



SRI RAMACHANDRA

INSTITUTE OF HIGHER EDUCATION AND RESEARCH

(Category - I Deemed to be University) Porur, Chennai



Bridges

Newsletter of SRIHER (DU)



April 2025

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FROM THE EDITOR'S DESK

April, a month synonymous with transition brings with it both a sense of reflection and renewal. As the academic year draws to a close, it is also a time of celebration, gratitude and new beginnings for students and faculty alike. The campus, resplendent in the hues of summer, echoed with applause, proud tears, and the spirit of accomplishment as we celebrated one of the most important milestones in our institutional calendar – Convocation.

The 39th University Convocation, held on 25th April, was graced by Surgeon Vice Admiral Arti Sarin, Director General of the Armed Forces Medical Services, New Delhi, who addressed the gathering with an inspiring message on leadership, service, and the future of healthcare. The following day, Graduation Day for the constituent faculties was celebrated on 26th April, bringing together students from a spectrum of disciplines.

April also underscored our commitment to community health and outreach. The Rural Health and Training Centre, in collaboration with the Departments of Community Medicine (SRMC & RI), Community Health Nursing and Sri Ramachandra Dental College & Hospital (SRDC & H), observed World Health Day with a Multispecialty Health Camp at Vayalanallur village, offering preventive and curative services to the rural population.

In academic developments, the Department of Biochemistry (SRMC & RI) launched the inaugural Annual Biochemistry Revision Course – SRMC-BioARC, marking a step forward in strengthening conceptual foundations and examination preparedness for undergraduate medical students.

As we turn the page on this eventful month, Bridges once again seeks to chronicle and celebrate the moments, milestones, and mission-driven initiatives that define our institution.

Dr. V. Deepa Parvathi
Managing Editor

ALUMNI CORNER

Congratulations!



Dr. Deepa Ganesh (MBBS, 1996-2001), Sri Ramachandra Medical College & Research Institute (SRMC & RI), has been honoured with the 'Best Cosmetic Gynecologist Award' during Maruthuvam Magudam Awards 2025 organised by Indiaglitz and Vaanam talkies on 4th March.

The Dept. of Clinical Nutrition, SRIHER, organised an Alumni Webinar on 19th April on Academic honesty and integrity. Dr. Dhananjayan R., (M. Sc. Clinical Nutrition, 2011-2013) Joint Secretary, IDA Chennai Chapter & Adjunct Lecturer, Manipal Academy of Higher Education, Karnataka was the guest speaker.



Dr. Sudharshan Sriram S. (MBA, 2022-2024), Sri Ramachandra Faculty of Management Sciences (SRFMS), has been awarded the 'Pan India Best Performer Award' by ICICI Lombard General Insurance Company Limited, Coimbatore on 14th April.

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ALUMNI CORNER



Alumni Chapter of Sri Ramachandra Faculty of Occupational Therapy (SRFOT) organised a guest lecture on 'Primitive Reflexes and Sensory Processing: Rewiring the Developing Brain for Functional Success' on 29th April. Ms. Niveditha G. S. (BOT 2019 - 2023), Occupational Therapist, Medway Hospitals was the guest speaker. 100 UG and PG students attended.

Dept. of Clinical Nutrition, SRFAHS, organised Alumni Webinar series titled 'Academic Honesty and Integrity' on 19th April. Dt. Dhananjayan R. (M. Sc. Clinical Nutrition 2011-13) an educator at Lady Andal IB School, and Joint Secretary, IDA Chennai Chapter, Proprietor and Consultant Dietitian, Dial for a Diet, Chennai, Adjunct Lecturer, Manipal Academy of Higher Education, Manipal was the resource person. 250 participants attended.

39TH CONVOCATION AT SRIHER



The 39th University Convocation was held on 25th April. Surgeon Vice Admiral Arti Sarin, Director General, Armed Forces Medical Services, New Delhi was the chief guest. 40 gold medals were awarded to meritorious students. Hon. Chancellor Sri. V.R. Venkataachalam conferred the degrees on 637 students which included Ph.D., PG and UG graduates in medical, allied health, engineering and management disciplines. Pro-Chancellor Mr. R.V.Sengutuvan distributed the certificates.



