TRICHY SRM MEDICAL COLLEGE HOSPITAL & RESEARCH CENTRE

Quantum

The Campus Chronicle

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OUR SISTER INSTITUTIONS

SRM TRICHY COLLEGE OF NURSING

SRM TRICHY ARTS & SCIENCE COLLEGE

SRM TRP ENGINEERING COLLEGE

TRICHY SRM MEDICAL COLLEGE HOSPITAL & RESEARCH CENTRE
Allied Health Sciences

INTROCON'19

- Mikun.M

Unveiling the next chapter of their lives to the youngest minds of Trichy SRM Medical College hospital and research centre, the inaugural function of the Batch 2019 was held at Easwari auditorium, Trichy SRM campus on 1st August 2019.

The inaugural ceremony commenced with Tamizhthai vazhthu and the lighting the lamp by all the dignitaries on the dias – Hon Dr. R. Shivakumar (Chairman, SRM Group of institutions, Trichy and Ramapuram Campus), Chief Guest Dr. V. Varadarajan (Former Professor of Surgery, Thanjavur Medical College; Former State President, IMA, TNSB), Dr. S. Raghupathy (Executive Director, SRM Institutions, Trichy Campus), Dr. N. Balasubramanian (Deputy Director, SRM Institutions, Trichy Campus), Dr.S. Ramesh Babu (Director of Medical Sciences), Dr.A. Jesudoss (Dean, Trichy SRM Medical College Hospital & Research Centre), Dr.P. Thirumalaikulundusubramanian (Medical Superintendent) and Dr.P. Karthick (Additional Medical Superintendent).

Other Stories Inside....

COCHLEAR IMPLANT

ANASTOMOSIS

SENTINEL

CASE CORNER

SUCCESS STORIES

Writer's Spot

துளிர்

Convenor, Dr. Nachal Annamalai (Professor and Head of Physiology) welcomed the gathering of parents and students and invited Dr.R.Shivakumar - Chairman SRM Group of institutions, Trichy & Ramapuram Campus to deliver the Inaugural address. Dr.R. Shivakumar congratulated all the students on procuring their seats in our prestigious SRM institution after a tough combat securing high scores in NEET exams and encouraged all the students to work similarly in their upcoming days to come, following which Dr.R. Shivakumar felicitated the chief guest of the day Dr. V. Varadarajan and invited him to address the gathering. Dr. V. Varadarajan shared his memories as a medical graduate with the students and wished them all success in all the future endeavours

Chief guest Dr. V. Varadarajan along with all the other dignitaries released the 1st Edition of QUANTUM – The Campus Chronicle, an official Newsletter of Trichy SRM Medical College Hospital and Research Centre and issued the first set of copies to all the Administrators and student editors of Quantum.

Dr. S. Raghupathy delivered the keynote address to the gathering. In his address, Dr. N. Balasubramanian emphasised on the discipline and code of conduct for a medical student in the institution and assured all the parents for the well being of their wards in the institution. Following was the Presidential address by Dr.A. Jesudoss, Dean TSRMMCH&RC briefing on the new CBME curriculum and instructions for parents and students. In the next session Dean Dr. A. Jesudoss introduced all the pre-clinical, para-clinical and clinical departments HODs who sensitized the students regarding the subjects.

Dr. E. Kamala, MEU co-ordinator, TSRMMCH&RC delivered the vote of thanks and the program was brought to an end after national anthem.

NABH PRE ACCREDITATION

- Jeyavishnupriya

Adding a feather to it's already glorious cap, our college has been given pre-accreditation from NABH- National Accreditation Board for Hospitals & Healthcare Providers, a quality assessment cell for hospitals requiring more than a 600 objectives to be achieved, documented in 10 chapters as follows, aimed at stream lining the entire operations of hospital from registration in outpatient department to discharge summary.

Access, Assessment and Continuity of Care
Care of Patients (COP)
Management of Medication (MOM)
Patient Rights and Education (PRE)
Hospital Infection Control (HIC)
Continual Quality Improvement (CQI)
Responsibilities of Management (ROM)
Facility Management and Safety (FMS)
Human Resource Management (HRM)
Information Management System (IMS)

Till date, only a little over 350 hospitals have been NABH approved and our hospital will soon be a part of this exclusive list.

POST GRADUATE INSTITUTE

- Jeyavishnupriya

Already a post graduate institute for non-clinical subjects, our college has also been approved for clinical post graduate courses marking the development of our infrastructure and the very efficient and experienced faculty. The inspection of the Medical Council of India was conducted in September and behind all that appreciation lies the dedicated hard work of each every person who're a part of this speedily progressing institution. It is with warm hearts and a successful foreseeable future that Quantum welcomes all the post graduates to begin the next phase of their education with this meritorious institution.

CMCHIS

- Jeyavishnupriya

Chief Minister's Comprehensive Health Insurance Scheme, a state government initiative that provides quality health care to eligible person's through empanelled Government and Private Hospitals and to reduce the financial hardships to the enrolled families and move towards effectively linking universal health coverage through a public health system. A separate cell has been started to help with processing of the scheme starting from it's application to confirmation of approval of funds, thereby ensuring a chance at providing the best possible health care for patients with financial constrictions. Our Management's dedication towards this program has been reflected by receiving the special appreciation award by our Deputy Director Dr. N . Balasubramanian and Additional Resident Medical Officer, Dr. Poongothai from the Heath Minister for successful implementation and execution of CMCHIS. Quantum congratulates everyone right from the Management, Administrators, Professors, Associate and assistant professors, Nursing fraternity,paramedical workers to everyone who has played a role in achieving this feat.

Goverment of Tamil Nadu
Department of Health & Family Welfare
Chief Minister's Comprehensive Health Insurance Scheme
BEST PERFORMANCE
Award Of Appreciation - 2019
M/s Chennai Medical College And Hospital, Trichy
is presented this award in appreciation of thier performance under
Chief Minister's Comprehensive Health Insurance Scheme
PLACE : CHENNAI
DATE :
PROJECT DIRECTOR
TAMILNADU HEALTH SYSTEM PROJECT

This is no Humbug !

- Thiagarajan

"Gentlemen, this is no humbug", were the five most famous words in American surgery by an impressed Warren as. spectators watched in stunned disbelief when the surgeon performed a painless surgical operation following the administration of inhalational anaesthetic - sulphuric ether by William T G Morton. To commemorate this historical feat, October 16 is celebrated as World anaesthesia day all around. Our college's anaesthesia dept., celebrates this auspicious day every year in style. Likewise, this year the department had arranged a guest lecture on Arterial blood gas analysis by our Nephrologist Dr. SP. Subrahmaniam sir. The guest lecture was widely attended by senior professors, assistant professors, residents and interns of various departments. The clear cut concepts and the elaboration of the minor details were the factors which highly impressed the audience and earned appreciation from everyone.

Foundation Course for First Year MBBS

- Nasiha Azeez

On account of the new MBBS curriculum, effective from the batch of 2019, a month long foundation course was organised for the first year students.

The students were briefed about the functioning of the campus and the role of an Indian Medical Graduate (IMG). Following which they had numerous interactive sessions on topics such as consumer protection act, career pathways, basic life support (BLS), biochemical waste management, etc. Separate sessions on the importance of incorporating yoga and Tai chi in our everyday lives to combat stress were also included as a part of the course. Students had lectures emphasizing the significance of practicing time management, maitaining physical and mental health, team work and leadership qualities, professional and medical ethics, good interpersonal relationships and effective communication skills.They had a White Coat Ceremony where nobility of white coat was insisted along with the do's and don'ts of wearing the white coat. Students were issued their white coats by the Dean and the Deputy Director.

The department of physical education had the opportunity of shaping the minds of the students and strengthening their bodies. Both boys and girls participated in sports and games like basketball, cricket, football, volleyball, throw ball, etc. Currently health education and physical activity are integrated with other collegiate activities to enhance the student's state of mind thereby improving their academic performances and to help them cope with the tremendous amount of stress, the course demands.

World Bioethics day

- Hesana

The Bioethics unit was installed in Trichy SRM Medical College Hospital and Research Centre on July 2017 & has been celebrating the world bioethics day since 2017. In context with the same, this year the celebrations were conducted at Eswari hall between 2pm and 4pm on 18 October 2019.

The audience of the program were the 3rd and 4th semester MBBS students and 7th and 8th semester MBBS students along with 2nd year AHS and Nursing students .Faculty from the medical college and nursing college also graced the program with their presence.

Dr.E.Kamala, Chair, Bioethics unit and MEU coordinator welcomed the gathering. This was followed by the opening ceremony speech by Dr. Jesudoss, Dean, wherein he introduced the tamil terms for bioethics to the crowd and also insisted on the need for bioethics in todays' medical practise.

Following this Dr.Ramesh Babu, Director of Medical Sciences addressed the gathering and spoke a few words on bioethics and its conncetion with Hippocrates. Dr.Thirumalaikolundusubramanian the Medical superintendent also felicitated the audience and introduced the cardinal principles of Bioethics to the students.

Next the chief guest of the day Dr. Subbiah Tirupathy was honoured by Dean following which Dr,Thirupathy delivered his key note address on "Respect for Cultural Diversities", the theme of this year's world bioethics day.

Dr. Subbiah Tirupathy spoke to the students on what is culture and how culture varies from person to person and society to society. With few anecdotes from his own life he explained the various areas of sensitivity amongst the patients in relation to religion and culture.

Many competitons were held on the theme of world bioethics day 2019 as follows:

1. Short film

Two short films were done by 3rd semester and 7th semester MBBS students. The short films were judged by Dr.Kirubahar, Associate Professor, Anaesthesia. The 7th semester students bagged the frist prize.

