



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

CARE KONNECT ▶

Compassionately Together



Vishal N
1st Year MBBS

The face of earth! - The earth without human interruption gets greener!

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IGBC PLATINUM CERTIFICATE

“We shape out buildings; thereafter, they shape us” is a famous quote by Winston Churchill. This quote suits the campus of Chettinad Academy of Research and Education. The efforts by our founder to make this a beautiful and harmonious place to live has not gone in vain. Chettinad Academy of Research and Education has been awarded with a Platinum rating by IGBC Green Campus rating system on 5th October 2020.

The building footprint in India is growing at a rapid pace and is contributing immensely to the growth of the economy. This augurs well for the country and now there is an imminent need to introduce green building concepts in this sector, which can aid growth in a sustainable manner. Against this background, the Indian Green Building Council (IGBC) has launched ‘IGBC Green existing building O&M rating system’. This is the first rating program developed in India, exclusively for existing building stock. Buildings are certified based on the credit points they have got. Score of 50 – 59 is certified for best practices. Silver certificate is provided for a score of 60 – 69 for its outstanding performance. Building with a score of 70 – 79 gets a gold certificate for National excellence. 80 – 100 scored buildings get Platinum certificate which denotes Global leadership.

The priorities of IGBC are: Water conservation as we face a major problem of water deprivation; Handling consumer waste which is extremely difficult as it is not segregated at source; Energy efficiency by adopting energy efficient lighting, air conditioning systems, motors, pumps etc., ; Reduced dependency on virgin materials and making use of recycled materials; Health and well-being of the occupants which is the utmost important aspect. By prioritizing this green existing buildings can have several both measurable and non-measurable benefits. The measurable benefits would be like saving energy and water by 15 – 30%. Non-measurable benefits would be enhanced air quality, health and health and higher satisfaction level of occupants.

While people go in search of peaceful places around the world, our Chettinad Academy of Research and Education have shown that peace can be obtained from our own place through these eco-friendly and healthy atmosphere. Let us celebrate IGBC platinum certification and maintain our campus greener.



Letter from the Editor's desk

India continues to be number two on the list of countries with the highest number of recorded covid-19 cases but seems to have achieved a steady drop in the number of daily new cases. Also, several opinions prevail in the country that the diagnosed number of cases in India is only a fraction compared to the actual number. This is attributed to the great population of India and the number of tests that could be done during the early stages of community spread. Are we close to achieving Herd Immunity? Or does Herd Immunity even apply to Covid-19 Infection? There are many queries and debates over these con-ces but only time will tell us...

While we don't have answers for several of such questions another big question posing a threat is "Will there be a second wave?". There's no way to know that for sure with the current knowledge about COVID-19 but if or when the next wave begins, we need to be prepared for it. This can only be done by remaining diligent and strictly following the practices of handwashing and social distancing. But even before we have achieved a bare minimum number of Covid-19 cases in the current wave, a majority of us have grown weary of following these rules. The government has also relaxed the lockdown protocols and rules. We see a great number of people now on the roads, public places, malls, stores, etc. without masks, not maintaining a safe distance and moving in groups.

There may not be a need for another complete lockdown, stock-ing up groceries and other essen- tials, loss of jobs, and cutting corners, but we could follow these simple rules of social distancing and also enforce them to the public when we see them not following these by explaining to them the need and necessity. For instance when one person stops wearing a mask and many others start to do so, finally ending up with a false sense of safety. Keeping track of the number of new daily cases in their area/ locality, following the news which has proper evidence and not forwarding/publishing unverified and false information on social media, and finally seeking early health care services would help us greatly with ending the current wave and prevent the next one too.

This November 14th along with the festival of Diwali and Children's Day we also celebrate World Diabetes Day. During this Covid-19 crisis, health care delivery for many non-communicable diseases was affected. Diabetes is one such disease for which screening and providing treatment were affected globally. Nation-wide it is still one of the many challenges faced even today, according to the International Diabetes Federation (IDF), 463 million people have diabetes in the world and 88 million people in the Southeast Asia region. Of these 88 million people, 77 million belong to India. The prevalence of diabetes in the Indian population is 8.9%. Let us not forget about this silent killer and continue to be aware of its major modifi-able risk factors, Diet, Physical Activity, Weight, Sleep, Smoking, Stress.

"A world free of diabetes shouldn't be a fantasy instead, a goal."

Specialist Speaks....

PCOS - POLYCYSTIC OVARIAN SYNDROME



By, Dr Vijayalakshmi
MS. OBGYN.,

Polycystic Ovarian Syndrome is one of the most common endocrine disorders that affects women. It is seen in 5-10% of women in most populations and its incidence is on the rise. This is mainly due to lifestyle changes, faulty diet habits, stress and genetic predisposition. PCOS represents a spectrum with variable presentation. PCOS can affect women at any stage of their life right from puberty to well into their reproductive age.

The diagnosis of PCOS is made from the history, clinical features, blood investigations and ultrasound. Chronic anovulation as evidenced by irregular scanty periods, hyperandrogenism (excessive male type of hair growth, acne, loss of hair, and insulin resistance (abnormal glucose levels, lipid levels, and altered hormone secretion, acanthosis nigricans). Ultrasound shows a typical appearance of both ovaries with multiple small cysts in the periphery and thick inner layer.

Control PCOS With Lifestyle Modification



A majority of women with PCOS are obese and this also aggravates the condition. When it affects adolescent girls, it leads to considerable stress because of the altered body image. Married women present with inability to conceive. In older women there is a higher risk of developing a combination of Type II diabetes mellitus, hypertension and dyslipidemia (Syndrome X),

cardiovascular disease, abnormal bleeding and endometrial cancer.

The treatment of PCOS caters to the need of the patient based on her age and requirement of fertility. Some of the treatment options include weight loss, lifestyle modification, oral contraceptive pills, anti- androgens, ovulation inducing agents, insulin sensitizing agents like metformin and surgical options like laparoscopic ovarian drilling. The long- term health implications of PCOS is manifold and hence there is a need for a health awareness drive to educate the public about this condition.

CAMPUS BUZZ

CARE Webinar Series

INTERNATIONAL WEBINAR ON BIOETHICS IN COVID-19 PANDEMIC

On March 11, 2020, the World Health Organization declared that the global spread of the novel coronavirus disease COVID-19 as a pandemic. Bioethics is an integral part of various medical disciplines and ought to be assimilated into day-to-day practice. Emergencies and crises can sometimes challenge this ethical endeavor. The COVID-19 pandemic has raised a host of ethical challenges, but key among these has been the possibility that health care systems might need to ration scarce critical care resources. From health-care worker's rights to obligations in conduct of clinical trials, the COVID-19 pandemic presents serious ethical challenges. On 07.10.2020 The International webinar on "Bioethics in Covid 19 pandemic" was organized by CARE unit of Bioethics and UNESCO chair in Bioethics, HAIFA to discuss on such Ethical issues during the Covid 19 pandemic and the post disaster management.

