Issue No 23 | e-newsletter | February, 2022

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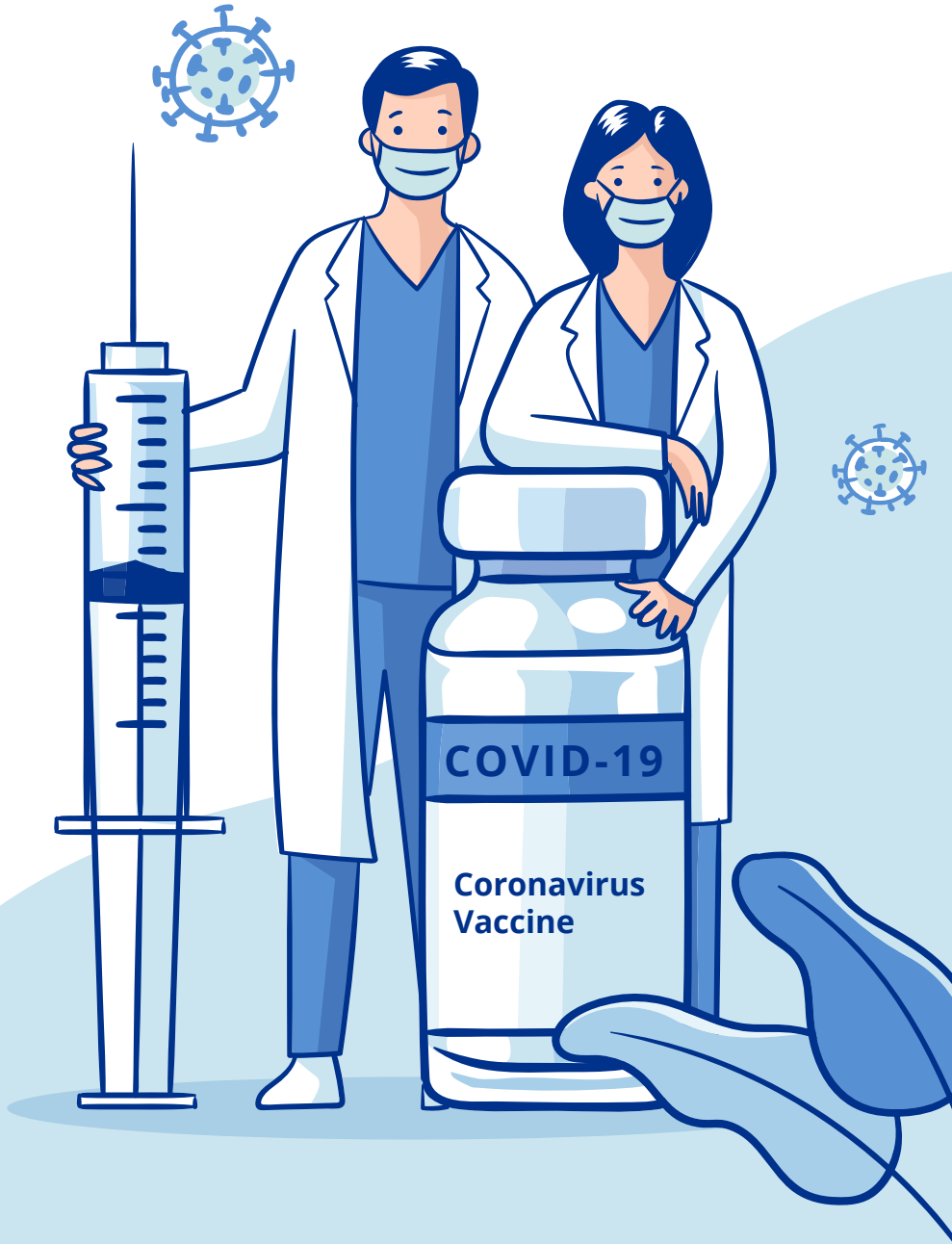
LETTER FROM THE EDITORIAL DESK

It's safe to conclude that India's third Covid-19 wave is winding down, with daily new case numbers in the tens of thousands, a far cry from the lakhs of daily new cases seen during the peak in the last week of January. The number of new cases reported daily in most countries is still high enough to indicate that the third wave is still occurring. In India, more than half of the population has been fully vaccinated, and more than two-thirds have received their first dose. All of this is due to the united efforts of health care experts and workers, government officials, and the general public. Corbevax, Covaxin, Covishield, Moderna, novovax, sputnik, zydus, and other covid-19 vaccines have seen a considerable increase in the world pharma market. Even though several vaccinations have been developed in a short period, vaccine safety has not been jeopardised, thanks to a combination of political will, worldwide collaboration, and finance.

