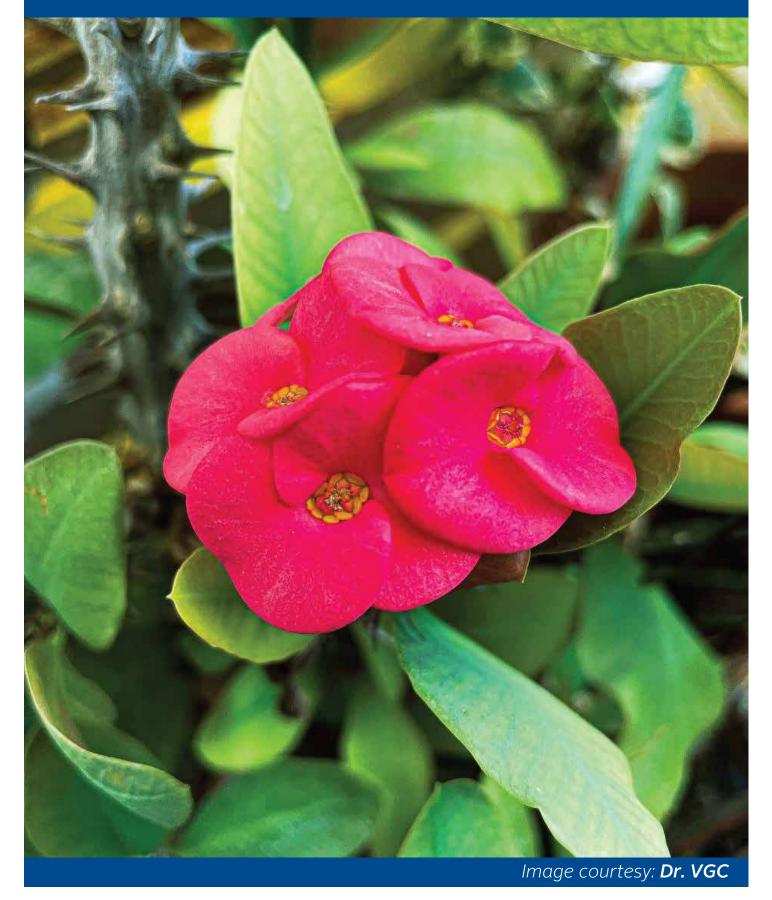


CARE KONNECT Compassionately Together

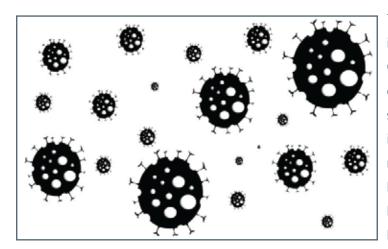




LETTER FROM THE EDITOR'S DESK

A Black Witch

We are in the mid of 2021, Hope all of you are keeping well during these tough times. As days pass by the rays of the evilness of this deadly virus threatening us is weaning out. However, matters worse as SARS-Cov-2 took a deadly turn by allying itself with a deadly grim agent 'THE BLACK FUNGUS'.



There are reports that there has been a significant increase in the number of cases of Mucormycosis in Covid – 19 patients during treatment and after discharge across the country. Mucormycosis, the so-called Black fungus, is a serious but rare fungal infection caused by a group of moulds called mucormycetes. It is an opportunistic devastating fungal Rhino-Orbito-Cerebral infection. The Ministry of Health and Family Welfare had made Mucormycosis a Notifiable disease on 19th May 2021.

The reasons behind the increase in mucormycosis in Covid – 19 patients are attributed to hyperglycemia and immunocompromised state. Being the diabetic capital, most of our population are diabetic and those who have uncontrolled sugars are said to have a higher chance of getting affected by this black fungus. Rampant overuse and irrational use of steroids in the management of Covid – 19 is another reason behind increasing cases of mucormycosis. Prolonged ICU stays, irrational use of broad-spectrum antibiotics, pre-existing co-morbidities such as haematological malignancies, use of immunosuppressants and solid organ transplant etc also are contributing factors.

ICMR has suggested a Multi-disciplinary approach comprising of Microbiologist, Internal Medicine Specialist, Intensivist, Neurologist, ENT Specialist, Ophthalmologist, Dentist, Surgeon (maxillofacial/plastic), Biochemist for treating this deadly fungal infection. Control of diabetes and discontinuing all immunomodulating drugs stays as the prophylaxis. Extensive surgical debridement to remove all necrotic material is the prime modality of treatment. Amphotericin B for 4 - 6 weeks stands as the mainline of treatment for this fungal infection.

While the fight against this Black fungus is going on, the government has increased the interval between the two doses of Covishield to 12-16 weeks. The vaccination status of our country is yet to pick the pace as only 3.2% of the Indian population is fully vaccinated against COVID-19 as of 2nd June 2021. Further, the questions about the third wave pondering around and it is further causing fear among people. Let us play our part by wearing the mask, following hand hygiene and maintaining Physical distance. The appropriate term should be maintaining physical distancing physical distancing and staying connected socially is important in maintaining psychological resilience. Let us break the chain!



Specialist Speaks....

Role of HRCT Chest in COVID-19 Patients



Dr. I. Gurubharath, MD Ph.D., Professor and Head Department of Radiology and Imaging Sciences, CHRI

COVID- 19 Virus also called Severe Acute Respiratory Syndrome Corona Virus- 2 (SARS-CoV-2) has impacted the whole world in a deadly fashion leading to innumerable loss of life and the world is still struggling to overcome the pandemic.

The SARS virus is confirmed by real time reverse transcription polymerase chain reaction (RT-PCR). RT- PCR Test can yield false positive or false negative results due to various reasons. CT Chest plays a vital role in early diagnosis of patients with COVID- 19 when the patient has symptoms or history of exposure or with lung involvement and when RT-PCR is delayed or negative in the early stages. HRCT Chest is more sensitive and show early abnormal changes in the infected lung.

In Department of Radiology CHRI, HRCT chest is done using Philips 128 slice CT machine which is ultrafast, low dose radiation CT allowing the scans to be completed in less than one minute. The HRCT Chest imaging in COVID-19 infected patients show multifocal, asymmetric patients and the scans to be completed in less than one minute. The HRCT Chest imaging in COVID-19 infected patients show multifocal, asymmetric patients are considered in the scans to be completed in less than one minute. The HRCT Chest imaging in COVID-19 infected patients show multifocal, asymmetric patients are considered in the scans to be completed in less than one minute. The HRCT Chest imaging in COVID-19 infected patients show multifocal and the scans to be completed in less than one minute.

metrical, patchy ground glass opacities predominantly peripheral in distribution, linear fibrotic sub-pleural bands, inter lobar septal thickening and crazy paving pattern and rare findings like mediastinal lymphadenopathy, pleural effusion and pericardial effusion. Consolidations happens predominantly in moderate to severe cases.

CO-RADS* Level of suspicion COVID-19 infection					
		CT findings			
CO-RADS 1	No	normal or non-infectious abnormalities			
CO-RADS 2	Low	abnormalities consistent with infections other than COVID-19			
CO-RADS 3	Indeterminate	unclear whether COVID-19 is present			
CO-RADS 4	High	abnormalities suspicious for COVID-19			
CO-RADS 5	Very high	typical COVID-19			
CO-RADS 6	PCR +				



CT severity scoring signifies the area of lung opacification and tells about the severity of the disease.

In CTSS both lungs are divided into five lobes and each lobe is assessed individually. Depending on the percentage of involved lobe, each lobe is awarded a CT score from o-5.

Score o - o% involvement

Score 1- <5% involvement

Score 2-5-25% involvement

Score 3- 25-50% involvement

Score 4-50-75% involvement

Score 5- > 75% involvement

The overall CT Score was the sum of points from each lobe and ranges from 0-25.

