



A photograph capturing a moment during a convocation ceremony at Saveetha Institute of Medical and Technical Sciences. In the center, a woman dressed in a traditional Indian academic robe (Sangeet) and a pink floral mask holds up a certificate. She is flanked by two men in white dhotis and shawls; the man on the left wears a blue sash with the letters 'SAV' and 'IHA', while the man on the right wears a gold sash with a red and yellow pattern. They are standing in front of a large banner that reads 'SAVEETHA INSTITUTE OF MEDICAL AND TECHNICAL SCIENCES' and 'NAAC 'A' GRADE UNIVERSITY'. The banner also features the text 'CONVOCATION' and 'PARTY WELCOMES TO THE DOCTOR OF SCIENCE (HONORIS CAUSA)' along with the date 'Date : 18.11.2021'. The background shows other people and decorative elements typical of a formal university ceremony.

Another feather to the cap

Dr. MAMR Muthiah, Chairman of Chettinad Group of Companies,
was conferred Honoris causa (Doctorate) by **Saveetha Institute of
Medical & Technical Sciences** for his extensive contribution to the field of education.

LETTER FROM THE EDITORIAL DESK

With the new SARS- COV-2 variant Omicron on the rise, alarms are going off once again all around the Globe. As WHO has declared this new variant a cause for concern due to the initial evidence of it spreading very quickly. It is under close surveillance as it has the capability of changing how the pandemic behaves. While it is a bit early to comment on the statement that it could be worse or not, compared to the previous strains with the little evidence we have collected so far. More research is needed to find out if it is indeed highly transmissible than other strains or other factors like relaxing/ not following the personal protective measures to be the reason for increasing cases in South Africa. The initial data on this new variant shows it has milder symptoms comparatively and most of the infected being young. So let us continue the precautionary measures undertaken in public places and places of gatherings till we have the necessary evidence.

The National Family Health Survey 2019-21 (NFHS-5), the fifth in the NFHS series, provides information on population, health, and nutrition for India and each state/union territory (UT). It also provides district-level estimates for many important indicators. They had released their data results last month (NOV 24) which will be useful in setting benchmarks and examining the progress the health sector has made over time. In addition to providing evidence for the effectiveness of ongoing programmes, the data from NFHS-5 help in identifying the need for new programmes with an area specific focus and identifying groups that are most in need of essential services. Some of its key features include Infant and Child mortality rates, Maternal and Child health indicators like ANC visits, supplements during pregnancy, Immunisation, Delivery Care and treatment of childhood diseases.

And finally, we have arrived at the last month of the year 2021, the end of another year filled with ups and downs; another year of the pandemic. There was a lot of compromises in the Health Care system. Due to the COVID-19 second wave many health programmes including regular screening for non-communicable diseases like Diabetes, Hypertension, Cancer etc. were halted and many people avoided the hospitals in fear of the pandemic. But despite the situation Health Care for all must continue to function. This December 1 marks the World AIDS day and it has been themed "End inequalities, End AIDS" by the WHO, and 'Equitable Access, Everyone's Voice" by the NIH, with the primary function being to bring an end to the HIV/ AIDS; and not forget the AIDS pandemic amidst the current COVID-19 pandemic. In 2020 alone there was 15 lakh newly infected cases over the world and nearly 7 lakh patients died from HIV related causes. That is why this year the theme is to focus more on the people left behind due to division, disparity and disregard for human rights. With the recent years bringing disruption to health care services due to COVID-19. Let us all join together and confront the inequalities that leads to the increasing prevalence of AIDS, which also would benefit many other patients with other diseases too. Let us keep marching forward towards a better and healthier world.

Specialist Speaks....



Dr. Suruliraman S M

Professor and Head,
Department of Community Medicine, CHRI

Rid the 'Leader Vs. Doer' Attitude: Leaders Require Both

Redefining what makes an effective leader by ridding with the age-old adage that a person is either a leader or a doer. Today's leaders need to do more than act as the face of an idea; they must have the technical skills, social capacity and knowledge to do all jobs available within the organization.