Amid the pandemic and increase of noncommunicable illnesses, WHO will focus on keeping humans and the world healthy on World Health Day 2022. It is estimated that more than 13 million people die each year as a result of preventable environmental factors. This also applies to the current climate problem. It's also a health crisis, and one of the most serious health dangers we've ever faced. "Our Planet, Our Health" will be the subject this year. Because of the burning of fossil fuels, over 90% of the world's population breathes unhealthy air. Pollution and plastic garbage is nearly everywhere these days. Obesity, cancer, and heart disease are becoming more common as a result of the consumption of unhealthy foods and beverages. To stop the degradation of the world and increase human health, we must adopt healthier choices.



SPECIALIST SPEAKS

Dr Vishnu Vardhan. Y

Assistant Professor
Department of Community Medicine
CHRI.

PEER PRESSURE: A BITTER PILL FOR THE BETTERMENT

Peer pressure is usually considered a negative entity, which forces us to conform to our colleague's way of thinking- whether it's good or bad, losing our individuality. Unfortunately, peer pressure that starts in school doesn't stop there. It follows us into the workplace. It may be that a co-worker wants you to go out for drinks after work but you don't want to, it may be continuous junk mail circulating the office that tries and capture your attention, or could be from a co-worker asking you to cover their shift for them. These are a few ways negative pressure can exist in the workplace.

We have all crossed that stage of getting influenced by our peers in our teenage lives. Now, as we've developed our own identity, peer pressure must steer us toward a better future. If our peers are wise, positive and strong, their influence may assist with our professional development and growth as a person. Sometimes, a little external pressure from those around us can help us focus better and reach our goals. Positive peer pressure also helps keep you accountable. Rather than adding anxiety to your plate, embracing positive peer pressure at work can drive you forward and boost your productivity.

"Only surround yourself with people who will lift you higher"

Consider your colleagues as coaches, and so that reframing positive peer pressure can help you see that there is so much to learn from those around you, even if they're on or below your level. And, you can be a coach to others as well- and so this becomes a two-way street. But then, there is a difference between supportive peer pressure, and bluntly forcing your duties on to others. We have to remember that they are your co-workers, not slaves. In workplaces where expressive peer acclamation is rare, reciprocal peer appreciation goes a long way.

We must always keep in mind- that this should not come at the cost of compromising your personality. Peer Pressure may be a bitter pill- bitter in the sense, it is slightly uncomfortable- to put aside our ego, and seek knowledge from others. But ultimately, it will be beneficial to our professional, personal and spiritual growth.

"You cannot escape peer pressure, but it is in our hands to let it make us or break us."

CAMPUS BUZZ

This section has the list of all events conducted at the Chettinad campus from 1st January to 31st January 2022.

SAW BONE MODEL WORKSHOP

As a part of the Basic fracture fixation course-2022, the Department of Orthopedics, Chettinad Hospital & Research Institute has organized a workshop on the saw bone model on 08.01.22. The organizing chairperson was Dr Selvam. N, Professor and Head and the organizing secretaries were Dr Vijayashankar, Dr Subramaniam and Dr Prem Kumar, Faculty of the Department of Orthopedics, CHRI. The resource persons were Dr Vijay Anand, Dr Dilip Kumar, Dr Mahendira varman and Dr Subramanian. The training sessions were on Dynamic and locking compression plating techniques, Lag screw principles and techniques, Tension band wiring principles and techniques and External fixator principles and techniques. A total of 42 participants attended the workshop.

CONTINUOUS PHARMACY EDUCATION (CPE)

Chettinad School of Pharmaceutical Sciences has organized a guest lecture on "Competencies and Career Guidance" on 10.01.2022. The resource person for the program was Mr.D.Suresh, General Manager, Sales and Marketing, Shalina Healthcare, South Africa. This lecture session was exclusively organized for third-year B.Pharm students as a part of their career guidance program. The resource person shared his real-life experience as a marketing manager in various pharma industries in India and as well as in abroad. He also explained the requirement of various competency skills to make them employable and made an emphasis on the importance of developing those skills during their course of study. 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.

