



SRI RAMACHANDRA

INSTITUTE OF HIGHER EDUCATION AND RESEARCH

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



GLIMPSES

A Bi-annual Newsletter from
Sri Ramachandra Faculty of
Allied Health Sciences

January – June 2023
Issue 1

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GRADUATION DAY

for graduates of
Sri Ramachandra Faculty of Allied Health
Sciences



35th Graduation Day Ceremony of Sri Ramachandra Faculty of Allied Health Sciences

Contents

Events	1
Announcements	11
Masters' Voice	13
Students' Trumpet	21
Trail Marks	28
NSS, NCC and Club News	30
General Section	31
Kaleidos	34



Dr. K.V. SOMASUNDARAM

PROFESSOR OF EMINENCE & ADVISOR (ACADEMIC)

MESSAGE

We are already mastering knowledge acquiring from massive amounts of information, culling storing, recalling reproducing etc. This effort of yours is quality important sharing among ourselves. As we are realizing any media is today driven by content than by style. So also your movement will enrich all, givers and receivers very laudable. Wish you happiness in your endeavor.

A handwritten signature in blue ink, appearing to read 'K. Somasundaram'.

Dr. K.V. Somasundaram



A trip down my AHS memory lane

January 1988 when I packed my bags and left USA after a great career as a general surgeon for nearly 20 years, I landed at Sri Ramachandra Medical College I least expected that besides serving as a General Surgeon I will be playing a major role in developing the institute. This was the time when the medical profession had faced major challenges of HIV AID. Visiting hospitals around I was very much disturbed to see that most employees and technicians were not aware of the possibilities of getting infected. Most technicians learnt their jobs while at work and many have not received any formal training. They were not inclined to formally learn newer fast developing technology. Their basic high school education were not adequate to adopt to newer developments and techniques in the fields they were serving. Besides this was the time when Medical Technology was rapidly growing with newer equipments like CT scan, MRI, PET scan and several advances in laboratory and other technologies as well. How do we change the scenario was my thought? Mentally I conceived of a special graduate program in the field of Allied Health Technology and was very eager to start it for the first time in India. But then starting a B.Sc program can be done only in Universities. With a lot of enthusiasm, I met a couple of Vice Chancellors in State universities and discussed my proposal. I was greeted and encouraged by them and they assured they will try to introduce the program I suggested. Years rolled on and there was no one who was able to take this forward. When SRMC applied for Deemed University status there was a team of inspectors of eminence who visited SRMC to assess our eligibility to become a Deemed University. At the end of the strenuous inspection the inspectors met the administrators for a final meeting. The UGC chief asked one question, "What is it you are going to do as a Deemed University that you cannot do now as a college?" As the then Director of Medical admin, I answered the question. "Sir! I have a few courses in my mind that I our country needs particularly in the medical field. I have a detailed plan of action including a well-balanced curriculum to start a programme in Allied Health Science. This means we will get very well educated and trained graduates to provide high level technological. support to physicians and surgeons in the fields of perfusion science, Respiratory therapy, Dialysis technology, Clinical lab technology to name a few. We can do this and many more innovative career-oriented courses to strengthen our services." Shortly after I spoke, the chairman raised up and said Yes! we are very happy to hear this. This is what we expect Universities to do. Almost I felt that we will be recognized.

In a short period, we received the information that we are eligible to become a Deemed University. It only took a few months before we created well-structured course of learning and hands on training in the field of Allied Health Sciences Technology. We started with sixty students and in the last 25 years this 4 year B.Sc., AHS (Hons) has become so very popular that many of our alumni are not only working in Indian hospitals but in many parts of the globe. Quite a few have pursued advance studies abroad also. More than anything else we have inspired a few more universities to initiate the programme and have utilized our alumni to be leading the task. Needless to state that the programme is fulfilling huge needs in India. Today we have close to 15 branches in Allied Health Sciences. Starting something good and working towards its improvement is one thing. To sustain the quality standards to meet the global needs require very close monitoring by our leaders. We must develop an excellent infrastructure with training equipments and simulation stations along with a team of superb faculty and chairperson to steer the progressive growth. As the Director International Relations, I meet with quite a few in other countries and always delighted to hear their appreciation for the course and the graduates we turn out. It is my great pleasure to keep serving this effort and in doing so, I gratefully appreciate the enormous responsibilities undertaken by our faculty and our students of AHS who have done extremely well while here in our institution and also as they pursue their career.

Dr. T.K. PARTHASARATHY, AB, FRCS(C), FACS
Professor of Eminence
Director-International Relations



Dear Colleagues

I am delighted to welcome the first issue of the Allied Health Sciences Newsletter, 'Glimpses.' I take immense pride in penning down this foreword message for this collective work from our diverse health science disciplines. I congratulate the entire team and I extend my blessings for their fruitful endeavour. I sincerely appreciate all the contributors for their inspiring efforts. I encourage each one of you to continue and embrace this opportunity to share your success stories through this open dialogue to make an impact among healthcare society. Let your passion and commitment to excellence continue to inspire many.

With best regards
Dr. K. Balaji Singh,
Dean (SRMC & RI).



Dear Readers

I am very much delighted that Sri Ramachandra Faculty of Allied Health Sciences is bringing out a News Letter. I hope the News Letter will be very informative and useful to the Students, Alumni and Faculty members. My Hearty Congratulations to the entire team for bringing out this News Letter. My prayers and best wishes for the success of the News Letter.

Regards

A handwritten signature in blue ink, appearing to read 'S. Senthil Kumar'.

Dr. S. SENTHIL KUMAR
Additional Registrar

From Principal's Desk



Dear Readers,

It is a great pleasure to share this newsletter to our esteemed readers. Sri Ramachandra Faculty of Allied Health Sciences, feels proud and happy to record the achievements of students and staff members. As a part of dynamic Sri Ramachandra family, FOAHS has grown leaps and bounds. Currently the faculty offers twelve undergraduate, twenty postgraduate and Ph.D programmes. This newsletter captures the important events happened in the first of this year 2023. Happening from the departments of clinical nutrition, clinical psychology, emergency and trauma care technology, mind body and lifestyle, optometry, and divisions of allied health sciences. Our editorial team has put in great effort to bring this first newsletter “Glimpses” on time. Documenting and sharing the happenings will strengthen the bond among the stakeholders. With this thought, our faculty envisaged this newsletter. Sri Ramachandra Faculty of Allied Health Sciences ever remains grateful to the management and officials of our deemed to university for their vision, guidance, and encouragement in the growth of the faculty. I congratulate the editorial team for bringing out this maiden issue and I am sure that the readers will be able to appreciate the activities of our faculty.

Dr. NARASIMMAN SWAMINATHAN,
Principal, SRFAHS

Editorial Message



Dear Valued Readers,

We are delighted to present the first edition of our Faculty of Allied Health Sciences newsletter. It is a testament to the unwavering dedication of our faculty, staff, and students in pushing the boundaries of academic and personal growth. Within these pages, you'll find inspiring stories of meticulous planned departmental events that consistently pushed the boundaries of academic and personal growth. It also showcases moments of pride and celebration, remarkable achievements of faculty members and students. Together, we embrace excellence and look forward to a bright future of continued success.

Happy reading!

Dr. Cynthia Milton
Editor-in-chief
Glimpses - SRFAHS Newsletter

35th Graduation Day Ceremony



The 35th Graduation Day ceremony of Sri Ramachandra Faculty of Allied Health Sciences along with Sri Ramachandra Faculty of Public Health, Sri Ramachandra Faculty of Clinical Research and Sri Ramachandra Faculty of Engineering and Technology was held on 13th of April 2023. The ceremony was presided over by Thiru. Gagadnweep Singh Bedi, I.A.S., Principal Secretary/Commissioner, Greater Chennai Corporation, Government of Tamil Nadu and awarded degrees to the 476 graduands from 23 Allied Health Sciences programmes in the presence of Thiru. Venkatachallam, Chancellor and Dr. Uma Sekar, Vice-Chancellor, Officials of the University, and the parents.

Respiratory Care CME



The Department of Respiratory Medicine, Division of Respiratory Care organized a CME and workshop on Respiratory care therapeutics focusing on Mechanical Ventilation, Pulmonary Rehabilitation, Sleep study, NIV, Neonatal ventilation, Oscillometry and Diffusion strategies on 3rd of June, 2023. Around 200 students of Respiratory Therapy and several Respiratory Therapists across the nation participated. Ms. Mekala.G, Tutor was the organising secretary and Ms. Mangalaselvi.R, Lecturer, was the organising joint secretary

RAPCON



The Department of Perfusion Technology under Faculty of Allied Health Sciences organized a Ramachandra Advanced Perfusion Conference (RAPCON) with a pre-conference workshop on 9th and 10th of December 2023. More than 350 graduates of perfusion technology attended.



In view of Pediatric Surgery Awareness Week, a CME was conducted on 'Childhood x`incontinence' from 5th to 10th of June, 2023. Around 40 participants attended the program. Awareness was created among the general public about urinary and fecal incontinence in children at G Block Pediatric Surgery OPD

World Kidney Day Celebration

The Department of Renal and Dialysis Technology celebrated World Kidney Day, on 12th of March 2023. More than 60 participated in the event held at G block 4th floor. A walkathon was also organised at Besant Nagar Beach on 12th of March 2023. More than 100 participants participated.



Geriatric Care Technology External Training



The students of the semester VIII, B.Sc (AHS) Geriatric Care Technology underwent external internship postings with the following listed private organizations: Gericare Hospital, T.Nagar, Chennai, Help Age India, Kilpauk, Chennai, Dignity Foundation (Dementia Day Care Centre), Anna Nagar, Chennai, Athulya Assisted Living, Ashok Nagar, Chennai, Portea Health Care, Chennai, Demcare (Dementia Care), Anna Nagar, Chennai, Rmd Pain & Palliative Care Centre, T.Nagar, Chennai, Nightingales Medical Trust, Bengaluru and Vellore Geriatric Care, Vellore, Tamil Nadu. The students of B.Sc (AHS) Geriatric Care Technology visited the Dept. of Geriatric Medicine at Madras Medical College & Govt. General Hospital as a part of their observational visit on 15th May 2023.

RITE 2023



The Department of Radiology and Imaging Sciences organized 'RITE 2023' a workshop cum Conference on 18th & 19th of March 2023. Dr. P M Venkata Sai, Professor and Senior Consultant of the Department of Radiology addressed the delegates. Various events like quiz, museum was organised in view of the event. More than 900 students, technologists and faculties from various institutions participated. Prof. S. Panneerselvam, Associate Professor, Department of Radiology gave a lecture on the topic, 'Fusion imaging.' Dr. Sudha Pattan, Associate Professor of Medical Physics and Radiation Safety Officer, Department of Radiology gave a lecture on 'AERB safety regulations for diagnostic radiology'.



Mrs. Sheila Elangovan, Associate professor, Department of Radiology gave a lecture on the topic 'MR Spectroscopy' and Mr. S. Thulasi Dass, Assistant Professor, Department of Radiology gave a lecture on the topic 'Complementary imaging in PET CT'.

