



Photo by :
Dr. Jerry Alfred



"A flower does not think of competing with the flower next to it. It just blooms."

– Zen Shin

LETTER FROM THE EDITOR'S DESK

Our World is an Unequal, Unfair and Unhealthier one! says WHO, disagree? Around the globe, many people struggle to earn enough for that day's meal. While many residences are gated communities with many amenities and high housing standards and conditions, there are still many who do not have proper toilet facilities at their homes, a single room becomes their living room, bedroom, and kitchen, let us not forget the homeless. Many children cannot go to schools due to their situations, and many who are educated, do not get enough employment opportunities. Some don't even have access to clean drinking water, air to breathe, and proper health care services. And in those who have all the necessities, some still suffer due to gender inequalities, abuse, etc. As mentioned by WHO, the recent Covid-19 situation has made it all the clearer that not everyone has equal opportunities and some suffer while some can live healthier and better lives entirely due to the conditions under which they are born, grow, live and work.



That is why for this year's World Health Day, WHO's adopted theme is "Build a Fairer, Healthier World." 'These situations and conditions are preventable. They are calling on the world leaders to make sure that everyone has living and working conditions that are conducive to good health.' We can also help greatly by making sure we don't create situations or entertain any that is considered as unequal, let that be gender or race, or religion. Realize that if we have all the necessi-

ties then we can spare a little amount from what we spend for comfort, to those who suffer every day. Let us not agree with the idea that 'life is unfair.' It is someone's fate that they are born, live in poorer conditions, or low socio-economic status. Let us pledge for equality among humanity.

Regarding the COVID-19 vaccines, the states were assured that there is no shortfall of vaccines and stocks would continue to be supplied whenever necessary, and the public need not be worried. More vaccines would be supplied to the areas with low vaccine coverage and to the districts which report higher caseloads every day. India stands third in the total number of COVID-19 vaccine doses administered and second in the number of people fully vaccinated. (both 1st and 2nd vaccine doses). There is also more good news as the oral vaccines for COVID-19 have shown promising results in animal studies and soon will be entering the human clinical trial phase -I. The oral vaccine-Orovax Medical is being developed by the collaboration of Oramed (an Israeli-American company) and Premas Biotech (India). It is believed that the oral vaccine could provide a better immunity against COVID-19 in the respiratory and gastroesophageal passages similar to oral polio vaccines against wild poliovirus. The upside of the vaccine is that the people can also take this at their homes and avoid crowded hospitals or clinics. The vaccine is yeast-based which makes the manufacturing cost cheaper.

ASK A CHETTINAD PROFESSOR

Gouty Arthritis- A Practical Approach



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What is Gout?

Gout is characterized by painful joint inflammation, most commonly in the first metatarsophalangeal joint, resulting from the precipitation of monosodium urate crystals in a joint space. When there is an increase in the uric acid level in the blood, there is a chance of crystallization of uric acid. Such crystals get deposited in joints which starts to show the symptoms of gout. The predominant reason for an increased level of blood urea is the reduced amount of excretion of uric acid from the body. Synthesis of excessive amounts of uric acid may be another reason for increased levels in the blood, but the cases are more where the first reason is predominant.



What are the factors which increase the risk of Gout?

Genetic mutations may be associated with overproduction or underexcretion of uric acid because of defects in the renal urate transporter system. The prevalence of gout increases with age (peaks at more than 12% in persons older than 80 years). Female sex hormones increase urinary excretion of uric acid, pre-menopausal women have a substantially lower prevalence of gout compared with men. Consuming alcoholic drinks (particularly beer), meat (especially red meat), some seafood (e.g., shellfish, some large saltwater fish), fruit juice, and beverages sweetened with high-fructose corn syrup increases the risk of gout. Purine-rich foods such as nuts, oatmeal, asparagus, legumes, and mushrooms do not seem to increase the risk.

How will the Gout manifest?

Gout is typically diagnosed clinically based on the rapid development of monoarticular arthritis marked by swelling and redness usually involving the first metatarsophalangeal joint.



Hard nodule on the
DIPJ of finger



1st MTPJ Swelling
and redness

Prevention of Gout:

In mild to moderate cases of gout, lifestyle changes can decrease uric acid levels in the blood.

- Food Habits- Appropriate diet is very important. Overweight is a big factor causing joint pain Food that can be included and avoided in patients with gouty arthritis is given in the table below.
- Sleep Apnea- control of sleep apnea may help in the control of gout.
- Dehydration-Becoming dehydrated may also be a reason for gout risk. Consuming an adequate amount of water is advisable.
- Drinking soda- Carbonated water for drinks or drinking soda has a high-fructose corn syrup which is a culprit in elevating uric acid levels, thereby increasing gout risk.
- Kidney stones- kidney stones may get traces of uric acid. To prevent dehydration, drinking a sufficient amount of water a day is very essential.
- Poorly fitting shoes- Wearing the wrong shoes can become another gout-triggering factor.

Dietary management of Gout:

Foods that can be used daily- Negligible purine content	One serving of Meat, Fish or Vegetables that is allowed daily- Moderate purine content	Food that should be omitted from diet- High Purine content
Eggs, Chocolate, Cheese, Butter, Cereals, Fruit, Milk, Oil, Nuts, Rice, Salt, Sugar, Tea, Olives, Pickles, Vinegar, herbs, spices	Mushrooms, Beans, Dried lentils, dried spinach, peas, Seafoods (crabs, shrimps)	Alcohol, whole grain breads and cereals oat meal, wheat bran, Dried beans Lamb, beef, pork, poultry, Peanuts, Peanut butter, Baker's and brewer's yeast, cauliflower, Tuna fish, Mussels, Avacado, cashew nuts

Medical Management of Gout:

Many drug substances are available for the treatment of hyperuricemia. As a first-line therapy along with these drugs, a compound is to be recommended which can cause symptomatic relief. One of the best choices is an anti-inflammatory agent. The medications used for acute Gout attack are NSAIDs (Indomethacin), Colchicine, Corticosteroids. In case of chronic Gouty arthritis drugs recommended for reducing hyperuricemia are allopurinol, febuxostat, probenecid, pegloticase, lesinurad, etc.

CHETTINAD SQUARE

ALUMNI ASSOCIATION OF CARE (ALASCA)

The alumni of Chettinad Academy of Research and Education - Alumni Association of CARE (ALASCA) has been organizing an annual get-together and conducting several events frequently to help the needy. During the year 2020, ALASCA has organized an Annual meet, health camps, and other virtual meets.

'Confluence'- the Alumni Meet- 2020 was organized by ALASCA on 25.01.2020 was astounding and full of stupefying moments. The event commenced with cultural performances soothing the ambiance, followed by various games played between the alumni and their spouses who had come along. "The Elite Grand" banquet hall was filled with nostalgia as reminiscing speeches of alumni's made everyone look back at the years passed.

ALASCA organized special camps for people with special needs on 06.03.2020 in a school in Chennai. Team of Alumni Doctors including Dr.Ramprasath, Dr.Nagarjun, Dr.Sivabackiya, etc., accompanied by Nursing staff and CRRIs and the President of Alumni Association, Dr. Rajesh Kannan, and by Dr.Buvnesh Kumar (Dept. of Community Medicine) attended the camp. Around 150 Children from the school were screened for diseases and treated for any illnesses.

The Alumni Association has organized a Virtual Alumni Meet for the Medical Alumnus on 06.03.2020. This was a virtual meeting during COVID 19 Pandemic at that time. The meeting was conducted by the President, Dr.Rajesh Kannan, and General Secretary, Dr.Duraivel of ALASCA. Around 60 + Alumni attended the meeting virtually and gave their valuable feedback and suggestions for the betterment of the Alumni association.

A free medical camp was conducted by the Alumni association on December 2020 in Chennai for Visually Impaired People and provided free spectacles. This was conducted by the Team of Alumni Doctors including Dr.Ramprasath, Dr.Sivabackiya, President of Alumni Association, Dr. Rajesh Kannan, and General Secretary of Alumni Association, Dr.Duraivel along with the Nursing staffs and CRRIs from the Dept. of Ophthalmology, CHRI.

ALASCA service to the needy people continues.





Chettinad Outreach Activities

The outreach team of Chettinad Hospital and Research Institute relentlessly conducted outreach activities during the month of March 2021. A total of 19 camps were conducted by our outreach team in March at various places in the Chengalpattu district. Approximately 2048 patients got benefited from these camps of which 414 who required further management were identified and were referred to Chettinad Hospital and Research Institute. Specialty camps were conducted on all Saturdays. The outreach activities were organized by the outreach team under the leadership of Dr.T.K.Raja, Deputy Medical superintendent, CHRI.







CAMPUS BUZZ

This section has the list of all events conducted at Chettinad campus from 1st to 31st of March

International Women's Day Celebration-2021

Department of Community Medicine commemorated International Women's day on 11.03.2021 in Rural Health Centre, Poonjeri. A total of 42 women who attended OPD at RHTC on that particular day were educated about the signs, symptoms, early detection, and prevention of common diseases in women. Charts and posters were exhibited on common diseases of women like PCOD, Diabetes, Hypertension, Hyperthyroid, Cervical cancer, Breast cancer, and they were also explained to them. The exclusively available programs for rural women, their benefits, and beneficiaries were explained using posters. The session was interactive by patients asking the doubts and postgraduates cleared it.

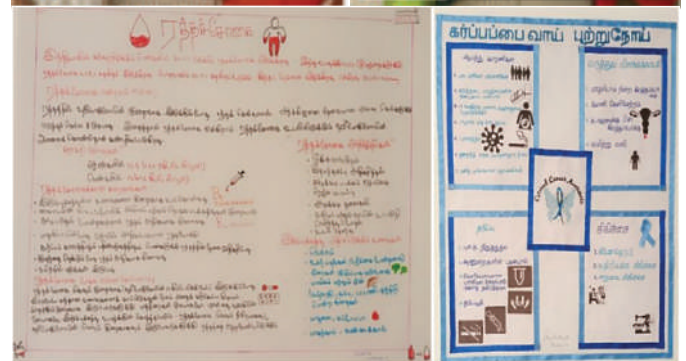


Women's Day Celebration-UHTC:

International Women's day was celebrated on 10.03.2021 in Urban Health Training Centre by the Department of Community Medicine. In association with Women's day 2021, Women's health awareness education sessions were conducted on the topics:

- Cervical cancer awareness
- Importance of early detection and screening in Cervical cancer
- Anaemia awareness
- Common symptoms of anemia
- Public health importance of Anaemia
- Importance of Anaemia in Women and children
- Need for community participation

Health education sessions were conducted during OP timings, a whole day for women and their families, and queries regarding vaginal hygiene, pap smear, iron supplementation in anemia, and blood transfusion in severe anemia were cleared.



World Oral Health Day Programme

Department of Community Medicine in collaboration with the Department of General Surgery conducted World oral health day awareness program on 17.03.2021 in Chettinad Urban health training Centre, Karapakkam. During this awareness program Posters and charts were exhibited on the risk factors of oral cancer. A brief introductory speech was given on the need for Oral cancer awareness. Following which a brief speech on causes and management was given. All queries regarding oral cancer its risk factors and the necessity to consult a doctor were cleared in the OPD. Dr. Kailash, department of psychiatry, spoke about alcohol and de-addiction. Dr. Ramya, ENT PG spoke about dental caries, oral cancer, and oral ulcers.



awareness workshop and the She-Riders (Women motorcycle riders) of AWARE group educated the group of young women participants about gender equality, identifying emotional and physical abuse, strong mental health and also promoted the need for women safety across schools, colleges and workspaces through high energy interactive sessions. The campaign targeted women and children with an effort to achieve their mission statement, 'Reimagining Womanhood'. Promoting their cause, commemorating International women's day, the She-riders of AWARE will ride on bikes for 31 days to 39 villages, towns, and cities across Tamilnadu and Puducherry districts spreading awareness. CARE Vice-Chancellor, Dr. T Balasubramanian flagged off and kick-started the She-Riders riding campaign.

Physiotherapy - Exhibition

Chettinad School of Physiotherapy has organized a campaign and exhibition on models and charts of clinical anatomy of the human body on 01.03.2021 at the Atrium of College block. The campaign and exhibition had been arranged to create awareness on rehabilitation physiotherapy through the model and other exhibits. Vice-chancellor Dr. T. Balasubramaniam inaugurated the campaign. Students shared their information through models and Charts. Many students and faculties of the constituted institution of CARE- School of Law, Architecture, Pharmaceutical Sciences, Nursing College,



Re-Imagining Womanhood

Chettinad Academy of Research and Education, in collaboration with AWARE India, commemorated International Women's Day-2021 at Chettinad Health City campus on 01.03.2021. AWARE India, an NGO, conducted an awareness workshop for 50 female student volunteers in Chettinad Academy of Research and Education, as a part of their PRIDE RIDE Campaign. CARE Vice-Chancellor Dr. T Balasubramanian inaugurated the



and Medical College participated. A total of 100 participants attended the program. This event helped to improve the student's communication, get exposure to a theme through presentations and discuss with other students. The participants were made aware of the role of Physiotherapy intervention in varying rehabilitation principles and techniques.

Zero Discrimination Day

The Department of biochemistry, CHRI has commemorated Zero Discrimination day by conducting a poster competition on 01.03.2021. The theme of the competition was zero Discrimination against women and girls. The students from all schools and colleges under CARE university participated in the event. A total of 100 students participated in the event and the best posters were awarded prizes by Vice-Chancellor Dr. T. Balasubramanian. The winners were first prize- Harshini (first year BDS) and second prize – G.M.R Abarna (first-year MBBS).



Workshop on Organizing Skills

Chettinad School of Law, CARE organized a workshop on Organizing Skills on 02.03.2021. The Workshop saw the active participation of the students of the Chettinad School of Law. The Workshop started with a welcome address by Dr. Shyamtanu Pal, Associate Professor at Chettinad School of Law on the introduction and the basis of organizing an event. Then, Dr. Renu Girotra, Assistant Professor at Chettinad School of Law gave a speech on the management of logistics and transport facilities that should be provided to the chief guests of the events organized. Then, the workshop proceeded with the speech of Dr. Chandrika Mehta, Assistant Professor at Chettinad School of Law on the Co-Ordination among the organizers. She then gave a brief on conducting and organizing a Cultural event and the Infrastructure of conducting a competition for an event like Floor Managing, Welcoming the Judges, Time Keeping, Scoring t, etc., Then Dr. Ruchi Sinha, Assistant Professor (HOD i/c) of Chettinad School of Law gave a brief about Intra and Inter Moot. She also gave a brief about the preparation of the Moot Memorial. She also gave a speech on how to organize and conduct a Moot Court Competition at National Level. Thus, all the distinguished speakers gave an insight into How an event should be well organized in which the participants got benefitted.



