



SRI RAMACHANDRA
INSTITUTE OF HIGHER EDUCATION AND RESEARCH
(Category - I Deemed to be University) Porur, Chennai



Bridges

Newsletter of SRIHER (DU)



March 2022



From the Editor's Desk

Cherished Readers,

March brings with it the promise of gardening and warmer, sunny days, as the Earth springs forth from the vernal equinox. Here our campus brightens with the lush green of saplings planted on this environment day. March also reminds us of a global initiative to create the most positive day in the world, World Compliment Day celebrated every March 1st to spread joy through simple verbal affirmations of appreciation. With less focus on providing material representations of appreciation, this day is meant to cost absolutely nothing at all, so everyone can participate! So, this day is a reminder to vocalize your positive thoughts and watch them light up a room!

Some of the events which call for attention during this month are the week-long Science Day celebration, World Oral Health Day & World Hearing Day celebrations, the inauguration of the multidisciplinary rehabilitation centre, the 29th lamp lighting ceremony of the Faculty of Nursing, launching the women's wellness initiative, 'Kamalatmika', career counselling sessions, eye and dental camps amongst the various recognitions won by our students, faculty members and alumni in many fields including sports.

"A windy March is lucky. Every pint of March dust brings a peck of September corn, and a pound of October cotton," said Julia Peterkin. May the wind bring home a lot of corn and cotton!

Stay safe... Stay connected...

Dr. C. R. Hemalatha
Managing Editor

Alumni Corner

Congratulations!



Dr. Dilip Abdul Khadar (MD General Medicine, 2009 - 2010) received the 'IMA Covid Warrior Award' for his contribution during the COVID-19 pandemic by 'IMA Nedumbassery'.

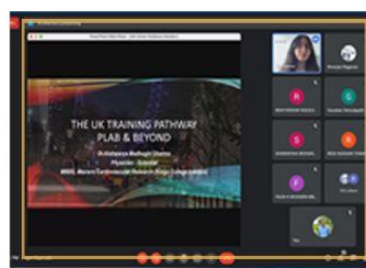


Dr. Joy Basu (MBBS 1996-1997) received the 'Vivek Jyoti Samman Life Time Achievement Award' instituted by Swami Vivekananda University, West Bengal.



Dr. Radhika Potluri (MBBS 2000-2001, M.S. Obstetrics and Gynaecology 2010-2011) won the 'Best Budding IVF Specialist - South Zone Award' in Economics Times Health World National Fertility Awards.

Sri Ramachandra Alumni Association and Student Council organized an orientation Session 'Trail to the UK' (Online) for MBBS Students. Dr. Aishwarya Madhugiri Sharma (Alumnae MBBS 2015-2016) was invited as a special invitee to give a talk on PLAB and the medical career path to United Kingdom, on 30th January.



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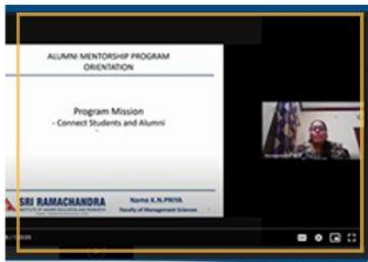
Mr. A. Bharath

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Mr. A. Anand Kumar



Alumni Corner



Faculty of Management Sciences organized an orientation program on 5th February (virtual). The alumni mentors of the program, Ms. Vidhya V., Ms. Abhirami Ravikumar, Mr. R. J. T. Nirmalraj (MBA 2001-2003), Ms. Pakiyalakshmi (MBA 2002-2004), Ms. Tinu (MBA 2003-2005), Mr. Ahamed Sahib (MBA 2005-2007), Mr. Sivabalan. G., Ms. Vidya Mani (MBA 2006-2008), Mr. V. R. Haribalaji & Ms. Shridevi Seshadri (MBA 2010-2012) shared their experiences and learning with the students.