Medical Internship Training on Yoga



The Department of Allied Health Sciences provided training on 'Traditional Medicine System of Yoga' during the Clinical Rotation Medical Internship (CRMI) starting from 3rd of April 2022 to 3rd of April 2023. 250 MBBS (2018 batch) students benefited.

Disability Screening Camp

In lieu of the International Day of Persons with Disabilities, the Department of Clinical Psychology organized a one-day awareness program on learning disabilities on the theme of 'Transformative solutions for inclusive development: the role of innovation in fueling an accessible and equitable world' in December 2022. A team of faculties, trainees, and students of Clinical Psychology visited LCKVS Govt. High School, Kattupakkam, Chennai and conducted an awareness program for the teachers. Following which a screening camp for the students for issues such as IQ, learning, behavioural and emotional problems was carried out. Around 23 students at risk for LD, behavioural problems and emotional problems were identified and recommended to visit the department of Clinical Psychology for further assessments and management.



Workshop on Rorschach



The Department of Clinical Psychology organized a two-day workshop on the Rorschach Inkblot Test for the M.Phil. Scholars between 28th of February 2023 and 1st of March 2023. The workshop was coordinated by Mr. Azhagannan K, Assistant Professor, Department of Clinical Psychology. The resource person for the workshop was Dr. Thamilselvan. P., Assistant Professor, PSG College of Arts and Sciences. The workshop involved explanation of intricacies of the Rorschach Inkblot Test, administration, and scoring.

World Down Syndrome Day 'With Us, Not for Us'



The World Down Syndrome Day was observed on 21st of March 2023 with the theme 'With Us, Not for Us'. The department of Clinical Psychology conducted a quiz competition and seminars. Around 40 students from the department of clinical psychology participated in a lively quiz competition and won prizes. Dr. Surekha Ramachandran, Founder, Down's Syndrome Federation of India was the Keynote speaker. She spoke on inclusivity, awareness, and empathy towards those who are affected by Down's Syndrome. The other speakers included Dr. Neeradha Chandramohan, Professor and Head, Department of Clinical Psychology, Dr. Sridhar, Head, Department of Psychiatry and Dr. Solomon Paul, Professor & Head, Department of Human Genetics.

World Autism Day



Karthikeyan Child Development Unit, SRMC in collaboration with Clinical Psychology and other departments observed the World Autism Awareness Day on 1st of April, 2023 through a range of activities. Display of awareness posters related to myths and facts about autism at various locations on campus and distribution of stickers regarding autism awareness to all employees were carried out. The students of clinical psychology actively participated in the human chain to create an awareness of autism among the public. Eighty-six posters and 10 reels were displayed for public view at the Medical Centre lobby. Prizes were awarded to the first three best posters and reels.



Prizes were awarded to the first three best posters and reels.

Vidyasudha -Summer Camp

Many departments under SRFAHS extended their support by handling sessions in 'SNACK', the summer camp organised by Vidyasudha, Sri Ramachandra Learning Centre for Children with Special Needs. The details as follows:



The Department of clinical psychology conducted two sessions, 'Social Conduct and Turn Taking' and 'Gender Sensitization and Good Touch-Bad Touch' on 15th and 16th of May 2023. The activities were facilitated by M. Phil scholars, Mrs Kavya Kollody and Ms Shruthi Ravichandran, under the supervision of Mr Anirudh Rajan, Assistant Professor, Department of Clinical Psychology.



The Department of Clinical Nutrition organized culinary activities from 2nd of May 2023 to 19th of May 2023. 13 postgraduate students volunteered under the guidance of Ms. Karthiga. A, Lecturer in Clinical Nutrition and Ms. Nandita Krishnan, Lecturer in Clinical Nutrition.



The students of MBLs conducted yoga sessions for the participants of SNACK summer camp to emphasize the importance of yoga for children in everyday practice. The fun way method adopted for imparting yoga was enjoyed by the children.



The English teaching faculty members of SRFAHS rendered their support in teaching Phonetics to the kids of SNACK the summer camp from 3rd to 5th of May 2023.

Psychology Day- Symposium



The Department of Clinical Psychology conducted a symposium commemorating Psychology Day with the assigned theme, 'Psychological Contributions to Global Peace, Conflict Resolution, & Equity' on the 27th of April 2023. Mr. Sathish Kumar S., Management Consultant and Motivational Speaker was the chief guest. The programme coordinators were Dr. Neeradha Chandramohan, HoD, Clinical Psychology, Ms. Divya Merciline A, and Ms. Angeline Miriam Assistant Professors, Dept. of Clinical Psychology. The program was started with an inauguration graced by Dr. Anandhan, Dean (Students), SRIHER and Dr. Senthil Kumar Additional Registrar, SRIHER.

Mentalization-Based Therapy (MBT) Workshop



The Department of Clinical Psychology organized a program on Mentalization-Based Therapy (MBT) on 28th of April 2023 for their M. Phil graduates. The program focused on the theoretical background and practical application of MBT in clinical practice. The workshop was facilitated by Ms. Nisha John, a registered Clinical Psychologist with 9 years of experience in the field.

Awareness Program on Stress Management



The Department of Clinical Psychology conducted an awareness program on 'Stress Management' for the officials of Tamil Nadu Fire & Rescue Services, suburban and urban divisions on 29th & 30th of May 2023 at Fire Stations of Manali and Kilpauk. The faculty members, Ms. Divya Merciline, Mr. Azhagannan and Ms. Angeline Miriam, Assistant Professors of Clinical Psychology were the resource people. The session focused on nature, types, symptoms management and coping with stress. Effective strategies like time management, trust building, and goal setting were explained through activities. The participants were actively involved in post session counseling. Around 105 firemen benefited.

Industrial Talk – CooperVision

The Department of Optometry organized a talk by Ms. Reshmi, Professional Sales Manager of CooperVision on 'CooperVision role in contact lens market and on standout products and Misight- Myopia control lens' for the students of Optometry on 21st of January 2023.



Industrial Visit to Carl Zeiss



38 students of B. Optom (Batch 2019-20) from the Department of Optometry along with 3 faculty members visited Carl Zeiss India Bangalore Pvt. Ltd. on 27th of April 2023. The students were explained about the steps involved in designing and manufacturing lenses. Various eye testing instruments aid in vision assessment were observed.

Eye Camps by Optometry

Month	No. of camps organized	No. of cases seen
JANUARY	22	1362
FEBRUARY	24	1662
MARCH	35	2705
APRIL	23	1482
MAY	25	1983
JUNE	14	857

Art and Craft Expo 'nurtura'



The Department of Clinical Nutrition organized an art and craft expo, 'Nurtura' to showcase the talents and artistic skills of the students on 7th of January 2023. A total of 100 students participated from the Clinical Nutrition department and various faculty members participated. Ms. Shiny Lizia, Lecturer in Clinical Nutrition, Ms. Karthiga.A, Lecturer in Clinical Nutrition, Ms. Nandita Krishnan, Lecturer in Clinical Nutrition were the organising committee members.

Dietetics Day Celebration



The Department of Clinical Nutrition organized a guest lecture in view of Dietetics Day on the 10th of January 2023. Mrs. B.Kanchana, Deputy Director, National Agro Foundation delivered a guest lecture on, 'Mighty Millets & 3A's (Availability, Affordability, and Accessibility) for Sustainable Development' and Mr. P. Stephen, Director of IRCDS delivered a guest lecture on 'Role of nutritionists in a community'. Dr.A.J.Hemamalini, Professor and Head, Dept. of Clinical Nutrition and Ms. Nandita Krishnan, Lecturer in Clinical Nutrition were the organising committee members. A total of 250 students and faculty members attended.

Cuisine Sale



The 1st year B.Sc. Clinical Nutrition students of the Department of Clinical Nutrition in collaboration with the Institution's Innovative Council (SRIHER) organized a nourishing cuisine sale under the guidance of Dr.N.Preetha, Assistant Professor of Clinical Nutrition on 26th of April 2023.

Magic Millet Expo - 2023



The Department of Clinical Nutrition, in collaboration with National Agro Foundation organized a 'Magic Millet Expo - 2023' in view of the International Year of Millet. Dr.A.J.Hemamalini, Professor and Head, Department of Clinical Nutrition and Ms. Nandita Krishnan, Lecturer in Clinical Nutrition were the organising committee members. The expo had more than 200 visitors

Food Science Internship Training for Outsiders



The Department of Clinical Nutrition organized a 10-day internship from 22nd of May 2023 to 31st of May 2023 for 51 students from B.Sc. Nutrition, Food Service Management and B.Sc., Dietetics & Clinical Nutrition from JBAS College. The purpose of the event was to acquire skills in the nutrition care process. Ms. Nandita Krishnan, Lecturer in Clinical Nutrition was the faculty coordinator.

The Department of Clinical Nutrition in collaboration with Nestle India organized a guest lecture on 'Enteral Nutrition' for the 1st year PG students on the 22nd of May 2023. 100 students participated.



BLS Training Programme



The Department of Trauma care Management in collaboration with the Emergency Medicine of SRIHER conducted a Three-day Training programme on 'Basic Life Support and Advanced Cardiac Life Support,' an AHA Certified Course for 15 students headed by faculty members. This bi monthly training was organised on two sessions, 15th -17th January-2023 and 15th-17th March 2023.

Pre hospital Trauma Provider Course



Dr.David Bruce, FPHC, International Development Lead, Dr.Lorraine Greasel FPHC, International Development Lead, Dr. Robert Russel FPHC, International Development Lead in Pre Hospital Trauma Course and Prof. Peter Patel, Disaster Management Faculty, Savings lives Rotary club of Birmingham, Nepal, Pre Hospital Trauma Course Provider and Disaster supplementary course in collaboration with Royal College of Edinburgh (UK) and Savings lives Rotary club of Birmingham Nepal provided a course entitled 'Pre hospital Trauma Provider course' at SRIHER from April 19th to 23rd 2023. 42 students benefited.

EMS Annual Conference



The Department of Trauma care Management organised an annual conference on 'Addressing the Lacunae in EMS' on 7th and 8th of June 2023. Dr. Uma Sekar, Vice chancellor, SRIHER, Dr. K. Balaji Singn, Dean, Medical College, SRIHER, Dr. S. Anandhan, Dean of Students, SRIHER, and Prof. Narasimman Swaminathan, Principal, SRFAHS, Dr. T.V Ramakirshnan, Professor and Head, Emergency Medicine & Trauma Care Management graced the occasion and delivered their special address. A series of webinars titled 'Emergency Paramedic skills' (STEPS) focusing on Cardiovascular Emergencies were conducted. Various experts across the country addressed the Emergency Technology graduates.