Graduation Day for constituent faculty was held on 26th April to confer degrees across diverse disciplines including Dental, Pharmacy, Nursing, Physiotherapy, Audiology and Speech Language Pathology, Clinical Research, Allied Health Sciences, Biomedical Sciences and Technology, Sports and Exercise Sciences, Engineering and Technology and Management Sciences. Dr. A. Zameer Pasha, Chairman, Shanawaz Hospital, Tiruchirapalli was the chief guest. 304 graduates received their degrees.

HAPPENINGS



Dept. of Biochemistry, SRMC & RI, conducted first Annual Biochemistry Revision Course – SRMC-BioARC (Hybrid) from 9th to 11th April. The event featured lectures, case-based discussions, and hands-on workshops on clinical chemistry, molecular biology, quality control, and medical education. 80 PG students and experts from over 25 institutions nationwide attended.

The following delegates were the resource persons:

1. Dr. Jeyachandran C; Prof., & Head., Dept. of Biochemistry, PSGIMSR, Coimbatore.
2. Prof. Shabari Basu; Prof., Dept. of Biochemistry, JIPMER.
3. Dr. V.K. Ramadesikan; Sr. Consultant, Dept. of Clinical Biochemistry, Sundaram Medical Foundation.
4. Prof. Ranuka P; Prof., Dept. of Biochemistry, SRM Medical College Hospital & Research Centre.
5. Dr. K. Pramila; Director, Institute of Biochemistry, Madras Medical College.
6. Dr. Pavai Sthaneshwar; Assoc. Prof., Dept. of Pathology, University of Malaya, Malaysia.
7. Dr. Shanmugapriya C; Head, R&D, Kriya Medical Technologies, Chennai.
8. Prof. V.M. Vinodhini; Head, Dept. of Biochemistry, SRM Medical College Hospital & Research Centre.
9. Prof. Medha R; Prof., Dept. of Biochemistry, JIPMER.



Rural Health and Training Centre in collaboration with the Depts. of Community Medicine (SRMC & RI), Community Health Nursing and Sri Ramachandra Dental College and Hospital (SRDC&H) organised World Health Day and Multispecialty Camp at Vayalanallur on 4th April. Students of B.Sc. Nursing (Basic), provided comprehensive insights into empowerment of women & children and self-care. Faculty members from the Depts. of General Medicine, Orthopaedics, Ophthalmology, Dermatology, ENT, Pulmonology, Dentistry, Obstetrics & Gynecology, Surgery, Pediatrics and Nursing various services, including ECG, ECHO, X-ray, and blood tests. 506 individuals benefited, with 84 receiving ECGs, 74 underwent ECHO, and 193 blood tests were performed.



Dept. of Community Medicine, SRMC & RI, celebrated World Health Day on the theme 'Healthy Beginnings, Hopeful Future' on 7th April. Dr. T. Senthil Kumar, District Health Officer, Ranipet was the chief guest. Various competitions like essay writing, quiz and elocution were conducted for MBBS students. 100 students and faculty members participated.

HAPPENINGS



Dept. of Community Medicine, SRMC & RI, conducted a medical camp on 4th April at Cheshire Homes, Chennai. Health appraisal was conducted for the differently-abled. Medicines were distributed as per clinical diagnosis. 27 differently-abled people benefitted.



Dept. of Pharmacology, SRMC & RI, conducted the 'Vintage Vials Injection Techniques Workshop' as part of Optimus 2025, organised by II yr. MBBS students, a three day UG National Conference on 27th April 2025 for MBBS students. 100 MBBS students nationally participated.