Leaders must do more than direct and delegate; they need to guide others by walking alongside them. The ability and willingness to get their hands dirty earn respect and results, because team members see first-hand that advice and counsel come from experience in addition to ideation. Leading with a top-down approach makes sense with leaders focussing on creating authentic relationships and building deep trust from the bottom up. Many collaborative efforts ultimately fail to reach their full potential because they lack a strong relational foundation. Whether leading an entire department or a small internal team, a successful leader is both alpha and omega, agenda-setter and skilful doer.

Incorporate the doer into your leadership approach, and how?

Mentor team members and get your hands dirty.

Know your department.

Know your expected responsibilities.

Know each member of the team and their strengths.

Know if you have the right resources.

Place the right people in the right seats. Ensure your team is equipped to execute the agenda. Resources are both human and physical assets and they must be sufficient for the task at hand.

Remain agile.

Leaders are capable of making decisions in the best interest of positive momentum over perfection.

Remember, 'You can have something be 100% perfect and 0% done or you can have it be 70% perfect and 100% done'

Build a culture that values different contributions.

Strategy can be developed by anyone, and the leader who recognizes this motivates their team even more when allowing others to set the path and not hog the limelight and take credit.

"People confuse leadership with the idea that you have to tell people what to do or get people to work on a vision that you set and keep. But in fact, leadership is the practice of motivating people to make the changes they need to thrive in a new environment.' Once leadership is seen in this light, there will no longer be any conflict between leading and doing.

Be authentic and accountable.

Strong leadership is in the best interests of the team and not by self-interest. A true leader is authentic and accountable to all stakeholders.

"Sometimes you must be willing to tell someone that their 'baby' isn't as special as they think."

A leader should never shy away from taking the responsibility for all failures of the team.

- IT'S A NEW WORLD. TIME TO PLAY BY THE NEW RULES-LEAD THE TEAM BY BEING A PART OF IT.

CAMPUS BUZZ

This section has the list of all events conducted at the Chettinad campus from 1st to 30th November 2021

Current Research Perspectives in Clinical Sciences

An International e-Conference, by FAHS, CARE in collaboration with Tecnologico de Monterrey University, Mexico on 12-13th of October 2021. The International conference had the presence of Key Note Speakers such as Prof R Dinca from the University of Padova, Italy and Prof R Sobti, Former Vice-Chancellor, Punjab University and Padmashree awardee and Dr Bhavik Sahnwy, Editor in Chief, Springer Nature Group of Journals. The event's organising secretaries were Prof Surajit Pathak, Professor and Dr Antara Banerjee, Associate Professor, FAHS, on behalf of CARE and Prof Sujay Paul Tecnologico de Monterrey, Mexico. About 130 participants including Faculties, Scientists, Research Scholars, Clinicians, MBBS students, UG/PG students and Interns from CHRI, CARE and Tecnologico de Monterrey, Mexico registered and attended the 2 days e-Conference. 10 best oral presentations were selected from faculties of CARE and outside Universities and was presented by the respective presenting authors. At the closing ceremony, all the resource persons were felicitated, certificates were given to all the participants and the vote of thanks was proposed by Prof Dr A Ahmed Basha, Professor, Department of Physiology, CARE.



Continuous Pharmacy Education (CPE)

Chettinad School of Pharmaceutical Sciences organized a guest lecture on "Dose Calculations and Medication Error" on 29.10.2021. The event was organized as a part of the Continuous Pharmacy Education (CPE) by Dr. K. Lakshmi, Professor and Dean i/c of School of Pharmaceutical Sciences, CARE. The resource person for the program was Mrs. N. Santhosh Priya, Assistant Professor, Chettinad College of Nursing, Chettinad Academy of Research and Education. The speaker discussed the various attributes of medication errors and the possibilities of overcoming the same. Students, faculty from various constituent colleges under CARE attended the CPE.