Dr. Prakash A. (MBBS - 2001-2002) and Dr. Deebak Kumar S. (MS Orthopedics, 2009-2010) received the 'Excellence in Orthopedics' Award instituted by VS Hospitals, for their outstanding work in the field of Orthopedics.



Happenings



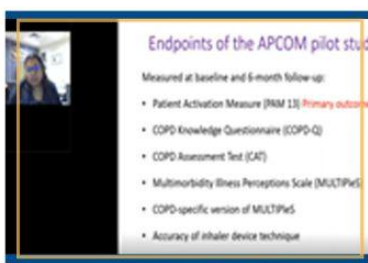
The NSS unit along with the Inner Wheel Club of Madras Metro organized a 'Free eye camp and spectacle distribution program' on 23rd February at the public service centre of Annambedu village. 69 NSS student volunteers from Unit - IV participated. Ms. Sunitha Baskar, Village President, Annambedu presided. The camp included 69 beneficiaries.

Dept. of Community Dentistry organized a dental camp at Govt. Adi Dravidar Welfare Higher Secondary School, Kollappancherry, Thiruvallur district. 170 school students were screened for dental problems. The camp also educated the students on over the counter pills, menstrual hygiene, avoidance of tobacco, dental hygiene and practice of hand hygiene steps by 36 student volunteers from the Colleges of Pharmacy, Biomedical Sciences, Medicine and Nursing. Mr. Vijaya Babu, a village leader presided.



National Science Day Celebrations were conducted from 28th February to 5th March. Cutting-edge research themes of healthcare, education and research were presented as digital in-person presentations by all categories of SRIHER researchers - UG, PG, PhD students, GATE faculty awardees, ICMR fellows, extra mural grant investigators, students and faculty entrepreneurs during various sessions.

A Rehabilitation Centre with a state-of-the-art comprehensive in-patient multidisciplinary follow-up treatment facility for Stroke, Parkinson's, Alzheimer's and patients with brain and spinal injuries was inaugurated at Sri Ramachandra Medical Centre on 2nd March. The center will provide intensive speech, language and swallowing therapy, physiotherapy, occupational therapy, neuro psychological intervention supported by neurosurgeons, neurologists, nutritional consultations with 24/7 nursing care for the patients.



Faculty of Physiotherapy jointly with its alumni chapter organised a webinar titled, 'Self-Management of COPD in the context of Multimorbidity' on 4th March. The resource faculty, Dr. Sameera Ansari, Alumni (BPT batch 2000 - 2001, MPT batch 2004-2005) spoke about the tailored, self-management education programme that led to improvement in patients' self-efficacy in terms of their COPD knowledge, overall health behaviour, COPD-related quality of life and inhaler device technique. 145 participants attended.



Happenings



Dept. of Oral & Maxillofacial Pathology and Oral Microbiology conducted the 2nd Mastermind Series Program, focused on diagnosing various histopathological challenging cases on 3rd March. A lecture on 'Salivary gland tumours - morphology to molecular' was presented by Dr. N. Priyathersini, Assoc. Prof., Dept. of Pathology. The session was moderated by Prof. Shubhangi Mhaske, Head, Oral Pathology, People's College of Dental Sciences and Research Centre, Bhopal. 364 delegates attended.

The 29th Lamp Lighting Ceremony of Sri Ramachandra Faculty of Nursing was held on 2nd March. Prof. R. Sudha, Principal, M. A. Chidambaram College of Nursing, VHS Campus, Chennai was the chief guest. 100 I yr. B.Sc. Nursing (Basic) students dedicated themselves to the nursing profession with the lighted lamp and the Nightingale pledge.



Padmashri. Ms. Meenakshi Chitharanjan, an eminent Bharatanatyam dancer and teacher was honoured by Ms. Samyuktha Venkataachlaam, Trustee, Sri Ramachandra Health and Educational Trust on 8th March during Women's Day celebrations. The event launched 'Kamalatmika', a women wellness initiative for the female employees and staff of SRIHER. The initiative included blood tests – thyroid, haemoglobin, pap smear, sonomammogram followed by Gynaecology consultation between 10th - 31st March. Poetry and meme competitions in English and Tamil were held for all faculty and students on the theme, 'Gender equality for a sustainable tomorrow' and 'Only one Earth'.