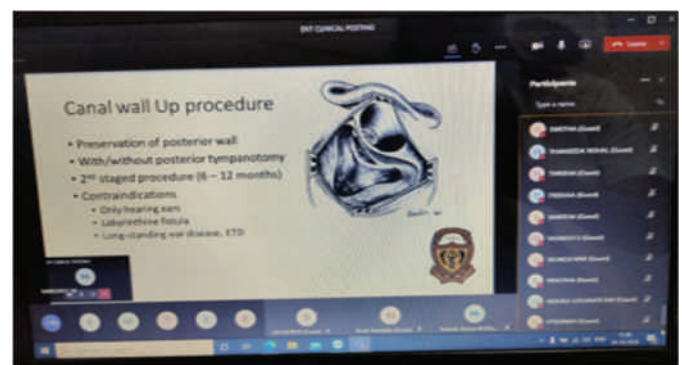
Four eminent speakers were the resource persons in the webinar, namely

- Prof Mary Mathew, Head Indian Program, MAHE, Manipal
- Prof Russell DSouza, Chair Education Program, UNESCO Chair in Bioethics, Australia
- Professor J S Bamrah, Chair BAPIO, Manchester, UK
- Prof Animesh Jain, Head Bioethics Unit, UNESCO Chair in Bioethics, KMC, Mangalore

The topics that were discussed are Ethical issues learnt from Covid 19, Public health Disaster planning post Covid, Ethics and Covid 19- Distributive justice and Research in COVID-19. More than 500 participants across the globe participated in the webinar including faculty, MBBS students, post graduates, nursing and pharmacology students of Chettinad Academy of Research and Education (CARE). It was an interactive session and doubts from the participants were encouraged and cleared. It was a great learning experience to all the doctors and the students who participated in the webinar.

WEBINAR ON GENESIS OF CHOLESTEATOMA & MANAGEMENT

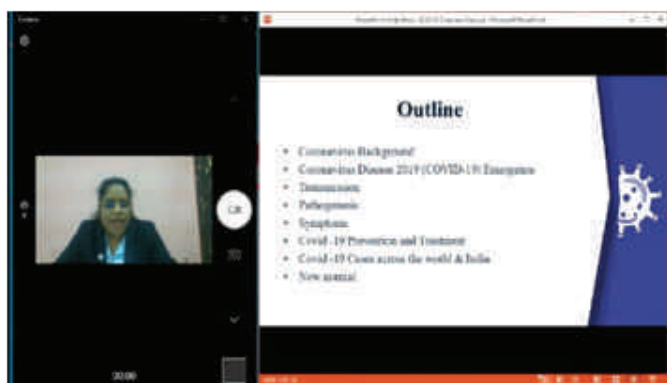
On October 28, 2020, Department of Otorhinolaryngology had conducted a e-guest lecture on the topic "Genesis of Cholesteatoma & management" at 11 AM by Prof. Dr. Samir Vinayak Joshi from BJ medical college, Pune. The moderator was Prof. Rajasekaran. A brief introduction about the speaker was given by Prof. Rajasekaran. This was followed by the lecture, where interesting details about the cholesteatoma like definition, anatomical location and various theories of genesis of cholesteatoma were discussed. Special emphasis was made on how the Cholesteatoma leads to enzymatic bony Erosion of the ossicles, antrum, mastoid & other structures. Investigations preceding management, like microscopic examination, X-ray mastoids & CT Temporal bone were mentioned. Highlight of the lecture was the detailed video, where the Canal wall - up & Canal wall - down procedures were clearly demonstrated. The lecture ended with a brief description about the main complications following cholesteatoma such as pain, vertigo, headache, neck rigidity & abscess around the ear.



INTERNATIONAL E-CONFERENCE ON COVID - 19 PANDEMIC A GLOBAL PERSPECTIVE

The Chettinad College of Nursing organized an international e-conference on "Covid - 19 pandemic - a global perspective" on 24.09.2020 from 09.00 A.M to 04.30 P.M in zoom platform. The programme began at 9 am with an Invocation song by Ms. Aparna final year B.Sc nursing student and followed by the welcome address by Prof. Dr. Veena M Joseph, Principal, Chettinad

College of Nursing, CARE and she invited the speakers and delegates. The Inaugural address was delivered by Dr. T. Balasubramanian, Vice Chancellor, CARE and he appreciated the organizing committee for the well-chosen topic on this pandemic time. Through various sessions different aspects of COVID-19 were covered. There were 7 Scientific Oral Paper Presentations presented by delegates across the country on the theme of Covid-19. Valedictory Note was delivered by Prof. Subbulakshmi. S HOD, Child Health Nursing Department, Chettinad College of Nursing, CARE.



CME AND WORKSHOPS

ONLINE CME- RECENT ADVANCES IN MEDICINE 2020

A Continuing Medical Education programme organized by the Department of General Medicine was held on 3rd October 2020. The overall enrollment for the said



programme was 315. On the day of the event about 232 participants from various institutions of Tamilnadu, Karnataka, Kerala and Andhrapradesh took part. The event was inaugurated by the honourable vice chancellor of CARE in the presence of the respected Registrar and Dean

CME ON 'WATER, WAREBORNE DISEASES AND PHARMACOTHERAPY OF WATERBORNE DISEASES'

Department of Pharmacology on 30.10.2020 organized a CME through virtual Zoom platform on 'WATER, WAREBORNE DISEASES AND PHARMACOTHERAPY OF WATERBORNE DISEASES'. 470 participants from 70 + institutions across India had registered for the CME. The objectives of the CME were to foster discussion and strengthen the awareness among the participants of current status of water sources in India, the importance of safe water use and to know about the various waterborne diseases and the drug treatment of the waterborne diseases. The CME had three sessions, Session 1 in the morning included the 3 lectures by the guest speakers. Professor Dr. Janakara-jan, President, South Asia Consortium for interdisciplinary Water Resources Studies (SaciWATERS), Hyderabad and former Professor and Director, MIDS, Chennai spoke on WATER, ECOLOGY AND ENVIRONMENT How safe are we? Dr. P.M. Umesh Kumar, Head of Microbiology & Lab TQM, King Salman Hospital, Riyadh gave an overview on waterborne diseases. Dr. Punngai, Professor and Head, Department of Pharmacology, SRIHER, Porur spoke on PHARMACOTHERAPY OF WATER BORNE DISEASES. Second session was the QUIZ PROGRAM on the topic "Water borne diseases and Pharmacotherapy of Waterborne diseases". Dr. Thirunavukkarasu, Prof. & HOD of Pharmacology at

Savitha Medical College conducted the Quiz. There were 16 rounds including a rapid fire round. There were 4 teams of students from various Medical colleges who participated in the Quiz. Team A got the highest score and won the event. The last session of the CME was the POSTER SESSION. 14 Participants from different medical colleges including CHRI presented their posters through Zoom portal. The judges critically assessed the posters and gave valuable suggestions for improvement for some. Three participants from the faculty and three from postgraduates were selected for 1st, 2nd and 3rd prize.

NON INVASIVE VENTILATION WORKSHOP

Department of Respiratory Medicine, conducted a Hands-on Workshop on "NON-INVASIVE VENTILATION" on 30/10/2020 in our department at Chettinad Hospital and Research Institute in collaboration with Mr. Amrith M.Sc, Ph.D (Respiratory care technology). A detailed lecture was delivered on the basics of NIV including indications, contraindications, settings, different modes, troubleshooting, monitoring in patients, different types of mask, circuits, humidification and usage in critical care settings. Lecture was followed by hands-on training on various interfaces for non-invasive ventilation such as Bi-PAP, CPAP and AVAPS. All the Faculty, Post-graduates and CHRI's from our department participated in this workshop.



