

PARAMETRIC PILLAYAR

An abstract form of LORD GANESHA modeled by the students of **Chettinad School of architecture** using digital tools to celebrate Vinayagar Chathurthi 2021 with the Chettinad Family.



Our students working on the model



WHAT IS PARAMETRICS?

Straight lines, sharp corners, and acute angles were the lifeblood of former styles. Conversely, Parametricism centers on free-form architectural concepts. Sweeping lines, curves, and irregular shapes give each building character. Such designs might look futuristic or even otherworldly.



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

LETTER FROM THE EDITORIAL DESK

We are slowly getting to see each other's faces as the mask is starting to disappear from our routines. COVID-19 cases are on the fall, but not as low as what was encountered after the peak of the first wave. Is this truly the end of the COVID crisis, or should we expect another storm? There is no harm done in being prepared for the worst. Now that most of us are vaccinated, including pregnant and breastfeeding mothers, and only the children are left, the studies continue. The good news is that phase 2 and phase 3 are completed on children ages 2 to 18, and the data is being reviewed for approval. Also, once approved, children with comorbidities will get priority for vaccination. The COVID vaccine is already available for children in certain countries, with research showing that the vaccine is 100% effective in preventing COVID-19 among children of age group 12 to 15, and 91% effective in preventing severe illness among 16 and above, 96% effective against the new delta variant.

A Clinical trial involving a placebo for one group of children and covid-19 vaccine for the other resulted in zero cases of covid-19 to those given vaccines. Many countries have promised to deliver vaccines for the children of age group 12 to 15 by the end of October. A study revealed that many parents are worried about this long quarantine period and how it would affect their kids mentally; one more reason for the trials among children and a necessity to introduce the vaccine to the younger age group.

Apart from the wonderful news of covid vaccine being soon available for children, the month of October has many awareness days. With COVID being a big problem, it casts a shadow over the other minor but significant problems that should not be ignored. The entire month of October is dedicated to breast cancer awareness which continues to be a significant problem. So, instead of

focusing our time and money on covid-19 alone, let us also keep our mind on other illnesses. The world Mental Health Day which falls on October 10th has been given the theme, Mental health care for all; let us make it a reality. With covid-19 itself being a cause for the rise in many mental illnesses in the past couple of years, along with the disruption of services for mental, neurological and substance use disorders. During their campaign this year, the WHO says they will showcase the efforts made in some countries and encourage us to highlight positive stories as part of our activities, as an inspiration to others.

The month of October ends with International Lead poisoning prevention week; the campaign will be focusing on the health impacts of lead exposure, again highlighting the efforts made by the countries to prevent childhood lead exposure and fast-track efforts to phase out the use of lead in paint. The other essential health days are Obesity Day, Handwashing Day and Polio Day. Let us not forget the dangers caused by obesity, a killer hiding in plain sight. Also, we Indians have one of the highest under-five mortality rates along with Nigeria and Pakistan, and that most of it can be avoided by following proper handwashing! UNICEF tells us that proper hand washing can save the lives of approximately 800 children a day! We are not faced with one but many demons, focusing on one and ignoring the rest will prove equally deadly. We share our collective knowledge and have conquered many diseases with that. Let us continue to do so and not let one new disease negate years of contribution towards health care and the hard work of the health professionals and workers.

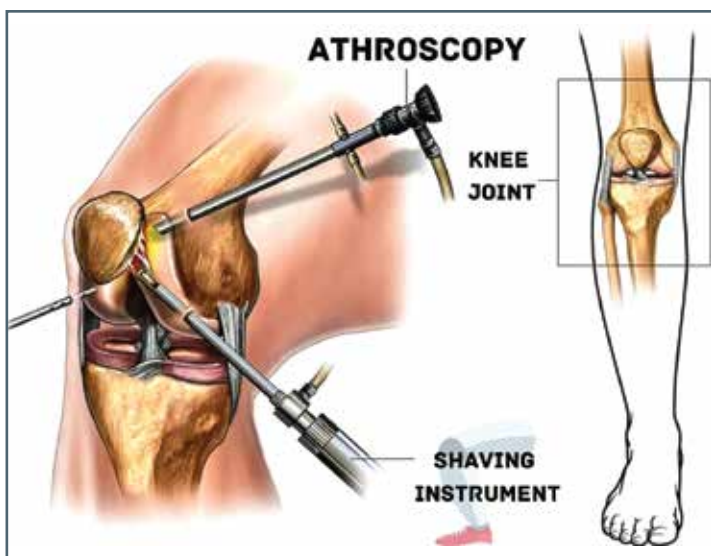
Specialist Speaks....



Dr. C. Arun Kumar,

Assistant Professor, Department of Orthopedics, CHRI

Minimally invasive approach to Knee Disorders by knee hole surgery (Arthroscopy)



When should I go for Arthroscopy?

Swelling, giving way, persistent pain, catching pain are some of the signs to be a candidate for this procedure. You may benefit from arthroscopy when other treatments such as regular medication usage, knee supports and other physical therapies has provided no improvement.

What are the preparations before surgery?

Before the arthroscopic procedure, your Orthopaedic surgeon must be informed about the medications you are taking. Blood investigations and other tests are required to help them plan your surgery. You will be asked to get admitted the previous day night of surgery. Do not eat or drink anything after midnight the day before surgery.

How is Knee Arthroscopy done?

Arthroscopy allows an Orthopaedic surgeon to diagnose and treat knee disorders, by providing a clear view of inside of the knee with the help of pen-sized instruments called an arthroscope. The Scope allows transmission of an image of your knee through a small camera to a television monitor. The image allows the surgeon to thoroughly examine the interior of the knee and determine the source of the problem. During the procedure, the surgeon can insert the surgical instruments through other small incisions in your knee to repair or remove the damaged tissues.

What are the associated risks and complications?