The NSS unit organised a garbage bin distribution programme as part of *Swachh Bharath* Mission at Padur on 7th March. 33 student volunteers of Unit-III sensitized on hand-washing technique, menstrual hygiene, malnutrition and dental/oral hygiene. 34 dustbins were distributed to the villagers emphasizing the usage of two varied colour bins for biodegradable and non-biodegradable wastes. Ms. Jayanthi Murali, Village President and Mr. Sivanandham, Coordinator, *Swachh Bharat Abiyan* extended their support.



Dept. of Nephrology offered individualized counselling on account of World Kidney Day to dialysis patients and their attenders on the importance of physical activity and exercises in chronic kidney disease (CKD) prevention and various methods to improve physical activity at G block OP and at F2 on 11th March. Posters on risk factors, treatment, benefits of physical activity and exercises for CKD were displayed. The camp had 50 beneficiaries.

Dept. of Obstetrics & Gynecology Nursing observed International Women's Day at G block OP on 8th March on the theme, 'Gender Equality today for a sustainable tomorrow'. An awareness programme was conducted for the participants in the form of quiz, song, skit, dance and a talk on 'Gender equality and women empowerment'.



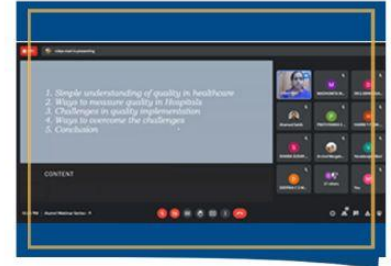
Happenings



Dept. of Occupational Therapy conducted a career counselling program titled, 'Occupational Therapy: A promising career' for 11th and 12th grade students of seven schools in Chennai. 403 school students benefitted.



Ms. K. N. Priya, Asst. Prof., SRFMS received the 'Bharathikanda Puthumaipen Award' on the occasion of Women's Day 2022 celebration organized by Gobi Arts and Science College, Gobichettipalayam.



Faculty of Management Sciences organized a webinar on the topic, 'Quality beyond accreditation in hospitals' on 29th January. Ms. Vidya Mani, Alumna (MBA 2006-2008) was the special invitee.



Dr. A. Subashree, Asst. Prof., SRFMS received an 'Award of Excellence' from the Poultry Farmers Regulatory Committee during the conference, 'Food & Health - A Protein Approach' organized at Coimbatore on 26th March.



The students of the Dept. of Occupational Therapy have participated in the 59th Annual National Conference (virtual) on 'Unmask the masked potential: Occupational Therapy perspective' held between 11th-13th March.



Dr. A. Subashree, Asst. Prof., SRFMS was recognised with the Women Excellence Award in the Category - Digital Innovation organised by Nehru Group of Institutions on 8th March.



Faculty of Management Sciences and Sri Ramachandra Medical Centre in collaboration with the Urban Primary Health Centre, Triplicane conducted a medical camp for Urbaser Sumeet employees on 8th March at Community Hall, Triplicane. Free consultation in General Medicine, Dermatology, Gynaecology, Orthopaedics and Ophthalmology were offered. The camp provided a direct exposure for management graduates to serve the community.

Dept. of Paediatric Medicine & the Paediatric Nephrology Unit along with Dept. of Paediatric Nursing, conducted a seminar to commemorate the World Kidney Day on the theme, 'Kidney health for all-2022' on 11th March. 222 members participated.



Campus Environment Day-2022 of SRIHER (DU) was celebrated on 31st March to mark the Birth Anniversary of Smt. Kamalam Ramaswamy Udayar. Ms. Prasiddhi Singh, Founder of Prasiddhi Forest Foundation and the recipient of Prime Minister National Child Award 2021 was the chief guest. The event started with a campus walk by officials, staff, teaching fraternity and students. Saplings were planted in the Bio Diversity Park maintained in the campus and a pledge was also taken by all present to protect the earth's green cover. A special address was delivered by Ms. Samyuktha, Advisor, Centre for SRCWA. Prizes were distributed for the winners of the poetry and meme competitions.