GUEST LECTURE AND MIND GAMING COMPETITION

The Chettinad School of Physiotherapy, CARE and Students Counselling Centre, CARE jointly organized a Guest lecture & Mind gaming competition for Undergraduate first-year and Postgraduate students on 12.01.22. This session has been moderated by Ms K.C.Gayathri, Assistant Professor, Chettinad School of Physiotherapy, Chettinad Academy of Research and Education (CARE). The guest lecture was delivered on "College Life - An Overview" by the guest speaker, T.Dilli Babu., CEO, WOW – Mind &Behavioural Clinic Win Or Win Consulting. This was followed by a mind gaming competition. Students were divided into 4 groups with 10 members in each. These games helped to improve memory, thinking, reaction time, and cognitive ability of the participants. Games included Balloon task, Fear-Free Fire & paper task were conducted. A total of 40 participants attended the event.

FDP ON TEACHING PEDAGOGY

Faculty Development Program was organized by the Chettinad School of Physiotherapy on the topic "Teaching Pedagogy" on 19.01.2022 & 20.01.2022. The organizing chairman was Dr Senthil, and the organizing secretary was Dr Subramanian. The topics covered in the workshop were innovative teaching methods, major trends in education technology, a guide to effective learning practices, swayam portal information workplace, technology and clinical education, the role of communication in teaching, LMS information ethics & etiquettes. The resource persons were Dr Vijayashree. R, Mr Lalitha Raja, Dr Kumar Ebenezar, Dr Lakshmi. K, Dr Senthil P, Dr K Loganathan, Ms Subbulakshmi and Mr Murugan. The total number of participants was 30.

NEWER ORAL CONTRACEPTIVES- UPDATE

The Department of Obstetrics and Gynaecology, CHRI, organized a CME on 12.01.22, on newer oral contraceptives. The focus of the CME was on Oral contraceptives. The moderator was Dr Vijayalakshmi. K, Professor, Department of Obstetrics & Gynecology, CHRI and the speaker was Dr Latha Mageswari P, an eminent gynecologist and senior consultant. The speaker discussed both the contraceptive and non-contraceptive benefits of OCPs. She gave an update about the newer improved combined and single hormonal oral contraceptive preparations available in the market. It was an interactive session attended by both undergraduates, postgraduates and faculty. Around seventy participants attended the CME.

INTERNCARE- CLINICAL TRAINING

The Chettinad School of Physiotherapy, CARE organized a Clinical training program under the Intercare scheme in other institutes/hospitals for the BPT and MPT students from 17-01-2022 to 15-02-2022. The institutes of training were Vijaya Hospital, Elixir Learning Academy, Bee Health Studio and Prime Ortho & Shoulder care. Students were supervised by the clinical head of the corresponding institute and structured exercise interventions were given to them. Students got experience in handling pediatric and orthopedic conditions and their management in this period of posting. Students learned the duty responsibilities, time discipline and teamwork apart from their routine clinical learning. More than 50 students attended the clinical training.

WORKSHOP ON DEMYSTIFYING NEUROPSYCHOLOGICAL BATTERIES

A National level workshop was organised by the Department of Psychiatry on “Demystifying Neuropsychological Batteries” on 18.01.22. The organising secretary was Ms Sri Janani Vasanth Marar, Assistant Professor and Clinical Psychologist, Department of Psychiatry, CHRI The guest speaker was Mr Srinivasan Jayaram, Assistant Professor of Clinical Psychology, SRM Medical College Hospital and Research Centre. The speaker demonstrated to the participants the various neuropsychological batteries used. The workshop was followed by an interactive discussion with the participants. 181 participants attended the workshop.

GUEST LECTURE- ENDOMETRIOSIS

The Department of Obstetrics & Gynecology, CHRI organised a guest lecture on Endometriosis on 19.01.2022. The organising secretary was Dr Shery Angel, Associate Professor, Department of OBG, CHRI. The speaker Dr Gopinath discussed the definition of Endometriosis, Risk factors, Classification of pelvic endometriosis, Clinical signs & symptoms and Theories of Endometriosis, Medical and Surgical methods of management. A quiz was conducted at the end of the session for the undergraduate students. 190 participants attended the lecture.

NATIONAL GIRL CHILD DAY CELEBRATIONS 2022

The Chettinad School of Physiotherapy Commemorated National Girl Child Day on 24.01.22. The Organizing Secretary Was Ms S. Sujitha, Assistant Professor, Chettinad School of Physiotherapy, CARE. The celebration had various events such as debate competition, nail art competition and Best out of waste competitions. The event was inaugurated by Dr Shantha Ravishankar, Vice-Chancellor, Chettinad Academy of Research and Education (CARE). Dr Shobha Narayanan, Associate Professor, Faculty of Allied Health Science(FAHS), Ar. Vaidyanathan Kannan, HOD, Chettinad School of Architecture were the chief guest of the event. A total of 115 students participated in the events and guest lecture.