Thus CT helps in assessing the severity score and percentage of lung involved. This helps clinicians in early diagnosis and planning the treatment protocol /follow up for COVID 19 infection.



CAMPUS BUZZ

This section has the list of all events conducted at the Chettinad campus from 1st to 31st May 2021

International Midwives Week Celebration - CCN

The College of Nursing, Chettinad Academy of Research and Education commemorated international midwives week from 03.05.21 to 06.05.21 which included competitions and guest lectures. The speakers of the guest lecture were Mrs. C.T. Abra Pearl, Technical officer, Indian Nursing Council, New Delhi, and Prof. Dr Vijayalakshmi K, Professor, Department of Obstetrics and Gynecology, CHRI. The first Guest lecture was on 'Current trends in Midwifery' that focused on Midwife -Led- Continuity- of -Care, women-centred and Respect full maternity care, Rights of childbearing women, International childbirth initiative. The second guest lecture was on 'Birth Equity for All' where the speaker







discussed various aspects of Mortality and morbidity, Fair maternal care, and ways to reduce MMR. A total of 46 participants including students & Faculty attended the lecture. In addition, competitions were held during the week. An Oratorical competition on 'My practice in Maternity Nursing' was conducted in which Ms H.GoldlinJebaselvi IVth year B.Sc Nursing, secured the first place and the second place was shared by M Hari Krishnan IVth year B.Sc Nursing, and Ms Sasikala .G I year M.Sc Nursing. The Next competition of the day wasvideo making contest on 'Obstetrical care at Home during Pandemic. The judge for the video contest was Dr P.Senthil Dean I/C, Department of Physiotherapy. The first and second place was secured by Mr Prince William F and Ms Augusta IVth year B.Sc Nursing respectively. The participants were thrilled to participate in these competitions.

International Labour Day 2021

Chettinad School of Physiotherapy, CARE organized a lecture to commemorate International Labour Day 2021 on the theme of "Responsibility of Labour's







contribution towards the Country Economy", o3.05.2021 via Online Mode. Dr P. Senthil, Dean i/c, Chettinad School of Physiotherapy, CARE addressed and welcomed the audience for the session. The primary objective of this conference is to bring awareness about the labour day celebration and their responsibility for the country's economic growth. The audience gained knowledge about the history behind the Labours day celebration and how to work productively in a safe environment. A total of 50 participants attended the lecture.

Guest Lecture- Female Infertility- Basics To Recent Concepts

The Department of Obstetrics and Gynaecology, CHRI conducted an online guest lecture on 05.05.21 on the topic 'Female infertility- basics to recent concepts'. The speaker was DrFessy Louis, Senior Consultant and Associate Professor, Dept of Reproductive Medicine and Surgery, Amrita Institute of Medical Sciences, Kochi. He discussed various aspects of female infertility and discussed its management strategies. A total of 200 participants- undergraduate, postgraduate and faculty attended the meeting. It was a great learning opportunity for the students and faculty.

DEPARTMENT OF OBSTETRICS AND GYNAECOLOGY

E-Guest Lecture



SPEAKER: DR. FESSY LOUIS.T Senior Consultant & Associate Professor, Incharge MCH course, Department of Reproductive Medicine & Surgery, AMRITA(AIMS) Institute of Medical Sciences.

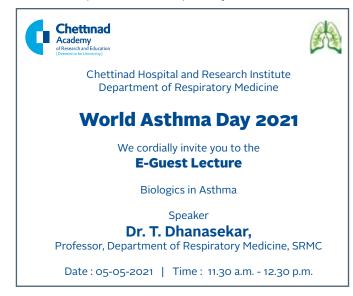
MODERATOR: PROF.DR.VIJAYALAKSHMI.K Professor, Chettinad hospital and Research Institute, Kelambakkam, Chennai.

TOPIC: FEMALE INFERTILITY-BASICS TO RECENT CONCEPTS

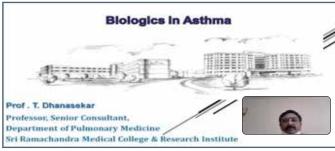


World Asthma Day- Biologics in Asthma

The Department of Respiratory Medicine, Chettinad Hospital & Research Institute has organized a guest lecture to commemorate World Asthma Day on 05.05.2021. The topic of the lecture was 'Biologics in Asthma'. The resource person was Dr.T.DhanaSekar, Professor, Department of Respiratory Medicine at Sri Ramachandra Medical University, Chennai. The speaker discussed pathophysiology, control measures, and management guidelines of bronchial asthma. He also discussed on recent drug developments. E-Guest lecture was attended by all the Faculties and Post-graduates from the Department of Respiratory Medicine and various







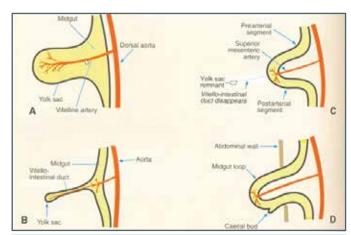


other departments. The lecture was very informative and interactive. The session was moderated by Professor and H.O.D Dr. Meenakshi N, Department of Respiratory Medicine. This was followed by a patient awareness program in which Asthma patients were sensitized regarding inhaler usage techniques, Breathing exercises, and the importance of COVID vaccination among Asthmatics as per GINA guidelines.

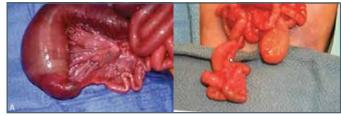
CHANTCON '21 – Can we trust our gut feeling?

The Department of Anatomy, Chettinad Hospital and Research Institute, CARE, organized a National conference- CHANTCON 2021 on the topic 'Can we trust our gut feeling?' on 07.05.2021. The resource persons were Dr.PriyaRanganath, Prof and Head, BangaloreMedical College, Dr. Ganga Devi Rajapandian, Specialist Radiologist, Premier diagnostic centre, Dubai, and Dr.Raghul M, Assistant professor, Paediatric surgery, ICH. There were three scientific sessions- Anatomical Approach – Sneak peek into the development of gut, Radiological approach









- In newborn and Surgical approach - management of congenital Gastrointestinal anomalies _ an overview. The conference started with a session on the development of foregut and midgut by Dr.Priya, followed by a wonderful and clear presentation on radiological diagnostic images of the Gut anomalies in the newborn by the expert Radiologist, Dr.Ganga Devi. These two sessions were followed by an enthusiastic and simplified presentation with a lot of intraoperative pictures by Dr.Raghul. All three sessions were moderated by renowned chairpersons from India. The afternoon session was enlightening in many ways, as faculty and students from all over India presented their posters and papers in the online mode, and prizes were given by eminent judges. The delegates commended the seamless integration of all topics as very informative and well organized. Around 485 delegates attended including national & international faculty, undergraduates, and postgraduates.

