



SRI RAMACHANDRA

INSTITUTE OF HIGHER EDUCATION AND RESEARCH

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GLIMPSES

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



January - June 2024
Issue 3

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From Principal's Desk



Dear Students, Faculty members and Esteemed Colleagues,

As we reflect on the past six months, it is heartening to witness the remarkable progress and achievements within our Faculty of Allied Health Sciences. Our commitment to excellence in education, research, and service continues to be the cornerstone of our success.

This edition of our biannual newsletter highlights the incredible dedication and hard work of our faculty members and students without whom these endeavours would not be possible.

Our faculty members continue to have several extensive contributions and research accomplishments in addition to academics. Our students have excelled in their academic pursuits, and many have earned accolades in various national and international forums. Their achievements are a testament to the rigorous training and mentorship provided by our distinguished faculty. These initiatives underscore our commitment to social responsibility and the broader impact of trained Allied Health Sciences personnel on public health.

As we look ahead, we remain focused on fostering an inclusive and supportive environment where all members of our community can thrive. We are excited about the upcoming opportunities for growth and development.

I extend my heartfelt gratitude to everyone who has contributed to our collective achievements. Your passion, dedication, and unwavering support are what make our institution a leader in Allied Health Sciences. Together, we will continue to build on our successes and strive for even greater heights.

Thank you for your ongoing commitment to excellence and innovation. I look forward to the exciting months ahead and the continued success of our community.

Warm regards,

Dr. T V Ramakrishnan

Professor & Head of Emergency Medicine and
Principal,

Sri Ramchandra Institute of Higher Education and Research
SRIHER (DU).

Editorial Message



Dear cherished readers,

Welcome to our third issue of Glimpses! As we strive for excellence in all we do, we are proud to share some of the latest achievements, faculty contributions, student successes, and other updates and insights with you. These contributions have required a generous amount of time and effort. It is this willingness to connect knowledge and unique perspectives with fellow beings that has made this newsletter possible. Our team has worked diligently to curate engaging events and exciting announcements to keep you enlightened and entertained. Your support means everything to us. "Stay informed and engaged!"

Dr. Rahamath

Editorial Team Member

Assistant Professor of English

SRFAHS, SRIHER.

EVENTS

Awareness Talk on Innovation Opportunities in Healthcare

Sri Ramachandra Faculty of Allied Health Sciences in collaboration with Sri Ramachandra Innovation Incubation Centre (SRIIC) organized a series of talk by Dr. Anand Thirunavukarasou, Manager, SRIIC and coordinated by Dr. Pitchaimani G, Assistant professor of Allied Health Sciences.

The details are as follows

A talk on “Innovation Opportunities in Healthcare” was organized for the first and second year undergraduate Allied Health Sciences students on 19th of March, 2024. 320 students attended.

A talk on “A Session on Innovation and Entrepreneurship Opportunities for Allied Health Sciences Students and Faculties” was conducted on 11th of June, 2024 for the students of B.Sc. Trauma Care Management Technology second- and third-year undergraduate students.

A talk on “Funding Opportunities in Health care Innovations” was organized on 12th of June, 2024 for the II-year B.Sc. Applied Psychology and first-year M.Sc. Counselling Psychology and a total of 65 students and five faculty members attended the session.



Workshop on Harmonizing Holistic Wellness

A focused workshop on ‘Bridge the Gap: Connect with Gen Z’ was organised for faculty members of SRFAHS, SRFoP, SRFoT and SRFSALP on 6th of April, 2024 to understand the challenges and opportunities for building emotional intelligence among Gen Z in classroom. Dr. Cynthia Milton, Assistant Professor, SRFAHS, as the secretary cum member of the Health Science Colleges Education Unit 1 was the organiser.



Focused workshop on ‘Bridge the Gap: Connect with Gen Z’

During the International Mind Body Wellness Day 2024, Dr. Manimekalai Narayanan, Assistant Professor of AHS served as the resource person for the workshop on “Harmonizing Holistic Wellness: Mind Body and Soul” organized by the Department of Mind Body Medicine & Lifestyle Sciences in collaboration with the Departments of Clinical Psychology & Psychiatry on 3rd January, 2024. The workshop helped foster a relaxed, positive learning environment to develop confidence with Asanas practices. Yoga asanas and its effect on body and mind were demonstrated to 30 students from SRIHER and outside students.