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

Continuous Pharmacy Education
Dose Calculation and
Medication Error

Resource Person

Ms. Santhosh Priya N
Assistant Professor
Chettinad College of Nursing
Chettinad Academy of Research & Education

Date: 29.10.2021
Time: 08:45 am - 09:45 am

Venue:
Demo Hall 11, Ground Floor,
College Block.

Organised by
Chettinad School of Pharmaceutical Sciences,
Chettinad Academy of Research & Education

Continuous Pharmacy Education

Chettinad School of Pharmaceutical Sciences organized a guest lecture on "Bugs as Drugs" on 30.10.2021. The event was organized as a part of the Continuous Pharmacy Education (CPE) by Dr. K. Lakshmi, Professor and Dean i/c of School of Pharmaceutical Sciences, CARE. The resource person for the program was Dr. S. Meenakshi, Assistant Professor, Faculty of Allied Health Sciences, Chettinad Academy of Research and Education. The speaker discussed the importance of probiotics and their potential as a drug candidate in the pharma industry. All the B.Pharm students attended the session.



feedback. At the closing ceremony, all the resource persons were felicitated, certificates were given to all the participants and the vote of thanks was proposed by Dr Shoba Narayan, Associate Prof., FAHS, CARE.



Nucleic acid sample prep & Bioluminescent cell-based assay workshop

FAHS, CARE in collaboration with Promega Pvt Ltd, (a US-based multinational Company with R/D units all around the globe) organised a 1 day online and 2-day hands-on workshop on the topic 'Nucleic acid sample prep & Bioluminescent cell-based assay workshop' on 29th-30th October 2021. This workshop is intended to explore the possibilities of bioluminescent tools and learn how they are being applied to advance our understanding of targeted protein degradation and kinase biology. The event was organised by Prof Surajit Pathak, Professor and Dr Antara Banerjee, Associate Professor, FAHS, on behalf of CARE. About 56 participants including Research Scholars, Clinicians, MBBS students and Interns from CHRI registered and attended the workshop and presented their views and positive

Guest Lecture –Antiretroviral drugs

A Guest lecture was organized by the Department of Pharmacology, Chettinad Hospital and Research Institute on 12.11.2021 on the topic 'Antiretroviral drugs'. The speaker was Dr. Ritum Shitak, Professor and Head, Department of Pharmacology, Dr Radha Krishnan Government Medical College, Hamirpur, Himachal Pradesh. The Moderator was Dr. Anu M, Assistant Professor, Dept. of Pharmacology, CHRI.



The speaker discussed all the salient features of HIV and antiretroviral drugs with various regimens and the recent guidelines for starting ART. The audience were phase II MBBS students who interacted actively with the speaker at the end of the session.

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

ONLINE GUEST LECTURE ON
ANTIRETROVIRAL DRUGS

Date : 12th November, 2021 | Time : 02:30 pm - 04:00 pm

Guest speaker
Dr. Ritu Shitak,
Professor and Head,
Department of Pharmacology,
Dr. Radhakrishnan Govt. Medical College,
Hamirpur, Himachal pradesh.

Moderator
Dr. Anu M,
Assistant Professor,
Department of Pharmacology, CHRI.

Organized by
Department of Pharmacology

Zoom ID : 912 6090 6678
Password : 985176
[Click here to join zoom link](#)

Well Baby Contest-2021 – International Children's day

Well, Baby Contest-2021 was conducted on International Children's day-14th November by the Department of Paediatrics in CHRI. A total of 33 children participated in the contest. All 33 babies were screened and 14 shortlisted for the final round. The babies were screened for anthropometry, hygiene and food practices, complete immunization status, developmental screening and they have ranked accordingly. A small guest lecture on the importance of a well-baby clinic was given by Dr. Indumathi. The parents were appreciated and motivated for the best scores in the above categories and all participants were encouraged with a gift. The winners were Baby. NiranyaPriya (Winner), Baby Tharunika -Runner Up(1st) and baby Niranjan-Runner Up (2nd). Selected babies were crowned and prizes were distributed by the chief guests Dr. Anuradha, Dr. Priyadarshini and Professors of the Department of Pediatrics.