2. Artistic poster

There were about 20 entries for artistic poster. Studenst had made beautiful colourful artistic posters. The judges were Dr.PriyaBanthavi and Dr. Anupriya, Associate professors, Pathology and Microbiology respectively . The winner was Miss Bhavika RS of II year MBBS

3. Poetry competition

Multiple enteries from both medical & nursing colleges were registered for poetry competition. The judges were Dr.PriyaBanthavi and Dr.Anupriya, Associate professors, Pathology and Microbiology respectively . The winner was Miss Infanta of II year MBBS (6th semester)

4. Photography

Mr.Ram Mukesh Palaniappan had won the prize for Photography which was displayed on World bioethics day celebration on 18th October 2019.
judged by Dr. Diego, Assistant professor, Microbiology.

In continuation with the World Bioethics day celebration, an interactive lecture was conducted for II MBBS students on 19th October 2019. Dr.E.Kamala, Dr.S.Priya Banthavi and Dr.A.Anupriya, Associate professors of Anatomy, Pathology and Microbiology. conducted the lecture. The students were given vignette on ethical dilemmas due to cultural diversity.

A Greener Tomorrow - IMA Tree Plantation

- Meenakshi Pradeep

Environmental day was celebrated on the 10th June, 2019 in Trichy SRM Medical College Hospital and Research Centre by the Indian Medical Association wing of the college. The objective of this event was to address the pressing issue of climate change and pave way for a healthier environment and a more sustainable future.

The event was presided over by Dr. S. Raghupathy, Executive Director. The Chief guest was Mr. A. Rajasekar, Deputy Superintendent of Police, Lalgudi. The event was conducted in the presence of Dr. A. Jesudoss, Dean and Dr. S. Rewathy, Medical Superintendent. The programme advanced under the guidance of the President of the IMA wing, Dr. N. Balasubramanian, Deputy Director, the Secretary of the IMA wing, Dr. P. Karthick, Additional Medical Superintendent and the Treasurer of the IMA wing, Dr. M.M. Vijay Kanna.

The event began with an address by Dr. N. Balasubramanian highlighting that working towards a better environment is the need of the hour. To emphasize the importance of climate protection, the dignitaries and the students went on to plant saplings inside the campus.

ONAM CELEBRATIONS

-Arathi, Mikun

Onam is an annual harvest festival in the state of Kerala, marking the fall of the New Year as per the Malayalam calendar and its significance is attributed to various mythical legends. The celebrations are spread over ten days, the last day being ' Thiruvonam' which was celebrated by the students of TSRMMCH on 11th September 2019. The day saw enthusiastic participation from the students and faculty alike. They came together and designed the traditional 'Pookalam' or floral carpet (colourful arrangement of colours and flowers on the floor) in the library block of the campus. Later in the day, Payasam prepared by the students was distributed to the faculties and students. The event was graced by the presence of the respected Dean, Dr.A.Jesudoss and Medical Superintendent, Dr.P. Thirumalaikolundhusubramaniam. Persistent support from the college administrators and staff helped the students celebrate their festival with happiness and enthusiasm.

Dean, Dr. A. Jesudoss; Medical Superintendent, Dr.P. Thirumalaikolundhusubramaniam; Dr.V.Sarada, HOD Dept of Pathology along with Students during the Onam celebration.

WALKATHON

- Manoj narayan

Ayushman Bharat - the Pradhan Mantri Jan Arogya Yojana had completed one year of its launch on September 23. The students of TSRMMCH&RC participated in a rally from the collector office. Resident medical officer Mrs. Poongothai had overseen the rally and also had been a keen participant.It helped bring a great awareness on the insurance scheme available in India among the public. The third year MBBS students participated with great enthusiasm. The students held banners depicting the success in the one year of the scheme. The rally began at 7am and ended at about 9am.

International Day of Yoga 2019

-Sarvadharshith

The International day of yoga was organized by the physiology and physical education department of our college on 21.06. 2019. The idea was conceived by HOD of Physiology Department DR.NachalAnnamalai. It combined all the institutions in Trichy SRM campus with more than 500 students participating. It was conducted as per the instructions of our honorable chairman Dr. Sivakumar sir and approval of Dr.BalaSubramanian sir. The Theme was "Yoga for Climate action" and "Yoga for Heart" as per UN and AYUSH respectively. On the International Day of Yoga, students, faculty and administrative staff were assembled by 4.00 pm in front of the hospital. Dr.Sunil Srinivasan, Consultant pediatrician of Dr.Vas hospital for Eye & Children was invited to honur our International yoga day celebration. He is an ardent follower of Tai Chi, which is again a bio feedback as that of yoga. He explained how a 15 min yoga session, could make an entire day better for him. He also taught the audience simple Tai Chi techniques.

This was followed by a demonstration by Dr.Mannivannan and Mr.Rajasekar to our audience. The audiences were asked to do simple asanas. Our dean, deputy director and head of the department of physiology and HOD of Obstetrics and gynecology also joined in.Following this a demo was given by 1st year students Mr.Bala Kumar, Mr.Kongeshwaran and Mr.Shanjai.The Session came to end with vote of thanks delivered by Dr.Ganesh Babu, Principal, SRM TRP Engineering College.

The V International Day of Yoga - 2019

Reporting for Quantum

- The works can be of poetry, snippets, short stories, case studies, and recent advances.
- Literary contributions by students, CRRIs, JRs, SRs, Professors are all welcomed.
- Contributing articles should be confined to a maximum of 300 words.
- Send your works to quantum@mc.srmtrichy.edu.in

SCINTILLATING DISPLAY

- Thiagarajan

Golu is the festive display of figurines and dolls in south India during the autumn festive season, for the Navaratri (Dussehra) festival of Hinduism. These displays are typically thematic, narrating legends from a Hindu text or a secular cultural issue. They are generally arranged in an odd number of tiers to tell a story. During the golu-display season, friends and families visit each other with gifts to view and chit-chat over the golu display season, share festive foods and sometimes sing devotional songs together. This is also a very important occasion that promotes creative expression for women and for the family to work together on an aesthetic aspect.

Our institution had arranged a scintillating display of Golu throughout the nine days catching everyone's attention and some people gathered amidst relatively loud and gloomy environment of the hospital.

Maiden attempt ! Maiden success !!

- Thiagarajan

Quality Circle Forum of India, Coimbatore chapter, conducted its "Fourth chapter convention on Quality Concepts" on 11 and 12th of October 2019 at Kumarakom, Kerala. From our institution 6 teams (3 members in each), a group of para medical staff, front office executives and pharmacy staff participated on "Quality Improvement" which included live case study analysis and presentation in their respective areas. They had to use quality concepts and give solutions for improvement and tangible and intangible gain. The pharmacy team bagged the first prize followed by the other 5 teams (Nurses and Front office executives) at the second. The participants were thankful to our Honourable Chairman Dr. R. Shivakumar for his magnanimous support and encouragement,our Director Medical sciences Dr.Ramesh Babu for his initiative in making this happen and our administrators - Executive Director and Deputy Director for their encouragement, and to our Dean, MS, and AMS for their support and also to the Quality department who coordinated the entire process. Notably, this is the first time our paramedical workers and staff are participating in outside competitions and have gone on to further prove their efficiency. Congratulations!!

AESTHETIC DERMATOLOGY

- Thiagarajan

As we rightly stated last time, the department of dermatology is ever evolving to greater heights. In its next big venture, the department has kick started its new Aesthetic dermatology unit with its captain Prof.Dr. N. Balasubramanian at the helm. Aesthetic medicine is an extensively broad term for specialities that focus on improving cosmetic appearance through the treatment of conditions including scars, wrinkles, moles, unwanted hair, skin tags, hair fall, skin discoloration etc,. Services offered in our Aesthetic department are tailor made according to patient requirements. It includes : 1) Chemical peels, 2) Cryotherapy, 3) Dermaroller, 4) Platelet rich plasma therapy 5) Radiofrequency ablation, 6) LASER's (Triple wavelength laser, Q switched laser, Fractional CO2 laser), 7) Acne surgeries, 8) Vitiligosurgeries 9) Camouflage 10) Other dermatosurgeries. It is a matter of pride and prestige in saying that all the latest amenities have been made available at our very own institution. Although aesthetic medicine procedures are typically elective, they can significantly improve quality of life, psychological well being and social engagement. With its able team of dermatologists/Aestheticians, the department's new endeavour is going to be a sure shot success.

WORLD PSORIASIS DAY

- Samanvita

Department of dermatology, TSRMMC in association with the Indian Medical Association, Irungalur branch organised an awareness program here, on the 29th October, 2019,on theoccasion of World Psoriasis day. The theme this year being," Let's get connected", implying connecting the millions of people living with psoariasis at the global level for increased awareness and improved access to treatment. The programme was presided by our Respected Dean Dr Jesudoss, Deputy Director,TSRMMC and President, IMA Irungalur branch, Dr. N. Balasubramanian, Medical superintendent Dr. Thirumalaikolundu Subramanian, Additional Medical Superintendent and Secretary, IMA Irungalur branch, Dr. P. Karthick and Treasurer, IMA Irungalur branch, Dr. Vijay Khanna. The day was marked by presentations from students, throwing light upon the clinical aspects of Psoriasis aiming at creating a widespread awareness about the condition. At the end of the programme, our revered Deputy Director and Vice President, IADVL, Dr. N. Balasubramanian also gave a lecture, summing up and highlighting various important concepts about the condition. Kudos to the department of dermatology for organising events like these, that are not just clinically and academically useful to the students but serve as an eye opener to the public as well.

Department of ENT

COCHLEAR IMPLANT

Into the big league

-Prethi. R

"Blindness separates us from material things but deafness separates us from people". Not anymore.Technological advances have brought dramatic changes in the field of auditory rehabilitation,opening the door for more people with severe and profound hearing loss to choose the appropriate option for their ailment.One such innovation is the "Bionic ear" ,otherwise called Cochlear implant.Candidacy criteria for the implant has been relaxed drastically where the age of paediatric candidates has dropped from 2 years to as young as 12 months and the eligibility criteria for adults continue to expand. As the first renal transplant recipient of our hospital neared 3 months of successful recovery,the pre-operative evaluation for the maiden cochlear implant was underway at once by the Department of ENT.

