

CHENNAI MEDICAL COLLEGE HOSPITAL AND RESEARCH CENTRE (SRM GROUP)



IRUNGALUR, TRICHY - 621 105.

ectopics'17

The background of the lower half of the image is a collage. It features a red stethoscope, a black and white ECG (heart rate) line, and several interlocking puzzle pieces. Some puzzle pieces are white, while others are black, creating a high-contrast, abstract pattern.

CHENNAI MEDICAL COLLEGE HOSPITAL & RESEARCH CENTRE

Irungalur, Trichy - 621 105.

E-mail : deancmchrc@gmail.com Website : www.cmchrc.ac.in



JULY 2017



From the desks...



Know your **TEACHERS**
Expert Opinion



Lit-Witz



நம்ம ஊரு திருச்சி

Picasso



இயல்



Movie Pandit



Memoria2K $\frac{16}{17}$



Fotophrenia



Brain Bites





Dr. T.R.Paarivendhar

Founder Chairman
SRM Group of Institution &
Chancellor, SRM University

Chancellor's Message

Our motto is to transform young generation of medicos to community friendly and socially conscious professionals. Our college magazine has given an opportunity to bring out the artistic talents in an appreciable manner. I congratulate and wish the magazine committee for their efforts.



Dr. R. Shivakumar M.D., Ph.D

Chairman
SRM Group of Institutions
Ramapuram & Trichy Campuses

Chairman's Message

My dear students, to make your dreams into reality, go step by step and do something positively to become the highflyer in your opted profession.

“Ignite yourself to big dreams to get big results” These lines goes to prove that CMCH&RC is committed in developing well-rounded students, both in curricular & extra-curricular platform.

I wish this exceptional initiative taken in bringing out the maiden magazine of our college. “Ectopics” will continue successfully in the years to come to exhibit the talents of students and faculties.

Best Wishes



Dr.S.Asokan

Director of Health Sciences

My dear budding doctors,

You have entered into a world of a noble profession which has been taking care of the health of mankind and enables them to lead a happy and healthy life.

This requires a lot of training not only in the field of medicine but also in other fields especially in the fields of creativity like drawing, painting, writing etc.

Our college magazine (ECTOPICS) offers you a platform to train in all these. Our hobbies will reduce the stress of our profession.

They will shape you as a better leader. Always endeavor to continue your extra-curricular interests.

This will make you enjoy your profession and life
(குற்றவுணர்வில்லா மகிழ்ச்சி கோடி பெறும்).

Wish you all the best.

Dr.S.Asokan



Dr.Sukumaran Annamalai

Dean

A college magazine is the voice of its faculty, students, and staff. It reflects the vibrancy of the students and is a must in the evergreen annals of college life.

Therefore, it is a matter of immense joy and pride that the first issue of 'ECTOPICS', the magazine of CMCH&RC is being launched in my tenure. I congratulate the magazine committee, headed by Prof. Dr.A. Uma and all the students and faculty members of the team who have spear-headed this venture and put in extraordinary effort and originality in bringing out the issue.

My congratulations to the editorial team, the contributors and all the personnels involved. May the spirit of excellence that CMCH&RC (SRM Trichy) stands for be reflected in the magazine.

I wish the editorial team all success and continued publication in the years to come, with each issue surpassing the previous.

A handwritten signature in blue ink, appearing to read 'Sukumaran', with a long, sweeping horizontal line extending to the right.

Dr.Sukumaran Annamalai



Dr.P.Anusuya

Deputy Director &
Medical Superintendent
Professor of Obstetrics
and Gynaecology

It is my pride and pleasure to be part of the release of the Magazine “ECTOPICS”- the first of its kind for CMCH&RC.

This is an excellent opportunity for the youngsters to showcase their talents and replicate their innovative thinking into action.

This magazine will be an excellent platform to gain footage at National and International level.

I wish them success in all walks of life..

Dr.P.Anusuya



Dr. Gurudatta S. Pawar

Prof & HOD of Forensic Medicine & Toxicology
Vice-Principal & Co-ordinator-MEU

I take this opportunity to congratulate the magazine committee of our college for bringing out the first issue of our college magazine-ECTOPICS showcasing the talents of our students and faculty.

This in turn will encourage other students and faculty to bring out their hidden talents to this important non-curricular platform.

I wish good luck to the entire team and hope this great work will continue in the years to come.

Dr. Gurudatta S. Pawar



Dr.A. Uma

Professor &HOD Microbiology
Convener & Editor in chief
College Magazine

The concept of college magazine (ECTOPICS) was conceived by students, nurtured by faculty and delivered by a skilled editorial team, without surgery but with vitamins like repeated requests and reminders. On behalf of the editorial team, I express my sincere thanks to the management for their financial support, and the Dean, Dr.Sukumaran Annamalai, the Chairperson of the magazine committee for his comments and suggestions which were helpful and contributory for the delivery of the magazine.

The hardships faced by the committee in scrutinizing the flooded contributions were solved by the editor Dr. Sivaraman and other members of editorial team like a critically ill patient with multi organ dysfunction requiring meticulous resuscitation of complex problems with suitable (medicines) materials like poems, stories, entertainment, places of interest for gustatory and visual senses, facts , photos, drawings and college feeds prescribed and provided by the faculty and students. The editorial team thanks all the contributors.

We strongly believe that the contents of the magazine will be a nutritive pill without any adverse effects and hence, escape from the (Pharmaco) Vigilance. Our team is confident that this magazine will act as a booster dose and stimulate visual cortex, rejuvenate cognitive senses and soothe psychomotor activities.

Please forward your comments through e-mail (magazinecmchrc@gmail.com)

Dr.A. Uma

Academic Programme

Continuing Medical Education Programme

CMCH & RC has always taken pride in everything it has achieved till now. Apart from regular didactic lectures and practical classes, all departments conduct CME Programmes.

A list of CME Programmes for 2016-17 in the form of single guest lectures or a series of lectures is furnished which has inspired our students to explore newer enclaves in the field of medicine. To mention a few

1. Series of guest lectures on “Trauma” by Department of Anatomy in March 2016.
2. An update in Diabetes mellitus by Department of Physiology in March 2016.
3. Role of Medical colleges in the control of Tuberculosis by the Department of Community Medicine in March 2016.
4. “Cardiac Biomarkers” by the Department of Biochemistry in April 2016.
5. World TB Day observation by Department of Microbiology in March 2017.
6. Basics in Dermatology by the Department of Dermato - Venereo - Leprology in July 2017.
7. Drug abuse by Department of Pharmacology in June 2017.

Inter & Intra Departmental Participation

Regular vertical & horizontal integrated seminars are conducted for both under graduates & post graduates in Pre & Para clinical subjects including the recent advances to enrich the knowledge of students.



SALVATRONZ 2K16



KRENOVIANTZ 2K14



TROEZIANZ 2K13

Know your teachers....



Dr. V. Sarada

Professor & HOD-Pathology

My dad was my inspiration because a person with whom you spend your impressions and the person who catches your attention becomes your hero. As I was brought up as a motherless child, I spent a lot of time with my father; He was a very popular personality and leader of a town. He never used to refuse me at any cost which made him an inspiration to me. I chose medicine because of my father's wish. I wanted to choose teaching profession but my father said to me that 'it would not be enough, if you want to reach the heart of people, you

have to choose medicine'. The teacher whom I admired the most is my childhood teacher who taught me everything. He always used to say "If you can lead, follow. If you can't follow, keep your mouth shut" which always influenced me. The turning point of my life is joining CMC Vellore where I worked for 15 years which gave me confidence to go ahead with myself. My college life was a great memory for me. My friends were the best and still we have bond, share everything with happiness everyday. The difference between our college life and the present college life is like a lawyer and a doctor. I cried after treating my first patient which was a difficult toxic case. I balance my personal life and professional life, I don't talk about my profession at home, I don't compare these both. My other choice of profession is music and poetry. My hobby is to read poetry, listen to music, gardening and pet. In present generation, there is lack of communication, which they should improve and stop spending more time on phone. I am against violence towards doctors. The best method to prevent this is to have good communication between the doctor and the attender. The message to the future generation, **"Be yourself, find yourself and sculpt yourself"**.



Dr. S.M. Kalamani

**Professor and HOD
Obs & Gynec**

A person who is admired by each and everyone for her humbleness and uniqueness. Here are some things about our iconic woman who shares her views with us for the college magazine. Her hometown is Coimbatore. Did her undergraduation from Thanjavur Medical college and her postgraduation from Madras medical college. she chose medicine to serve the humanity and she was doing it in the past, still doing, and will be doing the same in the future also. Her

inspiration in life is Dr. Collins Srinivasan. She is indeed happy in teaching and spreading the knowledge. Apart from her busy life, our mam is fond of reading books and listening to music. Her message to the young medicos is **"To be sincere, have involvement in what you are doing, have a goal in life and be updated with all recent advances"**.

Deep perineal pouch in males does not include?

A. Pudendal nerve B. Sphincter urethrae C. Long perineal nerve D. Dorsal nerve of penis

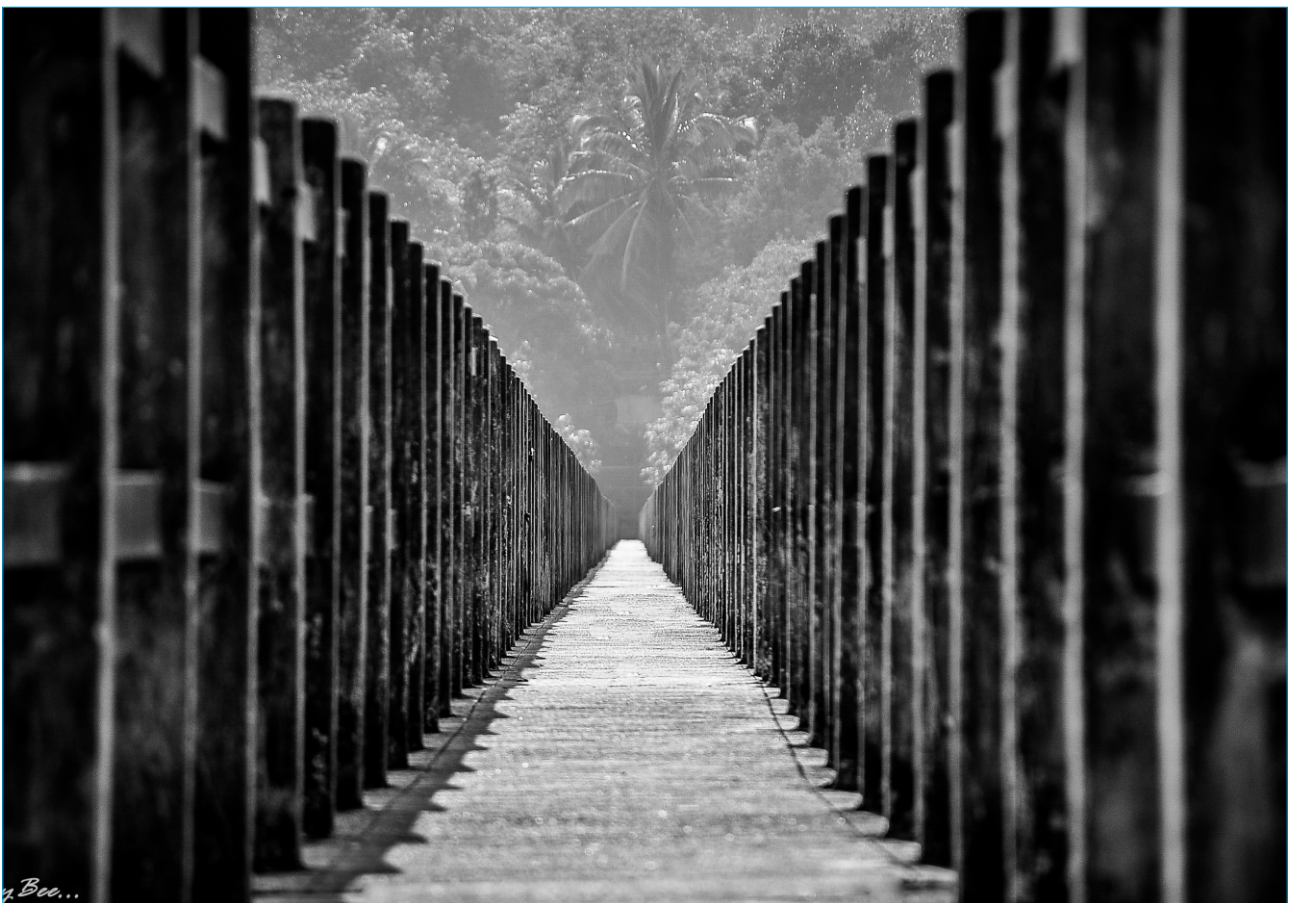
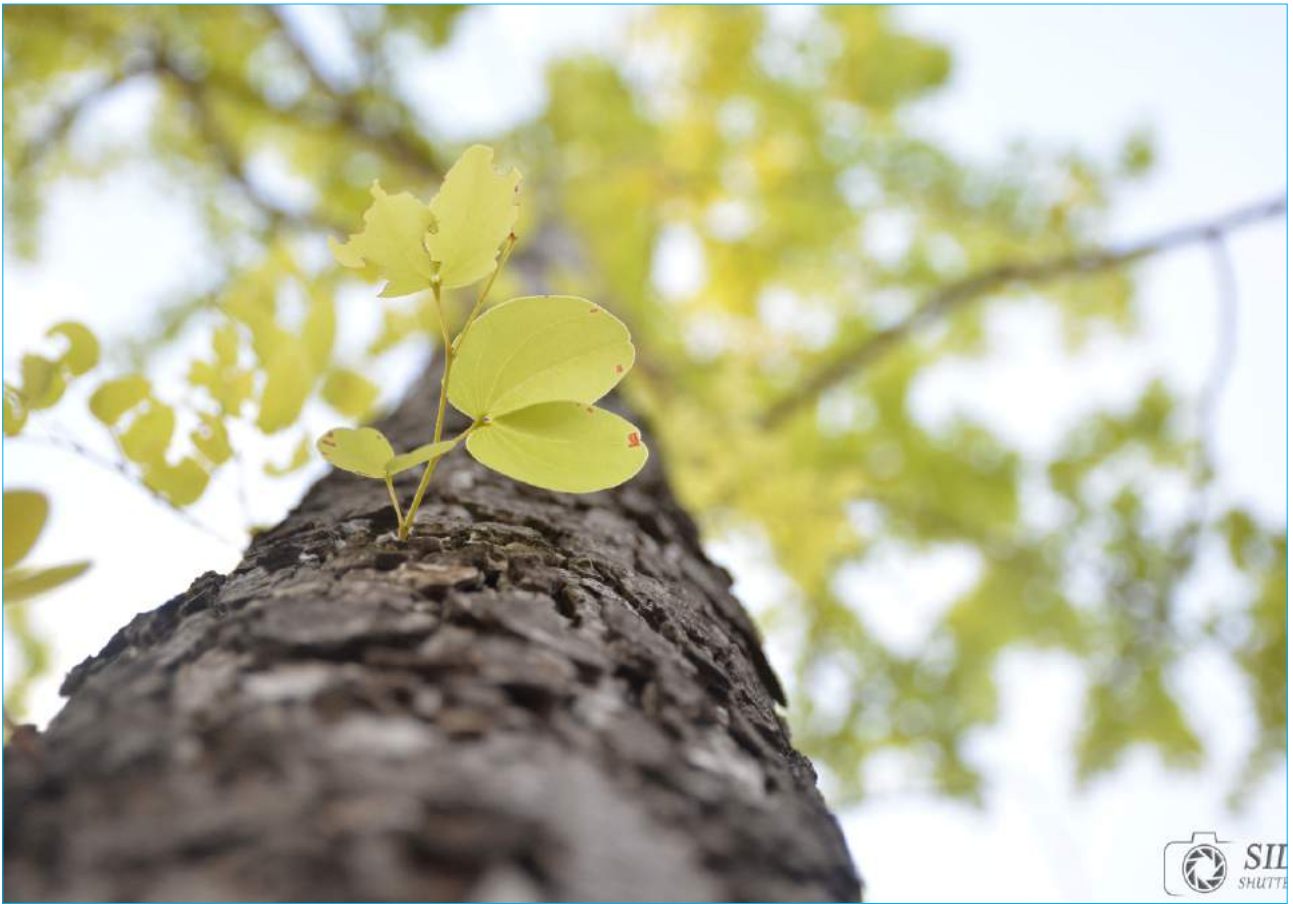
Ans-C

நீரின்றி அடியாய்வு உலகு

நீரே வாழ்வின் ஆதாரம் - அஃது
இல்லா வாழ்வோ சேதாரம் !
நீரின்றி வயல்கள் தரிசாக - நமது
உழவனின் துயரப் பரிசாக
கண்ணீர் கூட வற்றிடலாம் - ஆனால்
ஆற்றின் நீரோ வற்றலாமா?
பஞ்ச பூதங்களில் ஒன்றே - அதனை
சேமிக்க வேண்டும் நீ இன்றே !
தண்ணீரே ஏழையின் ஆதாரம் - அது
இறைவன் தந்த சாகாவரம் ...
நீரின் நிலையோ கானல் நீர் - அதை
போக்க என்ன செய்வீர் நீர் ?
மரத்தை நடுவீர் வழியெங்கும் - நல்ல
மழையைப் பெறுவீர் உலகெங்கும்
தாது மணலைச் சுரண்டாமல் - அதன்
தன்மை தன்னைக் காத்திடுவோம்...
துளித் துளியாய் சேமித்து - நீரால் உலகு அமைப்போம் !

- Your brain is two-sided left for logical reasoning and analysis, right for creativity and intuition.
- Alpha brain waves are the best type for studying - they create relaxed awareness.
- You have three learning modalities : visual, auditory and kinesthetic
- Neurons continue to develop and increase no matter what age the learner is
- You have the capacity to develop genius level results.

- ஸா. ஸ்ரீகுமாரன்
KRENOVIANTZ 2K14



- A duck's quack doesn't echo and no one knows why.
- If you open your eyes in a pitch black room, the colour you will see is called eigengrau.
- India has the world's first hospital train.
- Rats multiply so quickly that, in 18 months two rats could have over million descendants.
- Bandra Worli Sealink has steel wires equal to the earth's circumference. It took a total of 2,57,00,000 man hours for completion and also weights as much as 50,000 African elephants.



உ மனித உயிரின் மதிப்பை உணர்ந்து
ய காக்கும் தொழிலைக் கனவாய்க் கொண்டு
ஈ சிவசுர முறைகளை அமைதியாய்க் கற்று
ந துடிக்கும் மாந்தரின் துயரம் தீர்த்து
ந இறைவனை இரண்டாம் இடம் தள்ளி
த மக்கள் மனதில் முதல் இடம் பிடித்த
த மருத்துவனை உயர்ந்த மனிதன்...

மனிதன்

S. சித்தார்த்
SALVATRONZ 2K16

Which is not a part of the hypogastric sheath?

- A. Transverse cervical ligament B. Broad ligament C. Lateral ligament of bladder
D. Uterosacral Ligament

Ans-B

நோட்டை விட நோட்டா கொடியது ?

நோட்டா என்றால் தேர்தலில் வேட்பாளர்கள் யாருமே வெற்றி பெற தகுதியற்றவர்கள் எனப் பதிவு செய்ய வாக்கு இயந்திரத்தில் உள்ள கடைசி பட்டன். 100 வாக்குகள் உள்ள ஒரு தொகுதியில் 99 பேர் நோட்டாவிற்கு வாக்கு செலுத்தினாலும், மீதம் உள்ள ஒருவர் யாருக்கு வாக்களிக்கிறாரோ அவரே வெற்றியாளர்.

சார் ... இல்ல இல்ல ஒரு குறிப்பிட்ட சதவீதத்திற்கு மேல் நோட்டாவிற்கு வாக்கு விழுந்தால் வேட்பாளர்கள் தகுதி நீக்கம் செய்யப்பட்டு மறுதேர்தல் வரும் என கேள்விப்பட்டு இருக்கிறேன் என்று தானே முணுமுணுக்கிறீர்கள்!

இதுமட்டும் அல்ல நோட்டாவின் பவர் பற்றி கிளப்பப்படும் புரளிகள் ஏராளம். நோட்டா பற்றிய புரிதல் பலரிடம் சரியாக இல்லை என்பதே உண்மை. நம்பலைன்னா www.eci.nic.in என்ற தேர்தல் ஆணையத்தின் இணையதளத்தில் படிக்கலாம்.

2016 தமிழ்நாடு சட்டமன்ற தேர்தலில் இருபெரும் கட்சிகள் பெற்ற வாக்கு வித்தியாசத்தை விட நோட்டா பெற்ற வாக்குகள் அதிகம். அவ்வளவு ஏன்? பல தனிப் பெரும் கட்சிகள் பெற்ற வாக்குகளை விட அதிகம்.

நான் ஹோட்டல் சென்று இடியாப்பமும், நாட்டுக்கோழி குழம்பும் சாப்பிட நினைத்தேன். அது இல்லையென்ற காரணத்தால் புரோட்டாவும் பெப்பர் சிக்கனும் சாப்பிட நேர்ந்தது. அதில் தவறேதும் இல்லை. சிக்கன் சாப்பிட வேண்டும் என்ற என் ஆசை நிறைவேறியது. அது போலவே நாம் நினைப்பதை அப்படியே எந்த கட்சியும், வேட்பாளரும் செய்யப்போவதில்லை. ஆனால் இருக்கும் கட்சியில், இருக்கும் வேட்பாளரில் யாரேனும் நம் கருத்துக்களை ஒத்தும், நம் தேவைக்கு செவி கொடுப்பவராய் இருப்பவருக்கு வாக்கு செலுத்துவதில் என்ன தவறு?

பெரும்பாலும் நன்கு படித்த நன்கு சிந்திக்கும் இளைஞர்கள் தங்களின் மதிப்புமிக்க வாக்கை நோட்டாவிற்கு செலுத்தி விடுகிறார்கள். இந்தப் பொன்னான வாக்கு யாருக்குமில்லை பொத்தானில் செலுத்தப்பட, பணம் பெற்று வாக்களிப்பவன் வெற்றியாளரை தீர்மானிக்கிறான். ஜனாதிபதி தேர்தல் போல் வாக்கிற்கு தனித்தனி மதிப்பு எல்லாம் கிடையாது. அதை, ஜனநாயகத்தின் மாண்பு என்பார்கள். போட்டியிடும் கட்சிகளின் கொள்கைகள் என்ன? கடந்த காலத்தில் எப்படி செயல்பட்டது? வேட்பாளர் எப்படிப்பட்டவர்? என்பதை அறிவதற்கு முன்பே கண்மூடித்தனமாக நோட்டாவிற்கு வாக்களிப்பது சோம்பேறித்தனத்தால் விளைந்த அறியாமை தான்!