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

**Well Baby
Contest**

Eligibility: Children under 2 years can register for the contest and win exciting prizes

13.11.2021 & 09:00 am - 01:00 pm
OPD - 19, "A" Block, General Hospital, Pediatric Department
Registration 044 4742 8270

Organized by Dept. of Paediatrics, CHRI



International CME On Updates In Genitourinary Pathology

The Department of Pathology, CHRI, organized an International CME on Updates In Genitourinary Pathology, on 13.11.2021, to commemorate the International Pathology Day 2021. Dr. Vijayashree Raghavan, Professor & Head of the Department of Pathology was the Organising Chairperson and Professor Dr. Femela was the Organising Secretary. The guest speaker was Dr. Paari Murugan, Associate Professor, Department of Laboratory Medicine & Pathology, Medical Director, Biorepository & Laboratory Services, University of Minnesota, Minneapolis, USA. The speaker discussed the updates of the Diagnostic Pathology of Genitourinary Malignancies. More than 434 delegates attended this CME program, including faculties, and residents from many institutes such as JIPMER, Christian Medical College, Vellore, and other Universities in Tamilnadu and other states of India and outside India, including the UK,



World Diabetic Day 2021 - Poster competition

The Chettinad School of Physiotherapy, CARE conducted a poster competition on the occasion- World Diabetic Day 2021 on 15.11.21. This competition has been organised to create awareness of diabetic care. Ms K. C. Gayathri, Assistant Professor, CSPT, CARE coordinated the session and Dr C. Ramesh, Prof/ Head, Department of Sports Medicine and PMR, CHRI judged the poster competition. with the theme on "Diabetic Awareness Care". A total of 40 students participated in the competition. The winners were

Selsia. S Joshi (I), Aniruddha Khedla (II), K. S. Afreen Asma (III) and V. Abishek (III). The Students were the audience and they attended the session interestingly. Participants and winner certificates were given to the participants.



Meditation Program by Heartfulness Academy

A Meditation Program by Heartfulness Academy was organised by the School of Pharmaceuticals, CARE from 17th -19th November 2021. Heartfulness is the simple meditation technique that connects everyone with the light and love in the heart. This was a three-day induction program was offered on the concept of "From Stress to Self Realization" by the trainers of Heartfulness Academy. The trainers of Heartfulness Academy trained B.Pharm and BPT students on the daily practices that helps in awakening one's potential. Students were introduced to four components of daily practices as Relaxation, Meditation, Cleaning and Inner Connect. Our students experienced the benefits of yogic transmission in the guided sessions with the trainers. Mr. Sriram and Mrs. Hemalatha from Heartfulness Academy and Dr. K. Lakshmi, Dean of School of Pharmaceutical Sciences and Dr P. Senthil, Dean of School of Physiotherapy coordinated these three days event.



National Integration Day

The Department of ENT, CHRI commemorated National Integration Day on 19.11.21. The organizing secretary was Dr. Prabakaran, Assistant Professor, Department of ENT. The program had various events as mentioned below. The program included a human chain demonstration in which undergraduate students actively participated and formed a Human chain to emphasize the importance of National Integration Day. An Oral competition was held and MBBS students- Archana, Karthik, MinishaJaitlin presented their speeches. This was followed by a guest lecture was delivered by Prof. P. Thirunavukarasu, Dept. of ENT, Sri Ramachandra Institute of Higher Education and Research on the topic of National Integration Day.