Dept. of Pharmacology, SRMC & RI, conducted the 9th Annual Sri Ramachandra Pharmacology Insight and Rapid Review Course – ASPIRE 2025(Online) from 7th to 11th April. A book titled 'Comprehensive Drug Updates: A Handbook for Healthcare Professionals' was released. ASPIRE 2025 included symposia, panel discussions, and workshops, along with 'BLITZ', a conclave of concise presentations by PG students. Prof. Nirmala Rege, Prof. Emeritus, Dept. of Pharmacology & Therapeutics, Seth GS Medical College & KEM Hospital Parel, Mumbai, and Prof. of Pharmacology, Era's Lucknow Medical College, Lucknow along with Dr. R. Raveendran, Director, MGM Advanced Research Institute, Sri Balaji Vidyapeeth and Former Prof., JIPMER, Pondicherry were the chief guests. 240 MD Pharmacology students across the nation participated.



Dept. of Pharmacology, SRMC & RI, hosted the Carnival' 25, an innovative competition for II yr. BDS students, on 19th April. The events were titled PharmAmuse and ToothTrivia. Skits, videos and games including clot buster, hypertensive pong and artificial intelligence-based activities were part of the event. 100 BDS students participated.

Dept. of Cardiology, SRMC & RI conducted a guest lecture online on 'Advances in Prosthetic Heart Valve Engineering and Cardiovascular Biomechanics' on 25th April. Dr. Lakshmi Prasad Dasi, Professor, Biomedical Engg., Georgia Institute of Technology, USA was the guest speaker. The session highlighted the latest developments in heart valve biomechanics, transcatheter valve engineering, and turbulent blood flow. 16 students and faculty members attended.

HAPPENINGS



Dept. of Cardiology, SRMC & RI, conducted 'The Interventional Simulation Programme' on 20th April, focusing on enhancing technical skills and procedural confidence in interventional cardiology. The training included modules on coronary angioplasty, vascular access, device handling, and complication management using high-fidelity simulators. 37 PG students and faculty members participated.



Dept. of Cardiac Technology, SRMC & RI, conducted RCT-CON 2025 on 19th April. The event focused on two major areas: ECG interpretation and the basics of cath-lab procedures. 650 students and faculty members from SRIHER and 23 colleges from all over India participated.

Dept. of Surgery, SRMC & RI, organised a Basic Life Support (BLS) training session for the CRRI General Surgery batch on 22nd April. 35 students participated.



Dept. of Pediatric Urology, SRMC & RI, conducted a virtual reality workshop PURE- Paediatric Urology Ramachandra Education Live Workshop on 19th April. The event included two panel discussions and demonstration of five live surgeries including lap pyeloplasty, lap heminephrectomy, STING, Byars first stage hypospadias and onlay hypospadias repair. 60 delegates from various states of India participated.

SRIHER Centre for Professional Development – Virtual Reality Lab conducted 'MEDVERSE' workshop for the MBBS students as part of their medical conference OPTIMUS between 27th and 29th April. 150 MBBS students participated.

HAPPENINGS



Centre for Professional Development – Virtual Reality Lab, organised an e-Poster competition on Virtual Reality applications with the theme 'VR Reality – VR (We) are in Reality', as part of the celebrations of Science Week on 15th April. 11 students participated.

Dept. of Pharmacognosy, Sri Ramachandra Faculty of Pharmacy (SRFoP), organised a National webinar on 'Plant Metabolomic Studies: A Versatile Tool for Standardization of Herbal Medicines' on 5th April. Dr. Galvina Ritesh Pereria, Asst. Prof., Institute of Chemical Technology, Mumbai, was the guest speaker. 162 students and faculty members attended.



Dept. of Pharmacognosy, SRFoP, organised a lecture on 'Metabolomics in Herbal Drug Research: Unlocking the Chemical Fingerprint of Nature' on 30th April. Dr. R. Sundaram, Chief Scientific Officer, INGEX Lab Pvt. Ltd., Bengaluru was the resource person. 67 PG students and faculty members participated.