பணம் பெற்று வாக்கு செலுத்தும் கேடுகெட்ட ஒருவன், பணம் பெறாமல் மட்டும் நல்ல தலைவனையா உருவாக்கப்போகிறான்? ஆனால் அவன் கூட வறுமையைக் காரணமாக கூறுவான். நீ உன் சோம்பேறித்தனத்திற்குச் சொல்லப்போகும் சாக்குப்போக்கு என்ன ?

நான் வாக்களிக்க நினைத்தவன் வெற்றி பெறப் போவதில்லை என்ற விரக்தியால் தான் நோட்டாவிற்கு வாக்களிக்கிறோம். வாக்கு என்பது வெற்றியைத் தாண்டி பலரை அங்கீகாரப்படுத்தும் மாற்றத்தை விதைக்கும்.

இனிவரும் தேர்தல்களில் கட்டாயம் வாக்களியுங்கள் ! கட்சிகள் எவை? அவற்றின் செயல்பாடு எப்படி? கொள்கைகள் என்ன? வேட்பாளர்கள் எப்படிப்பட்டவர்கள் என்பதை அறிந்தபின் தாராளமாக நோட்டாவிற்கு வாக்களியுங்கள்!

தொழில்மையுடன்,
Dr. ராக் ரிஷ் டோ
Asst. Prof. of Community Medicine

Know your teachers....



Dr. A. Uma

Professor & HOD-Microbiology

My inspiration in life is my elder sister who is a popular OG professor who inspired me to take medicine. I chose medicine because all my family members were doctors. The teacher whom I admired most is the HOD of surgery Dr. Asirvatham and my 5th std and 8th std class teachers who taught me about civic sense and cleanliness. The turning point of my life is choosing non-clinical subject though I was a OG medal winner in my university exams.

Memorable days in my college life was the trips we used to go. The difference between our college days and the present college days is lack of enjoyment. After treating my first patient I was thrilled. I was blessed to have my mother, mother-in-law, distant relative, my husband's grandmother who looked after me and my children. As I took non-clinical subject, I didn't have any problem to maintain my personal life. My hobbies are listening to music and watching TV. I want to change the complete curriculum from first year itself, they should know what is what in medicine. Complete change in teaching, change in mode of student's interaction and interaction between students. Violence against doctors is a very bad thing and the doctors should not be physically assaulted. Best method for prevention is to understand the patient and give assurance. The message for present generation is **"To treat patients not only for money but also with passion"**.



Dr. M. Vasunthira

Professor & HOD-Pharmacology

The main reason I chose medicine was due to my grandfather's wish. There are many teachers whom I admire like Dr. AAM and Dr. MK from Madurai Medical College. All my college days are memorable. As I was mostly working in charitable hospital, I don't remember the feeling after treating my first patient but still I had interest to serve. I was able to manage both my personal life and professional life because of my mother. She was the one who

looked after my family. I enjoyed doing my medical practice. I had no other choice of profession from childhood. My hobby is to read Medicine text books. The change I want in present generation is that the doctors should not be money minded, they should be service minded. Violence against doctors is not a fair thing and the major fault nowadays is on patient's side. At the same time, the doctors also should treat the patients with love. The best method to prevent it is, to have good communication between the patient and the doctor. My advice to present generation is **"To serve the poor"**.

Barr body is found in the following phase of the cell cycle:

A. Interphase B. Metaphase C. G1 Phase D. Telephase

Ans-A



CHECK YOUR PHOBIA STATUS !

The strangest phobias you could have :

OMPHALOPHOBIA

Fear of navels

TRYPOPHOBIA

Fear of holes

PAPAPHOBIA

Fear of pope

SOMNIPHOBIA

Fear of falling asleep

NOMOPHOBIA

Fear of being without mobile phone coverage

HYLOPHOBIA

Fear of trees

TUROPHOBIA

Fear of cheese

GLOBOPHOBIA

Fear of balloons popping

GENIOPHOBIA

Fear of chins

POGONOPHOBIA

Fear of beards

ERGOPHOBIA

Fear of work

HIPPOPOTOMONSTROSESQUIPEDALIOPHOBIA

Fear of long words

SANGUIVORIPHOBIA

Fear of vampires

ANTHOPHOBIA

Fear of flowers

CHROMETOPHOBIA

Fear of money

ARACHIBUTYROPHOBIA

Fear of peanut butter sticking to one's palate

ANATIDAEPHOBIA

Fear of being watched by a duck

GENUPHOBIA

Fear of knees or kneeling

PHOBOPHOBIA

Fear of having a phobia

நட்பு

நட்பு என்னும் கடலில்,
நாம் மூழ்கி இருந்தோம்;
அனைத்திலும் என்னுடன்
நீ இருந்தாய்.

இப்போது, என்னை
தனிமையில் விட்டுச் சென்றாய்
எங்கே? எப்படி? எவ்வாறு? – என்ற
கேள்விகளுக்காக பதில் சொல்ல
நீ இல்லை
காத்திருக்கிறேன்
எப்போது நீ நம் நட்பை
உணர்வாய் என்று !!

– ஜேஷ்

SALVATR0NZ 2K16

சைவநீர்

விமலவதல்லாம் எழுவதற்குத்தானே தவிர
அழுவதற்காக அல்ல

➤ The Ginkgo biloba species of tree is 270 million years old. it rarely suffers disease or insect attack and was one of the only living thing to survive the Hiroshima nuclear bombing. The trees healed quickly and are still alive today.

➤ Owl's eyes are so well developed that they are not eyeballs but elongated tube. It is for this reason that they cannot roll or move their eyes and can only look straight ahead due which they have adopted an extra ordinary range of movement in their neck.

➤ World's first human head transplant is scheduled for this year, December 2017. Doctors are planning this for 30 years and it will cost 40 million US Dollars.



பிறந்த நாள்

கண்ணீரும் அழுகியதே அன்பின் வெளிப்படையில் காட்டும் பொழுது
அன்னையின் கண் விழிகளிலிருந்து ததும்பும் சாரல் மழையும்
அருவிகளாக வெள்ளப்பெருக்கெடுத்து ஆனந்தமாய்
அகிலத்தில் தரும் அந்தநொடியே பொன்னொடி !!
நீ இப்பூமியைப் பார்த்து அஞ்சுகிற நொடியோ
பின் அன்னையின் அருகில் சென்றதும்
அவளை பிரதிபலிக்கும் வகையில் இவ்வையகத்திற்கு
மறராக புன்னகையால் புத்த அத்தருணமோ
தேனினும் மேலான சுவையைத் தருகின் பொன்னினைவே!!
நீ இவ்வுலகை பார்த்து நினைவுபடுத்தும் அந்நொடியே
உன் அன்னையை...
எத்துனை சோம்பல்களை எல்லாம் கடந்து கடலினும் பெரிதான
பேரின்பத்தை அடையச்செய்தாய் !!
தென்பட்ட வானமளவு சந்தோசத்தையும்
விலைமதிப்பில்லாத இனிமையான நினைவுகளையும்
இலைகளை அவிழ்த்து
கனியாய் சுவைத்து
புத்துணர்ச்சியுடன் இவ்வுலகிற்கு வரவேற்பாயாக !!
இந்த வையகத்தில் முதலில் நீ பார்த்த அந்நாளே
ஆண்டாண்டுகள் வரும்பொழுது இறைவன் உனக்கென எழுதிய
அழகான நினைவுகள் கொண்ட சிறுகதையே
உன் வாழ்நாள் முடியும் வரை !!...

- ஜோஷன்
SALVATRONZ 2K16

Regarding somatomedin, which is true?

- A. Reduced glucose oxidation in fat B. Increases chondrogenesis
C. Activity increased in protein deficiency D. Activity is increased by glucocorticoids

Ans-B



தீ உயிர்வாழும் போது உலகம்தான் தடத்தைச் சுலக்கிறதே...

இறந்ததில் உலகமே சுலக்கின்றதே...

நிலத்தில் வளரும் வளம்/கமை ரசிக்கின்றாய் ...

அதைக் கொண்டு என்னை நோக்கு !

- சுனில்

SALVATRONS 2K16

➤ Babies smile an average of 200 times a day. The average woman smiles 62 times a day, and the average man only 8.

➤ Singing releases a large amount of endorphins in your brain and can make you feel better almost instantly.

INHALANT ABUSE : An emerging threat to our children's health

Dr. S. Sivaraman M.D., Associate professor psychiatry

1. What is meant by Inhalant?

Inhalants are volatile substances that produce chemical vapors which can be inhaled to induce a psychoactive, or mind-altering, effect.

2. What is meant by Inhalant abuse?

Inhalant abuse is defined as the intentional inhalation of a volatile substance in order to achieve euphoria.

3. What are all the commonly abused Inhalants?

Inhalants of abuse are classified into four broad groups 1. Volatile solvents (e.g., typewriter correction fluid, typewriter diluent fluid, glue, paint thinner and gasoline), 2. Aerosols (e.g., hair spray and spray paint) 3. Gases (nitrous oxide and ether), and 4. Nitrites (like amyl-1-, butyl-1-, and isobutyl nitrites). The most commonly abused inhalants are glue, shoe polish and gasoline. Boys are more likely to use gasoline or nitrous oxide, while girls favored glue, shoe polish, spray paints, correction fluid, and aerosol sprays.

4. What are all the methods by which Inhalants abused?

Huffing (a chemically soaked rag is held to the face or stuffed in the mouth and the substance is inhaled), Sniffing (directly from containers, plastic bags, clothing or rags saturated with a substance or from the product directly), Bagging (substances are sprayed or deposited into a plastic or paper bag and the vapours are inhaled). Other methods used include placing inhalants on sleeves, collars, or other items of clothing that are sniffed over a period of time.

5. What is the current scenario in India about Inhalant abuse?

Inhalants are addictive and are considered to be 'gateway' drugs because children often progress from inhalants to illegal drug and alcohol abuse. Inhalants are often among the first drugs that young kids use. Inhalant abuse can start in elementary school and continue throughout adolescence. The average age of onset of inhalant abuse was observed to be 12 years. Recent survey stated that one in five students will have used inhalants by the time they reach the eight grade. Research conducted among street children in India reported the rate of inhalant use to be 46%.

6. Why children abuse inhalants?

Children abuse inhalants to relieve boredom, to block hunger pains, to cope with emotional distress, for the exciting effects of intoxication, to establish the reputation of being a rebel; to display power...

7. Are Inhalants harmful to health?

Acute health effects include sudden sniffing death syndrome, asphyxia, and serious injuries (e.g., falls, burns, frostbite). Chronic inhalant abuse can damage cardiac, renal, hepatic, and neurologic systems. Inhalant abuse during pregnancy can cause fetal abnormalities.

8. What are all the risk factors in Inhalant abuse?

Early aggressive behavior at childhood, lack of parental supervision, other substance abuse, easy availability of drugs, poverty, lack of mutual attachment and nurturing by parents or caregivers, A caregiver who abuses substances, suffers from mental illness, or engages in criminal behaviour, academic failure & poor social coping skills.

9. Is there any Treatment available to handle inhalant abuse?

Effective treatment is not available for acute inhalant intoxication and withdrawal, apart from extra-vigilant and supportive care. Management may include the use of antiarrhythmics or beta-blockers to stabilize the myocardium. Skin and clothing may require decontamination. Considerations for other substance dependencies or the presence of psychiatric or physical disorders must be made and co-current conditions should be treated. Family therapy involving parental reinforcement and enforcement of the youth's appropriate behavior may also be effective in treatment. Cognitive-behavioral therapy helps patients recognize, avoid, and cope with situations in which they are most likely to use drugs. Motivational incentives uses vouchers or small cash rewards for positive behaviors such as staying drug-free. More research is needed to identify the most effective treatment options for addiction to inhalants.

Azaserine inhibits?

- A. Glycinamide ribonucleotide synthetase B. Glycinamide ribonucleotide transformylase
C. Formyl glycinamide ribonucleotide amidotransferase D. Inosine monophosphate synthase

Ans-C

10. Are there any preventive measures to handle Inhalant abuse?

Prevention is considered the most effective strategy in combating inhalant abuse. It must aim to reduce the social acceptability of abuse and should be comprehensive and community based, involving not only abusers and family members, but also peers, schools and retailers. School education must begin early to ensure that its messages have been delivered before-not in the midst of - youth inhalant abuse. Early identification and intervention are the best ways to stop inhalant abuse before it causes serious health consequences. Caregivers should be alert on the warning signs of a serious inhalant abuse problem like chemical odors on breath or clothing, Paint or other stains on face, hands, or clothes, hidden empty spray paint or solvent containers and chemical soaked rags or clothing, Drunk or disoriented appearance. slurred speech, nausea or loss of appetite, and inattentiveness, lack of coordination, irritability, and depression.

For further reading

1. Verma R.Balhara YS. Dhawan A. Inhalant abuse : An exploratory study. Ind Psychiatry J 2011;20:103-6.
2. Background information of volatile substance use among Indigenous people, Australian Indigenous Health Reviews, From the Australian Indigenous Health Info Net.
3. National Institute on Drug abuse, NIH Publications, U.S. Department of Health and Human services.
4. National drug Dependence and treatment centre publications, speciality centre of AIIMS New Delhi.



இருமுகம்

வாழ்க்கையில் உண்மைகள்? மறக்கின்றனர்

உண்மையில் மறக்கப்படுகின்றன

அதைத் தோண்டும் போதே அதன் அழகு தென்படும்

பெண்ணுக்கு ஆண் நிகர் அழகே

- சுனில்

SALVATRONZ 2K16

LEKARI FIESTA

The cultural fest of CMCH&RC is a one week show, which serves as the sole entertainment of the students as well as faculty members. Each year it's the most awaited week, when the entire campus is flushed with enthusiasm and energy.

The title credit goes to SPIEGELZ'09 the 1st batch of CMCH&RC which was named so and the energy was carried without any loss by KRESENTIOZ'10 with full of entertainment.

LEKARI FIESTA 2016

After a long wait it hit the stage in May 2016, which was a pre-vacation summer gala for everyone. With HOLLYWOOD as theme, the campus turned into a CINI-MINI FEST "ISTALAZZA - hasta la vista" conducted with immense effort by ZEALORDZ'12. Many new innovative game events which included. lyricizing, cini quiz, wedding makeover, quilling, vegetable carving, pot painting, TAMIL MANDRAM and many other filled the off stage part. followed by which the final day fest had a blast, staged as a movie award function, centered with the OSCAR, had its own way of surprises: Star performances from our beloved faculties. Dr. Divya Sethuraman, Dr. Niveditha and Dr. N. Balasubramanian. Lot of music and dance competitive as well as host performances entertained the day with final handing over of winning trophy to TROEZIANZ'13.

LEKARI FIESTA 2017

Following the ZEALORDZ fest, it was the most awaited event organized with great work by TROEZIANZ'13 with each phase of the week having a new and completely different mood and flavor. Opening with a great Tamil patriotism, the event was inaugurated in traditional style with entire campus turning into a THIRUVIZHA. The very next day the English literary events were a travel to HOGWARTS to visit the HARRY POTTER world. Arts (BLITZ FANTASIA) was no less and conducted events: doodle art, party makeover., goblet and mask painting, nail art, miniature making and many fun filled eye capturing events. The onstage event day 1 was an interesting space travel episode with a lot of energy boosting performances. The final peak of the fest was designed in a mysterious way and unique events: breaking voice of Dr. Divya Sethuraman was the great start of the event followed by stage breaking competitive performances and finally ended with host performances. The winning trophy this time was owned by ZEALORDZ'12.



SPORTIFA

This is an intra-college sports tournament among the various batches of CMCHRC, a culmination of all talents of every batch after winning lots of intercollege sports meets. The sports spirit in non-sports players is also being provoked in this tournament.

SPORTIFIA 2016

This event was proudly organized by TROEZIANZ'13 which began with inauguration flagged and commenced by our dean Dr. Sukumaran Annamalai, Dr. Karthick and Dr. Guru T Arun sir with sports captains of every batch sportsbearing the flags in procession. The highlight of the inauguration was a flash mob done by host batch and event began with the 1st basketball match CRUZADOS vs. TROEZIANZ

The tournament had various interesting ups and downs with lots of chase on the score board and finally the champions' trophy was bagged by CRUZADOS'11 for the second time which proved them as the unbeatable team in sports.

SPORTIFIA 2017

This time the organizing batch was KRENOVIANTZ'14 who took immense effort in conducting the event. The inauguration marked the opening gate for all surprises that waited. The start was with a wonderful welcome dance followed by a drill kind of formation gymnastics, uriadi, funny dance under bike headlights and the torch light show which were all surprise elements. The first basket ball match commenced with shoots from the present champions CRUZADOS.

During the matches there was a heavy clash between the participating teams in topping the score board and succeeded by the organizing batch KRENOVIANTZ'14 who proved to fill the place left by CRUZADOS in future.

The more attractive feature of this one week sports tournament 2017 was the food court which had different fast food stalls which attracted more number of spectators to the matches and made it cheerful.



NOVATO FIANZA

The fresher's party of CMCHRC. It's been a long time since the last fresher's party and after such long wait this was a grand event initiated by our respected dean Dr. Sukumaran Annamalai, planned and executed jointly by TROEZIANZ'13 and KRENOVIANZ'14. This was the 1st event which is being organized jointly by two batches which turned out to be a grand success.

As a rule, the newly entered juniors SALVATRONZ'16 were the stars of the event and it was an event to bring in good rapport between the freshers and seniors and also bring out their talents. The two batches put in a lot of efforts to entertain their juniors and to encourage their participation.

Events for entertainment : tube light, don't adaptunes, makeup walk, selfie with senior were few highlight glimpses. The cultural events began by evening with one on one song and dance performances, and spiced in middle by host and guest performances. Lot of talents were exhibited like mimicry, kavithai etc. Finally winners were awarded and the show ended with a collection of small gift to every fresher from seniors.



Know your teachers....



Dr. S. Elango
*Professor & HOD
Community Medicine*

Very vibrant and enthusiastic teacher of CMCH&RC, Professor and HOD of Community Medicine completed his UG from Madurai Medical College. He was born in an agricultural family and said it was his aim to become an agriculturalist, but the turning point in his life was when he bagged district first mark in English, Physics and Tamil and it was his Tamil teacher who helped him join MBBS in 1972. He shares a memorable event in college about Dr. M.G. Ramachandran our late Chief Minister who helped a first year student to buy Gray's anatomy book, when he wrote to the then Chief Minister seeking financial

support. He helped him by giving Rs. 10000 to the Dean and asking him to make a fixed deposit in the student's name has inspired him a lot. Our sir who is very much interested in service has served as the Director of Public Health of Tamilnadu. He is interested in Bharathiyar poems and an immense nature lover. His message to the beloved students is "If you have determination with dedication you will reach your destination. Almighty will bless you" and he finally concludes by saying **"Everyone has a birthday and a death-day, but life is something in between, the history is to be written by you, in the book of life"**.

She is one among the persons whom we met in the very beginning of our course, who showered us with lots and lots of love and affection. Here are some interesting things about our physiology mam, who says that her father was an inspiration in her life by his thoughts that "money may come and go but education stands by us for life" and she proudly says that it was because of him despite all resistance she was the first to enter a professional course.

Her unforgettable experience as a doctor was that during her



Dr. Nachal Annamalai
Professor & HOD-Physiology

house surgency, when a patient who was revived after 10 electric shocks after suffering a cardiac arrest then recovered and became her family friend. Going on to the debatable question among many medicos we asked, how she balances between her family and profession, she said with a smile that her spouse helps her tide over the crisis, "you are lucky madam". Other less known thing about her is that she was an athlete and a throw ball player. She completed her final note saying that the standard of education has gone down and she wants to make the younger generation to be more responsible and empathetic and to deliver healthcare to their utmost and maximum level.

Alpha helix and Beta pleated sheet are examples of :

A. Primary structure B. Secondary structure C. Tertiary structure D. Quaternary structure

Ans-B

Non- Communicable Diseases - Factors for Persistence

Dr. P. Thirumalaikolundusubramanian M.D., Prof. of General Medicine

The era of communicable diseases have changed to Non-communicable diseases (NCD) and this is mostly attributable to sedentary life style, a preventable cause. But, still we are not able to prevent the premature death from the complications even after enormous advances in medicine. Let us know what are the other contributory factors for NCD at different levels.

INDIVIDUAL LEVEL

1. Unhealthy lifestyle
2. Avoidance of physical activities
3. Tobacco smoking & chewing
4. Alcohol consumption
5. Lack of awareness on healthy diet (fibres, fruits etc.,)
6. Overuse of refined sugar in diet
7. Complacency
8. Beliefs in Alternative medicine
9. Non acceptance of disease or therapy
10. Influence of media and advertisements

GOVERNMENT LEVEL ON POLICIES

1. Lack of enforcement of policies and lack of policy on regulation of advertisement, which are harmful to health & illnesses.
2. Lack of useful Provisions for Diagnosis, therapy & prevention and follow up at primary care level
3. Lack of national registry on NCD and review at local / district / region and national level.
4. Lack of evaluation of policy
5. Lack of policy for uninterrupted supply of drugs at primary care level.
6. Lack of policy for reduction of cost of medicines
7. Lack of policies on frequency of investigations, and follow up at different levels of care
8. Non accessibility to Health centers
9. Lack of enforcement of restriction monitoring on medical practice, prescription and investigations.
10. Lack of policy on incorporation of prevention and promotive health education on NCD at school and higher education.

DOCTOR LEVEL

1. Focus on therapy more than prevention
2. Non adherence to protocols / guidelines
3. Lack of patient friendliness
4. Not empowering patients
5. Non acceptance and adoption of generic drugs in prescription.
6. Exploitation
7. Unethical practices.

COMMUNITY LEVEL

1. Lack of knowledge on illnesses and prevention
2. Lack of health education
3. Not willing to change
4. Superstitious beliefs almost illnesses and drugs
5. Bias on age and diseases
6. Low priority to women
7. Lack of empowerment
8. Lack of awareness on rights and privileges
9. Non demanding nature
- 10 Illiteracy
11. Lack of community participation

- Alexithymia-the inability to describe your thoughts and emotions in a verbal manner.
- If we could capture just 0.1% of the ocean's kinetic energy caused by tides, we could satisfy the current global energy demand 5 times over.
- In summer, in Uranus the sun does not set for 20 years. In winter, darkness lasts for 20 years. In autumn, the sun rises and sets every 9 hours.
- Uranus' moon Miranda is the weirdest moon of all. It seems to have been blasted apart, and then put together again.
- A lobster's blood is colourless but when exposed to oxygen it turns blue

All are true regarding desmoid tumours except?