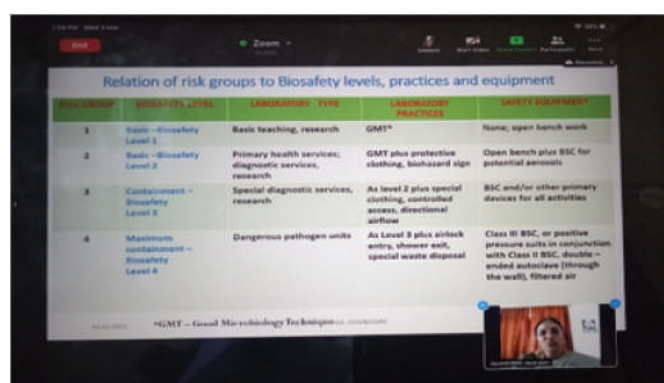
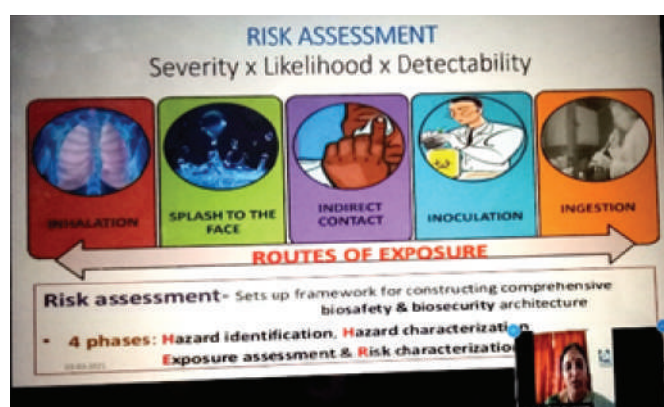
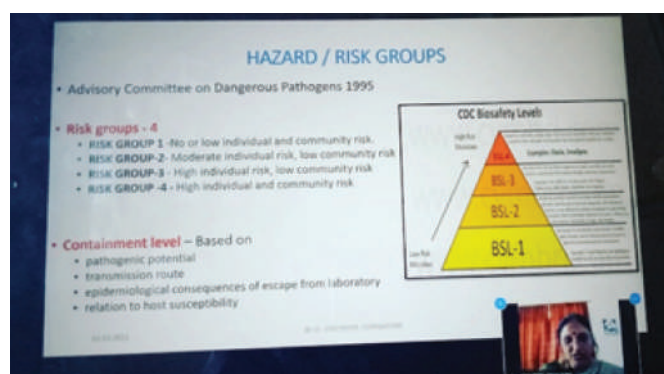
Mental Status Examination (MSE) and its significance in psychiatric disorders

A guest lecture program was organized by Chettinad College of Nursing on 02.03.2021 on Mental Status Examination (MSE) and its significance in psychiatric disorders. The speaker of the event was Dr. Kailash Sureshkumar M.D., D.N.B., Psychiatry., Associate Professor, Department of Psychiatry, CHRI. A total of 270 nursing college students and 11 faculty members attended the lecture. The speaker discussed about mental status examination and its significance in psychiatric disorders. He also discussed about the classification of mental disorders, disturbances in general appearance, mood, speech, problems in perception, disorders of thought process, and impairment in cognitive functions of mentally ill patients. The participants gained knowledge on how to perform a mental status examination and to identify the psychotic symptoms of mental illness among patients.



Biosafety in Health care and Research

The Department of Microbiology, CHRI, organized a Guest Lecture on 03.03.2021, titled "Biosafety in Health Care and Research". The resource person was Prof. Dr. J. Jayalakshmi, Professor and Head, Department of Microbiology, KMCH, Coimbatore. The speaker gave a detailed view on how safe handling of infectious materials in microbiological laboratories, biomedical research facilities, teaching and training laboratories, and healthcare facilities can be accomplished through the application of containment principles, risk assessment, and risk control. She also highlighted the hazardous procedures leading to infection in laboratories, the risk group organisms, Biosafety levels, Type of BSC's, code of practice, and also the proper use of PPE. A total of 40 participants- faculty, postgraduates, and research scholars participated in the lecture.



Road Safety Day - 2021

Department of Microbiology, CHRI organized and conducted a Road Safety Awareness program, to commemorate National Safety Day-2021 on 04.03.2021. The event was done in collaboration with the NSS unit and UBA of Chettinad Academy of Research and Education. The theme for National safety day 2021 is Road safety. Around 100 student Volunteers participated from all schools and colleges under CARE. A road rally was carried out by the students to exhibit the importance of road safety awareness. The students distributed the pamphlets having safety regulations of riding vehicles, ten commandments of road safety to the vehicle riders. The students educated the two-wheeler riders without helmets on the road about road safety and insisted on wearing the helmet.

School outreach program

An awareness program was organized by the Department of Ophthalmology, CHRI at Christ the king matriculation and higher secondary school, Medavakkam on 04.03.2021. The coordinator of the program was Dr. (Maj.) G.Premnath, Professor, Department of Ophthalmology. The topic of the awareness talk was 'Common eye disorders'. The interactive lecture covered common eye disorders such as refractive errors, ocular trauma, infections, etc. Students and teachers cleared their doubts on eye health and ocular ailments. A total of 100 students and 5 teachers participated in this awareness program.



Obesity Awareness Program

To commemorate the world obesity day on 04.03.2021, the Department of Biochemistry organized a series of outreach awareness programs for the students of various schools and colleges affiliated to CARE from 03.03.21 to 05.03.21. The mission of world obesity day is to increase awareness, analyze the root causes of obesity and the actions needed to address them. This mission aimed to create a healthy environment that prioritizes Obesity as a health issue and unites the global community to work towards the common goal. To achieve this goal, the department created awareness about obesity and its complications among students. The BMI of the students were measured and advice on nutritional & lifestyle modifications was given. The faculty of the Department of Biochemistry addressed the students of the school of Law, Physiotherapy, Pharmaceutical sciences, Architecture, the College of Nursing, and Allied Health Sciences and created awareness on obesity and its impact on health. Besides, school students of Christ the king matriculation higher secondary school were also met and given awareness on obesity. A total of more than 225 students of CARE university attended the awareness program and got benefitted.



Workshop on Epi-Info Hands-on Training

Department of Community Medicine, CHRI organized a hands-on training workshop for epi-info software for the post-graduate students on 04.03.2021. The workshop was conducted at the Demo hall-11 of the College block. The resource person was Dr. Nisha. B, Assistant professor from Saveetha Medical college. She gave training on using the EPI-INFO statistical software. The training helped the participants in learning the basics of the software to analyzing the research data using the Epi-info statistical software. The training session was attended by 21 postgraduates of community medicine, Paediatrics, Obstetrics & Gynaecology, and General Medicine. Pre-test and post-test evaluations were done and there was a significant gain in the acquisition of epi info skills.



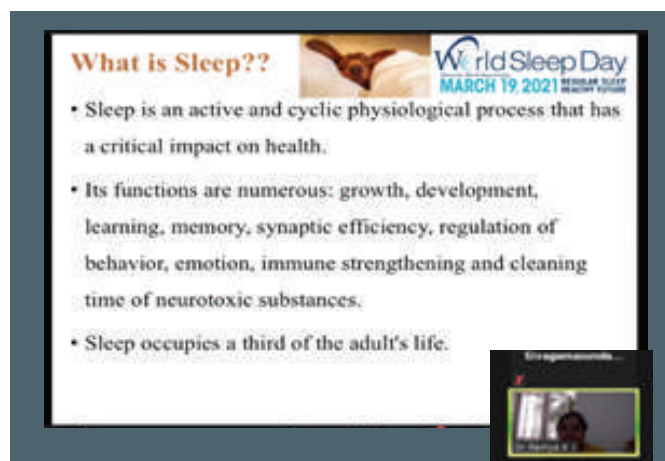
and treatment were discussed. Students actively participated in the question and answer session and clarified their doubts regarding the subject. This was followed by a demonstration for which students volunteered and learned the skills. A total of 100 participants attended the guest lecture.

Weekly CME - Regular Sleep, Healthy Future

Weekly CME was organized on 05.03.2021 by the Department of Physiology, CHRI. The topic of the CME is Regular Sleep, Healthy Future. The speaker was Dr. K J Remya, Assistant Professor, Department of Physiology, CHRI. This topic was chosen to commemorate World Sleep Day that is being celebrated on 19.03.2021. The speaker talked about essential principles of Sleep Physiology and their implications in the disorders of sleep. The core guidelines on sleep hygiene were discussed and recent advances on sleep physiology were also summarized during the presentation. Faculty and Postgraduates of various departments and UG students attended the CME. The total number of participants were 52.

Guest Lecture -Pain Science

A guest lecture was organized by Chettinad School of Physiotherapy, CARE on 05.03.2021 on the topic- Pain science. The speaker of the event was Mr. K. Hariom MPT (Neurology), Clinical therapist, Spring physiotherapy center, Chennai. The speaker talked about function, senses, perception, and pain physiology. Besides, the transmission of pain, modulation of pain,



Plastic-free Environment Awareness Campaign

NSS and Unnat Bharat Abhiyan of CARE organized a plastic-free campaign in the adopted village Kayar on 06.03.2021. Nearly 100 students and volunteers from FAHS, CCN, and CSP participated in the event. They went door to door of the villagers and collected the plastic bags and distributed cloth bags to them. This is a part of the Swacchata activity. The faculties who accompanied them were Dr. Koyeli Girigoswami, FAHS, Ms. Nancy Victoria, CCN, and Mrs. Swathi, CSP.



Freshers Day Celebration- CCN

Chettinad College of Nursing hosted the fresher day celebration with a cultural event involving first-year BSc, PBBSc, and MSc Nursing students on 06.03.2021. During the event, the third-year BSc and PBBSc students' welcomed the freshers- the 15th batch of the first year B.Sc Nursing, the 13th batch of P.B.B.Sc nursing, and M.Sc nursing students. The opening address was delivered by Dr. S Hepsibah, the Principal, CCN. The program had events such as singing, group dance, and talent-provoking interactive tasks by the freshers. The program had a smooth introduction of seniors to the juniors and vice versa. The juniors and seniors interacted with each other and the total participants of the event were around 300.



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.



12.03.21. Dr. Raghavendra was the guest speaker who delivered a lecture on 'Evaluation of a glaucoma patient'. Awareness pamphlets were circulated to the general public through leading newspapers. During this week, around 600 individuals were screened for glaucoma. Those with elevated intraocular pressures were subjected to further investigations at free of cost.

FDP – Design and Implementation of CBCS in Health Science Programs

Chettinad School of Physiotherapy, CARE organized a Faculty Development Program on 08.03.2021 with the topic of concept of design and implementing the choice based credit system in the health science programs. The resource person of the event was Dr. R. Murugesan, Research Director, CARE. He oriented all the participated faculties about the importance of CBCS and calculation of credit score for both contact and practical subjects. The session was interactive and hands-on training was given to develop the core, discipline elective, ability enhancement, and skilled elective courses and their distribution in the curriculum of each course. A total of 20 faculty from the School of Physiotherapy and Faculty of Allied Health Sciences attended the meeting.



World Glaucoma Week – 2021

Department of Ophthalmology, CHRI observed the world glaucoma week from 7th to 13th March 2021. During this week program following events were conducted: Free glaucoma screening on all the days was done at Chettinad General hospital, Urban health center, Karapakkam, and Rural health center, Poonjeri, Glaucoma awareness video were displayed for patients on all days, a Poster competition was held for UG & PG students on 13.03.21 with the theme 'Glaucoma awareness'. and Guest Lecture was organized on Glaucoma evaluation for UG & PG students on



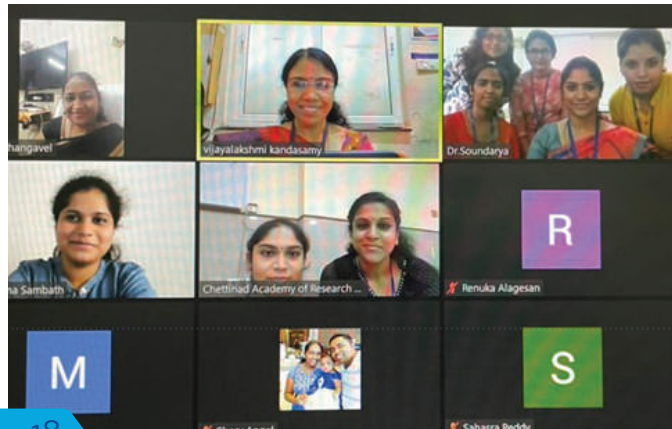
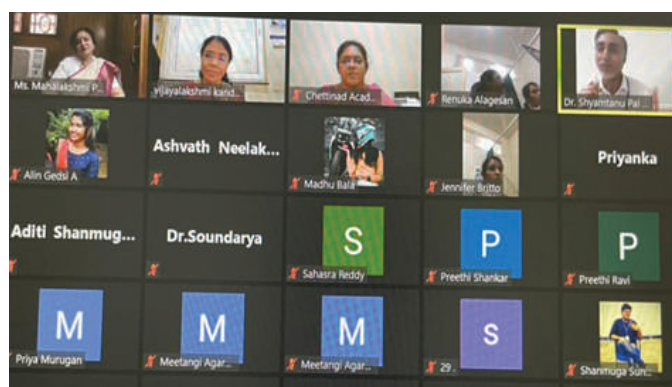
WOMEN'S DAY Celebration- Department of OBG, CHRI

The Department of Obstetrics And Gynaecology, Chettinad Hospital, and Research Institute commemorated International Women's Day to celebrate women achievers from different walks of life, who can be role models and trendsetters for their younger generations to follow. This day was celebrated to uplift the downtrodden, oppressed, and marginalized women in our society and also to create awareness among them in taking care of their health, promote education so that ultimately the lady's family, the society in the large and entire country gets benefited. Department of Obstetrics & Gynecology, CHRI had organized various events. Cancer awareness talk on cervical cancer, breast cancer, and also on COVID pandemic was carried out. Free camp was conducted for patients which included, Systemic Examination, Breast Examination, Pelvic examination, PAP smear, blood investigations (H B, RB, S), and TVS (In indicated cases) at free of cost. A total of 33 women in addition to other patients of OPD were benefited. The Department also had organized a guest lecture and the guest speaker was Mrs. Mahalakshmi Pavani, a senior advocate in the Supreme Court whose talk rekindled the fervor amongst women to fight for the upliftment of the less privileged women in our society. Competitions were also held during the day. The event had 11 participants (2 from Chettinad Law

College) for the E-POSTER presentation on the topic 'Women Empowerment and 13 participants (4 from Chettinad Law College) for debate ('Achieving an equal future in COVID world- a myth or reality'). The winners were awarded cash prizes. The coordinator of the event was Dr. Sailatha, Professor, Department of OBG, CHRI.