The complications that can be expected to encounter are Blood clots, Bleeding into the joint (Most common), swelling of the leg due to decreased blood flow and postoperative infection and fever.

Which knee problems require Arthroscopy?

Sports injuries, work injuries, arthritis or degenerative changes causing wear and inflammation resulting in pain and diminished knee function.

Arthroscopy can be used to diagnose and treat:

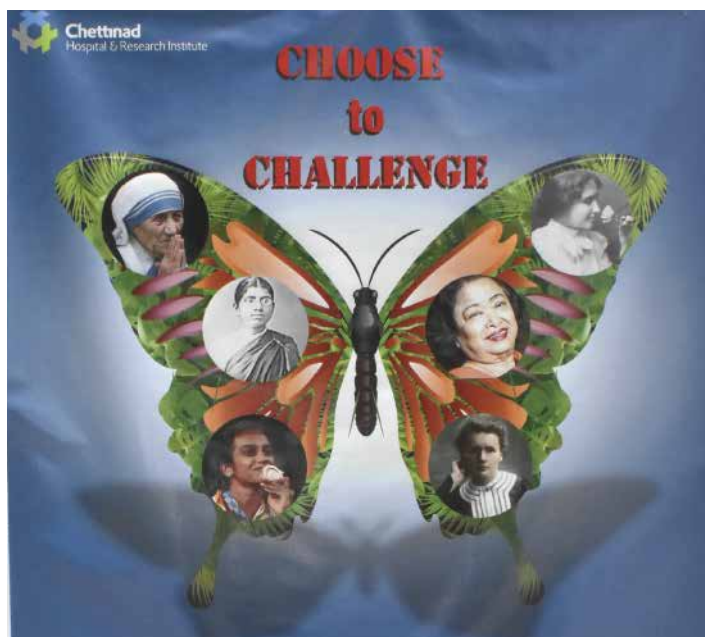
- Loose fragments of bone and cartilage
- Torn Meniscal cartilage
- Inflammation of synovial membrane such as rheumatoid or gouty arthritis.
- Torn ligaments including Anterior and posterior cruciate ligaments.
- Damaged articular surface or softening of the articular cartilage, known as Chondromalacia.

Campus Buzz

THIS SECTION HAS THE DETAILS OF ALL EVENTS CONDUCTED AT THE CHETTINAD CAMPUS FROM 1ST TO 30TH SEPTEMBER 2021

Women's Equality Day Celebration 2021

The 'Women's Equality Day' 2021 was commemorated by the Department of Forensic Medicine, CHRI on 26-8-2021. A poster presentation competition on 26th August 2021 with the theme being 'Choose to Challenge' was held. The competition was open to all students of Chettinad Academy of Research & Education (CARE). Several students of various schools and colleges under CARE participated in the event. The results of the contest were declared and the participants were given prize and certificates. Faiz Rifa & Harshita, Karshini M. Kumar and R. Harshini & P.V. Keerthi were the winners.



Farewell And Thanksgiving Program - Chettinad College Of Nursing

Farewell program for B.Sc nursing 2017-2018 batch & post basic B.Sc nursing 2019-2020 batch was organized by the Chettinad College of Nursing on 26.08.21 at Mini Auditorium. The organizing faculty was A.Shanmugapriya, Associate Professor, CCN and the organizing batch was B.Sc Nursing, 3rd year (2018-2019 batch) Students and P.B.B.Sc Nursing 1st year (2020-21 batch) Students. Dr. Hepsibah Sharmil.S, Principal, CCN delivered the keynote address and wished the students for their best future, followed by Prof. Ms. Subbulakshmi, Vice Principal who delivered the special address and encouraged the final year students for their bright future. A Thanksgiving program was organized by the B.Sc Nursing fourth-year students and Post Basic Nursing second-year students of CCN in the afternoon. Other events such as Bharatanatyam, singing etc., followed. All the nursing students and faculty attended the program.

THANKSGIVING INVITATION

There is always something to be thankful for!

Join us for a

THANKSGIVING

Thursday, 26th August, 2021

2:30 pm to 4:00 pm | Mini Auditorium

Organized by

B.Sc Nursing Students (2017 - 2018 Batch) &
Post Basic B.Sc Nursing Students (2019-2021 Batch)



Cytogenetics: Karyotyping insight and updates

Faculty of Allied Health Sciences, Chettinad Academy of Research and Education is conducting a series of guest lectures and the present guest lecture was on Cytogenetics: Karyotyping insight and updates which was held on 01.09.21. The speaker was Dr. Aaditya Madhusudan Tarnekar, Professor and Head, Department of Anatomy, AIIMS, Nagpur. The organizing secretary was Dr. S.Gowtham Kumar, Associate Professor-Genetics, Faculty of Allied Health Sciences. Dr. Aaditya discussed cytogenetic assessment through karyotyping. He spoke about numerous techniques used in cytogenetics including G banding techniques, the assessment of chromosomal abnormalities, the common errors in karyotyping reporting, and manual as well as automated karyotyping. About 30 students (UG&PG) and 30 research scholars, and faculty members from various institutions participated in the event.

National Eye Donation Fortnight and International Conference on Corneal Transplantation

The National Eye Donation fortnight is celebrated every year from August 25 to September 8 to create awareness among the general public regarding eye donation and corneal transplantation. As part of this initiative Department of Ophthalmology, Chettinad Hospital and Research Institute conducted a series of events to celebrate the fortnight. An International Conference on Corneal Transplantation was organized on 03.09.21. The program was inaugurated by Dr. Pitchai Bala Shanmugam, Dean, CHRI. Dr. Rajakumari, Professor of Ophthalmology welcomed the gathering. The speakers were Dr. Azimuddin Azim Siraj, Ministry of Health Brunei, Dr. Priti Singh, of Department of Ophthalmology, AIIMS Bhopal, Dr. Nishanth, Clinical Director, Head of Cornea Services, MN eye hospital and Chennai LASIK Laser Foundation. The topics discussed were enucleation and eye banking, basics of eye donation, eye banking and corneal transplantation, recent advancements in keratoplasty. A poster competition was organised and winners were awarded. A total of 150 Undergraduate students and 10 postgraduate students actively participated in the Crossword puzzle event and poster competition. To increase awareness among the general public attending our hospital a roleplay was done by MBBS students.