- A. Consist of large infiltrative masses that do not metastasize B. Most frequent in old age
C. Mutations occur in the APC gene D. Predominantly seen in women

Ans-B

இருட்டின் மடியில்

பலநூறு இடிகள் பொறுத்தும்
பலவீனம் சுவர்போல் தகுத்தும்
பத்து மாதம் சுமந்து உன்னை
பெற்றெடுத்த பெருமைக்காக...
பயிராகி வளர்ந்து வந்து
பகுத்தறிவின் குறையும் தாண்டி
பருவத்தின் கோளாறினால்
வெடவெளியில் விட்டுவிட்டு
முதியோர் இல்லம் என்று சொல்லி
முகத்தைக் கூட பார்க்காத
உன்னை எதிர்பார்த்து காத்திருக்கும்
ஏக்கமான கண்களுக்கு
என்ன பதில் ...

- ஷ்வான்
SALVATRONZ 2K16

- A chimpanzee that was socialized to humans since birth could log onto a computer to look at pictures, watch television using a remote control, brush his teeth, feed hay to his owner's horses and water plants.
- In Soviet Russia there was a civilian award for bearing and raising seven or more children called the "order of maternal glory"
- Wax worms can eat and break down one of the most common plastics "polyethylene". Their digestive process breaks the plastic's chemical bond, producing an organic compound.
- Red wine kills cancer cells.



A 2007 movie of thriller genre, 'Awake' evolves around the medical condition "Anaesthesia awareness", a complication of general anaesthesia. In anaesthesia awareness, the intended complete unconscious state of the patient is not achieved. Hence the patient will be aware of the happenings during surgery, even feel the pain but will not be able to express it due to immobilisation under anaesthesia.

WHY TO WATCH?

1. Short running time of the movie - 1.30 hrs.
2. Clearly describes anaesthesia awareness and the lead actor has portrayed the pain of being **"AWAKE UNDER ANAESTHESIA"** in an appealing and perfect manner.
3. Being a thriller, the side line story revolving around organ transplantation and professionally unacceptable misdeeds of the doctors add needed twist to the otherwise simple storyline.

DRAWBACKS :

Certain unnecessary scenes make few moments boring and slows down the pace of the story.

PERSONAL OPINION :

Being awake and aware under anaesthesia? Sounds strange? Watch it to know more

- S. Ratheeshree
TROEZIANZ 2K13



R.A. Sureshbalaji
Tutor-Physiology

Be More

*Be more beneficent,
Blessing will reach you...*

*Be more clever,
Everyone will like you...*

*Be more determined,
That's the path for you...*

*Be more efficient,
Everyone will approach you...*

*Be more trustworthy,
Everyone will respect you...*

*Be more genuine,
Everyone will appreciate you...*

*Be more humane,
God will bless you...*

T. Roshini
KRENOVIANTZ 2K14

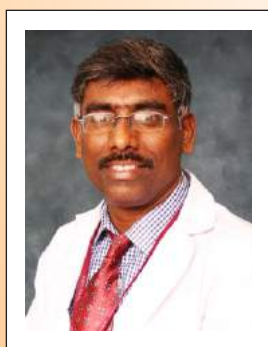


Know your teachers....

The person whom I admire most is Dr. P. Soundarajan. He was my guide and philosopher from whom I learnt a lot. I chose medicine to relieve pain. Pain is a great suffering. Health is more important. I wanted to relieve patient's pain since my mother passed away at the age of 42 when I was doing my Post Graduation. Anyhow from childhood I wanted to become a doctor. Teachers whom I admired were Dr. Soundarajan and Dr. Radhakrishnan who guided me. Turning point in my life was when I became an orthopedic surgeon. Memorable days of my college life were my first year in UG. My batch friends are very close to me and still they are like my family. There is not much difference between my college life and present college life. As I studied in Government college, I had more freedom. Every surgery I do, I feel as if I am doing my first surgery and always feel fresh and happy. I usually concentrate more on my professional life but still I love my family and try to spend time with them. If not medicine, I would have become an engineer. My hobby is enjoying TV. I wanted to teach the students the best. Violence against doctors is very bad. Medicine is developing day to day which a non-medical person cannot understand. Doctors can only treat the patients, while it is God who cures them. Another cause for attack on doctors is the doctor's ignorance. The best way to prevent this is to have a good communication between the doctor and patients and their attenders. My advice to younger generation is, **"Medicine is a noble profession and do not worsen it. You should worship the profession and patient as the God. Do your work and God will come to you. Don't depend on money. Your sincerity will lead you to success"**.



Dr. A. Navaneethan
Professor & HOD-Orthopaedics



Dr. K. Sivakumar
Asso. Professor-General Medicine

Medicine is my passion, hence had no other option in life. I did Done my UG & PG in Thanjavur Medical College. My biology tuition teacher inspired me a lot, and it's because of God's grace and my hard work, I am a doctor today. Spending time with friends in college was a memorable thing and other one was when I got selected for endocrinology quiz in MMC. When we were students, we were afraid of teachers, but nowadays teachers are friendly and easily accessible. I am able to balance between my personal and professional life, all because of my wife

Dr. Thamarai. My hobbies are watching TV, reading weekly magazine, playing with my son. The current issue of violence against doctors can be avoided by better communication, being responsible and giving the patient right to choose what they wanted. My message to medicos is **"This is the best profession. You all are here because your parents have done some good deeds and you will be getting the blessing. You should not work for money, work to save patient's life"**.

AN "IDOL"

*A man from heaven
Jersey number seven
Captain of eleven
Greater than Bevan*

*Cricket is his passion
He starts it in fashion
His gloves are over the bail
He finishes off in style
He leaves with a smile*

*He picks up the spot
Goes for helicopter shot
Journalist get caught
With the way he talks*

*Heart gets broken
When you are not the captain
Thats for you MS DHONI*

*- Elanthamizhan .M
SALVATRONZ 2K16*

கண் தானம்

ஒருவரின் கண்தானம்
ஒருவரின் எதிர்காலம் !
ஒருட்போடு போராடும் வாழ்க்கை
இன் இல்லை என்று ஆகிவிடும்
உறங்கப் போகும் விழ்களை
உலகைக் காணச் செய்திடுவோம் !
மண்ணாய் போகும் கண்களை
மனிதருக்கு தானம் செய்திடுவோம் ...

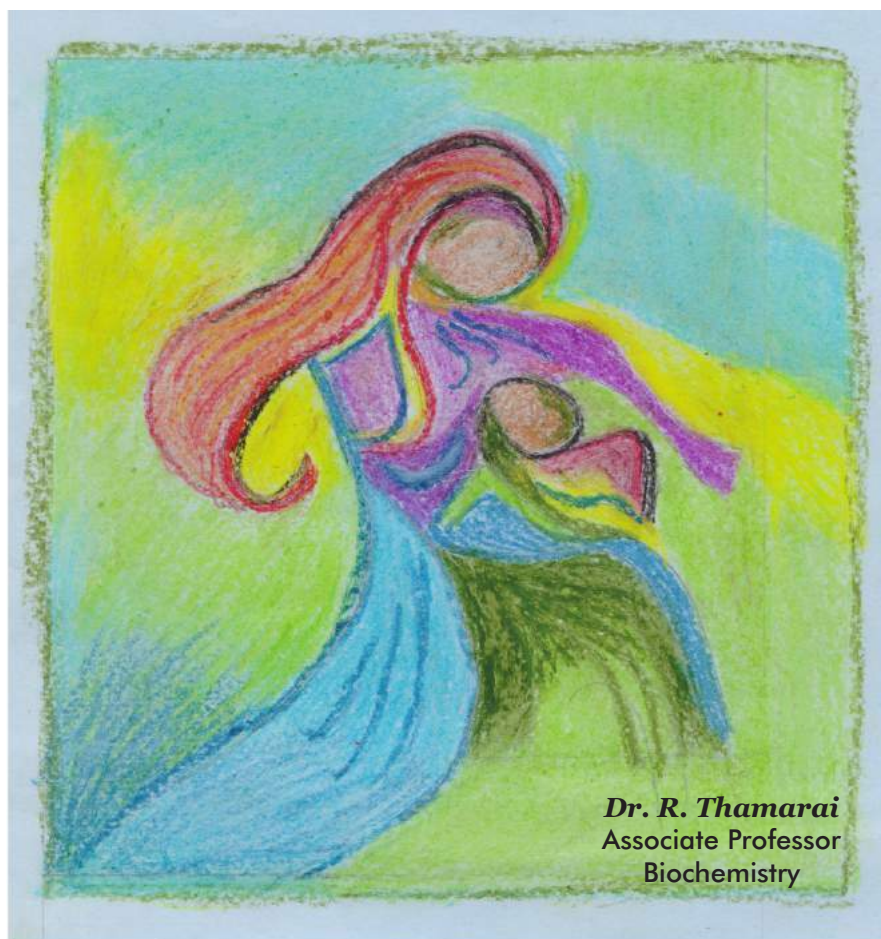
- ஜெஷ்

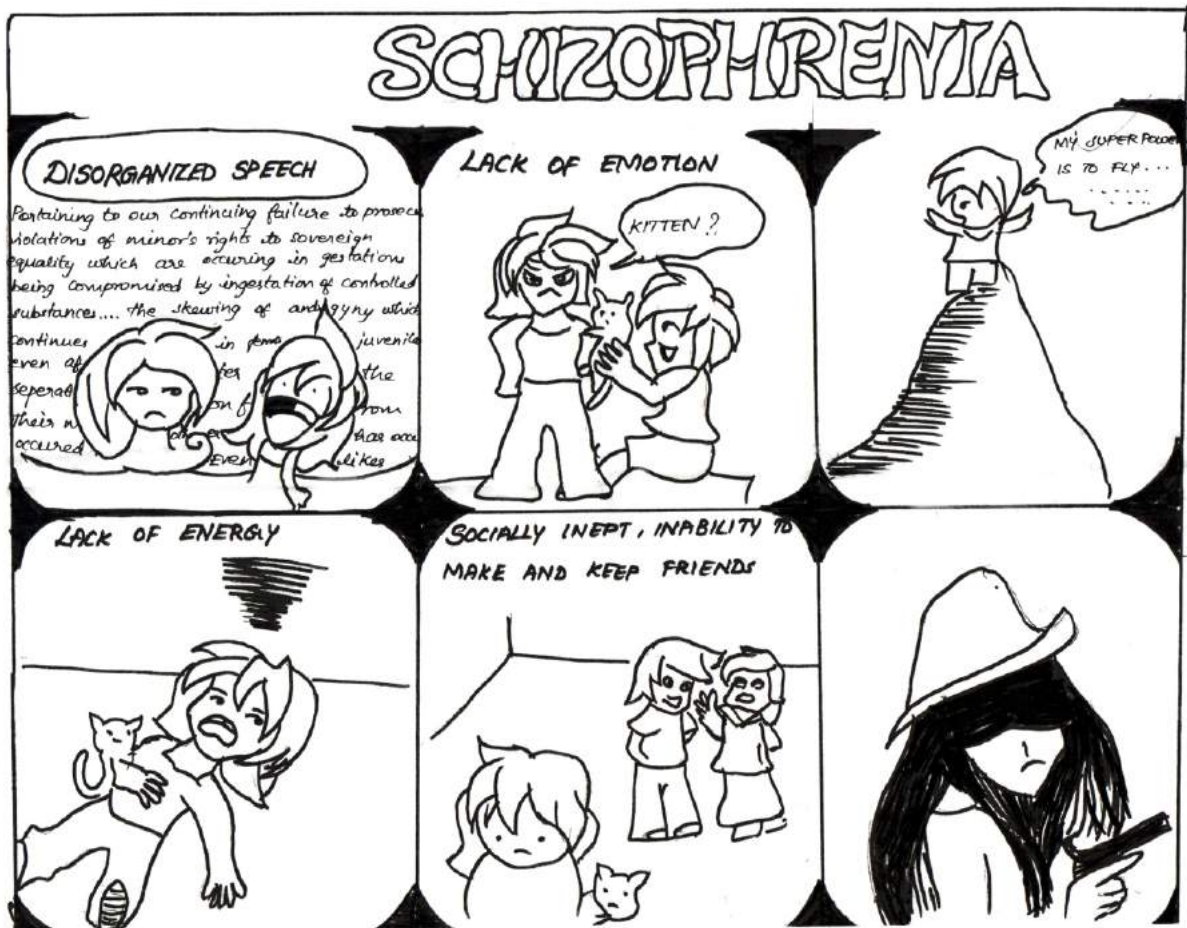
SALVATRONZ 2K16

Brazilian purpuric fever is caused by ?

A. Haemophilus haemolyticus B. Haemophilus aphrophilus C. Haemophilus aegyptius
D. Haemophilus parainfluenzae

Ans-C



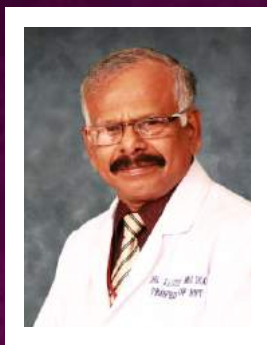


Amylin analogue is ?

A. Sitagliptin B. Liraglutide C. Nateglinide D. Pramlintide

Ans-D

Know your teachers....



Dr. A. Jesudoss
Professor & HOD-ENT

My dad is my first inspiration, a honest police constable who taught me hardwork and sincerityy. The main thing which he taught me was to teach others and do good to others without expecting anything in return. He asked me not to get money from the poor people who visit the hospital which I follow even now. Dr. Kannaiyan and Dr. Karupusamy are two important personalities whose teachings can never be forgotten. I did not choose medicine, Medicine chose me which is the blessing from God.

The teacher whom I admire most is my ENT professor Dr. Kannaiyan who was my inspiration and the best teacher. Turning points in my life are facing the pain, sorrow, insult and death of my wife at my middle age. In my professional life, I was insulted greatly when I was working as a professor in a government college. Suddenly I was transferred to other government college as a tutor in physiology. The person who gave me the appointment order was my student which was my greatest insult. Then I worked in Thanjavur medical college which was my toughest period. I learnt about management and involvement there, which was a great turning point. Now nobody can give me either pain or insult. The most memorable event in my college life was during my first year. I participated in a Tamil literary competition where I sang a song and was awarded the second prize by one of the greatest singers of our age L.R. Eswari. Writer Kannadasan was the chief guest of the event. The difference between our college life and the present college life is the lack of enjoyment. We learnt so many things which the current generation is lacking. I got the best feeling when I treated my first patient who had Anaphylaxis. I find it very difficult to balance my personal and professional life. My professional life has taken away my personal life. Joining Navy was my second choice of profession. During my leisure time, I sing songs and listen to music. I want to change the teaching methods in current generation and to give more importance to clinical examination. Violence against doctors can be prevented by doctor's unity and establishing proper communication. My message to present generation is, **"Treat human as a human, No money can give you job satisfaction"**.

Yoga Day



நான் கண்ட காவிரி அன்றும் இன்றும்

பேராசிரியர் **மரு.சு. இளங்கோ MD., DPH.,** சமூக மருத்துவத்துறை,

அன்று

கடல் கரைபுரண்ட காவிரித்தாய்
கடைமடையும் கால்பதித்த அன்னை அவள்

இன்று

காட்சியாய் காவிரி காணாமல் போனதேனோ?
சாட்சியாய் கழனியெல்லாம் காய்ந்ததனால் கடன்பட்ட
உழவரெல்லாம் தம்உயிரை மாய்க்கின்றாரே

அன்று

வாஞ்சையுள்ள சோழநாடு சோறுடைத்த நாடாம் - தலைநகர்
தஞ்சை மறுபெயர் நெற்களஞ்சியம் - அதற்கு
வற்றாத ஜீவநதி காவிரியும் வாராத
மணல் நிறைந்த அந்நதியும் காரணமாம்

இன்று

நெஞ்சில் ஈவற்ற இரக்கமற்ற ஆட்சியரும்
வஞ்சக வணிக மணல் கொள்ளையரும்
மிஞ்சிய மணலையும் சூறையாடும் கள்வர் கூட்டம்

அன்று

காவிரி கரையோரம் கன்னியரும் காளையரும்
இடைப்பட்ட காலத்திலும் இருமருங்கும் பசுஞ்சோலை
தடையற்ற காவிரி தரணிக்கே படியளந்தாள்

இன்று

கரையெங்கும் மணல் அள்ளும் லாரிகூட்டம்
வரையற்ற மணல் கொள்ளை அனுதினமும்
கொள்ளை மணல் கொண்டு செல்லும் லாரிகளில்
சொட்டுச் சொட்டாய் சிந்துவது காவோரியின் கண்ணீரன்றோ?
மற்றவரை குறைசுறும் நம்மவர்கள்
உற்றவரை தண்டிக்கத் திறனற்றுப் போனதேனோ?

Pegvisomant is approved for the treatment of ?

A. Parkinsonism B. Hyperprolactinemia C. Amenorrhoea D. Acromegaly

Ans-D

பணவெறி

படித்த பாவிகள் நீவிர்
பிணமானால் அப்பணம் கூட வரா நீ அறிவாய்
இயற்கை வளத்தைச் சுரண்டும்
வயலை வறட்டும் திருட்டுக் கூட்டம்

இன்றைய தமிழகம்

மதிகெட்ட மாந்தரால் மாய்கிறது
நதிகளை இணைப்பது ஒன்றே நம் இலட்சியம்
நாளைய தமிழகம் நமதன்றோ தமிழா!
பாலையாய் மாற்றி பாவமதைச் செய்யாதே!

தமிழா புறப்படு

வீறுகொண்டெழுந்து வீதிக்கு வந்திடு
வீணரை வீழ்த்திவிட இதுவன்றோ நந்தருணம்
விதியென எண்ணி வீழ்ந்திடலாகா
மதியினைத் தீட்டு சதியினை வீழ்த்த
நாளைய தமிழகம் நலமுற வாழ
வளமிகு தமிழகம் வழங்கிட எண்ணி
கொடுத்திடு உனது உணர்வையும்
புறப்படு இன்றே போராட களத்தில்
கொடுத்திடு உனது உணர்வையும், உழைப்பையும்
படைத்திடு வெற்றி, அது தமிழினின் வெற்றி.

– பேராசிரியர் **மரு. சு. இளங்கோ MD., DPH.,**
Dept. of Community Medicine

- The famous brand pepsi derived its name from the enzyme pepain.
- Hexakosioihexekontahexaphobia - irrational fear of the number 666.
- The distinct smell in air after rain is due to the bacteria actinomycetes.
- Human saliva contains a pain killer called opiorphin which is six times more powerful than morphine.
- J.J.Thomson won the nobel prize (1909) in physics when he showed electrons were particles.

Everything related to the human brain is fascinating. The human brain with billion thoughts, memories, the dreaming world, emotions etc have always been obscure. Human mind and its working is one of the mind blowing yet unclear areas in medicine. What happens when this mind masks the man and begins to act on its own? That is where Psychiatry comes in. "A Beautiful Mind" is a 2001 English movie which speaks about the life of Sir. John Nash, a Nobel Laureate in Economics.

Drawbacks :

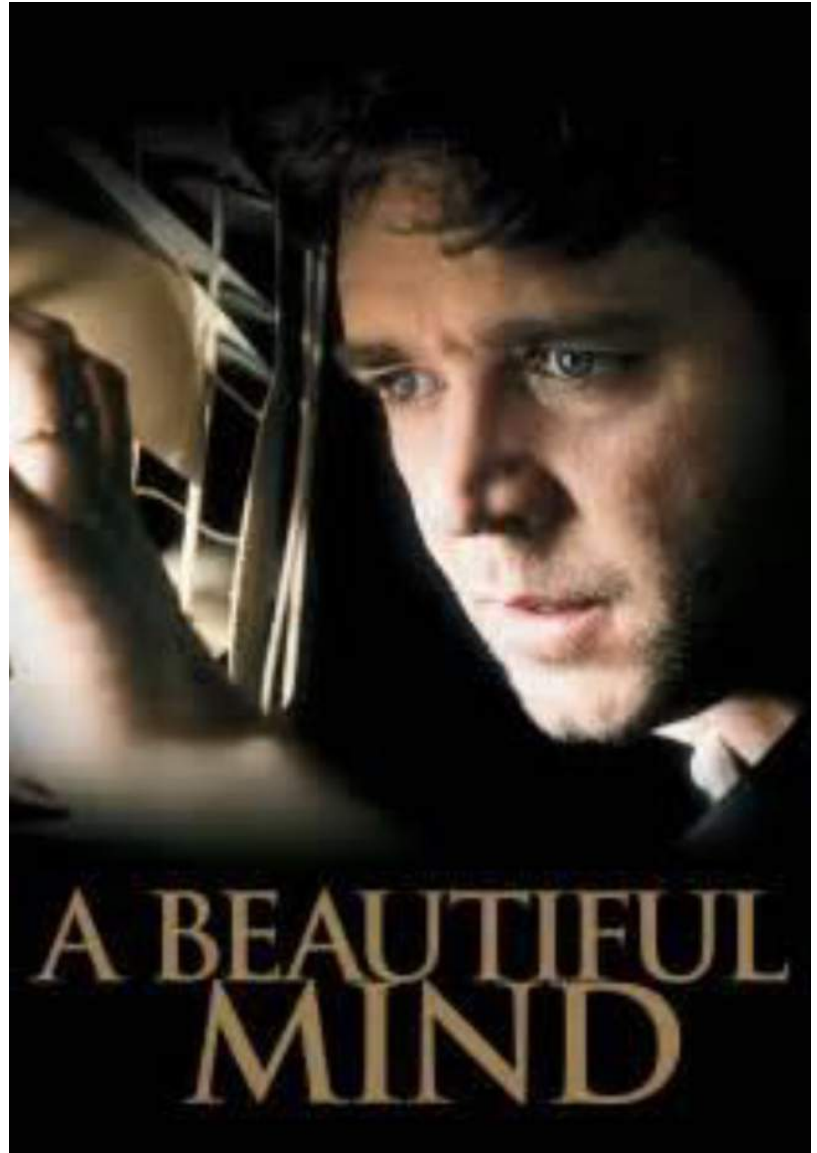
The movie is definitely not an entertainer and does not have any humour or action sequences in it. The life of Sir. John Nash has been modified and cut short a little to fit into the time limit of the movie.

Why to watch it?

1. The way the movie portrays the inner emotions and feelings of a schizophrenic patient from the patient's mind voice.
2. Clear picturization of hallucinations give a clear idea about hallucinations to the common people thereby reducing the meaningless fear towards the schizophrenic individuals.
3. The movie appeals to our emotions and the way one sees a psychiatric patient will definitely change after watching this movie.

A Personal Opinion
by Dr. Rathee Shree

- S. Rathee Shree
TROEZIANZ 2K13



தமிழ்

அன்பு தான் உன் பலவினம் என்றால்...

இந்த உலகில் சிறந்த பலசாலி நீ தான் !

Lichtenberg figures are seen in ?

