



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

**CARE**

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**INDIA RANKINGS 2021**

**92**

**UNIVERSITY**

**49**

**MEDICAL**



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## **LETTER FROM THE EDITORIAL DESK**

### **Let the beat go on with a health heart!**

A healthy heart is central to overall good health. With urbanization and modernization, our lifestyles have changed greatly. These lifestyle changes made us compromise our health with a major impact on our hearts. World Heart Day is celebrated on the 29th of September every year to create awareness to maintain a healthy heart.

Cardiovascular diseases (CVDs) are a group of disorders of the heart and blood vessels, including coronary heart disease, cerebrovascular disease, peripheral arterial disease, rheumatic heart disease, congenital heart disease, deep vein thrombosis and pulmonary embolism. Approximately 17.9 million people died from CVDs in 2016, representing 31% of all global deaths. In India in 2016, CVDs contributed to 28.1% of total deaths and 14.1% of total disability-adjusted life years (DALYs). The results of the Global Burden of Disease study state an age-standardized CVD death rate of 272 per 1,00,000 population in India which is much higher than that of the global average of 235. CVDs strike Indians a decade earlier than the western population. The prevalence of CVD in Indians living in India is 21.4% for diabetics and 11% for nondiabetics. Within India, the rates of CVD vary markedly with the highest in the states of Kerala, Punjab and Tamil Nadu.

Those who have high cholesterol levels, high blood pressure or high sugars are having a higher risk of getting heart disease. Smoking also adds to the risk of getting heart disease. Lifestyle changes such as obesity, decreased physical activity, unhealthy diet habits are some of the risk factors. Except for age, sex, ethnicity and genetic predisposition all the other risk factors can be prevented or modified.

You are what you eat. Many vegetables and fruit are particularly rich in vitamin C and in beta-carotene, which is a form of vitamin A. These work as antioxidants in our body, slows down or prevent atherosclerosis by reducing the buildup of plaque from cholesterol and other substances in the arteries. Whole grains are good sources of fibre and other nutrients that play a role in regulating blood pressure and reduce the risk of heart disease by 30%. It is recommended to take fat at a quantity of less than 6% of total daily calories. And it is good to avoid butter, coconut, palm, cottonseed and palm kernel oils. Instead, adding olive oil, vegetable and nut oils give us good fat which helps to keep our heart healthy. It is also important to choose low-fat protein sources like low-fat dairy products, eggs, fish, skinless poultry, legumes, soybeans and soy products. And we shouldn't forget to consume normal salt intake.

Being physically active is another major step to keep our heart healthy. Moderate intensity activity for at least 150 minutes a week is essential, which is 30 minutes a day for 5 days in a week. Regular exercise not only helps us by burning calories, but it also helps in reducing blood pressure, LDL cholesterol and boosts HDL cholesterol. Yet another easy way to keep our hearts healthy is having quality sleep. Healing and repair of heart and blood vessels occur during sleep. Eight hours of good, quality sleep each night is essential for a healthy heart.

Healthy habits are your heart's desire. Start taking care of your heart before it falls apart.

## Specialist Speaks....



**Dr. Premnath, MS.,**

Professor, Department of Ophthalmology, CHRI

### Sweet eyes- Bitter truth!

The addition of sugar may give sweetness but not for the eyes! Diabetes is a global epidemic and its prevalence is estimated to be 4.4% in 2030. Diabetes can cause havoc in the eyes by causing retinopathy. Diabetic retinopathy (DR) is one of the most common causes of blindness and impairment of vision. The chances of developing vision-threatening complications in Type 2 and Type 1 diabetes are 30 % and 50% respectively. The prevalence of DR in the Indian population is up to 44% depending on the region.

#### DR can be classified into:

- Non-proliferative DR
  - o Mild
  - o Moderate
  - o Severe
- Proliferative DR

Early retinal changes may go unnoticed as they are asymptomatic. Vision is affected as the changes occur in the macular region as shown in the figure below. Delay in diagnosis and management may lead to irreversible blindness.

#### Prevention:

The duration of diabetes and poor glycemic control are the main risk factors for developing DR, glycemic control being the only modifiable risk factor. Screening plays an inevitable role in the detection and prevention of

diabetes-related visual impairments. As the physicians are the first point of contact for diabetic patients, their role is prudent in the control of blood sugar and timely reference to the ophthalmologists for the screening and management. Diabetic patients should be screened at least once a year which should be ensured by the treating physicians. Prevention and checking the progression of DR could be achieved by good teamwork. To conclude, good glycemic control and regular screening are the mainstays in the prevention of diabetes-related visual impairments.



## Chettinad Square

### Congratulations Department of General Surgery

The Department of General Surgery, CHRI has performed more than 100 surgeries in the month of August 2021 and CARE congratulates the performance of the department and wishes further progress in future



## Campus Buzz

### THIS SECTION HAS THE DETAILS OF ALL EVENTS CONDUCTED AT THE CHETTINAD CAMPUS FROM 1ST TO 31ST AUGUST 2021

#### Guest lecture on Drugs of addiction

The Department of Pharmacology, CHRI conducted a guest lecture on 03.08.2021 on the topic 'Drugs of addiction'. The Guest Speaker of the lecture was Dr. Manu Kumar Shetty, Associate Professor, Department of Pharmacology, Maulana Azad Medical College, Delhi. The moderator of the lecture was Dr. M. Duraivel, Asst. Professor and Dr. A. Ruckmani, Prof & Head, Pharmacology, CHRI gave a brief introduction to the topic. The lecture was very elaborate, subjective and informative. The speaker discussed drugs of addiction, their pathogenesis, and the therapy in detail. After the lecture, the session was open to questions. The speaker clarified the doubts of the participants. A total of 120 participants attended the Guest lecture.