Training on Basic Yoga Asanas

Chettinad School of Physiotherapy, CARE organized a workshop on 'Basic Yoga Asanas training' on 19.11.2021 at Indoor Stadium, CARE. The trainer was Mr. Shihan K. Subramanian, Chief examiner / Technical Director, Gurukulam Karate-do India, Chennai. The trainer gave an introduction about the Yoga and importance of varying Asanas. He also demonstrated the basic Yoga Asanas. Points on relaxation, breathing technique, management of musculoskeletal problems with simple Yoga techniques were demonstrated to the participants. BPT and MPT students attended the session. Students actively participated in the demonstration session. A total of 50 participants attended the training.



Plastic Surgery – An Overview

The weekly CME was organized by the Medical Education Unit of CHRI on 19.11.21 on the topic of Plastic Surgery. The speaker was Dr T Dinesh Kumar, Associate Professor, Department of General Surgery- Chettinad Hospital & Research Institute (CHRI).



The speaker discussed the core guidelines related to the specialization of plastic surgery, the historical milestones in the field of plastic surgery, general principles underlying plastic surgery and classifying the types of surgeries carried out in this field. Two clinical cases presenting to CHRI in which an effective intervention with plastic surgery was done were presented by the speaker. This included a case of lymphedema secondary to filariasis and a case of hand injury. The CME was attended by CRRI, PG students and the Teaching Faculty of CHRI.

Analytical Method to Develop Personality

The Chettinad School of Physiotherapy, CARE conducted a Workshop on Analytical Method to Develop Personality on 20.11.2021. The speaker was Dr K. Loganathan, Assistant Professor, Faculty of Allied Health Science, Chettinad Academy Of Research and Education. The Workshop aimed to know the Analytical Method to develop personality among the health care students. The speaker discussed how personality development helps an individual to gain confidence and high self-esteem. Personality development also is said to have a positive impact on one's communication skills and the way a person sees the world. A total of 45 members attended the event.



Emerging And Re-Emerging Diseases in India

A Guest lecture was organized by Chettinad College of Nursing (CCN), CARE on Emerging And Re-Emerging Diseases in India on 26.11.2021. Guest Lecture was organized by Prof. YagaJeyanthi, Faculty of CCN. The speaker was Ms. Jayasree C, HOD, Community Health Nursing, Umay Achi College of Nursing, Chennai. The speaker discussed diseases common in India and other specific countries, the magnitude of the problem, vaccination during international travel, prevention and control of transmission of infectious and communicable disease, treatment and control modules. A total of 94 students and 7 faculty members attended the event.

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

Welcome you all to
e-Guest Lecture on
**Emerging and Re-emerging
Diseases in India**

26.11.2021
03:00 pm Onwards

Resource Person
Asso. Prof. Jayasree. C
HOD- Dept. of Community Health Nursing,
Umay Achi College of Nursing, Chennai

Moderator
Prof. Yaga Jeyanthi. M
HOD - Dept. of Community Health Nursing,
Chettinad College of Nursing, CARE

Zoom ID : 948 2371 4300
Password : 806422

Chettinad Health City Campus, Rajiv Gandhi Salai,
Kelambakkam - 603 103, Tamil Nadu, India.
The Principal
E: principalccn@care.edu.in
T: +919941204000

Thermal Deaths

A Guest lecture was organized by the Department of Forensic Medicine on 27.11.2021 on the topic of Thermal Deaths. The Speaker was Dr. Pragnesh Parmar, Additional Professor & HOD, Department of Forensic Medicine, AIIMS, Bibinagar, Hyderabad, Telangana. The organizing chairperson was Dr C. Manohar, Professor & Head of the Department

and the organizing secretary was Dr S. K. Nawaz Ahmed, Professor Department of Forensic Medicine, CHRI. The speaker discussed the Definition of Burn, Classification of Burns, Rule Of Nines, Immediate Causes Of Death, Delayed Causes Of Death, Inflammatory Complications, Fatal Period, External Findings And Internal Findings. A total of 228 students attended the guest lecture.