AWARNESS PROGRAMMES

WORLD STROKE DAY - AWARENESS PROGRAMME FOR PUBLIC

On world stroke day, the Department of General medicine organized a stroke awareness programme for the general public on 29/10/2020 at 10.00 am. Event was presided over by the dean in the presence of the deputy medical superintendent. Welcome address was given by Prof. Dr. C. Ramakrishnan. Head of the department Prof. Dr. V. R. Mohan Rao addressed the gathering and detailed about the risk factors, common presentation, treatment and prevention of stroke. Common public also interacted by raising various queries with regard to diabetes mellitus, systemic hypertension, stroke. The overall participants were more than 50 in number.



WORLD BREAST CANCER AWARENESS MONTH - OCTOBER

The department of Community Medicine, CHRI organized a programme on 22nd October 2020 in order to create awareness about breast cancer to the people (especially women) residing in Mahabalipuram area. Faculty and Post graduates of the Community Medicine department addressed the gathering about risk factors involved in occurrence of breast cancer with help of charts written in local language for better



understanding. They also explained to them about the signs and symptoms of breast cancer & the importance of self-examination of breast regularly. Self-examination was demonstrated to the participants and their doubts were clarified. Interns prepared charts for demonstrating the facts and myths related to breast cancer, which were explained in detail to the gathering by them. Queries of the participants like when to seek medical help, alarming signs of breast cancer were all cleared by post graduates.

measures. Post graduates of the Community Medicine department addressed the gathering about risk factors, signs and symptoms and preventive measures of stroke in local language to the people gathered in RHTC. They also explained to them about the National Programmes implemented by the government of India for the prevention of stroke and other non-communicable diseases for the betterment of people. Interns prepared charts for demonstrating the healthy lifestyle modification needed to prevent stroke, which were explained in detail to the gathering by post graduates. Doctors/Professors from other departments like Pediatrics, Dermatology and Obstetrics & Gynecology also graced the occasion by their valuable presence and added some more information on Stroke. Queries of the participants like alarming signs of stroke, when to seek medical help, first aid measures to be carried out when stroke occurs were all cleared by post graduates. Overall the participants left the campus with some knowledge about stroke and its preventive measures.

WORLD STROKE DAY CELEBRATION

Department of Community Medicine, CHRI organized an awareness programme on 30th October 2020 to the people in and around Poonjeri to emphasise the importance of knowing about stroke and its preventive

BREAST CANCER AWARENESS MONTH – OCTOBER 2020

The Department of Community medicine conducted a program on 08.10.2020 at Urban health training centre, Karapakkam to create awareness about Breast cancer during this World breast cancer awareness month.





Posters and charts were exhibited on causes of breast cancer, its signs and symptoms. A brief introductory speech was given on the need for breast cancer awareness. Followed by brief speech on causes, signs and symptoms were given. Self-breast examination procedure was demonstrated in detail to the participants with the help of charts. An interactive session was carried out towards the end of the program where participants' queries were clarified. Patients were examined for breast lumps and positive cases were referred to the Department of General surgery, CHRI for further evaluation and management. Participants with positive family history were advised regular follow-up and marked in the UHTC OP card for follow-up by the centre.

EARLY CHILDCARE AND DEVELOPMENT CENTER CAMP

Bro.Siga.Social Service Guild (BSSSG), Non-Profit Organisation founded in the year 1988 based in Vyasarpadi, Chennai, works for the development of the community in and around the slums of Vyasarpadi and Sholinganallur area, especially for the underprivileged children and their families.



CARE Orthopaedic Department, was privileged to participate in the inauguration of its Early Childcare and Development Center and had screened over 125 children, for various Pediatric Orthopaedic Illnesses. Departments such as General Surgery, Paediatrics, Dermatology, Ophthalmology, ENT, Pulmonology contributed to this event. Around 26 students with various ailments were identified and were asked to report to our Free Camp-OP, for further evaluation. All children reporting to the camp were given free multivitamin, haematinics and family deworming medications.

GLOBAL HANDWASHING DAY

The COVID-19 pandemic provides a stark reminder that one of the most effective ways to stop the spread of a virus is also one of the simplest: hand hygiene, especially through hand washing with soap. October,15, 2020 marks the Global Handwashing Day and the Department of Orthopaedics celebrated the day with our Post Graduate students engaging with our CRRIs in the hand washing practice implemented in Orthopaedics. Importance of frequent hand washing and the benefits of teaching the correct practice to family and friends was emphasized.



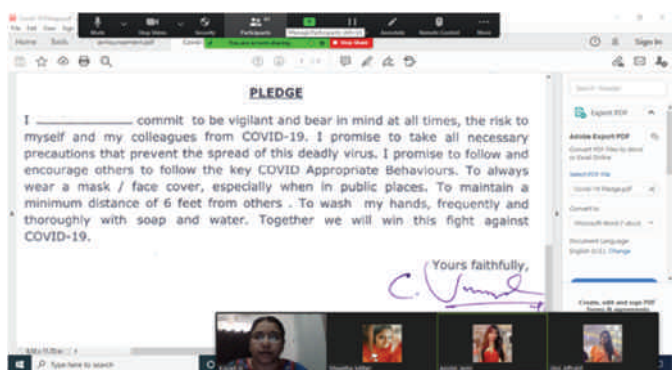
EVENTS

GRAND ROUNDS

The Department, from the month of October 2020 started conducting "Grand Rounds" for our MS (Orthopaedics) Post Graduate students. Our faculty members and Post Graduates, engage in comprehensive clinical and theoretical discussions. Post Graduate students get trained in the art of Clinical case presentation skills and get fine tuned to upgrade their theoretical understanding of the subject. Recent advancements are also highlighted and discussed. Patients thus get benefit from a collective treatment thought process.

COVID 19 PLEDGE TAKING: NSS, CARE

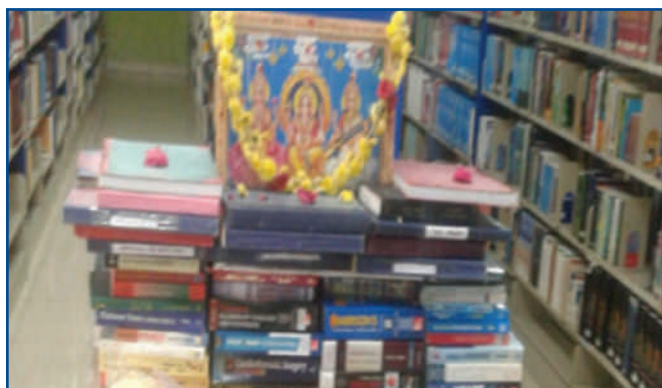
On 08.10.2020 through Zoom platform the Department of NSS conducted COVID-19 pledge taking. The event went successfully as NSS volunteers pledged themselves by repeating the pledge after NSS Program Officers – Dr.Koyeli & Mrs.Nancy Victoria.