The ENT Department with Padmashree Prof.Dr.MohanKameshwaran

A man of eminence and a pioneer in the field of cochlear implantation, Padmashree Professor Dr. MohanKameshwaran,Director of Madras ENT Research Foundation ,Chennai ,was invited to spearhead the surgical procedure,scheduled on 22nd June,2019.A live surgical demonstration was also a part of the agenda,thanks to our honourable chairman Dr.R.Shivakumar,MD,PhD. The recipient of the implant,a 3 yr old male child with profound hearing loss ,was evaluated pre-oparatively with OAE(otoacoustic emission),BERA(brainstem evoked response audiometry) and impedance testing.A two hour surgery with an interactive session between Dr.Mohan and our doctors,it was an enriching experience with ideas discussed and shared.

The inaugural function after the surgery had Dr.A.Jesudoss,Dean and Professor of ENT, welcoming the gathering. Dr.Mohamed Anwar,Professor of ENT,introduced the dynamic guest to the audience followed by felicitations by Dr.S.Raghupathy,Executive Director,Dr.N.Balasubramanian,Deputy Director,Dr.P.Thirumalaikolundu-subramanian,Medical Superintendent,Dr.P.Karthik,Additional Medical Superintendent and Dr.Revwathy,Professor and Head of Department of Obstetrics and Gynecology. While the keynote address was given by the chief guest Dr. MohanKameshwaran,Dr.Rajesh ,Professor and Head,Department of ENT,delivered the vote of thanks,thanking his entire department comprising of Professor Dr.Mohamed Anwar, Dr.Vijay kumar,Associate Professor, Dr.Arun Mahendran ,Assistant Professor and Dr.Ajay Manickam,Senior Resident,for their relentless efforts for pulling off this mammoth feat.With no intra-operative complications and the patient having tolerated the procedure well, success was written all over it. On the 20th post-operative day, the external sound processor was connected to the child's implant known as Switch-On followed by Mapping on 25th post-op day to optimize the user's access to sound by programming the implant to the needs of its user. With the patient in regular follow up for speech therapy,it is yet another triumph for our institution. To have been a part of this heartwarming journey of restoring hearing to a 3 year old boy is a blessing.

We steadily tread towards meting out superlative treatment and this implant was a boost in the right direction to reach our destination..

Image during the live surgery demonstration

The ENT Department with the cochlear transplant recipient

Deafness Day

- S. Selli

An awareness programme on Control and Prevention of Deafness was conducted by the Department of ENT and Head & Neck Surgery, on 3rd October, 2019 in commemoration of World Deafness Day, at the Trichy SRM Medical College, Hospital & Research Centre. The aim of this programme is to raise awareness regarding Deafness and promote the care for hearing in the community.

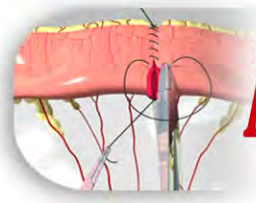
The events conducted during the programme include a poster presentation with Dr. N. Balasubramanian, the Deputy Director, Dr. A. Jesudoss, the Dean and Dr. S. Raghupathy, the Executive Director and an essay competition, judged by Dr. A. Jesudoss, the Dean.

The posters were presented by the Final year part I students, batch of 2016, on various topics in relation to hearing loss, as guided by Dr. Ajay Manickam. The display of the posters was in the hospital, accessible to the public. A total of 9 posters were presented by teams comprising of 3 students. The prize winning poster on 'Sensory Neural Hearing Loss' was presented by Swetha. K, Vignesh Balaji. V and Yashwanth. G.

The essay competition, Acoustics 2050 was conducted for the Undergraduate Medical Students on the theme "Hearing in 2050, how do I visualize?", by Dr. Ajay Manickam. The prizes for the best essays were awarded to Dr. Hemashree, CRRI. and Dr. Thiagarajan V.R., CRRI.

Several doctors and dignitaries of the college comprising Dr. A. Jesudoss, the Dean, Dr. S. Raghupathy, the Executive Director, Dr. Thirumalaikolundusubramanian, the Medical Superintendent and Dr. K. Rajesh, Head of the Department of ENT and Head & Neck Surgery, discussed a plethora of topics on hearing loss and its importance with particular focus on early identification and intervention for it. The speakers also emphasized the social stigma that surrounds deafness and the need for recognition of hearing loss as a significant health issue to be properly dealt with. The programme was concluded with vote of thanks delivered by Dr. M. Vijayakumar, Department of ENT.

Department of General Surgery



Anastomosis

Endoscopy learnt the right way!

- Samanvita

True icons are the ones who not just set benchmarks but also create opportunities that enable others achieve them. TheDept. of general surgery have always been pioneers this way, never failing to prove this statement right. Department of General Surgery, TSRMMC, bears the pride of hosting the first ever edition of Trichy SRM ENDOCON- a CME and hands on training in Upper GI endoscopy, in association with Association of Surgeons of India (TN Chapter), ASI Trichy City branch and Medical Education Unit, TSRMMC, here, onSunday, 17th November 2019. The CME and Workshop were conducted exclusively for Post graduates and Post MS General Surgeons as the delegates.

The event was presided by our respected Dean Dr Jesudoss, Deputy Director Dr Balasubramanian and Medical superintendent Dr Thirumalaikolundu Subramanian. Prof.Dr.Maruthupandian ,Honorary Professor, The Tamilnadu Dr.MGR Medical University & Past President ASI Tamilnadu inaugurated the Hands on Workshop. The speakers for the day were Dr. Anand Kannan, Surgical gastroenterologist, Sundaram hospital, Trichy, Dr. Kanagavel, Isabel hospital, Chennai, Dr. Easwaramoorthy, Lotus hospital, Erode, Dr. P.Karthick, Prof and HOD General surgery, TSRMMC, Dr. Kirubakaran, Associate professor- Anaesthesia, TSRMMC, Dr. K. Govindaraj, G. Vishwanathan Hospital, Trichy, Dr Karthikeyan, Surgical gastroenterologist, Thanjavur medical College. The speakers discussed important topics throwing light upon the various aspects of endoscopy, highlighting the scope of endoscopy in day to day surgical practice. The keynote event of the day – the hands-on training in Upper GI endoscopy, provided a platform to the budding surgeons to learn doing endoscopy the right way, under the direct supervision and able guidance of eminent surgeons. Following this was Endoquiz, a quiz on endoscopy exclusively for the post graduates. The winners were awarded cash prizes and other exciting prizes. The delegates were also awarded with CME credit points from Tamilnadu Dr.MGR University and Tamilnadu Medical Council. Spearheaded by the dynamic and ever inspiring Professor and Head of Dept of general surgery Dr.P. Karthick , Organizing secretary (Endocon) Dr. Anuj Srinivasan andthe proficient and buoyant team of surgeons, Trichy SRM Endocon 2019 was one such event that was enlightening as it seems, elegant as it sounds and enlivening as it feels!

Spotter

Identify the condition from the pictures given.

Send in your answers to quantum@mc.srmtrichy.edu.in.

The correct answers will be rewarded.

The answer for the previous question :
Meckel's diverticulum with malrotation of gut.
Winner – Dr.Umapathysembian, Assoc. Prof,, Dept. of anatomy.

Procedure done : DIVERTICULECTOMY WITH APPENDICECTOMY

Case corner

1)PACHYDERMOPERIOSTOSIS

A rare syndrome with rare surgical associations. Pachydermoperiostosis associated with inguinal hernia- first case to be reported world wide.

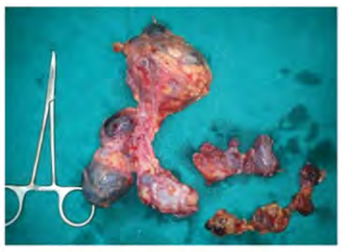
• Pachydermoperiostosis (PDP) is a rare genetic disorder affects both bones and skin(1) .

a. pachydermia (thickening of the skin)
b. periostosis (excessive bone formation)
c. finger clubbing (swelling of tissue with loss of normal angle between nail and nail bed).

2) MICROPAPILLARY CARCINOMA THYROID-WITH EXTENSIVE NODAL METASTASIS

CT SCAN-NECK

TOTAL THYROIDECTOMY WITH FUNCTIONAL NECK NODE DISSECTION



Specimen image

Intra operative – after thyroidectomy and neck node dissection

Infection Control Newsletter
THE SENTINEL

BIOMEDICAL WASTE MANAGEMENT (BMWM) – Dr.G.Vazhavandal

Ensuring safety in Hospitals

According to World Health Organization, 80-85% of total amount of waste generated by healthcare activities is the general waste. Only 15-20% waste is considered hazardous which may be infectious, injurious, toxic or radioactive. Poor management of healthcare waste exposes healthcare workers and the community to infections, toxic effects and injuries. Lack of awareness about the health hazards related to healthcare waste, inadequate training in proper waste management, absence of waste management and disposal systems, insufficient financial and human resources and the low priority given to the subject are the most common problems connected with healthcare waste management.

Implementation of Bio Medical Waste (Management and Handling) Rules

• As per the rule, any waste, which is generated during the diagnosis, treatment or immunisation of human beings or animals or research activities pertaining thereto or in the production or testing of biological, is defined as BMW.

The Bio Medical Waste (Management and Handling) Rules, have been notified in 1998, by the Government of India, Ministry of Environment and Forests, and later reviewed and amended in 2016 with the objectives

• To STOP the indiscriminate disposal of hospital / bio-medical waste

• To ensure that such waste is handled without any adverse effect on the human health and environment.