Hospital & Research Institute  
**Chettinad Academy**  
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e-Lecture on

## DRUGS OF ADDICTION

Date : 03.08.2021 | Time : 02.00 pm - 03.00 pm

 <p><b>Speaker</b>  <b>Dr. Manu Kumar Shetty</b>                  Associate Professor,                  Department of Pharmacology,                  Maulana Azad Medical College,                  Delhi.</p>	 <p><b>Moderator</b>  <b>Dr. M. Duraivel</b>                  Assistant Professor,                  Dept. of Pharmacology,                  CHRI.</p>
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Zoom ID : **987 6268 5631**  
 Password: **730546**

Organized by: **Dept. of Pharmacology, CHRI**

## Pathogenesis and Laboratory Diagnosis of Covid 19

The Department of microbiology, CHRI organized a guest lecture on the topic 'Pathogenesis And Laboratory Diagnosis Of Covid 19' on 03.08.21. The speaker was Dr. Anuradha K, Professor and Head, Department of microbiology, Mysore medical college and research institute, Mysore. The speaker gave a detailed view on the pathogenesis of Covid 19 which included morphology, host range, life cycle, mode of infection, Cytokine storm, multiorgan involvement with lung inflammation in detail. Under the laboratory diagnosis, various clinical samples were to be collected for testing and their procedure was covered. Diagnostic modalities such as molecular techniques, antigen detection techniques, antibody detection techniques were also included. The newer test which is in pipeline was mentioned. The session ended with a brief discussion on the queries raised by the students.

## Guest Lecture: Protect Breastfeeding: A Shared Responsibility

The Chettinad College of Nursing, CARE has organized a guest lecture during the breastmilk awareness week on the topic 'Storage of breast milk for promoting breastfeeding for working mothers' on 06.08.21. The organising secretary was A.Shanmugapriya, Associate Professor, Child Health Nursing Department, CCN. The speaker was Mrs. K. Deepa, M.Sc Nursing, (Ph.D), Vice Principal, Mohammed Sathak College of Nursing, Siriseri, Chennai, Tamilnadu, India. The program started with a welcome address and the speaker was felicitated by Dr.S.HepsibahSharmil, Principal, CCN, CARE. The speaker discussed breastfeeding physiology, advantages, storage of breastmilk in the refrigerator and human milk banking. The session was informative. A total of 100 participants attended the lecture.

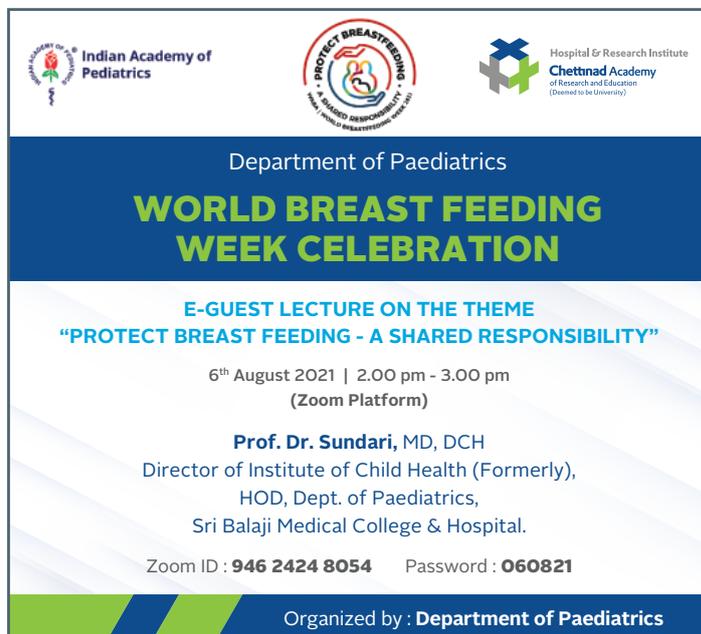
### What is Human Milk Banking (HMB)?

A system that - collects, screens, pasteurises and dispenses human milk donated by breastfeeding mother for infants who for a variety mother's milk.

It gives the message that breast milk is so important for infants that when it is not available we put systems in place to access this valuable commodity.

## Weekly CME- Protect Breast Feeding – A Shared Responsibility

The weekly CME for this week was organized by Medical Education Unit, CHRI on 06.08.21. The speaker was Dr. Sundari – Professor & HOD - Department of Paediatrics – Balaji Medical College & RI. This was a part of the World Breast Feeding week commemorated by the department of Paediatrics, Chettinad Hospital Research Institute. The guest speaker discussed the significance and importance of breastfeeding in the child's well-being. A total of 100 participants including teaching faculty and postgraduates of CHRI attended the CME.



Department of Paediatrics

## WORLD BREAST FEEDING WEEK CELEBRATION

E-GUEST LECTURE ON THE THEME  
"PROTECT BREAST FEEDING - A SHARED RESPONSIBILITY"

6<sup>th</sup> August 2021 | 2.00 pm - 3.00 pm  
(Zoom Platform)

**Prof. Dr. Sundari, MD, DCH**  
Director of Institute of Child Health (Formerly),  
HOD, Dept. of Paediatrics,  
Sri Balaji Medical College & Hospital.

Zoom ID : **946 2424 8054** Password : **060821**

Organized by : **Department of Paediatrics**

## Guest Lecture On Copyright Registration Process In India

The IQAC cell, CARE organized a guest lecture on the topic 'Copyright Registration Process In India' on 07.08.21. The Organizing Chairperson of the event was Dr. Arun Kumar Radhakrishnan, Vice Principal, CHRI and IQAC Coordinator and the organizing secretary of the event was Dr. Ahamed Basha Abdul Bari, Professor, Physiology, CHRI. The event was moderated by Dr. ShiekFareeth Ahamed S, Assistant Professor, AHS. The scientific session was delivered by Ms. Priya Gautam, Examiner of Copyrights, Department for Promotion of Industry and Internal Trade (DPIIT), New Delhi, Government of India. It was followed by a discussion session. The participants raised questions and doubts which were addressed by the speaker. The total number of participants was 117.



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**Copyright Office**  
Government of India

IQAC - CARE - Guest Lecture on  
“**COPYRIGHT REGISTRATION  
PROCESS IN INDIA**”

📅 07<sup>th</sup> August, 2021 | ⌚ 10:30 am Onwards

**Speaker:**  
**MS. PRIYA GAUTAM**  
Examiner of Copyrights,  
Department for Promotion of Industry and Internal Trade (DPIIT),  
New Delhi, Government of India.