Dept. of Pharmaceutics, SRFoP, on the occasion of World IPR Day 2025, organised 'Treasure Hunt 2025' on 28th April. 18 students participated.



Vidya Sudha in association with Karthikeyan Child Development Unit (KCDU) and Dept. of Social Work, Sri Ramachandra Faculty of Behavioural and Social Sciences, (SRFBSS) observed World Autism Awareness Day (WAAD) on 2nd April. The event included a human chain campaign and display of autism logo through rangoli. 184 participants including children from Vidya Sudha, parents, faculty members and students of MSW participated. Vidya Sudha, also released a documentary on the occasion.

HAPPENINGS



Karthikeyan Child Development Unit (KCDU), Vidyasudha, and other constituent departments (Speech Language Therapy, Occupational Therapy, Physiotherapy, Clinical Psychology, Ophthalmology & Physiotherapy) of SRIHER collaboratively observed 'World Autism Awareness Day' on 2nd April to promote acceptance, celebrate neurodiversity, and enhance awareness about autism spectrum conditions. The following activities were conducted:

1. Display of awareness posters related to myths and facts about autism at various locations on campus, such as swiping areas, library, canteens, etc.
2. Information Desk was set up at the Medical Centre and Hospital, by student volunteers who engaged with the public and distributed approximately 200 bilingual handouts (in Tamil and English) containing practical information on autism, early developmental signs, available diagnostic services, and intervention options.
3. Dress Code Observance: To remain in solidarity with the global movement and visually represent support for the cause, participating faculty, students, and volunteers across departments followed a blue-themed dress code.



Dept. of Biotechnology, Sri Ramachandra Faculty of Biomedical Sciences and Technology (SRFBST), organised 'Meet the Experts: Discover Graduate Studies in Pharmacology at NUS' on 16th April. Prof. Gautam Sethi, Principal Investigator, M.Sc. Capstone Coordinator; Dr. Rajkumar Ramamoorthy, Sr. Lecturer, M.Sc. Course Coordinator and Dr. Nurulhuda Mustafa, Dy. Director, M.Sc. Medical Pharmacology from National University of Singapore (NUS) were the resource persons. 100 participants, including students and professionals attended.

Dept. of Human Genetics, SRFBST, celebrated 'National DNA Day' on 25th April. A workshop on qPCR and competitions, including essay and slogan contests, on the theme 'Unlocking the Genome: The Power of AI' and the overarching theme 'Let's Celebrate the Blueprint of Life' was organised. 20 participants from various institutions attended.

HAPPENINGS



Dept. of Mind Body Medicine & Lifestyle Sciences, SRFBSS, as part of the World Oral Health Day observance, organised an awareness programme 'Bright Smiles & Brighter Minds' at the Sri Ramachandra Dental College on 1st April. The programme focused on the importance of maintaining oral hygiene and its connection to overall well-being and cognitive health. 80 students and interns participated.



Dept. of Mind Body Medicine & Lifestyle Sciences, SRFBSS, conducted a wellness outreach session at *Athulya Senior Care* on 7th April. The session focussed on holistic well-being for the elderly. 40 elderly benefitted.



Dept. of Mind Body Medicine and Lifestyle Sciences, SRFBSS, organised 'Yoga for Long Standing Nurses' to help nurses overcome the fatigue they experience as part of their work routine on 28th April. 30 nurses participated.

Dept. of Neurological Physiotherapy, Sri Ramachandra Faculty of Physiotherapy, organised a webinar on 'Parkinson's Disease – Update on Multidisciplinary Approach' on 17th April. The programme aimed to provide insights on the various management approaches of Parkinson's Disease. The resource persons included Dr. Porrselvi A.P., Clinical Psychologist, Founder and Clinical Lead, Unified Brain Health Care; Dr. Riya Shah & Dr Anjum Tadvi – Community Physiotherapist, Parkinson's Disease and Movement Disorder Society (PDMDs), Mumbai and Mr. Gnanaoli Ravichandran, Neuro physiotherapist, Unified Brain Health Care, who spoke on cognitive and community based rehabilitation. 54 students from Tamilnadu participated.