Steps in the management of biomedical waste (BMW) include

- Generation
- Segregation/separation
- Collection
- Transportation, storage
- Treatment
- Final disposal

Principles of Waste Management

- Develop a waste management plan that is based on an assessment of the current situation and which minimizes the amount of waste generated.
- Segregate clinical (infectious) waste from nonclinical waste in dedicated containers.
- Transport waste in dedicated trolleys and they should be cleaned regularly.
- Store waste in specified areas with restricted access.
- Collect and store sharps in puncture proof containers.
- Mark the storage areas with a biohazard symbol.
- Identify a storage area for waste prior to treatment or being taken to final disposal area.
- Treatment of hazardous and clinical/infectious waste – BMW should be outsourced to an authorized contractor for the management and handling of biomedical waste as designated by the State Pollution Control Board.

Categories of biomedical waste

Cat.	Type of Bag/ Container used	TYPE OF WASTE	Treatment /Disposal options
Yellow	non-chlorinated plastic bags Separate collection system leading to effluent treatment system	a) **Human Anatomical Waste** b) **Animal Anatomical Waste** c) **Soiled Waste** d) **Expired or Discarded Medicines** e) **Chemical Waste** f) **Micro, Bio-t and other clinical lab waste** g) **Chemical Liquid Waste**	Incineration or Plasma Pyrolysis or deep burial*
Red	non-chlorinated plastic bags or containers	**Contaminated Waste (Recyclable)** tubing, bottles, intravenous tubes and sets, catheters, urine bags, syringes (without needles) and gloves.	Auto/ Micro/Hydro and then sent for recycling. not be sent to landfill
White	(Translucent) Puncture, Leak, tamper proof containers	**Waste sharps including Metals**	Auto or Dry Heat Sterilization followed by shredding or mutilation or encapsulation
Blue	Cardboard boxes with blue colored marking	**Glassware**	Disinfection or auto/ Micro/hydro and then sent for recycling.

Source: https://www.slideshare.net/vishaldr/bio-medical-waste-management-2016
Reference: Guidelines for Management of Healthcare Waste in Health Care Facilities as per Bio Medical Waste Management Rules, 2016. Directorate General of Health Services, Ministry of Health & Family Welfare, Government of India, New Delhi-110067, Central Pollution Control Board, Ministry of Environment, Forest & Climate Change.

• Use appropriate PPE when segregating, packing, transporting, and storing biomedical waste.

• Liability of Health Care Facility - In case of any violation, the occupier shall be liable for action under section 5 and 15 of Environment (Protection) Act, 1986.

Write up on Global Hand washing Day Observation on 15.10.2019

In view of " Global Hand Washing Day "the Hospital Infection control committee and Campus life, TSRM MCH & RC organized an outreach programme for school students at St' John's Higher secondary school – Irungalur on 15.10.2019 between 10am -12 noon after getting formal written permission from Dean , TSRM MCH & RC

Proccedings:

- Around 200 students studying in 6th to 9th Standared were the target audience
- The programme began with welcome address.
  by the Head master following which he explained the theme of the day. This was succeeded by the address by Assistant Head master.
- The Deputy Director (Campus) Dr. N. Balasubramanian elaborately described about the importance of hand washing with soap & water and how the habit should be inculcated from an young age onwards in order to avoid water borne & food borne diseases.

- This was followed by a short talk by Dr. Manimegalai, Co- ordinator, Campus life who stressed the importance of personal hygiene in a friendly way
- The next talk was delivered by Dr. Diego , HAIC Officer, Dept. of Microbiology who demonstrated the growth of bacteria present on unwashed hands on a petridish and the relevance of the hand bacteria. He enumerated the moments of hand washing to the students. He stressed in simple language that hand washing means only with soap & water and not water alone which will eliminate the transient bacteria present in superficial layers of skin which are the main culprits in transmission of infections.

The Asst. Nursing superintendant Dr. Jeyaseeli Malliga and Infection control nurses Mrs. Pitchaimani & Mrs. Valentine Jancy rani, demonstrated the steps of hand washing which was keenly observed by the students and they practiced the same.

One student was awarded cash prize for re-doing all the steps of hand washing in the right way by the Deputy Director Dr. N. Balasubramanian on his own behalf

A sample lifebuoy soap & biscuits were distributed to all students by the sponsors.
The programme came to end with vote of thanks by the Head master. As a whole the day was an wonderful experience both for the organizers & participants.

Global Hand Washing Day observation at Microbiology Dept:

On the same day (15.10.2019) the II year postgraduates in Microbiology,

Dr.A. Janarthanan & Dr. Dhilip rajesh kumar elaborated on the importance of hand washing and demonstrated the steps of hand washing to the new batch of II MBBS students (127 nos) in the practical lab between 2 and 3.30pm and the students were asked to repeat the steps which they did with aplomb. The demonstration was supervised by the UG incharge Officer and Asso.professor Dr. A. Anupriya.

TRAINING PROGRAM - HAI SURVEILLANCE AND BUNDLE CARE

- ArathiVarma

The Department of Microbiology, TSRMMCH, conducted a training program on HAI surveillance and Bundle care for staff nurses and FNAs . The sessions were conducted in lecture hall IV, college block, over eight days in the month of June 2019, in an interactive manner.

The first two days, 3rd and 4th June, had Dr.A.Uma, Prof.& HOD, Dept. Of Microbiology give an overview on HAI surveillance followed by a detailed presentation on Ventilator Associated Pneumonia(VAP) by Dr.J.D.Jahapriya.

The next sessions were conduted on 13th and 14th June. Dr.Diego, Asst.Professor and HAIC officer delivered an elaborate presentation on Surgical Site Infections(SSI).

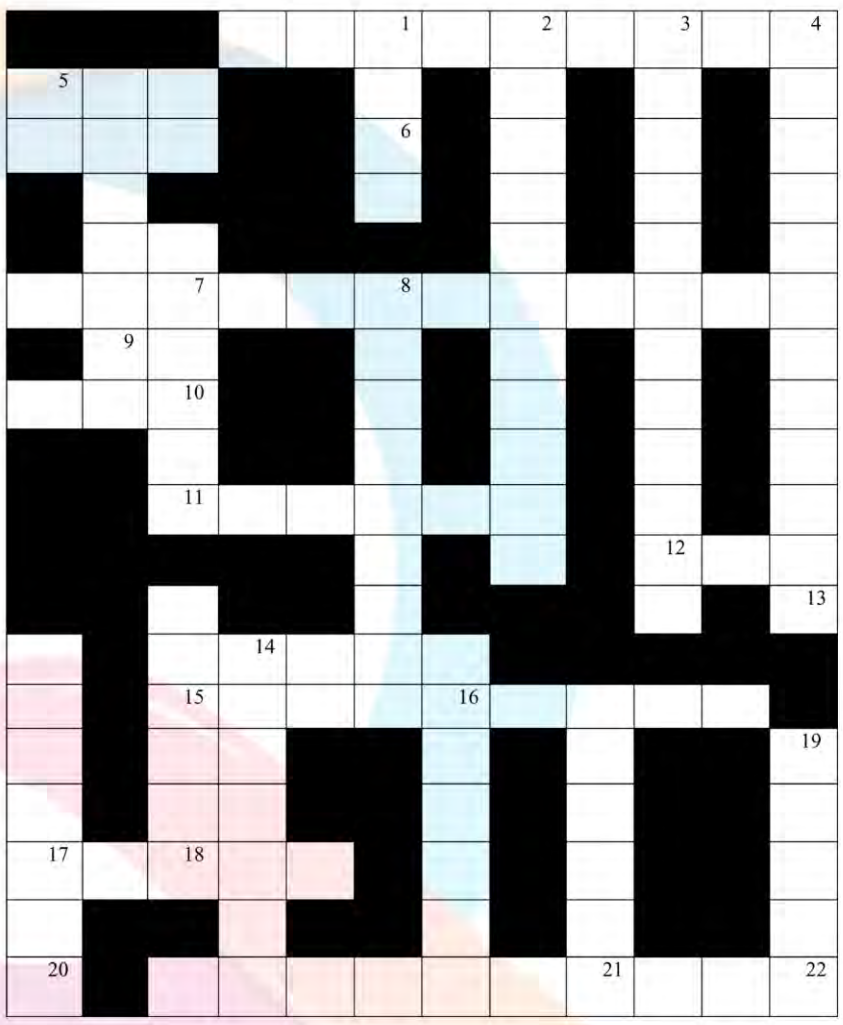
The third surveillance marker, Central Line Associated Bloodstream Infection (CLABSI) was presented in detail by Dr.J.D.Jahapriya and Dr.Diego on 20th and 21st June respectively.

The last two sessions were conducted on 27th and 28th June where Dr.J.Lalithambigai,Asst.Professor presented the fourth surveillance marker, Catheter Associated Urinary Tract Infection (CAUTI).

At the end of each session, various surveillance forms were shown discussed in detail.

CROSS WORD PUZZLES

(Dr.J.D.JAHAPPRIYA, DR.J.LALITHMBIGAI)



 # TOP TO BOTTOM

1. Erythema migrans is seen in this disease (4)
2. Green Nail syndrome (11)
3. Fever carried by a Cook (12) s
7. Recent outbreak in Kerala (2018) (5)
8. Occurrence of disease more than expected in a defined community/area/season (8)
14. Ramsay hunt syndrome (6)
16. Bullet virus (6)
19. Cell mediated immunity (5)

 # BOTTOM TO TOP

7. PPE in Swine flu outbreak (2)
9. Acronym for organisms responsible for HAIs. (6)
13. Father of Antiseptic Surgery. (12)
18. Biphasic fever (6)
20. Edward Jenner derived it but Louis Pasteur COINED it (7)
21. Louse borne Fever (6)

 # LEFT TO RIGHT

5. Minimizes the risk of infection following exposure to BBV (HBV, HCV, HIV) (3)
7. Develops in prolonged hospitalized patients (10)
11.Recommended by NACO guide-lines for HIV (5)
12. Gaseous steriliant used in our hospital (3)
14. Aedes aegypti (UGANDA) (4)
15. Flow of seed from Semen (9)
17. Scope disinfectant (5)

 # RIGHT TO LEFT

2. Eradicated in 2015 (5)
4. Regimen for Koch's disease (5)
6. Vancomycin is the next choice for this (4)
7. Most common route for acquiring infection among Health care workers (3)
10. Introduced by Kary Mullis in 1983(3)
22. Faine's criteria(10)

Content: Catheter Associated Urinary tract Infections-Dr.J.Lalithambigai

INTRODUCTION: Healthcare- associated urinary tract infection (HA-UTI) is considered as the most common HAI worldwide, accounting for up to 40% of nosocomial infection. About 70-80% of HA-UTI are attributable to the presence of an indwelling urethral catheter.

