

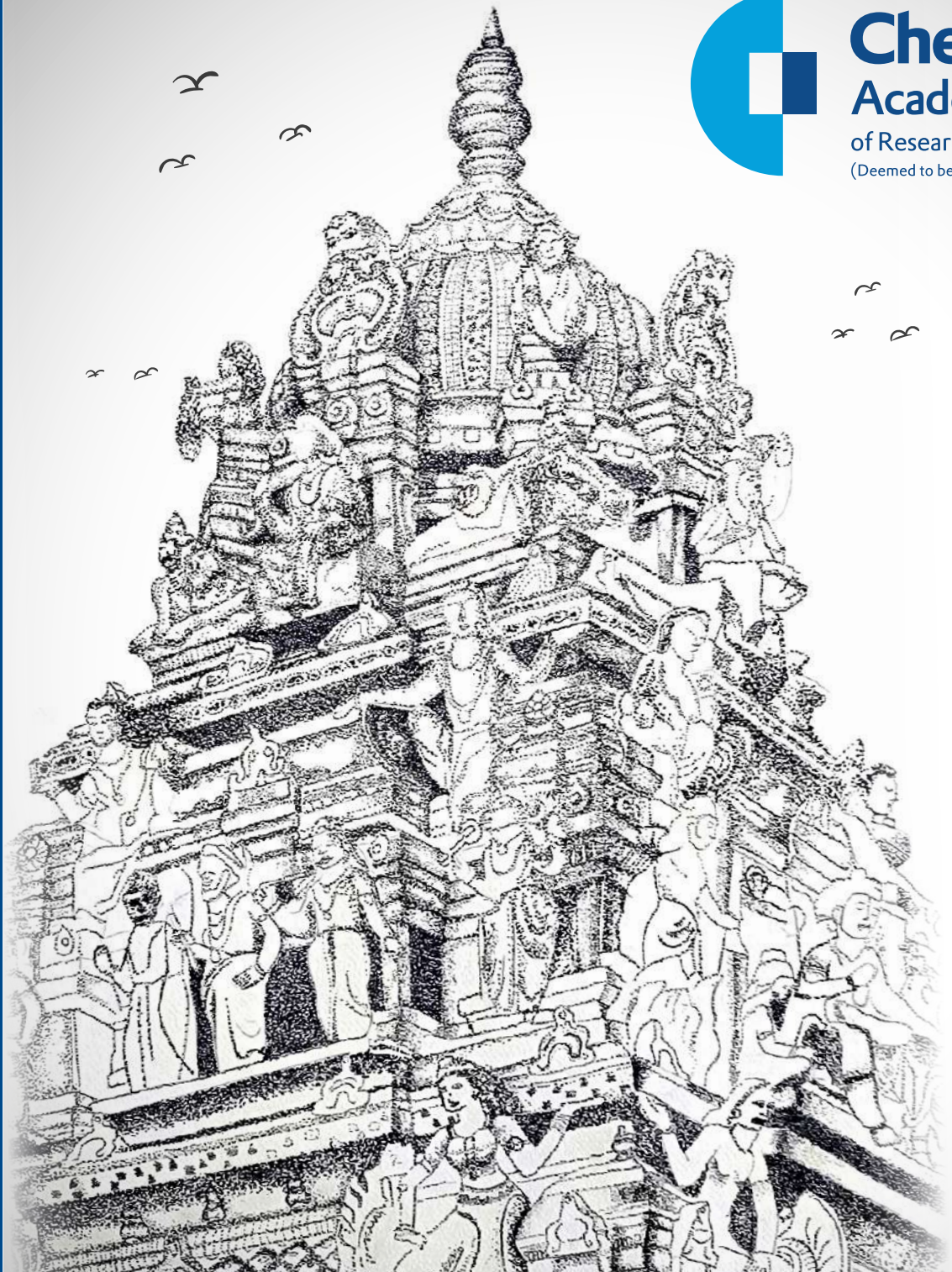
Issue No 27 | e-newsletter | June, 2022

CARE KONNECT



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*Temple
Sketch*



**Chettinad
Academy**

of Research and Education
(Deemed to be University)



