



Chettinad Academy of Research and Education

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**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

Step Up for Breastfeeding, Educate and Support

The well-being of children starts with adequate nutrition and breastfeeding is one of the effective ways to ensure child health and survival. However, according to WHO, nearly two out of three infants are not exclusively breastfed. Globally, three in five babies are not breastfed in the first hour of life. Breastfeeding is essential for both the child and the mother. Ensuring exclusive breastfeeding for six months has the potential to reduce under-five mortalities. Breastfeeding is recommended immediately after birth, within one hour. For maximum benefit, breastfeeding must be exclusive (only breast milk; nothing other than breast milk except vitamin drops, if indicated). This nurtures close bonding between mother and child. The very first milk, known as "colostrum," is the most suitable food for the baby during this early period because it contains a high protein concentration and other nutrients. It is also rich in anti-infective factors that protect the baby from respiratory infections and diarrheal diseases. Breast milk is rich in lactose, which helps absorb calcium and contains all nutrients necessary for growth and development. There is no need for additional water in the first few months of life as breast milk itself contains 88% of water content. It is easily digested and contains immune-boosting bodies and healthy enzymes. Breast milk contains plenty of vitamins such as A, C and a rich amount of polyunsaturated fatty acids which help in the myelination of the nervous system. It also contains very-long-chain fatty acids, which are essential for the formation of prostaglandins and cholesterol. Due to the presence of taurine and cysteine in human milk, neurotransmission and neuromodulation are effective. Breastfed babies are less likely to develop infections and have a lower risk of diabetes, heart disease and lymphoma in later life. Studies also show that breastfed babies have higher IQs, and breastfeeding plays a significant role in managing the double burden of malnutrition.

BREASTFEEDING

GOOD FOR BABY GOOD FOR MOM

Benefits for Baby

- Prevents diarrhea, ear infections, pneumonia and asthma
- Cuts risk of sudden infant Death Syndrome
- Lowers risk for obesity, Developing allergies

Benefits for Mom

- Lessens risk of breast cancer, Ovarian cancer
- Prevents postpartum Depression,
- Prevents Type 2 diabetes
- Reduces Stress



Breastfeeding not only provides babies with all the nutrients they need, but it provides several benefits to mothers as well. Breastfeeding helps the mother to have better uterine involution, reduces the chances of postpartum haemorrhage and lowers the pregnancy weight. This protects against pregnancy due to lactational amenorrhea. It also reduces the risk of breast and ovarian cancer. To promote and create awareness regarding the importance of Breastfeeding, World Breastfeeding Week is celebrated every year in the first week of August. The theme for the upcoming breastfeeding week 2022 is "Step Up for Breastfeeding, Educate and Support." The objective for WBW 2022 is to Inform, Anchor, Engage and Galvanise.

CAMPUSBUZZ

This section has a list of all events conducted at the Chettinad campus from 1st June to 30th June 2022.

World Bicycle Day



3rd Jun, 2022

WORLD BICYCLE DAY CELEBRATION 2022

As a part of Azadi Ka Amrit Mahotsav, NSS CARE organized a cycle rally in Padur on 3rd June 2022; between 3 pm to 4 pm. Dr. Koyeli Girigoswami, NSS, PO, conducted the event. The rally promoted awareness among nearly 200 students and the general public on the health benefits of regular cycling and its role in reducing obesity and obesity-related diseases. About 50 volunteers participated in the event. The slogans were printed in Hindi to promote the fitness message.



The Chettinad School of Physiotherapy, led by Dr. P. Senthil, Professor, Dean in-charge, organized an E-Lecture on "Importance of bicycling and Physical Fitness" on 3rd June 2022 between 03.00 pm to 04.00 pm. Around 50 students participated in this event. The resource person for the guest lecture was Dr. P. Nagaraj, Ph.D., Lead Consultant Neuro Science and Sports Exercise Lifestyle Medicine and Rehabilitation specialist, Chennai. The primary objective of this event was to insist on the importance of the Bicycle and its utilization. Dr. P. Nagaraj explained the physiological changes in our bodies due to regular cycling practices. The audience found the lecture valuable and interacted with the resource person about using bicycles safely for physical fitness.