Role Play- What Does It Mean To Be a Family Member Of A Sick Patient

The Department of Pathology, CHRI organized a role play based on AETCOM Module No. 2.8 on the topic 'What does it mean to be Family Member of a Sick Patient' on 04.09.21. The objective was to understand and emphasize the importance of empathy in health care. The event was coordinated by Dr. Vijayashree, Professor and Head, Department of Pathology, CHRI and the guest was Dr. Vinu, Assistant Professor, Department of General Medicine, CHRI. The play was enacted by 2 teams. One team enacting the positive effect of empathy in patient care and the other on the negative effect due to the absence of empathy on patient care. The role play was performed with realistic actions and each team brought out the real aspects of empathy.

The points insisted were 'Empathy is the ability to understand and share the feeling another' 'Until u walk in another man's shoe you can't imagine the smell' and 'Doctor's communication with empathy has brought out advance humanism in health care'. Totally 220 participants attended the program.



Seminar: Blending of Speech Situation, Event and Act for Effective Communication

A seminar was organized by FAHS, CARE on “Blending of Speech Situation, Event and Act for Effective Communication” on 4.09.2021. The seminar had an agenda of interacting with the participants on ‘Sociolinguistics’. The organising in charge was Dr. S. Weslen Vedakumari, Assistant Professor, FAHS, CARE. The speaker, Dr. Loganathan K, Assistant Professor, Department of English, CARE, addressed the audience and also interacted with them on the aspects of sociolinguistics such as accent, dialect, register, language varieties, linguistics description and pragmatics for effective communication.

Workshop on OBG Physiotherapy Care

The Chettinad School of Physiotherapy, CARE, conducted a workshop on Obstetrics physiotherapy care on 04.09.21. The speaker was Prof. Kavitha Venkatesan and the moderator was Dr. Subramanian .S, faculty, CSPT, CARE. The objective of this workshop was to provide in-depth information with regards to Antenatal care, Post-natal care and physiotherapy in addition to the exercises for the management of incontinence. The speaker demonstrated all the physiotherapy approaches related to OBG conditions with the help of models. The workshop focussed on OBG Physiotherapy Care from the patients’ perspectives. A total of 28 participants attended the workshop.



Outreach Physical Fitness and Health, Musculoskeletal and Joint pain awareness

The Chettinad School of Physiotherapy (CSPT), CARE organized an outreach activity on 05.09.2021 at Royale apartment, Santhosapuram, Chennai. This was a ‘Physical Fitness and Health, Musculoskeletal and Joint pain awareness camp’ organized by Dr. P. Senthil, Dean i/c, Chettinad School of Physiotherapy. Dr. Subramanian. S, Associate Professor, and Mrs. Swathi. N, Research Scholar, CSPT, CARE coordinated this camp session. Simple step-test procedure and demonstration of few stretching and active exercises to the audience was done using the models. About 100 participants from 50 of the apartment benefitted from this awareness camp



Teachers' Day celebration at CARE

Teachers' Day was commemorated by Chettinad Academy of Research and Education on 06.09.21 at the Sigapi Aachi auditorium of the campus. The faculty from all schools and colleges of CARE along with the students attended the program. The event was presided over by Dr. Bala Subramanian, Vice-Chancellor, CARE and Mrs. Jeyendra Saraswathi, Registrar, CARE. Dr. Pitchai Balashanmugam, Dean, CHRI were present during the occasion. The students from all colleges and schools wished their teachers on 'my favourite teacher' event. An interesting quiz competition was conducted for the faculty and fun games were played. This was followed by a talent show that included singing and dancing performance by the faculty. The program ended with a vote of thanks and refreshments.



BLS Workshop series

The department of Anatomy, Chettinad Hospital and Research Institute, in collaboration with the Dept of Anesthesiology, organized a BLS workshop series from 3.9.21 to 9.9.21. Mr. Arunraj M was the Resuscitation Simulation Educator. Dr. Anand S, Dr. Rajila, Dr. Balamurugan B, Dr. T K Balajidr. Merlin Shalini Ruth, Dr. M S Arathi, Dr. Arunkumar, Dr. Vaithianathan G, Dr. Swaminathan V, Dr. Manickam S, Dr. Afreen Nahar R And Dr. Dranani Y were the resource persons. The experts in skills training gave a very simple presentation on BLS for the students. Then the students were given hands-on training on BLS by the experts. Around 227 students of CHRI attended the Workshop.



Shikshak Parv Celebration-2021

In recognition of the valuable contribution of our teachers during the pandemic and to take the National Education Policy (NEP) 2020 a step forward, the Department of School Education & Literacy, Ministry of Education celebrates Shikshak Parv, 2021 from 5.09.2021 to 17.09.21. The theme for this year's Shikshak Parv is 'Quality and Sustainable Schools: Learnings from the Schools in India'. The NSS and Unnat Bharat Abhiyan Unit of Chettinad Academy of Research and Education, Kelambakkam, Tamilnadu (AISHE Code-Uo451) commemorated Shikshak Parv Celebration on 07.09.21. Live inaugural conclave was screened in which the Hon'ble Prime Minister of India has delivered the lecture. Nearly 200 NSS volunteers and students, faculties from various constituent colleges of Chettinad Academy of Research and Education participated in this event. Dr. Koyeli Girigoswami, Associate Professor, FAHS, CHRI and NSS and UBA was the event coordinator.