**Chettinad
Hospital & Research
Institute**



**Chettinad
Allied
Health Sciences**



**Chettinad
School of
Pharmaceutical Sciences**



**Chettinad
College of
Nursing**



**Chettinad
School of
Physiotherapy**



**Chettinad
School of
Occupational Therapy**



**Chettinad
School of
Law**



**Chettinad
School of
Architecture**

FROM THE EDITORIAL DESK

Measure Your Blood Pressure Accurately, Control It, Live Longer

Looking good is secondary. Having a healthy relationship with your body should be your priority. Industrialization and civilization has brought several changes in our lives. But it has dropped a major impact on our health. One such major problem is "Hypertension" which is an increase in the force exerted by the circulating blood against the walls of the body's arteries. WHO estimates that about 1.28 billion adults aged 30-79 years worldwide are suffering from hypertension. The prevalence of hypertension is not the same throughout the world. It is found that the WHO African region has the highest prevalence of hypertension (27%) while the WHO regions of america has the lowest prevalence of hypertension (18%). And the prevalence of adults with hypertension increased from 594 million in 1975 to 1.13 billion in 2015, with the increase seen largely in low and middle-income countries. This increase is mainly attributed to rise in hypertension risk factors in those population. It is found that hypertension is the major cause of premature death globally. The mortality and morbidity due to hypertension can be reduced or prevented if diagnosed and treated accordingly. The worst part is that 46% of adults with hypertension are unaware that they are suffering from the disease and only 1 in 5 adults (21%) diagnosed with hypertension have it under control. Therefore, a global target to reduce the prevalence of hypertension by 33% between 2010 and 2030 was set. Hence, 17th May of every year is commemorated as World hypertension day to highlight the importance of monitoring blood pressure and bring global awareness to the people living with high blood pressure worldwide.

Hypertension is a silent killer as it doesn't exhibit any warning signs or symptoms in the affected. Those with a family history of hypertension, aged over 65 years and with co-existing diseases such as diabetes or kidney disease have a higher risk of acquiring hypertension. In addition, those who have unhealthy dietary habits like consuming excessive salt, high fat and trans fats, low intake of fruits and vegetables, less physical activity

consumption of tobacco and alcohol, and being overweight or obese can also be affected. Reducing salt intake to less than 5g daily is the most common advice provided by almost all physicians to their hypertensive patients. Dietary modifications are one of the easy and affordable ways to prevent and control hypertension. Green vegetables like spinach, kale and lettuce and bananas are high in potassium, which helps the kidneys in getting rid of excess sodium to maintain the blood pressure. Beetroot and garlic are rich in nitric oxide, which helps open up blood vessels and improve the flow. Adding these to your daily diet can efficiently help you lower your blood pressure. Being physically active regularly, avoiding the use of tobacco, and reducing alcohol consumption are some other ways to prevent your pressure from shooting up.

Exercise is king, Nutrition is queen. Put them together and you've got a kingdom. It is health that is real wealth so take a small step toward better health.



CAMPUSBUZZ

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



INTERNATIONAL MIDWIVES WEEK

Celebration

03.05.2022 – 06.05.2022

INTERNATIONAL MIDWIVES WEEK CELEBRATION

The Department of Obstetrics and Gynaecological Nursing, Chettinad College of Nursing, CARE, conducted an event from 03/05/2022 to 06/05/2022 in the Chettinad campus premises. The event was organized by Ms. Ruksana Begum S, Associate Professor, OBG Nursing Department. On the first day, Role play on "Antenatal Care" was conducted by IV-year B.Sc (N) students at Antenatal Out Patient Department, CHRI. The purpose of the program was to promote awareness about Antenatal visits, screening, diet, exercises and Pregnancy Schemes. On the second day, a video teaching on "Newborn Care" was conducted by IV year B.Sc (N) students at the Postnatal ward, CHRI, focusing on mummification, Kangaroo mother care, Breastfeeding techniques and immunization. On the third day, a Guest Lecture on "Quality Midwifery Care" was held in Lecture Hall-4. The Resource person for the program was Prof. Dr I. Safreena, Principal, Head of Department - Obstetrics and Gynaecological Nursing, Mohamed Sathak AJ College of Nursing. The speaker highlighted the role of a Midwife, WHO framework-quality of MNH care and services, Maternal Mortality, MCH Centres, Laqshya program objectives, and Midwifery initiatives and services. On the fourth day, Skill development on "Drug Administration in Emergency Obstetrics", was held in the Skill Lab. The Resource person for the program was Prof. Dr. Vijayalakshmi. K, Department of Obstetrics and Gynaecology, Chettinad Hospital and Research Institute. The speaker highlighted Obstetrics emergency conditions (Eclampsia and Post-Partum Haemorrhage), drugs used in emergency Obstetrics and their practical implications. About 15 Antenatal mothers, 10 Postnatal mothers, 15 Faculty members, 94 students from IV-year B.Sc (N), 2 P.B.B.Sc(N) & 2 M.Sc(N) Students participated in this event.