DEFINITION: Catheter-associated bacteriuria- Presence of significant bacteriuria in a catheterized patient with or without symptoms or signs referable to the urinary tract. It can be classified as

1. Catheter Associated UTI: (CAUTI): Catheter Associated bacteriuria with symptoms or signs referable to urinary tract.
2. Catheter – Associated Asymptomatic Bacteriuria (CA-ASB): Catheter Associated bacteriuria without symptoms or signs referable to urinary tract.

CAUSES: E.coli (most common), Klebsiella spp., Enterobacter spp., Citrobacter spp., Proteus spp., Providencia spp., Nonfermenting Gram Negative Bacilli (NFGNB), Staphylococcus spp., Enterococci spp., and fungus like Candida spp.

PATHOGENESIS:

Extra luminal spread	Intraluminal spread
• Through patients own endogenous flora • Hands of Health Care workers • Aseptic procedure not maintained at time of insertion & maintenance of catheter	• Through opened drainage bag • If closed drainage system is breached • Bio film

RISK FACTORS:

Device-related	Patient-related	Caregiver-related
1.Type of Catheterizaton: • Indwelling catheter (higher risk especially long term) • Intermittent, Condom, Suprapubic catheter 2.Type of Catheter: (Latex catheter has higher risk)	1.Female gender 2.Older age (> 50 years) 3.Fatal underlying illness 4.Diabetes mellitus 5.Poor personnel hygiene 6.Urethral colonization 7.Incomplete emptying of bladder 8.Fecal Incontinence	1. Failure of adherence to aseptic technique (during insertion and maintenance) 2. Emergency catheter insertion outside the operating room

Why indwelling catheter is a risk of UTI: 1. Catheter exerts lateral urethral pressure causing decreased mucosal blood flow, uroepithelial mucosal disruption and impaired mucin secretion; all together predispose to the infection. 2. Incomplete emptying of bladder because of pressure differentials created by patient movement or catheter manipulation. So, pooling of urine serves the nidus of infection.

DIAGNOSIS OF CAUTI: 3 criteria

Catheter criteria	Symptomatic criteria (At least any one)	Culture criteria
Patient must be on urinary catheterization for at least $\geq$48 hours	1. New onset or worsening of fever, malaise, lethargy , rigors 2. Altered mental status 3. Flank pain 4. Cost vertebral angle of tendemess 5. Pelvic discomfort 7. Incontinence	Semi quantitative method: • If symptomatic $\geq 10^3$ CFU/mL • If asymptomatic $\geq 10^5$ CFU/mL

TREATMENT:

1. Empirical therapy (depends upon local antibiotic policy)
2. Definitive therapy (depends up on the antimicrobial susceptibility test)
3. Removal of catheter if it acts as source.

PREVENTION OF CAUTI:

Before catheterization	During catheterization	After catheterization
1. Education & training on insertion and maintenance of catheter for HCW. 2. Catheter type: Silicone catheter obstruct less than latex, so preferred for long term. 3.Catheter size: Small sized catheter poses lesser risk than large sized catheter 4. Indication for catheterization 5. Alternative to indwelling catheter.	1. Do Hand wash 2. Wear sterile gloves 3. Periurethral cleaning 4.Apply 2% Lignocaine on urethra 5. During insertion of catheter, no contact with sterile shaft of catheter. (*Aseptic non touch technique*) 6. Balloon inflation 7.Closed drainage system 8. Bag supported by drainage stand 9. Securement of catheter to prevent movement (*plastic tape-catheter – plastic tape technique*) 10. Hand washing after removing the gloves	• Maintenance of closed drainage system 1. Drainage bag kept below the bladder level & above the floor level. 2.Empty the bag regularly 3.Emptying in separate container should be done via drainage tap placed at bottom or top of the bag 4. Hand hygiene, wearing of gloves should be followed during emptying 5.Alcohol swabs- used for outlet cleaning before and after emptying • Meatal care- Periodic care, Wash with soap and water at intervals of 2 to 3 times /day

CARE BUNDLE FOR URINARY CATHETER:

Insertion bundle	Maintenance bundle
Inserted only in appropriate indication	Regular Catheter care (meatal care) by strict aseptic measures (hand hygiene and single use gloves)
Sterile items only used	Catheter must be properly secured all the time
Inserted by no touch technique	Drainage bag kept below the bladder level & above the floor level.
Using appropriate size of Catheter	Closed drainage system is used all the time
Proper securement of Catheter	While collection of urine from bag- hand hygiene and change of gloves between patients; separate jug for each bag, alcohol swabs for outlet
Continuous closed drainage system	Daily assessment for readiness of removal of catheter must be documented

References:

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3. Centers for Disease Conttrol and Prevention. "National Healthcare Safety Network (NHSN) Patient Safety Component Manual. CDC, Atlanta." (2019)
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6. Tenke P, Johansen TB, Matsumoto T,et al. European and Asian guidelines on management and prevention of catheter-associated urinary tract infection. Urologiya. 2011;6;84-91.
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Department of Pathology

VOLUNTARY BLOOD DONATION DAY

- Mikun.M

"Awareness Programme for the Voluntary Donors" was conducted byBlood bank of TSRMMCH&RC, Department of Pathology, TSRMMCH&RC along with campus life department, Trichy SRM campus on 1st of October,Tuesday 2019 from 2:30 PM to 4:00 PM at Easwari Auditorium to promote blood donation by healthy individuals to those who urgently require it due to some critical medical emergency condition.The programme was inaugurated by the Dean and felicitated by all the administrative members.Mrs.Allirani Balaji,Social Activist,was invited as the chief guest for this programme.She gave an interactive talk on the importance of blood donation.The Blood bank released a book which compiled the list of voluntary donors from all the 6 institutions of the Trichy SRM Campus.Students from Medical, Engineering,Allied Health Science,Catering, nursing, arts and science attended the programme.The studentsof TRP Engineering college also added flavour to the programme by performinga mime witha social message on the topic, followed which a Documentary Videoon Awareness of Blood Donation was screened.The programme concluded with National Anthem.

RAYS OF NEW HOPE – SOLUTION TO INFERTILITY

- Mikun.M

Infertility, rarely spoken topic in the public and wrongly stigmatized in the society. It's not a chronic disorder that's spread around with awareness walks or coloured memorials but usually spoken with hushed tones, making the situation much harder. Though medical students through the MBBS curriculum learn all the basic aspects of infertility theoretically but it is rarely applied, To bridge this gap between the theoretical knowledge and it's practical approach the Department of Pathology, TSRMMCH&RC conducted a guest lecture on "Infertility" on 27thSept 2019.The guest speakers for the day were Dr. S. Chitra, President-Trichy Obst. & Gyn. Society and Dr. Ananthalakshmi, Janani infertility clinic, Trichy. The session commenced with a brief introduction to the topic and 'approach to infertility from a Gynecologist's perspective' by Dr. S. Chitra.

"Though the problem might lie within either or both of the couple, both of them hsave to provide moral support to each other during the course of treatment and to overcome social prejudices surrounding infertility" said Dr. S. Chitra.

Following which there was a brief discussions on the lab investigations for infertility by Postgraduates of Dept of Pathology, TSRMMCH&RC.

The last speaker was Dr. Ananthalakshmi, Clinical Embryologist who spoke on the topic 'Management of Infertility - Embryologist speaks!!! 'Giving concise knowledge and paving way to a new venture to the students regarding the latest advances in the Assisted Reproductive Technology (ART). It was indeed an enlightening session for all the 2nd MBBS students to explore new advancements in the field. We the student fraternity are thankful to Dr.V.Sarada, HOD Dept of Pathology, TSRMMCH&RC and the management for organizing this guest lecture.

Department of Community Medicine

Preventive activities:

1) School Health Programme at Vetri Vidyalaya Higher Secondary School, Vellanur on 17/10/2019.

2) School Health Programme at Sai Sri Vidyalaya Samaypuram on 17/10/2019

3) Entomological Surveillance :
To prevent mosquito borne diseases like Malaria, Dengue etc the Epidemiological unit of the Department has started weekly surveillance from this monsoon season in the Campus.
Following activities are undertaken under the Programme.
Weekly (Saturday) survey of water collections and Larva breeding places in the campus.
Mapping of areas with water stagnation and larval breeding.
weekly reporting to DEAN office and Civil Department.
Source reduction by engineering methods with help of Civil Department.
Epidemiological case investigation of Malaria and Dengue cases in field practice area.

Mosquito free Campus drive

a. Weekly Entomology Survey

b. Involvement of Medical students

c. Inspection of tyres for Aedes larva

d. Collection & Demonstration of Larva

Promotive activities: Celebration of health days

1) World Health day 7 April 2019.

a. Quiz Competition

b. Photo Voice Competition

c. Short Story Competition

2) World No Tobacco day at UHTC on 7/6/2019.

Sensitising youth on No Tobacco day

3) Cancer Awareness Programme at Vellanur. Date: 27/09/2019

Curative services: Camps Conducted by the Department

1) Medical Camp at Nesavalar Colony, Vellanur. on 26/09/2019.