Dept. of Community Health Nursing, Sri Ramachandra faculty of Nursing (SRFoN) organised an awareness programme on 17th April titled 'Quick Health Sparks: Read. Recall. React.' to commemorate World Health Day. The event aimed at promoting healthy eating habits. 12 students of nursing participated. 50 members from the general public attended.

HAPPENINGS



Dept. of Medical Surgical Nursing, SRFON, along with Dept. of Nephrology, SRMC & RI, organised an event on the theme 'Are Your Kidneys, Okay? Detect Early, Protect Kidney Health' on 13th April, to celebrate World Kidney Day. A multitude of competitions such as poster presentation, cooking, poetry etc. were organised. 160 members of the public and 110 students participated.



Dept. of Nursing Foundation, SRFoN conducted the World Day for Safety and Health at Work programme on 28th April aiming to raise global awareness about the importance of ensuring health workers' safety and its connection to patient safety, primarily advocating for patients' rights to effective, safe, and quality care. 115 nurses and eight faculty members participated.




Dept. of General Surgery and Nursing, SRMC & RI organised a CNE titled 'Unlocking GI Expertise: The Nurse's Guide to Mastering the Upper GI' on 16th & 17th April, fostering a collaborative learning environment to enhance clinical knowledge and skills related to upper gastrointestinal conditions. 50 nurses attended.



Sri Ramachandra Nursing Service, SRMC & RI, conducted an in-house Continued Nursing Education (CNE) programme themed 'Cardiac Care – The Next Beat' on 23rd April with sessions by 10 expert faculty members. 150 nurses participated.

HAPPENINGS

SRFOT organised the following events to commemorate Autism Awareness Day:

Date	Description of the event	Photo
19 th April	Parental education programme on 'Nutritional Guidance for Autism and Empowering Parents: Occupational Therapy Strategies to support Children with Autism at Home'. The programme focussed on exploring the sensory experiences for parents. 45 parents benefitted.	
5 th April	Awareness programme including mime and flashmob at Kathipara Urban Square. The event witnessed performances to spread awareness. 60 students participated and 100 people benefitted.	
2 nd April	Awareness programme including mime and flash-mob at Dr. M. S. Swaminathan Wetland Park. It was an interactive public outreach programme through art. 120 students participated.	
2 nd April	Awareness mime programme highlighting inclusion of autism. 35 students and 70 public participated.	
1 st April to 30 th April	Distribution of Autism awareness brochures and wristbands to the public for encouraging understanding and solidarity.	
1 st April to 30 th April	30-Day Quiz Challenge on Social Media which was a month-long interactive campaign to educate and engage online audiences.	

HAPPENINGS



Sri Ramachandra Faculty of Management Sciences (SRFMS) along with the Dept. of Quality, SRMC, organised an in-House training programme on NABH 6th edition hospital accreditation standards on 7th and 8th April for students from MBA. The programme highlighted the methods to achieve excellence through implementing the NABH standards. 60 students attended.

SRFMS organised a one-day workshop on 'Data Analysis using JAMOV' on 4th April. 114 students, scholars and faculty members participated.



Dept. of Clinical Nutrition, Sri Ramachandra Faculty of Allied Health Sciences (SRFAHS) organised an industrial visit for 36 PG students to Central Food Technology Research Institute (CFTRI), Mysuru, Karnataka. Dr. Ramesh Kumar Parigi, Sr. Principal Scientist, Dept. of Technology Transfer, CSIR-CFTRI; Dr. Chetana Ramakrishna, Principal Technical Officer, Dept. of Traditional Food and Sensory Science; Dr. Prakash M. Halami, Head, Dept. Microbiology & Fermentation Technology, CSIR-CFTRI oriented the students about the products and processes.



Dept. of Optometry, SRFAHS, organised an industrial visit for 42 UG students to the National Institute for the Empowerment of persons with Visual Disabilities (NIEPVD) on 8th April.