DNB OPHTHALMOLOGY TRAINING IN BASIC SCIENCES & ALLIED SPECIALITIES

Chettinad Academy of Research and Education has signed a Memorandum of Understanding with Sankara Academy of Vision for the training of students and faculty. As part of this training program, 32 students of DNB Ophthalmology from various centres of Sankara Academy of Vision from Bangalore, Coimbatore, Guntur, Kanpur and Shimoga attended the program from 2nd May 2022 to 12th May 2022. The Training session was divided into 2 sessions. In the morning, students attended clinical allied specialities which include Neurology, Neurosurgery, Medicine, ENT, Anaesthesia and Radiology. The afternoon session was pre and paraclinical subjects which included Anatomy, Physiology, Biochemistry, Pharmacology, Microbiology and Pathology. The training session ended on 12th May with feedback on training.



E-GUEST LECTURE ON PHARMACOTHERAPY OF SHOCK

The Department of Pharmacology, Chettinad Hospital and Research Institute organized an E-Guest Lecture on 03.05.2022. The speaker was Dr. Janaki R Torvi, Professor of Pharmacology, Karnataka institute of medical sciences, Hubli, Karnataka on the topic, "Pharmacotherapy of Shock" and was introduced by the moderator Dr. Vivek Valliappan, Assistant Professor, Department of Pharmacology, CHRI. The speaker covered the etiopathogenesis of Shock, drugs and their management. Also, the recent advancements in the treatment of Shock for the benefit of students. The audience was II-year MBBS students, MD Pharmacology Postgraduates and faculty of the Department of Pharmacology. Ms Newshi Jain delivered the vote of thanks. About 248 participants attended this guest lecture.



GUEST LECTURE ON RED CROSS DAY AWARENESS

A Guest Lecture on World Red Cross Day Awareness was organized by the Faculty of Allied Health Sciences and was celebrated at Chettinad Academy of Research and Education on 09-05-2022 in the CARE Mini Auditorium. Shri Harish Metha L, Chairman, Indian Red Cross Society, Chennai & Tamil Nadu was the chief guest at the World Red Cross Day celebrations of CARE. The event started with Tamizh Thai Vaazhthu. Dr Shoba Narayan, Associate Professor, FAHS and Research Coordinator CARE introduced the Chief Guest and the Vice-Chancellor, CARE gave a special address. Dr K. Kumar Ebenezar Principal I/c, Faculty of Allied Health Sciences welcomed the gathering. Shri Harish Metha highlighted the activities of the Red Cross Society and encouraged all to volunteer themselves for the activities of the Red Cross society. The Vice-Chancellor felicitated the guest for his notable contribution. Dr. Shoba Narayan proposed the vote-of-thanks and the celebration concluded with National Anthem for a new beginning. More than 400 participants attended the event.



GUEST LECTURE ON IMPORTANCE OF ARTIFICIAL VENTILATION IN CRITICAL CARE MANAGEMENT

Chettinad School of Physiotherapy, CARE organized a Guest lecture on "Importance of Artificial Ventilation in Critical Care Management", on 24th May 2022 at the Skills Lab, College Block. Students from BPT 3rd and MPT 1st year attended the lecture. Dr. P. Senthil, Professor and Dean i/c and Mr. Omprakash, Research Scholar, CSPT, CARE moderated the session. Dr. R. Swaminathan Veerasamy, Deputy Medical Superintendent, CHRI, CARE was the resource person for this session. The session went for 2 hours with the presentation of slides and videos, along with a live demonstration of the ventilator and its operating modes and principles, to audience in the skill lab. The resource person provided a complete concept of the ventilator in ICU management. Adjuvant therapy and its importance to artificially ventilated patients like chest physiotherapy, and airway clearance techniques were also discussed during the end of the session. At the end, Dr. P. Senthil honoured the guest speaker.