CELEBRATIONS

SARASWATHI POOJA AT CENTRAL LIBRARY

'Saraswathi Pooja' was celebrated in the central library on 24th October 2020. This celebration is done to seek wisdom, artistic & technical skills, academic excellence and a good heart. The event was celebrated with a lot of devotion and dedication by worshipping Goddess Saraswathi, who is the fountainhead of all learning and art forms.

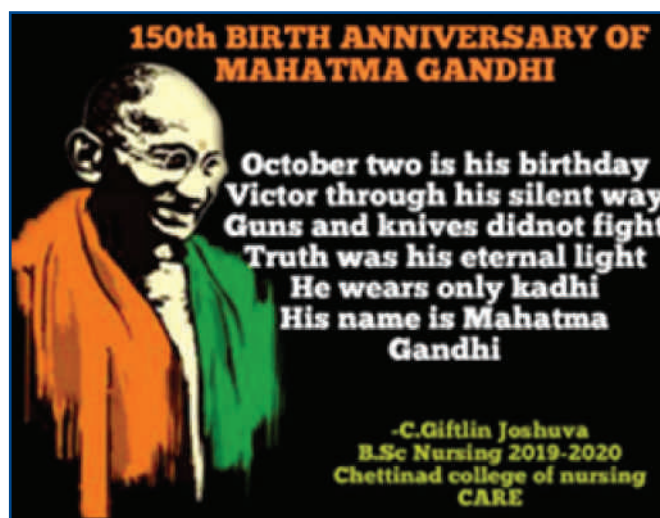


150th BIRTH ANNIVERSARY OF MAHATMA GANDHI CELEBRATION conducted by NSS, CARE

Events organised & conducted:

1. Online /Social Media promotion of Gandhi ji teachings, quotes etc

A special Poem was dedicated by Mr.Giftlin Joshuva.C (Batch 2019- 20), Chettinad College of Nursing. The poem was shared by him on social media.



2. Tree Plantation

Under guidance of Mrs. Nancy Victoria.J, 50 NSS Volunteers from nursing actively participated in tree plantation in their respective places with all safety measures.

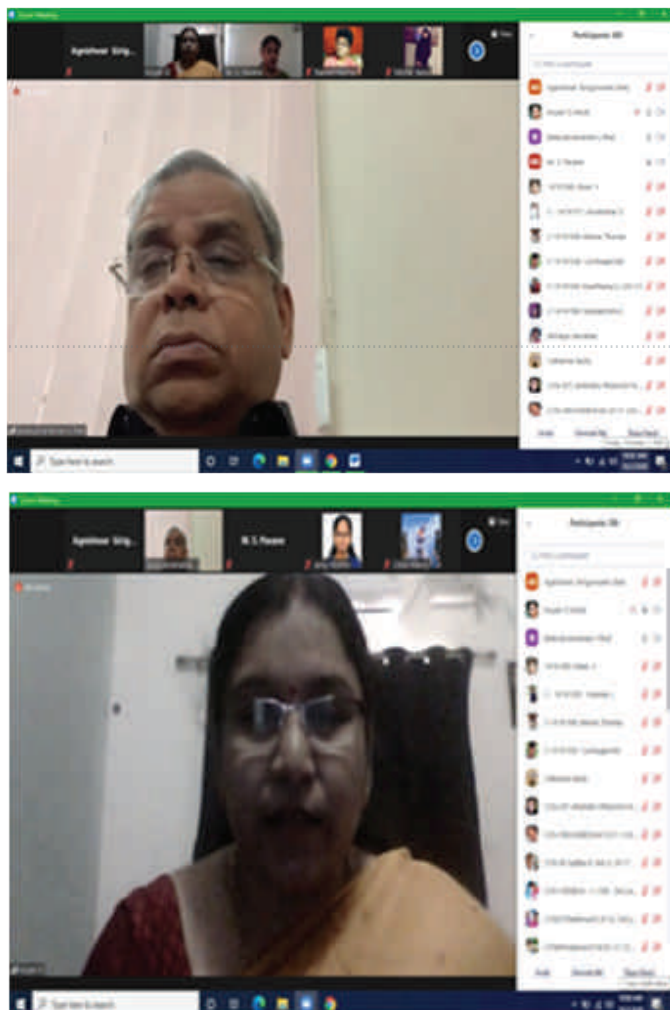


3. Quiz on Mahatma Gandhi

Quiz competition was organised through google form by Mrs. Nancy Victoria.J, Assistant Professor, NSS Programme officer, Chettinad College of Nursing. Link was shared to the Volunteers of Nursing and Faculty of Allied Health Science department. Volunteers actively participated in the quiz competition. E certificate will be awarded for participation.

4. Webinar on Principles of Mahatma Gandhi

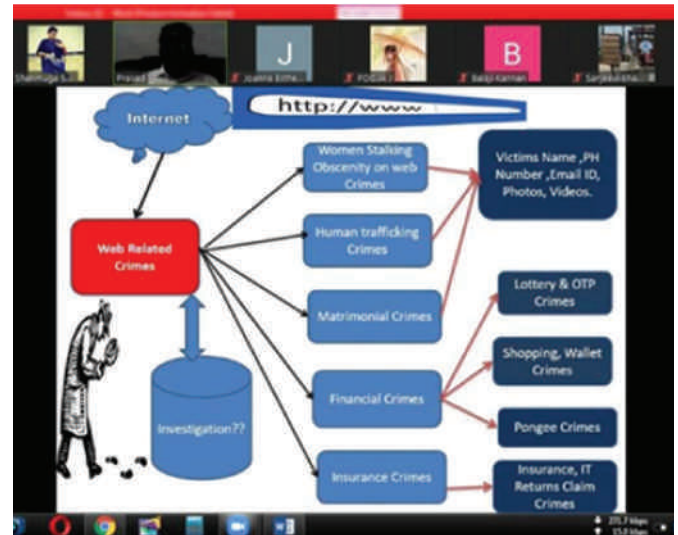
A webinar on Principles of Gandhi ji was organized by Dr. Koyeli and Ms Nancy, NSS, PO, CARE where nearly 100 volunteers participated. The program started with the tamil invocation song followed by Welcoming the participants by Dr. Koyeli and NSS volunteer Ms. S Pavane. Special guests and Honourable Vice Chancellor. Prof. N. Pandian, Professor and HOD, Department of Reproductive Medicine also attended the Programme from USA. The program continued with an inspiring speech from Dr. T Balasubramanian, our Hon'ble Vice Chancellor followed by a powerpoint presentation in English by Tanzil Rubab highlighting the principles of Gandhiji. As we know that 2nd October is also the birthday of Mr Lal Bahadur Sastri, S. Siranjivi, NSS volunteer gave a speech in Tamil about Lal Bahadur Shastri Ji. The third event was a powerpoint presentation by S. Pavane, NSS volunteer on the fourth monkey, highlighting that do not post evil. All the participants from different colleges of CARE participated in the event. The event was concluded by vote of Thanks by Ms Nancy Victoria, NSS PO, CARE followed by the National anthem.



