical College and Dr.ShanthyGunasingh, Retd. Director IOG, Present consultant TN Public Health Department. The topics of the sessions were high-risk obstetrics, Recurrent Pregnancy loss, Hypertensive disorders in Pregnancy, Gestational Diabetes mellitus, benign gynecology, Pelvic Inflammatory diseases, and Abnormal Uterine Bleeding. A Keynote address by Dr. S. Kathpalia who delivered an inspiring talk on Motherhood - Is it Safe. This was followed by the noon sessions which featured E- papers



and E- posters from enthusiastic participants from various medical colleges across the country. The Conference was an academic and literary feast for all the delegates. The total number of participants at the conference was 201.

Universal Precautions And Vaccinations

The Department of Anatomy, CHRI, conducted an online CME- Universal precautions and Vaccinations on 27.2.2021. Dr. RHS Rajila, Professor & Head introduced the speaker and started the session. The speaker was Dr. D.R Vedapriya, Professor and Head, Department of Community Medicine, Sri Venkateshwara Medical College and Research Institute, Puducherry. The participants of the CME were MBBS students, faculties of various departments of CHRI. The lecture started with an interactive session by the speaker on various modes of



Live vaccines

Live attenuated organism

- BCG
- Small pox
- OPV
- Measles
- Mumps
- Yellow fever



precautions taken by us in everyday life and as well as in our workplaces. Then, the speaker highlighted the need and the various methods of precautions we need to follow as medical professionals. The need to wash hands and its correct technique and the importance of masks during the COVID pandemic was stressed upon. Then an overview of different types of vaccines along with a comparison between COVAX and COVISHIELD vaccines was also given. Finally, a question-answer session was conducted and the doubts asked by the students were discussed. The total number of participants was 232.

HEALTH CENTRE ACTIVITIES

National Deworming Day Program

National Deworming day was observed at Urban Health Centre, Karapakkam on 17.02.2021. Awareness of Deworming was given to patients at the OPD. A total of 20 patients attended the health education campaign. The event has been organized by the Department of General Surgery and Community Medicine. Dr. Smitha Subramanian, Dr. Vivek, Dr. Myl Kumaram K, and Dr. Nirupama A Y gave a health talk to the patients. The talk covered types of worms, common behaviors in the community leading to worm infestation, symptoms of worm infections, the impact of worms on health and nutrition, benefits of deworming, and the need for community participation. The session was followed by a Q&A session where patients' queries were about the possible allergy to albendazole, foods to be avoided during deworming, follow up and the need for repeat doses.



Breast Disorders Awareness Program

A breast disorders awareness program was conducted at Rural Health Training Centre, Poonjeri by the Department of General Surgery and Community Medicine on 24.02.2021. 35 patients attended the campaign. Dr. Alagarraja, Dr. Dilip, Dr. Hanitha, Dr. Lokesh Kumar, and Dr. Sharath educated the people about the importance of self-examination of the breast after 40 years in females, about the presentations, causes, and the possible ways of diagnosis and treatment. Causes, presenting complaints, and treatment options were discussed. All doubts of patients about Breast related disorders were clarified by Dr. Alagar and Dr. Dilip.



Voluntary blood donation camp

The voluntary blood donation camp was organized by Dr. Remya K.J, Assistant Professor of Physiology, and Dr. Femela M, Professor of Pathology, Medical Director,





Department of Transfusion Medicine in association with Gemini Magnolia Flat Owners Association on 20th February 2021 at Polachery Village, Ponmar. The camp team comprised 12 members of Chettinad Hospital and Research Institute. The general check-up and clinical examination including relevant clinical history were elicited from all volunteers. This was followed by blood donations from the volunteers who were fit enough to donate. A total of 28 volunteers donated blood and CHRI appreciated the volunteers for their goodwill gesture in donating the blood.