WORLD ENVIRONMENT DAY

NSS, CARE celebrated World Environment Day on 6th June 2022. The event was organized by Dr. Koyeli Girigoswami, NSS, PO, CARE, and Dr. Deevan, Assistant Professor, Chettinad School of Pharmaceutical Sciences. The infrastructure team of CARE supported the program with Mr. Raghulan. Volunteers took the initiative to create an artificial forest and cleaned a significant portion of vacant land in Padur. The activity was initiated on 30th May 2022. Following the cleaning, a herbal garden with various medicinal plants was planted. Many medicinal extracts were taken from the plants to prepare cosmetic products and healing ointments. The volunteers planted trees with the motto, "One Student, One Tree."



VACCINATION WORKSHOP

The Department of Paediatrics organized a hands-on training workshop on vaccination techniques on 08th June 2022. The beneficiaries were pre-final and final-year MBBS students. The students were divided into three groups, with the faculty posted to each group. They learned the basics of vaccination at each station. Intramuscular, subcutaneous and intradermal injection techniques were demonstrated on bananas. Students were allowed to practice various injection techniques.



HANDS-ON SURGERY WORKSHOP

The Department of Surgery, CHRI conducted a hands-on Surgery workshop on wheels – Basic & Advanced Endo trainer sessions in collaboration with the Johnson and Johnson Institute on demonstration vehicles. Dr. Pitchai Balashanmugam, Dean, CHRI and Dr. V. G. Ramesh, Head, Department of Neurosurgery, CSSH, inaugurated the event. The faculty and postgraduate students of surgical specialties undertook the workshop and got an orientation on laparoscopic procedures.



ANAGAMARDANA- YOGA DAY CELEBRATION

To commemorate Yoga week, the Department of Physiology conducted Anagamardana on 11th June 2022. Ms. Dheeptha started the session with prayer and briefed the participants on the benefits of Yoga and its everyday practice. The practice session started with some exercises on loosening, such as neck bending, neck rotation, shoulder, trunk, and knee movements. The instructors advised students to perform the yoga practices step by step. Mr. Nandhakumar continued to enlighten the participants. Around 210 students participated and benefited from the celebration.



CHETPATHCON 2022 - SOFT TISSUE TUMOURS DIAGNOSTIC UPDATES

The Department of Pathology, Chettinad Hospital and Research Institute conducted an International CME, "CHETPATHCON 2022 – Soft Tissue Tumours and Diagnostic Updates", under the auspices of TNPCIAPM on 11th June 2022. The virtual CME had 226 registrations. The organizing chairperson, Dr. Vijayashree Raghavan, HOD-Pathology, gave the welcome address, followed by a speech by the Dean Dr. Pitchai Balashanmugam, Dr. Chandramouleeswari, Secretary of TNPCIAPM and Dr. Sandhya Sundaram, President of TNPCIAPM. Honorable Vice-Chancellor CARE, Prof. Dr. Shantha Ravishankar, gave the inaugural address. The first talk was by Dr. Paari Murugan, Associate Professor, Urologic & Orthopedic Pathology, Department of Laboratory Medicine & Pathology, Minnesota University. He is also the Medical Director, Biorepository & Laboratory Services, University of Minnesota, Minneapolis, USA, spoke on the topic, "Challenging Soft Tissue Tumours: Case Studies." He explained various challenging cases with differential diagnosis and molecular genetics. The second talk was on "Approach to Soft Tissue Tumours" by Dr. Chandramouleeswari, Professor and Head, Central Laboratory, TNGMSSH. She explained the approach to soft tissue tumours, from morphology to molecular genetics. The third session was a Quiz Contest conducted by Dr. Femela. M, Professor, Department of Pathology, CHRI. The final session was by Prof. Dr. S. Rajendiran, from South Carolina, Visiting Professor of Pathology, SRIHER, Chennai, on the topic, "Updates on Soft Tissue Tumours." He elucidated the Updates on Soft Tissue Tumours, including the recent WHO classification with various case scenarios. Overall, the CME enlightened the delegates on the Soft Tissue Tumor Updates and delegates praised the CME through their feedback and interaction with the speakers.

WORKSHOP ON DIRECT OPHTHALMOSCOPE

The Department of Ophthalmology organized a workshop on Direct Ophthalmoscopes on 18th June 2022 between 2 pm and 4 pm. The speakers were Dr. Adnan Mohamed Matheen & Dr Monisha Maria. 43 Post-graduates from Ophthalmology, General Medicine, Paediatrics, and Psychiatry of CHRI participated in the workshop. The first session started with an introduction to the ophthalmoscope by Dr. Adnan Mohamed Matheen (Associate Professor). The correct procedure and proper examination technique of using an ophthalmoscope in a patient's eye were demonstrated to the participants. Dr. Monisha Maria (Senior Resident) spoke about the normal retina and the common systemic diseases that affect the eye and its pathogenesis. Professor C. Shankar (HOD) spoke on approaching a patient with different eye diseases and the need for timely examination and diagnosis with a direct ophthalmoscope. The sessions were interactive, with active participation by the participants. All the participants were split into small groups and were handed a direct ophthalmoscope to have hands-on experience examining a patient under faculty supervision. At the end of the session, certificates were awarded to all the participants.