Virtual Workshop – Drug Analysis using HPLC

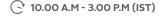
A one-day virtual workshop on 'Drug Analysis using HPLC' was organized by Chettinad School of Pharmaceutical Sciences on 07.05.2021. The workshop was inaugurated by Dr.T.Balasubramanian, Vice-Chancellor













Topic: METHOD DEVELOPMENT AND VALIDATION

DR. K. LAKSHMI

Professor & Dean

School of Pharmaceutical Sciences, CARE



Topic: IMPURITY PROFILING OF PHARMACEUTICALS

DR. N. KRISHNA VENI

Professor & Head, Department of Pharmaceutical Analysis, JSS College of Pharmacy, JSS Academy of Higher Education & Research, Ooty, Nilgiris,



DR. P. RAMALINGAM

Director - R&D Cell, Raghavendra Institute of Pharmaceutical Education and Research Autonomous (RIPER), Ananthapuramu,

Organised by: School of Pharmaceutical Sciences, CARE



of the University. In his inaugural speech, he highlighted the importance of chromatography in the field of science. The first session of the workshop was on the topic "Drug development and validation" by Dr.K.Lakshmi, Professor and Dean i/c of School of Pharmaceutical Sciences. She gave an overview of various aspects of drug development and validation using HPLC. She also explained the use of excel for the calculation of validation parameters. The second session was on the topic "Impurity profiling in Pharmaceuticals" by Dr.N.Krishnaveni, Professor and Head, Department of Pharmaceutical Analysis, JSS College of Pharmacy, Ooty. She explained the need for developing stability-indicating assays along with the methodology to carry out the same. She also explained the steps for impurity profiling along with some case studies. The third session was on the topic "Analytical Quality by Design (AqbD)" delivered by Dr.P.Ramalingam, Director-R&D Cell, Raghavendra Institute of Pharmaceutical Education and Research (RIPER) - Autonomous, Ananthapuramu. He explained the importance of QbD in analytical methods along with the application of different tools to develop the same. About 150 participants ranging from PG students, research scholars and faculty from different pharmacy colleges participated in the event.

World Asthma Day- 2021

The Department of Paediatrics, Chettinad Hospital & Research Institute organized a CME to commemorate World Asthma Day on 07.05.2021. World Asthma Day is an annual event organized by the Global Initiative for



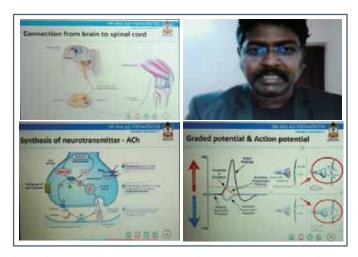


Asthma (GINA). World Asthma day is observed every year in the first week of May to create awareness worldwide among people about this chronic respiratory disease, its precautions, and prevention. This year the theme was 'Uncovering Asthma misconceptions'. The event had a session consisted of a demonstration by the Department of Physiotherapy about the breathing exercises and yoga practices in Children. This session was followed by the demonstration of types of inhalers used in asthma. This was followed by a lecture session. The guest speaker was Dr. Victor Jerome Ambrose from Great Ormond Street Hospital for children, UK, who spoke about the investigation and recent researches on Asthma. The event was attended by the undergraduates, PG, and faculty of our department. The event ended with a vote of thanks by the Head of the Department, Department of Pediatrics, CHRI.

Guest Lecture- Neuromuscular Blockers

The Department of Physiology, Chettinad Hospital & Research Institute has organized a guest lecture on 08.05.2021 via online mode. The speaker of the guest lecture was Dr. Jeneth Berlin Raj T, Professor & Head of Physiology, Mahatma Gandhi Medical College and Research Institute, Pondicherry. After a brief introduction of the guest speaker by the Head of the Department of Physiology, the session began with Dr. Jeneth delving into the structure of the neuromuscular junction at the molecular level, thereby giving the students and participants a clear picture with regards to the various

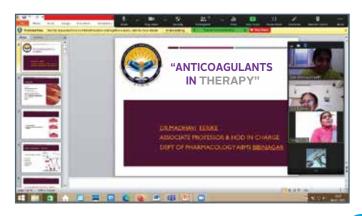


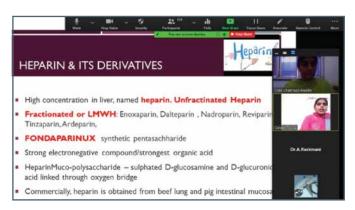


ligands, receptor proteins and enzymes present here. To enhance their understanding, an overview of nerve fibre structure, production of neurotransmitter from the core substrates along with the enzymes involved and its axoplasmic transport as well as saltatory conduction in a myelinated axon, were given. All of the above were regularly assessed with pre-test and post-test questionnaires involving MCQs, which made the session lively by fostering competitive participation from the students' side. Feedback from the participants indicated a strong preference for similar interactive sessions that were helpful in the conceptual understanding of academic content. A total of 234 students participated in the lecture and such e-lectures give the students a holistic understanding of concepts in any subject of the undergraduate medical curriculum.

Guest Lecture - Anticoagulants

The Department of Pharmacology, Chettinad Hospital and Research Institute organized an E-Guest lecture on 08.05.2021 on Anticoagulants. The speaker was Dr.E.Madhavi, Associate Professor and HOD In-charge, Dept. of Pharmacology, All India Institute of Medical Sciences. The moderator of the lecture was Dr.S.Saradha, Associate Professor, Dept. of Pharmacology, CHRI. The speaker discussed the pathophysiology and

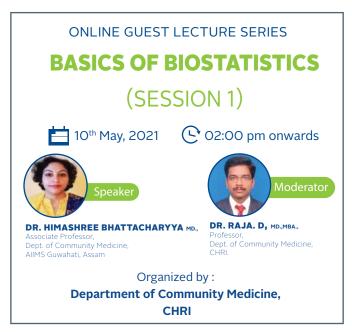




triggering factors for coagulation and thrombus formation, the various anticoagulants currently available, their adverse effects, and newer drugs. 127 participants attended this guest lecture. The participants were II year MBBS students, MD pharmacology postgraduates, and faculty of the Department of Pharmacology. The audience had an interaction with the speaker at the end of the lecture.

Guest lecture -Basics of Biostatistics Session -1

The Department of Community Medicine, Chettinad Hospital, and Research Institute organized an online guest lecture on 'Basics of Biostatistics' on 10.05.2021. The lecture was delivered by Dr.Himashree Bhattacharyya M.D., Associate Professor, Department of Community Medicine, AIIMS Guwahati, Assam. The participants of this E-Lecture were 135, comprising of 6th and 7th semester MBBS students, Postgraduates, and Faculty from the Department of Community Medicine. Biostatistics also helps in comparing, analyzing, and even presenting the scientific





variable classification					
Variables	Values	Codes	Туре		
Sex	Male, Female	1, 2	Binary		
Religion	Hindu, Muslim, Sikh	1, 2, 3	Categorical		
Housing	Hut, Kutcha, Pucca	1, 2, 3	Ordered Categorical		
Parity	One, Two, Three,	1, 2, 3, Discrete Quantitative			
Weight (Kg)	0, 1	0, 1	Continuous Quantitative		

Measurement Scales : Classification of Data					
Nominal Level data	Ordinal Level data	<u>Interval</u> <u>Level data</u>	Ratio Level data		
Zip code	Grade	SAT score	Height		
Gender	Rating	IQ	Weight		
Eye color	Ranking	Temperature	Time		



findings of medical data. The speaker explained in relatively simple terms with fitting examples to make the students grasp the basics better. In addition, the speaker spoke about 'Data' and 'Variables.' She also explained the different types of data that can be collected and their use, and how they can be represented. The participants had a glimpse of the basics of biostatistics and an interactive session followed where a discussion of gueries was carried out.

National Technology Day 2021

The Chettinad School of Pharmaceutical Sciences (CSPS), Chettinad Academy of Research and Education (CARE), organized the National Technology Day on 11.05.2021. National Technology Day is being celebrated on 11th May every year since 1998 to recognize the achievements and outstanding contributions of scientists and engineers in the field of science and technology. This event began with a welcome address by Dr. G.P. Pazhani Associate Professor, CSPS, and by Ms.S.Neha, first-year B.Pharm student. A presentation on the importance of National Technology Day was delivered by Mr. S. Rahul, first-year B.Pharm Student. An interesting talk on the advancements of 'Medical



CNS

- Brain computer interface to awaken brain power in a patient
- BCI is a collaboration between a brain and a device that enables signals from the brain to direct some external activity, such as control of a cursor or a prosthetic limb.
- The interface enables a direct communications pathway between the brain and the object to be controlled.
- BCI can enable a person suffering from paralysis to write a book or control a motorized wheelchair or prosthetic limb





Industry 4.0- Evolution

What is the Fourth Industrial Revolution.?