Happenings



Dept. of Public Health Dentistry observed World Oral Health Day on March 20th. An outreach program was organized to promote oral health amongst the patients. A set of five stalls depicting brushing techniques to be followed, dental diseases most commonly seen, various treatment modalities available to patients, dietary planning, importance of review and recall and tobacco cessation were installed. An audio-visual representation of pediatric concerns and treatments was also portrayed through a puppet skit. Free toothbrushes were offered to all the patients.

Dept. of Periodontology and Implantology in association with the Indian Society of Periodontology celebrated the World Oral Health Day on 18th and 19th March. The theme was 'Be proud of your mouth.' On account of this, games were conducted for the patients and toothbrushes, mouthwash and tooth pastes were distributed to them. The undergraduate students participated in an e-poster competition and a quiz competition along with a lecture on, 'Importance of Oral Health.'



Depts. of Obstetrics and Gynaecology Nursing and Community Health Nursing organized a 'Value-based add-on career development course' from 24th to 28th February. Training sessions were given to 99 students from IV yr. B. Sc. Nursing (Basic) and seven students from II year M. Sc. Nursing 'Nurse Practitioner in Critical Care Program' (NPCC) programs through small group discussions, gaming method and role plays. Some of the resource persons were from Dr. Reddy's Lab.

Dr. Kirthiga M., Dept. of Pediatric and Preventive Dentistry received the Specialist Dentist of the year Award - Pedodontist Category at the Indian Dental Diva Awards conducted in Mumbai on 4th March and the Distinguished Woman Award on International Women's Day from the Indian Society of Pedodontics & Preventive Dentistry on 6th March.



Dept. of Community Health Nursing observed 'International Women's Day 2022' on the theme, 'Break the bias' on 8th March at the Govt. Primary Health Centre, Sorancherry. Dr. N. Kalpana, Medical Officer, Sorancherry Primary Health Centre inaugurated the program. A role-play highlighting the importance of women's health by II yr., Post Basic B. Sc. Nursing students was held. 100 people benefitted.

Dr. T. P. Keertthana, II yr. MD (Pathology) was awarded the first prize for the poster titled, 'Mysterious crystals with serious consequences' presented at the CME on 'Recent trends in genetic molecular pathology' at the Institute of Child Health and Hospital for Children, Egmore.



Dept. of Community Health Nursing and Government Primary School, Sorancherry observed 'National Deworming Day' at the school premises on 12nd February. The events included a puppet show, health education, demonstration, return demonstration and an interactive session with the school children on hand hygiene and prevention of worm infestation. 60 primary school children benefitted.



Happenings



Dept. of SLHS observed World Hearing Day between the 3rd and 10th March through various activities by reaching out to musicians and singers who are exposed to high levels of sound as part of their training and profession, on the theme, 'To hear for life, listen with care'. Sensitization programs on the effects of music induced hearing loss were organized in two music colleges in Chennai: *Tamil Isai Kalloori* and Dept. of Indian Music, University of Madras on the 4th and 9th March, respectively. Hearing screening was also conducted for the participants, using the HearWHO app. 70 students benefitted. A special awareness song written, sung and composed by the faculty, staff and PhD scholars from Dept. of SLHS in Tamil was published in YouTube (<https://youtu.be/P6Z1leeLJ0M>) and shared on social media to promote hearing conservation.

The students of Sri Ramachandra Institute of Higher Education and Research from the Faculties of Dental Sciences, Allied Health Sciences, Biomedical Sciences, Pharmacy, Physiotherapy participated in the pond restoration programme as part of their NSS activity on 19th March. 39 students volunteered.