**Organizing Chairperson:**  
**Dr. R Arunkumar**, Vice Principal, CHRI & IQAC Co-ordinator, CARE.

**Organizing Secretary:**  
**Dr. A Ahamed Basha**, Professor, Physiology, CHRI.

Zoom ID : 972 28416984 | Password : copyright

Registration is free but mandatory  
For registration [click here](#)

## Workshop on Basic medical to Clinical research- Bridging the gap

The Department of Anatomy, CHRI conducted a one-day Workshop on ‘Basic medical to Clinical research- Bridging the gap’ on 07.08.2021. The resource persons were Dr. Srikumar Chakravarthi, Director of research, innovation and postgraduate studies, MAHSA University, Malaysia and Dr. K. Deepa, Associate professor, Quest international university Malaysia. Dr. T. Balasubramanian, Vice Chancellor, CARE inaugurated the event and Dr. Pitchai Balashanmugam, Dean, CHRI addressed the gathering. Dr. Srikumar gave a brief outline of clinical research and various types of clinical research. He also insisted on the fact that basic and clinical research are interdependent. He also discussed how important for a researcher to create a digital footprint. Dr. Deepa, outlined the various elements of basic research, challenges in conducting good research and also highlighted various ways for funding our research and organizations both national and international which fund research from startups to major grants. Research for undergraduate students was highlighted. A hands-on workshop was conducted through which participants were briefed about identifying a good research topic. Then they were assigned to breakout the room into groups of 6 to 8 members and they were given an assignment for the presentation of protocol. One participant from each group was allowed to present their topic briefly for two minutes and the resource person gave various inputs. The event ended with the participants feedback. A total of 300 participants.

## Workshop on Stapler Bowel Anastomosis

The Department Of General Surgery, CHRI in collaboration with ETHICON (JOHNSON & JOHNSON) organized a workshop for the Postgraduates on ‘Stapler Bowel Anastomosis’ on 10.08.21. The Chairperson was Dr. Anantharamakrishnan, Professor and Head, Co-chairperson was Dr. Kishore Babu, Professor and the organizing secretary was Dr. Affee Asma, Professor, Dept of General Surgery, CHRI. The resource person and instructor was Dr. Sudepta Kumar Swain, Professor and H.O.D of Department of Surgical Gastroenterology, Apollo main hospital, Greaves road, Chennai.

The speaker discussed about “Science Of Tissue Handling” and this was followed by two relevant case presentations by the postgraduates and a group discussion concerning bowel anastomosis. An informative and demonstrative video series on Intestinal staplers were then screened. A hands-on workshop was conducted with various intestinal stapler kits (on animal intestines), organised by the Ethicon team. Demonstration of the anastomosis was done by, Dr. Sudepta Kumar Swain, and the faculty of the Department of General Surgery.

A Quiz contest on Stapler Bowel anastomosis was conducted and the winners were awarded.



### Seminar- Microbirth Planning

A seminar was organized by the Chettinad College of Nursing, CARE on 11.08.21 on Microbirth Planning. The speaker was Dr. M. Anjalatchi, Era College of Nursing, Lucknow and the Moderator was Dr. Shenbaga Prabha, Assistant Professor, Chettinad College of Nursing. The event started with a welcome speech by Dr. Hebsibah Sharmil, Principal, CCN. The speaker discussed Microbirth Planning, Birth preparedness and compliance readiness, Components of and Beneficiaries of Microbirth planning and JSY. A total of 106 participants including the students and faculty attended the seminar.

### E-Lecture: Cochlear Implants

A guest lecture was organized by the Department of ENT, Chettinad Hospital & Research Institute on 12.08.21 on 'Cochlear Implants'. The e-Lecture was coordinated by Dr. S. Rajasekaran, Head, Department of ENT, CHRI. The speaker was Dr. Arun Alexander, Professor, JIPMER, Puducherry. The guest speaker discussed on types of cochlear implants, indications and outcomes of the implants. Recent advances in surgical procedures using cochlear implants along with video demonstration. All undergraduate students, postgraduate students and faculty attended the event. A total of 124 participants attended the event.

### International Youth day-2021

International youth day is celebrated every year on August 12th and the theme for this year 2021 is 'Role of youth in transforming food system'. On behalf of CARE, the Department of Anatomy, CHRI organized the International youth day celebrations on 12.8.2021. Special student seminars, e-essay writing and e-poster making competitions were conducted in this event. Dr. S. Mani and Dr. Y. Janani were the coordinators. Dr. Pitchai Balashanmugam, Dean, CHRI delivered a special address and emphasized the role of youth in all spheres of life. Then, Dr. T. Balasubramanian, Vice Chancellor, CARE delivered the presidential address. Dr. Shyamtanu Pal, Associate Professor, Chettinad School of Law delivered the keynote address. Ms. Ashaya. D, 1st year M student delivered her views on 'the role of youth in transforming food systems' as a part of student's seminar. 232 participants attended the program. An essay competition was conducted on the theme: Role of youth in transforming food systems. The theme of the poster

competition was the Impact of COVID-19 pandemic on human health (OR) Impact of COVID-19 pandemic on food systems. Cash prizes for the winners and certificates for all those who participated in the competitions were given.



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**Date : 12.08.2021, Thursday**  
**Time: 11 A.M. – 12.30 P.M.**

**ZOOM ID : 915 9600 5723** Organized by  
**PASSCODE: 188096** Department of Anatomy, CHRI

### Awareness Programme on World Organ Donation Day

The Department of General Surgery, CHRI conducted an awareness program and CME to commemorate World Organ Donation Day on 13.08.21. The Organizers were Dr. Ragumani, Dr. Prabakar and Dr. Srinivasan, Department of General Surgery. The speakers were Dr. Shankar C Head, Dept. of Ophthalmology, DR. C. Manohar, Head, Dept. of Forensic Medicine, CHRI and Dr. Arun Kumar. A Head, Dept. of CTVS, Sri Manakula Vinayagar Hospital, Pondicherry. The topics discussed were Cornea transplantation, Medico-Legal Aspects Of Organ Donation and Heart Transplantation. Following this, a health talk was given to patients by the Postgraduates on organ transplantation at the Surgery OPD. The Postgraduates explained to the target audience how can a person be a lifesaver even after death and motivated patients and students to register as organ donors. In addition, a quiz competition was conducted for the UG students and winners were given prizes.