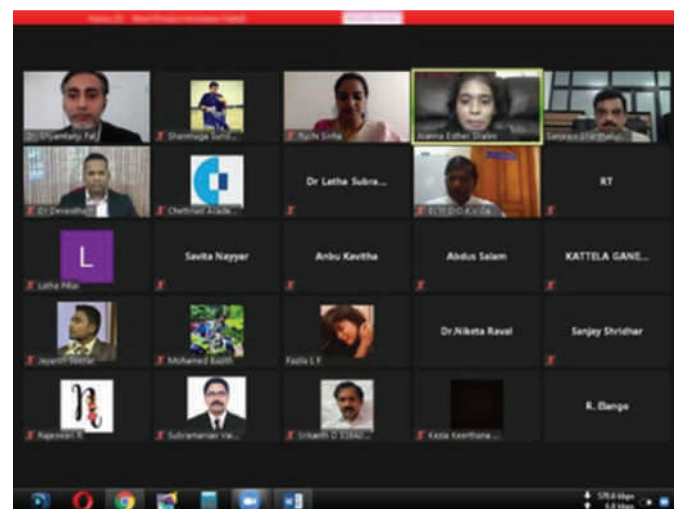
EVENTS AT CHETTINAD SCHOOL OF LAW

WEBINAR SERIES

NATIONAL WEBINAR - "EMERGING TRENDS IN CYBER CRIMES: ISSUES AND CHALLENGES"



The Chettinad School of Law hosted its first ever online National Webinar titled, "Emerging Trends in Cyber Crimes: Issues and Challenges" on the 27th of July, 2020. The national webinar was in collaboration with International Justice Mission (IJM) & Centre of excellence in Justice Education and Research (CoJER).



The distinguished keynote speaker of the event was Prof. (Dr.) Shanthakumar (Director, Gujarat National Law University, Gujarat). In brief, he spoke about the various issues and challenges in cyberspace and set the tone for the whole webinar. The students of Chettinad School of Law along with other participants from different parts of the country attended the session and gained a lot of perspective and insight from the address.

Dr. S. Latha (Assistant Professor, Department of Criminology, University of Madras, Chennai), Dr. M. Deva-sitham (Head of Strategic Development, International Justice Mission, Chennai), Shri. Prasad Patibandla (Social Media and Threats Intelligence Analyst, Andhra Pradesh), and Dr. Ranjit Oomen Abraham (Assistant Professor, TN Dr. Ambedkar Law University, Chennai) were the notable speakers of the day. The valedictory address was delivered by Prof. (Dr.) Thilagaraj (Founder Director, Centre for Cyber Forensics and Information Security, University of Madras & Chairman, CoJER), who summed up everything that was spoken during the day. Dr. Shyamtanu Pal, Associate Professor, Chettinad School of Law, Chennai, then delivered the Vote of thanks.

IMPACT OF COVID – 19 ON GLOBALIZATION

The Chettinad School of Law hosted a webinar on 2nd July on the topic “Impact of COVID-19 on Globalization”. The esteemed speaker for the day was Ms. Fernanda Antunes Marques Junqueira, Labour Judge, Brazil, and the moderator of the session was Ms. Joanna Esther Shalini, Student, Chettinad School of Law. The webinar saw active participation of listeners from across India as well as Brazil. The honourable speaker started off the session by highlighting the various reasons of how the pandemic, COVID-19 has impacted Globalization. Explained how the fundamental right to dignity, equality, social justice and equity play an important role that caters to globalization and spoke about the plight of the labourers during this pandemic and emphasised the fact that people should prioritize humanity over money. “The world’s economy has been hit the hardest”, she said and continued to point out that humanity is the only way towards rehabilitation. The recent incident of “Jeyaraj and Benix” was also spoken about during the session and the speaker went on to highlight the thin line between humanity and just merely following orders. The listeners gained immense knowledge through this beneficial session.



JUVENILE JUSTICE SYSTEM IN INDIA

As part of the Chettinad School of Law’s Webinar Series 2020, a lecturer was organised by the School of Law on 17th July, 2020 on the topic “Juvenile Justice System in India”. The distinguished speaker of the session was Dr. R. Thilagaraj, Former Professor and Head, Dept of Criminology, University of Madras and Chairman Center for Justice Education and Research. Dr. Thilagaraj gave the students a brief outline of the Juvenile Justice System in India, and evolution of the system with its History. The Webinar dealt with causes for Juvenile Delinquency, the meticulous ways of preventing Juvenile Delinquency, how the Juvenile Justice Board works and it’s core activities towards preventing Juvenile from doing Heinous crimes, major amendments made in Juvenile Justice Act in 2015. The session was a very informative one and the students learnt a great deal about the nuances of the Juvenile Justice System in India.



REVISITING THE FUNDAMENTAL DUTIES DURING UNPRECEDENTED PUBLIC HEALTH CRISIS

As part of the Chettinad School of Law E-Lecture Series 2020, a webinar was hosted on 28th July, 2020 on “Revisiting the Fundamental Duties during unprecedented public health crisis”. The distinguished speaker of the session was Dr. Uday Shankar, Associate Professor, Rajiv Gandhi School of Intellectual Property Law, IIT Kharagpur, West Bengal. The topics



covered were, difference between Fundamental Rights, Directive Principles of State Policy and Fundamental Duties, the significance of Fundamental Duties during the COVID-19 pandemic. Due diligence - how it was being adopted by the Government during this unprecedented health crisis and the role of citizens to ensure the effective implementation of the same. The students were then enlightened on health regulations and rules applicable to the protection of persons in the event of disasters.

REGULATING THE INDIAN CORPORATE SECTOR IN THE 21st CENTURY

As part of the Chettinad School of Law's Guest Lecture Series 2020, a lecture was hosted by the Chettinad School of Law on the 30th of July, 2020 titled, "Regulating Indian Corporate Sector in the 21st century". The distinguished speaker for the session was Prof. Dr. Vijay Kumar Singh, Dean, School of Law, University of Petroleum and Energy Studies, Dehradun, Uttarakhand. The students of Chettinad School of Law along with other participants from different parts of the country attended the session. The speaker started the discussion by introducing the topic of Corporate law and its scope in India today. It was followed by a discussion on the changes in the Corporate sector due to COVID - 19 with unemployment and so on. He further emphasized on the various doctrines that help navigate through the corporate sector in today's time. He further highlighted the legal fallout when it comes to corporate law in the 21st century. This discussion was done keeping in mind the various aspects of law contributing towards employment and corporate dealings.



LAW OF BAIL

As part of the Chettinad School of Law's E-Lecture Series Series 2020, a lecture was hosted on 1st August, 2020 on "Law of Bail". The distinguished speaker of the session was Prof. (Dr.) Sarfarz Ahmed Khan, Director, Symbiosis Law School, Hyderabad, Telangana. The speaker first spoke about the general scope of the Code of Criminal Procedure, 1973, various sections that deal with the pre-trial process particularly the investigation and inquiry procedure, the post-trial process and dealt with appeal, reference or revision and execution specifically. The speaker then defined offence and the different punishments awarded to offenders - death penalty, life imprisonment, rigorous and simple imprisonment. The students then learnt about several important definitions present in the Act including the definition and meaning of cognizable and non-cognizable offence, bailable and non-bailable offence, summon and warrant cases and complaint and First Information Report. The speaker then dealt exhaustively with the role of a magistrate and how they can take cognisance of a case using 4 methods as specified in Section 189 of the Act.