A. Heat stroke B. Radiation injury C. Lightning D. Electrocution

Ans-C

தமிழ் மன்றம்

தமிழ்..... இந்த வார்த்தைக்கு வர்னனை தேவை இல்லை. அத்தமிழுக்கு ஒரு மன்றம் எனில் அதன் அழகை விளக்க ண்டிய தேவை இருக்காது.

நம் கல்லூரியின் தமிழ் மன்றம் CRUZADOS'11-ஆல் தோற்றுவிக்கப்பட்டது. பின்னர் இம்மன்றத்தின் முதன்மை ஆலோசகராக அ. ஜேசுதாஸ் அவர்கள் மன்றத்தில் இணைந்தார். தமிழ் மன்றத்தின் முதல் விழா, புரட்சிக் கவிஞர். பாரதியாரின் பிறந்தநாளை முன்னிட்டு நடத்தப்பட்ட பாரதியம் பல விளையாட்டுகள், பட்டிமன்றம் என்று வெற்றிகரமாக நிகழ்ந்தேறியது.

அதை தொடர்ந்து LEKARI FIESTA'16 - மற்றும்'17இல், ஒரு வார நிகழ்ச்சி நிரலில் தனக்கென்று ஒரு நாளை சொந்தமாக்கி ஆழமாக பதிவு பெற்றது. அவற்றில் மாணவர்கள், தமிழ் மீது உள்ள அன்பையும், புலமையையும் அரங்கேற்றினர். LEKARI-யின் இறுதி நாள் விழா தமிழ் பட்டிமன்றம் இன்றி நிறைவுறாது என்று தான் சொல்ல வேண்டும்.



அதோடு நில்லாமல், சமூக வலை தளங்களிலும் நம் இளம் கவிஞர்கள் தங்கள் ஆழமையை காட்ட தொடங்கியுள்ளனர். பின்வரும் நாட்களில் பிற கல்லூரிகளில் நடத்தப்படும் தமிழ் நிகழ்ச்சிகளில் பங்குபெறும் முனைப்புடன் இருக்கிறார்கள்.

தமிழுக்கு அழகு சேர்க்க எண்ணி, தமிழால், அழகும் அடையாளமும் பெற்று நிற்கும் அத்தமிழர்களுக்கு வாழ்த்துக்கள், ஆழப்போறான் தமிழன் !

MUSIC CLUB

This is the 1st non-academic club of the institution. It was initiated with strong and constant effort from Dr. T. Nivethitha, Mr. R.A. Sureshbalaji the staffs in-charge of music club and few other student volunteers. When questioned regarding the club Dr. T. Nivethitha says, “It was a long felt dream of our chairman and achieved with efforts of students and staff members. The club also has plans to offer classes for vocal and instrumental music and to participate in various competitions all over the state to showcase the talents of young musicians of our college”



Staff Members :

Dr. P. Karthick

Dr. Guru T Arun

Dr. Divya Sethuraman

Dr. K. Raja Chidambaram

The club was inaugurated during the LEKARI FIESTA'17 with a beautiful stage performance by all the star singers and instrument players in the club. The event was a grand success which won hearts of many. The highlight was when a faculty among the audience requested ONCE MORE, which was actually a heart filling moment for the performers.

We wish all success to the club members and waiting to see the singers winning huge intercollege titles and fetching pride to the institutions. ALL THE BEST TO MUSICIANS OF CMCH&RC



Can real cause of death be found out by doing autopsy?

Dr. DOMINIC INFANTRAJ, Asst. Professor Forensic Medicine

Determining cause of death is the most important task a Forensic expert can perform during the course of an autopsy, In terms of legality, it is a necessity for law enforcement to be able to prove beyond any doubt that the deceased has died of means other than natural causes.

The main way in which the cause of death can be determined is by carrying out an autopsy. An autopsy offers definite proof as to the cause of death and also can shed light on how the death occurred. For example if the victim died as a result of a fatal stabbing, an autopsy can prove that the perpetrator was either left handed or right, taller or smaller, heavier or lighter, all characteristics which are useful in building up a physical profile of the attacker.

In the same way an autopsy can prove if the deceased tried to defend themselves or was simply overcome by their attacker, again useful information when building up a picture of a crime.

In addition to these points, an autopsy can also help to estimate the time of death, somehow something that can be made tricky if the deceased has been found outdoors or has been found after a long period of being missing. Again determining the cause of death and estimating the time of death are hugely beneficial in any criminal investigation and offer valuable clues as to the last moments or hours of an individual's life before they died.

So, an autopsy can find out the real cause of death in most of the cases if performed meticulously

அச்சம்

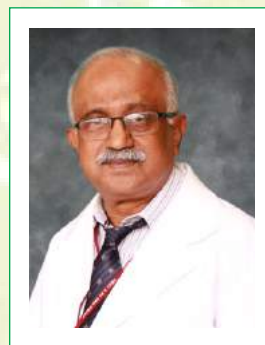
என் தாயின் கருவறையில்
என் பெயர் பொறித்த கடவுளுக்கு
அவள் பெயரை அழிக்க
தெரியவில்லை என்னுள்
அவள் பிரிந்த பின்

அப்பா

பிஞ்சு விரல் பிடித்து
கூட்டிச்சென்றாய்
தோள் மேல் எனை தாங்கி
உலகை காட்டினாய்...
உன் பிரிவினை தாங்க
கற்றுக்கொடுக்காமல் சென்றது
ஏனோ?

Know your teachers....

My father was my inspiration because he is a simple man who came from a village. Honesty and sincerity were the two things he followed which I am following now. I chose medicine accidentally. The teacher whom I admired the most was Dr. Sarath Chandran who was a renowned surgeon of Madras Medical college. I was not his student but I had an opportunity to listen to three or four office lectures which was very excellent. There is a lot of difference between my college days and the present college day which I do not want to mention.



Dr. P. Nallamuthu
Professor & HOD-Ophthalmology

A real happy moment is when we relieve the patient's pain within few minutes who comes with an asthmatic attack or mitral stenosis and see the happiness and relief in patient's and attender's face. During my internship, we had an aspiration pneumonia case, the baby was in such a critical condition, we resuscitated the child and saved its life and the baby was named after me and my friend . I am able to balance both my personal and professional life because of my wife. My second choice of profession was M.Sc., agriculture. During my leisure times, I collect stamps. Violence against doctors can be prevented by proper communication. My advice to present generation is **"Treat the patients with love, don't hesitate to accept things which you do not know and work hard and wait patiently, you will be rewarded"**.



Dr. M. Muhil

Asso. Professor-Physiology Born in Madurai, completed her UG from Thanjavur Medical College and PG from Madurai medical college. Talking about her college days she says her most admired teacher is Dr. Mythili Baskaran and celebrating hostel day was a memorable event. She has so much passion towards teaching medicine and says didn't have a second choice in life other than medicine. Moving on to balance between personal and professional life she says that life teaches us the balance, keep yourself in peace and have contentment in life. For women she says power is within you, to make yourself powerful "believe in yourself", which is her secret of being a superwoman and is role model. She says that to prevent violence against doctors, laws should be enforced and doctors should do it with their heart and soul. Her hobby is listening to music. Finally her message to the medicos is **"Profession should be for community, not for you to earn"**.

Paradox gun' is a?

A. Revolver B. Shotgun C. Automatic pistol D. Machine gun

Ans-B

"Be loyal. You'll be Royal"

*Define your goal
and refine your activities,*

*Set your time
and get your reward,*

*Plan your day
and ensure your way,*

*Do your duty
and you will be happy,*

*Learn plenty,
and you will be witty,*

*Don't cry for failure,
just try for success*

*Be humanistic,
But not materialistic,*

*If you are loyal,
you will be royal.*

- T. Roshini
KRENOVANTZ 2K14





*The feeling yet to be expressed
words of unspoken love
The words were uttered in silence
As love was screaming loud
This silence makes me hear my beat
And says its for U, "U my man"
Every juncture our eyes meet
I fall for U, again
All through the path of life
I want your palms to rest on mine
In silence, buried deep down
The love that ignited my soul
was the best spark that ever happened to me*

UNSPOKEN LOVE

- Suha
SALVATRONZ 2K16

The story of Narayanan Krishnan

How many of you know Narayanan Krishnan?

He does what he was professionally trained to do as a chef, feed people. Only Krishnan does not do this in the swanky confines of a 5-star hotel. Every day, he wakes up at 4 am, cooks a simple hot meal and then, loads it in a van and travels about 200 km feeding the homeless in Tamilnadu (Madurai).

Krishnan feeds, often with his hands, almost 400 destitute people every day. And for those who need it, he provides a free haircut too. He was selected as one of the Top 10 in 'CNN heroes 2010' list.

According to CNN, 8 years ago, this award-winning chef with a five-star hotel chain was all set to go to Switzerland for a high-profile posting. On a visit to a Madurai temple, he came across a homeless, old man eating his own human waste. That stark sight changed Krishnan's life.

Much to the dismay of his parents, CNN says, Krishnan abandoned his career plans and decided to spend his life and his professional training in looking after those who could not care for themselves. He has provided more than 1.2 million hot meals through his nonprofit organisation Akshaya Trust, and now hopes to extend this to shelter for the homeless too".

S. Jeyakeerthi
KRENOVIANZ 2K14

All of the following are used as proxy measures for incubation period except:

A. Latent period B. Period of communicability C. Serial interval D. Generation time

Ans-B

வீடியலை நோக்கீ
முடியும் என்னும் மந்திரம்
மடியும் வரை ஒலிக்கட்டும் !

விடியும் பொழுது யாவும்
விருப்பம் போல் மலரட்டும் !

சதியும் சாதியும் செயலிழுந்து
விதியும் நற்கதியும் ஒளிரட்டும் !

நதியும் நாடும் இணையும் பாடி
நீதி ஒன்று உருவாகட்டும் !

சாலை ஓரச் செடியும் கொடியும்
சோலையாக ஒங்கி வளரட்டும் !

இனத்தால் வேறுபாடு களைந்து
குணத்தால் ஒன்று படுவோம்

Dr. S. சிவசுந்தர்
Associate Professor, Psychiatry



ADVANCES IN MEDICAL SCIENCE

THE BIONIC EYE

The “Argus II” takes a video signal from a camera built into sunglasses and wirelessly transmits that image to implants in the retinas of people who have lost their vision. Though it’s been available in Europe since 2011, the U.S. Food and Drug Administration (FDA) only approved the eye earlier this year.

THE CANCER GENE FINGERPRINT

By analyzing the mutated genome of a tumor, doctors can now pinpoint whether a cancer is sensitive to a certain chemotherapy, or one that doesn’t respond at all to current treatments.

THE SEIZURE STOPPER

The system includes sensors implanted in the brain that can spot the first tremors of an oncoming seizure. Then it sends electrical pulses that counteract the brain’s own haywire signals, stopping the seizure in its tracks.

THE HEPATITIS CURE

The new drug sofosbuvir is a much more potent killer of Hepatitis C, with success in as many as 95 percent of patients. Even more, the medication only has to be administered for 12 weeks.

TIRUCHIRAPPALLI

A place synonymous with temples, history and shopping, this city is situated in the center of Tamil Nadu. BHEL and the coach building factory of India present here are the industrial pride of the city. The National Institute of Technology is also present here.

Places to see Inside the city :

Samayapuram Temple

Located near the campus of CMCH & RC, this temple is considered to be highly auspicious and is extremely famous for its festivals that are conducted throughout the year.



Srirangam Temple

A worldwide destination, this place is rich in history and architecture. It is visited by people from all over the world throughout the year. This place is located in the heart of Srirangam and is easily accessible by any form of transport.



Rockfort Temple

This temple is synonymous with any picture of Trichy and gives rise to the other name of Trichy - Rockfort City. It is the best place to spend a peaceful evening on the rocks with a breeze that makes us forget the rush of life. It is located in the heart of Trichy and is easily accessible by autorickshaws.



Brahmapureswarar Temple

One of the very few temples for the creator, Lord Brahma, this temple is located in a small village called Tirupattur 30kms from the city and very near to our campus. It is very famous and has been visited by the past President of India.



Orbital apex syndrome involves ?

- A. Olfactory nerve B. Ophthalmic division of trigeminal nerve
C. Maxillary division of trigeminal nerve D. Mandibular division of trigeminal nerve

Ans-C

Know your teachers....



Dr. T.K. Seethadevi
Professor & HOD-Anaesthesia

The inspiration for my life was my father who was a very honest IPS officer who taught me that I should serve for the society which is best for a lady as well as a doctor. The reason why I chose this profession is that I liked the way doctors treated the patients. I had the best teachers in the world throughout my UG career that moulded me to this level. By God's grace I got the profession which I admired the most. The turning point in my life is due to certain teachers like

Dr. Mathangi Ramakrishnan who was a Plastic Surgeon and Dr. Palani Kannan who was an obstetrician. My most memorable event during my college days was when that I drew a poster and wrote a poem for my senior which made me popular in the college. Many appreciated me for the work I did. The difference between our old college days and the present college days is that students are very relaxed. After my MBBS, I got selected in TNPSC Exams and got my first posting in a government PHC as a General OG surgeon and worked for one year. When I treated my first patient I felt more responsible. I planned well to balance my personal life and professional life. My other choice of profession was IAS or IPS. My hobbies are needle work, reading books and playing Tennis. The change which I wanted to bring in present generation is that they should spend more time with the patients, and examine them. The more they spend time with patients, the more their lives blossom. Best way to prevent attacks on doctors is to talk politely to the patients and their attenders. My message to young generation is **"To love profession which brings glory to your life"**.

LIFE OF MBBS STUDENTS

1st day of college	- Mania
1st year	- Phobia
Mess Food	- Dysphagia
Lecture Hall	- Ptosis
Culturals	- Nystagmus
Symposiums	- Palpitations
Intervals	- Migraine
Study Holidays	- Insomnia
Viva	- Aphasia
Day Before University Exam	- Depression
Results	- Coma

P. Muthuroshini

KRENOVIANTZ 2K14

WORLD HEALTH DAY 2017 THEME - DEPRESSION “LET’S TALK”

Dr. G. Prabakaran, M.D., Prof & HOD of Psychiatry

DEPRESSION IN GLOBAL SCENARIO

According to World Health Organization global health estimate reports, the total number of people estimated to suffer from depression is 322 million, equivalent to 4.4% of the world’s population. Nearly half of these people live in the South-East Asia Region and Western Pacific Region, reflecting the relatively large populations of those two Regions (Which include India and China, for example).

Depression is more common among females (5.1%) than males (3.6%). Depression is also the major contributor to suicide deaths, which is close to 800 000 per year. Even in high-income countries, nearly 50% of people with depression do not get treatment.

WHY SO MUCH IMPORTANCE FOR DEPRESSION NOW?

Reflecting on the ‘WHO’ released facts, depression weighs down its burden on an individual and society as a whole, as it affects people of all ages, from all walks of life, in all countries, and rightly so it is ranked by WHO as the single largest contributor to **global disability** (7.5% of all years lived with disability in 2015)

Depression causes mental anguish and impacts on people’s ability to carry out even the simplest everyday tasks, with sometimes devastating consequences for relationships with family and the ability to earn a living.

Depression increases the risk of other non-communicable diseases, such as diabetes and cardiovascular disease and, these diseases in turn increase the risk of depression too. The stigma surrounding depression remains a barrier to people seeking help throughout the world. At worst, depression can lead to suicide, now the second leading cause of death among 15-29-year olds.

REASON BEHIND THE RISE OF DEPRESSION IN RECENT YEARS

In an International arena, Socio-economic disparity between high-income and low-income countries as embodied by a rapid globalization phenomenon in the last part of the 20th century has come as a “Cultural shock” leading onto racial, religious and socio-cultural differences that in turn has paved way for wars, Poverty & Unemployment globally.

On a personal level, lack of self discipline, running behind materialistic needs, has deviated people from understanding and appreciating basic human values and ethics, thus structuring an environment packed with stress, distress, negativity, and hatred eventually leading to depression.

Bacillary angiomatosis is caused by ?

- A. Bartonella bacilliformis B. Bartonella rochalimae C. Rickettsia japonica
D. Bartonella henselae

Ans-D

Another reason is increased use of addictive substances in the form of alcohol, nicotine, cannabis and other drugs which have a negative impact on a person's mental well being.

In the midst of these disparities around the world increase in awareness in identifying, diagnosing and treating depression as a clinical condition has cropped up due to growth in technical education across the Western world.

HOW TO TACKLE DEPRESSION?

At the core of the WHO campaign DEPRESSION- Let's talk - is the importance of talking about depression as a vital component of recovery. Methods to increase awareness about depression as a treatable condition should be employed.

Though the grieving process is natural and unique to each individual and shares some features of depression, being sad is not the same as having depression. Depression is an illness and not a character weakness. Clinical depression is disabling and if untreated can prevent people from working and participating in family, occupational and community life and at worst, depression can lead to suicide.

Depression can be effectively prevented and treated. Treatment usually involves talking therapy / Psychotherapy or Pharmacotherapy / antidepressant medication or a combination of these depending on the severity and other complications.

Overcoming the stigma by increasing awareness about the symptoms of this condition and its effective treatment will help more people. The support of caregivers, friends and family facilitates recovery from depression. Patience and perseverance is needed. In addition to these, good coping strategies to face hardships and difficult life situations, love for fellow humans can transcend to help persons not to fall into depressive situations.

TOUCH ME NOT

From the corners of shade

I lie beneath

Hanging out from the evil spun humans

To the courage I bow,

Make me so...

Human creatures is not my nature

Venomous snakes edged me,

with the mercy of back stab

Bestowed with the fear of world,

Stumbled along the Nooks

My loudest silence is never spoken

- Karthikeyan
SALVATR0NZ 2K15

From the diary of a depressed man...

"Alone I sat
In a small, quiet room
Feeling worthless, like a withered broom.

All I could see
All around me
Was only Silence.
Little did I know that
All I wanted was just Patience.

Like a rollercoaster ride
With only antidepressants on my side
Day by day, my troubles got amplified
I cried,
I lied,
Yet, was denied.

I decided to make a suicide note
And I wrote
"Love was my only Antidote
Which Citalopram & Sertraline failed to have"

I stood on the edge and
As I closed my eyes
I remembered my mother's face
Which nothing on this earth could replace
The very thought of her
Cemented the bits of me

I tore the suicide note
And I wrote
"Suicide is not a solution
It is the biggest crime one can ever think of"

ஜம்மா சூர்த ரூஸ் வாழ்ச்சு

பத்து மாதங்களாக உன் கருவில் என்னை சுமந்து
பத்தொன்பது வருடங்களாக உன் நெஞ்சில் என்னை சுமந்தவளே
உனக்கென கனவுகள் ஏதுமின்றி உனது
முழுநீள கனவாக எங்களை நினைப்பவளே
யார் என்ன தீங்கு செய்தாலும் அவர்களுக்கும்
நன்மையே ஏற்படும் என்று இறைவனிடம் வேண்டுவளே
எவ்வளவு வேர்வை சிந்தினாலும் வெளிக்காட்டாமல்
ஒவ்வொருவருக்கும் பிடித்த ஒன்றை செய்து தருவாயே தாயே
பொறுத்தார் பூமி ஆள்வார் என்ற வரிக்கு எடுத்துக்காட்டாக
விளங்கும் எனது அன்னையே
உன்னிடம் கற்றது அன்பு, பாசம் மட்டுமல்ல
விடாமுயற்சியும் தன்னம்பிக்கையும் கூட
இன்று உன்னுடைய பிறந்தநாள்
உன் பெற்றோர்கள் பிறந்த பயன் அடைந்த நாள்
வாழ்த்த வயதில்லை, வணங்குகிறேன் !

- ஜெய்

KRENOVIANTZ 2K14

S.Jeya keerthi
KRENOVIANTZ 2K14

Which of the following is not true regarding large loop excision of the transformation zone (LLETZ)?

- A. Uses low voltage diathermy B. Applicable only to cervix
C. Loop size greater than 2cm gives a better cone D. Shorter procedure time compared to laser ablation

Ans-C

YOUTH RED CROSS

YRC is the active functioning nonacademic sector in CMCHRC. YRC is usually encouraged in all institutions for participation of students all over India in activities like village uplift, first aid, relief measures during hazards etc. Similarly YRC of our institution has also actively participated in many such events.

The great achievement of YRC in our college is the “**THOOIMAI VETKAI**” organized in 2015 and relief donation to Nepal earthquake and cuddalore floods in 2015.

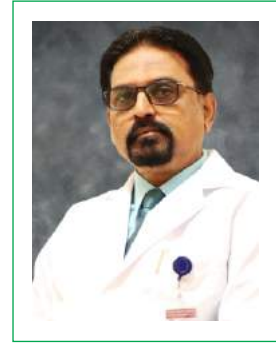
The new office bearers entered in June 2016. Another achievement of YRC is conducting an event to honour “OUR MISSILE MAHATHMA” on his birth anniversary With donation of bicycles to the near by orphan home kids. The World Red Cross Day was celebrated jointly by YRC and Department of community medicine.

Let us wish the youth members of YRC all success in their forth coming activities.



Know your teachers....

My father who taught me about ethics, integrity, hardwork, honesty and good values in life and my uncle even at the age of 78 teaches village student free of cost are my inspiration in life. My father was a health inspector and once there was a cholera outbreak. I went with my father to go for vaccination; it was my father's wish that I have to become a doctor. There are many teachers whom I admired in life at various levels but my English teacher Mr. Mokhashi and Maths teacher Mr. Deshpandey are all



Dr. Gurudatta S Pawar
Professor & HOD-Forensic Medicine

very close to my heart. After joining medicine, I admired Dr. Girigauda and Dr. KSM Reddy my PG teachers. During my college days we had less burden, enjoyed learning and spent a lot of time together with friends and in the campus but now you people think it is a torture chamber. My first experience doing an autopsy was difficult, and I always say the mortuary is a place of navarasas (9 emotions) and have seen people with extreme sorrow to extreme happiness. I would like to be forensic archaeologist. I get inspired from students, every time I feel that I should do better. The greatest achievement for a teacher is being in the heart of students which cannot be bought, manipulated and influenced. Perfect doctor is one with skill + communication + documentation. Violence against doctors can be prevented by small talk with patients and attenders. And finally my message to younger generation doctors is, **"With every mistake learn and don't repeat. Keep your mind open, be social, do service and charity. Have some principle in life, stick to it always in life".**



Dr. Jayashree G Pawar
Professor of Pathology

No wonder you have always made us look upon you with respect and gratitude. Born in Dharwad district, Karnataka. She has done her UG from Karnataka Medical College, Hubli and PG from BM Patil Medical College, Bijapur, Karnataka. Her mother's dream was to see her daughter as a doctor and she proudly says she fulfilled her desire. The teacher whom she admired was Dr. Sheela Nayak her Anatomy Professor as she was very well dressed, dignified, very strict and hardworking also. She shares her memorable event in college was, falling in love with her senior and who has become her husband and that lucky person is none other than our Vice-Principal Gurudatta S Pawar, a lovely couple in the campus admired by most of us. She says that teaching is her passion. Her advice to the students is to avoid spending more time on social media and to be sincere and hardworking. No short cuts, go through proper channel then only you will succeed". Her hobbies are Magazine reading, reading Spiritual articles, watching TV. As we all know, she is a fitness freak. Her tips on health is to maintain a balanced diet, exercise daily and good sleep. For all those who want to be superwoman, mam's advice is **"No ego, be calm, be stable, don't panic with work, manage the work according to priority and being a lady, family is first but no compromise in professional work".**

IS 'EQ' THE NEW 'IQ'?