Student Induction Programme

A Student Induction Programme was organized by Chettinad College of Nursing, CARE for the 1 year B.Sc nursing students from 8.3.2021- 12.3.2021. The aim was to make the students acquainted with the new environment and academic schedule. The program was conducted for 5 days with different talks by various eminent speakers of CARE university. The speakers of the program were Prof. Dr. Hepsibah S, Principal, CCN, Prof. Subbulakmi S, Vice Principal, CCN Mrs. Vimala Maragatharaj. I, Nursing superintendent – CHRI, Dr. Kailash S Associate Professor, Dept of Psychiatry CHRI, Mrs. Anandhi, In-charge sister, Poonjeri Rural Health Centre. Sessions included in this induction program were mentorship, Student orientation in Clinicals anti-ragging sensitizing programs, library orientation, bioethics, student counseling, and briefing of hostel rules and regulations were conducted. Each day consisted of interactive discussion and orientation of the infrastructure and facilities of the institution- college block, hospital block, hostel, and community health centers. The last day of the program ended with a visit to the rural health centre at Poonjeri guided by the nursing faculty. The new students were enthusiastic and learned the norms and regulations of the institution. This induction program was attended by 69 students of CCN.



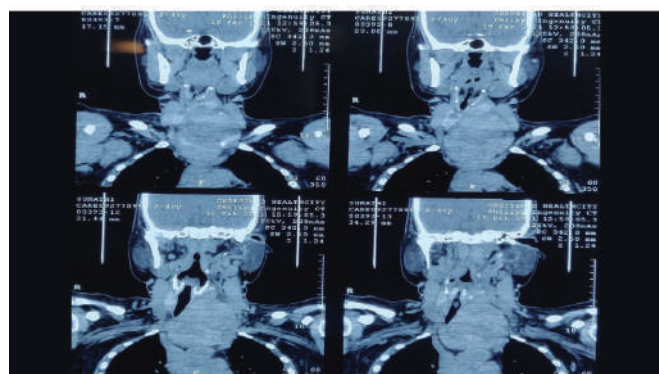
NSS Exhibition

Independence Azadi ka Amrut Mahotsav- Celebration on the Great Freedom Fighters. The program was organized by Dr. Koyeli Girigoswami and Ms. Nancy Victoria, NSS, PO, CARE. The NSS volunteers and students participated in the event from the constituent colleges of CARE-Faculty of Allied Health Sciences, Chettinad School of Architecture, Chettinad School of Law, Chettinad School of Physiotherapy, Chettinad School of Pharmaceutical Sciences. The participants prepared exhibits in the form of drawings, posters, and charts and explained about the Great Indian Freedom Fighters. The Session was judged by Dr. P Senthil, Dean Incharge, Chettinad School of Physiotherapy, and Dr. Renu Girotra, Chettinad School of Law. Around 50 NSS and Unnat Bharat Abhiyan volunteers and students participated in the event.



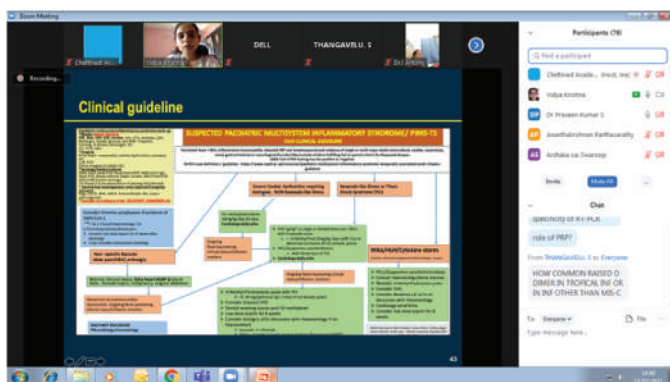
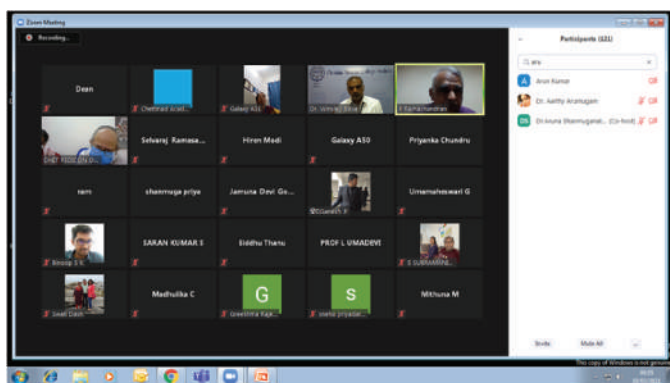
A Huge Retrosternal Mass in Mediastinum

A 40 year old female presented to the Department of General Surgery, CHRI with complaints of swelling in the neck since 2 months associated with breathlessness, difficulty in swallowing both solids and liquids, palpitations for the past 2 months. On evaluation, CT NECK showed- large mass behind the sternum in the region of mediastinum of size 49*68*85 mm arising from the left lobe of thyroid causing significant tracheal shift and luminal narrowing and displacing the major blood vessels from the heart, to the right side. The surgical team comprising of Dr. Sanjay Theodore, Department of Cardiothoracic and vascular surgery, with Dr. Ananthramakrishnan and Dr. Senthil Kumar from the Department of General Surgery, and Anaesthesia team comprising of Dr. Ravindran, Dr. Balamurugan and Dr. Merlin, Chettinad Hospital and Research Institute, operated on the patient on 9/3/2021. Sternotomy was done, and a huge vascular mass was found in the superior mediastinum attached to the left lobe of thyroid. The mediastinal mass was successfully removed along with the thyroid gland. Patient recovered symptomatically and her breathing difficulty as well as swallowing difficulty improved drastically after the surgery. Patient is recuperating well in the ward at present. CARE congratulates the team of surgeons and anaesthetists for operating on this challenging and rare case.




CHET-PEDICON-2021

The Department of Pediatrics, Chettinad Hospital & Research Institute conducted CHET-PEDICON-2021, an International E-Conference with the theme 'Infectious diseases- an update' on 10.03.2021. The conference started auspiciously with a prayer followed by a welcome address delivered by Dr.L. Uma Devi, Head of the department of pediatrics, CHRI. The Inaugural address was delivered by Vice-Chancellor, Dr. T. Balasubramanian, CARE and Dean, Dr.Pitchai Balashanmugam. The speakers for the event were Dr.Winsley Rose (CMC Vellore), Dr.Aruna Shanmuganathan, Dr.Jothilakshmi (PSG Medical College), Dr. Sunil Kumar Agarwalla (MKCG Medical college, Behrampur), Dr. Vidya Krishna (John Radcliffe Hospital, Oxford, UK). The conference had sessions on important topics such as Pediatric tuberculosis and Dengue in Children. The conference also had an e-paper and e-poster competition for postgraduates. There were many participants in the competition of which 9 papers and 10 posters were shortlisted. Prizes were awarded to the first 3 winners which included cash prizes. A total of 400 delegates participated from CHRI as well as from other medical colleges across the country.



CME- World Kidney Day 2021

The Department of General Medicine, CHRI organized a Continuing medical education program to commemorate World Kidney Day on 11.03.2021. The speakers of the event were Dr.Samuel Dinesh, Professor, Department of General Medicine, Madras Medical College, Chennai, Dr.V R Mohan Rao, Professor & HOD, Dept of General Medicine, CHRI, Dr. Edwin Fernando, Professor & HOD, Department of Nephrology, Stanley Medical College and Dr. Jayalakshmi, Professor, Department of Nephrology, Omandurar Medical College, Chennai. The CME was attended by doctors and faculty from all over Tamil Nadu and Andhra Pradesh. The event was inaugurated by Vice-Chancellor, CARE Dr. T. Balasubramanian. Various aspects of kidney diseases like diabetic kidney disease, hypertensive kidney disease, mandates on acute kidney injury, and combating the dialysis dilemma were discussed by the speakers. A total of 75 participants attended the CME.



Hospital & Research Institute
Chettinad Academy
of Research and Education
(Deemed to be University)

Dean & Department of General Medicine

Take the pleasure of inviting you for the

ONLINE CME" ORGANIZED ON THE EVE OF

"WORLD KIDNEY DAY"

MARCH 11th 2021 **09:00 A.M - 04:00 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 Secretary

Dr. V.R. Mohan Rao
Professor & Head of General Medicine, CHRI

 **Zoom ID : 899 4403 8282** Passcode : **478707**

To Register : <https://bit.ly/3bnySai>

Reflection on Publication in Scopus Indexed Journals

A faculty development program was organized by Chettinad College of Nursing, CARE on 11.03.2021. The speaker of the presentation was Dr.Danis Vijay, M.Sc., Ph.D., who was a researcher with more than 15 publications of original research articles in PubMed, Scopus, and web of science indexed journals. The speaker explained on journal finder to find the appropriate Scopus and web of science journals. He also



shared details of how to check plagiarism and language editing software. The session was informative and the event concluded a vote of thanks and felicitation of the guest speaker by Dr.HepsibahSharmil.S, Principal, CCN. A total of 14 faculty members attended the event.

Seminar on India's Struggle for Independence and Dandi March

NSS at CARE has organized a seminar on India's struggle for Independence to observe India's 75 Years of Independence-Azadi ka Amrut Mahotsav on 12.03.2021. The program started with a welcome address by Dr.KoyeliGirigoswami, NSS, PO, CARE followed by the speech by the invited speaker. The speaker of the event was Dr. Prabhakaran, Professor of General Surgery, CHRI. He highlighted the importance of the Dandi March



as well as the different incidents involving the struggle for Independence in India. Students from different colleges of CARE-Faculty of Allied Health Sciences, Chettinad School of Architecture, Chettinad School of Law, Chettinad School of Physiotherapy, Chettinad School of Pharmaceutical Sciences attended the seminar. A total of 100 NSS volunteers and students participated in the seminar.

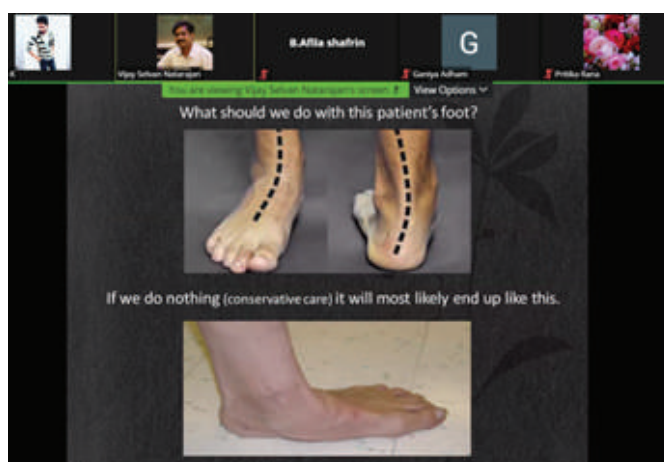
Essay Writing Competition

An essay writing competition on India's Independence Struggle was also conducted for the students. A total of 100 students from the Faculty of Allied Health Sciences participated. The competition was held in three languages, English, Hindi, and Tamil. The Judges for the event were Dr. Ramakrishnan V, Associate Professor, FAHS, and Ms. Angeline Mary Baron, Counselling Psychology.



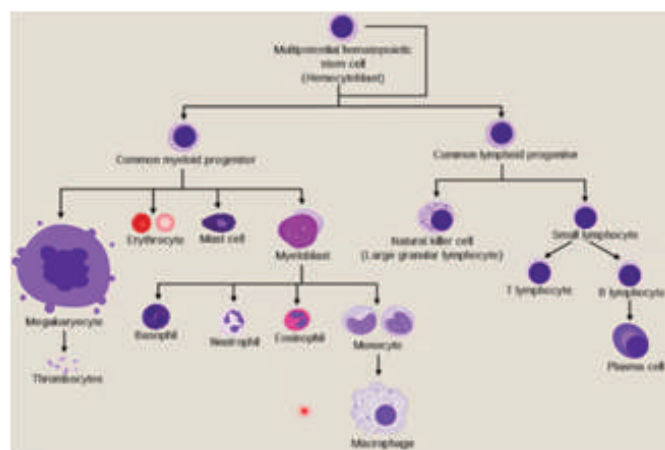
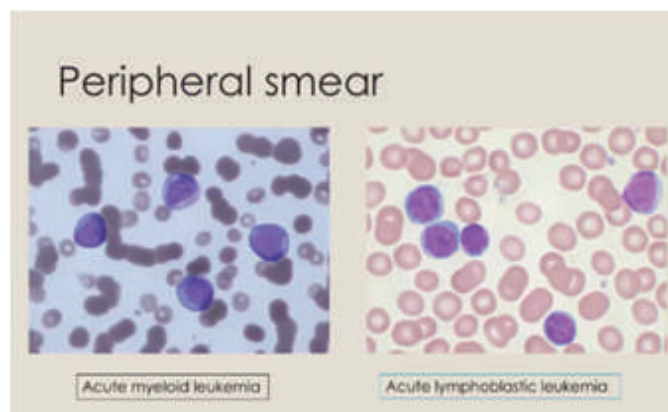
Posterior Tibial Tendon Insufficiency – An Overview

A seminar was conducted by the Chettinad School of Physiotherapy, CARE on 13.03.2021. The purpose of this seminar was to discuss the Anatomy, Biomechanics, and Pathomechanics of the Posterior Tibial Tendon and its clinical implication. The speaker of the event was Prof Vijay Selvan, Head of the Department, KMCT College of Allied Health Sciences, Calicut. The session was moderated by Dr. Subramanian. The Speaker presented multiple treatment approaches by incorporating physiotherapy approaches. Clinical aspects of the Posterior Tibial Tendon Insufficiency in the perspectives of patient's view were also discussed. A total of 28 participants attended the session.



Overview of Leukemia- A Pathologist Perspective

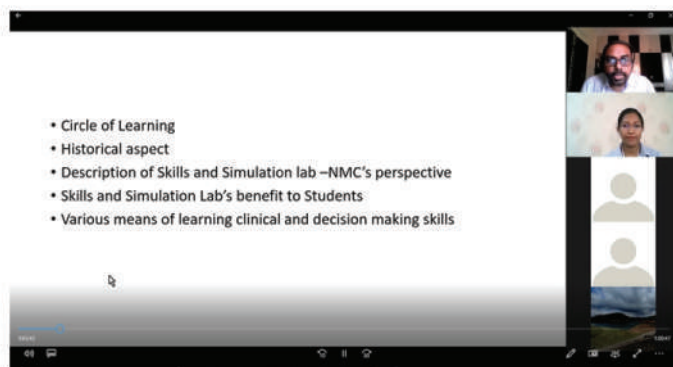
The Department of Physiology, CHRI conducted a guest lecture titled 'Overview of Leukemia – A Pathologist perspective' on 13.03.2021. The guest lecture was delivered by Dr. Balamurugan.T, MD, DM, Assistant Professor, Department of Pathology, AIIMS, Jodhpur.