Vidya Sudha 'SNACK' Summer camp

SRFAHS supported the 'SNACK 2024' summer camp organized by Vidya Sudha, Sri Ramachandra Learning Centre for Children with Special Needs from 2nd to 20th May, 2024. The camp featured activities such as; (i) Phonetics classes conducted by Dr. Cynthia Milton & Dr. Rahamath (ii) Culinary activities with 14 fireless recipes conducted by Ms. Aishwarya.C.V. and four postgraduate interns from the Department of Clinical Nutrition. (iii) Yoga sessions conducted by Ms. Suganya. The event promoted pronunciation, community building, healthy eating habits, and inclusivity. 18 children participated.



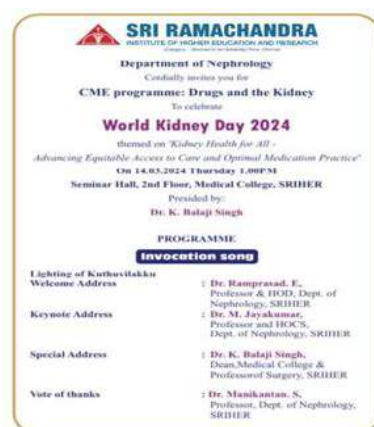
Radiology and Imaging Continuing Education

The Department of Radiology and Imaging Sciences organized its Radiology and Imaging Continuing Education 'RICE' on 10th of January, 2024. Ms. Aboorva B and Mr. Suriya, Radiology and Imaging Sciences Technologists gave lectures on Applications of 3D T1 & T2 weighted sequences in RICE.



World Kidney Day

On the occasion of World Kidney Day, 12th March, 2024, around 300 students from the Faculty of Allied Health Sciences, Faculty of Management, and Faculty of Nursing formed a Human Chain in the shape of the Kidney in the Turf ground of SRIHER to highlight the need to care for the health of the vital organ, kidney and solidarity. The event including educational sessions on kidney health and screening for early detection of kidney disease followed by a free Kidney Health Checkup was conducted on 13th and 14th of March, 2024.



A CME programme "Drugs and the Kidney" on the theme "Kidney Health for all – Advancing equitable access to care and optimal medication practice" was held on 14th of March, 2024 in SRIHER. Around 150 participated.

Rhythm Rise'24

The Department of Cardiology organized 'Rhythm Rise'24, an ECG workshop conducted on 31st of March, 2024 focusing on Allied Health Sciences and other medical aspirants. More than 400 students from outside of SRIHER and around 150 students from SRIHER participated in the workshop. The workshop included engaging topics, collaborative initiatives, and opportunities for recognition, with the fostered a vibrant community of learning and camaraderie within the Medical Quiz Club.



DRDO Scientist Visit

The Department of Clinical Psychology recently organized a lecture and interactive session for the M.Phil. Scholars on 8th of June, 2024. The session was graced by Mr. Silambarasan, a distinguished Scientist from the Defense Research and Development Organization (DRDO), Ministry of Defense, Government of India. Mr. Silambarasan delivered an insightful speech that focused on the pathways for entering the DRDO, as well as the scope and opportunities available for psychologists within the organization. The programme was coordinated by Mr. S Varadharajan, Assistant Professor of Clinical Psychology. The session proved to be highly informative and beneficial for the scholars, in offering them valuable guidance for their professional journeys.



Employee Counseling Programme

The Department of Clinical Psychology has launched a comprehensive Employee Counseling Programme in collaboration with Severn Glocon, a manufacturing industry from April, 2024. This initiative aims to provide professional psychological support to employees, fostering a healthier, more resilient, and productive workforce. Faculty members from the department visit the company twice a month to provide individual sessions and crisis interventions.



World Autism Awareness Day

World Autism Awareness Day was observed on the 2nd of April, 2024 by the M.Sc. students and M.Phil. scholars of the Department of Clinical Psychology by taking proactive steps to spread autism awareness. Stickers promoting autism awareness were distributed to patients and visitors of Sri Ramachandra Hospital. Their efforts aimed to dispel common myths and misconceptions about autism, promoting a more informed and compassionate perspective.