The details are as follows:

- Cardiovascular Emergencies – I was held on 22nd of December 2022. The chief guests of the day were Mr. D. Krishnakumar, Assistant Professor, Vinayaka Missions Research Foundation, Puducherry and Mr. Dhiraj Kumar, MICA Medic, Dubai. Around 145 students benefited.
- Cardiovascular Emergencies – II was held on 24th of January 2023. Ms.Mamtha, Advance Paramedic, GMC Clinic, Dubai and Mr. D. Krishnakumar, Assistant Professor, Vinayaka Missions Research Foundation, Puducherry were

the guest speakers of the day. Around 120 students benefited

- Cardiovascular Emergencies – III was held on 22nd of February 2023. Mr. Manikandan, Assistant Professor, Dr.MGR University, and Ms. Betty, AHA Instructor, Panimalar Medical College Hospital and RI, Chennai were the guest speakers. 125 students benefited.
- Cardiovascular Emergencies – IV was held on 23rd March 2023. Dr. K Suganya, Assistant Professor, SRIHER and Mr. Sathish Kumar Rajasekaran, Advance Paramedic, DCAS, Dubai were the guest speakers. Around 120 students benefited.
- Cardiovascular Emergencies – V was held on 26th April 2023. Mr. Vinodhraj Sait, Advance Paramedic, Mediclinic, All Ain Dubai and Mr. ChandraMouli, Tutor, SIMS, Chennai were the guest speakers. 167 students benefited.

TCM External Internship Training

The following internship students of the Department of Trauma care Management have undergone internship training from various hospitals: Mr. Srinivasa Ragavan, Mr. Ronald and Mr. Thameem Ansari from SIMS Hospital, Chennai; Mr. Thamarai Selvan, Mr. Vikram and Mr. Harirajan from Sundaram Medical Foundation, Chennai.

World Obesity Day

World Obesity Day was commemorated by the students of MBLs at the G Block OPD on the 4th of March 2023. The students had the opportunity to put their coaching skills to instill lifestyle modifications to over 75 participants who visited their stall. Posters designed by the students were displayed near the lift and on the stairway, creating awareness on the importance of physical activity.

World Sleep Day Celebrations



As a delegate of the World Sleep Society, the Department of MBLs in collaboration with Departments of Physiology and Psychiatry celebrated World sleep. A talk on the 'Importance of sleep' was given to the drivers of SRIHER by Dr.Aswini Maran, Assistant Professor of MBLs along with Mr.Vivek, Tutor, Department of Physiology on 13th of March 2023. Over 25 drivers benefitted.



Sleep hygiene and tips to improve quality of sleep was held for the nurses of the G block on 14th of March 2023. The students from semester III of M.Sc. MBLs were actively involved in propagating the importance of sleep and mind body techniques to improve quality of sleep Over 110 nurses attended.

International Day of Yoga Celebration



The International Day of Yoga was celebrated on 21st of June 2023. Over 400 students across the campus performed the Government recommended common yoga protocol. The event had Guinness record holder, Ms.Kavitha Mohan as the chief guest. Ms.Shivani and Mr.Nirmal of I year MSc. MBLs performed the yoga dance.

Yoga Sessions

A session on 'Heartfulness Meditation' was held on the 1st of June 2023 with experts from the Heartfulness Foundation, Mr. Subramaniam, CA addressed the students. A therapeutic yoga session for hypertension was held at the G block OPD on 12th of June 2023. The students of MBLs made posters and bookmarks with yoga and lifestyle modifications and distributed them to the patients with hypertension.

Har Ghar Dhyam, the GoI initiative as part of Azadi ka Amrit Mahotsav was organised on 18th of January 2023 to promote the importance of meditation. MBLs students coordinated the entire event for the whole university. Over 450 students immersed in the blissful dhyam session spearheaded by Dr.B.Archana, Assistant Professor, Department of Pathology, SRIHER.

Workshop on English for Research Writing



The English teaching Faculty members of SRFAHS organized a two-day workshop on 'English for Research Writing' for the postgraduate students under AHS - technologies on 13th & 14th of June 2023. The sessions focused on developing scientific writing skills to logically organize research content with clarity, reduced errors, and appropriate vocabulary. The event was inaugurated with keynote addresses by Dr.Kalpana Balakrishnan, Dean (Research), SRIHER (DU) and Prof. Narasimhan Swaminathan, Principal of SRFAHS. The resource persons included Dr.Cynthia Milton, Mrs. L Vidhya, and Mrs. Prabha S. The valedictory note was delivered by Dr.Padma Srikanth, Associate Dean (Research), SRIHER (DU). 27 post graduates participated and benefited.

World Meditation Day



On World Meditation Day, the department of MBLS organised a virtual colloquium with Dr. Anand Balayogi, Director, CYTER and Dr. Kaviraj Udappa, Professor of Neurophysiology who deliberated on the importance of meditation with scientific evidence. Over 84 delegates from across India participated. A guest lecture on Music Therapy was organized by the department of MBLS on 3rd February 2023. Dr. Shobana Jaiganesh, Deputy Director - Medical Simulation Center, Admin I/C, Center for Music Therapy Education and Research, Mahatma Gandhi Medical College and Research Institute, Sri Balaji Vidyapeeth was the invited speaker for the event.

Congratulations



Prof. S. Senthil Kumar, former Principal, SRF AHS was promoted and appointed as Additional Registrar of SRIHER. A formal felicitation was organised on 4th February 2023 to honour his dedicated service of 20 years as an abled leader in various positions as Principal, Chairman, and Coordinator of AHS. All heads and faculty members of the departments of Allied Health Sciences participated to express their gratitude and appreciation. The event also welcomed and congratulated Prof. Narasimman Swaminathan on achieving his new milestones as the Principal of AHS from the position of Vice Principal.

Health Science Education Unit-1

The Health Science Education Unit-1 was reconstituted with effect from 4th May 2023. The unit is led by Prof. Narashiman Swaminathan, Principal of AHS and Dr. Lakshmi Venkatesh, Associate Professor, Sri Ramachandra Faculty of ASLP as Chair Members, Dr. Cynthia Milton, Asst. Prof. in English, and Dr. T. Senthil Kumar, Associate Professor, Sri Ramachandra Faculty of Physiotherapy are the secretaries. The committee members include Dr. Hema Malini, Head, Dept. of Clinical Nutrition Dr. Raghuram, Principal, Faculty of Occupational Therapy, Ms. Valarmathi, Asst. Professor of Optometry, Dr. Pitchaimani, Asst. Professor of AHS, Mr. Thulasi Dass, Asst. Professor of AHS and Ms. Kavitha, Sr. Lecturer of AHS.

Faculty Quality Assurance cell

As per the direction of IQAC, the Faculty Quality Assurance cell of Sri Ramachandra Faculty of Allied Health Sciences has been reconstituted on 3rd May, 2023. The members include Dr. D.C. Mathangi, Professor & Head, Mind Body Medicine & Life Style Sciences, Ms. Sheila Elangovan, Associate Professor, AHS, Dr. Supriya, Associate Professor, Clinical Nutrition, Dr. Vijayalakshmi P., Associate Professor, AHS, Dr. Neeradha Chandramohan, Associate Professor & Head, Clinical Psychology, Dr. Cynthia Milton, Assistant Professor, AHS, Ms. Betty Lincoln, Assistant Professor, AHS, Ms. Vidya .L, Assistant Professor, AHS, Ms. Nirmahala, Assistant Professor, Trauma care management, Dr. Pitchiamani, Assistant Professor, AHS, Ms. Somreeta das, Senior Lecturer, optometry and Ms. Nirmala Devi, Senior Lecturer, AHS. The committee has been contributing to develop SoP towards curriculum, teaching - learning, student support and research.

Establishment of Department of Behavioural Sciences

The Department of Behavioural Sciences was established in June, 2023 under the aegis of Prof. Narasimman Swaminathan, Principal, Sri Ramachandra Faculty of Allied Health Sciences with the patronage of our esteemed Chancellor, Pro Chancellor, and Vice Chancellor. Dr. Vijayalakshmi P., Associate Professor of Psychology, was instrumental in this new initiative.

New Programme

M.Sc. Counselling Psychology has been initiated from the upcoming academic year (2023-24). It is an intensive theory-based programme with comprehensive coverage of the various subfields in counselling and psychotherapy. The program will also offer hands-on training and help students gain perspectives and competency in evidence-based approaches in counselling psychology and psychotherapy. On completion of the program, students will be adept at handling psychological assessments, diagnoses and providing therapeutic counselling for clients.

Xanders



B.Sc. Applied Psychology unveiled 'Xanders,' the name and logo for Applied Psychology on 6th June at the Batch Day function 'Masquerade 23'. 'Xander' means a strong defender or protector.



Programme Revision

The M. Sc., Neuroscience curriculum was revised with inclusions on recent advances of neuro electrophysiology. The Board of Studies held on May 16th 2023 approved the presentation by Mr. K.J. Vijay, Assistant Professor, Neuroscience Technology.

New Course

The Department of Mind Body Medicine & Lifestyle Sciences has introduced a Skill Based Elective course (SE), Art and Science of Happiness. This course went through the complete cycle with presentation at UDC, Curriculum committee, BoS and passed by the Academic Council. This course was appreciated for its timely relevance and structure by the experts across all the committees and boards.

New Appointments

Mr.Dinesh V was appointed in the position of Clinical Instructor of Optometry on 5th April 2023.

Dr.Aswini Maran, Alumni of M.Sc. MBLs (2020-2021) batch joined as Assistant Professor in the department of MBLs, SRIHER in the month of February 2023.

Mr.S.George Miller, Assistant Professor of Perfusion Technology gave a talk on 'Conduct of Safe Cardiopulmonary Bypass' on Perfusion Appreciation Week conducted by Vinayaka Mission Health Foundation, Salem held on 4th of May 2023.



Mrs. Sheila Elangovan, Associate Professor of Radiology gave a lecture on the topic 'Radiographic contrast media and its applications' in the webinar conducted by Brainware University held on 12th May 2023.



Mr.S. George Miller, Assistant Professor of Perfusion Technology gave a talk on 'Recent Trends in Cardiopulmonary Bypass' on PERFOXY 2023 conducted by Saveetha College of Allied Health Sciences on 4th of May 2023.



Mr. S. Thulasi Dass, Assistant Professor, Department of Radiology gave a lecture on the topic 'Basics and techniques of image guided interventions' at Salem Vinayaka Mission on 8th of February 2023.



Mrs. Sheila Elangovan, Associate Professor of Radiology gave a lecture on the topic 'Mammography Positioning Techniques' on 8th of June 2023.

Mr. S. Thulasi Dass, Assistant Professor of Radiology conducted a faculty development programme on 'Layout and Planning for theory classes and clinical education' held on 19th of February 2023 at PIMS College of Allied Health Sciences, Pondicherry.



Mrs. Sheila Elangovan, Associate Professor of Radiology has conducted an online quiz 'Tech Aspire' on 11th of March 2023.



Mrs. Sheila Elangovan, Associate Professor of Radiology gave a lecture on the topic 'Mammography positioning techniques' held at Sri Venkateswara Institute of Medical Sciences, Tirupati on 25th and 26th of March 2023.