The lecture encompassed in detail hemopoiesis, the importance of peripheral smears, leukemia, and its types. The talk also included a detailed segment on pathological features of leukemia, clinical manifestations, and management of leukemia. The guest lecture was attended by MBBS students and faculty of the Department of Physiology. A total of 250 participants attended the guest lecture. The session was informative and interactive and the queries raised by the students were effectively addressed by the guest speaker at the end of the guest lecture.

Overview of Skills Lab

The Department of Anatomy, Chettinad Hospital, and Research Institute organized a CME on overview of skills lab and simulation-based training on 13.03.2021. The trainer of the skill and simulation exercises of the CME was Mrs. Princy Fernando, Laerdal Medical India, an expert in skill training emphasized the importance of acquiring skills and also mentioned about 56 competencies listed in competency-based medical education to be acquired through training in the skills lab. Some basic skills like cardiopulmonary resuscitation, Intravenous injection, Heimlich maneuver were



demonstrated with suitable videos. The participants were also informed about various applications available for training in skills one such application is the Q CPR classroom. The trainer also demonstrated the CPR by using simple objects in the home such as soft toys and pillows. The session concluded after interaction with the participants and addressing their queries. Around 250 students of CHRI attended the CME.

World Kidney Day Awareness Programme

Faculty of Allied Health Sciences, CARE commemorated World Kidney Day by conducting an awareness program on 12.03.2021. The theme of the event was 'Living well with kidney disease'. The event was actively conducted with the involvement of students of renal dialysis technology. Patients attending the OPD were the target audience. The students talked about kidney and their importance in life. The students also explained the things that need to be followed in daily life to prevent



kidney disease. The students also gave a brief on the rehabilitation process that improves the quality of life in Kidney disease individuals. Queries and doubts of patients and their attender regarding renal failure were addressed by the students. A total of 50 patients were provided the awareness on World Kidney Day.

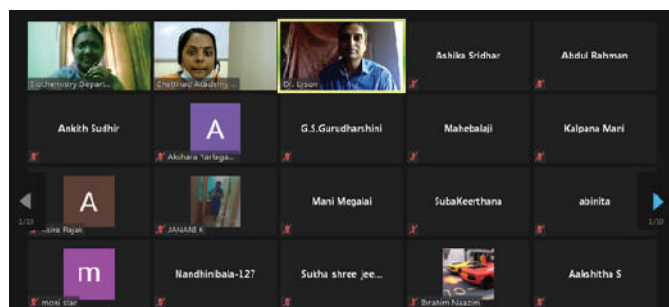
CME -Serotonin and Mental Health.

Weekly CME was held on 12.03.2021, at Lecture hall-2. The speaker of the CME was Dr. Anuradha G –Professor – Department of Biochemistry- CHRI. The speaker talked about the role of the neurotransmitter serotonin on neuropsychiatric wellbeing. She also discussed the bioavailability of serotonin, its functional properties, and the role of serotonin in neuropsychiatric illness with a clinical correlation on the same. Recent updates on the topic were also discussed in the CME. A total of 37 participants that included Teaching Faculty, CRRI's, and Postgraduates of CHRI attended the CME.



Cardiac Biomarkers

The Department of Biochemistry conducted a guest lecture on 13.03.2021. The topic for discussion was cardiac biomarkers and their importance in clinical diagnosis. The speaker of the event was Dr. Lyson Lonappan, Associate Professor, Department of Biochemistry, Thrissur Medical College, Kerala. Dr. Santhini Gopalakrishnan, Associate Professor, Department of Biochemistry, CHRI was the moderator



for the session. The introductory talk was given by Dr.Sumathy Professor &HOD, Department of Biochemistry, CHRI. The speaker talked about the various cardiac biomarkers and their importance in clinical diagnosis. He also discussed clinical cases explaining the utility of cardiac markers in the diagnosis of myocardial infarction and congestive cardiac failure. A total of 250 participants including MBBS students attended the session. At the end of the lecture, question & answer session was held and queries were addressed by the speaker.

conclusive cause. Bacterial infections, human immunodeficiency virus, hidden malignancy, sarcoidosis, and autoimmune disorders are some other important causes of PUO. Typical radiologic investigations include chest radiography, computed tomography, and magnetic resonance imaging. An atlas of cases where these investigations had been inconclusive but fluorine-18 fluorodeoxyglucose positron emission tomography demonstrated the site of pathology and directed histologic diagnosis were discussed. A total of 60 participants attended the guest lecture.

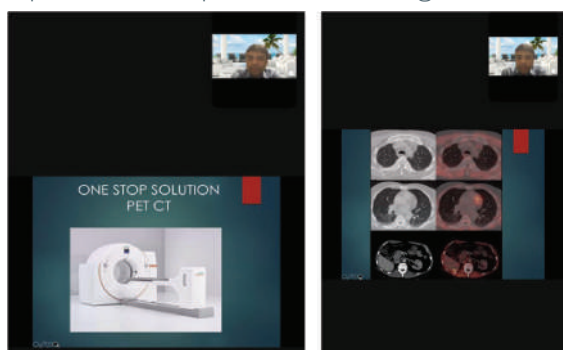
Health Education - Gynaecological Problems of Young Women.

A Health Education campaign has been organized by the Department of Obstetrics & Gynecology in collaboration with the Chettinad School of Law, CARE on 17.03.2021 for the female students of Law school. The health education was given by Dr. Jennifer Britto, Assistant Professor, Department of Obstetrics & Gynecology, CHRI. Topics discussed were the common gynecological problems in young women- Abnormal uterine bleeding, Amenorrhea, Leucorrhoea., Gynecological problems related to obesity, and HPV vaccination. A total of 25 female students attended the health education program. At the end of the health talk, the students interacted with the speaker, and queries were addressed.



Role of PET CT in Pyrexia of Unknown Origin.

The Department of Radiology, Chettinad Hospital, and Research Institute organized a guest lecture on the topic 'Role of PET CT In Pyrexia of Unknown Origin' on 17.03.2021. The speaker of the event was Dr. L.Muralikrishna, Lead Consultant, Fortis-Vadapalani. Excerpts from the lecture: Pyrexia of Unknown Origin (PUO) is defined as fever above 38.5°C lasting for 3 weeks, of which at least 1 week has been spent in a complete and comprehensive investigation without a



India's 75 Years of Independence-Azadi ka Amrut Mahotsav-Celebration.

Chettinad School of Physiotherapy and NSS at CARE has jointly organized a Debate competition on "Prospects and Challenges in the current scenario after 75 years of Independence Day" to commemorate India's 75 Years of Independence-Azadi ka Amrut Mahotsav on 17.03.2021. More than 40 students from the School of Physiotherapy, School of Pharmaceutical Science, Faculty of Allied Health Sciences, and School of Law of CARE participated in the event. There were 2 teams with 3 students per team to debate about the current situation after Independence Day during this competition. Dr. Subramanian. S, Associate Professor of Chettinad School of Physiotherapy, CARE was the Judge of this debate. He also delivered a talk about the importance of Independence Day, the Democracy of India in the Current situation, and Political privileges on individual freedom and rights in the society after the end of the debate session.



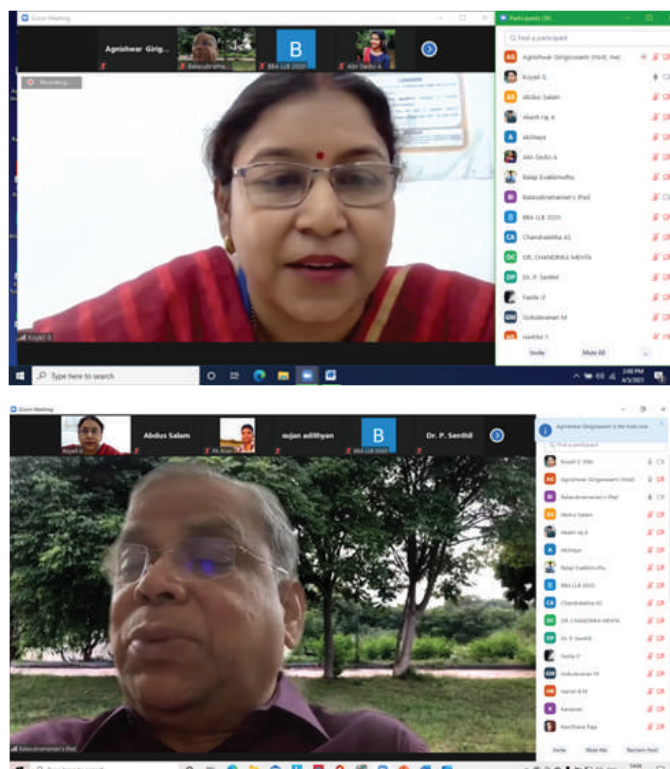
India's 75 Years of Independence-Azadi ka Amrut Mahotsav- E-Poster Competition

The Chettinad School of Physiotherapy, CARE, and NSS - CARE has jointly organized an E-Poster competition to commemorate India's 75 Years of Independence-Azadi ka Amrut Mahotsav on the theme of People Awareness about the Freedom Struggle on 18.03.2021. The posters received for the competition had the depiction of concept -awareness about the freedom struggles and the achievements done by the freedom fighters. More than 40 students from the School of Physiotherapy, School of Pharmaceutical Science, Faculty of Allied Health Sciences, and School of Law, CARE participated in the competition. A total of 10 e-posters were shortlisted for final scrutiny. The winners of the e-poster were declared.



Valedictory Function - India's 75 Years of Independence-Azadi ka Amrut Mahotsav

As per the circular received from the Ministry of Youth Affairs and Sports, NSS at CARE has organized several events from 12.3.2021 till 5.04.2021 to commemorate India's 75 Years of Independence-Azadi ka Amrut Mahotsav. The events were Seminar, Essay writing, debate, e-poster, Quiz, Exhibition, poster presentation, documentary screening, and slogan writing. The different constituent colleges of Chettinad Academy of Research and Education-Chettinad Hospital and Research Institute, Faculty of Allied Health Sciences, Chettinad School of Nursing, Chettinad School of Architecture, Chettinad School of Law, Chettinad School of Physiotherapy, Chettinad School of Pharmaceutical Sciences have actively participated in all these events. Many students and NSS volunteers have actively participated in all these events. The organizers, judges, and other faculty members have also contributed enormously to make the event a grand success. To conclude the event, a valedictory function was conducted on 05.04.2021. The function was presided over by Vice-Chancellor, CARE, Dr. T Balasubramanian. Dr.KoyeliGirigoswami, NSS, PO, CARE, presented the highlights of the series of events. The prize winners were announced by Mrs. Nancy Victoria, NSS, PO, CARE followed by a vote of thanks.



Introduction to The Student Counselling Centre

The Chettinad School of Law, CARE organized a program 'The Student Counselling Centre' on 18.03.2021. The students of various constituent schools and colleges under CARE attended the program. In the event, the students were explained about the cell and its motives. Dr. Kailash, the Convener of the Student Counselling Centre, and Dr. Ram Gopal, a senior member of the Counselling center were present to elaborate the students about how the counseling center works. The speakers discussed the difficulties that the students are facing to balance their study habits with other extracurricular activities and provide solutions for the same by introducing the students to new methods of studying and memorizing. Dr. Kailash discussed the psychological Circumstances that were faced by the students during their school and college life and the remedies to get rid of them. Later on, Dr. Ram Gopal discussed the psychological circumstances of students like fear, etc., faced during the Examination times and told the students how to get rid of it. The students got benefitted and understood that they have a Student Counselling Centre at CARE to hear and to give solutions to the problems faced by the students.



Seminar on Critical Importance of Research Exposure of the Medical Students for the Development of Best Clinical Mind

A seminar was organized by the Faculty of Allied Health Sciences, CARE on 19.03.2021 via the Hybrid platform (Mini Auditorium and zoom platform (online)). The speaker of the seminar was Dr. AK Duttaroy, Professor, Faculty of Medicine, University of Oslo, Norway; Editor-in-Chief of the prestigious Food and Nutrition research journal of the Swedish Nutrition Foundation. The moderator of the seminar was Dr. Antara Banerjee, Associate Professor, Department of Medical Biotechnology, CARE. Director of Research, Prof R Murugesan introduced the speaker and interacted with the speaker regarding further development of translational research at CARE in collaboration with the University of Oslo, Norway. The speaker Dr.Duttaroy, an Indian-born American Medical scientist, has various remarkable accomplishments under his belt which includes 255 publications, several books on diverse topics related to nutrition, lifestyle, disease, and human placental researches. He is currently the selection committee member of the Nobel Prize in medicine. The topics discussed were about the importance of research and how this research

exposure is necessary for medical students to develop their clinical minds. The participants were the faculties, research scholars, postgraduate and undergraduate students of medicine and allied health sciences. A total of 160 participants attended the seminar. The seminar was followed by a discussion where many of the attendees interacted and discussed.

CHET PARACON-2021

Department of Microbiology, Chettinad Hospital, and Research Institute organized CHET PARACON 2021, a National level conference in Parasitology on 19.03.2021. The guest speakers were Dr. Chandra SR, Retired Neuro physician from NIMHANS, Bangalore, Dr. Anuradha K, Professor and Head, Microbiology, Mysore Medical College, Dr. Abhishek Mewara, Associate Professor, Parasitology from PGIMER, Chandigarh, Dr.NonikaRajakumari, Associate Professor in Microbiology, JIPMER, Dr. Rakesh Singh, Associate Professor, Microbiology, JIPMER. The topic discussed in the conference were Parasitic infections of the CNS, Emerging Parasitic infections, Zoonotic Parasitic infections, Molecular methods in the diagnosis of parasitic infections, and EQAS in Parasitology. The scientific sessions were followed by E-paper and E-poster presentation competition. The Conference was attended by 300 participants from all over the country, and abroad. This E conference has been awarded 2 Tamil Nadu Medical Council credit points.