What is EQ?

'EQ' - Emotional Quotient is the measure of Emotional Intelligence which is "The ability to perceive emotions, to access and generate emotions so as to assist thought, to understand emotions and emotional knowledge, and to reflectively regulate emotions so as to promote emotional and intellectual growth" [Mayor and Salovey]. It is the ability to validly reason with emotions and being able to better understand, empathize and negotiate with other people. A big part of emotional intelligence is being able to feel and emotion without having to act on it.

How is EQ different from IQ?

IQ is "Intelligence Quotient", which indicates a person's ability to learn, understand, and apply information and skills in a meaningful way. A person with high IQ may be able to learn certain subjects very quickly and make connections between ideas that others might miss.

EQ is "Emotional Quotient", which is a way to measure how a person recognises emotions in themselves and others, and manages these emotional states to work better as a team. A person with high EQ is self-confident, self-aware, and able to handle difficult emotional experience.

What are the factors behind EQ?

To explain this, let us consider the example of a student named 'EQ' who is made fun of and ridiculed by his fellow classmates.

1. SELF-AWARENESS

It is the ability to answer the question, "How do I feel about this?" Self-awareness is one which helps EQ to understand and recognize that he feels hurt by the ridicule.

2. MANAGING EMOTIONS

It is being able to stop and consider, "Given now I am self-aware of how I feel, how should I react?"

By managing his emotions, EQ is able to decide his options to react to the situation—either confront, ignore or get mad at his classmates. He can think of the possible outcomes of each.

3. SELF-MOTIVATION

It is the drive to accomplish a set goal, irrespective of the current emotional status of a person. EQ, despite being nervous about confronting his classmates, is self-motivated enough to not let his nervousness overpower him, and decides to talk to his classmates about his hurt feelings.

4. EMPATHY

It is the capability to recognize and understand what other emotions and feelings are, and put themselves in the same shoes as the latter.

EQ talks to one of his classmates, who apologizes for making fun of him. EQ is empathetic in being able to recognize that this classmate feels bad and is able to talk calmly to him about the situation.

HANDLING RELATIONSHIPS

It is when one is able to take decisions about the people in their life and the extent of his/her relationship to them.

EQ, after a long talk to his classmate, can now decide whether or not he wants to continue his relationship / friendship with his classmate, going forward.

EQ can be improved by the following 7 steps

1. Practice observing how you feel.

Set a timer at different points of the day and try to observe how you are feeling emotionally at that point of time and the physical sensation that your body exudes. By practice, it becomes of second nature, and we can learn to trust and manage our emotions.

2. Pay attention and recognise how you behave.

Whilst practicing emotional-awareness, observe how you behave in response and how it affects your communication. Once we are well-aware, it's easy to slip into judgement mode and start attaching labels to our behaviour.

3. Take total responsibility for your emotion and behaviour.

This is the most challenging step, wherein you try to realise that you are responsible for your emotions and it is not due to anybody else's actions. This will enable you to create a positive impact on your life.

4. Respond, do not react.

Reacting is an unconscious process in response to an emotional trigger, where we express / relieve an emotion in an unconscious manner. Responding is a conscious process by which we notice how we feel, and then deciding how we want to behave.

5. Practice empathizing with yourself and others

Start practicing empathy by asking yourself, "Why do I think I'm feeling like this / doing this?" Your answer may be "I don't know" in the beginning, but by keeping on paying attention to your feelings and behaviour, you may have different answers coming through.

6. Create a positive environment

Make time to notice the good things in your life and appreciate them, thereby creating yourself a positive bubble of being.

7. Remember, Emotional Intelligence is life-long process.

EI is not something which can be dropped once developed. It is a lifetime practice, which we can continue improving. Remember to keep practicing the art of EI to reap benefits, life-long.

Emotional Intelligence can thus, be summarised with this following quote- “When dealing with people, remember you are not dealing with creatures of logic, but with creatures of emotions.”

- Dale Carnegie

G. Sai Thaejesvi
KRENOVIANTZ 2K14

தொட்டால் தொட்டும்.....

பகை வேறேதும் தேவையில்லை, நீ

ஊதும் புகை போதுமே ! விரைவில்

நின்னுயிர் எமனின் குகை புகுமே

உடலோ மூண்டெறியும் தீயில் கரிபாகுமே !



தொட்டால் தொட்டும்.....

விறுத்திரை யகன்றுதும் தொடுத்திரை தேடும் விறுகளே !

ஒளித்திரையினுள் நீ சிறைபுகுந்தால், வளர்பிறையாய்

ஒளிரும் நின்வாழ்வின் பொற்காலம் தேய்ப்பிறையாய்

தொலைந்து போகக்கூடுமே !

சிறுகனம் நன்கையல் இல்லைவெனில் கூட, பின்

குணம் மாந் சினம் உன்னை ஆட்கொள்ளுமே !

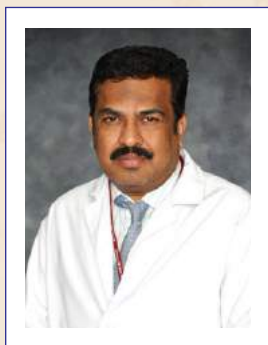
பயனறிந்து தொட்டால் பயன்தரும் உன் கைப்பேசி

மீனால்தொடர்ந்து போகுமே நீ யோச !

Dr. S. சுவாமிந்
Associate Professor, Psychiatry



Know your teachers....



Dr. D. Saminathan
Professor and HOD-Paediatrics

My father and teachers are my inspiration in life. By accident I joined medicine, if not medicine my other aim was to join the Indian army. I did my undergraduation in Thanjavur medical college and my memorable events in college was getting gold medal in surgery, Orthopaedics, ENT, Ophthalmology and obstetrics and Gynaecology. Even more memorable event was getting outstanding best student award in MD Paediatrics at Institute of Child Health, Madras medical college. During our college days we were very sincere and disciplined and worked for passion; there was no communication media so we had poor opportunity. But now a days there are lots of opportunity and information. So, make use of it to have successful days. My hobbies are listening to Ilaiyaraja songs, commenting in social media about the injustice to the society. My wife & children are very supportive and understanding that help me in balancing between profession and family. Turning point in my life was getting voluntary retirement from government service due to stress when 22 months of service was remaining. One thing I wish that should be changed in today's medical education is that equal opportunity of freedom should be given to both private and government medical college in practical skills. My message to younger generation is **“Develop your own passion and goal for life. Work hard, reputation and money will automatically follow you”**.

One of the most admired staff Dr. Dhivya Sethuraman was stubborn in pursuing her career in medicine. Did her UG at PSG, PG at MMC. She was inspired by her aunt Dr. Kasturi, a Gynaecologist and her father, and chose medicine because of them. She admired her pathology professor who had great command over the subject. She recalls that playing “Tug of war” between juniors and seniors was a memorable event in college days. She says that medicine was the only choice in her life and had no other options. Talking about her personal life and profession she says that its because of her husband's and parents in law's support she is able to balance both. Her hobbies are reading books and singing. She adds that “The lady is the one who balances the family and she should learn to get things done in a diplomatic manner”. Her advise to students is **“WORK HARD, PLAY HARD”**.



Dr. Dhivya Sethuraman
Asst. Professor-OBG

*Your first kick in my belly,
Led to the birth of a mother in me.
Fell in love with myself,
With the YOU in me.*

*Fingers caressed you with tears of joy,
Didn't matter if you were a girl or a boy.
You took root just below my core,
Couldn't wait to hold the bundle of
happiness anymore.*

*Along with you, there crept in another,
Sly as a fox, ME! OH! Did it smother!
Across my womb, it spread its ugly wings,
Day in and day out, painfully lapping up
my essence.
Pins and needles, felt more like scissors
and hammers,*

INVADERS

DUAL

*Day in and day out, a woeful melody it
sings.*

*A swab here, a swab there - That's pap
smear.*

*Human papilloma virus - the noose around
your neck and mine,*

*A sad tear.
Ca Cervix, the attack of the immature
squamous cells, they said.*

*But alas! Attack of my motherhood, none
noticed.*

Flutter in my womb, earlier it was you.

*Relentlessly, every trimester, CA grew!
Nine months gone, so was I,
My heart ceased when I heard you cry,
A Sappy Sigh!*

End

S. Prethi
KRENOVIANZ 2K14



House MD, a famous American TV series, telecasted for around 8 years (2004-2012) in multiple seasons, is about Dr. Gregory House, the chief of diagnostic medicine and his approach to numerous cases.

WHY TO WATCH?

1. Each episode speaks in depth about a particular patient, discussing in detail about the patient from admission to discharge in a simple, elaborate way with clarity.

2. Visual scenes about symptoms, and procedures done in the series remain for a long time in the memory.

3. The witty dialogues of Dr. House, hold deeper meaning, which leaves a wave of admiration for that character.

DRAWBACKS

Long episodes with numerous seasons is time consuming to watch and definitely not advisable to watch during college and working days, as it can be very addictive.

S. Ratheeshree
TROEZIANZ 2K13

PHOTOGRAPHY CLUB

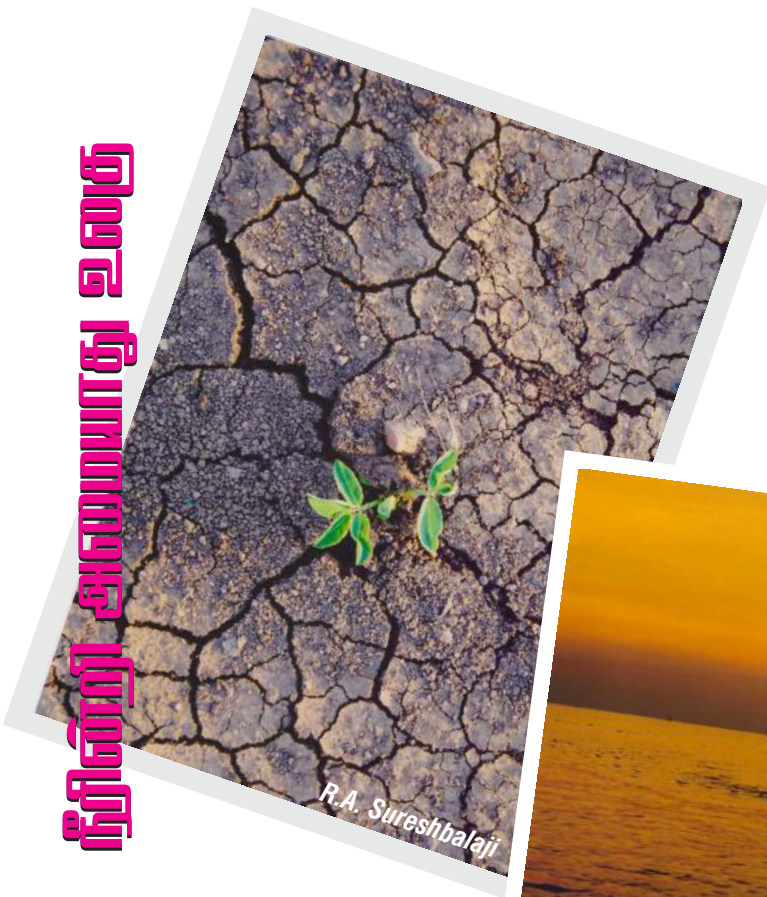
We see quite a number of students roaming in the campus with DSLR capturing nature's photographs with dreams to become a fascinating photographer a day. Their cams are the first love for such clickers.

A new try of CMCH&RC, in this technical era "the photography club" is headed by staff advisors Dr. Diego Edwin, Mr. R.A. Sureshbalaji, President Mr. Aljinjino and vice president Mr. Ramkumar. The club encourages participation of budding photographers both students and faculty members, who are cam lovers.

Dr. Diego Edwin, staff advisor of photography club says "The club has a facebook page in which photos clicked by the members are being posted for public view and grabs lot many likes from surfers. We also have plans to organize photography contests, photo-shoot walks to nearby places and click shots regarding specific topics of public awareness".

The club will surely be a platform for young and energetic photographers to learn and establish their talent THROUGH THEIR LENS. Hearty wishes to these lovely creators.

நீதினா அமைமயாகு உஸரு



கிளபுல்

விஷமாய் நீ என்னுள்
குருதியில் கலந்து
செயலிழக்க செய்தாய் ...
கண்ணில் கிடந்த உயிரினை
மீட்டுத் தந்தாய்
என் விழ் மூடும்
முன் ... இமை எதிரே
நீ நின்று

ஆன்வேறாக நீ ...
தாங்கி நிற்கறாய்
உனக்கு துணையாய்
விழுதுகள் வேர் உணர்ற
வேந்தாங்கல் பறவைகளின் கூடுகள்
(நுகரும்) களைகளில்
நீழலாக நீ
பயன்களுக்கு
துள்ளி விட்டு... துவங்கினோம்
காயாக காத்திருந்து
கனியாய் விடைபெறுகிறோம்
ஓக் கல்லூரியை
விட்டு...
வாழ்வெனும் கடையில்
விற்பனைக்காக ...

— லெனின்

KRENOVIANTZ 2K14



Game of Thrones

Game of thrones is an American fantasy Drama television series. It is an adaptation of "A song of ice and fire", by George R.R. Martin. Six seasons have been released so far and the series on the whole has got 611 nominations in various categories and has won 210 of it which includes the prestigious Golden Globe awards TWICE, and the 38 Emmy awards.

THE CORE OF THE SERIES :

Several royal families desire the Iron throne to gain control of the Westeros. Whilst Kingdoms fight with each other for power, a sinister force lurks beyond the Wall in the North. With two more seasons yet to release, no one could predict what would be the final end. This is a small piece on the birth of our hero, JON SNOW. King Aerys II Targaryen (Mad king) ordered for the Largest Tourney to be ever held in the history of Westeros at Harrenhal and on the day of the Tourney, Lords and Ladies of all the Great Houses were present at Harrenhal. Ser Barristan Selmy of King Aerys Kingsguard unseated almost all of his opponents. At last he had to face the Crown Prince Rhaegar Himself and he lost to the Prince and thus Rhaegar was proclaimed as the Champion and he gifts his winner's crown of roses to Lyanna Stark who was promised to be married to Robert Baratheon.

Prince Rhaegar takes Lyanna by force (may be or may not) forgetting that he himself is married to the Dornish Princess Elia Martell. Lyanna's elder brother Brandon Stark rides to Kingslanding to take his sister back but the Mad king imprisoned him and then Lyanna's father Rickon Stark the then Lord Paramount of the North rides to Kingslanding to get his Son and Daughter back. But the Mad King burns Lord Rickon and Brandon Stark alive in the Court Room. The entire North and the Eyrie were in open revolt against the Throne.

ectopics'17

Robert Baratheon demanded the return of Lyanna Stark and he was smashing any Army that dared face him. Lord Rickon's last surviving son Eddard Stark marched the whole of the North against the Targary to avenge his father and brother. Eddard Stark took Catelyn Tully thus gaining the Support of the Lords of Riverlands.

Aerys Targaryen was left with no choice but to summon his former Hand of the King Tywin Lannister. Several ravens were sent to Casterly Rock but none returned.

The combined forces of Robert and Ned Stark reach the Trident and Hoster Tully (Catelyn's Father) joins his men with them. The North (Stark), the Stormlands (Baratheon) and the Riverlands (Tully) and the Vale (Arryn) were in open rebellion against the Crown.

The Royal army was reinforced with 10K Dornish Men and it was decided that the Crown Prince Rhaegar will lead the Royal army to suppress the rebels.

The rebel forces and the royal forces battled each other at the Trident. Though the Targaryens had superior numbers Robert proved the Baratheon words at the battle of the Trident (hear us roar) and his army shattered down the Targaryen army lines and at the end of the battle Robert Baratheon with his famous War Hammer strikes down the Crown Prince Rhaegar to death.

And then the Stark, Arryn, Tully & Baratheon forces march towards Kingslanding and at this point of time Tywin sends the Lannister armies to Kingslanding under the captainship of his brother Kevan Lannister and Ser Gregor Clegane, "The Mountain". The Lannisters pledge their loyalty to Robert and House Baratheon and the City is sacked.

The Lannister Legions enter Kingslanding and start slaying the surviving Targaryens. Princess Elia Martell was brutally raped and cut into 2 by Ser Gregor Clegane (Tywin's Bannerman) and Rhaegar's children were murdered and Aerys Targaryen was stabbed in the back by Jaime Lannister (The Hand of the King) thus earning him the title Kingslayer.

After the Rebellion Ned Stark along with Holland Reed and a few Northerners goes to the Tower of Joy and there he finds his sister being guarded by the finest Swordsman of his time Ser Arthur Dayne, the Sword of the Morning and at the end of the fight Holland Reed stabs Ser Arthur in the back to save Ned and Ned enters the Tower of Joy to find his sister has given birth to Rhaega's son and Lyanna asks Ned to keep her son safe from Robert's wrath. So Ned claims that Baby to be his Bastard son.

The Moral of the Story !!!!!

Antha Kolanthaye Jon Snow (Hero of the series) thaanga !

P.S : If someone wishes to watch the series, I would say that it's a perfect nail-biting entertaining series and please go for the censored version of it.

- V.R.Thiagarajan

KRENOVIANTZ 2K14

THE FAULT IN HER STAR

It was just a normal monthly check-up. Reena was always known to be a healthy child and as a teenager, nothing was particularly wrong with her. A girl-next-door, her secure childhood always pushed her to be kind-hearted, full of warmth and compassion. Growing up, she was seldom taught to turn a blind eye to the plight of the underprivileged. She took it as her responsibility to make her presence felt in the world for a noble cause. Her one vanity was her lustrous looks, which caught the sunlight in curious angles and never missed anyone's attention. It was her pride and she carried her long hair with elan.

As Reena was returning from the hospital, her mind invariably wavered to the cancer patients' ward. Those children with clean shaven heads, made Reena wonder about the disparities in the world. Her heart melted for the sick kids. An uncontrollable urge to care for them arose in the deepest of her core. Sorrow and helplessness engulfed her, but she could sense a glimmer of hope steadily making its way through her despair. She had a brainstorm and boom: "HER HAIR".

She faintly remembered a campaign by college students who had started an initiative to manufacture wigs for cancer-stricken patients and the volunteers of the campaign had themselves donated their mane for this cause.

With full of hope and vigour, Reena hurried to her home and made necessary arrangements to pledge herself for the cause. Her family, though initially apprehensive, finally relented, sensing her enthusiasm and goodwill.

Her act of selflessness won her praise and affection from all quarters. Being a teenager, the courage she portrayed, amazed many. Media and press thronged her locality for day together. She came under limelight. But Reena, on the other hand, remained stoically calm, throughout.

The particular day, she was slated for a special appearance on one of the well-known television channels. Though uneasy with all the attention focussed on her, she was glad her gesture had been welcomed by the world with open arms.

As she was getting ready to leave for the interview, she noticed a flurry of activity near her room door. Her parents had come and they looked pale and were sweating profusely. They hurried towards her, carrying a huge envelope bearing the name of the hospital she visited for her monthly check up.

What her dad told her next knocked the wing out of her. Her mom collapsed from the shear stress of hearing it out aloud.

TWO HOURS LATER AT HER INTERVIEW :

The podium was ready and waiting for her, with conflicting emotions, Reena stepped on to the podium to face the world at large, with the words her father told her, still resonating in her ears..."REENA, YOU HAVE BEEN DIAGNOSED WITH LEUKEMIA".

S. Prethi
KRENOVIANTZ 2K14

இறைவன்

எங்கே என்னைத் தேடுகிறாய்?

சீலைகளில் அல்ல

தேசடனத்தில் அல்ல

கேரவில்களில் அல்ல

மகூத்களில் அல்ல

விரதங்களில் அல்ல

யோகப் பயிற்சிகளில் அல்ல

சந்தியாசத்தல் அல்ல

கடாடவில் அல்ல

கைலாசத்தல் அல்ல

ஓ ... மன்தர

நான் உன்னுடன் இருக்கிறேன்...

- ஷீவான்
SALVATRONZ 2K16

சைவம்
உலகில் தேடி தேடி அலைந்தாலும்
மீண்டும் அமர முடியாத சிம்மாசனம்
தாயின் கருவறை

மன்னிப்பு

உறக்கக் கெண்டிருக்கும்

குழந்தையின் அருகே

வீழ்த்திருக்கும் தருணங்களில்

எப்போதோ தீட்டாதற்கெல்லாம்

மனசீகமாய் மன்னிப்பு கேட்கப்படுகிறது

- ஷீவான்
SALVATRONZ 2K16

rajdeo...



Know your teachers....



Dr. M. Paramasivam
Professor of General Medicine

One of the humblest person we have ever met in our life is Dr. Paramasivam. Born in Erode, did his UG in Coimbatore medical college and PG from Thanjavur medical college says his inspiration in life was his parents. He decided to become a doctor from standard 9th because of an incident, that took place in his life. When he went to a doctor, and he touched the stethoscope on the table but the doctor did not let him touch the stethoscope. It was then he decided to become a doctor. And yes sir, you have made it and having the stethoscope around your neck for lifetime. About the turning point in life he says that for the final Zoology practical he went on 23rd but the exam was over on 22nd itself. He was standing weeping in front of the notice board, his physics teacher who noticed it, took him to the previous day examiner and told that the student was not well and so could not make it up the previous day and gave him the same question paper and made sir write his exams and he says it was because of his physics teacher he is a doctor today. If not doctor, he would have become a tamil teacher. His hobby in life is visiting temples and till today have visited 500 temples inside and outside the country and also tells that going to temple makes us a better people and shows us a right path and helps maintain a balance between personal life and profession. He gives a good advice “when at home forget work, when at work forget home “make things smooth”. Talking about current topic-violence against doctors-his opinion is that, mistake is on both sides and medicine has become commercialized and has lost the love for humanity and on the other part. Because of technology, patient knows many things and to avoid the violence refer the case and get opinion and inform the patient or relatives everything in detail. And atlast his message to us is “Millions of students want to get a medical seat and you have got a chance, don't waste it. It is the most noble profession among all professions, treat patients as your family.” Concluded that his goal in life is “**Never hurt any one, Spread happiness**”.