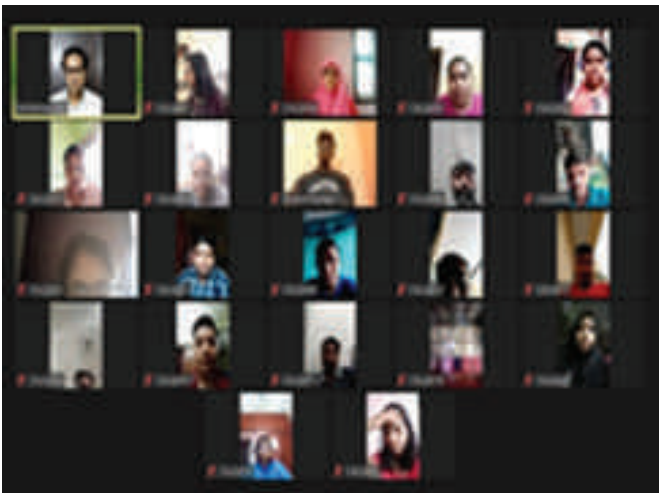


EVENTS

NATIONAL QUIZ COMPETITION 2020

To commemorate the Foundation Day of the Chettinad School of Law, the "FOUNDATION DAY QUIZ COMPETITION, 2020" was held on the 20th of August, 2020.

The chief guest of the event was Prof. (Dr.) S. Shanthakumar, Director, Gujarat National Law University, Gandhinagar. The event saw active participation with 108 registrations by law schools from all over the country. To name a few participants, School of Excellence in Law (Chennai, Tamil Nadu), Geeta Institute of Law (Delhi NCR), VIT (Chennai, Tamil Nadu), Ambedkar Government Law College



(Pudupakkam), ICAI Law School (Hyderabad) (Dehradun) (Tripura), Indian Institute of Legal Studies (Sillugiri, West Bengal), Guru Gobind Singh Indraprastha University (Delhi) and Chanakya National Law University (Patna). The team from School of Excellence in Law (Tamil Nadu) were the overall winners and the team from Geetha Institute of Law bagged the second place and were the runners up. The event as a whole, although it was held entirely through an online platform, was very engaging, interactive and educative. The students of the Chettinad School of Law as well as all the participants from all the various colleges were very involved and learnt a lot through this event.

CERTIFICATE COURSE: "SOCIO-LEGAL DIMENSIONS OF JUDICIAL SYSTEM IN BRAZIL"

The Chettinad School of Law conducted an online Certificate Course on "Socio-Legal dimensions of judicial system in Brazil" from 12th to 16th October 2020. The event saw the participation of students, academicians and legal professionals from the length and breadth of both India and Brazil. The Event took place over a period of 5 days.

Chettinad Academy
of Research and Education
(Research in Education)

School of Law
Chettinad Academy
of Research and Education
(Research in Education)

CERTIFICATE COURSE ON

SOCIO-LEGAL DIMENSIONS OF JUDICIAL SYSTEM IN BRAZIL

12th - 16th Oct, 2020
5:30 PM (IST) / 8:00 AM (BKT)

ALINE DORAL Labor Judge, Brazil Topic: The Judicial Agreement Policy in Labor Relations	FERNANDA ANTUNES MARQUES JUNQUEIRA Labor Judge of the Fourteenth Region, Brazil Topic: The Brazilian Judiciary System: A Comparative Perspective
SERGIO TORRES TEIXEIRA Justice in the 6th Regional Labor Court of Brazil, in the State of Pernambuco Topic: Access to Justice in Contemporary Brazil	FLAVIO DA COSTA HIGA Federal Judge, Brazil Topic: Sexual Harassment and Gender Discrimination: Two Sides of the Same Coin
JOÃO LUZ LESSA NETO Visiting Researcher & Arbitrator University of Washington, DC, United States Topic: Arbitration in Brazil	MARCUS VINICIUS KIYOSHI ONODERA Judge, Court of Justice of the State of São Paulo, Brazil Visiting Foreign Judicial Fellow, Federal Judicial Center (FJC), Washington, DC Topic: Judicial Case Management and Access to Justice
ISIS CONCEICAO Global Law Professor of The Martin-Flynn Global Law Faculty Program University of Connecticut School of Law, USA Topic: Racism and Access to Justice	MODERATORS: MS. JOSHNA ESHWER SHAW & MS. ADITI SANKARANARAYAN Students, Chettinad School of Law

Register: <https://bit.ly/3G2ma8l>

Organized by: School of Law, Chettinad Academy of Research and Education (CARE)

The esteemed speakers of the event were Ms. Fernanda Antunes Marques Junqueira, Professor at the National School of Labor Magistracy and Substitute Labor Judge of the Fourteenth Region Regional Labor Court and Mr. Sergio Torres Teixeira, Justice in the 6th Regional Labor Court of Brazil, in the State of Pernambuco. Ms. Aline Doral, Labor Judge and appointed to the Center of Judicial Agreement of the Labor Court of Appeals 2020-2021. Ms. Doral dealt with the topic "The Judicial Agreement Policy in Labor Relations". Ms. Doral and Ms. Junqueira gave the participants an introduction to labor law and its distinctive place in the Brazilian judiciary. Dr. Joao Luz Lessa Neto, a Lawyer and researcher in Brazil. Dr. Neto dealt with the topic "Arbitration in Brazil". Dr. Marcus Vincius Kiyoshi Onodera, Judge, Court of Justice of the state of Sao Paulo, Brazil, Visiting Foreign Judicial Fellow, Federal Judicial Center (FJC), Washington, DC. Dr. Onodera dealt with the topic "Judicial Case Management & Access to Justice". Dr. Flavio da Costa Higa, Federal Judge, Brazil, and Isis Conceicao, Global Law Professor, Martin-Flynn Global Law Faculty Program. Dr. Flavio dealt with the topic "Sexual Harassment and Gender Discrimination: Two Sides of the Same Coin." And Ms. Isis dealt with the topic, "Racism & Access to Justice". The participants gained an elementary understating of the hierarchy, functions and the role of the Brazilian judiciary and were given an in-depth analysis on the various dimensions of access to justice and the Brazilian Constitution. Learned about the scope of negotiation and mediation in regard to labor relations. The differences and similarities between the arbitral practices in Brazil and India.

How case management is necessary in a judicial framework of any country so every citizen has equal access to justice. The various aspects of why there is a growth of sexual harassment and Gender discrimination in both Brazil and in India. How the issue of racism hinders a person's access to justice in a judicial framework.

VIGILANCE AWARENESS WEEK (27th October, 2020 to 02nd November, 2020)

On behalf of CARE, the Chettinad School of Law organized a few activities to observe the 'Vigilance Awareness Week, 2020' from 27th Oct.-2nd Nov. 2020. Vigilance Awareness Week, an initiative of Central Vigilance Commission, is observed every year under different themes as a fight against corruption and to raise public awareness for practicing integrity, vigilance, probity and honesty. The theme for this year was "Vigilant India, Prosperous India". The week started with the integrity pledge taking ceremony on 27th October, 2020 which saw the participation of approximately 400 participants consisting of both faculties and students

across all the 7 schools of CARE. During the pledge taking ceremony Ms. Aditi Shanmugam and Ms. Joanna Esther Shalini spoke about the power of collective vigilance emphasising on the role of students and their part in establishing a new corruption-free, self-reliant India. This was followed by a Debate, E-poster and a Slogan Competition in which students of all the 7 schools of CARE showed active participation.