Speakers



Dr Chandra SR
(Retired professor from NIMHANS)
MD Medicine, DM Neurology
Consultant Neuro-physician
Sri Ramakrishna Ashrama charitable hospital,
Tiruvannamalai



Dr Anuradha K
MD Microbiology
Professor and Head microbiology,
Mysore medical college, Mysore



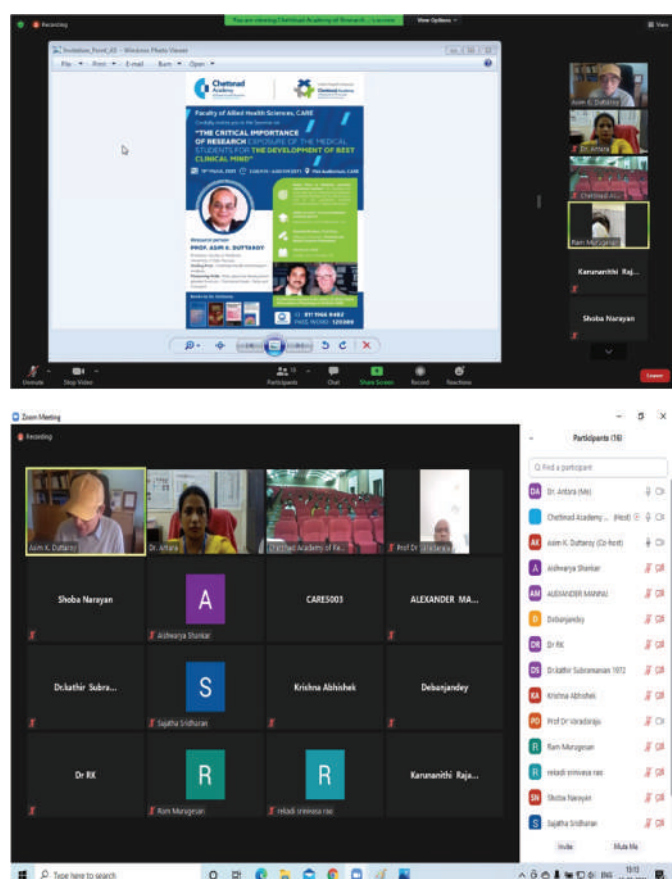
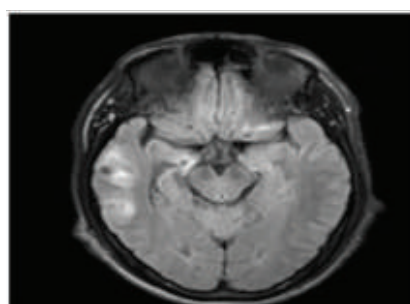
Dr Abhishek Mewara
MD Microbiology
Associate professor,
Medical parasitology, PGIMER,
Chandigarh



Dr Nonika Rajakumari
MD Microbiology
Associate professor,
Microbiology, JIPMER,
Puducherry

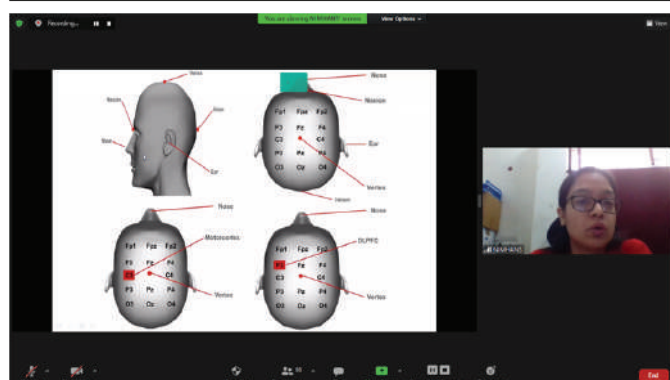
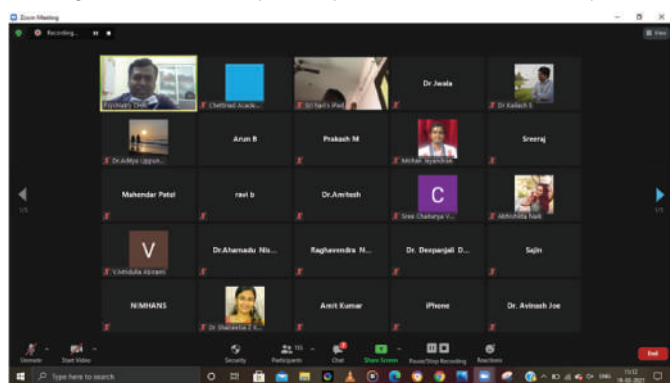


Dr Rakesh Singh
MD Microbiology
Associate Professor and
IATP-EQAS Co-Ordinator,
Dept. of Microbiology, JIPMER,
Puducherry



Transcranial Direct Current Stimulation in Psychiatry

An online workshop was conducted by the Department of Psychiatry, CHRI on 19.03.2021. The speakers of the event were Dr. Shiva Kumar V, Dr. Harleen Chhabra, and Dr. Vanteemar S Sreeraj, National Institute of Mental Health and Neurosciences (NIMHANS) Bengaluru. The workshop was conducted in 3 sessions of 45 minutes. Dr. Shiva had elaborately explained the history, neurobiology, and clinical applications of tDCS in the 1st session. In the 2nd session, Dr. Harleen discussed the practical application of the technique and, video training of administering tDCS was given to the participants. In the 3rd session, Dr. Vanteemar had discussed the clinical efficacy and side effects expected from the technique. At the end of the three sessions, the speakers addressed the queries raised by the participants. A total of 130 faculty and students participated in this workshop.



India's 75 Years of Independence-Azadi ka Amrut Mahotsav- Quiz Program

The Chettinad School of Physiotherapy, CARE, and NSS- CARE has jointly organized a Quiz competition to commemorate India's 75 Years of Independence-Azadi ka Amrut Mahotsav on the theme of Patriotism and Freedom Fighters on 19.03.2021. The teams selected by preliminary session and the students participating were from the School of Physiotherapy, School of Pharmaceutical Science, Faculty of Allied Health Sciences, and School of Law, CARE. The competition was held between 4 teams with five participants in each team. There were two rounds of quiz including rapid-fire and buzzer rounds related to the concept of people's awareness about the freedom struggles and the achievement done by the freedom fighters. More than fifty students and faculty were the audiences for the quiz program.

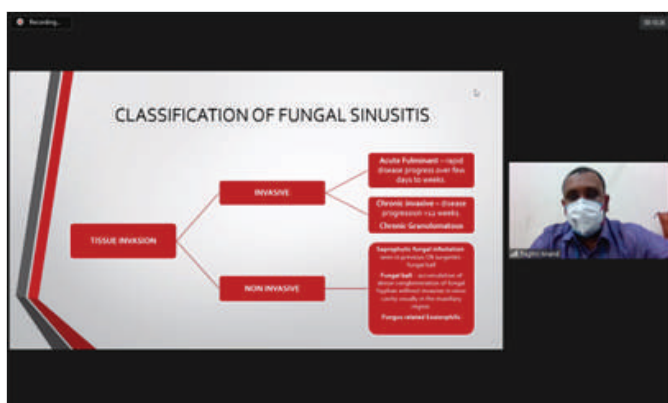


Weekly CME - Fungal Sinusitis.

A weekly CME of Chettinad Hospital and Research Institute on Fungal sinusitis was conducted on 19.03.21 at Lecture Hall-2. The speaker of the CME was Dr. D. Balaji, Senior Resident, Department of Otorhinolaryngology, CHRI. The speaker discussed the etiology, types, clinical presentation, and diagnosis of fungal sinusitis. He also discussed the approach in managing patients with fungal sinusitis. The speaker mentioned that the treatment of fungal sinusitis requires an interdisciplinary approach with the departments of general medicine, ophthalmology, and neurology to be involved. Faculty of CHRI, CRRI's, and postgraduates attended the CME. A total of 31 participants attended the CME.



various conditions that affect the hand musculoskeletal system with the appropriate recent rehabilitation measures. A total of 50 participants including the students attended the lecture.

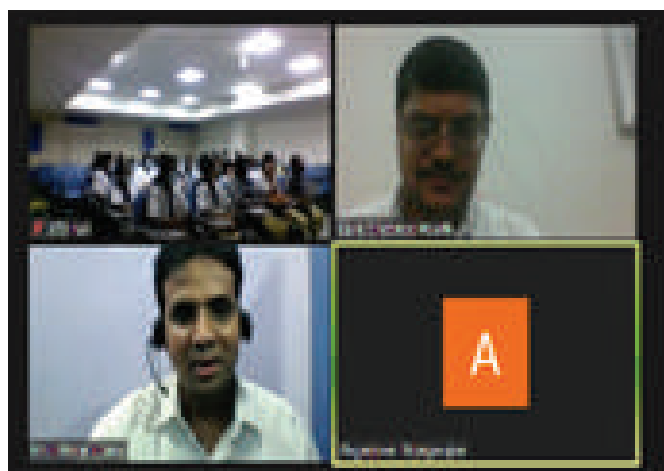


Legal Aid Camp

The Chettinad School of Law, CARE conducted the NukkadNatak (Street Play) in collaboration with the National Service Scheme (NSS), CARE on 20.03.2021 at the TANGEDCO Office, Padur. This play was organized to shed light on the empowerment of women under the aegis of Unnat Bharat Abhiyan. The event was led by Dr. Chandrika Mehta and Dr.RenuGirotra, faculty of the Chettinad School of Law, and Dr.KoyeliGirigoswami, NSS Programme Officer, the Chettinad Academy of Research and Education. The street theatre, written and enacted by the students of Chettinad School of Law,

Emerging Concepts in Hand Rehabilitation

The Chettinad School of Physiotherapy, CARE organized the E- Lecture on the Emerging Concepts in Hand Rehabilitation on 20.03.2021. The Moderator was Mr. T. Alagappan, Faculty of CSP, who introduced the resource person. The Resource Person was Mr. D. Kishore Kumar, MPT (Hand), (Ph.D.), Hand Rehabilitation Specialist. The speaker explained in detail the anatomy and biomechanics of the Hand. He also discussed



was divided into four parts – all of which highlighted a social evil practiced against women in the society and enlightened the crowd about the various provisions and sections present in the law, the number of helplines available to them and the accessible legal recourses. The first play focused on female infanticide while the second concentrated on the problem of domestic violence. The next play highlighted the importance of girls' education and the fourth act dealt with the problem of eve-teasing. The students and volunteers interacted with the audience after the play and discussed with them the real-time situations relevant to society. A total of 28 (23 students from Chettinad School of Law and 5 NSS student Volunteers) students participated in the event. There was positive feedback from the villagers and they related to the theme of the play.

International Day of Happiness

Department of Microbiology, CHRI organized a poster competition on 20.03.2021 to commemorate the International Day of Happiness. The theme of the event was 'What Makes You Happy'. The event was a team competition and more than 25 teams, comprising of students from constituent colleges and schools of CARE participated in the competition. The participants unleashed their creativity by creating colorful and eye-catching posters on the theme. The event was judged by a panel of judges comprising of Dr.Nirupa from CHRI, Dr.Koyeli from FAHS, CARE, and Dr.Shyamtanu Pal, School of Law. The winners were distributed prizes.



CME on World Down Syndrome Day

A CME was organized by the Department of General Medicine, CHRI to commemorate 'World Down Syndrome Day' on 20.03.2021. The speakers of the event were Professor Dr.Usha Shriram, a consultant Endocrinologist, and Dr. Sridhar, a former Professor, and Head of the Department of General Medicine, Stanley Medical College, Chennai. The event was inaugurated by our Vice-Chancellor, Dr. T Balasubramanian. The topics discussed were clinical features and endocrinological disorders in Downs syndrome, Genetic syndromes in Endocrinology and Diabetes, and Updates on Evaluation of Hypothyroidism. The overall participants for the program were around 168. The event was attended by students and faculty from all over Tamil Nadu and Andhra Pradesh.



Hospital & Research Institute
Chettinad Academy
of Research and Education
(Dedicated to be University)



WORLD DOWN SYNDROME DAY

Dean & Department of General Medicine
Take the pleasure of inviting you for the

**ONLINE INTERNATIONAL CME ORGANIZED ON THE EVE OF
"WORLD DOWN SYNDROME DAY"**

 MARCH 20th 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 Secretary
Dr. V.R. Mohan Rao
Professor & Head of General Medicine, CHRI

 Zoom ID : **815 2583 2039** Passcode : **048370**

REGISTRATION FREE BUT MANDATORY

Organized by: Department of General Medicine, Chettinad Hospital and Research Institute, Rajiv Gandhi Salai, OMR, Kelambakkam, Chengalpott Dist., Tamil Nadu - 603 103.

International Day for the Elimination of Racial Discrimination

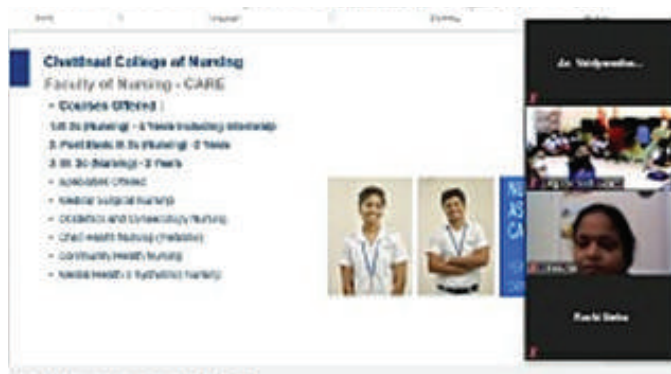
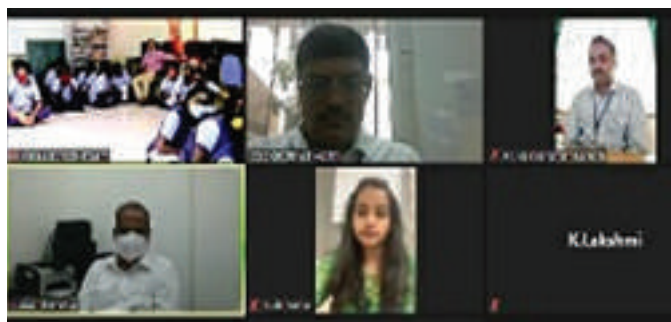
International Day for the Elimination of Racial Discrimination was commemorated at CARE on 20.03.2021. The events organized were a Cricket tournament, Face painting competition, and student speech competitions. A T10 Cricket tournament was conducted among students of constituent schools and colleges of CARE. The cricket match was inaugurated with tossing the coin by Dr.K. PitchaiBalashanmugam, Dean, Chettinad Hospital & Research Institute. The players tied an orange ribbon (a ribbon code for Anti-racism) on their upper



arm as a symbolism of awareness while playing the match. In the afternoon session, a face painting competition was conducted for the students with the theme 'Youth Standing Up Against Racism'. This was a team competition and a total of 13 teams participated. The event was judged by Prof. Subbulakshmi, CCN, Dr. Antara, AHS, Ms. Ruchi Sinha, Law. The valedictory function followed after was presided by Dr. Balasubramanian Thangavel, Vice-Chancellor, Chettinad Academy of Research and Education, and Dr. Arunkumar. R, Vice Principal, CHRI. During the event, Ms. Martha, a student of CARE from South Africa delivered a talk on the title 'India, A Safe Country and It is Commitment to Fight Against Racism'. This was followed by prize distribution to the winners.

Career Guidance Counseling

CARE – Career Guidance Counseling session was organized on 22.03.2021 by Chettinad School of Physiotherapy, CARE to the 11th and 12th standard school students of King's Matriculation Higher Secondary School, Vellore. Heads of the constituent schools and colleges of the CARE were the resource persons. Course details, eligibility, scope, and placement prospects of courses such as MBBS, BDS, BPT, B. Pharm, B. Sc Nursing, Allied Health Science Courses, B. Law, and B. Arch were discussed in detail. A total of 40 students of King's Matriculation Higher Secondary School, Vellore attended the session and benefitted. The Principal of the School expressed thanks for this career guidance session delivered to their students.