TRUE PEACE

The world was born as a whole. I think everyone would agree on that. Man divided them into countries and states, later on. Then, patriotic surge followed. Every nationality was claiming their country to be better than the other. Border security arrived and innocent soldiers pointed their country to be better than the other, covering their border fences. Laying down their lives, for borders which are mere geographical landmarks. Fighting and killing each other, considering the men on the other side as foes. The politicians and biased patriots playing the military as puppets to feed off their grudges. They call it honor, embroidering the fallen soldiers with the respective flags upon their beaten torsos. The families receive a voice of sympathy and respect from the people of the country for a day or week. Martyrdom marked bravery.

But the little boy shoved under the salwar of the single mother, lost his father before he could call him 'dad'. The young girl on the other side of the border kneels before her dad's funeral pyre sobbing all alone. He was the only family she had.

Some may call it, sacrifice. I wonder. At what cost?. Who won your little fight for power?. Two innocent families, fatherless and starving the rest of their lives. From rags of torn military dress, she picks up their shining engagement ring. He promised that he would take care of her while proposing the other day. He couldn't keep his promise. The life of a soldier deserves much more value, for the path and the pain he has chosen. This had to stop. The solution is upto all of you to think. Because every soldier pledges, endearing his country to be his mother, placing it over everything else. But which mother would let her own child die?.

If only we realized, that death is the lone fearsome invader and not fellow beings.

If only we realized, that patriotism is adorable until it is purely love for a nation and not hate or disrespect on others.

If only we understood, death is inevitable but life is special. We will learn to live in harmony, laying our guns down and easing the unwanted strife.

Terrorism that sprout out of vengeance are clearly more than that rise carrying ideologies. Terrorists want this to happen. I mean, the real bad ones. They play with the minds of the withered. They recruit naive lads, sow their hatred and let them breed their ideologies. Lads wielding guns, play pawns and die an undeserving death. It is really pathetic that terrorists receive their arms and funds from odious governments, and the noble soldiers die, as hapless baits. The system needs to be rebooted. It needs to be repaired and cleaned, before throwing more lives on the line.

I hope, seeing a future - a future where the dust has settled finally, and there is no more ammunition required for protection. I think that is when we have achieved true peace and freedom.

- Shane
TROZIANZ'13

The Life History Of Man

(God created a donkey and said to it)

God : “You will be a donkey. You will work for him from sunrise to sunset, carrying bundles on your back. You will eat grass. You will have no intelligence and you will live for 50 years”

Donkey : I will be a donkey, but to live for 50 years is too much. Give me only 20 years. (God granted his wish)

(God created a dog and said to it)

God : “You will guard the house of man. You will be his best friend. You will eat the scraps that he gives you and you will live for 30 years.

Dog : “Sir, to live 30 years is too much, give me only 15 years”
(God granted his wish)

(God created a monkey and said to it)

God : “You will be a monkey. You will swing from branch to branch doing tricks. You will be amusing and you will live for 20 years”

Monkey : “To live 20 years is too much, give me only 10 years”
(God granted his wish)

(God created a man and said to him)

God : “You will be a man, the only intelligent creature on earth. You will use your intelligence to become master over all the animals. You will dominate the world and will live for 20 years”

Man : “Sir, I will be man, But to live only 20 years is very little, give me the 30 years that the donkey refused, the 15 years that the dog did not want and the 10 years the monkey refused”
(God granted man’s wish)

And since then,

Man lives 20 years as a man .

Man marries, spends 30 years like the donkey working and carrying all the bundles on the back.

Then when his children are grown, he lives 15 years like a dog taking care of the house and eating whatever is given to him.

Then he is old, lives 10 years like a monkey, going from house to house and from son or daughter to another doing tricks to amuse their grandchildren”

That’s Life

T. Roshini
KRENOVIANTZ 2K14

ABUSED

Lost deep in the abyss
Darkness engulfed me,
Sucking me to the oblivion
The soul shattering cry of my wretched soul...
rung thick in the foul air
Breaking me further
Gone were my last shred of dignity...
Buried in depths of anguish
striving for my wings... now destroyed
Awaiting my freedom
till the day my battered heart can hold

M. Souwmiya
SALVATRONS 2K16

தடய

பிறப்பிற்கும் இறப்பிற்கும்
இடையே
என்னை நகர்த்திச்
சென்றவன் ...

— லெனின்

KRENOVIANTZ 2K14

- The water droplets in a medium - sized cumulus cloud can weigh up to 5 lakh Kgs (1.1 MILLION pounds)-- as much as 100 elephants!
- Astatine is the rarest element on Earth (approx 28g in the Earth's entire crust.)
- In case you have ever wondered why giraffes are such quiet animals, it is because they have no vocal cords to make any noise.





Places to see around the city : Cauvery Bridge

This bridge that connects the city of Trichy and Srirangam, is the best place to spend an evening out in the breeze. A common place for both old people and youngsters, this spot is always thriving with people.

Kallanai (Grand Anaicut)

The pride of the chozhas and an identity of the city, this place is the perfect spot for a long stroll on a cool evening. The place is rich in its history and leaves scientists and architects baffled at the ability of our ancestors who could build such an extravagant structure. It is slightly away from the city but has bus services from both major bus stands in the city.

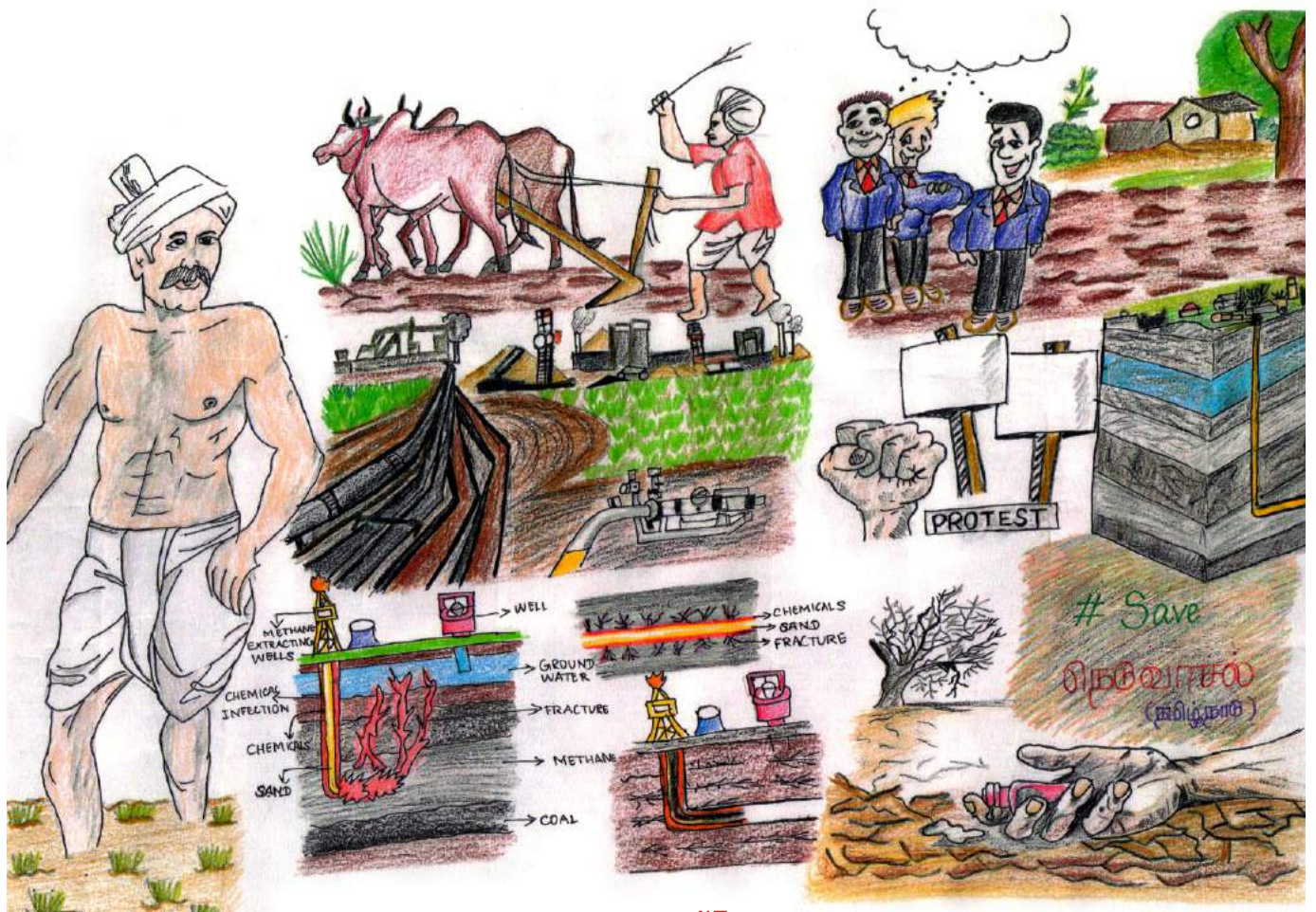
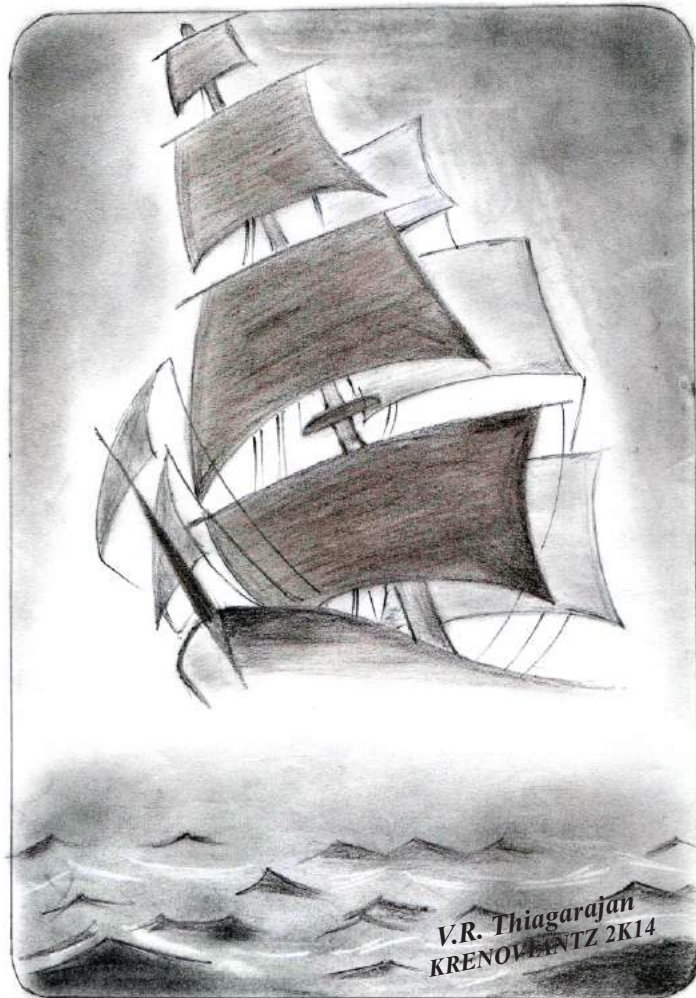


Malayalapatti Falls

If you are ready for a short but challenging trek, this is the right place for you. Crossing the streams, jumping over rocks, walking through a trail surrounded by trees, just to reach a small falls will be a refreshing experience. Also you will need a local guide if you are visiting the place for the first time.

Puzhiancholai Falls

A serene retreat from the main city, Puzhiancholai is a pleasant place to unwind after a long week. Fresh water from the Kolli hills churned by a waterfall up above makes its way through the rocks at the foot. Though, unfortunately it has increasingly become a place to indulge in drinking, but it is a great hangout for an all boy trip. Caution is advised because of strewn glass bottles that make the place unsafe. The place is highly inappropriate for women and children.





~ R. Desika
1st Year MBBS



Ramya K
TPOEZIANZ-15



V.R. Thiagarajan
KRENOVIANZ 2K14



Jimmy
25/08/15

Know your teachers....



Dr. Guru. T. Arun

Asst. Professor-Radiology

Till my college life, I was inspired by my friends, seniors, teachers and my uncle who was very good at sports. Now my inspiration is my parents. They are with me for the past 30 years. Now after getting married and getting a child, I am able to understand how difficult it would have been for them to bring me up. I chose medicine to fulfill my father's wish and to marry the girl whom I loved. Turning point of my life was opting for Radiology. Memorable days of my college life was we were a gang of 8. I was not able to treat my first patient who suffered from nasal bleeding severely after the surgery during my internship when I was posted in ENT department. The difference between our period and the current generation is lack of ragging and interaction. How much ever you study in life it is not important. How much you apply your knowledge in your practice is important. I advice the students to study the patients and not the books. Being a workaholic, I am not able to balance my personal life and professional life. It is my wife who is taking care of my personal life. I had no choice other than medicine. I am a film buff. My hobbies are watching movies and to read novels. The change I want to bring in present generation is, "Study for your life, not for your exams". Violence against doctors is because of lack of knowledge about the patients and lack of communication. My message to the present generation is, "Medicine is a difficult profession, difficult to enter, difficult to settle, difficult to earn. If anyone says so, don't believe. It's the only a profession where you can gift others something which nobody can. The thing you need to understand is the suffering of the patient. Though it is a difficult subject, it is only a superficial covering. Don't study the books alone, study your patients and their suffering and treat them as your relative which will bring you success".

Tangled Soul

Journey started with hopes

Gushing towards the destined culmination

The day my smirk became yours

The moment I felt safe in your hands

You meant the world to me

Suha
SALVATRONS 2K16

Musings Of A Medico

The alarm goes off! God! Who invented this despised buzzing machine! The dream- breaker for most, the day-starter for the rest. As I stand in front of the bathroom mirror, I notice deep circles as dark as Hades' underworld, around my eyes. Ugh! First day as a CRRI (Compulsory Rotary Residential Internship) and what do I end up with! Crow's feet! The stretch marks on my arms and knees seem more prominent today. These marks, I acquired as a result of an intensive weight loss program that I attended during my one-month break, post-exams. A staggering 110 to 75 kilograms! Final year medical life traps students in a state of limbo. You remember the first day of final year and the last. The period in between is a blur. You survive final year if you find home in the limbo. One step into consciousness and final year devours you. Chews you and spits out your remains in an unfathomable way.

A newly passed out graduate experiences three primary emotions :

1. Pride-proud of achieving an unimaginable feat which is again given a boost by our overzealous family and non-medico friends.
2. Devoid of emotions- you go numb and just sleep for days together.
3. Finally its DREAD -arises out of fear of being held responsible and accountable for patients.

“The week leading to your first CRRI posting is like the over-hyped misleading trailer for a sub-standard movie”. quoted by one of my seniors, a year ago, exactly one week into his internship.

So with complete dread, I put on my five thousand rupees shirt, hand-picked by my dad, whose expression of love is limited to occasionally buying expensive things for his off-spring. As I wear my newly washed and ironed white coat (pungently smelling of that liquid clothes conditioner-courtesy-mom) and pick up my Littman stethoscope that I bought after a lot of internal debate, I hesitate to step out of my room, completely scared out of my wits.

Oh no! I totally forget to pay my customary “First day should be a good day” prayers to the neatly stacked idols of five different Hindu Gods that my mom (obviously) sent me. Her argument is that a “higher power” was the reason for me passing with flying colours and not the dog hours that I invested last year. Well, whatever helps her sleep at night!

The brand new Adidas shoes look too regal to be worn to the Orthopaedics department. Yes, Ortho is where my skill as a doctor is going to be tested and scrutinsed. Hopefully, not be frowned upon. Fingers crossed!

Being adorned in everything new, I finally exit my room, not because I magically overcome my fear, but because I am late! Hurrying through the hostel corridors, I eat a quick breakfast. My family, as dutiful as ever, calls me exactly at 8.25am, just like they have been calling for the past four years. After a brief conversation and the usual “Be confident” and “Do well” and “All the best”, I rush to the hospital.

Feeble pulse, increase in heart rate, profuse sweating, cold and clammy hands. Oh my god! Am I going into shock? “No, you imbecile. You are just nervous”, my brain replies.

Calming myself down, I make my way to report to my unit chief. These are my baby steps in to the noble profession. I am a doctor and this is where my story begins.

R. Prethi
KRENOVIANTZ 2K14

WE HUMANS SHARE 96 PERCENT OF
OUR DNA WITH CHIMPANZEES AND
A SURPRISING 80 PERCENT OF
HUMAN GENES ARE THE SAME AS
THOSE FOUND IN MICE.

IT IS CALCULATED THAT
THROUGHOUT THE
LAST 3,500 YEARS OF
HUMAN CIVILIZATION,
THERE HAVE ONLY BEEN
AROUND 230 YEARS
OF WORLD PEACE.

27,000 TREES ARE FELLED EACH DAY
FOR TOILET PAPER.

இறப்பு

உயிர் பார்த்து சிரித்தது
என் குறந்த உடலை...
சூயஸ் சிறையில் இருந்து
தப்பிச்சென்ற மகிழ்ச்சியில்
வேறு சிறை தேடி ...

— லெனின்
KRENOVIANTZ 2K14

அவளின் விழி

கனவில் உன் விழியை கண்ட என் விழிகள்
விழித்து எழு மறுக்கிறது !

நினைவில் உன் விழியைக் கண்ட என் விழிகள்
உறங்க மறுக்கிறது !



அவளின் மொழி

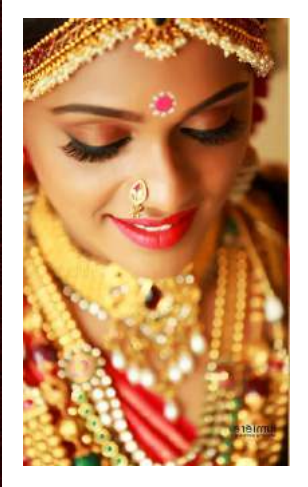
உன் செவ்விதழ் அசையும் ஓசை கேட்க ஆசை !

உன் நாவினில் சுழன்று உதடுகள் முத்தமிட்டு
உச்சரிக்கப்படும் மொழிச் சொற்களாய் நான் ஆக ஆசை !

அவளின் அசைவுகள்

வீசும் காற்று உன் அசைவுகளில் பட்டு
திசைமாறி இசை ஆனது !

நீ அசைந்து வரும் அழகைக் காண என் விழிக்கு வழி கொடுத்து
கண் இமைகள் அசைவற்று நின்றன !



அவளின் அணிகலன்கள்

காதோடு அசையும் காதனியின் இசையில் உன் நெற்றி ஓரம்
கூந்தலின் இரு விழுதுகள் நடனம் ஆடின !

நாளும் கரத்தில் வட்டமிட்டு நேரம் தவறாமல் உன்
விழியின் ஒளி படும் கை கமகாரமாய் நான் ஆக ஆசை !

வில்லென வளைந்த விழிப் புருவங்களின் மத்தியில்
விண்ணை நோக்கி அம்பாக சீறிப்பாய்ந்த உன் நெற்றி
பொட்டினால் மேகம் களைந்து மழையாய் தூவியது !

அவள் வருகையில்

நீ வரும் வேளையில் இமயமலை கரைந்து
பன்வீர் மழையாய் தூவ ஆணையிடுவேன் !

நீ வருகையில் குறிஞ்சி மலர்களை கொய்து செவ்வாழை
நாரில் கோர்த்து உன் கழுத்தில் சூடுவேன் !

தங்க ஆபரணங்களை தோரணமாக்கி அழகே
உன் வருகையை அதற்குக் காரணம் ஆக்குவேன்

குங்குமப் பூவில் சாறெடுத்து ஈரெட்டு வகை சீரெடுத்து உற்றார்
உறவினர் சூழ உன் நெற்றியில் திலகமிடுவேன் !

Dr. S. சிவசுந்தர்
Associate Professor, Psychiatry

White Shadowed Girl

The warmth of you froze me
A touch of yours shook me
To the beats, added a pause
Never Dead but revived
To the soul of Eternity
I breathe beyond you
Carved out of insane,
She soldered me humane
Love, is portrayed by her...!!

-K. Karthikeyan
SALVATR0NZ 2K16

Not Fair !



Body shaming, food shaming, emotional shaming, gender shaming and here comes the topic of our discussion-skin colour shaming. I bet most of us, especially dusky women, have heard countless tips and advices from everyone around us who we consider our kith and kin to achieve that flawless, radiant and fair skin. Let me start with my tale of woe.

Being born in Tamilnadu, the land of Dravidians, the colour of the earth is supposed to be our pride. At least it was, several years ago. At least, it was for me. Until my paternal grandmother, at the impressionable age of ten, started to point out my complexion or rather, the lack of one, She took it upon herself to concoct home remedies to increase my future prospects as a bride. A year flew by and her remedies started to get bizarre like boiled camel's milk with half an avocado (not completely ripe !), dried papaya flakes mixed with the mystery powder given by the babaji who was, several years later, arrested for drug trafficking! I turned eleven...twelve... thirteen... but I was still the same old dusky girl. My grandma's patience was stretching thin. I hit fourteen and voila... PUBERTY. My grandma was ecstatic. She was convinced I would get my "original" colour now that I have become a woman. Those days were nightmarish. Constantly being soaked up in turmeric and sandalwood and saffron strands soaked in milk. I reeked of condiments and spices and all grains and pulses that could be made into a gooey paste. But my grandma never got her miracle. I was still her same old grandchild who had failed to turn fair and rose-skinned. She was upset that she couldn't flaunt me in front of our relatives. I was subjected to snarky comments at family gatherings. Everyone took it as their birth right to guide me in my spiritual path to milk-white skin. Validation of all my other achievements hung by a thin thread tied to two shades lighter skin.

Having started Bharatanatyam very early in life, stage shows required caking my face with numerous layers of make-up whose removal takes more time than its application. Every time my

grandma listened to the make-up man ramble on about having to use twice the amount of make-up for me, I died a little. The fact that I did not possess the “ideal” complexion seemed to affect her more than my feat of performing an original Bharatanatyam composition in front of an audience of 500.

Colour shaming starts from home when children as young as three get the idea of brown equals ugly. And don’t even get me started on the film industry. The Indian fairness cream industry is worth a whopping 450 million dollars and here I am writing against racism. Ironical, our obsession with anything fair is a deeply-rooted thought and its immediate removal is impossible. Time heals all wounds but has it really healed the cankerous notion of “FAIR is BEAUTIFUL”? The very first step towards creating a society that is not colour-biased is to stop colour shaming your own children and accepting that there is no shame in being brown.

Be brown, be brave!