Memorandum of Understanding with Sankara Eye Foundation

A team of senior ophthalmologists and visionaries from Sankara Eye Foundation, India had visited our university on 10 Feb 2021. The visit was aimed at signing an MoU between CARE and Sankara Eye Foundation, India in the fields of Research and Education, Ophthalmology Students exchange, nursing students training and recruitment, etc. The Registrar Mrs. Jeyendrasaraswathi, Director of Research-Prof. Murugesan, Vice principal of CHRI-Prof.Arunkumar, Head of Ophthalmology department-Prof. Shankar, Principal of Nursing college-Prof.Dr.Hepsibah.S, was the CARE dignitaries present during the milestone meeting. The visiting team included.Dr. Kaushik Murali, President Medical Administration, Quality and Education, Prof. Mahesh P Shanmugam, Head, Vitreoretinal and Ocular Oncology services, and Dr.Janakiraman, Senior Ophthalmologist. They had a glimpse of our research facilities such as animalhouse, nano-technology and genetic laboratories, state of the art facilities in the department of Ophthalmology. The team was impressed with the infrastructure and the zeal of the university towards research and education and was positive about the fruitful association.

NEOTALK SERIES

Chettinad Hospital and Research Institute along with National Neonatology Forum- Tamil Nadu organized TN NNF NEO TALK SERIES from 16.02.2021 to 05.03.2021. The topics discussed were Apnoea of prematurity, Diagnosing Neonatal Sepsis- Myths And Dogmas, Neonatal Resuscitation- Recent Updates,Persistent Pulmonary Hypertension, Cost-Effective Preterm Care and Counseling & Management At Extremely Low Gestational Ages - Public Versus Private Perspective. The eminent speakers of the event were Dr. Sridhar Kalyanasundaram, a consultant and head of the Department of Neonatology, Al Zahra Hospital, Dubai, Dr. Sindhu Sivanandan, Assistant professor in the Department of Neonatology at JIPMER, Pondicherry, Dr. Ashish Jain, Associate Professor in the department of neonatology at MAMC, Dr. Deepak Louis, Assistant Professor, Section of Neonatology, Department of Pediatrics and Child health, university of Manitoba, Dr. Ranjan Kumar Pejaver Professor and Chief Neonatologist in People tree hospital, Meenakshi Hospitals, Bangalore and President of NNF and Dr.Chandrakumar, MD, DM(Neo) who is a senior consultant and Head of

the Department of Neonatology, KanchiKamakoti Childs trust hospital, Chennai. The neo talk series had essential topics and updates in the field of neonatology practice and was very much useful for the participants. Each session ended with an interactive discussion between the participants and the speaker. An average of 100 participants attended every session of the Neo Talk Series.

CLUB 25 IN CHETTINAD

The Department of Transfusion Medicine, CHRI, has taken an initiative to involve young persons in the stream of voluntary blood donation, which is called 'CLUB 25'. This Club -25 was first launched in Zimbabwe in 1989. Students pledged to donate blood 25 times by the time they reached the age of 25. Young people, who tend to be healthy, idealistic, and motivated, not only improve the long-term safety and sufficiency of a country's blood supply but also can reduce the prevalence of HIV/AIDS by promoting safe lifestyle practices among young people. This club was inaugurated at Chettinad Hospital and Research Institute on 01.03.2021.



International Women's day 2021 - Sports Tournament

As part of the International Women's day, 2021 celebration at Chettinad Academy of Research and Education, the Department of Physical Education conducted a Sports tournament exclusively for all women (students & staff) on 08.03.2021. The tournament comprised of various sports events such as Lucky Corner, Tug of War, Pot hitting, and Ball passing relay. This sports tournament involved female students from all the constituent colleges/schools of CARE, to play as a team. Prof. Dr. Rukmani, HOD, Department of Pharmacology inaugurated the women's day Sports Tournament. About 350 participants, including students and staff members, took part in the events organized. The winner of Tug of War was a team of students of I year M.Sc Psychology and Runners-up were I year M.Sc students of AHS. The winner of Pot hitting event was Gayathri. R, I year M.Sc Psychology. Lucky corner and Ball pass Relay sports winners were Nursing, Physiotherapy, MBBS, Pharmaceutical Sciences, Architecture, and Faculty of Allied health Sciences students. Dr. T. Balasubramian, Vice-Chancellor of Chettinad Academy of Research & Education was the Chief Guest and he distributed the certificates and medals to the winners. The entire campus wore a festive look during this women's day celebration and the event ended in grand splendor.