The following faculty members of the Department of Radiology served as resource people in the STEPS conference organised by the Department of Trauma Care Management, SRFAS on 7th of June 2023. Mrs. Sheila Elangovan, Associate Professor of Radiology gave a lecture on the topic, 'Critical diagnosis in Radiology'. Mr. Thulasi Dass, Assistant Professor of Radiology spoke on the topic 'Radiology imaging techniques' and Ms. Hemalatha S, Lecturer spoke on the topic 'Radiology imaging techniques'.

Prof. Mr. S. Panneerselvam, Associate Professor of Radiology gave a lecture on the topic 'Basic MR pulse sequence an overview' held on 13th of February 2023 at Ramaiah University, Bangalore.



Prof. Mr. S. Panneerselvam, Associate Professor of Radiology gave a lecture on the topic 'Basic MR pulse sequence an overview' held on 12th of February 2023 in Narayana Health City, Bangalore.



SRI RAMACHANDRA
INSTITUTE OF HIGHER EDUCATION AND RESEARCH

YOGA AND MEDITATION

- 18-05-2023 Yoga for Physical & Mental Health
- 19-05-2023 Yoga for Emotional Management
- 20-05-2023 Yoga for Environmental Management
- 21-05-2023 Yoga for Concentration Techniques
- 22-05-2023 Yoga for Anger Management
- 23-05-2023 Yoga for Anger Management
- 24-05-2023 Yoga for Anger Management

MUSIC

As an initiative for balanced health, Music classes are starting from 18th May, 2023 (2nd and 4th Floor of every block)

TIME: 03.00 PM - 04.00 PM
VENUE: LEARNING & DEVELOPMENT CENTRE (1ST FLOOR, MEDICAL CENTRE)

SRIHER EMPLOYEE HEALTH WEEK
18th May - 25th May, 2023

COUNSELLING

CLINICAL PSYCHOLOGY
CONTACT: DR. MANIMEKALAI NARAYANA, SRFAHS

GENERAL MEDICINE
TIME: 03.00 PM - 04.00 PM
VENUE: Learning & Development Centre, 1st Floor, Medical Centre

PHYSIOTHERAPY
TIME: 03.00 PM - 04.00 PM
VENUE: Learning & Development Centre, 1st Floor, Medical Centre

Dr. M. Manimekalai Narayanana, Assistant Professor of Yoga was a resource person for the seven-day Employee Health Week program of SRIHER held from 18th of May to 25th of May 2023 at SRIHER University.

Dr. M. Manimekalai Narayana, Assistant Professor of Yoga was a resource person for a one-day faculty development program on 'Healing the body and mind with yoga' organised by Saveetha University, Chennai on 24th of May 2023.

SAVEETHA
UNIVERSITY OF HEALTH SCIENCES

Internal Quality Assurance Cell
Present
A One Day Faculty Development Programme on
'Healing the Body and Mind with Yoga'

Speaker: **Dr. Manimekalai**
Assistant Professor, Dept. of Yoga
Saveetha University, Chennai

Dr. Manimekalai Narayanana
Assistant Professor
Department of Yoga
Saveetha University, Chennai

Ms. Angeline Miriam George, Assistant Professor of Clinical Psychology gave an expert talk for the programme, 'Aduthathu Enna' aired in All India Radio, Vividh Bharati Tamil FM 102.3, addressing stress and exam fears in students appearing for board exams on 2nd of February 2023. The talk included a Q & A session directly with the public through phone calls. Topics like exam preparation, psychological management for the exam fear, accepting success and failures equally, ways to overcome mobile addiction etc were discussed.

Mr Azhagannan, Assistant Professor of Clinical Psychology, delivered a talk on 'Assessments of Intelligence in Clinical Practice' for the UG students of Psychology. The program was organized for the UG students of Psychology by the Department of Psychology, Sri Kanyaka Parameswari Arts & Science College for Women, Chennai on 16th of February 2023.



Ms. Angeline Miriam George, Assistant Professor of Clinical Psychology was invited as a resource person for the symposium on 'Mental Health & Wellbeing' conducted by the Department of Psychology, Theivannai Ammal College for Women (Autonomous), Villupuram on 15th of March 2023. The session covered factors affecting mental health, ways to improve mental health and wellbeing. Demonstration of mindfulness relaxation was practiced during the session.



Ms. Divya Merciline, Assistant Professor of Clinical Psychology was the guest speaker for an online awareness program on 'Impact of over usage and addiction of mobile phones & its future health effects on students' organized by Technogene Club, Department of Biotechnology, Vels Institute of Science, Technology and Advanced Studies, Pallavaram on 19th April 2023.

Mr. S. Varadharajan, Assistant Professor of Clinical Psychology was invited to deliver a session on 'Hobbies and mental health' in All India Radio Rainbow FM, Chennai for the programme 'Hi Snehidhye' on 03rd & 10th of May 2023.

Dr. Neeradha Chandramohan, HOD, Department of Clinical Psychology was invited for a video inspection for the approval of RCI license for six institutes in India on 20th May 2023.

Mr. S. Varadharajan, Assistant Professor of Clinical Psychology conducted a webinar session on 'Mental Health awareness: Work-life Balance & Stress Management' for Caterpillar India on 26th & 30th of May 2023.



Dr. Neeradha Chandramohan HOD, Department of Clinical Psychology was selected as an external member for the Board of Studies of the Department of Clinical Psychology, SRM Institute of Science & Technology for its M.Sc Sports Programme.

Ms. Divya Merciline, Assistant Professor of Clinical Psychology was selected as an external member for the Board of Studies of the Department of Paediatrics, SRM Institute of Science & Technology for its M.Sc Applied Child Development Programme.

Mr. S Varadharajan, Assistant Professor of Clinical Psychology gave an expert talk on 'Sleep in Women' in All India Radio Rainbow FM, Chennai for the programme 'Hi Snehidhye' on 7th & 14th of June 2023.

Ms. Angeline Miriam George, Assistant Professor of Clinical Psychology gave an expert talk on 'School & Mental Health' for the programme 'Kadhaipoma' in All India Radia – Vivdh Bharati Tamil FM 102.3 on 13th of June 2023. The topics included factors affecting student's mental health, role of parenting, teacher's contribution to student's mental health, and the common mental health problems among school going children.

Mrs. Valarmathi A, Assistant Professor of Optometry delivered a talk on, 'Visual Perceptual skill assessment and its significance' in the live stream organised by Dr. Agarwals Institute of Optometry on 19th of January 2023.



On World Autism Day, Mrs. Valarmathi A, Assistant Professor of Optometry delivered a talk and conducted a workshop on Autism Intervention at IIVM, College of Optometry on Autism Intervention on 2nd of April 2023.



Mrs. Deepa BMS, Senior Lecturer of Optometry delivered a talk on 'Do's and Don'ts of Binocular Vision Testing' at the 2nd IVI Student Optometry Conference on 21st of January 2023.



Mr. Samuel Livingstone, Lecturer in Optometry delivered a talk on, 'Which Contact Lens for which patients?' in the event organized by Eyeful Optometric Tutelage for students and practitioners of optometry on 20th of May 2023.



Ms. Hima Ann Issac, a PhD research candidate under the supervision of Dr. A.J. Hemamalini, Professor and Head, Department of Clinical Nutrition was awarded Ph.D. degree on 3rd of February 2023. The title of the study is, 'Development of vitamin D fortified snacks and evaluating its influence on Vitamin D status and bone matrix among adolescents.'

Dr. A.J. Hemamalini, Professor and Head, Department of Clinical Nutrition gave an interactive talk in all India radio about 'Vision and Nutrition' on 17th May and 24th of May 2023.

Faculty members of the Department of Clinical Nutrition participated in the international conference on Innovative Approaches in Life Sciences organized by the Department of Home Science, The American college on 25th of March, 2023. The details are as follows:



- Dr. V Supriya, Associate Professor, Department of Clinical Nutrition secured first prize for her paper titled, 'Nutritional profile and dietary Practice of school going children between 5 and 12 years in Chennai, and the best paper for 'Impact of setaria Italica (foxtail millet) supplementation on the serum blood glucose concentration in Type II diabetic patients' in oral presentation.
- Ms. T.H. Hema, Lecturer in the Department of Clinical Nutrition secured best paper award in oral presentation for 'Development and Validating Waist -to-Ratio Cut-offs to Define Abdominal Obesity Among School Going Girls Aged 8 - 12 Years in Chennai, Tamil Nadu: A Cross Sectional ,Observational Study'.
- Ms. Nandita Krishnan, Lecturer from the Department of Clinical Nutrition secured second prize in the oral presentation on 'Evaluation of Sleep Disturbances in Women with Polycystic Ovary Syndrome.'

Dr.D.C.Mathangi, Professor & Head, Department of MBLS delivered a series of guest lectures at NACIN. The topics included 'Work- Life balance' on 25th of January 2023; 'Emotional wellbeing for NACIN' on the 16th of March 2023 and 'Work- Life Balance' on the 10th of May 2023.

Dr.D.C.Mathangi, Professor & Head, Department of MBLS chaired a scientific session at the 4th International Conference on Mind Body & Medicine, 'Synapse 2023' on 1st and 2nd of April 2023.

Dr.D.C.Mathangi, Professor & Head, Department of MBLS moderated a panel discussion on 'Sleep and its importance' at the PREPARE national conference on 30th of March 2023.

Dr.D.C.Mathangi, Professor & Head, Department of MBLS served as a faculty for Music Therapy Course of SMOT, Pondicherry on 18 March 2023.

Dr.D.C.Mathangi, Professor & Head, Department of MBLS delivered a series of guest lectures at NACIN. The topics included 'Work- Life balance' on 25th of March 2023.

Dr.D.C.Mathangi, Professor & Head, Department of MBLS deputed as a resource faculty from SRIHER towards capacity building for NAAC accreditation at Sri Venkateshwara Institute of Medical Sciences, Tirupathi on the 30th of May 2023.

Dr.D.C.Mathangi, Professor & Head, Department of MBLS delivered a guest lecture on 'Research for Undergraduates' at KSR Dental College on 28th of February 2023.

Dr.D.C.Mathangi, Professor & Head, Department of MBLS delivered a guest lecture on 'Mammalian experiments' for Physiology postgraduates at the national conference of PREPARE on 31st of March 2023.

Dr.D.C.Mathangi, Professor & Head, Department of MBLS delivered a guest lecture on 'Fibromyalgia and MBM', as part of Fibromyalgia Day at SRIHER on 12th of May 2023.

Dr.D.C.Mathangi, Professor & Head, Department of MBLS delivered a guest lecture on 'Diverting emotions

towards Higher Goals to the adolescents' at Vivekananda Cultural Centre on 6th of May 2023.

Dr.D.C.Mathangi, Professor & Head, Department of MBLS delivered a guest lecture on, 'The TRIO, Mind Body Lifestyle in Health and diseases', as a part of International Day of Yoga celebrations of Government Medical College, Bhavnagar, Gujarat on 26th of May 2023.