- The Term Industry 4.0 was termed by Klaus Schwab (2016); the founder of World Economic Forum
- It is a technological revolution that blurs the lines between physical, digital and biological spheres.
- Merges technology more and more with human lives for ease of daily activities





Technology in Health care' was delivered by Dr. K. Ruckmani, Professor and Head, Department of Pharmacology, Chettinad Hospital and Research Institute. Dr. Ruckmani gave an overview of the different medical tools used in the diagnosis and treatment of various diseases. Students also had an opportunity to listen to an invited talk on 'Industry 4.0' by Mr.Manikandan, Head-R&D, Granules India Private Limited, Hyderabad. Mr.Manikandan gave an overview of the technological advancements leading to the evolution of Industry 4.0.



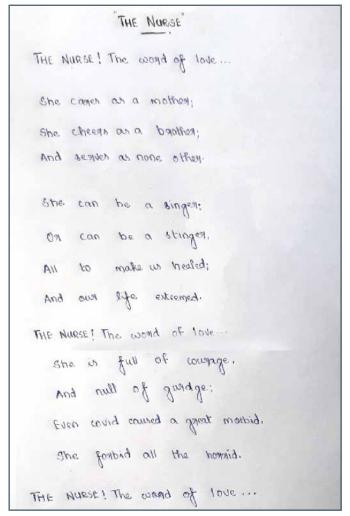
Two competitions namely Picture Trivia and Debate were organized among the students of the School of Pharmaceutical Sciences. These events were judged by Dr.RenuGirotra, Assistant Professor, School of Law, and Dr.Antara Banerjee, Associate Professor, Faculty of Allied Health Sciences.

International Nurses Day Celebration

International Nurses Day was celebrated by the College of Nursing, Chettinad Academy of Research and Education on 12.05.21 via online mode. Theme of the day was "Nurses: Voice to Lead-A Vision for Future Healthcare'. Various competitions were held-poetry, pencil sketching, and essay writing competition. The themes for these competitions were 'The nurse', 'My best skill in nursing practice' and 'My role as a student nurse'. The winners were given prizes after the assessment by a panel of judges from constituent colleges of CARE.

No of Winners

Poetry:-



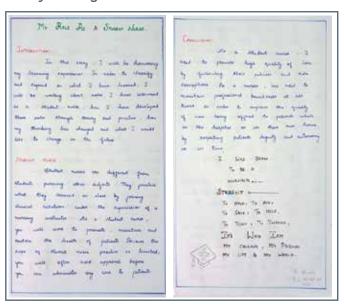
- Prisca Anna Koshy BSC (N) II YEAR

Pencil sketch:-



- Sivasankari BSC (N) II YEAR

Essay writing:-

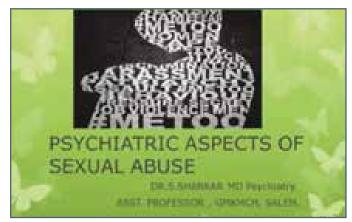


- K Sneha BSC (N) II YEAR

CME on Sexual Abuse: Physical & Psychological Issues

A CME was organized by the Department of Psychiatry, Chettinad Hospital And Research Institute on 13.05.2021. The speakers were Dr. Vijayalakshmi K, Professor, Department of Obstetrics and Gynecology, Chettinad Hospital And Research Institute, Dr. SherinAlmash, Junior Resident, Department of Obstetrics and Gynecology, Chettinad Hospital And Research Institute





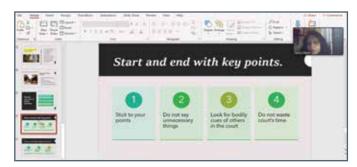




and Dr.Shankar.S, Assistant Professor, Department of Psychiatry, Government Mohan Kumaramangalam Medical College & Hospital, Salem. The first session was delivered by Dr. Vijayalakshmi. She explained about the Examination and Management of Sexual Abuse Victim. This was followed by the second session by Dr. Shankar. S who discussed the Psychiatric Aspects of Sexual Abuse. A total of 200 participants attended the workshop. At the end of the lectures, the queries raised by the participants were addressed by the speakers.

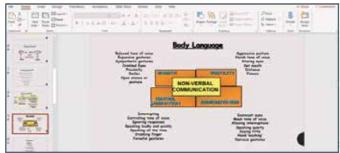
Guest Lecture on Listening Skills

As a part of Chettinad School of Law's guest lecture series 2021, a lecture was hosted by Chettinad School of Law on 13.05.2021 on 'Listening Skills.' The distinguished speaker for the session was Dr. Reena Nigam, HOD and Associate Professor at Amity Skills Institute, Amity University, Haryana and the moderator of the event was Ms. Joanna Esther Shalini, student, Chettinad School of Law. Ms. Joanna started the session by introducing the eminent speaker and Mr. Sanjay Shridhar, a student at, Chettinad School of Law gave a short note on why listening skills are important. Dr. RenuGirotra,







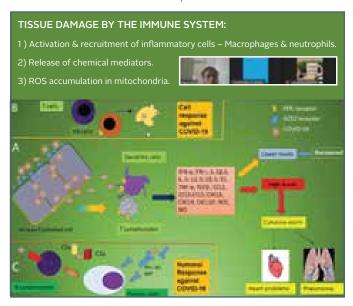


Chettinad School of Law then delivered the welcome address and welcomed the speaker and students. The speaker started the lecture with the definition, elements, and means of communication, and, distortions of communication. Then the speaker gave an elaborate explanation on body language and how to effectively communicate as lawyers and law graduates. The speaker gave insights on listening skills and explained how to be an active listener. The webinar ended with an interactive session that saw the enthusiastic involvement of students. The vote of thanks was then delivered by Ms. Ruchi Sinha, Head of the Department (I/c), Chettinad School of Law. A total of 45 participants attended the guest lecture.



Weekly CME - Immune Response to Viral Infections.

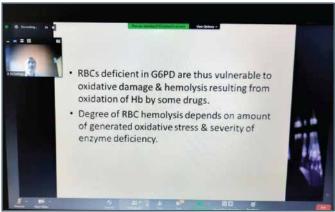
The weekly CME for the second week of may month was held on 14.05.2021 via online mode. The resource person was Dr. A. Meena, Assistant Professor, Department of Physiology, CHRI. The topic was Immune response to viral infections. Dr. Meena started the discussion by highlighting the pathological impact of viral infection on the host. She gave an update on the response of the host in adapting to such an insult. The speaker also discussed the factors that favor tissue damage in viral disease and the other factors that decide the outcome of viral infection were also highlighted. A note on the host response to COVID-19 infection was also added. At the end of the lecture, there was an interactive session in which the participants shared their views on the topic.



Guest lecture on Drugs causing anemia

The Department of Pharmacology, Chettinad Hospital & Research Institute organized a guest lecture on 14.05.2021 via online mode. The Guest Speaker of the lecture was Dr. A. N. Dattatri, Professor and Head, Department of Pharmacology, Karnataka Institute of Medical Sciences, Hubli, Karnataka. Dr. A. Ruckmani, Prof & Head, Department of Pharmacology, CHRI gave a brief introduction about the topic. Then, Dr.M.Duraivel, Asst. Professor gave an introduction about the speaker. The speaker covered all the aspects of Drug-induced anemia and discussed various aspects in detail. The lecture was very elaborate and informative. After the lecture, the session was open to questions. The speaker clarified the doubts of the participants. A total of 99 participants attended the Guest lecture.





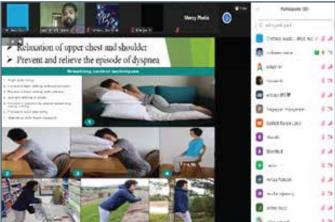
Role of Physiotherapy in Bronchial Asthma.