Field Visits to Mental Health Centers

Field trips are integral to the training of M.Phil Clinical Psychology scholars, providing a bridge between academic learning and professional practice. These visits enriched the educational experience by fostering practical skills, professional growth, and a deeper understanding of the complexities of human behavior, mental health care and disability.

Date	Place of Visit	Faculty Co-Ordinator
11/6/2024	Andhra Mahila Sabha Mitra Mandir, Mylapore	Ms. Haripriyaa VG Assistant Professor
12/06/2024	SCARF- Schizophrenia Research Centre, Anna Nagar West	Ms. Aditi Gupta Assistant Professor
13/6/2024	National Institute for Empowerment of Persons with Multiple Disabilities, NIEPMD. Muttukadu	Ms. Shivani Assistant Professor
14/6/2024	State Resource cum Training Centre for Differently Abled, KK Nagar	Ms. Sindhu Assistant Professor
15/6/2024	TT Ranganathan Clinical Research Foundation, (TTK Hospital), Adyar	Ms. Angeline Miriam George Assistant Professor
18/6/2024	Spastics Society of Tamil Nadu (SPASTN), Tharamani	Mr. S Varadharajan Assistant Professor
19/6/2024	Parent Empowerment Scheme, Neelankarai	Dr Neeradha Chandramohan Associate Professor



'Studometry' - National Optometry Conference

The National Optometry Conference, 'Studometry' was jointly organized by the Department of Optometry at Sri Ramachandra Institute of Higher Education and Research and the India Vision Institute (IVI) on 27th of January, 2024. The inaugural ceremony was marked by the presence of Dr. Balaji Singh, Dean-Medical College, Mr. Vinod Daniel CEO, IVI, Dr. Narasiman Swaminathan, Former Principal, FAHS and Prof. Dr. Radha Annamalai, HOD, Dept of Ophthalmology and Optometry. The event garnered a notable simulcast to three other optometry colleges in India along with ours, bringing the total participant count to nearly 800. A noteworthy achievement for the students of our Department of Optometry was their securing of the second prize in the quiz conducted as part of the event. This success further underscores the department's commitment to excellence in education and engagement within the field of optometry.



Field Visit: Hoya Labs

The 3rd year students of the Department of optometry visited the newly constructed Hoya labs at Sriperumbudur on 19th of June, 2024 to gain insights into their cutting-edge technology in the contributions to the optical industry. The primary objective of this visit was to understand the manufacturing process of optical lenses, to learn about the unique coating procedures that enhance lens performance and durability and to explore the features and benefits of MiYOSMART lenses in myopia control.



Visit to VHS Low Vision Clinic

An educational field visit to Voluntary Health Services Hospital's Low Vision Clinic was arranged for the I year postgraduate students of Optometry on 8th of May, 2024 by the Department of Optometry, headed by Mr. Selva Seelan S, Asst. Professor. The students learned about the innovative technologies and supportive resources tailored to meet the unique needs of patients with visual impairments related to low vision.



Optometry Health Camps

Department of Optometry has conducted several Cataract, School Screening and Multi-speciality camps from January to June 2024 which are listed below:

Month	No. of camp organized	No. of cases seen
JANUARY	35	4421
FEBRUARY	30	3586
MARCH	25	2012
APRIL	30	3222
MAY	31	2132
JUNE	10	528



Sensitization Programme on Nutrition Supplements

The Department of Clinical Nutrition conducted a sensitization programme on nutrition supplements on 3rd of February, 2024. Mr. Abdul Rahman and Mr. Vinoth M. from Hexagon Nutrition Pvt. Ltd, Chennai addressed the faculty members, dietitians, and PG students on various scientific formulas available for patient care. Various nutrition supplements specific to High Protein, Diabetes, Constipation, Renal, Hepatic and Weight Management were showcased and presented for nutrition support and care according to the needs of the patients in the hospital set-up. 75 participants including 7 students, 3 faculties and 5 dietitians attended the programme. This event is classified under the Sustainable Development Goal (SDG) 9 i.e. Industry Innovation and Infrastructure. Ms. Nandita Krishnan, Lecturer, was the coordinator for this event.