Dr.D.C.Mathangi, Professor & Head, Department of MBLS delivered a guest lecture on, 'Good Clinical Practice, as part of capacity building workshop for Ayurvedha Doctors, Amrita Vishwa Vidyapeeth on 26th of May 2023.

Dr.D.C.Mathangi, Professor & Head, Department of MBLS delivered a guest lecture on 'Holistic approach to mind body wellness' as a part of International Day of Yoga National Conference sponsored by Ministry of AYUSH at Sri Balaji Vidhyapeeth, Pondicherry on 16th of June 2023.

Dr.D.C.Mathangi, Professor & Head, Department of MBLS received certificate of appreciation for her publication in Q1 journal during the National Science Day celebration at SRIHER

Dr.Aswini Maran, Assistant Professor of MBLS was the special guest for the 'Sleep Smart' workshop organized by ANYO on 4th of June 2023.



Ms. Jeyapriya A., Lecturer in Applied Psychology was invited as a resource person to deliver a session on 'CBT for Fibromyalgia' at the Symposium titled 'Multimodal Care in Fibromyalgia syndrome' organised to commemorate World Fibromyalgia Awareness Day by Sri Ramachandra Faculty of Physiotherapy (SRFOP) on 12th of May 2023. A total of 150 students participated.

Publications

Mr.Sathish Kumar G of M.Sc., Anaesthesia Technology has published article titled Comparison of combination of Intravenous Magnesium Sulphate with Lidocaine 2% Versus Intravenous Fentanyl with Lidocaine 2% on Attenuation of cardiovascular Response to Laryngoscopy and Intubation- An Observational Study in the International Journal of Science & Applied Research , under the topic under the guidance of Dr Veneetha Devadas on December 2022

Link to access:

<https://www.ij sar.in/archiveslist.aspx?id=1608>

Ms.B. Theyjhovathi of M. Sc Perfusion Technology has published an article in the Journal of Pharmaceutical Negative Results (Volume 14: Issue 3 :2023) under the topic “Comparative study to observe the safety and efficacy of ultrafiltration versus intravenous diuretic during valvular heart surgery”

Mr.S. George Miller, Assistant Professor of Perfusion Technology, SRFAHS has published an article in the Journal of Pharmaceutical Negative Results (Volume 14: Issue 3 :2023) under the topic ‘Comparative Study to Observe the safety and efficacy of ultrafiltration versus intravenous diuretic during valvular heart surgery’.

Mr.S. George Miller, Assistant Professor of Perfusion Technology, SRFAHS has published article in the Journal Cardiometry (200, Issue 27 May 2023) under the topic ‘To study about the relation between oxygen delivery and hemodynamics during Cardiopulmonary Bypass’.

Mr.S. George Miller, Assistant Professor of Perfusion Technology, SRFAHS has published article in the Journal Cardiometry (194, Issue 27 May 2023) under the Topic ‘Effects of Cardiopulmonary Bypass on liver function in patients undergoing cardiac surgery’.

Dr.D.C.Mathangi contributed a chapter titled ‘Harnessing mind body medicine in respiratory diseases’ in the book titled Pulmonary Disorders in Women, Tree life Media Publishing for practice, a division of Kothari Medical. Dr.D.C.Mathangi also served as an associate editor this book.

Ms. Nandita Krishnan Lecturer, Department of Clinical Nutrition, as First Author and Dr. V.Supriya, Associate Professor, Department of Clinical Nutrition, as a corresponding Author published a title of the paper, ‘Effects of chromium, inositol and resistant starch supplementation in PCOS’ in the Journal on biomedical and biotechnology research.

Link to access:

<https://www.bmbtrj.org/article.asp?issn=2588-9834;year=2023;volume=7;issue=1;spage=32;epage=36;ulast=Krishnan>

Mrs. Rahamath M, Senior Lecturer in English, SRFAHS, published a paper on ‘Challenges & possibilities of using a Language Laboratory for teaching in writing skills’ in the Scopus indexed journal ‘specialusis ugdymas’ on Dec 2022.

Link to access:

<http://www.sumc.lt/index.php/se/article/view/991>

Dr. Cynthia Milton, Assistant Professor of English, SRFAHS, published a paper on ‘Understanding the inclination of South Indian nursing graduates in using mobile learning applications.’ In the Journal of Education and Health Promotion in March 2023.

Link to access:

<https://www.jehp.net/text.asp?2023/12/1/63/370555>

Niveditha Elangovan, Deepa Bangalore Muniyappa Shanmugham. Binocular vision parameters and body mass index.Med Hypothesis Discov Innov Optom.2023Spring; 4(1): 17-24.

Link to access:

<https://doi.org/10.51329/mehdiptometry169>

Niveditha Elangovan M.Optom (Batch 2020-2022) published her master’s thesis in Medical Hypothesis, Discovery and Innovation in Optometry Journal.

Niveditha Elangovan, Deepa Bangalore Muniyappa Shanmugham. Binocular vision parameters and body mass index.Med Hypothesis Discov Innov Optom.2023 Spring; 4(1): 17-24.

Link to access:

<https://doi.org/10.51329/mehdiptometry169>.

Ms.Soma Basu, II yr., M.Sc. Clinical Nutrition has published an article on the title, 'Nutrition and Health Benefits of Singhara: A Review Article', in the book International Journal of Agricultural and Life Sciences. ISBN - 978-93-90357-06-2

Link to access

<https://doi.org/10.22573/spg.023.epr/S/036>

Ms. Niranjanaa Vani B Sc., II yr., M.Sc. Clinical Nutrition published an article on the title, 'Prevalence of Malnutrition and Influence of Individualized Nutritional Support on Hospitalized Cancer Patients' in the book Indian Association for Parenteral and Enteral Nutrition (IAPEN) Scientific Program Booklet. ISBN - 978-93-90357-06-2.

Link to access:

<https://doi.org/10.22573/spg.023.epr/S/036>

Balamadhuwanthi, S., R. Latha, D. R. Vedapriya, K. Tamilselvan, and Damal Chandrasekhar Mathangi. 'Effect of chair yoga on heart rate variability, perceived stress, and sleep quality among nursing professionals from a tertiary care hospital.' Biomedicine 43, no. 01 (2023): 499-503.

Link to access:

<https://doi.org/10.51248/v43i01.2292>

Ms. Niranjanaa Vani B Sc., II yr., M.Sc. Clinical Nutrition published an article on the title on, 'Are Nutraceuticals Beneficial in Kidney Diseases?' is published in International Journal of Agriculture and Life Sciences and been awarded as an e proceeding of the institute on 9th and 10th of February by National Institute of Food Technology, Entrepreneurship and Management, Thanjavur.



Ms. Jayshree. R Alumni (Batch 2018-19), Ms. Keerthana. R Intern VIII semester and Ms. Ramya. Y, Intern-VIII semester of Department of Geriatric Care underwent a 3-day Residential Training Programme for 'Dementia Care Management' conducted by HelpAge India, Regional Resource Centre, TN & Puducherry held at Madras School of Social Work between 9th and 11th of March 2023.



Mrs. Sonali RA and Ms Harini CR of the final year MIT from the Department of Radiology won first prize in Poster competition in RITE 2023. Ms. Sneha and Ms. Mohanapriya of the final year MIT from the Department of Radiology won third prize in the poster competition held on 18th & 19th of March 2023.



Ms. Shobana.R, Intern of VIII semester B.Sc (AHS) Geriatric Care Technology conducted a 'Digital Learning Program for Elderly Community' organized by HelpAge India, Chennai on 20th of April 2023.



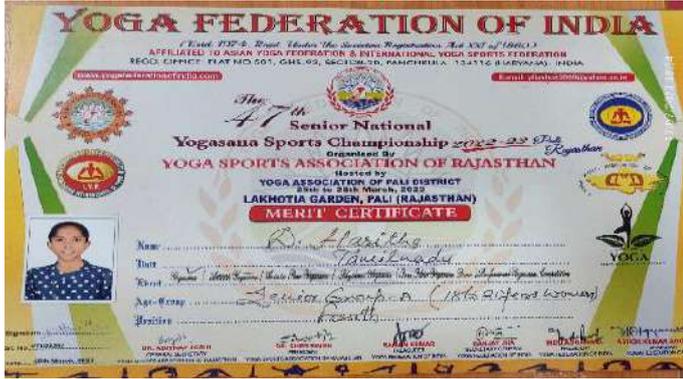
The M.Sc. MRIT Final year students from the Department of Radiology and Imaging sciences participated in the SCISRT 2023 conference organised by the Kerala Chapter of Indian Society of Radiographers & Technologists on 6th and 7th of March 2023 and won first & third prize in Poster competition and third prize in Scientific paper presentation.



Ms. Keerthana R and Ms. Ramya. Y, Interns of VIII semester B.Sc (AHS) Geriatric Care Technology participated in the 'Elder Survey on Health Care Facilities' organized by HelpAge India, Chennai on 24th of May 2023.



Ms. Keerthana R, Intern of VIII semester and Ms. Ramya. Y, Intern of VIII semester, B.Sc (AHS) Geriatric Care Technology participated in the 'Community Health Camp for Rural Elderly' organized by HelpAge India, Chennai on 15th of May 2023.



Ms. D. Haritha, I yr, B. Sc. AHS secured 4th position in the Senior National Yogasana Sports Championship (18 -21 age group) hosted by Yoga Association of Pali District, Rajasthan held between 25th and 28th of March 2023.

Ms. Keerthana, NRI Srilankan student in the I yr., B.Sc., MLT has joined with a full scholarship for three years after clearing Pragatii examination under Study in India scholarship scheme from the Indian Government.



The Department of Renal and Dialysis Technology organized a Pongal Day celebration on 12th of January 2023. Around 60 participated.

Ms. Divya Bharathi and Ms. Sona Fathima from the M.Sc. Medical and Clinical Psychology courses respectively won the 3rd place in the on-the-spot drawing competition titled, 'Kidney health for all – preparing for the unexpected and supporting the vulnerable' held on account of World Kidney Day on 9th of March 2023.



Ms. Tanushri B., Ms. Snehal S. and Ms. Fathima Zohara from M.Sc. Clinical Psychology won 2nd prize in Poster Making competition and Ms.Sahana Sankar from M.Sc. Medical Psychology won a consolation prize in the poster and reel competitions conducted to mark the observation of World Autism Awareness Day on the 2nd of April 2023.



The post graduates students of the Department of Trauma Care Management, Ms.Mohanapriya , Mr. Nandeeshwaran, Mr. Jabez J , Mr. Mangai Pagan and Mr.Praveen served as volunteers in an awareness programme on 'First aid management' for the public of Vayalanallur village on 27th of April 2023. 40 people benefited.



Ms. N.Yuvashree of III year, B.ScTrauma care Management won first prize for Silambam and was awarded Chief Minister Trophy with a gold medal in the contest organised by the Govt. of Tamilnadu on 17th of February 2023.