Guest Lecture: Advancement of Multiparametric Flowcytometry in Research and Vaccine Development

An E- guest lecture was organized by the Department of Microbiology on the topic 'Advancement of Multiparametric Flowcytometry in Research and Vaccine Development' on 07.09.2021. The resource person was Dr. Siva Sankaran MP, Senior Research Scientist, Indian Institute


of Science Bangalore. The speaker gave an overview of the basics of flowcytometry, parts of flowcytometry and applications of flowcytometry in research and diagnosis like immunophenotyping, cell sorting, cell proliferation, cell cycle analysis, nucleic acid analysis, apoptosis, etc. The speaker also shared his research experience in the development of the HIV vaccine trial and the COVID 19 vaccine. The program was attended by a total of 75 participants, faculty, research scholars, post graduates of CHRI and from other institutes.

National Nutrition Week Celebration 2021

The Department of Paediatrics, CHRI celebrated national nutrition week during the first week of September. The events conducted during that week were poster presentation, Quiz on Nutrition, low-cost nutrition food exhibition and distribution of nutrition kits, Outreach programme, Nutritional counselling to the parents and expectant mothers and various guest lectures. Nutrition Week celebration began with the inaugural address given by Dr. L.Umadevi, Head, Department of Pediatrics. She highlighted the importance of the Nutrition week celebration and its theme – "Feeding smart, right from the start" which was followed by Dr. Rajkumar, elaborating the details of the programme and sharing his knowledge on Nutrition. A poster presentation competition was conducted for Nursing students / CRRIs and AHS on the theme 'Feeding smart right from start'. A quiz on nutrition was conducted by Dr. G Kannan for post-graduates with active participation from MD students and MSc Nursing. An exhibition of low-cost nutrition food and distribution of nutrition kits was done. An online lecture was provided to nursing students on the theme of nutrition week via the zoom platform. Nutritional counselling to the parents and expectant mothers in the antenatal wards and mothers at postnatal wards was given by Dr. Divyashree. A guest lecture was given on Nutrition and National wealth by Dr. Somasekhar, IAP vice president to faculties and post-graduates.




E-Lecture




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

**ADVANCEMENT OF
MULTIPARAMETRIC FLOWCYTOMETRY IN
RESEARCH AND VACCINE DEVELOPMENT**



7th September, 2021




11:00 A.M - 12.30 P.M. IST

Speaker

DR. SIVASANKARAN M P

Senior Research Scientist,
Indian Institute of Science, Bangalore.



Zoom ID : 928 3140 8486
Password : 424735

Organised By: **Dept. of Microbiology, CHRI.**



World Physiotherapy Day 2021: Advanced Technology in Physiotherapy Management

The Chettinad School of Physiotherapy, CARE and Department of Physical Medicine and Rehabilitation, CHRI organized an international CME on 'Advanced Technology in Physiotherapy' on 08.09.21. Mr. T. Alagappan, Faculty of Physiotherapy, CSPT, CARE moderated the session and Dr. P. Senthil, Dean i/c, welcomed the participants. Dr. T. Balasubramanian, Vice-Chancellor, CARE gave the inaugural addresses and released the awareness video about 'Role of Physiotherapy Exercise in Post- COVID recovery cases'. This video was prepared by Dr. Subramanian, faculty and Ms. Saina Swathi, Research scholar, CSPT, CARE. The Resource persons for the CME was Mr. Om Prakash, Senior Cardio-respiratory therapist, Aseer Central Hospital, Saudi Arabia and Dr. Sharmila Nageshwaran, Assistant Prof, Department of Sensor and Biomedical Technology, VIT- Vellore camps. The topics discussed were the advanced technology used in the COVID cases, ICU Physiotherapy management and physiotherapy rehabilitation.

International Literacy Day -2021

The Department of Physiology, CHRI, celebrated 'International Literacy Day' by organizing contests on the theme "Importance of Literacy" on 08.09.21. The coordinator of the events, Mrs. Savitha Niren, Assistant Professor, ensured the widespread awareness of the slogan writing contest and the poster making contest amongst all the undergraduate students of CARE. About 90 students of various disciplines participated in the contests with great enthusiasm and



submitted their work in English and Tamil. The winners of the poster contest were Mr. Balaji and Ms. Swarnamughi who are currently pursuing B.Sc. Medical Genetics and B.Sc. Medical Biotechnology respectively. The winner of the slogan writing contest was a student of B.Sc. Nursing first year, Ms. Chakly Jenifer. The program successfully concluded with the awarding of prizes to top three scorers of both the contests.