-R. Prethi
KRENOVIANTZ 2K14

The world is full of diseases. Right from the air we breathe up to the pen we hold has the potential to infect us. It is our immune level that matters to whether we contract a disease or not. We are aware of quite a huge number of diseases from smallpox to H1N1 that often burst out as epidemics and take millions of lives away. The medical field has put forth tremendous effort in fighting these outbreaks and has succeeded in eradicating a few.

Contagion is a 2011 American medical fiction movie that brings out the emergence of a novel contagious epidemic and the fight of WHO and CDC against the deadly disease.



THE PLOT :

The movie begins with a lady being dead after her travel abroad and keeping her as the primary case, it’s the search of an epidemiologist towards the index case. The movie also travels along the identification of the causative organism and development of the vaccine against it.

REASONS TO WATCH THE MOVIE :

The movie speaks about the functions of the health agencies like CDC and WHO and the work of an epidemiologist clearly as no book would portray. The screenplay is so good that the audience can follow the investigator’s mindset and it also gives evidences then and there.

DRAWBACKS :

The movie is not the ground for normal audience. The terms and explanations are tiresome for a non-medico

The movie is full of facts and contents that it has no entertainment factor to relax

OPINION :

It is a great movie and no doubt that people of community medicine would enjoy the movie more than those of any other field. Students of pre final year "Come on hurry up, its your must watch movie..."

T. Shrinithi
TROEZIANZ 2K13

Coffee Shops and Desserts

Murali Coffee

The one place that any coffee lover in Trichy would swear by would be Murali Coffee. They serve piping hot filter kaapi that is a favourite of even the former Chief Ministers of Tamilnadu. Without any hoardings or boards this simple place is located right in front of the Srirangam Gopuram. It can be identified by the crowd that is perennial with it.

Bombay Badam Milk and Lassi

Like Jigarthanda for Madurai, one stop place for delicious Badam milk and Lassi is situated right in the central bus stand making it an immensely popular place for tourists and Tiruchyites alike. Served in tall glasses, it does leave you satisfied after a long hot day.



Michael's

The dessert stop for any Trichyite, this place is extremely famous for the economical prices. A specially prepared fruit salad along with self made ice cream is the signature dish of this place. It is located in several places, the easily accessible one would be near Chatram bus stand.

Seakings

Another famous dessert place in Trichy, their eye boggling and mouth watering sundaes are truly something you need to taste to understand!! It is situated near the famous Chennai Silks.

Trichy is the one stop place also for shopping as it has several stores that caters to all crowds - men, women and children alike !! It has several places to visit, shop and eat. A place that is beautiful to explore sans the extreme temperatures in summer, it is rich in history too.

**Compiled by -
Manoj Narayanan P
SALVATRONZ 2K16**





FREE SPINE FOR
THOSE WHO DON'T
HAVE ONE

SAY NO TO
DOUBT

Ramya K
T. ROZIAN



- R. Desika.
Ist Year MBBS.

"Disability is a state of mind"

Here are 6 Indians who have proved this statement right by excelling in various fields in spite of their disability and who inspire us in so many ways every day -



Sudha Chandran

This Indian actress and classical dancer needs no introduction. Born in Kerala, this 50-years-old artist met with an accident when she was just 16. Doctors missed a small wound in her ankle and plastered it, which later got infected and there was no alternative left but to amputate her leg. She overcame her disability by getting a prosthetic "Jaipur Foot" and became one of the most popular and acclaimed classical dancers of the country. Having performed Bharatnatyam internationally, Chandran has also been a known figure in the Indian television and film industry. Having received many awards for her amazing talent, Chandran is an inspiration to many!

Naik is a perfect example of someone who has converted a disability into an opportunity. With his strong will power and dedication, he became a T20 Blind Cricket World Champion and has 32 centuries to his name. After a lot of financial and social troubles, Naik has emerged as a winner and we salute his spirit.



Shekar Naik



Ramakrishnan

He was affected by polio in both his legs at a young age of two and half years. From being denied admission in a regular school to getting rejected for a job due to his disability, Ramakrishnan has had to struggle at each step in his life in spite of this, he worked as a journalist for 40 years and is currently CEO of SS Music television channel. He is also a musician and has showcased his talent at various platforms. He runs a charitable trust called Krupa to help the specially-abled.

He lost sensation in the lower half of his body when he was a kid. But he was not one to let a disability take over his life. He became India's first skydiver and has his name registered in the Limca Book of Records for being the first Indian with disability to skydive from 14,000 feet. He has co-founded Sahasra, an organization that provides scholarships to financially disadvantaged students with great potential, to pursue higher studies. He currently works as a risk consultant at Deloitte U.S. in India.



Sai Prasad Vishwanathan



Arunima Sinha made history.

She lost her leg when some robbers pushed her out of a moving train. Two years later, she became the first woman amputee to climb Mount Everest. She disliked the look of pity and sympathy in everyone's eyes and did not want to be looked upon as a handicapped person. She has proved that a strong determination and will is far more important than a strong body. Even with a prosthetic leg, she overcame her challenges and

The prominent oncologist started Hematopoietic Stem Cell Transplantation in India. He contracted polio at the age of eight and has been wheelchair-bound since then. Having faced many difficulties to pursue his dreams due to his disability, Advani did not give up. His contribution in the field of Oncology have been recognized with many awards, including the Padma Shri in 2002 and the Padma Bhushan in 2012. He is the first oncologist in India to have successfully done a bone-marrow transplant.



Suresh Advani

Compiled by
Jeyakeerthi
KRENOVIANTZ 2K14

NOBEL PRIZE FOR MEDICINE :

2016 - Yoshinori Ohsumi - mechanism of autophagy

2015 - William C. Campbell and Sathoshi Omura - novel therapy for infections caused by roundworm

Youyou Tu - novel therapy against malarial.

2014 - John O'Keefe, May Britt Moser, Edward I. Moser - cells that constitute a positioning system in brain.

2013 - James E. Rothman, Randy W. Schekman, Thomas C. Sudhof - machinery regulating vesicle traffic.

2012. - Sir John B. Gurdon, Shinya Yamanaka - mature cells can be reprogrammed to become pluripotent.

1



enna thambi indha pakkam

2



naanga povom illana ingayae
mallaka padupom..unakenna

3



naa romba mosamanavan



pesama body vittu poidu



pesama poviya... cure panna
vandhavan kita kalavaram pannikittu



appo naangallam yaaru

4



adhu poga ella patient um
enna varusha kanaka saaptukitu irukaan

5



manda bathram

6



aama nee yaaru..???



ella medical college layum en subjecta
dhaan paadama nadatharanga da en chipsu



modhalla nee bathrama iru da



naa MDR-TB daa...

7



MDR-TB ya idha modhella sollakudadha ya

8



adhu eppudi manda bathrama...

9



ayya ...!! edhuga munaya pesna nallarkumnu
oru poti pottu pesitan saami..



theriyama vandhutan enna vittrunga sir



theriyama vandhutan enna vittrunga sir



poti pottu pesa naa enna
normal Tuberculosis nu nenachiya

10



adikadhinga..!!! adikadhinga..!!!

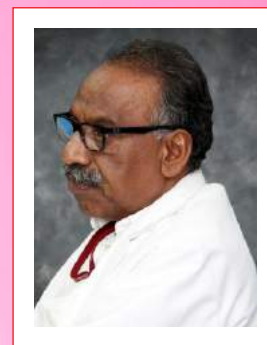


Eliminating drugs from the body

ectopics'17

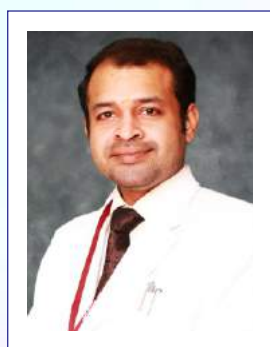
Know your teachers....

One of the senior most professor in the college who is very practical and thinks in a logical way, says that he was his inspiration in life. He chose medicine because it was the most respected profession and by the motivation of his teachers. He joined medicine in 1967 in Thanjavur Medical College and done his post graduation from Madurai Medical College. His turning point in life was entering a medicine field from an agricultural background. He says that he admired all his teachers right from elementary school to his post graduation days. He cherishes his



Dr. Gnanasekaran
Professor & HOD-General Medicine

undergraduate hostel memories, and says that during his college days they were more disciplined and had freedom and now-a-days we are lacking that kind of freedom. He says that being a medico, it's difficult to balance between personal and professional life, but still he takes some time to spend with his family. His hobby is listening to songs. Talking about "violence against doctors" sir says that it depends on the behaviour of the doctors and gaining the confidence of the patients. His message to us is to have social responsibility and care for the patients.



Dr. P. Karthick
Professor & HOD-Surgery

An eminent person in the college, who is looked upon by his students and colleagues for his sincerity, hard work & distinct methods of teaching. He inspires many students in the college and he takes himself to be his own inspiration. His parents chose medical field for him, and he considers that joining medical profession was the turning point in his life. He admires his teacher Prof Dr. T.A. Chandralathan M.S., and Prof Dr. Subramaniam M.S., among many others. He cherishes his undergraduate hostel memories and takes pride in saying that his college

days were the 'real college days' and it can never be compared with the present. He describes his feeling of treating his first patient to be of mixed emotions-"excited, fearful & pleasant moment". He balances his personal & professional life equally. He says that 'because without family (personal life) there is no need for a good professional life, I need my family to cherish my winning moments in profession'. If not for medicine, he would have chosen business as his profession. He spends his leisure time with his little princesses (daughters). He feels the violence against doctors is in increasing trend and he believes selection of cases & obtaining proper consent prior to surgical procedure will reduce it. He wants the present generation of medical students to have more clinical exposure and his message for younger generation is that, 'Earn medical degree by your hard work; lead an ethical medical professional life; give equal importance to your family life'.



Our college has its proudest moments during the following events :

**Stanlea'16 - Intermedical sports meet organised by stanley medical college, chennai during
June 9th to 12th 2016**

S.No	Name	Year	Events	Place
1.	Ms. N. Divyashree	II	Triple Jump	2 nd
2.	Ms. A. Ompriya	II	Javelin	2 nd
3.	Ms. Umabarathi	CRRI	Discuss	3 rd
4.	Ms. M.S. Aswithapriya	II	800 mts	2 nd
5.	Ms. K. Mangayarkarasi	II	400 mts	2 nd
6.	Ms. N. Divyashree			
	Ms. A. Ompriya	II	4x100 Relay	3 rd
	Ms. K. Mangayarkarasi			
	Ms. M. Anushya			
7.	Mr. P. Sharon Jeyaselvan	III	Discuss Throw	3 rd
8.	Mr. H.A. Prasanth	II	400 mts	3 rd
9.	Mr. V. Deepak Justin	III		
	Mr. R. Gopikrishna			
	Ms. K. Mangayarkarasi	II	4x100 Relay	2 nd
	Ms. N. Divyashree			
10.	Ms. R. Prethi	II	Swimming 50 mts	2 nd
			Free Style &	
			Back Stroke	
11.	Ms. V. Hemashree	II	Chess Women	3 rd
	Ms. Kishwar Johara			
12.	Ms. S. Shylashree	III	Carrom	2 nd
	Ms. A. Priyanga		Women	
	Ms. M. Nandhini			
13.	Mr. S. Sanjeev Kumar	II	Carrom	3 rd
	Mr. P. Sharon Jeyaselvan	III	Men	
	Mr. S. Harishbabu			

INTERMEDICAL SPORTS MEET Organized BY KAPV MEDICAL COLLEGE
Trichy during 20th to 22nd 2016

S.No	Name	Year	Events	Place
1.	Ms. M. Anusha Ms. S. Hemavardhni	CRRI	Chess Women	Winner
2.	Mr. B. Easwar Mr. Akash	CRRI I	Chess Men	3 rd
3.	Ms. S. Shylashree Ms. A. Priyanga	III	Carrom Women	Winner
4.	Mr. Annamalai Mr. S. Sanjeev Kumar Mr. S. Harishbabu	CRRI II III	Carrom Men	Winner
5.	Ms. S. Preethi Ms. Sivaranjni Ms. M. Suganthi Ms. K. Ambika Ms. D. Anithaa Ms. Ompriya Ms. Anusha Ms. K. Mangayarkarasi	III II	Volley Ball	Winner

**The Tamilnadu Intermedical sports meet (TIMS'16) Organized by
Dr. MGR Medical University**

Madurai Medical College, Madurai during 5th to 8th Nov'16

S.No	Name	Year	Events	Place
1.	Mr. V. Deepak Justin	III	Athletics 400 mts	1 st
2.	Mr. V. Deepak Justin	III	200 mts	2 nd
3.	Mr. V. Deepak Justin	III		3 rd
	Mr. R. Gopikrishna	II	4x100 Relay	
	Ms. Ananindhia Guraza	III		
	Ms. N. Divyashree	II		
4.	Mr. A.R. Annamalai	CRRI	Carrom	3 rd
	Mr. S. Sanjeevkumar	II	Doubles	
5.	Mr. V. Deepak Justin	III	TT	3 rd
	Mr. N. Sivasaravanan	II		
6.	Mr. P. Sharon Jeyaselvan		Shuttle	3 rd
	Mr. Nateshkumar	III	Badminton	
	Mr. Vimal Aadithyan			
7.	Ms. S. Shylashree	III	Carrom	Runner
	Ms. A. Priyanga			

Compiled by
Gousalya .M
KRENOVIANTZ 2K14

In academics we are no less. Our students have truly outdone themselves proving their worth both within the campus & also in other prestigious institutions outside. The list of those who had made us proud in the year 2016 - 2017 are

S.No	Name	Year	Events	Place	Organiser
1.	Reena Swetha Ram Mukesh	I	Poster Presentation	1 st	Department of Anatomy K.A.P.V. Medical College, Trichy.
2.	G. Sai Thaejesvi A. Shenaz Fathima B. Abisarani	III	Poster Presentation	1 st	Central University of Tamil Nadu, Thiruvavarur National Epidemiology conference on emergency and re-emerging infectious disease
3.	R. Preethi S. Jeyakeerthi V. Hemasri	IV	Poster Presentation	3 rd	Thiruvavarur National Epidemiology conference on emergency and re-emerging infectious disease Central University of TN, Thiruvavarur
4.	R. Preethi S. Jeyakeerthi V. Hemasri Santhosh M. Ramkumar Cast : Sabaresh Pravinkumar G. Jeyavishnupriya S. Nivedha S. Madhumitha J. Mejisha Genickson Jeyaraj Lenin Milan Chandar	III	Short Film “The Pindrop Silence”	1 st	SIMSCON'17 Manakula Vinayaga Medical College, Pondicherry

5.	G. Jeyavishnupriya A. Shenaz Fathima B. Abisarani	III	Model Making	2 nd	PEQUENOQUEST'16 Department of Microbiology K.A.P.V. Medical College, Trichy.
6.	M. Ramkumar Santhosh Cast : Gokulnath Pravinkumar Sethumadhavan S. Jeyakeerthi R. Genickson Jeyaraj	III	Short Film "Yutham"	1 st	PEQUENOQUEST'16 Department of Microbiology K.A.P.V. Medical College, Trichy.
7.	G. Jeyavishnupriya	III	Paper Presentation	1 st	14th Asia Pacific Medical Education Conference, Singapore
8.	S. Ratheeshree A. Pavithra	IV	Poster Presentation	1 st	Dept. of ENT, K.A.P.V. Medical College, Trichy.
9.	Priyanka .D	IV	Case Presentation	3 rd	"Race 2016" Dept. of Anatomy & Radio Chennai Medical College Hospital & Research Centre
10.	Priyanka .D	IV	Graphics Presentation	1 st	"Race 2016" Dept. of Anatomy & Radio Chennai Medical College Hospital & Research Centre
11.	Rathee Shree	IV	Case Presentation	1 st	"Race 2016" Dept. of Anatomy & Radio Chennai Medical College Hospital & Research Centre

12.	PK. Balaji	IV	Case Presentation	1 st	Chengalpat Medical College, Chengalpat
13.	S. Mohamad Marzuk	CRRI	Case Presentation	2 nd	“Race 2016” Dept. of Anatomy & Radio Chennai Medical College Hospital & Research Centre
14.	Sugapradha	CRRI	Case Presentation	1 st	AXON’16 PSGIMSR, Coimbatore
15.	Ratheeshree .S Pavithra .R	IV	Quiz Breast Feeding	3 rd	Dept. of Paediatric, K.A.P.V. Medical College, Trichy
16.	Aishwarya .N Sushmitha Preethi	IV	Quiz Breast Feeding	2 nd	Dept. of Paediatric, K.A.P.V. Medical College, Trichy
17.	Anushya Subhashree Shinduja	III	Quiz Breast Feeding	2 nd	Dept. of Community Medicine, Chennai Medical College & Research Centre
18.	Thiagarajan Palanikumar Aravindan	III	Quiz Breast Feeding	2 nd	Dept. of Community Medicine, Chennai Medical College & Research Centre
19.	Sakthi Murugan	IV	Short Film “My Son”	1 st	AXON’16 PSGIMSR, Coimbatore
20.	S. Lakshmi B. Amritha	III	Quiz [Community Psychiatry] Depression Lets Talk	1 st	Dept. of Community Medicine & Psychiatry, Chennai Medical College & Research Centre

21.	Monikapriya Ragul	III	Quiz Depression Lets Talk	2nd	Dept. of Community Medicine, Chennai Medical College & Research Centre
22.	S. Saithaesvi Radha	III	Quiz Depression Lets Talk	3rd	Dept. of Community Medicine, Chennai Medical College & Research Centre
23.	Dharshini Sanjeev	III	Quiz Dermatology	1st	Dept. of Dermatology, Chennai Medical College & Research Centre
24.	Devabinaya Thiagarajan	III	Quiz Dermatology	2nd	Dept. of Dermatology, Chennai Medical College & Research Centre
25.	Genickson Jeyaraj Sivasaravanan	III	Quiz Dermatology	3rd	Dept. of Dermatology, Chennai Medical College & Research Centre
26.	Priyanka	III	Poster Presentation	3rd	Dept. of Physiology, Chennai Medical College & Research Centre
27.	Priyanka .D	IV	Paper Publication Topic : Prevalance & Rubella in asymptomatic pregnant woman Topic : Advertise Birth out come in GDM		Journal Transtellar Journal IOSR
28.	S. Mohamed Maszuk A. Karthikeyan G. Jeffreyashiq	IV CRRI	Pathogonomia 2016		Tanjore Medical College
29.	S. Harish Babu	IV	International Science Film Festival New Delhi	Special Jury Award	India, International Science Festival 2016

30.	Priyanka .N	IV	Paper Publication Topic : Infection Control in ICU		Journal Transtellar
31.	S. Sushmitha	IV	Paper Presentation Topic : Psychology of students in relation		2 nd International Conference on adolescent medicine and child psychology, London
32.	S. Mohammad Maszuk	CRRI	Paper Publication topic : Effect of mobile phone radiation on heart rate		Journal of Evolution Medicine and Dental Science
33.	Lavanya .V Karthick .S	IV	Poster Presentation	2 nd	International conference on environment and health in changing climate - 2016 Bharathidasan University, Trichy

THE HEART-SAVING HORMONE

Around 1 in 4 people who are hospitalized for heart failure don't last much longer than a year. But a new drug called Serelaxin has upped the odds of survival by as much as 37 percent, according to a University of California, San Francisco study. It's a synthetic version of the hormone relaxin, which is produced by pregnant women to help with the increased stress carrying a fetus places on the heart.

THE ROBOT DOCTOR

The Sedasys : A computer with an attachment on the IV that meters out the correct amount of sedative and monitors vitals. It even includes an earpiece to wake patients up if necessary. That allows docs to administer "light to moderate" sedation on their own, with a single anesthesiologist supervising multiple patients.

THE PRECISION-GUIDED CANCER TREATMENT

The difficult goal in any cancer treatment is to kill the tumor while leaving healthy cells alive. Recently, a better understanding of what makes cancer cells tick has allowed scientists to develop a class of drugs that pinpoint a weakness in cancer's uncontrolled growth. For example, in lymphomas and leukemias, scientists have determined that the growth is controlled by a protein called Burton's tyrosine kinase (BTK). After years of experimentation, doctors developed a new drug called Ibrutinib that blocks BTK.

STUDENT COUNCIL

Yet another milestone in the history of CMCHRC is the formation of student council to deal with all the student activities and issues. This was indeed a wonderful thought from our beloved Dean, Dr. Sukumaran Annamalai, the man of action as we call him proudly. It was a long time dream for every student and finally accomplished during his reign.

The council was constituted with members being selected based on their conduct profile in a non-election basis. It consisted of council president, general secretary and secretaries for every individual student activity. The council for the academic year 2017-18 came into effect from 24th April of this year.

President and vice president : Mr. PK Balaji, Ms. N. Priyanka

General Secretary and Joint Secretary : Mr. R. Palani Kumar, Ms. S. Aswithapriya

Secretary and joint secretary (Finance) : Mr. R. Genickson Jeyaraj, Ms. T. DevAbinaya

Secretary and joint secretary (Culturals) : Mr. Vishal Vijaya Kumar, Ms. S. Rathee Shree

Secretary and joint secretary (Sports) : Mrs. S.R. Vinith, Ms. S. Lakshmi

Secretary and joint secretary (Food and accommodation) : Ms. S. Premika, Mr. M. NagendraRaju

Secretary and joint secretary (Tamilmandram) : Mr.A. Kaviarasan, Ms. M. Akalya

The council has been active in conducting the SPORTIFA'17 and LEKARI FIESTA'17 successfully and working hard in other student activities as well. Hope to see the great achievements of the council with regard to students. As per democracy rule, student council is "of the students, by the students and for the students".

Congratulations on their success and best of luck for future victories.



D3

Another place with no official name, this is called as D3 as it is the third dhaba opposite NITT. An infamous joint around NITT, this dhaba is like no other. The identity of this dhaba are the mocktails that one man makes, Mr. Palani. He has been featured in The Hindu for his magical mocktails. One has to see it to believe it. It is indeed a difficult task to stop with one mocktail as they are both replenishing to the throat and fun to order as all the drinks are named after famous heroines of all movie industries. A mocktail named after Malar Teacher is most famous of all. Opposite to NITT, it opens after 7pm.

TRAFFIC JAM

Other than temples, one thing that Trichy is famous for would be its parottas. With the numerous places that serve us delicious parottas, this place near the rockfort temple is famous for its non veg, served in authentic Tamilnadu style. This place is a favourite among all the students of Trichy and is a common treat spot. It is situated in North Andal Street, Trichy



SVR MESS

Biriyani, Parottas, Dosas and what not !! A small shop located near Mahatma Gandhi Hospital is famous for its authentic Tamilnadu food. Famous among students and families alike they serve quality food for economical prices. Situated in Puthur 4 Road Junction located right on the main road.

ANBU HOTEL

A good place to have some hot idlies, dosa and coffee. It is located in srirangam and can be identified by the crowd that's perennial with it.