The Chettinad School of Physiotherapy, Chettinad Academy of Research Education organized a seminar on 'Role of Physiotherapy in Bronchial Asthma' on 15.05.2021. The resource person was Mr. A. Mohamed Nainar, Senior Physiotherapist, PMR Department, CHRI. The speaker spoke about Asthma and the importance of Physiotherapy exercise in relieving the symptoms and thereby, improving the physical function of Asthmatic patients. He also demonstrated the important physiotherapy exercises like breathing technique, relaxed positions, chest mobility exercise, strengthening exercises, and effective daily activity pattern. He also shared a case study report and structured protocol based on







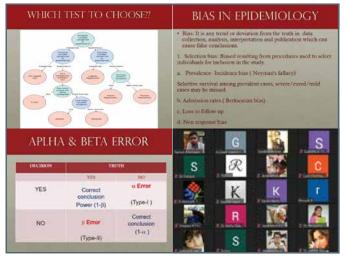


the complaints of patients with Bronchial Asthma. A total of 50 students participated in the seminar. Students actively participated in the question and answer session held at the end of the lecture.

Basics of Biostatistics- Session - II

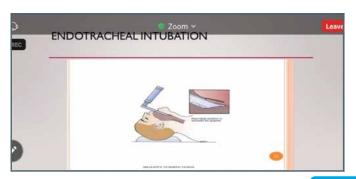
The Department of Community Medicine, Chettinad Hospital and Research Institute organized an online guest lecture on the second session of 'Basics of Biostatistics' on 17.05.2021. The resource person was Dr.Himashree Bhattacharyya, Associate Professor, Department of Community Medicine, AIIMS Guwahati, Assam. This was the second session of this guest lecture-basics of biostatistics. The speaker gave a brief description of sample size and explained the basic terminologies used in a study/Research. Then, the speaker spoke about the tests of significance, sampling methods, sampling errors, and methods to control those errors. She concluded the session by giving a detailed note on bias in epidemiology and a few words on how to conduct interview research and then cleared all the arising questions from participants. A total of 135 participants attended the program. The participants of this E-Lecture were 6th semester & 7th-semester MBBS students, Postgraduates, and Faculty from the Department of Community Medicine.



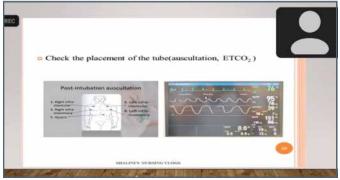


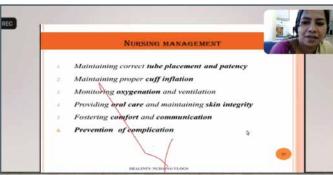
Workshop on Endotracheal Intubation

The Chettinad College of Nursing, Chettinad Academy of Research and Education organized a workshop on endotracheal intubation on 17.05.2021 for nursing staff. Mrs. Hepsibah, Principal, CCN introduced the resource person Mr. Dickson, Staff Nurse, Chettinad Hospital and Research Institute. The session covered the following topics on Endotracheal intubation such as definition, types, oral ET intubation, Nasal ET intubation, Risk





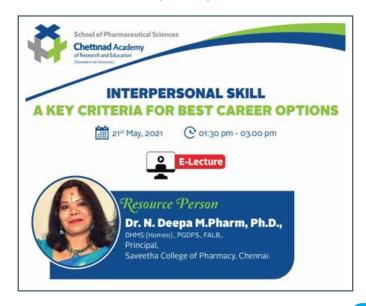




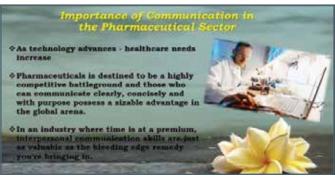
factors, indications of ET intubation, types of equipment required for endotracheal intubation, parts of the ET tube and its different sizes, Mallampatti classification to predict the ease of intubation, preparation, etc,The staff got hands-on experience to intubate the mannequin. At the end of the session, all participant's doubts were clarified. The workshop was attended by 273 participants comprising of all the CCN faculties and students.

Continuous Pharmacy Education (CPE)

Chettinad School of Pharmaceutical Sciences, CARE has organized a guest lecture on 'Interpersonal Skills – A Key Criteria for best career options" on 21.05.2021. The resource person for the program was Dr. N. Deepa M.Pharm, Ph.D., DHMS (Homeo), PGDPS, FALB, Princi-









pal, Saveetha College of Pharmacy, SIMATS, Chennai. Her lecture gave an insight into interpersonal skills with a special emphasis on verbal and non-verbal communications. The virtual session was highly interactive and about 165 UG students of colleges - Chettinad School of Pharmaceutical Sciences and Saveetha College of Pharmacy participated effectively and got benefited.

Research Lecture Series - Funding application: Seed Money

The Chettinad College of Nursing, Chettinad Academy of Research and Education conducted a lecture as a part of the ongoing research lecture series on the topic 'Funding application: Seed Money' on 21.05.2021. The resource person was Mrs. Rogina J. S. Savarimuthu, Professor & HOD, Mental Health Nursing Dept., CCN, CARE. The opportunity for young faculty members to apply for a seed research grant was explained in steps. The eligibility criteria, proposal budget, financial ceiling, the maximum duration for the project, IRB submission & interview, and ICMR proposal format were discussed in







detail. The importance of the Seed grant to enable researchers to develop their research activities and apply for extramural research funding was highlighted. The session was informative and interactive one with the participation of 20 faculties from CARE.

Guest lecture - Lipids - Facts and Fun

The Department of Biochemistry, CHRI conducted a guest lecture on the topic 'Lipids –Facts and Fun' on 22.05.2021. The speakers were DrSumithra .N.Unni, Associate Professor, Department of Biochemistry, Amrita Institute of Medical Sciences, Kochi, Kerala and





Dr Sumathy .S Professor &HOD, Department of Biochemistry, CHRI. The speaker discussed the different types of lipids and their advantages. She also discussed the adverse effects of trans fatty acids and the disadvantages of eating junk foods. She gave an overview of Bioactive lipids and their uses in our body. The role of lipids in the development of hypertension, cardiovascular diseases were also explained. All the students actively participated in the session. A total of 250 students attended the session.

World Schizophrenia Day

The Department of Psychiatry, CHRI organized a webinar to commemorate World Schizophrenia Day on 26.05.2021. The speakers were Dr. Sabari Sridhar OT, Professor and Head, and Dr. V.MridullaAbirami, Post-



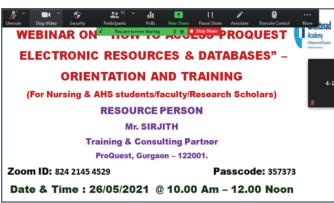




graduate Student, Department of Psychiatry, CHRI. The topic of the sessions was World Schizophrenia Day – Theme: Discover Better Mental Health discussion and the role of Dopamine in the Neurobiology of Schizophrenia. A total of 50 participants attended the webinar. At the end of the sessions queries of the participants were addressed.

Webinar on access to central library resources

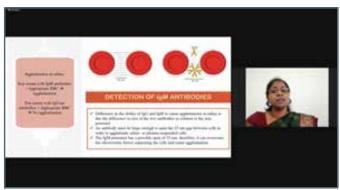
A webinar was conducted on 'How to access PRO-QUEST electronic resources and databases' on 26.05.2021. The resource person was Mr. Srijith, Training & Consulting Partner of PROQUEST. A total of 368 participants including students, faculty, research scholars of CARE university attended the webinar. This webinar was organized by the staff of the central library, CARE. This webinar was organized to create awareness about the availability of our institutional electronic resources & their access procedures which











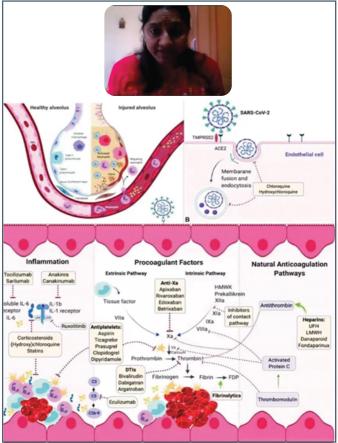
is important especially during the pandemic period at home. At the end of the webinar, the participants actively participated in the discussion and clarified their doubts.