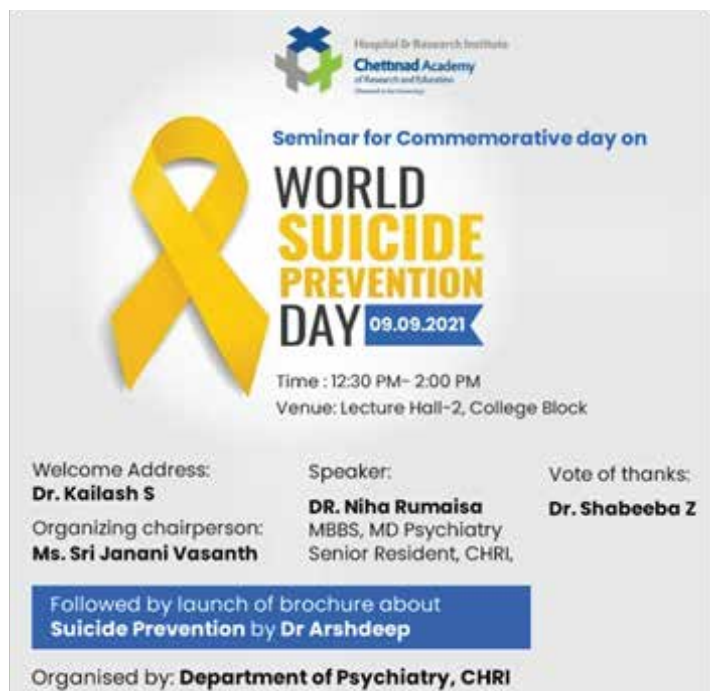
Moisturizers - What, when and How, 2021

The department of Dermatology, CHRI conducted a CME on Moisturiser- What, When and How, on 08.09.2021. The session started with a welcome address by Dr. Jayakar Thomas, Professor, and Head of Department of Dermatology, CHRI, addressed the gathering. Dr. Pitchai Balashanmugam, dean Dr. Arun Kumar, Vice Principal, CHRI and faculty members, were present on the occasion. The chief guest was Dr. U.R.Dhanalakshmi, Retd. Professor and HOD of Department of dermatology, MMC. The speaker started by introducing the different components of an ideal moisturiser, its physiological effects on skin barrier function and its various formulations in great detail with illustrations and clinical pictures. An interactive session between the attendees and the speaker followed. Dr. P.Elangovan with Dr. M.Prem Kumar, Dr. N.Devanand, Department of Dermatology were organising team members. A total of 50 participants including postgraduates, faculties and CRRIS of the department of DVL and paediatrics attended the CME.



World Suicide Prevention Day -2021

The Department of Psychiatry conducted a seminar on the commemoration of 'World Suicide Prevention Day' on 09.09.21. The organising secretary was MS. Sri Janani Vasanth, Department of Psychiatry, CHRI. The speaker for the event was Dr. Niha Rumaisa, Senior Resident, Department of Psychiatry, CHRI. The speaker discussed the various risk factors, warning signs and preventive measures for people having suicidal ideations. The session was followed by an interactive discussion with the participants. Following this, a brochure about suicide prevention was launched by Dr. Arshdeep Kaur, Postgraduate, Department of Psychiatry. More than 55 participants attended the seminar.



Poshan Maah Celebration - (Poshan Vatika-Sapling plantation)

To commemorate POSHAN MAAH (Nutrition Month), the NSS and UBA, Chettinad Academy of Research and Education have conducted a plantation drive- 'POSHAN VATIKA' at the university premises on 09.09.2021. Dr. Koyeli Girigoswami, Associate Professor, FAHS, CHRI and NSS and UBA coordinator along with Mrs. Yaga Jeyanthi, NSS, Programme Officer, CARE, Mr. Raghulan, Garden in-charge, his team and other faculties of the colleges organized the event. More than 100 saplings were planted to create a mini forest. Around 100 NSS volunteers and

students, faculties from various constituent colleges of Chettinad Academy of Research and Education - Chettinad Hospital and Research Institute, Faculty of Allied Health Sciences, Chettinad College of Nursing, Chettinad School of Law, Chettinad School of Pharmaceutical Sciences, Chettinad School of Physiotherapy and Chettinad School of Architecture participated in this event.

Seminar - Embryology of Head and Neck

A student seminar was conducted by the department of anatomy as a part of the learning assessment as per CBME, CHRI on 11.09.2021. The event was organized and moderated by Dr. Y. Janani, Assistant Professor, Department of Anatomy, CHRI. A total of 190 students participated. Seven students presented the seminar. The topics were embryology of head and neck and clinical aspects of some topics from gross anatomy. The sessions were all interactive.

Observance of Poshan Maah (Nutrition Month)

As a part of the POSHAN MAAH (Nutrition Month) celebration, the NSS and UBA Chettinad Academy of Research and Education have conducted competitions- recipe competition and slogan competition on 13.09.21 & 14.09.21. The topic for the slogan and recipe competition is 'Nutritious Food for Pregnant women'. Prof. Yaga Jeyanthi, NSS, Programme Officer, CARE organized the event. Students from various constituent colleges of Chettinad Academy of Research and Education participated in the competitions. Totally 10 students participated in the Recipe competition. Students prepared the recipe focusing on nutritious food for pregnant women. Participants presented with the calorie value and it was evaluated based on the criteria like relevancy to the topic, taste, usage of ingredients, creativity in preparation, nutritive value etc. Totally 12 students participated in the slogan competition. Students were given 2-3 min to present their slogan and it was evaluated based on the criteria like relevancy to the topic, originality, creativity etc. The winners of the recipe competition were 1st prize: Loga Priya, B. Pharm; 2nd prize: Ankit, B.Pharm and 3rd prize: Miriyam Sharon, B.Sc(N). The winners of the slogan competition were 1st prize: S. Tharshya Remy, B.Sc(N); 2nd prize: K. Srivathsan, Ba.Lib(Hons) and 3rd prize: R. Sujitha, B.Sc(N).

Induction & Skill Development Programme for Registered Nurses

An Induction program was organized by the Chettinad College of Nursing, CARE on Induction & Skill Development programme for registered nurses at Lecture hall 11 & Simulation lab on 15.9.2021- 17.9.2021. The resource persons were Dr. R. Swaminathan Veerasamy, Cardiac anaesthetist / Intensivist, GICU, Dr. S.K.Nawaz Ahmed, Department of Forensic Medicine, Dr. Femela M, Medical Director, Department of Transfusion Medicine, Dr. Kruthika. P, ICO, Microbiology Dept, Ms. Msimala Maragatham I Nursing Superintendent, Ms. Santhanalakshmi. S, Assistant Nursing Superintendent, Ms. Helan. A, Ms. Arulmozhi A, Ms. Valliammal. G Nursing Supervisors, Ms. Jeeva Roselin S, GICU- Incharge, CHRI, Ms. Santhosh Priya. N, Ms. Jenifa N, CCN, and Mr. Arunraj .M, Resuscitation Simulation Educator, Chettinad simulation & skills centre, Mr. Sundar Raj R, Ms. Aishwarya. R and Mr. Manickam .M, CARE. The skills trained were nurses documentation procedures, nurses responsibility in infection control, drug calculation test and how to improve the grooming skill, Advanced and basic life support, ICU advice line, Cardiac Emergency and (Shockable rhythm) Defibrillation, Emergency Medication Pain management & analgesia, Airway Management and IV canulation, tubes, drains and infection control, Crash cart, Drug Dosage and Preparation, Nurses Documentation, Admission & Discharge Procedure, Information Technology Training and Disaster Management - Fire and Safety. This was followed by simulation training on the above topics. A total of 36 participants attended the training.