## Weekly CME: Early Carcinoma Breast

The weekly CME for this week was organized by Medical Education Unit, Chettinad Hospital and Research Institute on 13.08.21. The topic of discussion was 'Early Carcinoma Breast' and the speaker was Dr. K V Subramanianathan, Professor of General Surgery, CHRI. The speaker gave overview on the epidemiology of breast cancer. A mention of the histopathological variants of breast cancer was highlighted. An update of the radiological interventions in diagnosing breast cancer with their specific contraindications and the clinical features and staging of early breast cancer were discussed and an update of the surgical management was outlined. The CME concluded with interactive participation by the participants on the forum on the topic in discussion. Teaching Faculty and Postgraduates of CHRI attended the CME.

## ECG WORKSHOP for CRRIS

The Department of General Medicine, Chettinad Hospital and Research Institute conducted an ECG workshop for CRRIS on 14.08.2021. The event was inaugurated by Dr. T Balasubramanian, Vice-Chancellor, CARE and Dr. Pitchai Balashanmugam, Dean, CHRI. Various aspects related to ECG such as basics of ECG, rate rhythm and axis calculation, LVH and RVH criteria, Atrial enlargements, Blocks in the conducting system and Injury and Ischaemia to the cardiac tissue were discussed in detail by the faculty members of the Department of General Medicine, CHRI. Handbook comprising of a collection of the different ECGs were provided to interns for their reference and practice. The total number of participants for the programme was 100.



## Fit India Freedom Run 2.0

As part of the Fit India Movement, an initiative by UGC, CARE organized 'FIT INDIA FREEDOM RUN 2.0' on 14.08.2021 for all the students, staff and faculty members of CARE. The event occurred on the Chettinad Health city campus. Dr. G. Kirubalan, Dy. Director, Physical Education, CARE coordinated the event and waved the flag for marathon running. A total of 112 runners participated in the event.



## Guest Lecture: Physiological Adaptations to Exercise

A Guest lecture was organized by the Department Of Physiology, CHRI on 'Physiological Adaptations To Exercise' on 14.08.2021. The speaker was Dr. Annamalai C., Professor of Physiology Unit, Manipal University College, Melaka, Malaysia. The speaker discussed three core competencies of Integrated Physiology related to exercise. The unintended contribution of pandemic related lockdown towards the alarming rise in sedentary lifestyle and its possible future consequences were



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DEAN & THE DEPARTMENT OF GENERAL MEDICINE

Cordially invite you to partake in the

8<sup>TH</sup> ANNUAL WORKSHOP ON  
BASICS IN ECG FOR INTERNS

DATE : 14-08-2021



discussed. The high degree of the positive contribution of physical training, (even just 30 minutes of exercise daily), on the psychological as well as physical wellbeing of individuals, SAID principle regarding chronic adaptations to exercise were also discussed. The speaker motivated the students to participate in small projects related to tests for fitness that can be performed in physiological subjects. This session came to an end with an online quiz based on the topics covered. A total of 238 participants attended the guest lecture.

### Shoulder Biomechanics

The Chettinad School of Physiotherapy, CARE organized a lecture on Shoulder Biomechanics, on 14.08.2021. The Resource Person was Dr. Yatheendra Kumar. G, Vice- Principal, Susruta Institute of Physical Medicine and Rehabilitation, Hyderabad, India. The speaker explained the benefits and importance of the pathomechanics part of the Shoulder complex and how analysis the joint and movement problems during the clinical practice. The UG, PG students and Research Scholars from Chettinad School of Physiotherapy, CARE were the participants. More than 50 students attended the guest lecture.

### Guest Lecture - Modern Trends in Immunology

A guest lecture was organized by the Faculty of Allied Health Sciences, Chettinad Academy of Research and Education on 18.08.21 on 'Modern Trends in Immunology'. The speaker was Dr. Satish Devadas, Scientist, Institute of Life Sciences, Autonomous Institute of DBT, Bhubaneswar. The speaker discussed how immunology has worked through the years, starting from the eradication of smallpox. He also spoke at length on the classification of pathogens, cells and kinetics of the immune system, innate immune system, functions of antibodies, immune pathologies including T-cell pathology, immune diseases and how analytical tools such as Flow cytometry can help us understand the pathways. The lecture was a scintillating one, easily understandable to even those not connected to immunology related research areas. The lecture was moderated by Dr. Shoba Narayan About 75 research scholars, students, and faculty members participated.

### Onam Celebrations 2021

The annual harvest festival of the southern Indian state of Kerala, Onam is traditionally celebrated for ten days in the month of Chingam which marks the beginning of the Malayalam Calendar year. This year the festival was celebrated on 19.08.21 at CARE in its usual fervor and grandeur organised by Dr. Ahmed Basha. A, Professor, Dept. of Physiology, CHRI and Dr. Kirubalan, Sports Director, CARE. The Celebrations were marked by a diverse range of colourful and joyful events and games with the full participation of the Students, Staff and faculty members of CARE beautifully dressed up in traditional attire bringing the spirit and beauty of Onam to the campus.



## Guest lecture - Antenatal Physiotherapy Care

The Chettinad School of Physiotherapy, CARE organized a lecture on 'Antenatal Physiotherapy Care' on 19.08.2021. The Resource Person was M.rs N. Siva Jyothi, Associate Professor, Durgabai Deshmukh College of Physiotherapy, Hyderabad, India. The speaker provided in-depth information with regards to physiological changes during pregnancy, and the importance of Antenatal physiotherapy care. The Speaker presented multiple treatment approaches by incorporating physiotherapy approaches to the Antenatal physiotherapy care. A total of 20 participants attended the lecture.

## Guest lecture - Insulin

The Department of Pharmacology, Chettinad Hospital and Research Institute organized a guest lecture on 20.08.2021 on 'Insulin'. The speaker was Dr. Vijaya Chandra Reddy Konda, Associate Professor, Department of Pharmacology, Sri Venkateswara Institute of Medical Sciences, Tirupati, Andhra Pradesh. The moderator was Dr. Vivek Valliappan, Assistant Professor, Dept. of Pharmacology, CHRI. The speaker discussed about the basics of insulin, mechanism and their uses, recent advancements in insulin for the benefit of students. The participants were II<sup>nd</sup> year MBBS students, MD Pharmacology Postgraduates and faculty of the Department of Pharmacology. A total of 84 students attended the program.