YOGA WEEK CELEBRATION

The Department of Physiology, CHRI, in collaboration with Tamil Nadu Sports University, commemorated Yoga week from 10th to 20th June 2022. The instructors were Mr. Lakshman Raj, Mr. Ashok Kumar, Ms. Niraimathi and Ms. Gowri Kerthi.



CHETSOAR

An architectural symposium was organized by the Chettinad School of Architecture, CARE, on 17th June 2022. A total of 20 colleges participated and more than 100 budding architects attended the symposium. Various competitions were held. The chief guest was Mr. Kurian George, and the guests of honour were Mr. Cibi Chakravarthy, film director and Mr. Rajamurugan, a renowned Architect.



INTRA-COLLEGE CHESS CHAMPIONSHIP

CARE organized an Intra college chess championship on 16th June 2022. The event was inaugurated by Dr. Arun Kumar R, Vice-Principal and Dr. Kumar Ebenezer, Principal, AHS. Students A R Muthuraman, Akshaya Nair, Dheeran and Vishal were declared winners.



VENTILATOR SETTINGS AND NURSING CARE: HANDS-ON WORKSHOP

The Chettinad College of Nursing conducted a hands-on workshop on ventilator settings and nursing care on 16th June 2022. It was organized by Ms. Grace Pal, Tutor, Medical-Surgical Nursing Department. Thirty students and five CCN faculties participated in the workshop. The session started with Basics of Mechanical Ventilation for Critical Care Nurses by Dr. Swaminathan, Intensivist, CHRI. The second session mainly focused on nursing care by Mrs. Jeeva Roselin, Incharge Nurse, ICU. Two skill stations were arranged; Station 1 - Mrs. Jeeva Roselin manned settings of Mechanical Ventilator and Ventilator documentation charts. The station involved the live demonstration of operating a ventilator. Station 2 - Dr. Swaminathan manned endotracheal intubation drugs. The post-workshop assessment was followed with felicitation to conclude the workshop.



BASIC YOGA ASANAS – HAND-ON TRAINING

Chettinad School of Physiotherapy organized a virtual Guest Lecture on behalf of the International Yoga Day 2022 celebration, titled "Yoga for Humanity," on 21st June 2022. BPT III, II, I year and MPT I year students attended the session. Ms. Pritika Rana, MPT (Ortho), Assistant Professor, ALPH University, Odisha, talked about Yoga and the importance of various Yoga Asanas in human life. Relaxation, breathing techniques, and management of musculoskeletal problems with simple Yoga techniques were discussed. Students actively participated in the guest lecture cum demonstration session and clarified their doubts regarding the basic techniques.

NIEPMD VISIT

NIEPMD is a central institute that caters to physical and mental health, special education, and rehabilitation for differently-abled children. As a part of holistic teaching to undergraduate and postgraduate students, the Department of Paediatrics, CHRI (CARE) organized a half-day teaching and learning session on 21st June 2022 at NIEPMD. Eighteen final-year undergraduate students and 2 MD students were accompanied by the faculty, Dr. Srinath. Children with special needs were given a health check-up and general nutritional advice. The students were exposed to occupational, speech therapy, physical rehabilitation, and special education techniques and the management of several children with Cerebral palsy, Autism, and Down syndrome.



GUEST LECTURE – DIABETIC KETOACIDOSIS

The Department of Paediatrics organized an E-Guest lecture on 27th June 2022 on the topic "Diabetic Ketoacidosis." Dr. Jayashree Muralidharan delivered the Guest Lecture, Professor and Chief, Paediatric Emergency and Intensive Care Units, Advanced Pediatrics Centre, PGIMER Chandigarh. She elaborated on Diabetic Ketoacidosis. It was an informative and impressive lecture that was very useful for students and faculty. Overall the lecture was highly comprehensive and lucid. One hundred thirty-three participants, including UG and PG students, CRRI and faculty benefited from it.