Students Induction Program – 2021

Student induction program was conducted on 16.09.21 for first-year students, to know about institutional policies, processes, practices, culture and values. Dr. R. Arumugam, Librarian & Head, CARE, addressed the student gathering. A total of 256 1st year students of Chettinad School of Pharmaceutical Sciences, Chettinad School of Physiotherapy & Faculty of Allied Health Sciences attended the program.

Guest Lecture on Emerging Trends in Therapeutic Screening and Clinical Diagnosis

A Guest lecture titled 'Emerging Trends in Therapeutic Screening and Clinical Diagnosis' was jointly organized by the Faculty of Allied Health Sciences and Chettinad School of Pharmaceutical Sciences, CARE on 18.09.2021. The organizing secretary was Dr. G. P. Pazhani, Associate Professor, Chettinad School of Pharmaceutical Sciences and Dr. Saravanan, FAHS. The speakers were Dr. Murugan V, Scientist at CSIR-Central electrochemical Research Institute, Karaikudi, and Dr. Mohana M, DST-Women Scientist, Alagappa University, Karaikudi. The topics discussed were Healthcare Theranostics with Nano biomaterial: a label-free approach and use of polyphenols in the biosensor and biomedical applications., Bio-microfluidics: a heavenly technique to play with cells and drugs and application of the microfluidics technique in preclinical studies and drugs screening. The lecture was attended by more than 50 participants.



Suicide Prevention Awareness Program

September is Suicide Prevention Awareness Month- a time to raise awareness on suicide prevention. Faculty of Allied Health Sciences- Counseling Psychology organized and conducted an Awareness programme on Suicide Prevention under the theme 'Creating Hope Through Action' on 18.09.2021. The chief guest for the event was Dr. Sabari Sridar O T, Professor and Head, Department of Psychiatry. The chief guest gave a guest lecture on Suicide Prevention. Following the guest lecture, there were various events such as Photography, Essay Writing, Just A Minute and Poster Making were conducted. Students from the constituent colleges/schools of CARE actively participated in the competitions. The winners of the photography event were Rahu I.S (M.sc Biotechnology, II Year), Dinesh Kumar (B.Pharm, IIIYear), Anne Priyadharshini. (M.sc Counseling Psychology, II year) and Karthikeyan (B.Pharm, III Year). The winners of the essay competition were Durgalakshmi.M (B.sc Counseling Psychology, III Year), Naghashobikaa. K.S (B.sc Medical Genetics, II Year) and Kavitha Sri. (M.sc Medical BioNanotechnology, II year). Just A Minute event winners were Muhil Azhaki. R.V (M.sc Counseling Psychology, II Year), Pavithra(B.Sc Medical Genetics, Iii Year) and Srivatsan (BA.LL.B. (Hons.), I Year), Ashlin. X And Sheik Rawood (B.Pharm, III Year), Swarnamughi. P And Balaji. E (B.Sc MBT, III YEAR & II Year) and Mathumithaa. P.K and Esther Sharon. W (B.Sc Counseling Psychology, II Year).



Fitness Assessment and Exercise Prescription

A fitness assessment webinar was conducted by the Chettinad School of Physiotherapy (CSP), CARE on 18.09.21. The speaker was Mr. Abhinav Sathe MPT (Sports), PhD, Assistant Professor, Department of Physiotherapy, Rajeev Gandhi College, Bhopal, Madhya Pradesh. The speaker discussed fitness assessment and various techniques of exercise. The session was attended by students of various colleges and schools under CARE. A total of 40 participants attended the webinar.

Poshan Maah Celebration - Sensitization Drive for Covid Vaccinations Poshan Maah - Awareness program

As a part of the Poshan (Nutrition) Maah (Month) celebration, the NSS and UBA of Chettinad Academy of Research and Education conducted a awareness drive for the covid vaccinations on 21.09.21 at the adopted village of Thaiyur. 100 NSS volunteers and students, faculties from various constituent colleges of Chettinad Academy of Research and Education participated in this event. Dr. Koyeli Girigoswami NSS and UBA coordinator along with Mrs. Yaga Jeyanthi, NSS, Programme Officer, CARE, Dr. S. Ramesh, Associate Professor, Chettinad School of Pharmaceutical Sciences, Dr. S Subramanian, Associate Professor, Chettinad School of Physiotherapy were the organisers. Pamphlets depicting do's and dont's during and the importance of vaccination, was distributed to the villagers to protect them from the anticipated third wave.



World Deafness Day-2021

The Department of Otorhinolaryngology, Chettinad Hospital and Research Institute commemorated World Deafness Day on 23.09.21. Various events such as camp, rally, guest lecture and poster competitions were organized by the department. The events were organized by Dr. S. Rajasekaran, Dr. K. Priya, Dr. R.B. Namasivaya Navin and Dr. K. Gowthame. Free consultation with hearing assessment was done for more than 25 patients. A guest lecture was tendered by the guest speaker Dr. M.K. Rajasekar, Professor & HOD from Sri Balaji Medical College & Hospital on the topic 'Challenging perceptions of the hearing loss and deafness in our community'. The second guest lecture was by Dr. T. Balasubramanian, Registrar, Dr. M.G.R Educational & Research Institute, Madhavavoyal, on the topic 'Promoting the positive aspects of deafness, encouraging social inclusion & awareness of National Programme that supports deaf people'. Faculties, PGs, CRRI of the Department of ENT along with MBBS students participated in the rally within the CHRI campus. A poster competition was conducted on the theme 'Hearing care fall', for the M.B.B.S students. Winners of the competition were given prizes.