Ten post graduate students of the Department of Trauma Care Management participated and presented papers in a conference, 'Resuscitation India Summit 2023' organised by Madurai Meenakshi College, India between 19th and 21st of May 2023. Mr. Praveen P won first prize for presenting a paper on 'Effect of Ambulance speed on the quality of chest compression'. Mr. Jabez. J won second prize for presenting a paper on 'Why and why not reverse CPR? A Mannequin study on the efficacy of Prone position CPR'. Ms. Mohanapriya.M won first prize for poster presentation on the title, 'Hypoglycemic Metabolic encephalopathy: Hypoglycemia confuses me'. Ms. Sneha.V won second prize for poster presentation on the title, 'Fatality behind the beauty: A case study on oleander poisoning'. Mr. Mangaipagan won third prize for poster presentation on the title, 'Prevention is better than cure: A case study on Snake bite'. Ms. Deepika.S won first prize and Ms. Mohanapriya.M won second prize in the quiz competition on the theme of 'History of Emergency Medicine'.

The post graduate students of the Department of Trauma Care Management participated in the STEPS Annual Conference 2023 held at SRIHER on 7th and 8th of June 2023. Ms. D.Keerthana of Bsc Trauma Care Management received the winner award for presenting a paper on the topic, 'Retrospective analysis on head injury patients'. Mr Saqlain Abbas of Bsc Trauma Care Management received the 2nd runner up award for presenting a paper on the topic, 'Case presentation of Diffuse Axonal injury patient'. Mr. Thamarai Selvam. E of Bsc Trauma Care Management received the winner award for poster presentation on the topic, 'Presentation on Fluid resuscitation in emergency department and pitfalls of normal Saline.' Mr. Raghul. M of Bsc Trauma Care Management received the 1st runner award for Connexions Quiz. Ms. Arpita.G, Ms. Rehana and Mr. Rogan J.T of Bsc Trauma Care Management received the 2nd Runner awards for Connexions Quiz. Ms. Thamarai Selvam.E and Ms. D.Keerthana, Ms.Yuvashree.N, Ms. Ranjani, and Ms. Prathibha of B. Sc.Trauma Care Management received the winner award for the SIM WAR. Mr. Srinivasa Ragavan, Ms. Kavitha Mr Saqlain Abbas, Ms. Yazhini received the 1st runner up award for the SIM WAR.



Mr. · Bharath of I Year M.Sc Trauma Care Management won T20 Winners Award in the Inter College Competition organised by TDCA at the Magna College of Arts and Science, Magaral, Thiruvallur between 23rd and 28th of March 2023.

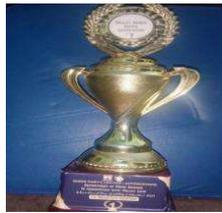


Ms.Madhumitha.K and Ms.Jayashree, III yr., B.Sc. Clinical Nutrition has secured 1st place with a 12,000 cash prize in Ranora organized by Jeppiaar Institute of Technology on 21st of March 2023.



Ms. Premalatha R, of I yr., B.Sc. Clinical Nutrition won first prize in an online national photography contest on 'Millets, the super food of India' organized by Seethalakshmi Ramaswamy college on 17th of March, 2023

Ms. Monisha.P., I yr., B.Sc. Clinical Nutrition won first prize in the international millet recipe competition organized by Queen Mary's college on 1st of March 2023.



Ms.Anju Lakshmi. R., I yr., B. Sc. Clinical Nutrition won third prize in the International Millet Recipe competition organized by Queen Mary's college on 1st of March 2023.

Ms.Anju Lakshmi.R., I yr., B. ScClinical Nutrition won 2nd prize in meme competition on World Liver Day organized by Sri Ramachandra Faculty of Physiotherapy on 4th of April 2023



Ms.Madhumitha.K, III yr., B.Sc. Clinical Nutrition secured 1st place in the Athlon organized by SRM Institute of Science And Technology, Ramapuram on 3rd of April 2023.

Ms.Trisha.S., III yr., B.Sc. Clinical Nutrition won 2nd prize in poster presentation on World Liver Day organized by Sri Ramachandra Faculty of Physiotherapy on 12th of April 2023.

Ms.Gopika.S., and Ms. Sneha.S and Ms.Vanshika.S of II yrM.Sc Clinical Nutrition won a cash prize of Rs 500 each in the quiz competition organized by BRBC in collaboration with Sri Ramachandra Innovation Incubation Club on 17th of March 2023.

Ms.Nandhini.S., Ms.Sanjana.B., Ms.Vanshika.S, and Ms.Sanjana Madhan of II yr., M.Sc Clinical Nutrition won the best oral presentation award in the International Conference on Innovative Approaches in Life science organized by the American college Madurai on 24th and 25th of March 2023.

Ms. Sneha of II year, M.Sc. Clinical Nutrition cleared the NET exam in March 2023.

Ms. Srimathi.A, Ms. Nameera Begum. S, and Ms.Aashi Shekar of II year., M.Sc. Clinical Nutrition secured certificate of attendance inbound student mobility programme organized by International Medical University, Malaysia from 1st to 26th of May 2023.

The students of the final semester of M.Sc. MBLs have for the first time been posted for externship-based placement in reputed organizations like Dr. Mohan's Diabetes Research Foundation, Budhi Clinic, Hormone Clinic and Yellow Squash. Some of the students received stipends.

The students of semester II, M.Sc. MBLs had a 5-day Observership at the Siddha Central Research Institute, Arumbakkam between 15th of May and 19th May 2023.

The students of Semester II, M.Sc., MBLs had successfully completed the International Faculty Development Program on 'Integrating Music Therapy in Healthcare and Education Setting' and also participated in the International workshop on 'Music as a Holistic Therapy' organized by Institute of Salutogenesis and complementary medicine, Sri Balaji Vidyapeeth, Pondicherry.

The students of MBLs visited Shuttles and Needles, a hobby Centre to instill mindfulness through weaving. Students had the opportunity to experience their single pointed focus through the repeated movements of weaving.

'Mandala', another art form to bring in mindfulness, was practiced through a 3 hour workshop by Ms. Haripriya of ANYO Wellness Centre. The students of MBLs had a first-hand experience of mindfulness through art during this session.

Ms. Preisly and Ms. Aishwarya of Sem II, M.Sc. MBLs were selected as the winning team in the Debate Contest conducted in connection with the World Sleep Day 2023.

The students of the department of MBLs actively participated in the rangoli competition held on 30th of March 2023 as part of the Campus Environment Day celebrations.

Ms. Akshaya of Sem II, M.Sc. MBLs presented an e-Poster titled 'Family history of Type II diabetes and health perception among young adults: A bibliometric analysis' at the 4th International Conference on Mind Body & Medicine, Synapse 2023 between 1st and 2nd of April 2023.

Ms. Akshaya of Sem II, M.Sc., MBLs presented a paper titled, 'Use of Motivational Interviewing among offenders and in criminal justice: a Literature review' at the international conference on Applied Forensic Psychology in Crime and Delinquency held on 31st of March 2023

Ms. Smrithi L, a PhD Scholar, department of MBLs presented a paper titled, 'Investigating the efficacy of animal assisted yoga therapy on children with dyslexia – pilot study' at the National Conference on Holistic Health and Healing through Yoga Therapy, Sri Balaji Vidyapeeth between 16th and 17th of June 2023.

Ms. Haritha Dhanasekar, a PhD Scholar of the department of MBLs presented a paper titled 'Design, development, and validation of customized mind body module towards resilience building and wellness promotion among health care workers' at the National Conference on Holistic Health and Healing through Yoga Therapy, Sri Balaji Vidyapeeth between 16th and 17th of June 2023.



Along with the NSS unit and Yoga club of SRIHER, MBLs students participated in the school yoga camps held at the Primary School at Banaveduthottam on the 7th of March and 23rd of June 2023 and at Parivakkam on 1st of June 2023

The I year students of MBLs diligently taught yoga to the I year MBBS students during the 10-day yoga session in the month of May 2023. As per NMC directives, the common yoga protocol was followed. Approximately 215 students participated.

Ms. Smrithi L, a PhD Scholar of the department of MBLs won the II Prize for best Oral presentation at the National Conference on Holistic Health and Healing through Yoga Therapy held at Sri Balaji Vidyapeeth from 16th of June 2023 to 17th of June 2023.

Ms. Haritha Dhanasekar, a PhD Scholar of the department of MBLs won the best commendation prize at the National Conference on Holistic Health and Healing through Yoga Therapy held at Sri Balaji Vidyapeeth from 16th of June 2023 to 17th of June 2023.

Ms. Sowmya of Sem IV, M.Sc., MBLs won the first prize in slogan competition conducted in connection with World Sleep Day 2023.



Ms. Tamilselvi S., III yr., B.Sc. Applied Psychology, secured bronze medal in the 500m (Lightweight women Single Scull) in Khelo India Inter University Games 2022 - 23 conducted at Gorakhpur, U.P between 27th and 31st May, 2023.

Ms. Tamilselvi S., III yr., B.Sc. Applied Psychology received the 'Woman Achiever of SRIHER' award on 8th of March 2023 from the Sri Ramachandra Centre for Women's Advancement for securing a bronze medal in the Rowing Championship at the 36th National Games 2022.



Mr. Vengada Aswin, III yr, B.Sc. Applied Psychology received both the 'Man of the Match' and the 'Man of the Series' awards for his performance in the Pondicherry Premier league organised by the Pondicherry Cricket Association held from 30th of May to 1st of June 2023.



Ms. Mayuri Sriram and Ms. Remya M. of I Year, B.Sc. Applied Psychology won first place in group dance at RANORA'23 conducted by Jeppiaar Institute of Technology on 21st of March 2023.



Ms. Mayuri Sriram and Ms. Remya M. of I yr., B.Sc. Applied Psychology won first place in the group dance at 'ATHLON'2K23' conducted by SRM Institute of Science & Technology, Ramapuram on 3rd of April 2023.



Mr. A. Paul Praveen and Ms. Tharani N of II Year, B.Sc. Applied Psychology won second place in the Quiz competition in 'S.O.A.R. '23 on the occasion of World Schizophrenia Awareness Day conducted by the Dept. of Clinical Psychology, National Institute for Empowerment of Persons with Multiple Disabilities, NIEPMD on 24th of May 2023.



Mr. Shiyam Michael M., of I yr., B.Sc. Applied Psychology was awarded a certificate of Achievement for his outstanding performance among the top 500 in Hashtag Kalakar Global Poetry and Creative Writing Competition for the year 2023.



Ms. Ferdina Ferno, Ms. Hema Harini, Ms. Priyanka J.R., Ms. G. S. Padma Rekha, Ms. Sumaiya Sirajuddeen, and Mr. A. Paul Praveen of III Year, B.Sc. Applied Psychology won 3rd place in the Fashion Show at 'Libazaar 2023' organised by Loyola College on 22nd of January 2023.