FIT MOM CAMPAIGN

Chettinad School of Physiotherapy, CARE organized a Fit-Mom campaign on the eve of International Mothers' Day 2022 in collaboration with Bee Health Studio, Velachery, Mint Hospital, Adyar and Dr. Chanda Balaji Clinic, Thiruvananthapuram. The Health Camp was conducted from 07th to 12th May 2022 and focused on the fitness of mothers, pregnant women, postnatal mothers, women with infertility/miscarriage issues and menopausal women. The initiative aimed to help the silent sufferers, who are not vocal about their health complaints like urinary incontinence, musculoskeletal problems. After a fitness assessment, related treatment was given. A counselling session to overcome dyspareunia and to help them conceive followed. A total of 250 women benefitted from this campaign. On the last day, Dr. P. Senthil, Dean i/c, CSPT, CARE, Ms. S. Sujitha, Asst. Professor, CSPT, CARE, Ms. Bindhu, Nursing Superintendent, Mint Hospital were honoured and volunteers received appreciation certificates.



NATIONAL VIRTUAL SEMINAR ON BIOMEDICAL APPLICATIONS OF NANOTECHNOLOGY

The Faculty of Allied Health Sciences, CARE organized a One-day National Virtual Seminar on "Biomedical Applications of Nanotechnology" on 7th May 2022. The seminar highlighted the role of nanotechnology in several interdisciplinary areas of nanomedicine, diagnostics, and nanotheranostics. The event started with the Welcome Address delivered by Dr. S. Weslen Vedakumari, Convenor of the seminar. Dr. Kumar Ebenezar – Principal (i/c), FAHS, CARE delivered the inaugural address and explained the applications of nanotechnology in medicine including imaging, diagnosis, and delivery of drugs that will help medical professionals treat various diseases. Two scientific sessions were held. The speakers, Dr. Arun Karthick, Associate Professor, Department of Biomedical Engineering, Sri Sivasubramaniya Nadar College of Engineering, spoke on the use of Nanofibers in wound healing and air filtration and Dr. John Philip, Professor – Homi-Bhabha National Institute & Head – Corrosion Science & Technology Division & SMARTS, Metallurgy and Materials Group, Indira Gandhi Centre for Atomic Research, Kalpakkam spoke on Magnetic fluid and its role in disease diagnosis and treatment. A total of 150 participants attended the program online on Zoom.



NATIONAL LEVEL WORKSHOP ON PLYOMETRIC ON PEAK PERFORMANCE

Chettinad School of Physiotherapy, CARE organized a National Level workshop on Peak Performance for Postgraduate and Undergraduate students of Physiotherapy in the Chettinad campus. The organizing committee gave a warm welcome to the Resource Person Dr. Vinod Kumar, Associate Professor, Dayanda Sagar University, Bangalore. The session started with the History of Plyometric training, Plyometric Mechanics, Physiology models, Plyometric program design and conclusion. The practical session consisted of Lateral bounds, Split jump, Box lateral shuffle, Barrier Lateral jump, Lateral shuffle Bosu, Box March Low, Box March Jump, Box Jump, Clap push up, Plyo push-ups knees, depth push up, depth push up feet elevated, long jumps, Hurdle jumps, long depth Jumps and Plyometric ladder drills. Dr Senthil, Dean i/c felicitated the resource person with a Memento. About 21 students attended the event.



GROUP DISCUSSION ON THE NERVOUS SYSTEM

The Chettinad School of Physiotherapy organized a group discussion on the topic "Nervous System", among Undergraduate first-year students in Demo Hall-13 on 2nd May 2022. It was moderated by K. C. Gayathri, Assistant Professor, Chettinad Academy of Research & Education. Students were divided into five groups with seven in each group. Students discussed the topic of Pain Pathway, Corticospinal Tract, Basal Ganglia and its Function, and Types of Synapses. A group discussion helps students to strengthen leadership skills, analytical skills, divergent thinking and communication skills among others. The aim was to give the students a platform to overcome the fear of speaking in the public and stage fear.



DRUG DEVELOPMENT: FROM IDEA TO MARKET (SERIES 2)

Chettinad School of Pharmaceutical Sciences organized a one-day virtual seminar on “Drug Development: From Idea to Market (Series 2)” on 7th May 2022. The first session of the seminar was on the topic “Catalyzing Pharma Innovations through Incubation Centre” given by Dr. K. Venkateshwaran, Incubation Scientist, Anna University, Thiruchirappalli, TN. Followed by that, the second session was on the topic “Drug Development from Idea to Market” delivered by Dr. Vinod Khandelwal, GSK Knowledge Centre, Haryana. About 68 participants from various pharmacy institutions across the country participated in the event. The event was organised and coordinated by Dr. S. Brito Raj, Associate Professor, Chettinad School of Pharmaceutical Sciences, CARE.