Parinamas of Nutrition

The Department of Clinical Nutrition organised a pre-conference workshop and a two-day International Conference entitled, "Parinamas of Nutrition (Nutrition Transformations)" from 4th to 6th of January 2024. Ms. Arya C.J., Asst. Professor, Amrita Institute of Medical Sciences, Kochi and Dr. Sylvia Escott Stump, Teaching Faculty, University of Wisconsin-Madison were the external resource persons for the pre-conference workshop. The topics covered in the workshop were related to enteral nutrition, dysphagia, and grants for research. 85 delegates attended the pre-conference workshop.

The conference had Dr. Sylvia Escott Stump, Teaching Faculty, University of Wisconsin Madison; Dr. Varsha, Founder Chair, Indian Institute of Nutritional Sciences; Ms. Mary Easaw, Consultant Dietitian, CVSCL Hospital; Ms. Madhu Sharma, Former Senior Dietitian, PGIMER, Chandigarh; Dr. Jagan Mohan, Professor and Head, of Food Product Development, NIFTEM; Dr. Ganesh Venkataraman, Professor, VIT University and Captain. S. Chandran, Commanding Officer 1 (TN), Naval Unitserve as external resource faculty members. The topics focused on epigenetics, learn, unlearn and relearn clinical nutrition, motivational interview, therapeutic benefits of Indian cuisine, recent advances in food processing and curriculum - design, outcome-based education in nutrition, role of nutritionists in defense and applications of nanotechnology in nutrition. 335 delegates from different institutes (nationally) participated. The event is classified under SDG 3 and 4 i.e. Good Health and Well Being and Quality Education. Dr.A.J.Hemamalini, Professor and Head was the Organizing Chairperson, Dr.V. Supriya, Associate Professor served as organizing secretary and Dr.T.H.Hema, Lecturer was the Co-organizing secretary for the conference.



International Clinical Nutrition Update (ICNU)

International Clinical Nutrition Update (ICNU) 'Partnership in Action' was conducted on 7th of February, 2024 by the Department of Clinical Nutrition in collaboration with Indian Institute of Nutritional Sciences. Dr. Judith Beto, President Elect, International Affiliate of the Academy of Nutrition and Dietetics, USA was the resource person for the session. A panel discussion was conducted with expert panelists, Ms. Bamini. M, Chairperson of Indian Dietetic Association, Chennai Chapter, Dr. Vinitha Krishnan, Chief Dietitian and Head, SRM Institute of Medical Sciences (SIMS Hospital), Dr.V.Supriya, Assoc. Professor, Department of Clinical Nutrition and Ms.J.S.Divya, Research Scholar, Department of Clinical Nutrition, SRIHER. The session was moderated by Dr. Varsha Tarwady, Founder chair, Indian Institute of Nutritional Sciences. 100 students, faculties and dietitians had attended the session. This event is classified under the Sustainable Development Goal (SDG) 3 and 17 i.e. Good Health and Well Being and Partnership for the Goals. Dr.A.J.Hemamalini, Professor and Head, Department of Clinical Nutrition, organized this session in collaboration with Dr. Varsha Tarwadi, Founder Chair of Indian Institute of Nutritional Sciences.



World Obesity Day

In commemoration of World Obesity Day, the Department of Clinical Nutrition hosted a thought-provoking guest lecture titled, "Modern Management of Obesity" on 4th of March 2024. Dr. C. Rajeswaran, a distinguished Senior Consultant specializing in Endocrinology, Diabetology and Bariatric Physician served as the resource person. A diverse audience of approximately 150 individuals, comprising esteemed academicians, dietitians, postgraduates, undergraduates, and research scholars actively engaged in the talk, underscoring the collective commitment to fostering healthier lifestyles and combating obesity. This event is classified under the Sustainable Development Goal (SDG) 3 i.e. Good Health and Well Being. Ms. Nandita Krishnan and Ms. Aishwarya. C. V, Lecturers, Department of Clinical Nutrition coordinated the session.



International Women's Day

On the occasion of the International Women's Day Celebration, the Department of Clinical Nutrition organized a series of events on 8th of March, 2024 under the theme, "Reveal your skill, let your ability fill the thrill" to showcase the talents and skills of the non-teaching and housekeeping staff of the Vidya Sudha block at SRIHER. A total of 20 individuals from the housekeeping and non-teaching faculties enthusiastically participated in the event. The day concluded on a high note, leaving lasting memories of celebration, empowerment, and community spirit. This event is classified under the Sustainable Development Goals (SDG) 5 i.e. Gender Equality. Ms. Aishwarya C.V., Lecturer, Department of Clinical Nutrition was the organizer of the event.