2) Medical Camp at Mariyamman temple at Samapuram on 28/09/219

Case Corner

Department of Plastic Microvascular & Cosmetic Surgery Dr. V. Jayaraman, Dr. S.Jayanthinathan,

Case 1 :

- A case of post Left orbital exenteration defect with osteomyelitis of Left maxilla with palatal fistula reconstruction.
- Reconstruction done by debridement ,Cervicofacial Advancement Flap, Forehead Flap & Split Thickness Skin Graft.
- Obturator and left maxilla-orbital prosthesis designed by Dept. of Dentistry in association with dept. of Prosthodontics, Trichy SRM medical college, and SRM specialty hospital, Ramapuram.

a) Pre – operative image

b) Immediate post – operative images

c) Late post – operative images

Case 2:

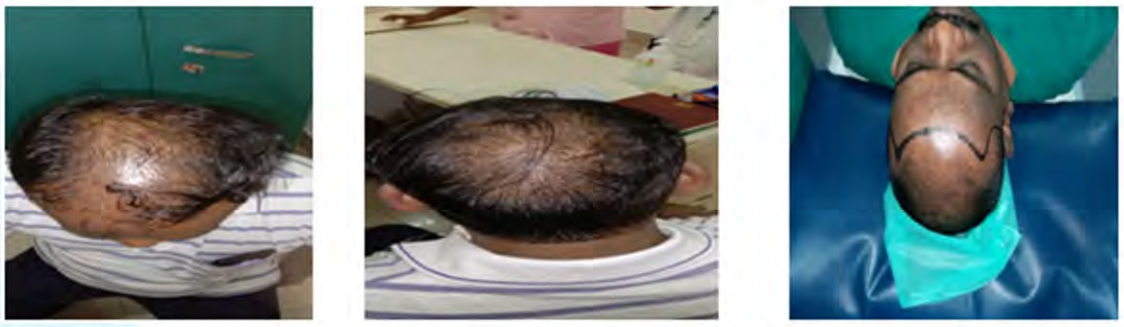
Post traumatic nasal deformity for which Rhinoplasty done with Left conchal cartilage graft.

a)Pre – operative image – with unsightly scar

b) Post– operative image – with deformity corrected

Case 3

Hair transplantation done for Androgenic Alopecia by FUT (Follicular Unit transfer) method for the first time in our institution.



• Pre – operative image

• Post – operative images (2 months post op)

SUCCESS STORIES

Pequenoquest'19

- Manoj narayanan

It is with great pride we announce that Mr. Akash a third year MBBS student has secured second position in the Pequenoquest'19 – An online microbiology quiz that was held in KAPV medical college Trichy. It was a state level competition in which over 30 colleges from all over the state participated. The participants were tested in both clinical and practical aspects and Mr. Akash aced his way through to the top two positions.

Axon'19 Every accomplishment starts with the decision to try !!

- Anju Joy

We are enraptured to inform that Bhuvaneshan.R of 2nd year (2017 batch) has won the first place in EXPOSITIO INVESTIGATIONIS (paper/poster presentation competition) at AXON -2019 hosted by PSGIMS & R, Coimbatore.The study was done regarding the Levels of Serum cholinesterase in farm workers exposed to chemical pesticides in rural population under the guidance and support of Dr.R.Thamarai MD, Associate Professor –Department of Biochemistry.

Checkmate 'Every chess master was once a beginner'

-DhayaShri.D

Chess champion Akash.S of 2016 batch has once again brought glory to our institution by claiming 2nd prize in chess tournament conducted by MAM engineering college star chess foundation on September 21. The tournament consisted of 5 rounds of rapid chess between 10 of the most competitive colleges in the state. Akash proved his mettle by defeating them all with a final tally of 4.5 points, falling short of half a point to the first placed. Tanjore government college ranked third, putting up a tough front, but they were no match for our budding chess wizard. Akash came home with a trophy, a medal and a cash prize of 1500 rupees. This is the fourth prize Akash has won for our college in chess, ranking 1st in Villupuram govt. college chess meet 2018, 2nd in Thiruvannamalai govt. college chess meet 2017, and 3rd in KAPV chess meet in 2016. He is a state player and a 3 time district titleholder. Appreciably, it is has the platform that our college has provided us with, that enables us to showcase our talents.

Axon'19

Souwmiya M

We take immense pride in announcing our recent achievers from our third year Undergraduate students. A. K.Naganivedhita participated in PSG Axon'19 Oral Poster Presentation Competition conducted by PSG Institute of Medical Sciences and Research, Coimbatore during 07.09.19 to 10.09.19 and won second place. It is a state level competition. She secured the position due to her extensive research, involvement and creativity in Poster making "Beware, you are carrying a disaster in your wallet". We are forever in debt to our wonderful faculties and our Institution which is a predominant reason behind our success.

Jatin Shah Quiz 2019

-DhayaShri.D

'It only takes a spark to light the fire within you'

The Department of ENT and Head and Neck Surgery roused the competitive fire within students with it's first interbatch quiz conducted on 2nd of July organised by Dr. Ajay Manickam. A total of 35 teams appeared for the preliminary MCQ round with only 5 teams standing after the first knock out round. The students were tested on anatomy, physiology and applied aspects of head and neck, giving them an equal fighting chance.

The qualifiers of the first round reassembled for the finals on the 5th of July which was graced by our esteemed dignitaries Dean Dr. A. Jesudoss, Medical Superintendent Dr. P. Thirumalai Kolundu Subramanaian and Additional Medical Superintendent Dr. P. Karthick. The finals comprised of several challenging rounds including a rapid fire round, a buzzer round and a picture quiz round, invoking the active participation of the audience gathered there. The winners of the day were Dr Thiagarajan Veerappan, Dr Sanjeev kumar and Dr Kishwar johara of 2014 batch, followed by Dr Samanvita, Dr Sai thaejesvi , Dr Saahithya of 2014 batch ranked second and Rohitvel.M, Syed Muhammad Humayl and Dakshin R of 2017 batch ranked third. Runners up were Muthusubramaniyan.SS of 2016 batch, Sri pragathambal and A. Biansi priyanga of 2018 batch, , Reshma.S, Lavanya P.N.S and Maalavika.H of 2017 batch and Abinaya.R ,Mohana Akshaya.V.R and Sivakarunya. A of 2016 batch

Oncology conference

- Arathi

We take immense pleasure in informing you that Mikun Manoj ,2nd year MBBS student of TSRMMCH was chosen as one of the 28 delegates from all over India for the 4th International School of Oncology conducted by Department of Pathology and Lab medicine, AIIMS Bhopal in academic collaboration with University of Gronignen,Netherlands from 19th-23rd August 2019. The selection was based on innovative oncology realted ideas and hypothesis submitted by candidates. It was a 5 day program, where each session was dedicated to one particular type of cancer and discussed in an interactive and integrated manner through masterclasses, seminars, e-learning, field visits and demonstrations. The hypothesis submitted by Mikun Manoj was 'How diabetic patients are prone to cancer'. The 5 day program was a forum to overcome the deficit in MBBS curriculum where knowledge about oncology is scattered over the curriculum, thereby losing its focus,impact and usefulness among medical undergraduates. Constant support and guidance from the faculties of Department of Pathology, TSRMMCH has undoubtedly helped Mikun Manoj in this venture.

Mikun Manoj receiving the certificate of appreciation from Prof. Dr. Sarman Singh, Director, AIIMS Bhopal.

Psychiatry Quiz

-Anju Joy

"Success comes only to those who believe in themselves and are prepared to win"

Taking this moment to extend our unfeigned appreciation to the undergraduate students – Dakshin.R and Rohitvel.M.M of 2nd year (2017 batch) who bagged the Third place in the state level psychiatry quiz TANPSYCHON-2019 conducted by Vinayaka Missions Medical College, Karaikkal. Finalists were shortlisted based on the top scores from the prelims round. Assesing their performance in the seven highly competitive levels in the finale round, the top three outstandinding groups were declared by the jury comprising of renowned psychiatrists from the Psychiatric Association of Tamilnadu.

WRITER'S SPOT

Accepting Responsibilities

HE WHO WOULD LEARN TO FLY ONE DAY MUST FIRST LEARN TO STAND AND WALK AND RUN

When people accept additional responsibilities they are actually giving themselves a PROMOTION,which is literally MATURITY. Most people are always ready to take credit for what goes RIGHTbut very few would readily accept responsibility when things go wrong. Like most of us are not so aware of the blame game but we use it as a weapon. The words we use like....EVERYONE ELSE DOES IT, NO ONE DOES IT. ITS ALL YOUR FAULT, What if we get rid of such statements. SOCIAL RESPONSIBILITY ought to be the obligation of every citizen. Society does not get destroyed by rascals rather by good people being INACTIVE. An amazing paradox. If good people can tolerate destruction by being inactive...then how can they be good. The question is how are they discharging their social responsibility?FOR EVIL TO FLOURISH GOOD PEOPLE HAVE TO DO NOTHING AND THE EVIL SHALL FLOURISH!

SWARUPAA SREE.S
First year

Dysania

In the midst of peace andquiet, where everything seems alright, a blaring sound slowly resonates. The state of tranquility effectively disrupted. The struggle is instantaneous.All efforts put in ignoring and hoping that the persistently annoying noise ebbs away go in vain. Try all you might, the battle is lost. Begrudging eyes open and glare at the alarm.

Dysania- the state of finding it difficult to get out of bed in the morning. The warm covers and comfy bed tug us back into the cocoon they form. Wouldn't it be great if when you took a long nap people would be proud of us like the are when kids do? Unfortunately, that privilege has passed and now sleeping in renders us lazy. Gone are the good ol' days where parents wished we'd sleep longer.In our busy and mind numbingly hectic life, sleep has taken a back seat to other priorities. Humans are the only mammals that delay going to sleep.As much as we try not to, umpteen number of things find ways to keep us up; be it pulling an all-nighter for an exam that we haven't studied for, a report due the next day ora TV episode that just can't wait until tomorrow.