(குன்) நம்பிக்கை

நம்பக்கை வேறொரு வாய்நீர் - தன்

நம்பக்கை நிவரணம் பேச்சின் !

ஒவ்வொரு உயிரினம் உயிர் - நம்பக்கை

உயிர் மட்டும் ஏன் நிவரணம் ?

மனதின் மனம் தீவிரம் மறவாத - நம்பக்கை

தன் கைநீர் மட்டும் நிவரணம் - நம்பக்கை

கைநீர் கைநீர் தன்மையில் - நம்பக்கை

மனதின் மனம் நிவரணம் - நம்பக்கை

கைநீர் நிவரணம் தன்மையில் - நம்பக்கை

கைநீர் நிவரணம் தன்மையில் - நம்பக்கை

(தன்) நம்பக்கை நிவரணம் மனதின் மனம்

நம்பக்கை நிவரணம் மனதின் மனம்

நம்பக்கை நிவரணம் மனதின் மனம் !

நம்பக்கை நிவரணம் தன்மையில்...

- பி. முத்து ஜோஷி
KRENOVIANTZ 2K14

- There are some hundred billion neurons in your thinking brain.
- You have twenty thousand possible connections between each neuron.
- There are more possible connections than particles in the known universe.
- You have seven different equal intelligences, linguistic, mathematical, musical, visual, physical, interpersonal and intrapersonal.
- The brain is really a triple brain
 - reptilian
 - limbic
 - cortical



சபலம் ஒரு சவக்குழி

அந்திவேளையில் சூரியன் என்றையும் விட இன்று சற்று அதிகமாக களைப்படைந்திருந்தான். தென்றல் தன் வேகத்தை சீரான இடைவெளியில் அதிகரித்துக் கொண்டிருந்தது. வீட்டுத் திண்ணையில் கன்னத்தில் கை வைத்துக் கொண்டு தீவிர கவலையில் ஆழ்ந்திருந்தாள் சித்ரா. கபிலனின் அன்பு முத்தங்கள் தன்னைத் தொட்டுத் தொட்டு மறைவதைப்போல் ஒரு பிரமை தோன்றியது. தொடர்ந்து வந்த கற்பனையில், விளக்கில் விட்டிலாய் சிக்கித் தவித்தாள். அவை மெல்ல அவளின் மகிழ்ச்சிக் காலங்களை கட்டவிழ்த்தது. நெளிந்து செல்லும் ஒற்றை சாலையில், வளைந்து வளைந்து சென்று கொண்டிருந்தது பேருந்து. சுற்றிலும் வறண்ட நிலங்கள். ஆடுகளும் மாடுகளும் காய்ந்த நிலத்தில் தங்களின் வாழ்க்கையைத் தேடிக்கொண்டிருந்தன. ஆங்காங்கே ஒரு சில கோழிப் பண்ணைகளும், லாரி பாடி கட்டும் தொழிற்சாலைகளும் இருந்தன.

நீண்ட தூர ஓட்டத்திற்குப் பிறகு, பேருந்தை எட்டிப் பிடித்தான் கபிலன். நாணயங்களை அடுக்கி வைத்தாற்போல் பஸ்ஸில் ஒரே கூட்டம் நிரம்பி வழிந்தது.

“யாருப்பா அது படியில் மேல வா” என்று கண்டக்டர் அதிகார தோரணையில் கத்தினார். முட்டிமோதி இரண்டு படியையும் தாண்டினான். பள்ளங்களில் குதித்து குதித்து சென்றதில், தெரியாமல் முன் நின்றிருந்த சுமார் ஐம்பது வயது பெண்ணை மோதிவிட்டான்.

“ஏப்பா ஏன் வேணும்னே பொம்பளைங்க மேல வந்து விழுறீங்க, நான் என்ன பதினெட்டு வயசு குமரியா?”

இதோபாரும்மா, அதான் சொல்லிட்டியே, நீயொரு கெழுவின்னு. இங்கன்னு இல்ல உலகத்துல எந்த மூலைக்கு போனாலும் உன்னை இடிக்கமாட்டாங்க. இடம் இருந்தா ஒதுங்கி போக போறேன்”.

இதைக்கேட்டு அருகில் இருக்கையில் அமர்ந்திருந்த சித்ரா வாய்விட்டு சிரித்துவிட்டாள். அந்த கண்கள் அவனை சொர்க்கலோகத்திற்கு கையைப்பிடித்து அழைத்துச் சென்றது. கண்களால் கண்களை படம் பிடித்தான். இதயத்தில் பதிவு செய்தான்.

“யாருப்பா அந்த கட்டம்போட்ட மஞ்ச சட்டை முன்னாடி வா”

நம்மல விடமாட்டாங்க போலிருக்கு இன்றைக்கு நாம யார் முகத்தில் முழிச்சோமோ தெரியல என்று முணுமுணுத்துக் கொண்டே முன்னோக்கி நகர்ந்தான்.

“டிக்கெட், டிக்கெட்” என்று சொல்லிக்கொண்டே மூச்சுக்காற்றுக் கூட உள்ளேயும் வெளியேயும் சென்று விடாதபடி பயணிகளை அடுக்கிக்கொண்டே வந்தார் கண்டக்டர்.

டிக்கெட் வாங்க ஐந்து ரூபாய் நாணயத்தை மேல் பாக்கெட்டில் இருந்து எடுக்க, அது தவறி சித்ராவின் காலின் அருகில் வந்து விழுந்தது, குனிந்து எடுத்தான்.

“நல்லாயிருங்க, நல்லாயிருங்க” என்றாள் சித்ரா சிரித்துக்கொண்டே

அந்தச் சிரிப்பு அவளின் அழகுக்கு மேலும் மெருகூட்டுவது போலிருந்தது.

அவளைப் பார்ப்பதற்காகவே அடிக்கடி அந்தப் பேருந்தில் பயணிக்கலானான் கபிலன்.

ஒருநாள் மல்லிகைப்பு வாங்கிக்கொண்டு வந்து, அவள் பேருந்தைவிட்டு இறங்கியதும், சிறிது தூரம் சென்று யாருமில்லா சமயத்தில்,

“சித்ரா உன்னை நான் பார்த்தது ஏன் என்று தெரியவில்லை. உன் கண்களின் காந்தப்படுக்கையில் என் மரணம் நீக்குவதற்கா? இல்லை, ஆணவப்படுகொலையில் உயிர் நீக்குவதற்கா? எனத் தெரியாது. ஆனால் உன்னைப்போல் ஒரு பெண் என் ஆன்மாவிற்கு தூண்டிவிட்டது இல்லை. இனி வேறொருத்தி அந்த மாற்றத்தைக் கொண்டுவரப்போவதும் இல்லை. உனக்காகவே நான். எனக்காகத்தான் நீயென்று எப்பொழுது சொல்லப்போகிறாய்?”

ஒரு வாரத்திற்குப் பின் தன் இசைவை தெரிவித்தால். ஒரு வருடம் கழித்து வீட்டை விட்டு வெளியேறி திருமணம் புரிந்து கொண்டனர்.

“ஏன் சித்ரா நமக்கு குழந்தை பிறந்தா, நான் கீழ் சாதி, நீ மேல்சாதி என்ற பாகுபாடெல்லாம் மறந்து ராசியாயிருவாங்களா?”

“என்னால் உறுதியா சொல்ல முடியல”

“அப்புறம் நீ தனி ஆளா நின்று, குழந்தையை எப்படி பார்த்துப்”

“மனமிருந்தா மார்க்கமுண்டு என்கிற நம்பிக்கையில்தான்”

சுட்டென நினைவு உலகத்திற்கு வந்தாள். பறவைகள் கீச்சிட்டுக் கொண்டு தன் இருப்பிடத்தைத் தேடிப் பறந்து கொண்டிருக்கும் நேரம். பள்ளி விட்டவுடன் தினம் நாலரைக்கெல்லாம் வந்துவிடும் சந்துரு. இன்னும் வீடு வரவில்லை, “காலையிலேயே ஜரத்துடன் அனுப்பினேனே, ஜரம் அதிகமாகிட்டதோ, திருடர்களின் கைவரிசையாயிருக்குமோ, விபத்தா என்று பலவாறு மனம் புலம்ப ஆரம்பித்தது. பரபரப்பில் ஒன்றும் புரியவில்லை.

ஸ்கூலை நோக்கி வேகமாக நடந்தாள்

எதிரில் வாட்ச் மேன் வேலு வந்துகொண்டிருந்தார்

“உன்னைப் பார்க்கத்தான்மா வந்துகிட்டு இருக்கேன். உன் பையனை போகச் சொன்னா, இங்கேயே உட்காந்து அழுதுகிட்டு இருக்கான். உடம்பு சரியில்லனு நினைக்கிறேன். நல்ல டாக்டரா பாருமமா.

“எங்கண்ணே என் பையன்”

“அங்க பாருமமா தனியே வேப்பமரத்துக் கடியில”

“ஏங்கண்ணு காய்ச்சல் அதிகமாயிருச்சா” “அதெல்லாம் ஒண்ணுமில்லாமா” “அம்மா என்னை எல்லாரும் கிண்டல் பண்ணாங்க, கிளாஸ்ல ஒரு மூலையில உட்கார வைக்கிறாங்க. என் பிரண்ட்ஸ் எல்லாம் முன்ன மாதிரி பேசமாட்டேங்கிறாங்க. நான் காக்கா கடி கடிச்ச மிட்டாயை அரவிந்த் இப்பெல்லாம் சாப்பிடறதே இல்ல. அந்த வைஸ்ஸணி கூட என்கிட்ட சரியா பேசமாட்றா நீ ஏதாவது தப்பு பண்ணினியாம்மா”

“இல்லடா கண்ணு”

“உனக்கு ஏதோ உடம்பு சரியில்லையாம். உன் மூலமா என்கிட்டே இருந்து பரவிவிடுமாம்”
என்னம்மா அது”?

துக்கம் தொண்டையை அடைக்க, அவனை கட்டிக்கொண்டு அழுதாள்.

“எனக்கு ஒன்றும் இல்லடா செல்லம் வா வீட்டுக்குப் போலாம்”. ரசத்துடன் கூடிய சாதத்தைப் பிசைந்து உண்டினாள். அவன் பல கேள்விகளைக் கேட்டுக்கொண்டிருந்தான். பெரும்பாலானவை சொல்லி புரியவைக்க முடியாதவை.

இதுவரை நிலையான வேலையில்லை, வெட்டியாய் உரைச் சுற்றினான் கபிலன்.

சந்துரு பிறந்தவுடன் கபிலனுக்கு பொறுப்பு அதிகமாகியது. தவிர்க்க முடியாத காரணத்தால் லாரி டிரைவரானான். அவன் பெரும்பாலான நேரங்களில் வெறிமாநிலங்களிலேயே நேரம் செலவிட வேண்டியிருந்தது.

ஒருபுறம் பாசமிக்க மனைவி மறுபுறம் பால் மறவா பச்சிளம் குழந்தை, இவர்களின் பிரிவு வாட்டி வதைத்தது. வேறு வழியில்லாமல், பல்லைக் கடித்துக்கொண்டு நாட்களை நகர்த்தினான். இவன் ஓடும் லாரியில் மதிக்கத்தக்க, கருப்புநிற, தீய பழுக்கவழக்கங்கள் கொண்ட ரமேஷ் என்பவன் இருந்தான். அவற்றை தன்னால் இயன்ற அளவுக்கு ஒட்ட வைத்துவிட வேண்டும் என்று கங்கனம் கட்டிக்கொண்டிருந்தான்.

மூளைச்சலவை செய்யப்பட்ட பெரும்பாலான நேரங்களில் விடாப்பிடியாய் தவிர்த்து வந்தான்.

அது மும்பையில் விபச்சாரம் நடத்தும் ஒருபகுதி, பத்து அடி முன்பே, ஒரு டீக்கடையில் நிறுத்தினான் ரமேஷ்

“வாப்பா ஒரு டீயைக் குடிப்போம். உங்க வீட்ல இருந்து குழந்தையைப் பார்க்க யாரும் வந்தாங்களா?”

“இல்ல, இதுவரையும் யாரும் வரல”

“சரி அதைவிடு, யாரும் இல்லனாலும் பூமி சுத்தம். வா அதுவரையிலும் போய்ட்டு வரலாம்”

“எங்கண்ணே”

“அட இங்க பாண்பராக் இல்லையாம். அங்க போய் வாங்கிட்டு வரலாம்”

“நீங்க எங்க கூப்பிடுறீங்கன்னு தெரியுது. நான் சித்ராவிற்கு துரோகம் செய்றதாயில்ல”.

“நீ வெளியில பட்டாசாலையில் இருப்பா. கொஞ்ச நேரத்தில் வந்திடுறேன்”

அங்கு அமர்ந்தவுடன், வரிசைக் கட்டி நின்றார்கள் விலைமாதர்கள். அங்கிருந்த ஒரு பெண் கபிலனை மிகவும் கவர்ந்தாள். அவன் பயம் கொள்ள ஆரம்பித்தான்.

“அண்ணே நான் வெளியில இருக்கேன்”

“அட இருப்பா நீ வீட்லர்ந்து வந்து மூன்று மாசம் ஆகுது. ஒனக்குனு இந்தப் பழக்கம் கூட இல்லன்னா பைத்தியம் பிடிச்சிடும். இது ஒன்றும் சிகரெட் மாதிரியோ, தண்ணியடிக்கற மாதிரியோ விட முடியாதது இல்லை. உனக்கு எந்தப் பிரச்சனையும் வராது. தொட்டில் பழக்கம் சுடுகாடு வரைக்கும் என்பதெல்லாம் இதில் கிடையாது. என்ன சொல்”.

அவளின் அழகு வேறு போதையேற்றியது. ரமேஷ் அதை அறிந்தவணாய் அந்த பொண்ணு “யாரு”,

அவளின் புலன்கள் கட்டுப்பாட்டில் இல்லை. ஆணுறையை உபயோகிக்குமாறு ரமேஷ் அறிவுறுத்தினான். மெல்ல தலையாட்டிவிட்டு ஒருவித தாழ்வு மனப்பான்மையுடன், அறையை நோக்கி நடந்தான். உச்சத்தை அடைந்து முடிந்தபொழுதுதான் தெரிந்தது. அது சிதைந்திருப்பது. ஒருவித பயம் கலந்த உணர்வுடன் அவ்விடத்தை விட்டு வெளியேறினான். குற்ற உணர்வில் தாங்க முடியாமல் தவித்தான் பித்துப் பிடித்தவன் போல் இருந்தான்.

வீட்டில் சித்ரா சமைத்துக்கொண்டிருந்தாள், ஊர் திரும்பியவன் உள்ளே நுழைந்தவுடன் போய் குழந்தையைக் கூட பார்க்காமல் மனச்சோர்வுற்றவனாய் போய் படுக்கையில் சாய்ந்தான். நடந்ததைச் சொல்லி வருத்தப்பட்டான். மீண்டும் தவறிழைக்கமாட்டேன் என்று சத்தியமும் செய்து கொடுத்தான். மன்னித்தாள். காலப்போக்கில் மறந்தும் போனாள். இரண்டு வருடங்கள் கழித்து, அடுக்கடுக்காக வந்த சில உபாதைகள், ஒரு உயிர்கொல்லி நோய் தாக்கியிருப்பது உறுதி செய்யப்பட்டது. செய்தி ஊரெல்லாம் பரவவே அவமானத்தால் துடித்தான்.

“எனக்கு வாழுவே பிடிக்கல, ஒருநாள் செய்த பிழையில் என்னை இப்படி தண்டித்துவிட்டானே இறைவன். மூவரும் விஷம் குடிச்சிடலாமா?”

சில நிமிடங்கள் மௌனமாய், தளர்வடைந்தவனாய் இருந்தாள். அவன் சொன்ன சொல் தூக்கி வாரிப்போடும்படியாய் இருந்தது.

“நமக்காக இல்லாவிட்டாலும், சந்துருக்காக வாழ வேண்டும்”

“என் நோய் உனக்கும் வந்திருச்சினா, டாக்டர் உன்னையும் பரிசோதிக்கச் சொன்னாரே, உனக்கும் பரவியிருந்தா அதைத்தாங்கும் தைரியசாலி இல்லை நான்

“உனக்கும் இருந்தால் நீ என்ன செய்வ?

“நீங்கள் எதேச்சையாக ஒரு நாள் பண்ணின தப்பு கூட, எய்ட்ஸ்க்கு வழிவகுக்கும் என்று மற்றவர்களுக்கு புரிய வைப்போம். தவறான உறவே வேண்டாம் என்று வலியுறுத்துவோம். நம் வாழ்க்கைத்தான் நொடித்து விட்டது. பிறர் வாழ்க்கையயாவது ஒளி பெறச் செய்யலாம். இம்முடிவை கைவிடுங்கள். போய் தூங்குங்கள்”.

மனதில் குழப்பத்துடன் இருந்தான். ஊரெல்லாம் தூற்றுவதுபோலவே, ஒரு மாயை அவனை சூழ்ந்திருந்தது. கண்விழித்துப் பார்க்கையில் தொங்கிக் கொண்டிருந்தான் தூக்கில் பிணமாக. சாவிற்குக்கூட சொந்தமென்று யாரும் வரவில்லை. சந்துரு விளையாடிக் கொண்டே வந்து, புல்லில் பனி படர்வதைப்போல் சித்ராவின் கண்களை மூடினான். உடனே கவலைகளில் இருந்து விடுபட்டு முத்தமழை பொழிந்தாள்.

சந்துருவை வீட்டுப்பாடம் செய்ய வைத்துவிட்டு, டைரியில் கையொப்பமிட்ட போதுதான் தெரிந்தது. தன்னை முதல்வர் அழைத்திருப்பது. அவனை குளிக்க வைத்துவிட்டு, தானும் புறப்பட்டாள்.

முதல்வர் அறைநோக்கி நடக்கும்போது, எதிரில் வந்த அலுவலக உதவியாளர் சற்று விலகி நகர்ந்து, முனுமுனுத்துக் கொண்டே சென்றான்.

“வணக்கம் சார், என்னை ஏன் வரச் சொன்னீங்க”

“அது ஒன்றுமில்லை, உங்கள் நோய் சந்துருவிற்கும் இருக்கலாம் என்று, எல்லாரும் தவறாக எண்ணுகிறார்கள். நான் மறுத்தும், ஏற்றுக்கொள்ள மாட்டேன் என்கிறார்கள். ஸ்கலை விட்டு நீக்கவேண்டும் என்பதில் மற்ற பெற்றோர்கள், மிடிவாதம் காட்டுகின்றனர்”.

“இது தொற்றுநோய் கிடையாது. சந்துருவிற்கு எந்த நோயுமில்லை. அப்புறம் என்னசார்”.

“நகர்புறத்தில் உள்ள பெற்றோர்களைப் போல் இவர்கள் கிடையாது. இங்கு இருக்கும் பெரும்பாலானோர் பத்தாம் வகுப்பு கூட படித்ததில்லை. நான் அவர்களுக்கு சொல்லிப் புரிய வைப்பதற்குள் என் தலைவெடித்துவிடும். நீங்களாவது ஏதோ பன்னிரண்டாம் வகுப்பு வரையில் படித்திருக்கிறீர்கள். ஒரு பட்டதாரியைப்போல் அறிவுள்ளவராய் இருக்கிறீர்கள். உங்களைப்போல் எல்லோரையும் எதிர்பார்க்க முடியாது. சந்துருவை நீங்க வேற இடத்தில் சேர்த்துக்கொங்க”.

“அவன் உங்க குழந்தையாய் இருந்தா என்ன பண்ணியிருப்பீங்க

“உங்க சூழ்நிலை புரிது. ஆனா ஒரு முதல்வரா நான் ஸ்கலதான் பார்ப்பேன்”.

“சரிசார் அப்புறம் உங்க இஷ்டம். எங்களால நீங்க கஷ்டப்பட வேண்டாம்” என சொல்லிவிட்டு வேகமாக வெளியேறினாள்.

சுற்றியடிக்கும் சூறாவளியாய், மனதில் ஏகப்பட்ட ஒன்றுக்கொன்று முரண்பட்ட எண்ணங்கள் அவளை அமைதியற்றவளாக்கியது. பல பிரச்சனைகள் மனதை புண்படுத்தியிருந்தாலும், ஒருவித சமூக புறக்கணிப்பை தாங்கிக்கொள்ள முடியவில்லை. மனிதத்தன்மையை புவி பறிகொடுத்துவிட்டதோ, மகனின் எதிர்காலம் என்னவாகுமோ? யோசித்தவாறே சாலையில் கவனமின்றி நடந்து கொண்டிருந்தாள். திடீரென்று வாகனம் ஒன்று தன்னை நோக்கி கட்டுபாடற்று வருவதை உணர்ந்தாள். கண்ணிமைக்கும் பொழுதில் சந்துருவை சாலையின் ஓரமாக தள்ளிவிட்டாள்.

அடுத்த சில கணங்களில் சந்துரு உடல் எங்கும் அவளின் ரத்தம் தெளிக்கப்பட்டிருந்தது.

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ஜல்லிக்கட்டு இணைந்த கரங்கள்

ஜல்லிக்கட்டு அப்படினு சொன்னாலே நம்மில் பலருக்கு ஒரு விதமான முறுக்கு ஏறும். 2017-ஆம் வருடம் தொடக்கமே அதிரடியாக தான் இருந்தது. பொங்கல் கொண்டாட்ட சமயத்தில் போர் கொடி பறந்து கொண்டு இருந்தது. கானூம் பொங்கலுக்கு மெரினாவில் கூட வேண்டிய மக்கள் கொஞ்சம் முன்னதாகவே கூடியிருந்தார்கள்.

திருச்சி மக்களும் சளைத்தவர்கள் இல்லை. போராட இவர்களும் தவறவில்லை. மாணவர்களில் சிலர் கூட அந்த போராட்டக் கூட்டங்களில் காணப்பட்டிருக்கலாம். எண்ணிக்கை அளவில் சற்று குறைவுதான் - காரணம் நம் மக்களுக்கு அது தேர்வு சமயம். அதையும் தாண்டி இந்த போராட்டத்தில் எங்கள் பங்கும் இருக்க வேண்டும் என்ற எண்ணத்தின் பலன், இதோ இந்த புகைப்படம்.

சமூக வலைதளங்களில் “ஹிட்” அடித்த இந்த படம், **CMCH** மாணவர் ஒவ்வொருவருக்கும் பெருமைக்குரிய சொத்து என்ன பா, மாஸ் காமிச்சுட்டீங்க, நண்பன் சொல்ல மனதில் இசைத்தது.

டக்கரு.... டக்கரு....!

இந்த பெரிய பாலம் கட்டியதில் நாங்களும் ஒரு சிறிய அணியில் என்று மார்தட்டிக்கொள்வோம்.



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