Sri Ramachandra Faculty of Pharmacy and its Alumni chapter organized events themed as "Break the Bias, Imagine a Gender Equal World" to commemorate the International Womens' Day on 8th March. The chief guest Ms. K. L. Bagavathi Praveen, Founder and Managing Partner, Plus Up, Chennai, delivered a lecture on 'Empowering women through entrepreneurship in pharmaceutical industry'. The event included competitions and debates. Cash prizes were awarded for the winners. 250 members participated.

Pharmacy Education Unit conducted the XVI Faculty Development Program themed as 'Focused workshop on basics of problem based learning' on 7th March for 35 faculty members. Dr. Vinod Pallath, Assoc. Prof., Medical Education & Research Development Unit (MERDU), Faculty of Medicine, University of Malaya, Kuala Lumpur, Malaysia was the resource person.



Dept. of Biochemistry conducted a virtual CME titled, 'Role of Clinical Biochemistry in prenatal aneuploidy screening' on 25th February. The speakers were Dr. Lakshmy Ravi Selvaraj, Consultant and Director, Dr. Thasleem Ziyauulla, Consultant and Academic Director and Dr. Kiruthika S., Consultant in Clinical Genetics, at Shri Lakshmi Clinic & Scan Centre, Krishnagiri.

Dept. of Pathology, organized a webinar on Breast Pathology - Dilemmas as part of the monthly web series on Diagnostic Challenges on 4th March. The resource person was Dr. Luca Cima, Consultant, Santa Chiara Hospital, Italy. 312 delegates attended.





Happenings



Dept. of Pharmacology conducted the 6th Annual Sri Ramachandra Pharmacology Insight and Rapid Review Course, ASPIRE 2022 virtually on 12th, 13th, 19th, 20th & 26th February for postgraduates and faculty members. 250 delegates participated. The event included interactive lectures, panel discussions, symposiums, pedagogy, soft skills training sessions and competitive activities such as quiz, essay writing, awareness poster designing, oral and e-poster research presentations.

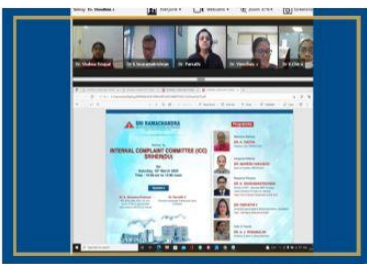
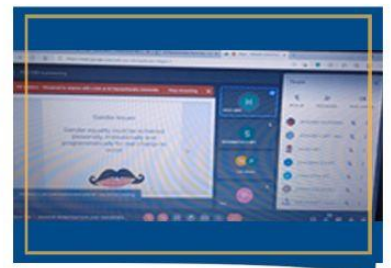
Faculty of Physiotherapy conducted a camp on 'Women's wellness' at the Sri Ramachandra Hospital on 8th and 9th March on the occasion of the International Women's Day to encourage women to exercise and lead a healthy living.



A community outreach program was conducted by the Faculty of Physiotherapy along with Hope, a public charitable trust on 23rd March at Karunakaracheri, Annambedu village. Education on joint care and breathing strategies were given through the display of charts, distribution of pamphlets and demonstration. 100 members benefitted.



Faculty of Physiotherapy organized a gender sensitization programme through the online mode on 14th February by Prof. Usha Vishwanath, Head, Dept. of Obstetrics and Gynaecology to sensitize all the students regarding gender issues, sexual harassment and reporting of the same on time to the higher authorities to prevent the repetition of the same. About 350 students including faculty members attended the program.



Internal Complaint Committee organized a webinar on 'Intro to sexual harassment and its laws' on 19th March. The resource persons were Dr. K. Sivaramakrishnan, Director & CEO, Taoka Chemical India Pvt. Ltd., Chennai & Dr. Parvathy V., Consultant Psychologist & Behavioural Trainer, Coimbatore. More than 500 students from various constituent colleges attended the program.