"Morning is wonderful. It's only drawback is that it comes at an inconvenient time."-Glen Cook. But waking up early really does have its perks. For once, you have time for breakfast, the most important meal of the day, which many tend to skip. Being am early bird helps over come sleep inertia that persists during the transition from sleep to wakefulness. The issue with time management and last minute hassles can be avoided. Researches have linked waking up early with enhanced productivity, concentration, better sleep quality, mental health and so much more. Besides you get some quiet time for yourself.Having said all this, waking up early is easier said than done. Along with having a routine for the morning, going to bed early, relying on caffeine, saying no to our mission's arch nemesis, the snooze button, will help us get there.Hopefully with time and practice and a lot more caffeine, waking up early becomes a routine.

- Nasiha Azeez
Second year

FROM MOM's LITTLE SON

I asked someone where you were ,
The person said –"over there"
Right from the moment you felt me in your womb
till you rested on my lap,
Just a second Could I ever forget How you "Cared"
Oops! Could I ever forget you still "Care"
Somewhere in the sky or the universe.
But I can tell you "Love you the most ! MOM"
Million people may cross my life but you made the one I am now.

- M.R.RAJ SHARANI ,
1ST Year MBBS

PETRICHOR

Grey clouds thronged above,
hiding the helios under it's veils.
From the holes of an azure flute,
showered the elixir of life
like beads of love &
this parched Earth sighed.
Playing a mellifluous tone of
chirping birds & the gentle
psithurism of the leaves
setting a late afternoon crescendo.
A beguiling ecstacy&
An ethreal mystic beauty
with an alluring aroma
enthralling into a vellichor.
Making me intransgient to
absquatulate this serenity.
They say my amour is absurd
but cinders of melancholy kindle
deep down in the chambers of my heart,
I still have the fervours.
You are my ambrosial petrichor,
slowly killing
yet addicting and heavenly.

- th(i)agu
CRRI

DEATH

Swirling around me
Like the evening mist,
He brushed my back
Making my heart twist.

Cold and clammy
Was his loving hand,
Pulling me closer
To the dead men's land.

Darkness shrouded me
As I scream and yell
"It's of no use",
Said the master of hell.

I finally give up,
My very last breath
And was cradled
By the arms of Death.

- Evelyn
Batch'17

Parents

Love was tired,
watching boys and girls,
use her as a mere tool,
to gratify their hedonistic pleasures.

so she made parents,
and gave them children,
letting the purest of her kind,
thrive with their lineage,
as children became parents,
and had children of their own.

because in a mother,
you have your first home,
from there onward,
you travel the world,
and when you re-visit your first home,
you feel a particular sense of comfort,
you find the familiar warmth,
from which you were made and incubated,
the god sent antidote to all pain,
love is proud,
in a mother's hug.

because in a father,
you have your first friend,
from there onward,
you meet new people,
and when you come back to your first friend,
you feel a particular sense of security,
you find the familiar voice,
from which you were built and honed,
the strength that holds you when you are weak,
love is swift,
in a father's words.
Parents

- jacintoshane
CRRI

Having faith is hardest,
When you're trust is tested,
Too many times,
Each time more deeper than it's predecessor!!

But that faith will be the easiest when,
In the end,
It brings out the strongest in you.
You will realize that fate
And faith go together.

Your allegiance to yourself,
Must never be questioned.
Until then, nothing is lost.
.

- - Jeyavishnupriya , CRRI

One last time!

Dusted blackboards.
The fervent closing of bag zips echo in the background.
Closed doors and books. Not sure which hurts more.
No more mad rush to occupy the last rows.
Those blue seats seem to be calling out to us,
as none will keep them warm for the next year.
To the first benchers , last benchers and the
nomads in-between....answer me.
What's the secret to your preference??
Was it the numbing cold AC ??
The freedom to chill at the back of class ??
Or your non-committal attitude ??
Oh Nomads, hear! hear!
Whatever be it may...Make sure to savour it for
one last time .
One last time of those seats that have heard our deepest
confessions and frivolous gossips.
One last time of those seats that have anchored us and
tethered us to each other in times of highs and lows.
It's seen them all!
Our tears - be it happy or sad.
Our anger - be it out of love or hate.
Our crazy moods.
Our impromptu movie marathons - be it fighting over
earphones or silently weeping to cheesy romances.
It's seen them all - be it early morning hangover or
post-prandial snooze.
We bow to them...For one last time.
We seek them ... For one last time.
It's stood the test of time ...So have we.

- Prethi ,CRRI

Ponder The Darkness

Darkness, darkness everywhere,
Just light me up and I will stare:
And I will give you then and there-
The glow you need against your scare.
-Says the Candle.

But, I have always thought,
Darkness, the greatest evil of all,
Had always been misunderstood, unappreciated:
Perhaps because darkness took away,
All those prejudices that came with sight.

Blinding darkness that opens the eyes-
That can make one realize, perhaps after all,
It isn't in your clothes,
It isn't in your body,
Not your skin tone,
May be blinding darkness is the only way,
To truly break free.

- SURYA GAYATHRI A S
2019-2020

When LIGHT , lights you up!

Exposure to colors has some notable effects which enhances your activity.

Even in early days, light in the form of specific colors were used to restore health among ancient cultures in Egypt , Greece , China and India. During those civilization colored light were used by covering the windows with cloth dyed red or blue to capture it's healing quantities. Even in 14th century England physicians used red color to treat small pox.

VIOLET LIGHT = Myopia suppressive gene (EGR1) was upregulated

INDIGO = Enhances intuition, strengthens imagination courage , astringent effect (shrinks tissues and dries up secretions)

GREENISH BLUE WAVESPECTRUM = Regulating circadian rhythm, enhances wakefulness

YELLOW = Rejuvenate skin reduces facial and neck wrinkles , gives cheering effect

ORANGE LIGHT =Exposure has greater brain activity in region related toalertness and cognition than blue light

RED LIGHT = Exposure at night enhance deep sleep by 10% or more

- M.R.RAJ SHARANI , 1st phase MBBS

துளிர்

காதல்கிறுக்கல்!

கவிபாடும்காதலன்நான் ,
கைவிளங்காதுநின்றேனேஉன்கடைக்
கண்பார்வையினால்!
உயிரைக்கொய்தெடுத்தேஉயிரெழுத்தால்
கதறவைத்தாய்,
உன்மூச்சுக்காற்றைக்கொண்டேபெண்ணே
எப்படிஎன்னைசிதரடித்தாய்.
குற்றம்பலசெய்தும்வெட்கம்
வழிந்தோடும்கள்ளியடி!
கருணைகொலைசெய்தாவது
என்உயிரைப்பறித்துச்செல்கண்மணி,
இல்லையேல், காலம்முழுவதும்
இந்தகிருக்கணின்மறுபாதியாய்வாழும்
நரகம்நேரிடும்,இனி!

Aravindhan.V
CRRI

வலிஎன்றஉடன்தாலாட்டியபோதுஎன்அன்னையாய்..
ஆடைவாங்கிகொடுத்துபெருமிதம்கொள்ளும்போது
என்தந்தையாய்..
தோடுவாங்கிகொடுத்துஅழகுபார்த்தபோதுஎன்அக்காளாய்..
உடம்புசரியில்லைஎன்றவுடன்பார்த்துபார்த்துதாங்கும்போது
என்அண்ணனாய்..
விரும்பியஉணவைவாங்கிகொடுக்கும்போதுஎன்தம்பியாய்..
கண்ணீரைதுடைத்துஅரவைணக்கும்போதுஎன்தோழியாய்..
பிரச்சனைஎன்றால்என்னுடன்முன்னிற்கும்போதுஎன்தோழனாய்..
இந்தபுகழாரம்அனைத்தும்என்மீசைக்காரநண்பனைசேரும்என்ற
திமிரின்கொண்டாடத்தில் ..
உன்சிறுசிறுகனவுகளைஉடைத்துவிட்டேனோஎன்றதிண்டாட்டத்தில்..
வினாவாகநிற்கின்றேன்..
எல்லாமாய்இருந்தஉறவின்ஏக்கத்தில்..!!

-கிஷ்வர்ஜொஹரா. **CRRI**

Being habitually critical, irritable or angry is also very unhygienic and bad for the health in the long run. The remedy is of course to learn to appreciate the good qualities of others, practice kindness and learn to be calm.

Atma Namaste

பால்/Section/Paal 2
பொருட்பால்/Wealth/Porutpaal

இயல்/ChapterGroup/Iyal 5
அரசியல்/Royalty/Arasiyal

அதிகாரம்/Chapter/Adhigaram 53
சுற்றந்தழால்/Cherishing Kinsmen/Sutrandhazhaal

குறள் 528:
பொதுநோக்கான்வேந்தன்வரிசையாநோக்கின்
அதுநோக்கிவாழ்வார்பலர்

மு.வஉரை:
அரசன்எல்லாரையும்பொதுவகையாக
நோக்காமல், அவரவர்சிறப்புக்குஏற்றவாறு
நோக்கினால், அதைவிரும்பிசுற்றமாக
வாழ்கின்றவர்பலர்ஆவர்.

சாலமன்பாப்பையாஉரை:
சுற்றத்தார்எல்லாரையும்ஒன்றுபோலவே
எண்ணாமல், அவரவர்தகுதிக்குஏற்ப
ஆட்சியாளன்உபசரிப்பான்என்றால்,
அச்சிறப்பைஎண்ணிஅவனைவிடாமல்
வாழும்சுற்றத்தார்பலராவர்.