FACULTY ACHIEVEMENTS

TOPPERS

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



Dr. Anuradha G, Department of Biochemistry, CHRI.

STUDENTS ACHIEVEMENTS



Dr. Jyotsna .A PG (OBG),
has won first prize for poster presentation in the
conference 'Love to Labour International Conclave'



Dr. Nandini, PG (OBG),
has won second prize for
poster presentation in the conference
'Love to Labour International Conclave'



Dr.Meetangi Agarwal, PG (OBG),
has won third prize for
poster presentation in the conference
'Love to Labour International Conclave'



Esther Sharon W, First Year, B.Sc Counseling
Psychology student, has won second place in
Speech Competition at the International Day of
Women and Girls in Science 2021 conducted by the
Faculty of Allied Health Sciences, CARE.



M Harini, Second Year, B. Arch student, has won
second place in Four Pic One Word - Quiz
Competition at the International Day of Women
and Girls in Science 2021 conducted by the Faculty
of Allied Health Sciences, CARE.



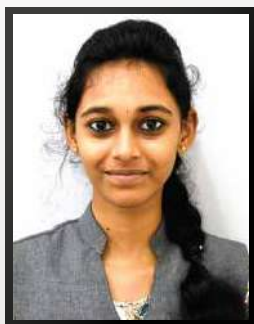
P Gokulesh, First Year, B. Arch student, has won
First Place in Photography Contest at the
International Day of Women and Girls in Science
2021 conducted by the Faculty of Allied Health
Sciences, CARE.



M. Mohamed Farhaan, Second Year, B. Arch student, has won Second Place in Photography Contest at the International Day of Women and Girls in Science 2021 conducted by the Faculty of Allied Health Sciences, CARE.



Pawan Mehta A, First Year, B. Pharm student, has won First Place in Four Pics One Word - Quiz competition at the International Day of Women and Girls in Science 2021 conducted by the Faculty of Allied Health Sciences, CARE.



T Dikksha, Second Year, B. Arch student, has won Second Place in Four Pics One Word - Quiz competition at the International Day of Women and Girls in Science 2021 conducted by the Faculty of Allied Health Sciences, CARE.



Raghul S, First Year, B. Pharm student, has won First Place in First Place in Speech Competition at the International Day of Women and Girls in Science 2021 conducted by the Faculty of Allied Health Sciences, CARE.

CLINICAL VIGNETTES

Question 11

A 32-year-old man presents for review. He has told his general practitioner (GP) that he consumes up to 8 or 9 l of drinks per day and is constantly up during the night and day to pass urine. The GP has checked some routine blood; fasting blood sugar is 3.4 mmol/l. You arrange a water deprivation test. Maximal serum osmolality during the test reaches 290 mOsmol/kg and urine osmolality after fluid deprivation reaches 830 mOsmol/kg with no significant change after desmopressin. What is the diagnosis?

Question 12

Identify the condition.



Answers to questions from the previous issue

Question 9

Vaginal Candidiasis

Question 10

Tendon xanthoma

Identify The Personality (4)

Alexander Fleming

Identify The Personality - 5



KUDOS!!!