## Sadbhavana Diwas - 2021

The Chettinad School of Pharmaceutical Sciences (CSPS), Chettinad Academy of Research and Education (CARE), organized the SadbhavanaDiwas on 20.08.2021 in commemoration of the 77th Birth Anniversary of our former Prime Minister Shri Rajiv Gandhi. The day was observed to encourage national integration, peace, affection and communal harmony among the Indian people of all religions. Two events namely Pencil sketching and essay writing were organized for the students of various disciplines of Chettinad Academy of Research and Education. For the pencil sketching competition, a portrait of Shri Rajiv Gandhi was displayed virtually and the participants were instructed to draw and submit the scanned copy of their creations. An essay writing competition was also conducted on the topic "Role of youth in National Integration and Communal Harmony". All the first and second-year B.Pharm students

participated actively in both the events. Dr.S.Ramesh, Associate Professor, Department of Pharmaceutics organized the event.



## Weekly CME: Adult Vaccination – Guidelines & Updates

The weekly CME was conducted by Medical Education Unit, CHRI on 20.08.21. The speaker was Dr. Imran Khan M, Assistant Professor - Department of Respiratory Medicine – Chettinad Hospital & Research Institute (CHRI). Dr. Imran discussed the essential principles of vaccination, immunization schedule, currently available vaccines, recommendations, doses, and contraindications of the vaccines. The importance and significance of vaccinating adults when indicated were put forth. The speaker stressed the training of healthcare personnel on the efficient vaccination protocol. The CME concluded with interactive participation by the doctors in the forum on the topic of discussion. Teaching Faculty and Postgraduates of CHRI attended the CME.

## Senior Citizen day - 2021

The Department of ENT, CHRI commemorated senior citizen day-2021 on 21.08.21. The program was initiated with a welcome address by Dr. S. Rajasekaran, HOD, Department of ENT, CHRI, followed by a presidential address by Dr. T. Balasubramanian, Vice-Chancellor, CARE and a special address by Dr. T. PitchaiBalashanmugam, Dean, CHRI. The event was moderated by Dr. Namasivaya Naveen, Assistant Professor, Department of ENT. The program had various competitions such as essay, debate and speech competitions participated by MBBS students. Topics of competitions were difficulties faced by the Geriatric population and ways to overcome them, Possible ways of supporting the geriatric population and Quality of life of

elderly in cities and villages. The performance was assessed and winners of the competition were given prizes. Also, free audiometry testing was done for senior citizens at OPD, ENT on the day.



**CARE FOR THE ELDERLY**

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**WORLD SENIOR CITIZEN DAY**

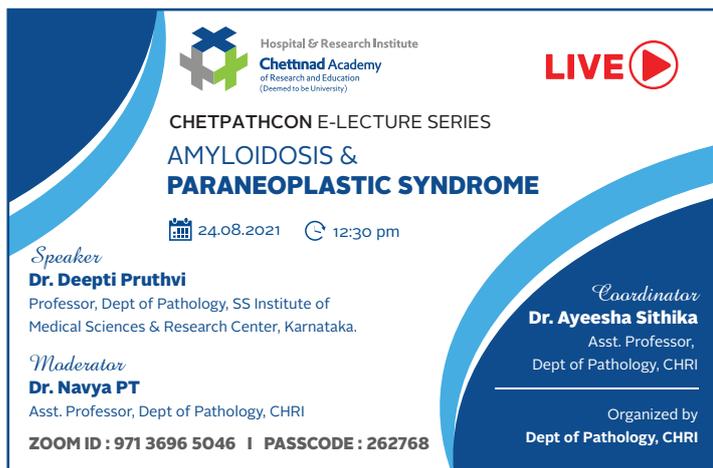
Date : 21.08.2021, Saturday  
Time: 10.00 A.M. – 01.00 P.M.

**Free audiogram test for assessing hearing for patients above 60 years of age**  
Venue: A block OPD No.11, CHRI

Organized by: **Department of ENT, CHRI**

### Guest Lecture - Amyloidosis and Paraneoplastic Syndrome

The Department of Pathology, Chettinad Hospital & Research Institute, conducted a guest lecture on the topic ‘Amyloidosis And Paraneoplastic Syndromes’ on 24.08.21. The speaker was Dr. Deepti Pruthvi, Professor, Department of Pathology, SSIMS&RC, Davanagere, Karnataka. The speaker discussed about the importance of diagnosis of Amyloidosis and paraneoplastic syndromes in clinical practice. She discussed on clinical features and histological details with the help of and fancy pneumonics A total of 220 students attended the guest lecture.



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**LIVE** 

**CHETPATHCON E-LECTURE SERIES**  
**AMYLOIDOSIS & PARANEOPLASTIC SYNDROME**

 24.08.2021  12:30 pm

*Speaker*  
**Dr. Deepti Pruthvi**  
Professor, Dept of Pathology, SS Institute of Medical Sciences & Research Center, Karnataka.

*Moderator*  
**Dr. Navya PT**  
Asst. Professor, Dept of Pathology, CHRI

*Coordinator*  
**Dr. Ayesha Sithika**  
Asst. Professor,  
Dept of Pathology, CHRI

Organized by  
**Dept of Pathology, CHRI**

**ZOOM ID : 971 3696 5046 | PASSCODE : 262768**

### Motivational lecture – What it takes to be a Doctor?

This motivational webinar was organized by the Department of Microbiology, CHRI on 26.08.2021 at 6.30 pm IST. The invited expert was Dr. Rama Narayanan, Associate Program Director, Canton Medical Education Program. The speaker commenced her talk with an ice-breaking session and then continued to share her experiences in her three-decade-long career as a medical professional in treating patients and training interns. Dr. Rama spoke on 3 Cs which are very important in the life of a doctor: Clarity, consistency and commitment. She also said that the negative traits that one should discard were complaining and comparing. She stressed the importance of team-based care and that medical professionals must serve our patients with a lot of care. Students actively interacted with her during the hour-long session in which she also advised on how to simultaneously prepare for the USMLE while pursuing the CBME curriculum. The talk helped to reorient the student perspectives and goals and was a drive to focus on the broad perspectives, long term goals & commitment and ultimately patient care and their positive outcomes.