கலைஞர்உரை:
அனைத்துமக்களும்சமம்எனினும்,
அவரவர்க்குரியஆற்றலுக்கேற்ப
அவர்களைப்பயன்படுத்திக்கொண்டால்,
அந்தஅரசைஅனைவரும்அரணாகச்சூழ்ந்துநிற்பர்

Couplet:
Where king regards not all alike, but each in his degree,
'Neath such discerning rule many dwell happily

English Explanation:
Many relatives will live near a king, when they observe
that he does not look on all alike, but that he looks
on each man according to his merit

Transliteration:
PodhunokkaanVendhanVarisaiyaaNokkin
AdhunokkiVaazhvaarPalar

Dr.Rajachidambaram
Prof. of General surgery

அல்லல்

அன்பு வைத்து அல்லற்படு.
அத்தனைக்கும் ஆசைபடு.
புல்லின் நுனியில்,
பூ விளிம்பில்,
கண்ணீர் சிந்திடும் கற்பனை காண்.
பாசத்திற்கு ஏங்கி பட்டினியாய்,
சுவாசம் நின்றிட வேண்டுதல் கொள்.
அழுகையின் ஒலியில் மனம் கசிந்து,
அமைதியில் அன்பு வைத்து அல்லற்படு..
விழிகளில் உதிரம்....

- தேவ் பிரசாத்
CRRI

கதவும் குமரியே!

என்னை விலக்கிப் பார்த்தால் அனைத்தும் வெளிச்சம்
என்னை தொட்டு செல்பவன் ஒரு பக்கம்,
உதைத்தெறிபவன் மறு பக்கம்
என்னை நோக்காவிடில், உன்
உழைப்பு அனைத்தும் கேலியாகிவிடும்
கோபம் அனைத்தும் என் மேல்,
ரகசியம் மற்றும் என்னுள்
என்னில் ஒரு திரைப் போதும்,
உன் முகத்திரை கிழிப்பதற்கு...
மதிப்பற்ற மனைவி போல்,
அறிமுகமற்ற திருடனும் தமக்கு எதிரி தான்.
கதவின் பூட்டும் பெண்ணின் ஏடும்
தேவையுற்ற வறயே!

Karthikeyan K
III MBBS

விடுதலை (Part 2)

திடீரென சைரன்(Siren) ஓசை வெளியே. காவலர்கள் குரல் ஒலிப்பெருக்கியில். தப்பியோடிய திருடர்கள் பார்த்து விக்கியழுத நெஞ்சில் ஓர நம்பிக்கை. அரை மயக்கத்தில் அலறிய என்முன் வாழ்வளித்த பெற்றோர் கண்டிட, மகிழ்வடைந்தேன் உயிர் பிழைத்தேன் என்று.
கசந்த அந்நினைவு கசிந்து என் நினைவில் வர, விழுங்கினேன் ஒரு துளி எச்சில்! மனதினைத் திசைத்திருப்பிட எண்ணி!!!
விரைந்தோடிய இதயத் துடிப்பை விவேகம் கொண்டு குறைக்க நினைத்தேன்.,
ஓடிய பேருந்தை விட்டு இறங்கி நடந்து செல்ல முடிவெடுத்தேன். கால் பதித்தேன் தரையில், காற்றின் சவாசம் தீண்டிட. தொடங்கினேன் என் நடைபயணம், நினைவுதந்த மனபயம் மறந்திட.
எழுதுகோலின் மறுமுனையில் எழில்மிகுந்த சொல் செதுக்கி, பழுதுகள்பல வரம் பெற்று பதர்களாய் வாழும் மனிதர் மனதில், துளிர்விடும் நல்லெண்ணந்தன்னை தூண்டுகோலாய் விதைப்பதையே, என்வாழ்வின் பிறவிப்பயன் என, எனை ஏமாற்றி தினம் வாழ்பவன் நான்.
கனவு கண்ட கண்களில்தினம், கண்ணீர் பெருக்கெடுத்து ஓட, வறுமைமுகம் மறக்க வாழ்வில், என்பெயரில் புத்தகம் வெளியிட, வாய்ப்புகள் தேடி அலைகின்றேன், வானெல்லை அடையும் ஆசையில்.
வழியறியா என்பயணம். வலிமுழுதாய் என்வாழ்வு. அழுது சோர்வடைந்த கண்கள். அமைதியின் நிழலில் என்மனம். அதில் உதித்த அந்நினைவு. அது ஏற்படுத்திய ஆயிரம் கேள்விகள். நடந்து சென்ற என் கால்கள், நடைபயணம் நிறுத்தினவோ, அருகில் என் செவிகளுள் பறவையின் கீச்சுக் குரல் கேட்டிட.
தலைதிருப்பி பார்த்தேன் நான, தாபம் ஏந்திய கிளியை. பறக்க ஆசை மிகுந்திருந்தும் பறவை சிறைக்கூண்டில். மனம் கலங்கிய அந்நொடியில், கருணை கண்களின் இடையில், மனம் உவமை போற்றியதோ, சிறைக்கூண்டில் கிளியினைப் பார்த்து!!
கிளியென நான். சிறைக்கூண்டாய் என்வாழ்வு. உயர்பறந்திட தடையாய் பூட்டு. உயிர் செழித்திட தடையாய் அச்சம். வானுயர்வு பறந்திடும் ஆசை. வானெல்லை அடைந்திடும் ஆசை.
முடிவெடுத்தேன் உடனே அக்கனம். திறந்தேன் சிறைக்கூண்டை முதலில். உயர பறக்க கண்டேன் என்கண்முன் கிளியை. உணர்ந்தேன் என் வாழ்வின் பாடம். கிடைத்தது விடுதலை. நானும் என் வாழ்வில் ஓர் கிளி.

- Dev Prasad, Jeyakeerthi
CRRI

சிகப்பு முத்துக்கள் (பாகம் - 2)

பலரின் கக்கரலிலும், சிகப்பு நிறம் சுழலும் விளக்குடன் அவரும் போலிஸ் வாகனமும், திருச்சி அரசு மருத்துவமனையே நரகம் என்ற எண்ணி ஒளிந்து கொண்டான் சூரியன்.

அப்போது பிரேதபரிசோதனை மையத்தில் கொலை செய்யப்பட்ட கவினின் உடலை மூத்த மருத்துவர் சுசீந்த்ரனும், உதவி மருத்துவர்கள் தமிழும், பார்கவியும் பரிசோதணை செய்துக் கொண்டிருந்தனர்.
அப்போது அங்கு நுழைந்த கமிஷ்னர் ஜாக்...
"ஹவ் ஆர் யு Dr?" என பதத்ததுடன் கேட்டார்.
"ஃபைன்" என்றார் Dr.சுசீந்த்ரன்.
"செத்துப்போன உட லை பத்தி சொல்லுங்க"
"சார் ஏற்கனவே நான் பரிசோதனை செய்த ரு உடல்கள் போல இதுவும் நெந்சில் காதலின் அடையாளமான இதயத்தைப் பதித்தும், மற்ற பகுதியில் ஊசியால் குத்தியும் பிளேடால் அறுத்தும் காயப்படுத்தாதப் பகுதியில் இதயத்தை மென்சன் செய்கிறான்"
"ஆனால் மற்ற ரு உடல்களும் முகங்கள் சிதைக்கப்படவில்லை. இதில் முகத்தின் மேல் தோலை உரித்து அவனின் அடையாளங்களை அழித்துள்ளான்."
அதை கேட்டு அதிர்ந்த கண் இமைள் கூட அசையவில்லை.

தொடரும்....

Good Roshan,
III year

மனதின் ஓசை

கையிலே நடனம் கற்றேனே,
ஜடை பிண்ண ஆரம்பித்ப் பொழுது
குட்டப் பாவாடையும் அழகு தானே,
ஏன் ஏசினாய் நான் அணிந்தப்போது...
கற்றதும் கற்பித்ததும் உன்னிடம் தான்,
காலையில் வேலை சோர்வில்லை என்று
மண் வாசம் வீச எழுந்தேனே
மணப்பெண் ஆவேனென்றாய்
மறுப்பெண் ஆகிவிடுவேனோ தாயே...
உனது மடியில் உறங்க ஆசை,
வாழ்நாள் முழுதும்.

உன்னைப் பார்க்க உன்னையே உதைத்தேனடி,
என்ன செய்ய, வெளிவர பத்து மாதமானதடி
உன்னை எப்படி அடையாளம் காண்பேன்,
எளிதாக்கினாய் எனது வேலையை...
எப்படி அறிந்தேன் தெரியுமா,
என்னைப் போலவே சத்தமின்றி உறங்கிக்
கொண்டிருந்தாய்
நான் வீச் வீச் என்று அழுதப் போதும்
அழகுப் பார்த்தாயே ஆண் மகன் ஆக்கி,
சொல்லவில்லையே அவன் தான்
எரிக்கொள்ளி என்று
கொலுசு சப்தம் கேட்டதும் ஒழிந்தேனே,
கண்டுபிடிக்கவில்லையே நீ,
மறந்தேன் எனது கொலுசை அணிந்திருப்பது

Karthikeyan K
III MBBS

SUPERSPECIALITY DEPARTMENTS

- Cardiology
- Neurology
- Nephrology
- Medical Gastroenterology
- Cardiothoracic Vascular surgery
- Neurosurgery
- Urology
- Plastic Surgery
- Paediatric surgery

DEPARTMENT OF MICROBIOLOGY

Answers to Cross word Puzzle:

#TOP TO BOTTOM#
1. Lyme
2. Pseudomonas
3. Typhoid fever
7. Nipah
8. Outbreak
14. Zoster
16. Rabies
19. T-cell

#BOTTOM TO TOP#
7. N95
9. ESKAPE
13. Joseph Lister
18. Dengue
20. Vaccine
21. Trench

#LEFT TO RIGHT#
5. PEP
7. Nosocomial
11. HAART
12. ETO
14. Zika
15. Gonorrhea
17. Cidex

#RIGHT TO LEFT#
2. Polio
4. RNTCP
6. MRSA
7. NSI
10. PCR
22. Leptospira

SRM KIDS CARNIVAL

HAVE A FUNTASTIC EVENTS.....

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