Participants who sent the correct answers :

Mrinalini (MBBS)

JawithNigal.A (MBBS)

Pranith.S (MBBS)

Rahul P (CRR)

Dr. Sri Ram (Medicine- PG)

Dr. Pavithra Reddy (Dermatology- PG)



Answers can be sent to:

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

STUDENTS CORNER



- Akshaya P. Nair, FIRST YEAR, BCOM. LLB (HONS)



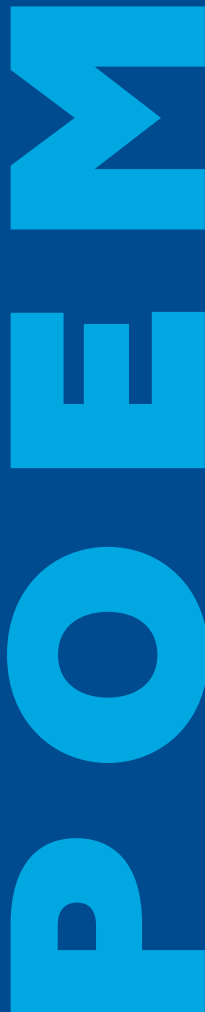
- Akshaya P. Nair, FIRST YEAR, BCOM. LLB (HONS)



- Rajeswari, SECOND YEAR, BA LLB (HONS)



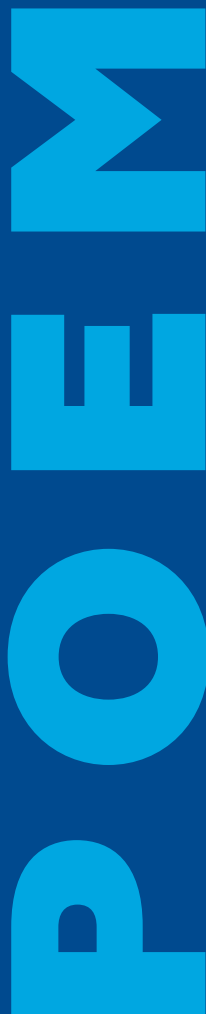
- Akash Raj. A, B.Pharm, 1st year



“Building back better: towards an inclusive, accessible and sustainable post-COVID-19 world by, for and with persons with disabilities”

*For the past eight months,
We have been locked down in our houses.
Not allowed to go outside,
Even not to go to a temple,
Locked in our houses are like Dungeons.
Then, after announcing the first relaxation
When I went to check outside
The roads are empty, the crowds too small,
And no trace of life outside, none at all.
Every human is locked up in their house,
And the sunny playground, now looks bleak.
Nobody's going to school anymore,
No child playing in the park,
Nobody's even opening the door,
Except for grocery or stock.
I pray the almighty to give us back
The crowds in parks and Beaches,
Also, to give us back our frequent festivals
To celebrate it freely out of fear.
Also, to give us back the increase
Of the sectors of our economy
Which declined the most,
To give enthusiasm to people to work
Out of fear not only from Corona.
But also from the Cyclones we are passing through*

- **V. Ashvath Neelakandan** B.Com, LLB (Hons,) 2nd Year



Ups and downs

*The sun shines through
even to valleys.*

*And at the base of these mountains
there is a stretch of glassy water
that reflects in the wholeness
of the lavender-painted sky above.*

*As the beams of sunlight
bleed into the shadows,
I can see everything existing
as it is supposed to.*

*No peak is illuminated at all times.
No valley is fully in shadow.*

*My life resides
in the delicate sloping,
the rise and fall,
the fading in of gentle light.*

- Yuvakeerthana K, LLB(H) 1st Year

To All the Youth in The World

*None to stop you,
None to put you down!
Stand for your rights,
Let it not go!
Be Brave,
To face challenges!
Be Assertive,
To get your rights!
Be Independent,
To prove your happiness!
Be careless,
To wrong judgments about you!
Be Confident,
That you know whom you are!
Be Honest,
To your heart and others as well!
Be strong,
To take your Decision!
Be Happy and Cheerful,
Throughout your life!*

- Prarthana. J, B. Pharm (1st Year)

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