On 30th October 2020, a Debate competition was conducted on the topic "Maintaining Integrity and Eradicating corruption for Self-Reliant India". The Judges of this contest were Dr. Priyadarshini Shanmugam, Professor and Head- Microbiology, CARE; Dr. K. Lakshmi, the Dean -School of Pharmaceutical Sciences; Ar. Vaidyanathan Kannan, HOD- School of Architecture. The Competition saw the active participation of students from all the schools. 19 participants presented their arguments while putting forward various key pointers. Alin Geds, Mohammed Aysha and Deepshita got the first, second and the third place respectively, in the debate competition. All the winners were from School



Integrity Pledge for Citizens

I believe that corruption has been one of the major obstacles to economic, political and social progress of our country. I believe that all stakeholders such as government, citizens and private sector need to work together to eradicate corruption.

I realise that every citizen should be vigilant and commit to highest standards of honesty and integrity at all times and support the fight against corruption.

I, therefore, pledge:

- To follow probity and rule of law in all walks of life;
- To neither take nor offer bribe;
- To perform all tasks in an honest and transparent manner;
- To act in public interest;
- To lead by example exhibiting integrity in personal behaviour;
- To report any incident of corruption to the appropriate agency.





of Law. The session ended with all the participants and judges giving a thumbs-up gesture as a symbol, saying 'No to Corruption'.

On 31.10.2020, an E-Poster Competition was conducted in which the participants presented posters on an online platform, based on the Topic "No Tolerance for Corruption: A Step towards Progress and Transparency". 31 participants presented creative and mind-intriguing posters which were made either using technology or by hand and then sharing the pictures. The Judges for this competition were Prof. Architect Loganathan, Dean-Chettinad School of Architecture, Dr. K.Lakshmi, Dean- Chettinad School of Pharmaceutical Sciences, and Dr. Shobha Narayan, Associate professor Faculty of Allied Health Science, CARE. The held Competition saw the participation of students from all the

Schools of CARE. Akshaya, Aadhil & Jaashwanth team, and Hari Krishnan were the first, second and third winners in the same order.

The winning poster was:



In addition, a Slogan Competition was also conducted based on the theme "Corruption Free, and Vigilant India: A March towards Prosperity for Everyone". The slogans were submitted by the students which were then shared with the panel of judges which comprised of Dr. Priyadarshini Shanmugam, Professor and Head-Microbiology, CARE; Ar. Vaidyanathan Kannan, HOD-School of Architecture, and Dr. Shobha Narayan, Associate professor Faculty of Allied Health Science, CARE. The first, second and third winners were Lokesh Raj, Aruneshwar P.S and Ashlin respectively.



CHETTINAD SQUARE

Chettinad Free Community Hospital

Chettinad Free Community Hospital is located in the Chettinad Health City campus, Rajiv Gandhi Salai (OMR), Kelambakkam. It was initially started as a Free Medical Service Scheme for Economically Disadvantaged (FMSSD) in 2010. FMSSE was a scheme for underprivileged economically disadvantaged patients who could not afford expenses of medical consultation, drugs, investigation and treatment. Under this scheme, all the departments had exclusively consultation rooms and facilities. Over the years, the need for catering to such patients was in rise. Thus, on a demand basis, the scheme had to be expanded. This has evolved into a stand-alone facility within hospital premises as a separate infrastructure, which is Chettinad Free Community Hospital.

The CFCH has a total of 8 consultation rooms, equipped with examination couches in all the rooms. Dressing and injection facilities are available separately. Services provided are general consultation and fever clinic 24*7. Well ventilated waiting area available,



can accommodate more than 100 patients at a time with washrooms and hygienic drinking water facilities are maintained. The following services are provided: General Consultation Specialty consultation (Surgery, Orthopedics, etc.,) Special clinic: o NCD clinic o Under Five clinic o Cataract Clinic of Antenatal and Postnatal care Clinic Laboratory services - Basic blood, sputum, stool, urine and other investigations ECG X-RAY Pharmacy Dressing and Injection room. The healthcare workers of CFCH comprises of 4 medical officers, Doctors From various specialty departments of CHRI on rotation basis. Transport facility has been providing our own vehicle services for free pickup and drop of patients covering 20 kilo-meter radius from Chettinad Hospital and Research Institute, which covers approximately 50 villages. Emergency ambulance services are provided free of cost for the underprivileged and unaffordable people from the field practicing areas of Chettinad Hospital and Research Institute.

On an average of 2000 patients avail the health care services every month at Chettinad Free Community Hospital.

OUTREACH ACTIVITIES

Outreach activities have been carried out at various places around CARE campus by faculty of Community medicine- Dr. T.K. Raja, Dr. Buvnesh Kumar, Dr. Suganthi and Dr. Vinoth Gnana Chellaiyan. Health camps and other outreach activities were carried out. Health camps were conducted at the villages of Kaayar, Velichai,, Padur, Pudupakkam, Thaiyur, Koman Nagar, Thandalam, Alathur and National Security

Guards campus, kolapakkam. Health care services such as treatment of diseases, Screening of Non Communicable diseases and Referral of patients who required further management were carried out. Health education on various health topics was imparted to the community. Since January 2020, a total of 16 camps were conducted, 943 patients were treated and 369 were referred. Around 75 patients availed higher treatment services at CHRI.





CLINICAL VIGNETTES

Question 3

A 50-year-old male accountant gives a history of 3-months cough, weight loss and haemoptysis. He was found to have some nasal crusting but otherwise examination was normal. His CRP and ESR are elevated but he has normal biochemistry except for an elevated creatinine of 12.2. His chest radiograph showed a few nodules. A CT thorax is shown. What is the diagnosis