SRIHER is associated with IIT-Madras for a project titled, 'Computational and experimental platform for high resolution terapixel imaging of ex-vivo human brains' with the aim to map human brains at the cellular level. The state-of-the-art Sudha Gopalakrishnan Brain Centre was inaugurated on 19th March by Prof. Vijay Raghavan, Principal Scientific Advisor to the Government of India. Dr. R. Rajeswaran, HOD, Radiology, SRIHER was felicitated at the inauguration for his collaborative research.



129th Bridges Book Review **was held on 28.03.2022**

March 2022 : *Gifted: Inspiring Stories of People with Disabilities*
Author : Ms. Sudha Menon & Mr. V. R. Feroze
Reviewer : Ms. Priyanka Srikumar
VI Sem., B.ASLP,
Dept. SLHS, SRFAHS



130th Bridges Book Review **is to be held on 29.04.2022**

April 2022 : *The Giver*
Author : Ms. Lois Lowry
Reviewer : Ms. Thulasi S. Rajasekaran
B.Sc.(Hons.)
Biomedical Sciences

Sports Coner


The prize distribution ceremony for the SRIHER -Throw Ball Men and Women Tournament 2k21 and Indoor Star's Fest 2k21 was held on 9th March. Prof. Preetam Arthur, General Medicine distributed the prizes. The details of the event are given below:

Women	
Winners	Biomedical Sciences
Runner's – up	PG Paramedical
Best Player Award	Ms. Harini M., II yr. M.Sc. SLHS
Men	
Winners	Pharmacy
Runner's – up	PG Paramedical
Best Player Award	Mr. Manikandan M., Intern Pharm. D.

Chess (Women)		
I Place	Ms. Hiranmayi K.	II yr. B. Sc. Medical Microbiology
II Place	Ms. Nehal Jain	III yr. BPT
III Place	Ms. Aishwarya C. V.	II yr. M. Sc. Clinical Nutrition
Chess (Men)		
I Place	Mr. Visveshwar A.	IV yr. MBBS
II Place	Mr. Bharathraj S.	II yr. TCM
III Place	Mr. Bagath Srinivasan Balaji	III yr. MBBS
Carrom Singles (Women)		
I Place	Ms. Meghnaa S.	III yr. SRET
II Place	Ms. Jessika Adeline	CRI BDS
III Place	Ms. Thaanya Venkat	III yr. BBA
Carrom Singles (Men)		
I Place	Mr. Manoj Kumar	IV yr. TCM
II Place	Mr. Z. Mohamed Sameer	IV yr. BOT
III Place	Mr. Sriradhan B.	I yr. M. Sc. Radiology
Table Tennis Singles (Women)		
I Place	Ms. Ananya M. K.	II yr. Sports Sciences
II Place	Ms. Vedhalakshmi R.	IV yr. BMS
III Place	Ms. Rithiks S.	II yr. MBBS
Table Tennis Singles (Men)		
I Place	Mr. Akash Jagadeesan	II yr. MBBS
II Place	Mr. Harith Raghuram	III yr. Sports Sciences
III Place	Mr. Atreya Guruprasad	III yr. MBBS III yr.
Carrom Team Event (Women)		
Winners: Sri Ramachandra Faculty of Dental Sciences		
Dr. Jesima J.		CRI BDS
Dr. Jessika Adeline		CRI BDS
Runners: Sri Ramachandra Faculty of Pharmacy		
Ms. Bala Swetha B.		V yr. Pharm. D
Ms. Deepika A.		V yr. Pharm. D
Winners: Badminton Team Event (Women)		
Ms. Arya Nandanar		Sports Sciences
Ms. Nila Chakravarthy		
Ms. Shalina Rebecca Philip		
Ms. Akshayaa V		
Runners: Badminton Team Event (Women)		
Ms. Jessin Raju		BBA
Ms. Reshma D.		