HAPPENINGS

Dept. of Optometry, SRFAHS, organised a special event on 4th April to commemorate World Optometry Day and one-year completion of sub specialty services. Titan Eye Plus launched its innovative myopia control spectacle lens, Myoslo, during the event, highlighting advancements in specialty eye care. The programme featured 'An introduction to Myoslo' by Ms. Preksha Joshi, Product Manager at Titan Eye Plus and a video presentation on optometry sub-specialties. 100 Ophthalmology consultants, faculty members, and students participated.



Dept. of Trauma Care Management, SRFAHS, organised an AHA-certified Basic Life Support (BLS) and First Aid Management session for the Tamil Nadu Cricket Association on 1st April. The session focused on imparting American Heart Association (AHA) guidelines for Basic Life Support along with practical skills in bleeding control, trauma patient handling, spinal immobilization, log roll technique, lifting and moving techniques, and first aid for common emergencies. 20 players participated.

Mr. Thamaraiselvan E., II yr. M.Sc. Trauma Care Management, SRFAHS, secured II prize in the Debate competition 'AURA on the topic of Women Empowerment under the theme 'Equality is Empowerment' organised by the Rotaract Club of KGG College on 6th April at Montfort School, Chennai.



Dept. of Trauma Care Management, SRFAHS, organised an intravenous simulation class for students of B.Sc. Trauma Care Management. The simulation-based session was conducted with support from an external simulation training team on 23rd April. The session aimed to enhance students' practical skills in intravenous access and fluid therapy management. 42 students participated.

Dept. of Trauma Care Management, SRFAHS, organised STEPS National Webinar Series #35 on Toxicological Emergencies Part II on 23rd April. Ms. Phebe Ann George, Emergency Paramedic at Christian Medical College Hospital, Vellore and Ms. Pooja Priyanka, Sr. Tutor, SRM Institute of Medical Sciences (SIMS) were the resource persons. 170 participants from SRIHER and other institutes attended.

HAPPENINGS



Sri Chandrasekara Trust funded cochlear implant accessories to Sri Ramachandra Hospital on 28th April. The fund is utilised for three children with hearing loss who are availing aural rehabilitation services at Sri Ramachandra Faculty of Audiology and Speech Language Pathology (SRFASLP).

SRFASLP organised Euphonics Voice Culturals on the theme 'Empower Your Voice' on 16th April to commemorate World Voice Day. The event promoted vocal wellness and featured a mix of fun-filled games and hands-on sessions, including charades and connections, which creatively explored vocal use and expression. A quiz competition tested participants' knowledge on voice anatomy, disorders, and therapeutic techniques, while live demonstrations of voice therapy approaches offered valuable insights into clinical practice. 68 students and faculty members of FASLP participated.

SRFASLP organised a session on 'Power pause: Reboot your mind' by the student counsellor on 23rd April, as part of Wednesdays@SRFASLP. The programme served as a guidance for students to understand and manage exam-related stress. It introduced different learner types and study styles, offering tailored strategies such as visual aids, audio methods, and time management tools. Emphasis was placed on self-awareness, emotional resilience, and grounding techniques like deep breathing and affirmations and different group activities. 31 students and faculty members attended.



Mr. Kamal Sharma, Full-time PhD research scholar, Sri Ramachandra Faculty of Audiology and Speech Language Pathology won 2nd prize and a cash reward for an oral presentation titled 'Augmentative and Alternative Communication (AAC) adoption in India: Perspectives from paediatric rehabilitation professionals' at the 2nd National Conference on Paediatric Neurodiversity organised by Hamsa Rehab Centre (HANACON-2025), on 5th April in Chennai.

Ms. Radhika. C. M., Asst. Prof., Sri Ramachandra Faculty of Physiotherapy was awarded first prize for the poster presentation in a competition held at Indian Federation of Neurological Rehabilitation conference at Ludhiana, Punjab from 27th – 29th March.