### National Sports Day Celebration 2021

National Sports Day-2021 was celebrated at Chettinad Academy of Research & Education on 27.08.2021. Dr. Balasubramanian, Vice-Chancellor, CARE, and Mrs. Jayendra Saraswathi, Registrar inaugurated the Yoga for wellness program on the occasion of National Sports Day 2021. The chief guest of the program was Dr. Duraisami, Head, Department of Yoga, Tamil Nadu Sports University. The program was coordinated by Dr. Rajesh Kanna, Department of Pathology, CHRI and Dr. Kirubalan, Deputy Director of Physical Education, CARE were the organizer. Students, faculty and other staff members of CARE participated in the event.



## Regional Seminar and Workshop on Pulmonary Function Test

The Department of Respiratory Medicine, Chettinad Hospital & Research Institute conducted a Regional Seminar cum Workshop on Pulmonary Function Test on 27.08.2021. The chairperson was Dr. Meenakshi N, Professor and Head, Department of Respiratory Medicine, CHRI. The speakers were Dr. Jayamol Ravindhran, Dr. Naveen Vennilavan, Dr. Imran Khan and Dr. Nileena Nath, Assistant Professors, Respiratory Medicine, CHRI. The topics discussed were Spirometry, DLCO, Peak Expiratory Flow Rate, Fractional Exhalational of Nitric Oxide, Carbon monoxide Breath Analyser, 6-minute walk test and Bedside PFT. Hands-on training and live demonstration were given to the participants. The conference was attended by 22 participants which included faculty and postgraduates from CHRI and other institutes.



## Seminar: People's Science: From Basic Mechanism to clinical prospective

A seminar was organized by the Faculty of Allied Health Sciences, Chettinad Academy of Research and Education on the topic 'People's Science: From Basic Mechanism to clinical prospective' on 27.08.21. The lecture was moderated by Dr. Shiek Fareeth Ahmed, Faculty of FAHS, CARE. The speaker was Dr. Sunithi Yaduv, Assistant Department of Anthropology, University of Delhi, New Delhi. Dr. Sunithi discussed genetic assessment in the Indian population related to the diseases. She spoke about various omics techniques that she worked with related to tuberculosis, thalassemia and diabetes. She also discussed the various genetic polymorphisms and metabolic behaviour towards molecular pathways. A total of 75 participants including 35 students, 30 research scholars, and faculty members participated.

## Guest lecture- Perinatal infections

The Department of Microbiology, Chettinad Hospital and Research institute organised an online lecture on "Perinatal Infections", on 26.08.2021. The guest speaker was Dr. Renuka Sekar, MD, FRANZOG, Clinical Lead, Royal Brisbane Women's Hospital, Australia.

Dr. Sekar initially described the prevalence of such infections at Brisbane women's hospital and shared her experiences in treating complicated pregnancies. She then spoke about the TORCH infections, emerging congenital infections, mainly Zika virus: their pathogenesis, diagnosis and management. This session was attended by undergraduate and postgraduate students.

## Weekly CME: Automated CBC - A double-edged tool

The weekly CME for the week was organized by the Medical Education Unit, Chettinad Hospital & Research Institute on 27.08.21. The speaker was Dr. Aarthi K, Professor - Department of Pathology - Chettinad Hospital & Research Institute (CHRI). The speaker began her discussion on the topic by mentioning the historical milestones in the analysis of blood in the laboratory. She also discussed the differences between manual blood counts and automated cellular counts, interpretation of cellular counts using the automated complete blood count analysis and how errors in interpretation can be avoided. At the end of the discussion, the speaker shared a few case studies related to the diagnostic interpretation of disease using automated complete blood counts. There was interactive participation by the doctors in the forum on the topic. Teaching Faculty and Postgraduates of CHRI attended the CME.

## Benign Lesion of Vocal Cord and Larynx

The Department of Anatomy, CHRI organised a CME on 'Benign lesion of the larynx and vocal cord' on 28.08.21. The event was organized by Dr. G. Vaithiana Assistant professor, Department of Anatomy, CHRI. The speaker was Dr. Stalin Sivagurunathan, Head, Department of ENT, IGGGH & PGI, Puducherry. The speaker discussed the about types of lesions involving the larynx and emphasized the role of external factors causing the lesions. The session ended with questions from the students which were addressed by the speaker. The participants were first-year MBBS students. A total of 248 participants attended the lecture.

**"BENIGN LESION OF VOCAL CORD & LARYNX"**

 **28<sup>th</sup> August, 2021**  **11 AM ONWARDS**



*Speaker*  
**Dr.STALIN SIVAGURUNATHAN**  
*Professor & Head  
Department of ENT,  
IGGGH & PGI, Puducherry.*

*Organizing Secretary*  
**G.VAITHIANATHAN**  
*Assistant Professor,  
Dept. of Anatomy, CHRI.*



LIVE  
E-CME

ZOOM ID: **922 6416 3677** Organised by  
PASSWORD : **918397** **Dept. of Anatomy, CHRI.**

### Workshop on Basic suturing and knotting techniques

The Department of Obstetrics & Gynaecology, CHRI in collaboration with Ethicon – Johnson and Johnson organized a workshop on ‘basic suturing and knotting techniques’ for CRRIs and PG students on 28.08.21. The coordinator was Dr. Renuka, Associate professor, Department of OBG, CHRI. The resource persons were Mr. Rajesh Senior supervisor for private institutions and Mrs. Kalaivani from Ethicon Johnson And Johnson institute. The workshop began after the inauguration of the workshop by Dr. Pitchai Balamurugan, Dean, CHRI. Discussion on suturing and knotting techniques, types of sutures, suture materials and needles was carried out. Videos demonstrations on different types of knotting and suturing techniques was shown following which hand on training was given to the participants. A total of 70 students enrolled on the workshop.



### Outreach - Awareness program ‘Reporting of adverse drug reactions

The Department of Pharmacology, Chettinad Hospital & Research Institute organized an awareness program on ‘Reporting of adverse drug reactions on 30.08.2021 at the Rural Health Training Centre, Poonjeri. The organizer was Dr. Anu M, Assistant P Department of Pharmacology, CHRI and the beneficiary was patients in the OPD. The program started with pamphlets distribution followed by an awareness talk on adverse effects/side effects & reporting ADRs. Participants actively interacted with the organizing team to clarify their doubts regarding adverse drug reactions. Dr. Vivek V and Dr. Sri Vignesh, Dr. Sushil, postgraduates from the Department of Pharmacology, were also present during the program and addressed the queries of the participants.