The students of B.Sc. Applied Psychology won prizes in the Patriotic Song competition conducted by the SRIHER Literary Club on 18th of January 2023. The winners of 2nd prize are Mr. Madhavan M A V, Mr. Shiyam Michael, M, and Ms. Nivetha S of I year and Ms. Cheryl Christable D, of II year, B.Sc. Applied Psychology. The winners of 3rd prize are Ms. Shreya M, Ms. Ana Kathlin A. and Ms. Rupini Ragavi B of I yr., B.Sc. Applied Psychology.



The students of B.Sc. Applied Psychology have independently established 'Espoir- The Hope', on 2nd of May 2023. Espoir is a non-profit organisation connecting people with medical and educational needs with the appropriate resource providers including mental health providers, teachers, blood donors, special educators etc. Mr. Kiran Thulasiraman Reddy, III yr., B.Sc. Applied Psychology is the Founder & CEO, Ms. Subithra Sri S., III yr., B.Sc. Applied Psychology is the Chief Secretary. Ms. Krishna Priya U, Ms. Swetha R, Mr. Sai Srivathsan M, and Mr. Naveenkumar of III yr., Ms. Flavin Francis J and Ms. Pranavi S. Parthiban of II yr., B.Sc. Applied Psychology are the board members.

Mr. Surendar.S intern student of B.Sc (Hons) AHS Neuroscience Technology got placed in First Neuro Hospital in April 2023

Ms.Lisithayazhini Stanley of II year MSc AHS Neuroscience got placed in Vinayaka Mission University on 4th of April 2023

Mr. Dhayaanandh R of II-year MSc AHS Neuroscience got placed in Malla Reddy University on 12th of May 2023.

Ms. Bhavana Shree. S, and Ms. Jayaprakash A of II-year MSc Renal Sciences and Dialysis technology got placed in the organization named Vinayaka Mission University and Ms. Roshini A got dual offers from Vinayaka Mission University and Dhanalakshmi Srinivasan University on 4th of April 2023.

Mr. Khadeer Basha, Alumnus (Batch 2018-19, department of Geriatric Care) was recruited as 'Project Coordinator for Digital Learning Program for Elderly in Tamil Nadu' at HelpAge India, Chennai in December 2022.

Ms. Mythreyee, Alumna (Batch 2018-19, B.Sc (AHS) Geriatric Care Technology) was recruited as 'Executive Customer Support' in Athulya Assisted Living setting in Chennai on 23rd of February 2023.

Mr. Ganesh, Alumna (Batch 2017-18, B.Sc (AHS) Geriatric Care Technology) joined as 'Geriatric Care Manager' in Apollo Hospitals, Bengaluru on 1st of April 2023.

Twenty students of B. Optometry were placed in Lenskart.

Five students of B. Optometry were placed in Titan Eye Plus.

Two students of M. Optometry were placed in Mala Reddy University.



Mr. Khadeer Basha. G Alumna, (Batch 2018-19, B.Sc (AHS) Geriatric Care Technology) joined as a Project Coordinator for Digital Learning Program in Tamil Nadu at HelpAge India on 24th of May 2023.

Ms. Gopika. S., II yr., M.Sc. Clinical Nutrition has been designated as Assistant Professor in Malla Reddy University on 22nd May 2023.

Sneha S., II yr., M.Sc. Clinical Nutrition has been appointed as Assistant Professor in Malla Reddy University and secured a 2-month internship offer for the position of Executive operations, and management in the organization of Yellow Squash, Pvt, Ltd on 22nd of May 2023.



Ms. Yogalakshmi V, Mr. Mugilan G, Ms. Keerthana.S, Ms. Rithika L, Ms. Shreya K and Ms. Sandhya B of II yr M.Sc Clinical Nutrition are placed at Dr.Mohan's Diabetes.

ALUMNI ACTIVITIES

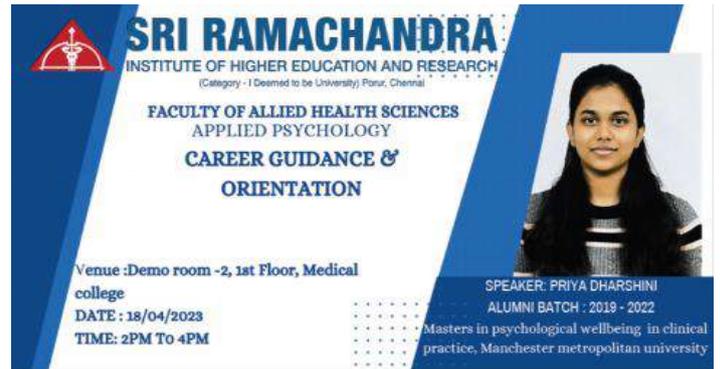


Mr. Yuvaraj and Ms. Varshini, Alumni (2014-2015 batch, Radiology), National Health Service (NHS), UK addressed the students of Radiology on career guidance held on 3rd of February 2023.



Mr. Velmurugan, Alumnus (2014-2015 batch, Radiology) Clinical Application specialist, Phillips, Netherland addressed the students of Radiology on career guidance held on 25th of April 2023.

Ms.Sadhvika Srinivas, Alumna, Department of Clinical Nutrition gave a sensitization regarding Internship opportunity in her new start up organization “Saavi Nutrition” on 1st of April 2023. More than 70 undergraduate students participated. Dr.Hemamalini, Professor and Head, Department of Clinical Nutrition, Ms. Nandita Krishnan, Lecturer were the organisers.



Ms. Priya Dharshini (Alumna of B.Sc. Applied Psychology- Batch 2019-22), pursuing Masters in Psychological Wellbeing in Clinical Practice at Manchester Metropolitan University, UK, conducted an interactive session on ‘Career Guidance & Orientation’ for the students of B.Sc. Applied Psychology on 18th of April 2023.

Ms.Shalini Maria Rose (2019-2020 batch) and Ms.Haripritha (2020-2021 batch) have joined as Care Coach in Recoup Hospital, Bangalore.



Ms Karishma E M, Alumna of BSc (Hons) AHS Neuroscience Technology (Batch 2018-19) was awarded the Founder Chancellor Shri N.P.V Ramasamy Udayar Book Prize for scoring the highest mark on the Graduation Day, 13th of April 2023.



Yoga Outreach Activity



Tree Plantation Drive



Pond Restoration Programme



Awareness programme on footboard travel



Mr.Mohammed Shahrukh. N of III yr, B.Sc (Hons) Neuroscience Technology has cleared 'kholna jodna', a weapon training exam, with a record of 54 seconds. The performance was done during the event 'Cadeo Festo' organised by Dwaraka Doss Goverdhan Doss Vaishnav College from 30th of March 2023 to 03rd of April 2023.

Students of Sri Ramachandra Faculty of Allied Health Sciences serve as volunteers in all five units of NSS. The following are the details of their community activities:

- Five student volunteers from the Dept. of Cardiac Technology took part in Self Defence workshop organized by NSS and BFT School of Martial Arts, at Yoga Hall, CSS, SRIHER, on 4th June 2023
- Five student volunteers from Dept. of AHS - Cardiac Technology took active participation in a BSL training workshop held at Yoga Hall, CSS, SRIHER, on 5th June 2023.
- Six NSS volunteers from BSc., Applied Psychology and BSc.,AHS along with the team of volunteers' volunteered for sports item distribution at English coaching at Parivakkam government middle school and simultaneously a few volunteers stretched their support for English coaching at Parivakkam Government Middle School.on 17th February 2023.
- Thirty student volunteers from BSc., Applied Psychology, BSc., Clinical Nutrition, BSc., Cardiac Technology took part in the pond cleaning programme held on 17th and 18th February 2023 at Korattur.
- Five student volunteers from Dept. of AHS took part in the awareness programme on prevention of Footboard travel held on 18th February 2023 at Ambattur.
- Seven interns of Dept. of Optometry along with one faculty member Ms.Kanagalakshmi went to NSS camp on 22nd Feb 2023 where 234 patients were screened.
- Eleven students from Dept. of AHS, including BSc., Applied Psychology, BSc., Cardiac Technology, B.Sc., Trauma Care Technology participated in the Yoga outreach programme held at Banaveduthottam Govt., school and Kollappancherry on 7th and 30th March 2023.
- Our NSS student volunteers took active participation in "Eco Walk" during SRIHER Campus Environment Day on 31st March 2023.
- Fourteen student volunteers from BSc., Trauma Care Technology, BSc., Allied Health Sciences and BSc., Applied Psychology participated in the Vayalanallur toilet inauguration programme held on 25th and 27th April 2023.
- Thirteen student volunteers from BSc., Trauma Care Technology, BSc.,Clinical Nutrition, BSc.,Clinical Research and BSc., Allied Health Sciences took active participation in the tree plantation drive conducted on World Environment Day at Palliathal Temple Pond Area located at Vayalanallur village on at Vayalanallur village on 3rd June 2023.
- Seven student volunteers from BSc., Applied Psychology, BSc., Clinical Nutrition took part in the pond cleaning programme at Sorancherry on 9th June 2023.

தொடர்புடைய சுகாதார அறிவியல் (AHS) பிரிவு பற்றிய எனது வரைவுச் சுருக்கம் ஜோ.ராஜன் பாபு, (Sr. Executive, SRF AHS)

முதற்கண் இந்நிறுவனத்தின் வேந்தர் மற்றும் அவரது குடும்பத்தாருக்கும் நல்லாசியுடன் பணியில் அமர்த்தியமைக்கு எனது சிரம்தாழ்ந்த வணக்கத்தையும் எனது மனப்பூர்வமான நன்றியையும் தெரிவித்துக்கொள்கிறேன்.