Awareness Programme on Kidney Friendly Foods

On the occasion of World Kidney Day, the Department of Clinical Nutrition in collaboration with the Integrated Rural Community Society (IRCDS) in Thiruvallur conducted an awareness programme themed "Know your Kidney Friendly Foods: Unlocking Wellness - Nutritional Strategies for Renal Disorders" on 22nd of March, 2024, at Navalkuppam Village, Poondi Block, Thiruvallur District. The session benefitted 30 individuals with a history of kidney disease. In addition to insightful individual counseling sessions, the program featured an engaging live foods display focusing on salt alternatives, low-sodium options, and low-potassium foods. The event emphasized on education, accessibility and community engagement reflecting a dedication to promote holistic well-being and fostering a culture of informed decision-making among participants. This event is classified under the Sustainable Development Goals (SDG) 3 and 17 i.e. Good Health and Well Being and Partnership for the Goals. Ms. Aishwarya C.V., Lecturer, Department of Clinical Nutrition, SRFHS conducted the event.



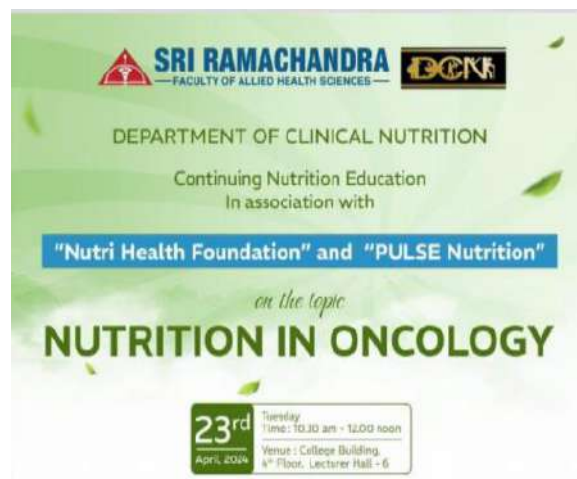
World Health Day

On World Health Day, the Department of Mind Body Medicine, and Lifestyle Sciences (MBMLS) in Collaboration with the Department of Clinical Nutrition conducted a health camp at the G-Block entrance on 15th of April, 2024. Dr. D.C. Mathangi, Professor and Head, Department of MBLS, Ms. Nandita Krishnan and Ms. C.V. Aishwarya, Lecturers, Department of Clinical Nutrition were the coordinators for the camp. Bookmarks made by the postgraduate students of the Department of MBMLS and Diet Charts by the postgraduate students of Department of Clinical Nutrition were distributed to beneficiaries in the waiting area. Ten beneficiaries received a one-on-one counselling session on lifestyle and nutrition. This event is classified under the Sustainable Development Goals (SDG) 3 and 17 i.e. Good Health and Well Being and Partnership for the Goals. Ms. Nandita Krishnan and Ms. Aishwarya. C. V., Lecturers, Department of Clinical Nutrition, SRFAHS coordinated the session along with the faculty members of the Department of MBMLS.



Continuing Nutrition Education (CNE)

The Department of Clinical Nutrition conducted a Continuing Nutrition Education (CNE) Program on the topic "Nutrition in Oncology" in association with Nutri health Foundation and Pulse Nutrition on 23rd of April, 2024. Dr. Vanessa Fuchs, Clinical Nutritionist in Oncology, Hospital General, Mexico, USA and Dr. P. Lakshmi Narasimman, Associate Professor, Senior Consultant, Head and Neck Surgical Oncologist, SRMC and RI were the invited resource persons and Panelist for the CNE. Dr. V. Supriya, Associate Professor, Department of Clinical Nutrition, SRFAHS, SRIHER (DU) and Ms. P. Kalaivani, Dietician, SRMC were the other panel numbers who took part in the Panel Discussion. The Panel discussion was moderated by Dr. A.J. Hemamalini, Professor and Head, Department of Clinical Nutrition, SRFAHS, SRIHER (DU). The CNE was attended by dietitians, eight faculties and one hundred and fifty students. The event is classified under the Sustainable Development Goals 3 and 4 i.e. #Good Health and Well Being and #Quality Education.