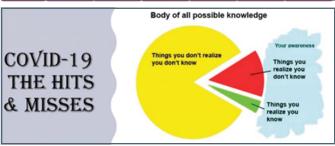
Workshop on Acute care skill development program for best clinical nursing practice

A workshop on the Acute care skill development program for best clinical nursing practice: Covid-19 Pandemic and its Spectrum was conducted by the Department of Child Health Nursing, CCN, CARE on









27.05.2021. The speakers were Dr PrithikaUdyakumar, Research Scientist and Assistant Professor, Department of Biotechnology, Dr A.P.J. Abdul Kalam Centre for Excellence, Dr.M.G.R. Educational and Research Institute, Maduravoyal, Chennai.Dr.Hepsibah, Principal, CCN introduced the speaker Dr.PrithikaUdyakumar, Research Scientist and Assistant Professor, Department of Biotechnology, The topics discussed were an introduction to covid-19, the difference between viruses and bacteria, mechanism, incubation period, the difference between signs and symptoms of coronavirus infection, flu and cold, the first wave and dangerous turn of the second wave of the corona, key drugs, management for all stages, mucormycosis definition, symptoms and management, COVID-19 mutants and variants, types of COVID-19 vaccines and its differences, and finally finished with details about phases of clinical trials. At the end of the session, all participants doubt were clarified. A total of 237 participants attended the workshop.

Seminar On Carcinoma Pancreas

A seminar was organized by the Department of Surgery, CHRI on the topic of Carcinoma Pancreas on 28.05.2021. The program began with the welcome address by Prof Dr P Ragumani, HOD Dept of General Surgery and was moderated by Prof Dr K Senthil Kumar. The guest speakers were Dr A Sandip Chandrasekar, Gastroenterologist from Royal Care Hospital, Coimbatore. Dr K Balu, consultant surgical Gastroenterologist, PSG Institute of Medical Sciences and Research and Dr SrivatsanGurumurthy, Consultant Gastroenterologist and Minimal access surgeon from GEM Hospital, Chennai. The topics discussed were clinical presentation and investigations for carcinoma of the pancreas, preoperative assessment and patient counselling, and management of carcinoma pancreas highlighting the open surgical procedures,





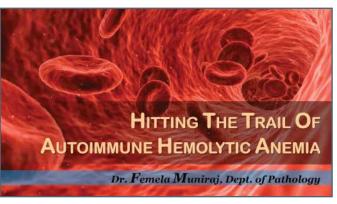


chemotherapy. The seminar also had a discussion on minimally invasive surgery for carcinoma pancreas with surgical video demonstrations of laparoscopic and robotic pancreatic surgeries. The program came to an end with the vote of thanks by Prof Dr R Anantharamakrishnan. The seminar was attended by a total of 152 participants(112 students, 25 postgraduates and 15 faculty). Interactive discussion occurred at the end of each session.

Weekly CME- Hitting the trail of Autoimmune Hemolytic Anemia.

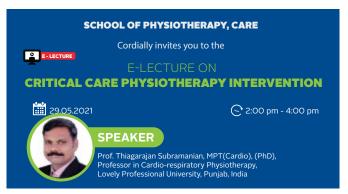
The weekly CME was conducted on the topic of "Hitting the trail of Autoimmune Hemolytic Anemia" on 28.05.2021 via online mode. The speaker was Dr. Femela M - Professor, Department of Pathology- Chettinad Hospital and Research Institute (CHRI). The speaker discussed about auto-immune hemolyticanemia (AIH). She began the talk by giving an overview of AIH following which she classified the disorder into its well-documented subsets viz. warm AIH, cold AIH, mixed AIH. She also added a note on drug-induced hemolytic anaemia. The pathophysiology and pathological diagnosis of AIH were well-outlined during the CME. The difficulties in diagnosing AIH and approaches towards overcoming them and the role of transfusion therapy in AIH and its associated complications were also discussed. The speaker constantly interacted with the postgraduates on the forum and educated them on the core principles of AIH.





Critical Care Physiotherapy Intervention

The Chettinad School of Physiotherapy, CARE organized an E- Lecture on 'Critical Care Physiotherapy Intervention' on 29.05.2021 via online Mode. Mr. Thiagarajan Subramanian, Professor, Faculty of Physiotherapy, Lovely Professional University, Punjab is the resource person of this lecture. Mr T. Alagappan, senior sports physiotherapist, CHRI, CARE addressed and welcomed the audience for the session. The primary objective of this lecture is to bring awareness and importance about Intensive care Physiotherapy management and its importance. The speaker discussed various ventilator modes, monitoring method in ICU and certain techniques like suctioning, chest physiotherapy, assisted cough technique and positioning applied in the critical care unit. The participants actively participated in the lecture and more than 65 participants attended the lecture.









Myths and Facts about the neurodynamic techniques

The Chettinad School of Physiotherapy, CARE organized an e-lecture & panel discussion on the theme of 'Myths and Facts about the neurodynamic techniques' 31.05.2021 via online Mode. The speaker was Mr A. Mohamed Nainar, senior physiotherapist, PMR, CHRI, CARE. The speaker discussed the Neurodynamic techniques, basic principles and physiological mechanism behind the techniques. The e-lecture was followed by a panel discussion about the myth and fact of the neurodynamic technique with the evidence. The e-lecture was useful in bringing out the importance of neural mobilization technique application and its benefits in varying orthopaedic/ neurological conditions. The participants clarified their doubts from the panel experts at the end of the panel discussion.









Webinar on Career Opportunities in UPSC Civil Services

Chettinad School of Law in collaboration with Chinmaya Academy of Management organized a Webinar on Career Opportunities in UPSC Civil Services on 29.05.2021. This webinar was moderated by Mr. V. R. Sri Ramadesikan, Chief Coordinator - Chinmaya Academy for Civil Services Executive Member - Chinmaya Academy of Management and by Suvethaa Sri, a student of Chettinad School Of Law. The Speaker Mr. Raj Sekar, is a Competitive exam trainer and Author of Civil service books, shared the information on the various fields of Civil Services as well as the difference between UPSC and state-based civil services exams. He then discussed the details on the pattern of the exams, the books that can be referred to as suggestion on the selection of optional subjects, and the tips for preparing for the exams. The speaker shared some tips for facing the interview after the main theory exams. The students were very inquisitive and the speaker, as well as the moderator, answered all the queries of the students about UPSC exams. A total of 54 participants attended the webinar.









Acute care skill development program for best clinical nursing practice

A workshop on the Acute care skill development program for best clinical nursing practice was organized by the Department of Child Health Nursing, Chettinad College of Nursing, Chettinad Academy of Research and Education on 29.05.21. The program had training in various modes of ventilator-CPAP, BiPAP, Defibrillator and Emergency Medicine. The resource person was Mr Alex Pandiyan J, Emergency and Ambulance Nurse in APL & COICU Ambulance service, Christian Medical College, Vellore. Principal of CCN, Dr.Hepsibah introduced the speaker. The topics discussed were CPAP, BiPAP, Defibrillator and Emergency Medicine, in addition to the definition, he also discussed about the difference between CPAP & BiPAP, defibrillator types, indications, mechanism, contraindications, complications, emergency medicines and nurses responsibility. A total of 237 participants attended the workshop.