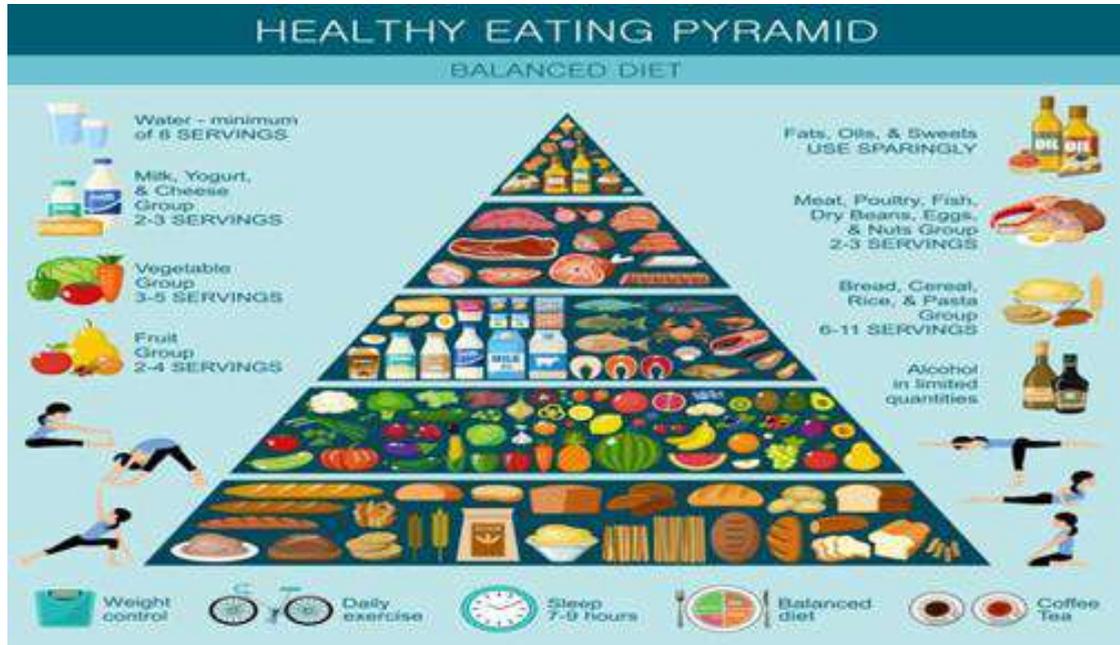
AHS துறையில் நான் 23 வருடங்களுக்கு மேலாக (2000 ஆம் ஆண்டு முதல்) இந்த துறையின் தந்தை டாக்டர்.டி.கே.பார்த்தசாரதி மற்றும் டாக்டர்.மஹாராஜன், டாக்டர்.கே.பாலாஜி சிங், டாக்டர்.எஸ்.செந்தில் குமார், தற்போது டாக்டர். நரசிம்மன்.எஸ் ஆகியவர்களின் வழிகாட்டுதலின் பேரில் அனைத்து பணிகளையும் இன்றுவரை நான் செவ்வனே பணியாற்றி வருகிறேன்.

1995 ஆம் ஆண்டு தொடங்கிய இந்த துறையில் 9 டெக்னாலஜி பிரிவுகள் உருவாக்கப்பட்டு அவை மேன் மேலும் வளர்க்கப்பட்டு தற்போது 15 டெக்னாலஜி பிரிவுகளாக விரிவடைந்துள்ளது. இதில் இளநிலை மட்டுமல்லாது முதுநிலை பிரிவுகளும் உண்டு.

சமீபத்திய காலங்களில் திறன் கொண்ட சுகாதாரப் பணியாளர்களின் தேவைக்கு பதிலளிக்கும் வகையில் AHS துறையில் வேகமாக வேலைவாய்ப்புகள் உருவாகியுள்ளன. எனவே மருத்துவர்கள் மற்றும் பிற சுகாதாரப் பாதுகாப்பு நிபுணர்களின் பணிகளுக்கு உதவுதல், எளிதாக்குதல் மற்றும் நிறைவு செய்தல் உள்ளிட்ட சுகாதாரப் பாதுகாப்பு அமைப்பில் தேவையான வேலையாட்களை இந்த துறையில் உருவாக்குவதில் இந்நிருவனம் பெரும் பங்கு வகிக்கிறது என்பதில் நாங்கள் பெருமகிழ்ச்சியடைகிறோம்.

எல்லா உயிர்களும் இன்புற்று வாழ்க !

Let Food Be Thy Medicine



Food we eat is the basis of good health. Here are a few healthy eating tips:

- Include complete balanced meals in a regular diet.
- Eat three regular meals and two to three snacks per day
- Do not skip breakfast.
- Revive health with the goodness of millets like pearl millet, finger millet etc.
- Ensure adequate hydration to avoid constipation and risk of renal stones
- Include at least one fruit[100gms] in a day
- Naturally coloured vegetables improve your health and colors of life
- Include protein rich foods like eggs, milk and milk products, meat, and legumes etc.
- Consume green leafy vegetables at least thrice a week.

-Dr. A.J.Hemamalini, Professor and Head, Dept. of Clinical Nutrition

MIND MUSE



Our Everyday GIFT value is 86400

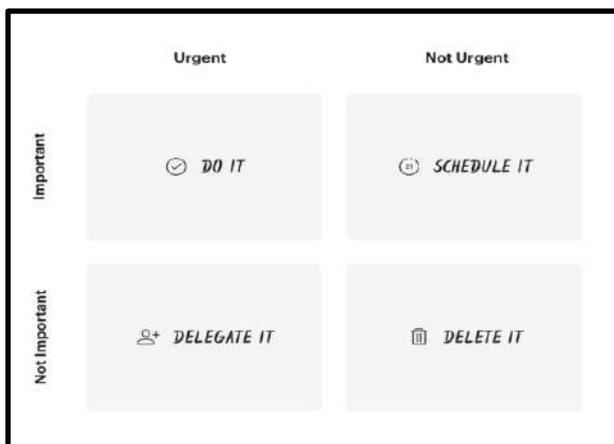
Oh my God! Is everyone given this gift?

YES. Each one of us, irrespective of our socioeconomic status or demographics, as we wake up every day, a gift box worth 86400 seconds is given to us. The Worth of this is based on how we value and use it.

Each one of us knows the worth of a second when we stand in the signal or when the hall's chief superintendent says "last 5 minutes, tie the paper and write", or the previous night of our exam when we have pages and pages to read and understand. Every time we experience this, we make a promise to ourselves that next time we should manage our time better; however, we keep repeating this mistake repeatedly. Let us do a self-check. Ask yourself these questions,

- ✓ Are my days calm and intentional or stressful and haphazard?
- ✓ Did I complete all my daily planning sessions or skip some?
- ✓ Do I feel accomplished at the end of most days?
- ✓ Are my high-priority days being addressed?
- ✓ Am I on track to meet my long-term goals?
- ✓ This day was especially productive, why?
- ✓ I accomplished nothing impactful on this day, why?

If your answer makes you feel you need to work on your time management, take these steps.



Have one priority every day and make every day count. Identify one activity that would define the day. Prioritize and protect your to-do list with this one activity which would be your day's highlight.

Begin each day by thinking about what you hope will be the bright spot. Learn to use the Eisenhower matrix to define your to-do list with urgency and importance. Also, apply Pareto's rule of 20% effort to get 80% result, batch processing, multitasking for homogenous work, and delegating the work. We need to value this 'Present', and live the moment mindfully by practicing the presence. Your gift box with 86400 seconds will be a highly valued one, each day!

- Dr.D.C.Mathangi, Professor & Head, Department of MBLS

Fantasy

The reality closes behind
So do your eyes
Fakeness surrounds, yes!!
But it is true.
The moment gets you engulfed
Into elsewhere unique; and
Out of the delivery
Appear, the virtues you craved for
Mystery, thrill picked magic carpet
Fly you out into vastness
From the world of cruelty
- Ms. Khirthi.G, I yr., Bsc., Renal and Dialysis Technology

Radiant Dullness

I look outside,
I look outside and all I see is darkness,
Deep darkness is so dull that it dwells within my brain.
I look outside,
I look outside with a tad bit of light in me,
Only to discover,
It was nothing but a facade.
A mere mirage making my mind muddy.
- Ms. Mayuri Sriram, I yr., B.Sc. Applied Psychology.

Dawn of Love

In the space where abouts the world,
Prompt to ceremonialize,
The 25 th Recurrence...!
In the meantime,
A sole girl is ready to celebrate her
Blooming first love...
- Mr. Shiyam Michael M., I yr, B.Sc. Applied Psychology

The Menace of Thoughts

In the Bewitching hour,
There's a Cloud bursts in the sky, whereas,
I reclined into the menace of thoughts,
With gale in the core,
Deluge in the eyes of I,
Coz of the hue and cry in the mind of ME...
- Mr. Shiyam Michael M., I yr, B.Sc. Applied Psychology

காற்று

ஞாலம் யாவும் பரந்து திரிந்தாய் - வழிகள்

தோறும் அலைந்து திரிந்தாய்!

தென்றலாய் வந்து தீண்டிச் சென்றாய் - கடும்

புயலாய் வந்து தாக்கிச் சென்றாய்!

ஆடியில் ஆனந்தக் கூத் தாடினாய் - சித்திரையில்

முகங் காட்ட வும் மறுத்தாய்!

மரங்கள் சலசலக்க, குயில்கள் கூவ - சொர்க்கத்தை

மண் ணுலகில் காண வைத்தாய்!

அம்மரங்கள் வீழ, பட்சிகள் அலற - கொடும்

சாப மாக வும் நின்றாய்!

உண்ண உணவு இல்லை யேல் - உயிர்

வாழ சிறிது காலமுண்டு, ஆனால்

சுவாசிக்க நீ இல்லை யேல் - உயிர்

வாழ ஓர் வழியும் உண்டோ?

உன்னைக் கண்டு ரசிப்பதா? அஞ்சுவதா? - குழப்பத்தில்நாங்கள், பதிலொன்று சொல்வாய்,
நீயே!

- Ms. Aarthi. B, II yr., B.Sc. Clinical Nutrition



Art by Ms. Malvika U, I yr., M.Sc. Clinical Psychology



Art by Mr. Kiran Thulasiraman Reddy, III yr., B.Sc. Applied Psychology



Art by Ms. Justine Kareena Barreto, III Year, B.Sc. Trauma Care Management



Art by Ms. Pooja Kanagamani.R, I yr., B.Sc. Applied Psychology



Art by Mr. Kiran Thulasiraman Reddy, III yr., B.Sc. Applied Psychology.



Art by Ms. Pooja Kanagamani.R, I yr., B.Sc. Applied Psychology



Art by Ms. Cressida Joann III Year, B.Sc. Applied Psychology



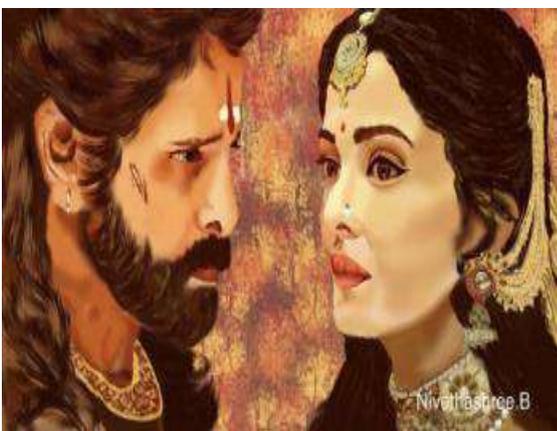
Art by Ms. Rakshitha Sampath, II yr., B.Sc. Applied Psychology



Art by Ms. M. Adhiti, II Year, B.Sc. Applied Psychology



Art by Ms. Rakshitha Sampath, II yr., B.Sc. Applied Psychology



Art by Ms. Nivethashree B. II yr., B.Sc. Clinical Nutrition



Art by Durga.M., II yr., B.Sc. Clinical Nutrition



Art by Ms. Afira Farheen, II yr., B.Sc. Clinical Nutrition



Art by Ms. Sankhya sree, II yr B.Sc. Clinical Nutrition



Art by Ms. Rakshana, I yr., B.Sc. Clinical Nutrition



Art by Ms. Punugoti Jahanavi I yr., B.Sc. Clinical Nutrition



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