CNE- Essentials of Autopsy in Nursing ‘& Patterns of medico-legal cases in Casualty: what Nurses need to know?’

A CNE program was organized by the Chettinad College Of Nursing, CARE on 22.03.2021. The title of the CNE was ‘Essentials of Autopsy in Nursing ‘& Patterns of medico-legal cases in Casualty: what Nurses need to know?’. The speakers of the CNE were Dr.M.Sreenivasan, Dr. S. K Nawaz Ahmed, Faculty, Department of Forensic Medicine, Chettinad Hospital and Research Institute (CHRI). The program started with a welcome address by Mrs.Krupa Susan Koshy. Session one was addressed by Dr.S.K.Sreenivasan. The essentials of the autopsy were displayed through a video. The video detailed the information on how to perform the autopsy and the entire procedure was described. The second session was taken by Dr. S. K Nawaz Ahmed on the management of medico –legal cases in Casualty. He emphasized the importance of reporting medico-legal cases to the police department. And he also explained the issues and management of medico-legal cases in casualty. The session was very informative and the participants learned the methods of handling medico-legal cases in Casualty. A total of 70 participants – faculty & students attended the CNE.



Workshop on Suturing Techniques and Knotting Skills

The Department of General Surgery, CHRI organized a workshop on 23.03.2021. Post-graduate students of General Surgery, Obstetrics, and Gynaecology, Orthopaedics, Ophthalmology, Otorhinolaryngology and OMFS, CHRI were the participants. The workshop started with a welcome address by Dr.Ragumani. P, Professor and H.O.D., Department of Surgery, and the workshop organizers were Dr.Anantharamakrishnan, Dr.Varadaraju. P. The resource person was Dr. Winston Noronha, Professor of Surgery and Medical Superintendent at Meenakshi Hospital. Dr. Winston Noronha delivered a lecture on the basics of suturing and various knotting techniques. An informative video series on suturing techniques and hand-knotting skills was screened. This was followed by a demonstration which was conducted with the suture training kits and suture materials. Demonstration of various methods of suturing and hand-knotting skills were done by the faculty of the Department of General Surgery. A Quiz contest was held on suturing techniques and hand-knotting skills.



World Down's Syndrome Day

The Department of Pediatrics, Chettinad Hospital, and Research Institute commemorated World Down syndrome day on 23.03.2021. The theme of the day this year is to 'CONNECT' with the children diagnosed with Down syndrome. The event occurred in OPD of the Department of Pediatrics where children with Down Syndrome and their parents attended. MBBS students, postgraduates, and faculty members of Pediatrics and other departments of CHRI attended the event. Prof.Dr.UmaDevi and Prof.Dr.Kathir Subramaniam addressed the gathering and talked about the importance of Down syndrome in society and empowering equal rights among them. Six children with Down's syndrome who were present on the day were asked to participate in a drawing competition & decoding a puzzle with the help of MBBS students. The MBBS students actively participated and entertained the children to help color, play, and decode the puzzle. The session also had the children doing their handprints on chart paper. This was followed by a quiz program conducted by the faculty with questions about Down's syndrome for all the Post Graduates. The Postgraduates were divided into 4 teams and answered all the questions with active participation.



Poster Competition- World Water Day

A poster competition was conducted by the Department of Pharmacology, CHRI on 22.03.2021 at the atrium, College block on the theme 'How to rejuvenate groundwater' to commemorate World Water Day. About 100 students and faculty members from various departments attended the program. The competition was flagged off by Dr. A. Ruckmani, Professor & Head, Pharmacology, CHRI. There were 15 Posters presented by students from constituent schools and colleges of CARE- Chettinad Dental College, Faculty of Allied Health Sciences, Chettinad School of Pharmaceutical Sciences, Chettinad School of Physiotherapy, and Chettinad College of Nursing. The Judges for the posters were Dr.HepsibahSharmil, Principal, Chettinad College of Nursing, CHRI, and Dr.D.Raja, Professor, Department of Community Medicine, CHRI. The judges congratulated the winners and distributed the prizes to the first three winners. The prize winners were Meenakshi (B.Pharm), VaibhaviPatil (MSc CREM) and Martha (MSc CREM), and D.Pooja (BPT).



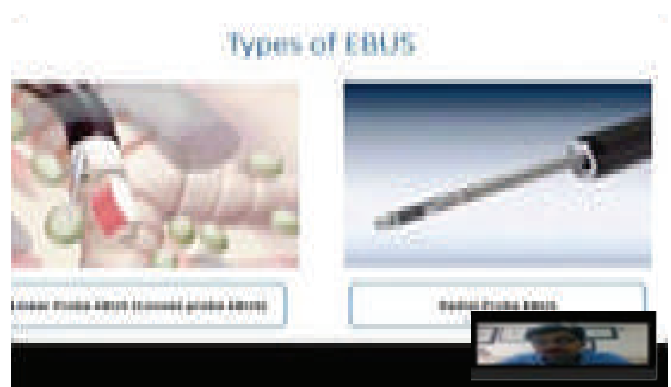
World Water Day Celebration

Chettinad College of Nursing, CARE commemorated World Water Day at RHTC on 22.03.2021. The students of Nursing were actively involved and organized the event. The fourth-year B.Sc Nursing students hosted the occasion. The event started with a welcome speech and the opening address was delivered by Ms.Aruna, the final year student. The event had various sessions such as debate, role play, villupattu, group song, and poetry. A total of 75 students, faculty, and doctors participated in the event.



CHETPULMOCON - Recent Advances in Respiratory Medicine

The Department of Respiratory Medicine, CHRI conducted a National Conference on Recent Advances in Respiratory Medicine on 22.03.2021. The organizing chairperson of the conference was Dr.Meenakshi N, Prof.& HOD, Dept. Of Respiratory Medicine, CHRI. The speakers of the conference were Dr.Tinku Joseph K, Dr. V.R. Pattabhi Raman, Dr. Uma Maheswari Krishnaswamy, Dr.Viswesvaran B, Dr. R M P L Ramanathan, Dr. Nagarjuna Maturu V, and Dr. Vishal Bansal. The topics covered were recent advances in bronchoscopic interventions, Recent advances in pleural interventions, Recent advances in the diagnosis and management of



OSA, Newer treatment modalities in mechanical ventilation, when and whom to refer for lung transplantation, EBUS - an overview, cardiopulmonary rehabilitation in chronic respiratory diseases. A total of 18 oral papers and 28 posters were presented. Oral papers were judged by Dr.Meenakshi N and Dr.Mahilmaran and posters were judged by Dr.Nancy. Prizes were given to the toppers of paper and poster presentations. The conference was attended by a total of 359 participants.

Debate Competition on 'Role of Youth in Independent India'

The Chettinad School of Law organized a debate competition to commemorate India's 75 Years of Independence-Azadi ka Amrut Mahotsav in collaboration with the National Service Scheme (NSS) Unit of the Chettinad Academy of Research and Education on the topic 'Role of youth in independent India' on 23.03.2021. The moderators of the event were Ms. Joanna Esther Shalini and Ms.Yuvakeerthana, students of the Chettinad School of Law. The event started with a welcome address delivered by Ms.AlinGedsi, student, Chettinad School of Law. The esteemed judges for the debate were Dr. Shobha Narayan, Associate professor, Department of Allied Health Sciences, Architect Vaidyanathan Kannan, Head of the Department School of Architecture, Ms.Ruchi Sinha, Head of the Department, School of Law and Dr.Shyamtanu Pal, Associate professor, School of Law. There was an enthusiastic participation of the students from various schools of CARE. The participants faced each other in an intellectually stimulating session where a few made their arguments for the motion while the others argued against the motion. The speakers outlined their arguments in a clear and orderly way, gave enunciated reasoning to support their resolution, and persuasively presented their arguments. The top three winners were Ms. Muhil, Ms. Sharanya, and Md. Abdus.



World Tuberculosis Day

An awareness program was conducted by the Department of Respiratory Medicine, CHRI on 24.03.2021 to commemorate World TB Day. The awareness program was held at OPD of Hospital block with patients and their attenders as the target audience. Health education was imparted to the participants with the aid of charts and posters. The topics of the health education were identifying symptoms of TB, the importance of preventing the spread of disease, and treatment of disease. On the same day, a community awareness program was also organized at the Kovalam fishermen colony. Pamphlets consisting of health education material were distributed. The awareness program involved knowledge about components of TB treatment- following proper cough etiquette, treatment duration, nutrition and compliance of TB medications.



Poster Competition on 'India : Post Independence'

Chettinad School of Law, CARE organized a poster competition in collaboration with the National Service Scheme (NSS) Unit on the topic 'India: Post Independence' on 24.03.2021 on account of the 75th Independence Day Celebrations. The moderators of the event were Mr.Sadashivam and, Ms.Moshitha, students of the Chettinad School of Law. The judges for the poster competition were Dr. Senthil P, Dean of Physiotherapy and, Dr.Shyamtanu Pal, Associate professor, School of Law. Students of various schools of the university participated in the event. Judges were enthralled to see the creativity of the students. Students portrayed their thoughts creatively through the medium of handmade posters which were put on display. The posters presented the journey of India in the last 75 years in various fields like science, digital media, changes in some laws, technology, economic growth, etc. while some also presented the comparison of pre and post-independence times. The top two teams were announced wherein the second position was collectively shared by two teams.



PCR Primer Design Workshop

The Department of Biochemistry, CHRI organized a hands-on training workshop on PCR Primer Design on 24.03.2021. The session started with the welcome address by Dr.S.Sumathy, Professor & HOD; Department of Biochemistry. The resource person was Dr.Murugavel, Assistant Professor, Department of Biochemistry, CHRI. The Topics covered in the workshop are Introduction to Genome, chromosome, Nucleic acids & Genes, retrieval of Biological information from the biological Databases- NCBI, DDBJ, EMBL, PCR Primer Designing by using an online tool – Primer-BLAST and Quality and specificity of the designed primer were analyzed using an online tool – OligoAnalyser 3.1 & UCSC -In-Silico PCR. A total of 24 Postgraduate students from all over Tamil Nadu attended the workshop.



Awareness program on Over the Counter drugs – Is it Right to use?

Department of Pharmacology, CHRI organized an awareness program on 'Over the Counter drugs – Is it Right to use?' at Rural Health Center, Poonjeri on 24.03.2021. Dr.S.Saradha gave an awareness talk about over-the-counter drugs and the need to properly use them only in emergencies. Dr.Sobita Devi, Dr.Abinaya, and Dr.Lakshitha attended the program. Around 65 participants including the rural people of Poonjeri, nursing students, faculty, and staff members attended the



program. The consequences of self-medication and inappropriate drug use were explained in detail. The importance of checking the drug label for its name, manufacture, and the expiry date was also discussed. Drug samples with expired dates were shown to the people. The public was highly interactive and many of them asked doubts regarding medicines use. The faculty cleared all the doubts raised by the patients.

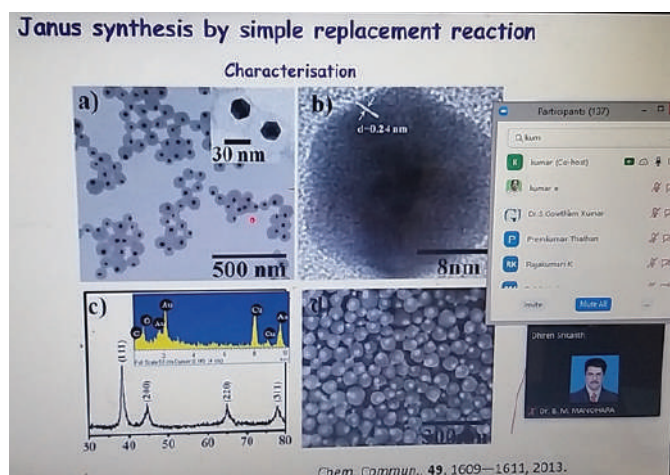
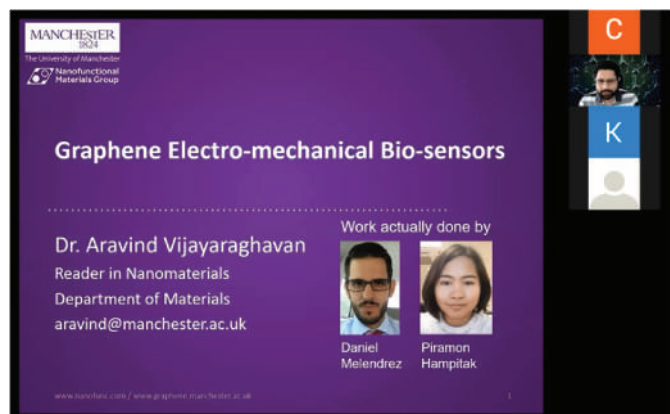
Rare presentation of very huge fibroid uterus - successfully managed

45 years old, woman, Para 2 live 2 presented to OPD of Obstetrics & Gynecology with severe anemia and swelling of the abdomen. The evaluation revealed a Hb of 4.7 gms% and a swelling occupying the entire abdomen equivalent to a 9 months pregnant uterus. CT scan showed the mass arising from the uterus, most probably a mammoth fibroid with early degenerative changes. Relevant investigations were done, 3 units of Pack cell transfusion was given and Hb rose to 9.9 gms, subsequently the surgery was scheduled on 25.03.2021. Combined epidural and general anesthesia were given. Findings after opening the abdomen were huge fibroid of 30cm* 25cms occupying the whole abdominal cavity.

Total abdominal hysterectomy with removal of both ovaries was done. The anticipated intraoperative blood loss which was about 500- 600 ml, was managed with two units of pack cell transfusion intraoperatively. The weight of the tumor was 5.88 kg. Removal of the huge mammoth tumor was carried out without any complications such as injury to ureters due to altered anatomical course and excess blood loss during surgery. Urine output was clear and adequate throughout surgery and also during the post-operative period. The patient is now recovering faster in the post-operative ward.