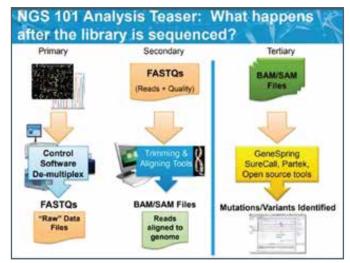


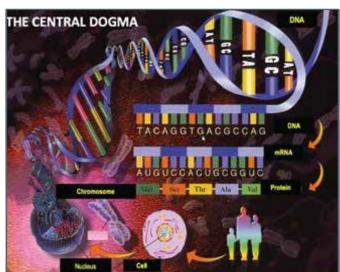


Genomics Conclave 2021

Department of Biochemistry, CHRI organized a two days virtual conference on Genomics Conclave 2021 dated 27th and 28th May 2021. Dr. Santhini Gopalakrishnan .S, Associate Professor, Department of Biochemistry, CHRI was the organising secretary and SK. Murugavel, Assistant Professor, Department of Biochemistry, CHRI was the Joint organizing secretary for the event.

Genomic conclave attracted more than 340 Participants for the conference & 240 for the workshop from all over India comprising both Government and Private medical colleges. The First day of the national conference on 27/05/2021, was workshop on PCR Primer Design and the resource person for the workshop was SK. Murugavel, Assistant Professor, Department of Biochemistry, CHRI. Second day started with scientific session by Dr Giriraj Chauhan chief scientist, CCMB who gave a talk on "Bedside to Bench to Bedside: The Saga of Genetic Testing" which was followed by formal inaugural function.



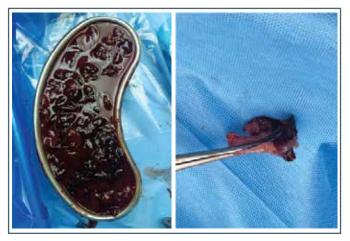




The expert for second session was Dr Prashant ,Professor, JSS Medical College, Mysuru, who highlighted on "DNA markers in human health". Dr Rebecca James from Kozhikode medical College, Kerala shared her expertise knowledge on Micro RNA -small molecule with big prospects. The next speaker was Dr Akila Prashant, JSS Medical College,Mysuru elucidated on Diagnostic and therapeutic implications of micro RNA in human diseases which was followed by Dr Sahnmuga Priya who highlighted on, "A bird's eye view of single nucleotide polymorphism". The concluding session of the conference was by Dr Srinivas H on "Whole genome SNP study using next gen sequence". The conference ended with the good interactive Q & A session and feedback from the delegates.

A Case of Near-Miss Mortality

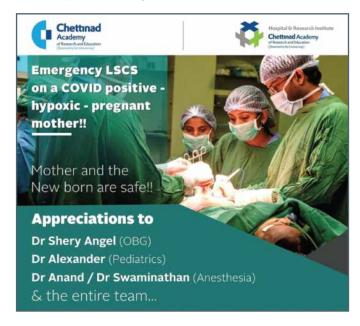
A thirty-one-year-old pregnant woman, referred from a private hospital for an obstetric scan at 03.05.2021 midnight, presented with severe pain abdomen and profuse sweating. The patient was eight weeks pregnant at the time of presentation and an urgent ultrasound revealed an ectopic pregnancy. The patient collapsed, become unconscious in the ultrasound room with a very feeble pulse and an unrecordable blood pressure. The patient was diagnosed with a ruptured ectopic pregnancy. After alerting the anaesthesia and critical care team about the patient, the patient was immediately shifted to the emergency operating room and was intubated. Arrangements for blood transfusion were made. Emergency laparotomy and exploration were done under general anaesthesia. A right cornual ruptured tubal ectopic pregnancy was treated with right partial salpingectomy and 2.5 liters of hemoperitoneum was drained. The patient required 3 units of pack



cell blood and plenty of fluids for correction of the hemodynamic status. The patient was recovering well at the post-operative ward and was discharged on 10.05.2021. A case of near-miss mortality was avoided by this timely intervention. Dr. Jennifer Britto was the duty obstetrician who performed the emergency laparotomy with Dr. Sherin (PG) and the anaesthetist Dr. Merlin and her team, who resuscitated the patient. Despite her unknown serology (HIV, Hep-B & Hep-C) and COVID-19 status the team has proceeded for emergency surgery to save the life of the patient. CARE congratulates the team for their selfless effort taken. The covid-19 pandemic has never been a hindrance in the emergency services by CHRI.

COVID affected pregnant woman saved on time

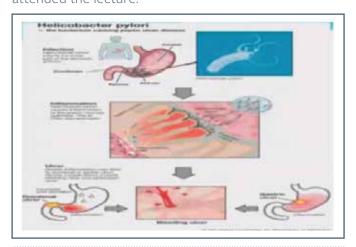
On 14.05.2021, a woman who is 38 weeks pregnant presented with respiratory distress and hypoxia to CHRI. She was diagnosed with COVID-19 pneumonia. This COVID-19 positive pregnant woman was attended by the team of doctors on duty and emergency caesarean section was done, and the baby was delivered. Timely intervention by caesarean delivery and resuscitation of newborn saved the life of mother and baby. The duo recovered completely and discharged from the hospital. This is indeed a proud moment of CHRI. CARE congratulates the team of doctors- Dr. Shery Angel (OBG), Dr. Alexander (Pediatrics) and Dr. Anand, Dr. Swaminathan (Anesthetist) for their selfless effort and dedication towards patient safety.





Helicobacter pylori in clinical practice

The Department of Microbiology, CHRI conducted a guest lecture, titled 'H. pylori in clinical practice' on 22.05.2021. The speaker was Dr.Asima Banu, Professor, Dept of Microbiology, Bangalore Medical College and Research Institute. The lecture covered the history and discovery of H.pylori, modes of transmission and at-risk populations, lab diagnosis and treatment guidelines, case-based explanation and the way forward. The lecture was attended by the faculty, PGs and UGs of CARE. The lecture was followed by an interactive session where H.pylori in the COVID scenario and H.pylori in children was discussed. A total of 140 participants attended the lecture.



American Library & British Council – Institutional Membership

The Central Library, Care is happy to share that our university has an institutional membership with American Library & British Council Library. The library has currently, 5 membership cards from American Library & 10 Membership Cards from the British council library for accessing their library resources- printed & electronic content.



For further details, the students, faculty, and the staff of CARE are informed to contact Librarian at Library. In addition, the central library, CARE encourages students to get access to electronic resources such as e-journals, e-books, Videos, Databases, dissertations, and theses in addition to our regular books and journals hardcopies.

Malaria- Preventive Aspects and National Malaria Control Program

The Department of Microbiology, CHRI, organized a Guest Lecture on 23.04.2021, titled "Malaria- Preventive Aspects and National Malaria Control Program" on the occasion of World Malaria Day. The resource person was Prof.Dr.Chithra A, Professor, Department of Community Medicine, Madras Medical College. The speaker gave a detailed view on the National Vector Borne Disease Control Program, the disease and economic burden in India and the history of Malaria control in India. She also highlighted the current strategic action plan for malaria control in India and integrated vector management. The lecture concluded with a brief note on the vision, goals and objectives of the National Framework of malaria elimination in India - 2016-2030. A total of 133 participants -Faculty, postgraduates and undergraduate students attended the lecture.







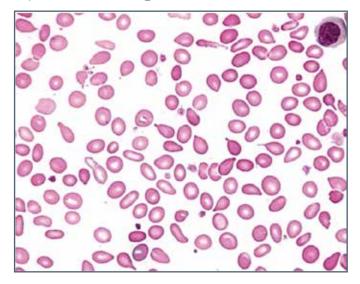
CLINICAL VIGNETTES

Question 17

A 30-year-old man presents with diplopia, dysphagia and dysarthria. After 12 hours he has weakness of his arms but remains afebrile and is not confused. Over the next 12 hours he develops respiratory failure and requires artificial ventilation. What is the likely diagnosis?