WORLD THALASSEMIA DAY WEBINAR – THALASSEMIA – AN OVERVIEW

Continuing medical education programme was organized by the Department of General Medicine on the eve of “World Thalassaemia Day” on 7th May 2022. World Thalassaemia Day is celebrated on the 8th of May every year to commemorate Thalassaemia victims and encourage those who struggle with the disease. The theme for this year is “Be Aware, Share, Care: Working with the global community as one to improve Thalassaemia knowledge”.



The overall participants for the programme were around 98. The event was chaired by Prof. Dr. V.R. Mohan Rao, HoD, Department of General Medicine, CHRI, in the presence of the Registrar and the Dean. Eminent speaker Prof. Dr. Margret Chellaraj, Professor and Head of the Department of Hematology, Rajiv Gandhi Government General Hospital, Chennai gave a detailed overview of the various aspects of Thalassaemia. The different types and their associated pathophysiology, clinical presentation and specific treatment modalities available were elaboratively discussed. Several complications expected in Thalassaemia and their appropriate management were highlighted. A detailed insight into investigative clues to Thalassaemia and recent advances in the field were brought to light.

BIOMEDICAL APPLICATIONS OF NANOTECHNOLOGY

The Faculty of Allied Health Sciences, CARE, organized a one-day National Virtual Seminar on “Biomedical Applications of Nanotechnology” on 7th May 2022. The seminar highlighted the role of nanotechnology in several interdisciplinary areas of nanomedicine, diagnostics, and nanotheranostics. A total of 150 participants attended the program through zoom virtual mode. The event started with the Welcome Address delivered by Dr. S. Weslen Vedakumari, Convenor of the seminar. Dr. Kumar Ebenezer – Principal (i/c), FAHS, CARE delivered the inaugural address and explained the applications of nanotechnology in medicine including imaging, diagnosis, or the delivery of drugs that will help medical professionals treat various diseases. Two scientific sessions were held with speakers from two National Institutes – Indira Gandhi Centre for Atomic Research, Kalpakkam and



Sri Sivasubramaniya Nadar College of Engineering, Kalavakkam. The seminar served as a platform for researchers to gain knowledge in the field of nanotechnology.

START-UP RESEARCH FOR UNDERGRADUATES

A Guest Lecture was organised by the Department of Anatomy, CHRI on the topic "Start-up Research for Undergraduates", on 7th May 2022. The guest speaker was Dr. Sankar Venkatalachalam, Professor & Head, Department of Anatomy, Chennai. The participants were 250 I-year MBBS students. The session started with the welcome address by the organizing secretary and Mr. Sehesh I-year MBBS student introduced the guest speaker. The speaker highlighted the importance of research and how one can do research at the undergraduate level. He gave various inputs on the necessary steps to start-up research and the essential requirements to become a researcher. Ms. Smetha and a few more students asked their doubts and their queries were addressed to by the speaker. The vote of thanks was given by Mr. Zaheer, I-year MBBS student.

E-GUEST LECTURE ON GENERAL ANAESTHETICS

The Department of Pharmacology, Chettinad Hospital & Research Institute conducted an E-Guest Lecture through Zoom conference on 10th May 2022. The Guest Speaker was Dr. Y. Vijaya Bhaskar Reddy, Professor and HoD, Department of Pharmacology, Kurnool Medical College, Kurnool, Andhra Pradesh. The Speaker was introduced by the moderator, Dr. J. Vineeta Debbie, Senior Resident, Department of Pharmacology, CHRI. The speaker shared elaborate insights on General Anaesthetics. Many topics covered included stages of Anaesthesia, Inhalational Anaesthetics, Intravenous Anaesthetics and Balanced Anaesthesia. About 248 participants, consisting of II MBBS students, postgraduates and faculty of the Department of Pharmacology benefitted from this lecture.

NATIONAL TECHNOLOGY DAY

Chettinad School of Pharmaceutical Sciences (CSPS), CARE organized the National Technology Day on 11th May 2022. This event was inaugurated with ribbon-cutting by Dr. Kumar Ebenezer, Principal incharge, Faculty of Allied Health Sciences, the welcome note was given by Mr. D. Sridhar, B. Pharm – first-year student. First-year students displayed various models depicting the scientific principles which have contributed to technological advancements. Mr Karthik dressed up as Human Robo was the highlight of the event. The working principle of the windmill, sound amplification using wind and rain sensors was also demonstrated by the students. The concept named LIFI, the light-assisted sound amplification technique was explained by Mr. Gokulavasan and Ms. Rakshan Roshan. The technological advancements in different fields such as agriculture, medicine, sports and space were depicted with models and demonstrated by students. The BSc students from the Faculty of Allied Health Sciences, Nursing students from the College of Nursing and Faculty and students of the School of Architecture visited the exhibition and appreciated the students for their interesting presentations. The entire event was planned and coordinated by Mr. R. Manikandan, 1st year B. Pharm.