GUEST LECTURE ON HYPERSENSITIVITY PNEUMONITIS

Department of Respiratory Medicine organized a Guest Lecture on the topic, "Hypersensitivity Pneumonitis - Updates," at Chettinad Medical College on 27th June 2022. The meeting was presided by Dr. Meenakshi N and the main talk was delivered by Dr. Aruna Shanmuganathan. The lecture was attended by 50 delegates, including faculty, postgraduates, and AHS students. It was a practical, interactive session where all the post-graduates participated actively.



CHETTINAD SQUARE

NAAC EXHIBITION MODELS

CARE meticulously presented models and exhibits that represented all the schools, colleges and departments under Chettinad Academy of Research and Education.



DINATHANTHI EDUCATIONAL FAIR

Dinathanthi Educational Fair was held at the Trade Centre, Nandambakkam, Chennai, on 31st May 2022 and 1st June 2022. Students and parents who wished to know about higher education prospects attended the fair. Our academic experts displayed and explained the career opportunities provided by Chettinad Academy of Research and Education.



CENTRE ACTIVITIES - RHTC

WORLD ENVIRONMENT DAY - 08.06.2022



WORLD BLOOD DONOR DAY - 14.06.2022



NATIONAL CATARACT AWARENESS DAY PROGRAMME - 27.06.2022



CENTRE ACTIVITIES - CFCH

WORLD ENVIRONMENT DAY - 17.06.2022



WORLD BLOOD DONOR DAY - 17.06.2022



NATIONAL CATARACT AWARENESS DAY - 29.06.2022



CHETTINAD OUTREACH

GENERAL CAMP - COMMUNITY MEDICINE

Outreach activities were 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 benefitted 463 patients. More than 130 patients were referred to CHRI for further treatment. The sites of the camps were Madayathur, Perumbakkam, Kayar, Manamai, Kuzhipanthandalam and Mailai in June 2022. The outreach was carried out by the Department of Community Medicine's outreach team under Dr. Buvnesh Kumar.



MADAIYATHUR - 03.06.2022



PERUMBAKKAM - 07.06.2022



KAYAR - 10.06.2022



MANAMAI - 14.06.2022



KUZHIPANTHANDALAM - 17.06.2022



MAILAI - 24.06.2022



SEMBAKKAM - 28.06.2022



WOMENS' WELLNESS CAMP

The Department of Obstetrics and Gynecology conducted an outreach program on Women Wellness on 30th June 2022 between 10 am and 2 pm at an Anganwadi in Thandalam, Thiruporur. It was organized by Prof. Dr. Vijayalakshmi. K. The team members were PGs, CRRIs and nursing staff. The program began with a welcome address, after which the physicians attended to the women who visited the camp. Basic parameters such as weight, blood pressure and CBG screening were done for all women over the age of 35 years. Pap smear screening was performed for the indicated women. Free medicines were distributed to women for 5-10 days. Counselling was given to women who were having poorly controlled Diabetes and newly identified DM. A total of 66 patients attended the camp. About 50 patients were screened for Diabetes by CBG. Six women underwent Pap smear testing. About 25 patients were referred to the various departments of CHRI, depending on their health issues.



OUTREACH - RESPIRATORY MEDICINE

A Health camp was conducted at Alathur by the Department of Respiratory Medicine on 29th June 2022. Doctors assessed patients from nearby villages and their vitals, CBG, PFT, and PEFR were checked. Once assessed, they were symptomatically treated and available medicines were given accordingly. Some of the patients were referred to CHRI for further management. 1 senior resident, 2 postgraduates, 1 nursing staff and 2 nursing students took part in the camp. Totally 32 patients got benefited of which 13 were referred to Chettinad Hospital & Research Institute for a higher level of management.



FREE MEDICAL CAMP

A Free Medical Camp was conducted at the community hall at Panchanthiruthy village, Thiruporur Taluk, Chengalpattu district on 30th June 2022 from 10:00 am to 12:30 pm. The camp was organized by Dr. R. B. Namasivaya Navin (AP) from the Department of Otorhinolaryngology, along with Dr. R. Karthika (PG) and a staff nurse. A total of 54 patients attended the camp. ENT examination was done and free drugs were given to the patients. Around 20 patients needed tertiary care treatment and were referred to the Outpatient Department of Otorhinolaryngology, Chettinad Hospital and Research Institute. Patient awareness was created about common illnesses and their management.



BLOOD DONATION CAMP

On the occasion of world blood donor day, Chettinad Hospital And Research Institute Blood Bank along with the student's association of TNJFU conducted a blood donation camp at Tamil Nadu Dr. Jayalalitha Fisheries University at Vaniyanchavadi.