Question 18

Impression of the images?



Answers to questions from the previous issue

Question 15

Carcinoid syndrome

Question 16

COVID lung- Ground glass opacities and consolidation

Identify The Personality (7)

Pablo Picaso, Spanish Painter



Identify The Personality - 8





Participants who sent the correct answers:

Dr. Femela. M, Professor of Pathology

Mahalakshmi S, III MBBS

Answers can be sent to:

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



STUDENTS ACHIEVEMENTS



Mr. S. Sadhasivam, pursuing B.Com. LLB (Hons)
First yeat at Chettinad School of Law, had won a
Cricket Awareness Match on racism conducted by
Chettinad Academy of Research and Education.



STUDENTS CORNER

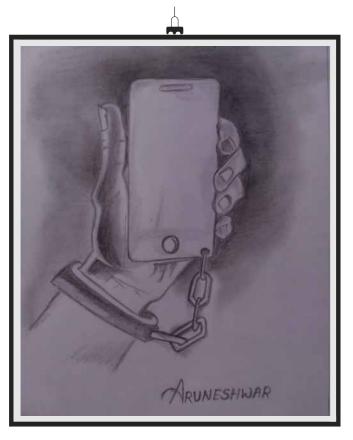




- AKSHAYA P NAIR

- RAJESHWARI, LLB





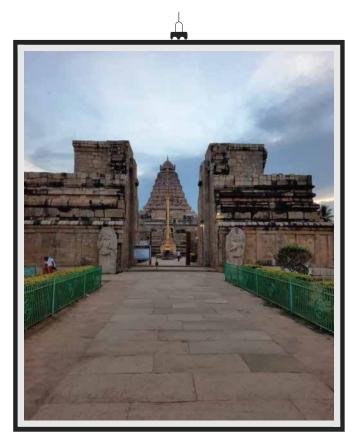
Grav.

- Aruneshwar

- GiriPrasath. A, Ist year B.Pharm

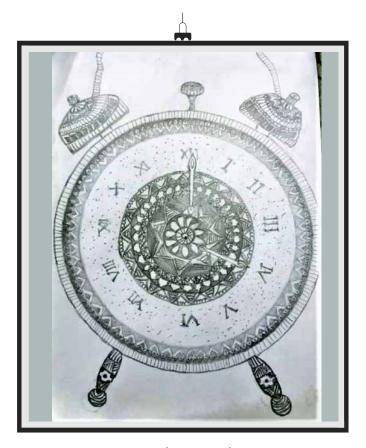


- Amruthavarshini. M, Ist year B.Pharm



- SujanAdithyan. T, B.Pharm

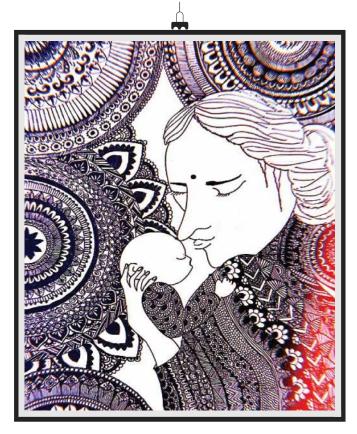




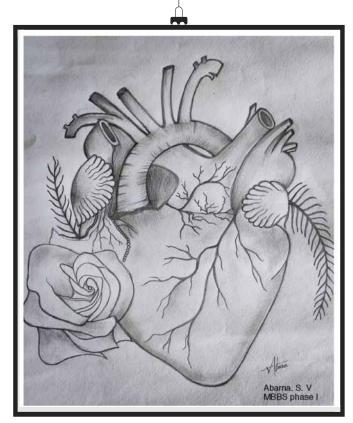




- A. Sneha, Ist year M.B.B.S



- Abinita Sri, Ist year MBBS

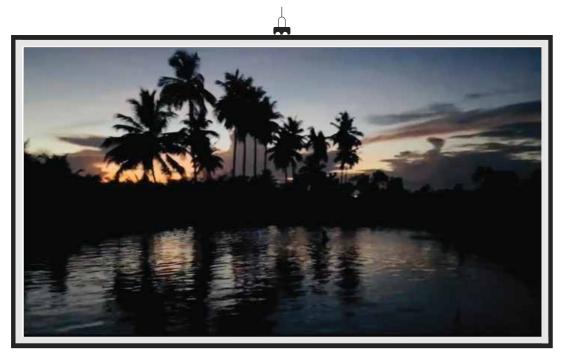


- Abarna S V, $\,$ Ist year MBBS $\,$





- J.Logesh, Ist year MBBS



- Shreeyaa Vijay, IInd year MBBS





New beginnings

Wondering all along n a wonderlaa Little did i know life isn't a heaven It's a mystery with pain woven

It's like a beautiful rose yet with so many pricks
To hold it, is a serious pain
Letting go s considered a shame and none can u really blame
So be ready to face it...

Yes life s hard...

Countless days u were hurting... Countless nights u cried People called it attention... Little did they know it was a yearning to be loved...

To have someone by ur side

U meet new people who r just passing clouds Who help u making urself better and colder. Nothing else can bring them back as they told "promise i would never leave u"

Learn to move on

Cuz right now they r already gone...

Too late and Too far, I'm sorry u can never have them back.... Cuz if u did u would looseurself yet again and be in a darkness so bleak.....

Sometimes ur unlucky to learn the nuance lately But trust me ths shall too pass Ur dream days are soon too close....

Ik it's hard... But trust me, it's worth it....

Just hold on a little harder... Little tighter... Little patient... Little stronger... Cuz EVERY ENDING HAS A NEW BEGINNING...

It's upto u to find for ur existence, a new meaning...

So start ur SECOND LIFE

Begin the new journey with a little smile... But careful!!! This time widur pain hidden within...

- **Sneha .A,** Ist year M.B.B.S





The Seastorm of Life

The brown rings in my eyes focus on the ebb and flow of my morale

Resting on the shores of happenstance and existence The tides of life wash away the vitality that remains after each surge

A year full of valleys and less of the peaks You begin to cherish The beauty of flowers that thrive in the hollows

A rock or two that stands firm Always helps you learn

That maybe the grass isn't always greener on the other side That it is all about the gratitude and endorsement of the paths that you have trodden on

Acclimatising the brown rings in my eyes to the beauty of gloom and despair

You begin to unearth yourself there Like a flower that blooms amidst despair

You find a rock or two that stands firm
Those are the ones you root yourself on
Companionship is often the only rock that stands firm

Let the past wither Grow in that very soil Immerse yourself in the seastorm that is life Perhaps you will learn to surf.

- Sneha .A, Ist year M.B.B.S

Growth is a process

Pull the car over
I need to get out
and feel that moon caught breeze
on my bare arms

because the whole drive I've been staring at the windows reflection, wondering why I feel sorry for myself when I'm safe from the fire.





I've been quiet too long for the words to line up correctly, when the dotted line let's us pass the ones we'd leave behind.

And when I'm ready
I'll ask you to put your foot
on the gas pedal
and not to take your hands off the wheel
until we get to where we need to go.

Follow that star, the one in the distance that looks more golden than white.

Follow that star because when the dust settles to reveal the foundations crumbling,

We'll know we chose to move at just the right time.

 Nivetha.S,, Ist year B.Com LL.B(Hons),School of Law

FATE

When dreams come true,

When most coveted happen to meet,

When longings get fulfiled,

When prayers come true,

When IMPOSSIBLE becomes I M POSSIBLE,

When moments terribly sad and lonely turn into fun and frolic,

When you meet happiness,

When HE the almighty hears and bestows the best,

One dances with the joy...

One's faith just awakens.

- Simran Panda, IInd year MBBS, CHRI





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