The SRIHER Academic Counselor Conclave was conducted on 23rd April, bringing together 45 career guidance counselors, representing 27 schools to explore the academic and infrastructural offerings of SRIHER (DU) and provide insights into the various programmes offered by the university.

STUDENTS COUNCIL ACTIVITIES



MedHope Club of SRIHER on 3rd April, conducted the VI edition of SPARK (Supporting Progress and Resilience in Kids), an initiative designed to bridge the learning gaps faced by young cancer warriors during prolonged treatments. The event engaged eight children in interactive sessions tailored to their age groups.



The English Literary Club in collaboration with Tamil Club of SRIHER organised 'Verse and Vazhi' on 24th April. 10 participants displayed linguistic skills, showing their ability to switch between Tamil and English with spontaneity and creativity.

The Music Club of SRIHER in association with Rotaract Club organised 'Mandala Pooja' on 2nd April, where the members of the music club conveyed the divinity of God through their songs.



Photography Club of SRIHER organised 'SRIHER Photowalk' on 28th April, to showcase the creativity and beauty of photography by clicking photographs around SRIHER campus.

STUDENTS COUNCIL ACTIVITIES

Medical Quiz Club of SRIHER in collaboration with the Dept. of Endocrinology, SRMC & RI, organised 'Pandora Box 2.0' an online national-level quiz on 3rd April to promote Optimus'25, the flagship UG medical conference of SRMC & RI. 160 teams from various states of India participated.



Student Council of SRIHER organised 'Sangham' on 10th April to celebrate the New Year. Various clubs set up interactive stalls with engaging games and activities. The event also showcased budding talents through stalls by student entrepreneur clubs and a rangoli competition.

SPORTS' CORNER



The prize distribution of the 12th Sheik Trophy Cricket Tournament 2k25 was held on 11th April.



The Intra Dental Sports & Scientific Extravaganza 'MAFIESTA'25 was inaugurated on 30th April by Mr. Arvind N., International Medalist in Swimming and Dr. Mani Bharathi M. Cricketer, National doctors league player, alumni SRDC & H.

SPORTS' CORNER



The First SRIHER Cheetahz Kho Kho Tournament 2025 was conducted and prizes distributed on 11th April.

NSS ACTIVITIES



Eco Park Cleanliness Drive

NSS SRIHER and Environmentalist Foundation of India jointly organised Eco park Cleanliness drive programme at Kanagam Eco park at Annanagar West on 8th April. 10 volunteers from Unit IV and V participated in the event. 25 Kg of plastics and weeds were removed.



Multi Speciality Medical camp

NSS SRIHER along with Rotary Club of Madras Metro organised Multi- specialty medical camp at Hope Public Charitable Trust Annambedu village for villagers and women brick kiln workers on 9th April. General medicine, Dental, Ophthalmology, Dermatology and Cardiology specialty services were provided. Health education was provided by five NSS volunteers. Health mix was distributed to the beneficiaries. 160 people benefitted.



NSS ACTIVITIES



Vasantham Special School Visit

NSS SRIHER Unit IV organised a special visit to Vasantham Residential Special School for individuals with Intellectual and Developmental Disorders, on 17th April. 12 NSS volunteers actively interacted with the children, offering them a variety of educational and recreational materials including storybooks, colour pencils, flashcards, and puzzles.



Awareness programme on health hygiene

NSS SRIHER Unit III and Green Friends Organisation Club of SRIHER jointly hosted 'Project I.M.P.A.C.T: Her Health, Our Priority – Menstrual Hygiene Awareness' at Karalapakkam village on 18th April. 10 NSS volunteers participated. Health education session was provided by NSS volunteers. Awareness talks were conducted on Health and Hygiene, Nutrition, Physical Fitness and Hygiene practices. 40 members benefitted.