## Centre Activities

### HEALTH AWARENESS

#### **WORLD BREASTFEEDING WEEK, RHTC**

Date: 04.08.2021 | Venue: RHTC, Poonjeri  
Number of participants: 28



### WORLD BREASTFEEDING WEEK, RHTC

Date: 04.08.2021 | Venue: RHTC, Poonjeri  
Number of participants: 28



### BONES AND JOINT DAY, RHTC

Date: 06.08.2021 | Venue: RHTC, Poonjeri  
Number of participants: 15



### LUNG CANCER AWARENESS, UHTC

Date: 13.08.2021 | Venue: UHTC, Karapakkam  
Number of participants: 25



### LUNG CANCER AWARENESS, RHTC

Date: 26.08.2021 | Venue: RHTC, Poonjeri  
Number of participants: 26



**WORLD ZONOSIS DAY, UHTC**

Date: 26.08.2021 | Venue: UHTC, Karapakkam  
 Number of participants: 25



**WORLD ORGAN DAY, UHTC**

Date: 31.08.2021 | Venue: UHTC, Karapakkam  
 Number of participants: 22



**Chettinad Outreach**

**GENERAL CAMP**

Outreach activities are being conducted by the outreach team of Chettinad Hospital & Research Institute. A total of 8 camps were organized exclusively by the outreach team and 483 patients got benefitted out of which 138 patients were referred to CHRI for further treatment. The sites where the camps were organised are Kovalam Market, Kadambadi, Thaiyur, Thaiyur - High school, Arunkundram, Kayar, Paiyanoor and Thandalam.

The outreach was carried out by the outreach team under the leadership of Dr.T.K.Raja, Deputy Medical Superintendent, CHRI.



**Outreach Activities- Microbiology**

The Department of Microbiology, Chettinad Hospital and Research Institute, in collaboration with Simple Trust, organized an Outreach Program for the under privileged school-going children of Kumizhi Village in Melakotaiyur on 21.08.21. Dr. Priyadarshini Shanmugam, Dr. Alice Peace Selvabai and Dr. John Maria Louis of the Microbiology Department participated in the program.



The children were educated about the importance of hand hygiene and the steps of hand washing were demonstrated to them. Some of the children were also made to perform hand washing. Information on the Covid 19 pandemic and the preventive measures for the same was also taught to the students. Masks, hand sanitiser sand soaps were also distributed to the students.



**Outreach Camp - OBG**

A free women health camp was organized by the Department of OBG,CHRI. The organizer was Dr. Renuka, Associate professor, Department of OBG, CHRI at Mambakkam panchayat office on 7.8.21. Women of Different age groups got benefited from the camp. Medications including Iron, calcium supplements was given free of cost. Pap smear was also done free of cost for eligible women. Few patients in need of further evaluation for high blood sugar level, increased blood pressure level, need for TVS, surgical management was referred to CHRI, Kelambakkam for further evaluation and management.



**Outreach - ENT**

A camp was conducted at Government Primary School at Kunnapet, Thiruporur Taluk, Chengalpattu district on 28.08.2021. The camp was organised by Dr. Namasivaya Navin, Assistant Professor, Department of Otorhinolaryngology, Chettinad Hospital and Research Institute. 52 patients attended the camp. ENT examination was done and free drugs were given to sick patients. Around 20 patients, including 1 patient with an indication for surgery and, others requiring tertiary care treatment were referred to the Outpatient Department of Otorhinolaryngology at Chettinad Hospital and Research Institute.



## Clinical Vignettes

### Question 23

A 48-year-old man who suffers from epilepsy presents to his general practitioner (GP) for review. His medication has recently been changed after an increase in his fit frequency and he is now taking carbamazepine. In the past week, he has complained of increasing headaches, tiredness and lethargy. In addition, his wife reports that he appears intermittently confused at times. What is the most likely diagnosis?

### Question 24

Impression of the image?



### Answers to questions from the previous issue

#### Question 21

Pheochromocytoma

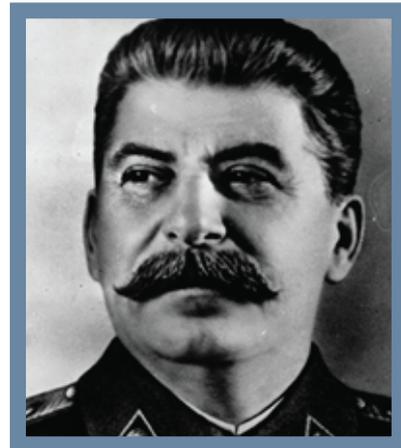
#### Question 22

Crew-cut appearance of the skull (thalassemia)

### Identify The Personality (10)

Jessie Owens, an American athlete and four-time gold medallist in Olympics

### Identify The Personality (11)



### KUDOS!!!

Participants who sent the correct answers :

1. Shrivatshan M.S.B, II MBBS
2. BalaMurugan D, II MBBS

### Answers can be sent to:



carekconnect@care.edu.in  
ckmeditors@gmail.com

## Faculty Achievements




### Certificate of Completion

The Extracorporeal Life Support Organization (ELSO) certifies that  
**Dr. R. Swaminathan Veerasamy**  
 has completed  
**4th ELSO Certified Comprehensive Adult ECMO Specialist Course 2021**  
 Conducted in  
 Gurugram, Haryana, India  
 8/29/2021

*Dr. Bishoy Zakhary*  
 Chair, ELSO Logistics and Education





*Dr. Sandeep Dewan*  
 Course Director  
*Dr. Munish Chauhan*  
 Course Co-Director








Congratulations

to

**Star Performer**

Dr. Koyeli Girigoswami

---

Associate Professor,  
 Chettinad Academy of Research & Education  
 Kelambakkam

for most active, regular participation and being a distinct scorer at AICTE Training and Learning (ATAL) Academy Sponsored One Week Online Faculty Development of Educators Through Inner Transformation by "Art of Living" conducted by Lloyd Institute of Management & Technology (Phatm.), 16th-20th August, 2021.