BEST OUT OF WASTE COMPETITION PHOTOS

BEST OUT OF WASTE COMPETITION PHOTOS

GUEST LECTURE- CARING FOR THE BUNDLE OF JOY

The Department of Pediatrics, CHRI organised e guest lecture on “Caring for the bundle of joy- nuances of normal newborn care” on 28.01.22. The guest speaker was Dr Sujitha Saravanan, Specialist Pediatrician in Neonatology Department in Medeor Hospital, Abu Dhabi. The speaker discussed on prevention of complications in newborns by maintaining the correct temperature. She also discussed about breast feeding, Kangaroo Mother care. At the end of the lecture, an interactive discussion was held.

FAHS SCIENCE CLUB MEET

FAHS science club meet was organised by the faculty of allied health sciences, CARE on 29.01.22. Dr Agnishwar Girigoswami, Professor – FAHS, CARE delivered a lecture on “Nanomedicine in Theranostics”. The topics discussed were theranostics, Theranostic-nanoparticles, its utilisation in engineered for specific and personalized disease management combining diagnostic and therapeutic capabilities into a single biocompatible and biodegradable. The seminar was attended by Faculty Members and Students of the Faculty of Allied Health Sciences via Zoom online platform with 34 participants.

SEMINAR ON DRUG DEVELOPMENT: FROM IDEA TO MARKET

A seminar was organised by Chettinad School of Pharmaceutical Sciences on the topic, "Drug Development: From Idea to Market" on 29.01.22. The event was organised and coordinated by Dr.S.Brito Raj, Associate Professor in Chettinad School of Pharmaceutical Sciences, Chettinad Academy of Research and Education. The Seminar started with a welcome address by Dr.K.Lakshmi, Professor and Dean i/c of School of Pharmaceutical Sciences. The first session of the seminar was on the topic "Recent Trends in Nanocarrier based Target Drug Delivery System" by Dr.S.Abimanyu, Professor of Pharmaceutics, SRM College of Pharmacy, Chennai. The resource persons were Dr.S.Abimanyu, Professor of Pharmaceutics, SRM College of Pharmacy, Chennai, Dr Saba Maanvizhi, Associate Professor of Pharmaceutics, Sri Ramachandra Faculty of Pharmacy, SRIHER, Chennai and Dr G.L.Vishwanatha, Associate Manager of Toxicology, Clinchoice Private Limited, Bangalore. The topics discussed were recent Trends in Nanocarrier based Target Drug Delivery System, regulatory Affairs and Dossier: Perspective for an outlook in future and the importance of Safety Pharmacology in the Drug Discovery and Development Process. About 125 participants from various pharmacy institutions across the country participated in the event.

CONFERENCE ON THYROID DISORDERS

The Department of Surgery, CHRI organised a conference on thyroid disorders on 29.01.22. The event was chaired by R. Anantharamakrishnan, Professor and Head and co-chaired by Dr. Senthil Kumar. K, Professor. The total number of participants were 295 which included undergraduates, postgraduates from various medical colleges all over the state and 25 students from AMIST University, Malaysia. The speakers were Prof. Premkumar, AMIST University, Malaysia, Dr Arulprakash Sundarrajan (Prince Charles Hospital Brisbane, Australia) Dr Rajkumar S, Surgical oncologist, Dr Senthil Kumar. K, Surgical endocrinologist MMC Chennai. The topics discussed were approach and management of solitary nodular goitre and multidisciplinary approach of toxic goitre. He also educated the crowd onthe recent updates on thyroid malignancies, advancements in thyroid surgery - video-assisted thyroid surgery (VATS). Poster presentations and quiz were held in the afternoon. The best poster was awarded to Dr. Jayastri and Dr. Rajakeerthana (Surgery Post-graduates, CARE.) A quiz was won by Dr. Bhuvana and Dr. Aravindh (Surgery Post-graduates, CARE.