Pathogenesis of Ovarian tumours

An online Guest lecture was hosted by the Department of Pathology, Chettinad Hospital and Research Institute on 27.11.2021 on 'Pathogenesis of Ovarian tumours'. The distinguished speaker of the session was Dr. Mellonie P, Associate professor and Head of the Department, G.R Medical College, Mangalore. She is also an alumnus of CHRI. The speaker elaborated on the classification and pathogenesis of each type of ovarian tumour. She discussed the current treatment plan and the importance of the multidisciplinary approach. The e-lecture ended with an interactive session. A total of 220 participants attended the session including the students, postgraduates and the faculty. The session was moderated and organised by Dr Ayeesha Sithika, Assistant Professor of Pathology, CHRI.



CENTRE ACTIVITIES

RHTC

World Immunization Day – 15.11.2021



Pneumonia Awareness Programme – 25.11.2021



UHTC

World Immunization Day – 15.11.2021



World Diabetes Day – 24.11.2021



CHETTINAD OUTREACH

GENERAL CAMP

Community Medicine

Outreach activities are being conducted by the outreach team of the Department of Community Medicine of Chettinad Hospital & Research Institute. A total of 4 camps were organized exclusively by the outreach team and 290 patients are benefitted out of which 68 patients were referred to CHRI for further treatment. The sites was organised are Eachoor, Arunkundram, Pattipulam and Siruthavur. The outreach was carried out by the outreach team of the Department of Community Medicine, under Dr Buvnesh Kumar.



CHETTINAD SQUARE

Blood donation camp by Department of Transfusion Medicine

Blood Donation Camp was conducted on 06.11.2021 by the Department of Transfusion Medicine, at Mahabalipuram. More than 50 blood donors participated in the camp and donated blood. This event had been organized in collaboration with the local organisation. Certificates were distributed to the blood donors.



CELEBRATIONS

Dandiya Night

Dandiya Night celebration was organised at CARE campus on 12.10.2021. The celebration was full of dance, talent shows, DJ, food, music and fun. Students of all the constituent colleges of CARE participated in the event. The event was filled with energy and students rocking dance performances-western, fusion and kuthu styles. The scintillating dancers expressed their talent on the stage and the impromptu dance performance off stage by other students made the event fun-filled. Lipsmacking food including chat, snacks, sweets and lavish dinner was an additional highlight.



Diwali Celebration Fire Show

The festival of lights was celebrated with a fire show on 29.10.21 at the Chettinad campus. Colourful and variety of lights were lighted which were a feast to the eyes. A glimpse of the event is shown.



Diwali Special Pattimandram

Dandiya Night celebration was organised at CARE campus on 12.10.2021. The celebration was full of dance, talent shows, DJ, food, music and fun. Students of all the constituent colleges of CARE participated in the event. The event was filled with energy and students rocking dance performances-western, fusion and kuthu styles. The scintillating dancers expressed their talent on the stage and the impromptu dance performance off stage by other students made the event fun-filled. Lipsmacking food including chat, snacks, sweets and lavish dinner was an additional highlight.



CLINICAL VIGNETTES

Question 28

A 24-year-old woman comes to the endocrine clinic concerned about a 6-month history of weight gain. She claims that her diet has remained unchanged and her physical fitness is good. She is taking topical erythromycin for her acne. A pregnancy test was negative, although she does admit to a somewhat erratic menstrual cycle. She has also noticed increased hair growth on her upper lip. In the clinic, her random blood sugar measurement by finger prick was 189mg/dl. What is the most likely diagnosis?

Question 29 – Impression of the image?



Identify The Personality (14)



Answers to questions from the previous issue

Question 26

Weight management (Lifestyle disorders)

Question 27

Target sign in USG- Intestinal Intussusception

Identify The Personality (13)

Warren Edward Buffett, an American business magnate, Investor and CEO of Berkshire Hathaway

KUDOS!!!