**Shri Manohar Thairani**  
 Patron  
 President  
 Lloyd Group of Institutions



**Prof. Vandana Arora Sethi**  
 Convener  
 Group Director  
 Lloyd Group of Institutions



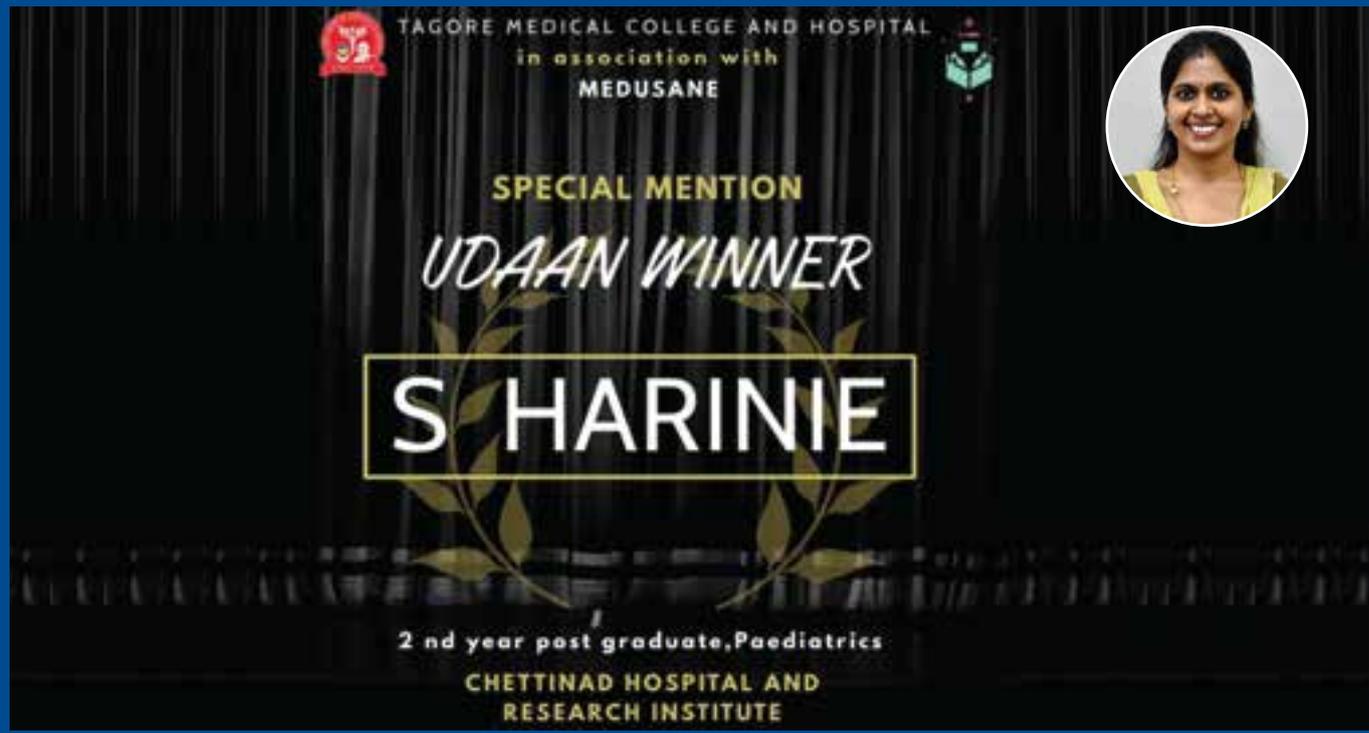
**Dr. Chitra Gupta**  
 Coordinator  
 Professor  
 Lloyd Institute of Management & Technology (Pharm.)

## Student Achievements

**Mr Shrivatshanll**  
II MBBS student,

voluntarily donated blood on  
07.07.2021 as a part of the  
Club 25 activity.

Kudos to the great attitude!





**CERTIFICATE**

**NATIONAL CONFERENCE ON PEDIATRIC COVID - 19**

**THIS IS TO CERTIFY THAT**

**Dr. Kiruthi K**

has attended the National Conference on Pediatric COVID 19 held on 24.7.21 & 25.7.21 as delegate & presented a poster titled EFFECT OF REFRACTIVE ERRORS DUE TO ONLINE CLASSES AMONG SCHOOL GOING CHILDREN DURING COVID-19 PANDEMIC

**DR AJITHKUMAR V.T** ORGANIZING CHAIRPERSON  
**DR GEETA GOVINDRAJ** ORGANIZING SECRETARY  
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**DR NAVEEN A** DISTRICT PROGRAM MANAGER, NHM  
**DR SINDHU TG** CO ORGANIZING SECRETARY



**இந்திய குழந்தை மருத்துவ குழுமம் - தமிழ்நாடு மாநில பிரிவு**  
**Indian Academy of Pediatrics - Tamil Nadu State Chapter**  
(Affiliated to Indian Academy of Pediatrics, Mumbai)  
**ASSOCIATION OF PEDIATRICS**

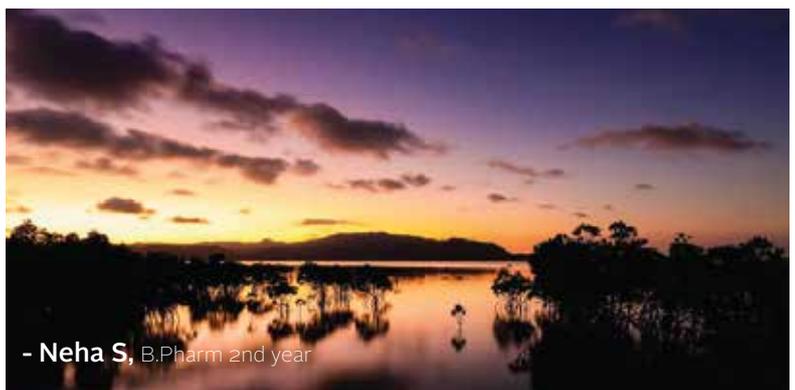
**SCIENTIFIC PAPER COMPETITION 2020**

**DR. T. RAJAGOPAL AWARD**

Certificate awarded to **Dr. Sruthi. M** of **Chettinad Health and Research Institute, Kelambakkam, Chengalpattu** for securing **FIRST** place for the scientific paper titled **Parental Stress in Managing School Going Children During this Covid Lockdown Period- A Pilot Study during the scientific paper competition held in Online platform on November 3, 2020.**

**Dr. A. Chenthil** President IAP TNSC  
**Dr. K.U Suresh Balan** Hon. Secretary IAP TNSC  
**Dr. K. Rajendran** Treasurer IAP TNSC

## Student Corner



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