CHETTINAD SQUARE - LAMP LIGHTING CEREMONY

Chettinad College of Nursing, CARE observed the lamp lighting ceremony of the 16th batch of BSc., Nursing, CCN on 19.01.2022. The chief guest of the event was Mrs Selvi Balakrishnan, Matron, Adyar Cancer Institute. Dr Shantha Ravisankar, Vice-Chancellor, CARE presided over the ceremony in the presence of Dean, Dean, CHRI. The principal and Vice-principal of

11TH ANNUAL CONVOCATION

The eleventh Annual Convocation of Chettinad University was on 20.01.22 at Sigapi Achi Auditorium, Chettinad Health city Campus. The Chief Guest was Dr M.V. Ramana Murthy, Director & Scientist-G, National Centre for Coastal Research (NCCR), Chennai and Dr S.Aravind, Director- Projects, Aravind Eye Care Systems, Chief Medical Officer, Aravind Eye Hospital, Chennai was the guest of honour. The chief guest delivered the convocation address and Dr Aravind gave a special address to the graduands. Smt.Geetha Muthiah, Chancellor, CARE presided over the function. Dr Shantha Ravishankar, Vice-Chancellor, CARE, Smt.Jeyendra Saraswathy, Registrar, Deans and principals of all the constituent schools and colleges were present. Faculty and students attended the convocation. 31 PG (MD/MS), 120 MBBS, Nursing, Allied Health Sciences, Physiotherapy, Pharmacy, Architecture and Law graduands were conferred degrees. The graduands took the oath and Chancellor gave away the Degree certificates, Gold Medals, and Awards to the toppers. The event was streamed live on the university's YouTube Channel from Sigapi Achi Auditorium.

INAUGURATION OF UPGRADED CENTRE FOR OPHTHALMOLOGY

A modern, advanced and extended department of Ophthalmology with the state of the art facilities was inaugurated in A- block of CHRI on 20.01.22. The upgraded department was inaugurated by Dr S.Aravind, Director- Projects, Aravind Eye Care Systems, Chief Medical Officer, Aravind Eye Hospital, Chennai. Registrar, CARE, Dean, DMS, Vice Principal, Head of the Department of Ophthalmology, CHRI were present during the inauguration.

FOOD COURT EXTENSION- CAMPUS LIFE GETS MORE MERRIER

The food court at CARE got bigger with the extended space. The extension was for the benefit of students and was inaugurated by students themselves. Final year MBBS students inaugurated the newly added space.

REPUBLIC DAY

The 73rd Republic Day of India was celebrated on 26th January 2022 in the Chettinad Health City campus. The Security team of CHRI did a parade and march-past. Following this Dr Shantha Ravisankar, Vice-Chancellor, CARE unfurled the National Flag and addressed the gathering at A- Block, CHRI. All the faculties, nursing staffs, students and other staff were present during the celebration.

CHETTINAD URBAN MEDICAL CENTRE

The new and best Health care services urban medical centre was inaugurated on RK Mutt Road, RA Puram, Chennai on 26.01.22. The centre was started with the vision to cater the best healthcare services to urban Chennai. Dr Shantha Ravisankar, Vice-Chancellor, CARE inaugurated the new centre. Smt. Jeyendra Saraswathi, Registrar, CARE and Dr Swaminathan, DMS, CHRI were present during the inauguration.

CENTRE ACTIVITIES - RHTC

Pulse Polio Immunization- Awareness Programme on 15.01.2022

Leprosy Awareness Program 27-01-2022

General Camp- Community Medicine

Outreach activities are being conducted by the outreach team of the Department of Community Medicine, Chettinad Hospital & Research Institute. Many camps were organized exclusively by the outreach team and many patients benefited from it. Patients were referred to CHRI for further treatment. The sites of the camps were Melkanagapattu and Perumbakkam in January. The activities were carried out by the outreach team from the Department of Community Medicine, under Dr Buvnesh Kumar.

Date: 04.01.2022 **Venue: Perumbakkam**

CHETTINAD OUTREACH

Date: 07.01.2022 **Venue: Melkanagapattu**

OUTREACH ACTIVITY- CHETTINAD SCHOOL OF PHYSIOTHERAPY

Chettinad School of Physiotherapy, CARE organized an outreach activity on 08.01.22 at Sri Ganapathi Sachinanda charitable clinic, Velachery, Chennai. The outreach team included Ms Gayathri. K.C, Assistant Professor, Chettinad School of Physiotherapy and MS.Thamizharasi Manonmani, senior physiotherapist and 5 PG students of CARE. Awareness of basic exercises was given and basic flexibility exercises were demonstrated to the geriatric patients. The convener of Sri Ganapathi Sachinanda charitable clinic is Dr Siva Subramanian. More than 30 participants attended the camp.