Multi-Specialty medical camp Poonamallee-IPH

NSS SRIHER Unit VI organised a Multi-Specialty medical camp at Poonamallee Institute of Public Health for staff nurses on 21st April. 24 NSS volunteers participated. General Medicine, Dental, Obstetrics and Gynaecology and Cardiology specialty services were provided. 81 staff nurses were screened. Health education was provided by NSS volunteers.



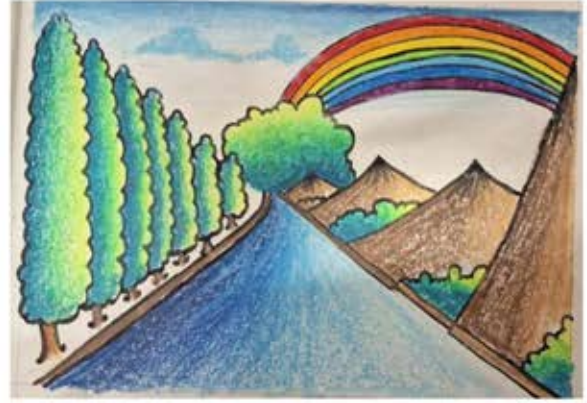
Inauguration of children park

NSS SRIHER and Data Patterns (India) Ltd. jointly inaugurated the Children's Park at Ayilchery Village on 24th April. This project was sponsored by Data Patterns (India) Ltd. and coordinated by NSS, SRIHER. 30 shade-giving saplings were planted in the play area.

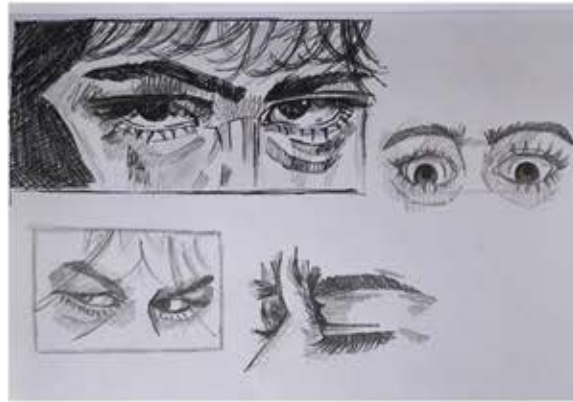
READERS' CORNER



Mr. Deva S.
Graphic Designer, SRFAHS
Centre for Distance and Online Education (CDOE)



Ms. Supriya S.
III yr., B. Pharm.



Ms. Varada Nambiar
III yr. BOT

Ending plastic pollution

The ocean sings a mournful tune,
Beneath the sky, beneath the moon.
Waves once clear now dark and deep,
Holding secrets they can't keep.

Plastic drifts where fish once swam;
A careless touch, a heavy hand.
Forests sigh with whispered grief,
Trapped in nets of human need.

But change begins with one small spark,
A hopeful heart, a mindful start.
Refuse, reduce, rethink, repair,
A cleaner world needs love and care.

Let's rise as one, stand tall and strong,
Heal the Earth, it won't take long.
A world reborn, fresh and free,
Starts today with you and me.

Ms. Parveen A.
Junior Staff Nurse,
SRMC & RI

செயலை துரிதப்படுத்து

நொடிகள் கூடி கூடி வருடங்களாக நகர்கின்றன
காத்திருக்கின்றேன், காலம் கடந்தன
சமத்துவம், பாலினம் கருதாமல் சமமாய் கிடைத்திட
பெண்கள் தன் கருத்தையும் உணர்வுகளையும் அச்சமின்றி கூறிட
அணியும் ஆடைகளின் சமூக பாரத்தின் சுமை நீங்கிட
பெண்களை மனிதர்களாக புரிந்திட
பெண்களின் மகிமை, ஜகமே உணர்ந்திட
பெண்ணியம், வாழ்வின் வழிமுறையாகிட
வெகுகாலம் காத்திருக்கின்றேன் இன்றுவரை
காலத்திற்கு இனைய மாற்றங்கள் விரைவாய் நடக்கும்வரை.

Mr. Jhyothik K.K.
IV yr. BPT