This event enabled all the first-year students to explore the technical advancements in various fields of science. Dr. R. Karthikeyan, Dr. Binoy Varghese Cheriyan, Dr. S. Brito Raj and Dr. A. Deevan Paul coordinated the event. This event was organized by Dr. K. Lakshmi, Professor and Dean, Chettinad School of Pharmaceutical Sciences.



INTERNATIONAL MOTHER'S DAY

The Department of Obstetrics and Gynaecology, CHRI celebrated International Mothers' Day on 11th May 2022 by conducting a CME to promote and create awareness about caring for antenatal women. The event was moderated by Asst. Professor, Dr. Jennifer Brito J who also introduced the speaker. The welcome address was given by the HoD, Prof. Dr. Anuradha. An insightful lecture was given by the renowned Obstetrician, Prof. Dr. Veni, Shree Balaji Medical College and Hospital followed by the vote of thanks by Prof. Dr. Vijayalakshmi. Undergraduate and postgraduate students benefitted greatly from the recent updates given on antenatal care to reduce maternal and infant mortality and morbidities. The CME was conducted with the idea of elevating patient-care quality, by the doctors of Chettinad Academy of Research and Education.



GUEST LECTURE ON “DRUGS FOR NEURODEGENERATIVE DISORDERS”

The Department of Pharmacology, CHRI conducted a Guest Lecture on 12th May 2022 online, on the topic, “Drugs for Neurodegenerative Disorders”. Around 247 UG and PG students of CHRI attended the Guest Lecture. The program was inaugurated by Dr. Vivek Valliappan, Asst. Professor of Pharmacology, CHRI, who also gave a brief introduction to the topic. IInd year MBBS student, Ms. Newshi introduced the speaker. The Guest Speaker was Dr. Rakesh Kumar Dixit, Professor, Department of Pharmacology, King George Medical University, Lucknow. The lecture was elaborate, subjective and informative. Dr Rakesh covered topics such as the Pathogenesis of Neurodegenerative disorders, types and Pharmacotherapy.



UPDATE ON COLONIC DISEASE MANAGEMENT

The Department of General Surgery, Chettinad Hospital and Research Institute conducted a guest lecture on updates on Colonic Disease Management on 13th May 2022. The welcome address and introduction of the speaker were given by Prof. Anantharamakrishnan, Professor, Department of General Surgery, CHRI. The Guest Speaker, Prof. Premkumar discussed colonic diseases starting from benign conditions to malignant conditions. His lecture included both the standards and recent innovative modalities in the management of colonic diseases.



He enlightened our postgraduates with current endoscopic intervention for management of colonic malignancies and polyps. A panel discussion by senior professors Prof.Vardarajan, Prof. Ragumani, Prof. Prabhakar, Prof. Muthuraj, Prof. Ramsubramanian, Prof. Vivek, and Prof.Kishore Babu and Prof. Imran followed. The programme concluded with a vote of thanks by Prof. Senthilkumar.

INTERNATIONAL NURSES DAY CELEBRATION

International Nurses Day was celebrated at CCN in collaboration with CHRI and CSSH on the theme “Nurses: A Voice to Lead – Invest in nursing and respect rights to secure global health”, on 15.05.2022. The morning session started with an exhibition of models. 10 models were displayed on the topics: Anatomy and Physiology of Kidneys, by BSc Nursing 1st year; Thyroid Cancer, Family Planning Methods, Water Purification Plant, Nutritional Requirement for different age groups by BSc Nursing IInd year; Congenital Heart Disease presented by BSc Nursing IIIrd year; Placental abnormalities and Fetal Circulation presented by BSc Nursing IVth year; Types of Vitamins presented by P.B.BSc 1st and IInd year, Health Care Delivery System presented by MSc Nursing IInd year; The best three models were awarded. The first prize winner – BSc nursing 1st year, second prize – BSc Nursing IIIrd year and the third prize was won by BSc nursing IInd year.