Carrom Team Event (Men)	
Winners: Trauma Care Management	
Mr. Manoj Kumar B.	IV yr. TCM
Mr. Naresh Kumar S.	Intern.
Mr. Tamil Selvan A.	Intern.
Mr. Kishore K.	IV yr.
Runner's - up: Occupational Therapy	
Mr. Z. Mohamed Sameer	IV yr. BOT
Mr. P. Privin Raj	Intern. BOT
Table Tennis Team Event (Women)	
Winners: Biomedical Sciences	
Ms. Vedhalakshmi R.	IV yr.
Ms. Sanjna V.	II yr.
Ms. Tesia Miriam Titus	II yr.
Ms. Sneha Rajeev	II yr.
Runners: MBBS	
Ms. Rithika S.	II yr.
Ms. Siddhi Gupta	II yr.
Winners: Table Tennis Team Event (Men)	
Mr. L. Makesh Murugan	MBBS I year
Mr. Aditya S.	MBBS I year
Mr. Arun Thomas	MBBS I year
Mr. Nithin R.	MBBS I year
Runners: Table Tennis Team Event (Men)	
Mr. Ismail Arif Khan	MBBS III year
Mr. Kiran Sooraj T. J.	MBBS III year
Mr. Karthik Chidambaram	MBBS III year
Mr. Udhav Satish	MBBS III year
Winners: Badminton Team Event (Men)	
Mr. Kaveen Dharani Rajan	Sports Sciences
Mr. Karthikeyan T.	
Mr. Mohammed Rishan	
Mr. Shivath Badri	
Runners: Badminton Team Event (Men)	
Mr. Tusharindra Lal	MBBS Final Year
Mr. Raghu Rai E.	



Our students won medals at the 1st SIKF South Zone Karate Championship for cadets, juniors, under-21 & seniors held at Sri Kotla Vijaya Bhaskar Reddy Stadium, Hyderabad, Telangana on 5th & 6th March. The details are as under:



Ms. Charulatha G., III yr., BPT
Gold Medal - Kumite
(below 55 kg senior category)
Bronze Medal - Kumite
(55 kg under-21 female category)



Ms. Hindhuja P., III yr., BBA
Silver Medal - Kata
(under-21 female category)
Bronze Medal - Kumite
(61 kg category)



Mr. N. Sulaiman Ahamed, I yr., AI & ML
Gold Medal - Kumite
(55 kg under-21 male category)

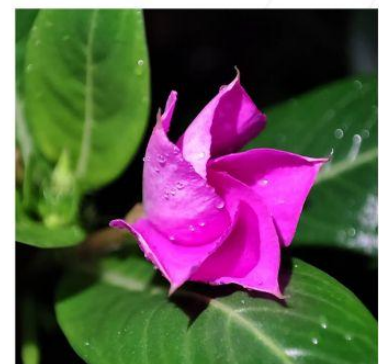
Reader's Corner



Mr. Malcolm Shadrach
III yr. B.O.T



Mr. Karun Ashwath G. K.
I yr. MBBS



Ms. Zahra Fathima S.
I yr. BDS

When we were little

Don't you miss when you were little?
Those days when you didn't care,
On what people thought about your clothes, weight and hair.

We just did whatever made us happy
Riding on our bikes, watching the tele,
Skipping school, eating cotton candy.

Remember the day we laughed so hard because I took a fall,
Now we don't even talk about it
As none of us even try to make a call.

It was during the fifth grade,
We sat down under the sunset and many promises were made,
But day by day, year by year all of them started to fade.
When we were little, we never had time for ego
As we were always busy with our legos.

Mr. Anders Spencer
III yr. BOT

Only one Earth

Don't throw your wastes into the sea;
Unkempt seas won't be a good sight for the posterity to see.

Don't switch on the AC for a tiny drop of sweat;
How many times do you think the earth can reset?

Don't waste liters of water just so your jeans remain blue;
The sea too needs water to maintain its hue.

Don't cut down the trees to create paper.
For you to be safer, the oxygen levels shouldn't taper.

Retrospect your mistakes; as its quite late, be fast paced
Because there is only one earth and it cannot be replaced!

Ms. K. Ramalakshmi
I yr. MBBS