The camp was held at the seminar hall from 9 am to 2 pm on 17th June 2022. The Dean of the university, Dr. S A Shanmugam, presided over the blood donation camp. More than 50 students, along with staff participated enthusiastically in the camp. The total number of blood units collected was 25 units. The donation process was uneventful and none of the donors experienced any adverse reactions during or after the donation. The Dean gave a talk on blood donation and distributed certificates. He also assured that the centre would conduct similar camps in the future.

STUDENTS CORNER

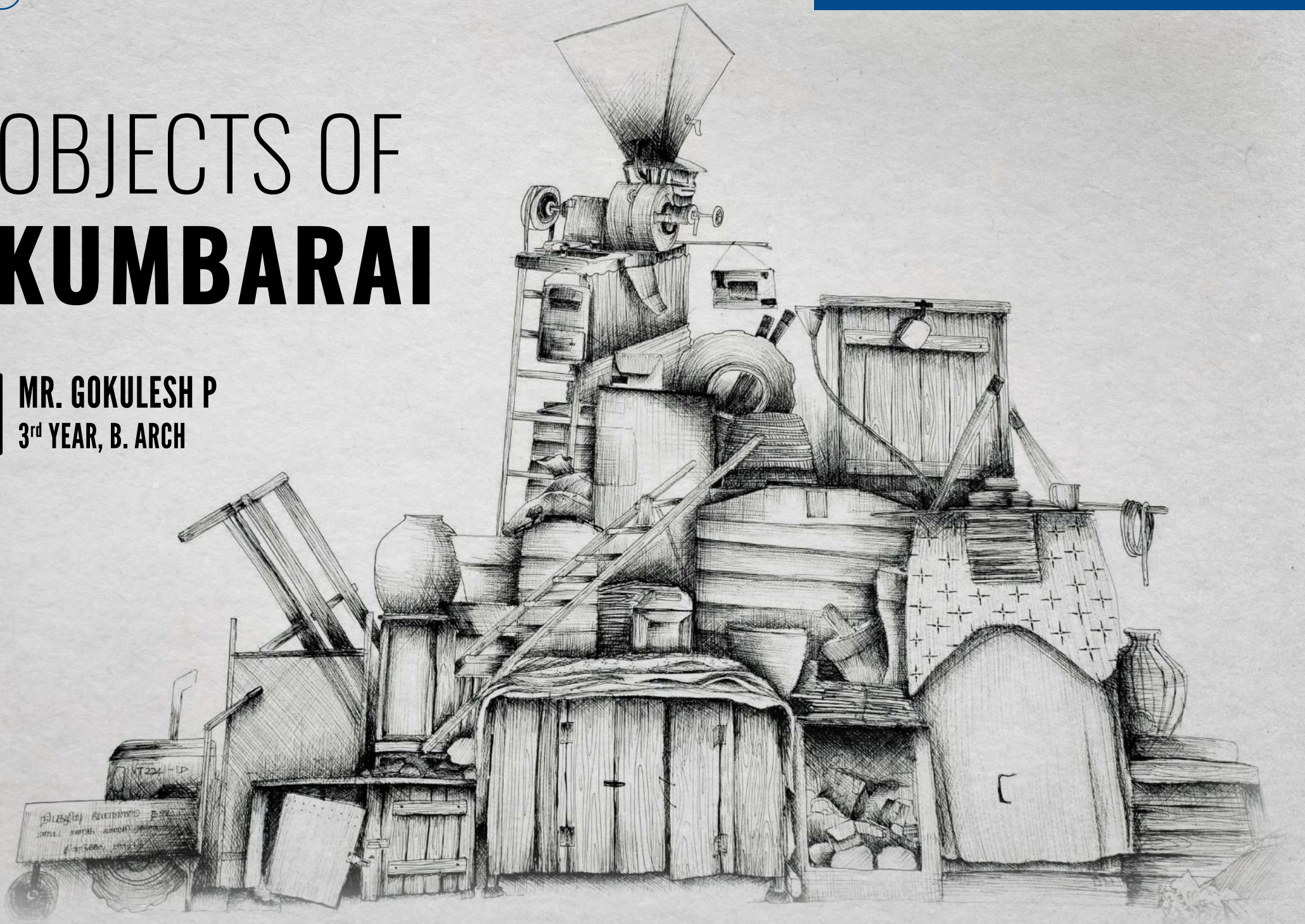
Pencil Sketch

MR. GIRI PRASATH. A
2nd YEAR, B. PHARM



OBJECTS OF KUMBARAI

MR. GOKULESH P
3rd YEAR, B. ARCH



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