Weekly CME: E-Learning tools in Competency - Based Medical Education

Weekly CME was organized by the Medical Education unit of Chettinad Hospital & Research Institute on 24.09.21 on the topic 'E-Learning tools in Competency-Based Medical Education'. The speaker was Dr. D V Satyamoorthy G, Associate Professor, Department of Biochemistry, Chettinad Hospital & Research Institute. E-Learning is an integral part of the CBME curriculum and the speaker discussed the core principles of E-Learning, tools of e-learning and the importance of an appropriate environment during the facilitation of E-Learning. A hands-on

demonstration on a few e-learning tools was done by the speaker during the session. The CME concluded with interactive participation by the doctors in the forum on the topic in discussion.

NSS DAY CELEBRATION

NSS team of CARE celebrated the NSS Day celebration on 24.09.21. The event started with the inaugural speech of the Chief Guest, Prof. Dr. T. Balasubramanian, Hon'ble Vice-Chancellor, Chettinad Academy of Research and Education. Dr. Koyeli Girigoswami NSS PO, CARE, presented the last year NSS activities and the certificates were issued for the Unit 1 and Unit 2 volunteers by the chief guest. The winners of the slogan writing competition and recipe competition for the Poshan Maah celebration were awarded certificates. 200 NSS volunteers and students, faculties from various constituent colleges of Chettinad Academy of Research and Education attended the event. The program ended with a vote of thanks by Ms. YagaJeyanthi, NSS PO, CARE and the National Anthem.

National Pharmacovigilance Week 2021

The Department of Pharmacology and the Pharmacovigilance Committee, Chettinad Hospital and Research Institute observed 'National Pharmacovigilance Week 2021' from 17.09.21 to 23.09.21. the theme of the celebration was Pharmacovigilance: A step towards Patient Safety. Chettinad Hospital and Research Institute is now an Adverse Drug Reaction Monitoring Centre (AMC) under the Pharmacovigilance Program of India (PvPI), Ministry of Health & Family Welfare, Govt of India. The organising secretaries were Dr. S.Saradha, Associate Professor, Dr. Vinu Boopathy, Assistant Professor, Dept of General Medicine, CHRI. The event comprised of an awareness and orientation program on "Adverse drug reaction reporting" for the interns and junior residents. In addition posters, essay competitions and role play were demonstrated. The role-play on ADR reporting was enacted by the IIInd MBBS students. S.Vasantha Sandhya, R.Snega, M.Yokesh, T. Vishnukumar, A. Sushmitha and Ramya Krishnan of II MBBS participated in the play. Medals and prizes were distributed to the winners. The winners of the essay competition were K.Hariprasath, II year MBBS, R.Archana, III year MBBS, S.Vasantha Sandhya, II year MBBS and B.Afila Shafrin, II year BPT. The winners of the poster competition were M.Thilaga and S.Stephly Ailen, II year MBBS, V.Abishek and Sheik Dawood, III year B Pharm, A.Shivanaya and Harshini, II year MBBS and R.Snega, II MBBS.



Pharmacists Day Celebration 2021

Pharmacists Day celebration was organized by Chettinad School of Pharmaceutical Sciences on 24.09.2021 and 25.09.2021. The celebration comprised of various events such as debate, mime show, and connexions competitions for B.Pharm students who actively participated in the events. The collage competition and an exhibition on the laboratory types of equipment were also conducted. The working of the equipment such as tablet disintegrator, defibrillator, dissolution apparatus, tablet coating machine and ampoule filling machine etc. were exhibited which was attended by students of the constituent colleges. In addition, an E-poster presentation and Quiz competition were conducted virtually. E-poster competition was conducted on the theme, "Pharmacy: Always Trusted for your Health". There were 15 teams registered for the quiz and five teams were selected for finals. Students of various pharmacy colleges across the state participated in the quiz competition. Winners were announced for all the competitions and all the participants were given E-certificates.



Guest lecture: Meningitis-Etiopathogenesis and clinical manifestation

The Department of microbiology organized a guest lecture on the topic 'Meningitis - Etiopathogenesis and clinical manifestations' on 27.09.21. The guest speaker was Dr. Netravathi M, Additional Professor, Department of Neurology, NIMHANS, Bangalore. The speaker discussed the pathogenesis, mode of transmission of infection to CNS with risk factors, the triad of meningitis symptoms, meningitis clinical signs elicitation. Few of the patient's clinical history and radiological images were also shared. Live videos of patients with acute meningitis were also displayed. A total of 100 participants attended the lecture.

Guest Lecture: Acute and chronic Meningitis- Laboratory

The Department of Microbiology, CHRI organized a guest lecture on the topic 'Acute and chronic Meningitis- Laboratory diagnosis' on 28.09.21. The guest speaker was Dr. Nagarathna S, Additional Professor, Department of Neuromicrobiology, NIMHANS, Bangalore. The speaker discussed causative agents of acute and chronic meningitis, the lab diagnosis, importance of CSF Examination. Automated techniques for CSF culture such as Bactec, Biofire, MALDITOF and blood culture were also discussed. Related cases scenario were discussed. The session ended with a question and answer session. A total of 120 participants attended the guest lecture.

Centre Activities

RHTC

NATIONAL NUTRITION WEEK

National Nutrition Week is celebrated every year to remind the public of the importance of healthy and nutritious food from 1st September to 7th September. This year, the theme is “feeding smart right from the start.” The event was commemorated on 17.09.21 at RHTC. A poster on types of healthy foods was displayed. A health talk was given by Postgraduates, Dept of Community Medicine on the need for adequate nutritional awareness and advantages of it. The need for intake of healthy foods and its advantages on both general population and pregnant mothers were explained.