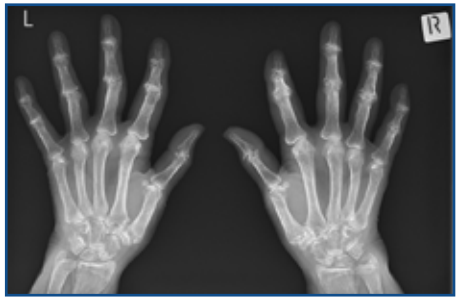
CLINICAL VIGNETTE

Question 32

A 50-year-old woman presents with a two-year history of diarrhoea, intermittent facial flushing and wheezing with minor (3kg) weight loss. Thyroid function and fasting plasma glucose are normal but 24-hour urinary 5-HIAA levels are elevated. A colonoscopy performed given her diarrhoea has identified a caecal lesion. Biopsy of this lesion showed cell staining for chromogranin A on histology. Octreotide scanning of the liver was negative. What is the most likely diagnosis?

Question 33

Impression of the image?



Identify the Personality-16

Answers to questions of the previous issue

Question 30 Myotonic dystrophy

Question 31 Squaring of the vertebrae-classic in Ankylosing Spondylitis

Answers to questions of the previous issue

Question 30 Myotonic dystrophy & Question 31 Squaring of the vertebrae-classic in Ankylosing Spondylitis

Identify the Personality-15
Poolithevar. A Polygar and Freedom fighter

Send the answers to Mail ID: ***carekonnect@care.edu.in***

STUDENT ACHIEVEMENTS

The first year B.Pharm students of Chettinad School of Pharmaceutical Sciences bagged the first prize in the short film contest conducted by Indian Pharmacy Graduates Association (IPGA) – Tamil Nadu Branch Women Forum. This competition was conducted as a part of the 60 th National Pharmacy Week Celebration – 2021 with a theme of "Pharmacist: An integral part of Healthcare" The short film contest was coordinated by Dr C.Vinodhini, Assistant Professor, Sri Ramachandra Faculty of Pharmacy and Dr R.Vadivu, Assistant Professor, College of Pharmacy, Madras Medical College, Chennai. The theme for the short film was given as Women's Safety and Protection. Short films were judged by Mr David P.Williams, Director, Exim advertisers, Chennai and Mr N.Elangovan, Associate Centralized Monitoring Lead, IQVIA, Bangalore, Clinical Researcher and Short Film Maker. Following are the names of students who won the short film contest – A.Somani, Sayed Afsheen.S, S.Shanmugalakshmi, Saumya, Rakshana Roshan, Infanta Monisha and Praveena Kumari K. The contestants received immense support from the IT team of Chettinad Academy of Research and Education (CARE), especially from Mr Immathird-yearu, Creative Visualizer of LMS IT Department of CARE.

FIRST PLACE

CHETTINAD SCHOOL OF PHARMACEUTICAL SCIENCES

1. S Shanmugalakshmi
2. Saumya
3. Rakshana Roshan H
4. Infanta Monisha S
5. Praveena Kumari K
6. Sayed Afsheen S
7. Somani A

NATIONAL LEVEL GRAPHIC ABSTRACT CONTEST 2022

1. Mr V.Abhishek, a third-year B.Pharm student of the School of Pharmaceutical Sciences has bagged second prize in the National Level Graphical Abstract Contest 2022 conducted by Challapathi Institute of Pharmaceutical Sciences on 18.02.2022 on the theme – Pharmacy today.

2. Ms Katta Manogna, Full-time Research Scholar has received the Best Presentation Award in the National Level Graphical Abstract Contest 2022 conducted by Challapathi Institute of Pharmaceutical Sciences on 18.02.2022 on the theme – Pharmacy today.

NATIONAL LEVEL PHARMACEUTICS-I VIDEO MAKING COMPETITION

Pharm third-year students bagged second prize in the National Level Video making competition conducted by Academic Decipher, Mumbai on 11.03.2022. They were recognized for their animated explanation video on the Alligation Method of calculation for preparing different pharmaceutical mixtures.

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STUDENTS CORNER

Akash Raj. A, B. Pharm 2nd year

Catherine Grace. D, B. Pharm 2nd year

Catherine Grace. D, B. Pharm 2nd year

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

Archana. A, B. Pharm., 2nd year

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

EDITOR

Dr. Vinoth Gnana Chellaiyan

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