Futuristic Research in Nanotechnology

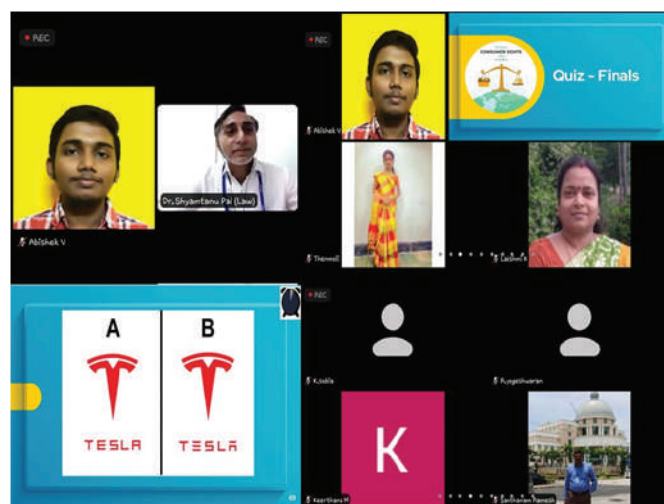
The Faculty of Allied Health Sciences, CARE organized a one-day International Conference on 'Futuristic Research in Nanotechnology' on 25.03. 2021. The main aim of the conference was to provide a platform for sharing valuable ideas in the field of Nanotechnology among scientists, academicians, researchers, and students around the world. A total number of 484 participants registered for the conference among which 24 participants were from countries such as South Africa, South Korea, Sweden, Turkey, and Taiwan. Three scientific sessions were held with eminent speakers from renowned international and national institutes. Dr. PS Vijayakumar, Scientist and AcSIR-Assistant Profes-



sor from Institute of Nano Science and Technology, Aijitgarh, Punjab delivered a plenary lecture of session 1. His speech was on designing nanoparticles suitable for the targeted delivery of chemotherapeutic drugs to cancer cells. He also spoke about developing nanoparticles for food preservation and pest control. The second plenary lecture was delivered by Dr. Sujoy K Das, Senior Scientist, and AcSIR Assistant Professor, CSIR-Indian Institute of Chemical Biology, Kolkata. His lecture was about the bioinspired and biomimetic synthesis of nanomaterials for anti-biofouling and antibacterial activity. The Keynote address of the conference was given by Dr. Aravind Vijayaraghavan, Reader-Nanomaterials, Department of Materials, National Graphene Institute, The University of Manchester, United Kingdom. He spoke about the use of graphene-based nanomaterials in the field of medicine. His lecture highlighted the salient features of graphene in fabricating ultra-sensitive immunoassay biosensors. Following which oral and e-poster presentations were conducted. Presentations were judged and best presentation awards were given. The conference served as an opportunity for young minds to acquire knowledge about nanomaterials and their nanocomposites used in medicine and agriculture.

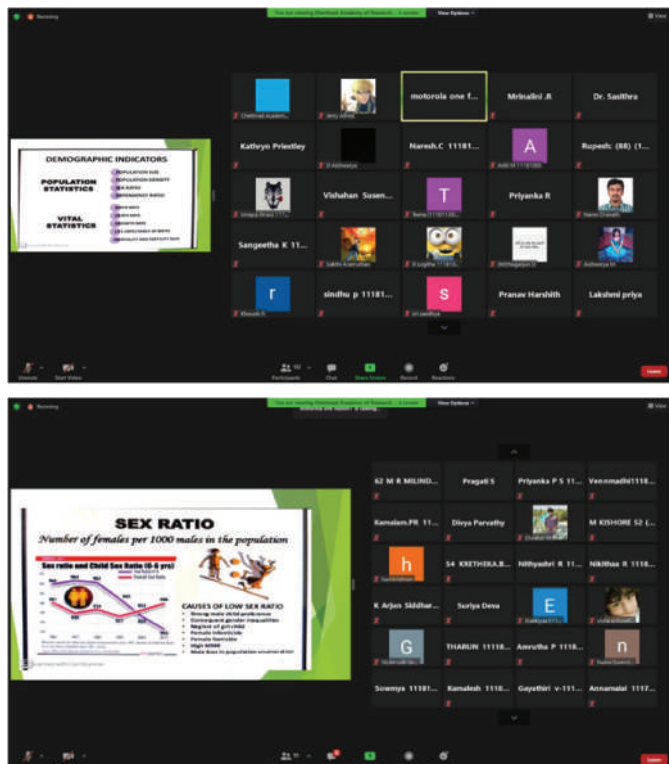
World Consumer Rights Day 2021

The Chettinad School of Pharmaceutical Sciences (CSPS), Chettinad Academy of Research and Education (CARE) organized an online seminar to commemorate the World Consumer Rights Day on 25.03.2021. The theme of this was 'Tackling Plastic Pollution'. This event started with a welcome address by Dr. K. Lakshmi, Professor cum Dean in-charge of CSPS. The guest speaker of this event was Dr. Shyamtanu Pal, Professor of Chettinad School of Law who talked about the responsibility of consumer behavior towards controlling plastic usage and pollution in the environment. This was followed by a quiz competition, which was conducted by second-year students of the B. Pharm program for the students of the various disciplines of CARE on different concepts about consumer rights. The winners of the quiz competition were given prizes and certificates. This event was attended by about 80 students from various constituent schools and colleges of CARE.



Guest Lecture- Demography

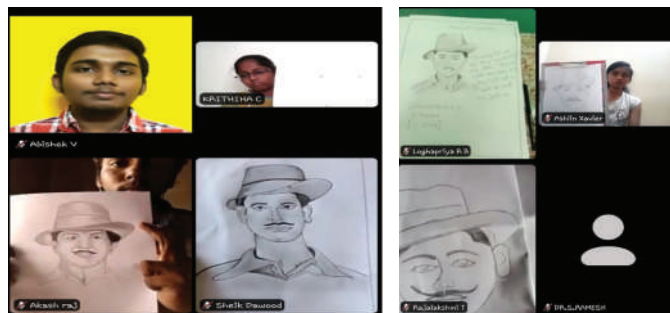
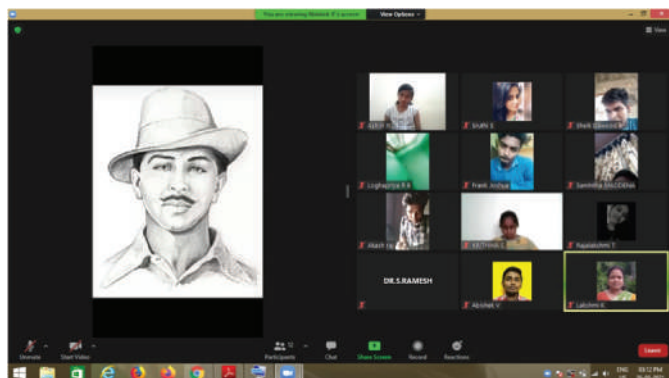
The Department of Community Medicine, Chettinad Hospital, and Research Institute organized an online guest lecture on the topic 'Demography' on 25.03.2021. The speaker was Dr. Rahul C. Bedre, MD., Assistant Professor, Department of Community Medicine, Bidar Institute of Medical Sciences, Bidar, Karnataka. The participants of this E-Lecture were 6th-semester MBBS students, Postgraduates, and Faculty from the Department of Community Medicine. The speaker detailed the demographic process and the various stages of the demographic cycle. He also mentioned the world population trends and current growth rate, globally as well as nationally. The causes for the decline in the sex ratio of



many states in our country were discussed in detail, apart from the other demographic indicators. The student's queries were addressed at the end of the session. A total of 112 students and faculty members attended the guest lecture.

Pencil Sketching Competition

Chettinad School of Pharmaceutical Sciences (CSPS) and Chettinad School of Architecture (CSOA) organized a competition on Pencil Sketching along with the NSS of Chettinad Academy of Research and Education (CARE) to commemorate the 75th year of India's Independence. The competition was conducted virtually on 26.03.2021. Students from different disciplines participated in the event. Participants were asked to reciprocate the portrait of Bhagat Singh, a revolutionary hero of the Indian Independence movement. All the participants



were asked to do the pencil sketching with their video on. After one hour they posted the photos of their respective sketch to the given email id. The event was judged by Dr. Loganathan, Dean, School of Architecture. First and second prize winners were announced and all the participants were encouraged with participation certificates.

Guest lecture – Chettinad College of Nursing

A Guest lecture was organized by Chettinad College of Nursing, CARE on 26.03.2020. The speakers of the lecture were Prof. Jayamary. M, Max Academy, and Prof. T. Samuel Ravi Kumar, Trauma Center coordinator, CMC, Vellore. The event started with a welcome address by Prof. Yaga Jeyanthi M. Two sessions held



were addressed by the two speakers. The first session was on "Importance of communication and scope of Foreign Language" by Prof. Jayamary M. The speaker talked about the importance of communication and language for job prospects abroad. He also insisted on the need to acquire language competency to pass exams such as IELTS & TOEFL, OET, etc. The second session was on "Nursing- Career Pathway" by Prof. T. Samuel Ravi Kumar. Disaster preparedness was delivered in the form of Video. The speaker taught skills & demonstrated the application of skills in nursing practice and trauma care nursing. The speakers were felicitated by Dr. Hebsibah S, Principal, Chettinad College of Nursing. A total of 100 participants- students, faculty, and nursing staff attended the guest lecture.

CME- Blended Learning Models

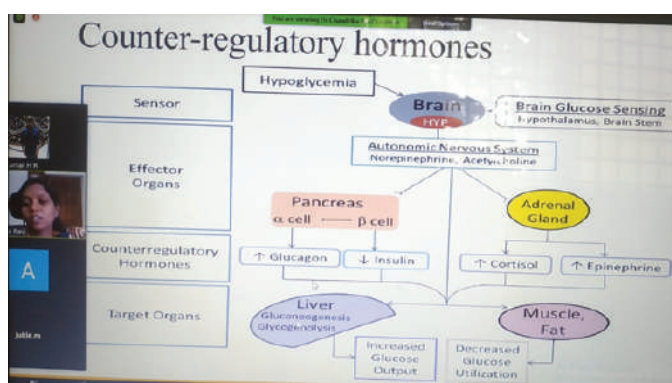
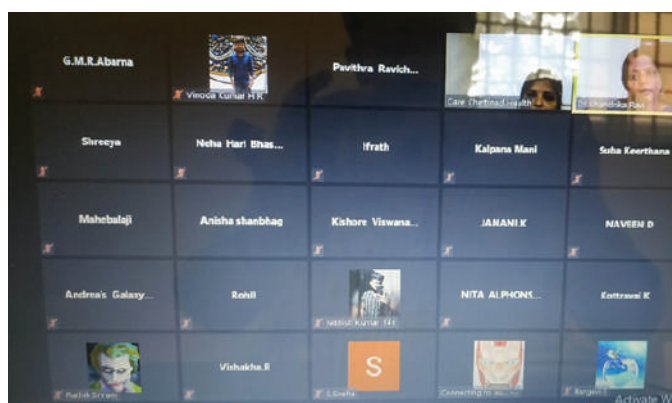
Weekly CME was held on the topic blended learning model on 26.03.2021 via online mode. Dr. Satyamoorthy G, Associate Professor of the Department of Biochemistry, CHRI talked about principles of blended learning. The topic is very essential with the incorporation of competency-based medical education in the country. The presentation started with the definition of blended learning and its relevance to medical education in today's electronic age. Differences between traditional learning and blended learning were explained. The different models of blended learning were discussed. The speaker also gave a list of the online platforms that supported blended learning. The participants expressed that the CME was very useful.



Traditional	Blended
Mostly Transmissive	Interactive
Teacher/instructor Centred	Learner centred
Students learn only what the teacher wants them to learn	Students can choose what to learn
Face to face/Person to person	Asynchronous
Synchronous	May or may not be face to face
Live, Time bound	Not time bound
Repetition is limited	Low fidelity
	Self paced and unlimited repeatability

Biochemical Investigations- Diagnosis and Monitoring of Diabetes Mellitus

The Department of Biochemistry, CHRI conducted a guest lecture on 27.3.2021. The Speaker was Dr. Chandrika. N, Associate Professor, Department of Biochemistry, Chamarajanagar Institute of Medical Sciences, Karnataka. Dr. Anuradha. G, Professor, Department of Biochemistry, CHRI was the moderator for the session. Dr. Sumathy. S Prof & HOD, Department of Biochemistry, CHRI, gave an introductory talk. The speaker gave an interesting talk about the Biochemical investigations that are done for diagnosis and monitoring of Diabetes mellitus. The speaker highlighted the newer monitoring devices that are available for continuous glucose checks in the body. A total of 260 students and faculty attended the session. The lecture was followed by an interactive discussion between the speaker and the participants.



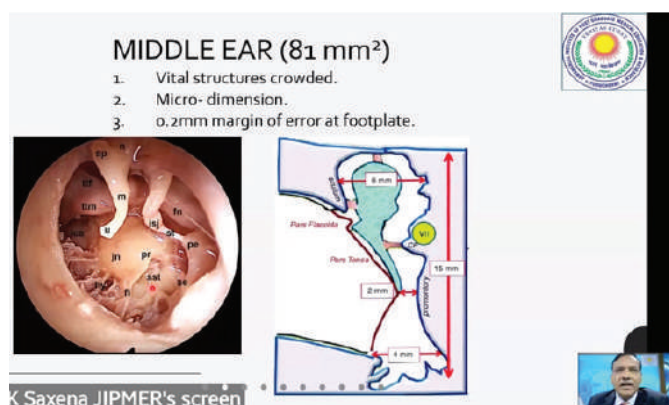
Hands on Workshop on CT Guided Biopsy of Soft Tissues

The Department of Radiology, Chettinad Hospital & Research Institute organized a workshop program on CT guided biopsy of Soft Tissues on 28.03.2021. The resource persons were Dr.P.Muthiah, Professor of Radiology Saveetha Medical College Hospital and Dr.I.Gurubharath, Professor and Head-Radiology, Chettinad Hospital and Research Institute. The speaker presented an overview approach for CT guided biopsy of soft tissues and also discussed various approaches related to specific anatomy parts and discussed important guidelines. A total of 16 delegates participated and underwent one-hour training session with the phantom device. All the delegates performed biopsy procedures on imaging phantom under CT guidance.



Endoscopic Ear Surgery

A Guest lecture on 'Endoscopic Ear Surgery' was organized by the Department of ENT, Chettinad Hospital & Research Institute on 29.03.2021. The speaker of the lecture was Dr. Sunil Kumar Saxena, Professor & HOD, JIPMER, Puducherry. A total of 210 participants attended the lecture. Professor Dr.Rajasekaran, Head of the Department, ENT welcomed the guest speaker and participants. A brief introduction to the basic anatomy and other details was given. Operative surgery videos including Myringoplasty and Stapedotomy were displayed and explained to the participants. The common complications and precautions to be taken while performing the above surgeries were discussed. The lecture was followed by an interactive session.