WORLD HEART DAY AWARENESS

World Heart Day is celebrated on 29th September of every year. It was created by the World Heart Federation. World Heart Day was commemorated at RHTC on 27-09-2021. It was aimed at drawing people's attention to cardiovascular illness and the range of associated health issues. Posters and charts were exhibited on the causes, signs and symptoms of various cardiovascular diseases. A Health awareness talk was given by Postgraduates of Dept. of Community medicine, on the need for cardiovascular disease awareness followed by risk factors identification and ways to identify the signs and symptoms at the earliest. Preventive measures such as lifestyle modification like weight reduction, reduced salt intake, increased physical activity, avoiding alcohol and smoking, adherence to Diabetes and Hypertension medication were explained in detail.

WORLD RABIES DAY AWARENESS

Rabies is a vaccine-preventable, zoonotic, viral disease. Once clinical symptoms appear, rabies is virtually 100% fatal. An awareness program was conducted by Department of Community Medicine at RHTC, Poonjeri on 30.09.2021 to raise awareness about this deadly disease. Posters and health talks on awareness of rabies were given. Protective measures against rabies such as vaccinating the pet dogs, first aid measures to be followed after a dog bite, using the available rabies vaccine at right time were discussed. The participant were explained the consequences of untreated rabies. Also, they were enlightened on the indications and contraindications of the rabies vaccine. The awareness program ended with an interactive session where publics doubts regarding rabies were cleared.

UHTC

NATIONAL NUTRITIONAL WEEK

The National nutritional week was commemorated by the Department of community medicine on 17.09.2021 at the Urban health and training centre, Karapakkam. A health talk was given about nutritional values of different easily available food items. The types of food and its benefits, lifestyle modification tips to ensure healthy life ahead and the importance of various micronutrients that our body requirement were also explained. Awareness on various government programmes like POSHAN ABHIGYAN, JANANI SHISHU SURAKSHA KARYAKRAM was given. Also, participants were educated regarding highly nutritious food at affordable cost. Discussion prevalence of anaemia and ways to enhance diet with iron-rich food was done.



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 437 patients got benefitted out of which 118 patients were referred to CHRI for further treatment. The sites where the camps were organised are Manamai, Perumbakkam, Kunnatr, Pattipulam, Manamathy and Kannagi Nagar. The outreach was carried out by the outreach team of the Department of Community Medicine, under Dr. Buvnesh Kumar.



Clinical Vignettes

Question 25

A 40-year-old woman is referred to the endocrine clinic complaining of an 8/12 history of constant sweating and occasionally being feverish. She found her recent summer holiday to Turkey unbearable and had to return to the native country early. She has also noticed that she has lost weight over the last year though her appetite remains fine. On examination she was afebrile but tachycardic. Her palms were sweaty. No goitre was palpable. What is the most likely diagnosis?

Question 26 - Impression of the image?



Answers to questions from the previous issue

Question 23

SIADH drug-induced

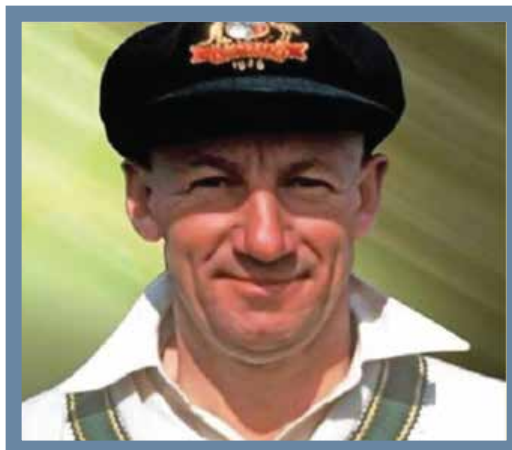
Question 24

Charcot foot (Diabetes)

Identify The Personality (11)

Joseph Stalin,
Soviet Union Political leader

Identify The Personality (12)



KUDOS!!!

Participants who sent the correct answers :

1. Dr. Femela
2. Dr. Hari
3. Dr. Priya



Answers can be sent to:

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

Faculty Achievements



CONGRATULATIONS

CARE congratulates

Dr. Suganthi .S Associate Professor,
Department of Community Medicine, CHRI
for the research grant approval from TB association of India.

Student Achievements



Ms. Dikshita Deka, Ph.D student, FAHS, CARE under the guidance of Dr. Antara Banerjee Associate Professor, FAHS, CARE has been awarded with DST-INSPIRE Fellowship under the scheme of **"Innovation in Science Pursuit for Inspired Research (INSPIRE)"** by Department of Science and Technology, Government of India in the project entitled "Investigating the role of 4-Phenylbutyric acid in reducing the endoplasmic reticulum stress-mediated unfolded protein response in dextran sulfate sodium-induced colitis" to peruse the proposed doctoral work at Chettinad Academy of Research and Education for a period of 5 Years.



Certificate of Participation

Lakshmi

In the reward of participating in the student category (college)
for India's first & unique National IPR Olympiad 2.0 held on
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Student Corner

SKY

*During the day the sky looks blue,
the presence of sun makes it blue,
During the night the sky looks dark,
the absence of sun makes it dark.*

*There may be moons and stars,
But they don't make the sky blue.
Sometimes during the day, the sky looks dark,
It's the passing clouds that makes it dark.*

*Our life is similar to the sky to make it blue,
What works like the sun is hardwork.
Though there may be moons and stars of luck,
It is only the sun that makes the sky blue.*

*There may be passing clouds to distract our hard work,
At this time our life may seem to be darkened.
Blow the clouds out of your life,
One day you will stare upon your own life*

- G.M.R.Abarna, MBBS 1st Year





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