The afternoon session started with the Chief Guest's address delivered by Vice-Chancellor, Prof. Dr. Shantha Ravishankar, CARE, which mainly highlighted the role and importance of nurses in health care. Winners of the model-making exhibition were awarded personalized mementoes and certificates by the Vice-Chancellor. The session continued with a special address delivered by Dr R. Swaminathan, DMS, CHRI which mainly focused on nurses' current scenario and Dr. Prabhu Mayakesavan, DMS, CSSH on the nurses and quality patient care. The dignitaries were felicitated followed by a special address on the history of nursing and Florence Nightingale by Dr. Hepsibah Sharmil, Principal, CCN followed by Nursing Superintendent's address delivered by Mrs. Vimala Maragatharaj, NS, CARE on nurses saving life and Mrs. Hannah Isabellah Paulraj, CNO, CSSH on quality cost and nursing. Cultural programmes were organized which included the college anthem, welcome dance, solo song, solo dance, and mime by BSc Nursing and MSc 1st year students. The PBBSC 1st year students participated in a role-play.

SKILLED CLINICAL TRAINING IN RESPIRATORY MEDICINE

The Chettinad School of Physiotherapy, CARE organized skilled clinical training from 06th to 13th May 2022 for VIth semester students in the Respiratory Medicine department, CHRI, CARE. Organized by Mrs. S. Sujitha, Assistant Professor, Chettinad School of Physiotherapy, CARE, and Dr. P. Senthil, Dean i/c, CSPT, CARE, the faculty from the Respiratory Medicine department, CHRI gave a detailed explanation on the topics of Chest X-ray, pulmonary function test, bronchoscopy, CT scan Lungs, pulmonary assessment, medical management of respiratory conditions, pulmonary rehabilitation. They gave practical exposure to demonstration techniques to the students. About 16 students participated in this training session.



WORLD HYPERTENSION DAY

Continuing Medical Education programme was organized by the Department of General Medicine on the eve of "World Hypertension Day", on 17th May 2022. World Hypertension Day is commemorated on the 17th of May every year to bring about awareness on Hypertension and its ill effects. The theme for this year is, "Measure your Blood Pressure Accurately, Control it, Live longer". The overall participants for the programme were around 224. The event was chaired by Prof. Dr. V. R. Mohan Rao, Head of the Department of General Medicine CHRI, in the presence of honourable VC, respected Registrar, Dean and Advisor of CARE.



Prof. Dr. I. Rohini, Professor of Medicine, an eminent speaker from Stanley Medical College and Hospital, Chennai, delivered an overview concerning various aspects of Hypertension. The different types and their associated risk factors, clinical presentation, monitoring and specific treatment modalities were elaborately discussed. A detailed insight regarding treatment clues to Hypertension and recent advances in the field were brought to focus.

COMMON FRACTURES OF UPPER AND LOWER LIMB

The Department of Anatomy, CHRI conducted a CME on Common fractures of the upper and lower limb on 19th May 2022. Dr. Sudakshina C, Associate Professor, Anatomy, CHRI was the organizing secretary for the session. The guest speaker was Dr. Hariharan R, Asst. Prof, Institute of Orthopaedics and Traumatology, Coimbatore Medical College. The lecture was organized for MBBS students, 2021-22 batch. Miss Sunidhi, 1st year MBBS student introduced Sir Dr. Hariharan R, who discussed about various fractures and deformities of the Upper and Lower limbs in an interactive session where students queries were cleared. The brachial plexus and knee joint Anatomy were discussed by the speaker at the students' behest.



HANDS-ON TRAINING WORKSHOP ON GRADIENT – PCR

A hands-on training workshop on Gradient PCR was conducted by the Faculty of Allied Health Sciences, CARE on 20th May 2022. The workshop started with a brief introduction by the organizing secretary Dr. Agnishwar Girigoswami, Professor, Faculty of Allied Health Sciences. The inaugural address was given by the honourable Vice-Chancellor, CARE, Prof. Dr. Shantha Ravishankar. Dr. Shoba Narayan and Dr. Koyeli Girigoswami shared the stage. About 78 participants were present. The second session started with a lecture on Polymerase Chain Reaction by Dr. Agnishwar Girigoswami. All the technical details and the reaction conditions of gradient-PCR were discussed. The next session was the demonstration of technical details of the Eppendorf Mastercycler Nexus Gradient. Dr. Meenakshi provided the hands-on training to prepare the PCR reaction mixture and the setting of the program to run the gradient PCR. The feedback was collected from the participants at end of the session.