Adherence to Abstinence

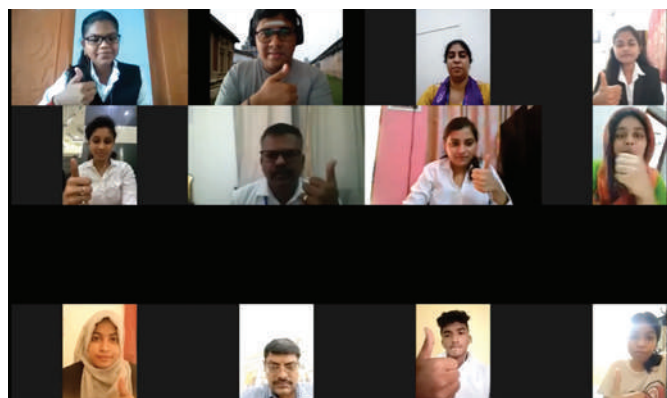
An outreach activity was organized by the Department of Physiology, CHRI in collaboration with the Department of Psychiatry, Chettinad Super Speciality Hospital on 30.03.2021. Dr.A.Meena, Assistant Professor, Department of Physiology was the coordinator of this program at a deaddiction center "Sri Sai PuthuKudumbam" located at Kelambakkam. The program included a talk on "Adherence to Abstinence" delivered by Dr. Maria Annita, Head and Chief, Department of Psychiatry, Chettinad Super Speciality Hospi-



tal. A total of 15 individuals attended the program. The talk comprised the complications associated with smoking, alcohol and substance abuse, the need for abstinence, and ways to adhere to abstinence. The program had an interactive session at the end where the participant's queries were effectively addressed by the speaker.

'PATRIOTISM'- SLOGAN COMPETITION

The Chettinad School of Law organized a slogan competition in collaboration with the National Service Scheme (NSS) Unit of the Chettinad Academy of Research and Education on the topic 'Patriotism' on 30.03.2021 on account of the 75th Independence Day Celebrations. The moderator of the event was Ms.



Moshithaa. A student of the Chettinad School of Law. The event started with a welcome address delivered by Ms. Monashree, a student, Chettinad School of Law. The esteemed judges for the debate were Dr. Senthil, P, Dean of Physiotherapy, Dr. K. Lakshmi, Dean of Pharmacy, and Dr. K. Kumar Ebenezer, Professor, Faculty of Allied Health Sciences. The event saw the keen participation of the students from various schools of CARE. The participants wrote catchy slogans, relevant to the theme, carrying poignant messages. The event ended with a vote of thanks delivered by Ms. Rajeshwari, student, Chettinad School of Law.

Essay Writing competition

Chettinad School of Pharmaceutical Sciences (CSPS) and Chettinad School of Architecture (CSOA) organized a competition on Essay Writing along with the NSS of Chettinad Academy of Research and Education (CARE) to commemorate the 75th year of India's Independence. The competition was conducted by online mode on 31.03.2021. Participants were asked to write an essay on "Pre and Post-independence in India" with a word limit of 1000. Students from different disciplines participated in the event. Prize winners were judged by Dr.P.Senthil, Dean of School of Physiotherapy, and Ms.Ruchi Sinha, Dean of School of Law.

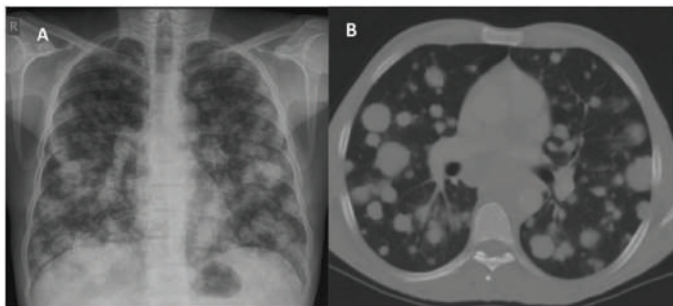
CLINICAL VIGNETTES

Question 13

A 33-year-old male presents with anxiety attacks and palpitations associated with hypertension. As part of screening for secondary hypertension he is noted to have repeatedly high urinary catecholamine concentrations. He is an intermittent smoker of 10 cigarettes per week and drinks approximately 18 units of alcohol weekly. He has been otherwise quite well. He is adopted and no family history is available. He is referred to the local endocrine department where elevated urine catecholamine concentrations are noted and CT scan of his abdomen reveals bilateral adrenal masses of 4 cm diameter. Amongst other investigations an elevated plasma calcitonin concentration is noted. What other abnormality is likely to be present ?

Question 14

Impression of the images ?



Answers to questions from the previous issue

Question 11

Psychogenic polydipsia

Question 12

Arcus senilis

Identify The Personality (5)

Sir Frederick Grant Banting



Identify The Personality - 6



KUDOS!!!

Participants who sent the correct answers :

Dr.Senthil (Physiotherapy)

Shifa (MBBS)

Answers can be sent to:

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

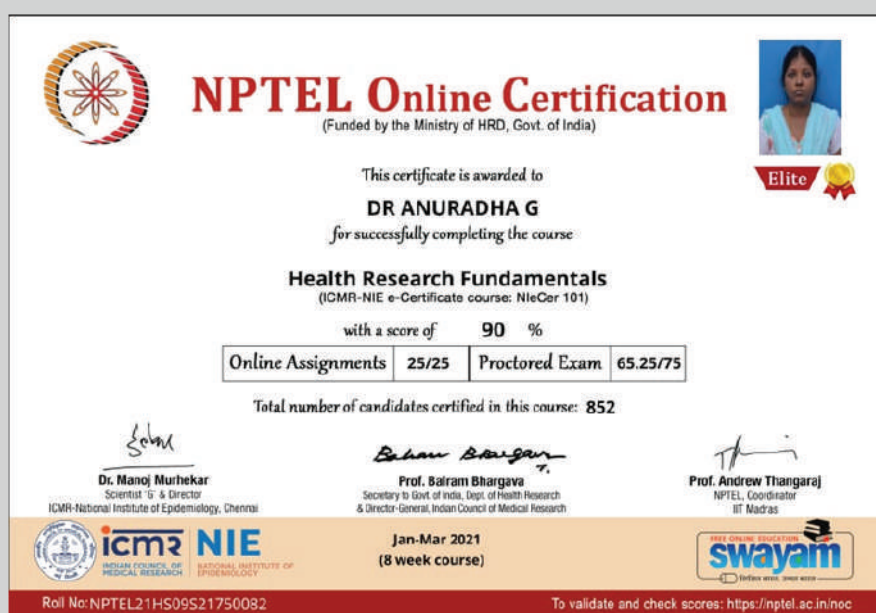
FACULTY ACHIEVEMENTS

TOPPERS

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



Dr. Shankar C, Department of Biochemistry, CHRI.



Dr. Anuradha G, Department of Biochemistry, CHRI.

STUDENTS ACHIEVEMENTS



Ms. Leelavathy S, pursuing 2nd year LLB (Hons.) won First Prize in **Poster-making Competition** organised by the Chettinad school of law in collaboration with the National Service Scheme (NSS) Unit of the Chettinad Academy of Research and Education.



Ms. Aditi Shanmugam, pursuing 2nd year LLB (Hons.) won First Prize **Poster-making Competition** organised by the Chettinad school of law in collaboration with the National Service Scheme (NSS) Unit of the Chettinad Academy of Research and Education.



Ms. MughiNiraali N M, pursuing 2nd year BA LLB (Hons.) won Second Prize **Poster-making Competition** organised by the Chettinad school of law in collaboration with the National Service Scheme (NSS) Unit of the Chettinad Academy of Research.



Ms. Rajeswari R, pursuing 2nd year BA LLB (Hons.) won Second Prize **Poster-making Competition** organised by the Chettinad school of law in collaboration with the National Service Scheme (NSS) Unit of the Chettinad Academy of Research and Education.



Mr. Abdus Salam K A, pursuing Second Year BBA LLB (Hons.,) at Chettinad School of Law secured the 3rd Prize a **Debate competition** organized by The Chettinad School of Law collaboration with the National Service Scheme (NSS) Unit of the Chettinad Academy of Research and Education.





Ms. B Mona Shree, who is pursuing BA LLB (Hons) 1st year at Chettinad school of Law had Won 1st place in **Chess Competition** on Freshers tournament Organised by Chettinad Academy of research and education.



Ms. Alin Geds A, currently pursuing LLB (hons) 1st year won first prize in the **Tennikoit Match** conducted by Chettinad Academy of Research and Education (CARE) in FRESHERS SPORTS MEET.



Ms. Safiya Shereen, pursuing BBA LLB (HONS.,) Second Year at Chettinad School of Law won the first prize in **Slogan Competition** conducted by Chettinad School of Law in collaboration with National Service Scheme (NSS).



Ms. S K Supraja, pursuing BBA LLB (HONS.,) First Year at Chettinad School of Law won the Second prize in **Slogan Competition** conducted by Chettinad School of Law in collaboration with National Service Scheme (NSS).



Mr. K Srivathsan, pursuing BA LLB (HONS.,) First Year at Chettinad School of Law won the Third prize in **Slogan Competition** conducted by Chettinad School of Law in collaboration with National Service Scheme (NSS).



World Glaucoma Week 2021 - Poster Competition



Ms. Mrinalini,
First Prize



Ms. Minisha
Second Prize



Mr. Karthik
Second Prize



Dr. Muthusundari
Special Prize



Ms. Harshini
Special Prize



Ms. Keerti
Special Prize

STUDENTS CORNER



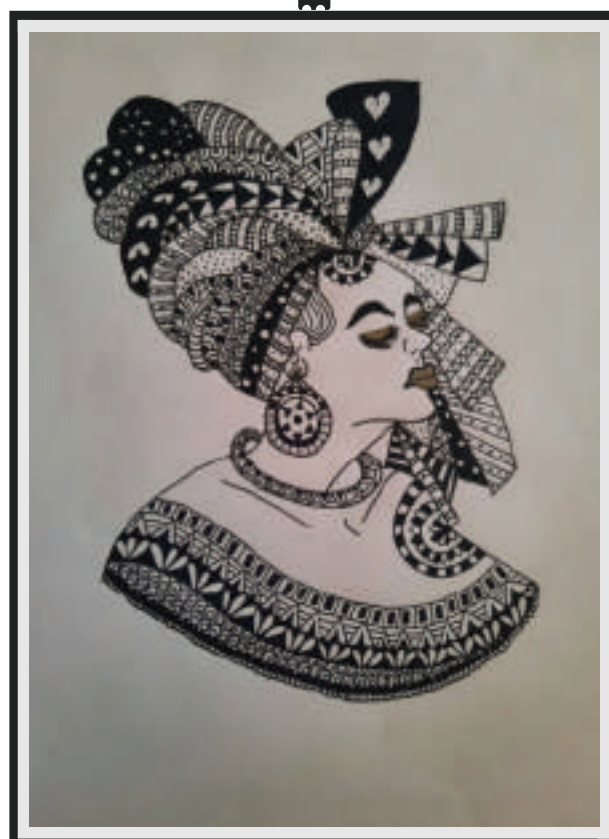
- Charumathi, 1st Year MBBS, CHRI



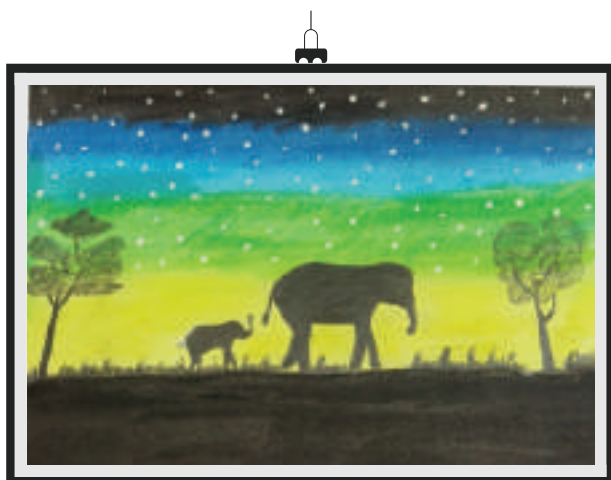
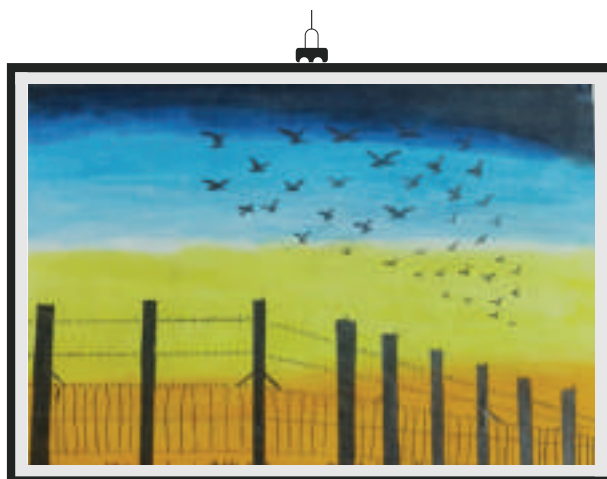
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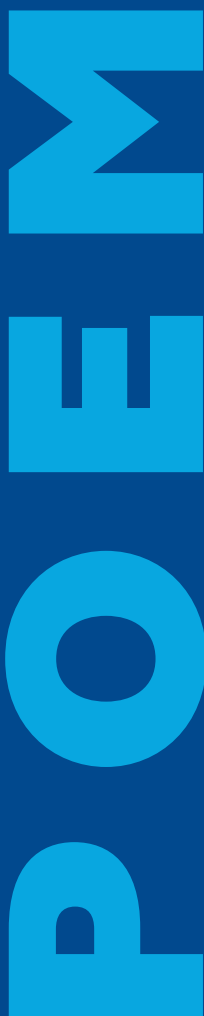
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All 6 Paintings are done by **M. Akshaya**, B.P.T 1st Year



Gold Fish

*I have been swimming forever,
Within glass walls that never end.
Every day as futile as the other;
I am alone with no friend.*

*I eat, I sleep, I swim, I excrete
I circle the same green weed;
And as I breathe, I make bubbles,
Wishing for something sweet.
But nothing ever happens;
It's the same day on repeat.*

*I keep swimming,
Within these glass walls,
That lead to nowhere.
What other choice do I have?*

*So, I'll keep swimming,
Keep swimming..*

- Jeremiah H, 1st Year MBBS

TO MY SECOND HOME

*I was crying.
I said , "no , don't make me do this".
But Amma pushed me to go
And gave me a kiss.*

*So I walked with a Barbie backpack.
Went and sat.
That was the start
Of the goofiness of a brat.*

*I was alone
Till someone held my hand.
Wow that was me getting attached
As they entered my land.*



*Somewhere between crying to go
And crying for not being able to,
You became my home.
And that's all I knew.*

*I sit at my desk and think,
15years - that ain't so long!
But as I realize it's not coming back ,
I just know it feels wrong.*

*How can it be over ?
I just started getting comfortable.
How can it be over?
I thought we were inseparable.*

*Somewhere between being punished and sitting in the last bench
And being punished for sitting in the last bench,
You tracked my growth
And my smile with a coy.*

*I now sit in my room and think,
15 years - they went by so quick!
And I realize that 6th grade was not last year
It passed by in a blink.*

*How can it be over ?
I don't think I'm ready.
How can it be over ?
I don't have you to make me steady.*

*I'm now crying.
I say,"no, don't make me do this".
But now you push me with a smile
And the same comfort of Amma's kiss.*

- Y. Akshara Mahathi, 1st Year MBBS

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