Participants who sent the correct answers :

1. Dr. Femela
2. Dr. Divya



Answers can be sent to:
carekonnect@care.edu.in

FACULTY ACHIEVEMENTS



STUDENTS ACHIEVEMENTS

NATIONAL IPR OLYMPIAD 2.0 PARTICIPANTS

B.Pharm - 2nd Year(2019-20 batch) -
18 & 19 Sep 2021



Adithi Suresh

Marks obtained
(out of 45)

23



Archana

Marks obtained
(out of 45)

—



Joshua Albert

Marks obtained
(out of 45)

31



S. Neha

Marks obtained
(out of 45)

18



A. Pawan Mehta

Marks obtained
(out of 45)

23



Shazia Neelam. N Research Scholar, Chettinad School of Physiotherapy, CARE, presented a study topic entitled “Classification of stroke risk percentage in Stroke Riskometer AppTM among adult and elderly population” in an International Conference on Neuro and Brain Disorders conducted by Infy Group (West Cleveland, USA) on 15th-16th Nov 2021.

STUDENT CORNER

MADAGASCAR PERIWINKLE (NITYAKALYANI)



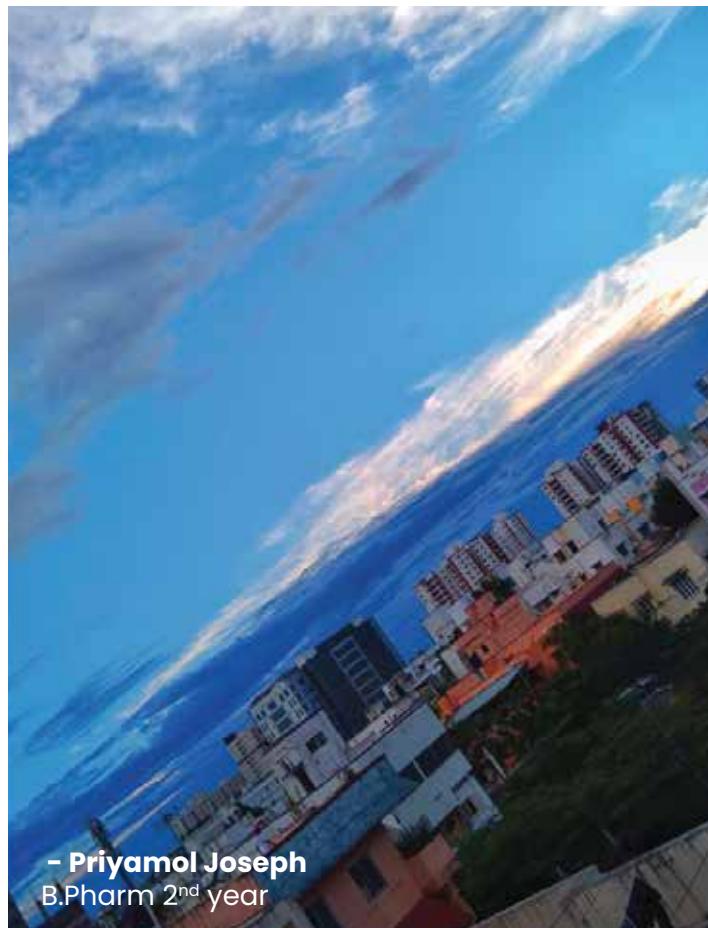
EUPHORBIA MILII, THE CROWN OF THORNS



JAPANESE MESNYI, PRIMOSE JASMINE



- Prarthana. J B, B.Pharm 2nd year



HIBISCUS



PROBERGROTHIUSANGUINOLENS –
MATING RED COTTON BUG



SPHAGNETICOLATRILOBATA





- Giri Prasath. A, B, B.Pharm 2nd year



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Dr. Vinoth Gnana Chellaiyan

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