SCIENCE OUTREACH PROGRAMME

An Outreach Program was organized by Chettinad School of Pharmaceutical Sciences at the Uthandhi Government School, Uthandi, Chennai on 30th April 2022. The purpose of the outreach program was to demonstrate and educate the school students on basic science concepts using basic scientific models like buzzing wire, fire extinguisher, magic flame, DNA model, water dispenser, helium balloon, hydraulic alarm and a few other models depicting the anatomy of heart and kidney. B. Pharm students explained the concepts to the school students from the sixth standard to the ninth standard. Mrs. Sharmila, Principal of the Government School supported in organizing the event at the school to promote learning interests among the school children. About 30 models were displayed during the exhibition and were donated to the school for future use. All the models were prepared by our B. Pharm students with the support of our faculty members. Dr. A. Deevan Paul, Dr. R. Karthikeyan and Dr. Binoy Varghese Cheriyan. Dr. S. Brito Raj coordinated the event and Dr. K. Lakshmi, Professor and Dean organized the event.



CHETTINAD SQUARE

MEDICAL EDUCATION UNIT- BASIC COURSE WORKSHOP

The Medical Education unit of Chettinad Hospital & Research Institute organized a Revised Basic Course Workshop and training in Attitude Ethics and Communication under the aegis of the National Medical Commission under the supervision of Nodal Centre for Faculty Development - CMC Vellore for three days from 04th to 06th May 2022. A total of 28 participants attended the workshop and topics such as Teaching methodology, AETCOM module, effective clinical and practical skills, and self-directed learning were discussed.



DINAMALAR EDUCATIONAL FAIR

CARE exhibited a stall at the Dinamalar Educational Fair-2022 at Coimbatore, Tamil Nadu during the last week of May 2022. Details of all the courses offered by CARE and facilities of the campus including scholarship programs were displayed and explained to the visitors.



DINATHANTHI EDUCATIONAL FAIR

CARE exhibited a stall at the Dinathanthi Educational Fair-2022 at Salem, Tamil Nadu during the last week of May 2022. Details of all the courses offered by CARE and facilities of the campus including scholarship programs were displayed and explained to the visitors.



CENTRE ACTIVITIES- RHTC

WORLD ASTHMA DAY - 16.05.2022



WORLD HYPERTENSION DAY - 27.05.2022



WORLD NO-TOBACCO DAY AWARENESS - 31.05.2022



CENTRE ACTIVITIES- CFCH

WORLD ASTHMA DAY - 13.05.2022



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 8 camps were organized exclusively by the outreach team and 583 patients benefitted and more than 60 patients were referred to CHRI for further management. The sites of the camps were Ponmar, Eachur, Kuzhlipanthandalam, Perumbakkam, Hanumanthapuram, Veppedu and Kunnathur in May 2022. The outreach was carried out by the outreach team of the Department of Community Medicine, lead by Dr Buvnesh Kumar.

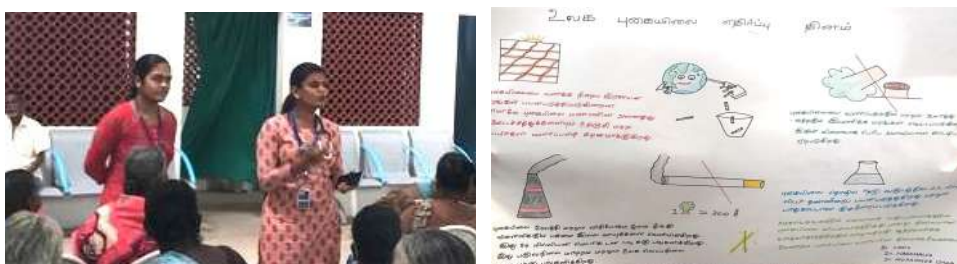
WORLD HYPERTENSION DAY - 17.05.2022



VADANEMMELI - 03.05.2022



WORLD NO-TOBACCO DAY AWARENESS - 28.05.2022



PONMAR - 06.05.2022**KULIPANTHANDALAM - 13.05.2022****EACHUR - 10.05.2022****PERUMBAKKAM - 17.05.2022**

HANUMANTHAPURAM - 24.05.2022



VEPPEDU - 27.05.2022



KUNNATHUR - 31.05.2022



STUDENTS' CORNER



MISS. BHAVYA
2nd YEAR, B.ARCH.



Temple Sketch

MR. PRATAP VENKATESH
2nd YEAR, B.ARCH.



MR. P. GOKULESH
3rd YEAR, B.ARCH.

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