Question 4

Spot the diagnosis



Answers to questions of previous issue

Question 1

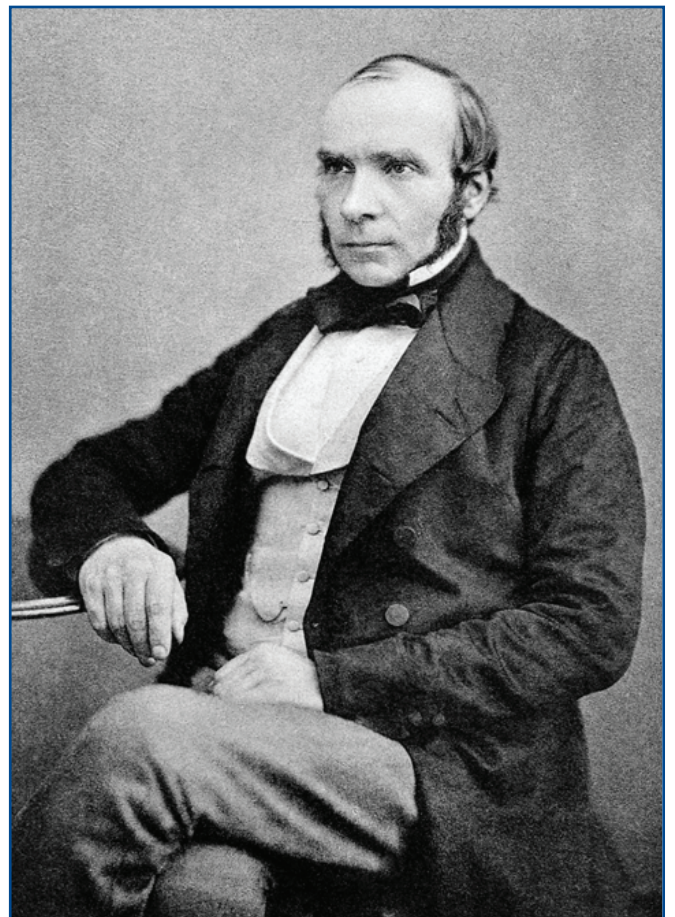
Tendon xanthoma.

Question 2

The ECG shows a classical Wolff-Parkinson-White syndrome. The ECG shows a sinus rhythm, right axis deviation, short PR interval (112ms), slurred upstroke of QRS wave (delta wave), dominant R wave in lead V1 and widespread T wave inversion. The treatment of choice is ablation of the aberrant conduction pathway.

Identify The Personality

Can you identify this famous personality in the picture below :



Answers can be sent to:

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

STUDENTS ACHIEVEMENTS



Dr S. Geetha Lakshmi, IIInd year Post graduate from the Department of Obstetrics and Gynecology has bagged second prize in the National level E-Poster presentation competition conducted during FOGSI PG Forum National Conference on 11th of October 2020.

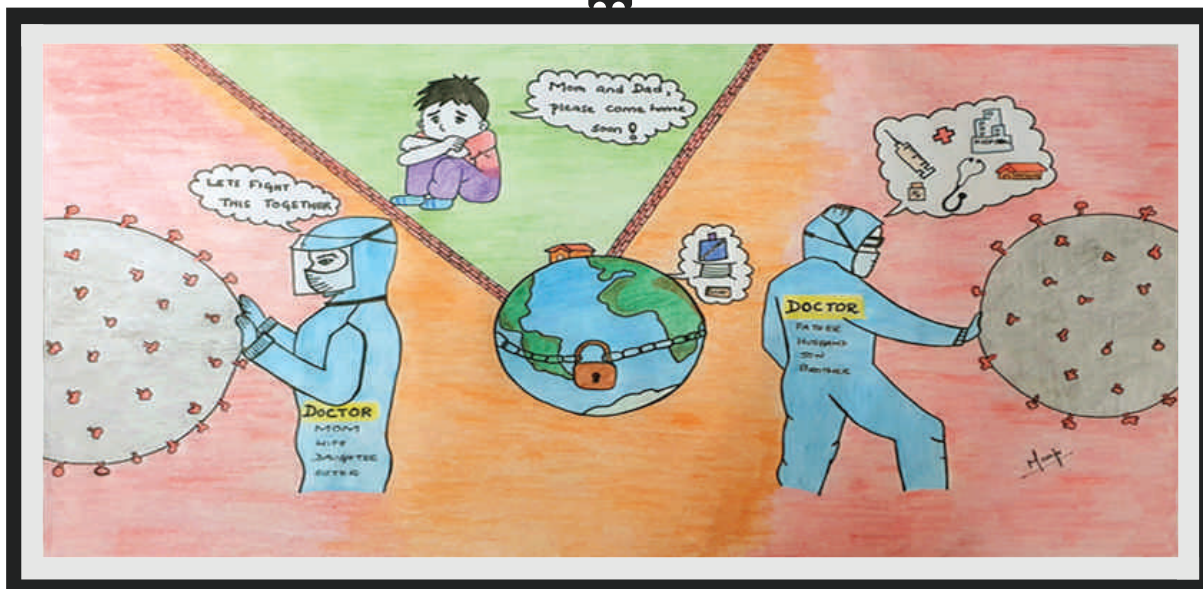


R.Tushara, IIInd year BBA.LLb (Hons) and **R.Shanmuga Sundaram**, IIInd year BBA.LLb (Hons) together took part in and qualified to National law students award2020 organised by Rajiv Gandhi National law university, Patiala. They were in the Top 10 teams among 76 teams.



K. Harini, R. Jino Affrald, S.P. Naseem Banu, G. Poornima, (II Year MSc Medical Bionanotechnology PGs) and **L.V.V. Vijayadurga** - (II Year MSc Tissue Engineering and Regenerative Medicine PGs) students were selected for **CSIR Summer Research Training, 2020** (June - August). The selection was all India basis.

STUDENTS CORNER



- Manjula S,

*God cannot be
everywhere, so he sent
doctors with excellence
and selflessness 😊*



PROUD TO BE A MEDICO 
-JB

- Jaya Bharathi

POETIC CREATIVE OF OUR STUDENTS

WAITING FOR TOMORROW

Unexpected circumstances shroud us with thorns,
News and broadcasts that scares us and warns.
Irked and depressed we complete our tasks,
Tired of hand washing and wearing our masks.
Endless troubles in migrating back to those awaiting their arrival,
Daily wage workers and labourers struggling for their survival.
Witnessing old history of deadly pandemics come alive,
Expecting that we too like our ancestors will survive.
Staying at home all day wanting to leave but cannot,
Those leaving homes for work wishing they shall not.
A few days became weeks and weeks became months,
Number of infected people rising above the millionths.
Diseases and ailments being delayed for their treatment,
Dead and deceased given funerals without fulfillment.
In these times we realize the value of those we took for granted,
Virtuous deeds and charity growing like seeds that were planted.
International lockdown is us globally in unison,
Distancing ourselves is not the same as division.
Essential service employees compromising their safety,
Doctors and Nurses on the frontlines, overcoming their anxiety.
Wellness and normalcy shall be restored to us one day,
Every one must be aware of the precautions and obey.
Families blessed with plenty of time for each other,
Amidst all the chaos, we grow closer to one another.
Let us hold hands and, nope I am just messing,
Let us remain United by socially distancing.

-Alpha
Dr. Jerry Alfred S.

- Jerry Alfred S

WELCOME

THE STORM

*There she was holding her breath for the storm to pass,
Without noticing her, without swirling her from her path!
But how foolish she could be to hope for the impossible.
For the path she thought she chose was never the one for her!
The path she chose was of fear and doubt!
It was a path of comfort and of assurance
A path in which she had nothing to be uncertain of.
But as ignorant as she was she never realized
It wasn't just the storm which could rattle her existence
It wasn't just the out of ordinary moments which could defy her beliefs
It was all those small moments she looked over
It was all those voices at the back of her mind she left unheard
It was all those words at the tip of her tongue which she never voiced out
Those were the ones which could actually change her course
She wasn't so timid back in time, she was a breath of fresh air
Who somewhere got lost in the dilemma of life and survival.
And here she was trying to hold her breath for the storm to pass
Forgetting she was the storm herself*

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



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