Eco-Kitchen Visit

A visit to eco-kitchen was organized as a part of community activity for PG and UG internship students on 29th of May, 2024. 32 Postgraduate Interns and 2 Undergraduate interns took part in the activity. Ms. Aishwarya.C.V., lecturer, Department of Clinical Nutrition coordinated the activity.



Internship on Clinical Nutrition

The Department of Clinical Nutrition conducted a fifteen days' internship for undergraduate students from 16th of May, 2024 to 31st of May, 2024 and a one-month postgraduate internship from 1st of June, 2024 for other colleges to acquire skills in the nutrition care process and to gain knowledge about the field of clinical nutrition. Students from various nutrition and dietetics programmes of Women's Christian College, Tamil Nadu Sports University, Dhanapalan College of Arts and Science, Chennai, Periyar University, Salem and Sarah Tucker College, Tirunelveli underwent training. Ms. Aishwarya C.V. Lecturer of Department of Clinical Nutrition coordinated the undergraduate Internship and Dr. A. Karthiga and Ms. Nandita Krishnan Lecturers, Department of Clinical Nutrition coordinated the post graduate internship. The event is classified under the Sustainable Development Goals 4 i.e. Quality Education.



'STEPS' Webinars

The Department of Trauma Care Management organized a series of webinars, 'STEPS', (Sri Ramachandra Training on Emergency Paramedic Skills). The details are as follows:

- An enriching expert talk on 'Pelvic Trauma' was held on 23rd January, 2024. The invited speakers were Mr. Abhishk S., Assistant Professor cum Programme coordinator, Department of Trauma Care Management, Yenepoya School of Allied Health Sciences, Mangalore, and Ms. A. Keren Happu Betty, AHA Instructor, Panimalar Medical College Hospital & Research Institute, Chennai. 100 participated.
- A webinar focusing on 'Spinal Trauma' was held conducted on 23rd of February, 2024. The resource people were Mr. A. Ahamed, Tutor, SRM, Kattankulathur, Mr. Nitesh Kumar, Ambulance Paramedic /Project Coordinator, Hamad Medical Corporation(HMC), Qatar. 70 participants along with 10 students from SRM University, Kattankulathur benefited.
- Special talks on 'Toxidrome' were delivered by Ms. Sakthi Priya M, Tutor, Saveetha College of AHS and Ms. Divya S EMT, GMC Clinic, Dubai on 23rd of April, 2024. 80 participants benefited.
- A webinar on 'OPC Poisoning' was delivered by Mr. Karthikeyan. R, Technologist, EMS, SRMC and Ms. Yuvarani. P, Tutor Saveetha College of AHS, Saveetha University, Chennai on May 14th 2024 and 100 participants benefited.
- A webinar on 'Opoid Toxicity' was delivered on 14th of June, 2024 by Ms. Sandhiya. R, Assistant Professor, Mohan Babu University, Tirupathi, and Ms. Sneha. V Lecturer, SRM University, Kattankulathur, Chennai. 100 participated.



'Aid Memoriae' - First Aid Training Programmes

Mrs. T.N. Nirmhalaa and Mr. Parthasarathy, Assistant Professors of Trauma Care Management conducted the first aid programme named 'Aid Memoriae' on 22nd of January, 2024. Dr. T.V. Ramakrishnan, Professor & Head, Emergency Medicine presided the event. 16 participants including 3 EMS staff members, 8 students and 5 staff members from Kalpakkam benefited.

The department of Trauma Care Management re-conducted the first aid programme named 'Aid Memoriae' on 16th April, 2024. Ms. Stella, Lecturer and Ms. Mohanasundari, Assistant Professor of Trauma Care Management demonstrated various first aid skills for the paramedical students and staff members. 15 Trauma Care Management students and 3 paramedical staff members benefited.



Colloquium on Holistic Wellness

The department of Mind Body Medicine & Lifestyle Sciences began the year 2024 with the mark of International Mind Body Wellness Day celebration held on 2nd and 3rd January, 2024 partnering with the departments of Clinical Psychology and Psychiatry. The day was celebrated with scientific poster session, three workshops – Yoga, Music, and Pottery. The chief guest of the colloquium was Dr.Sivaraman, Director, Aarogya Health Care, highlighted on holistic wellness by stressing the importance of the mind, body and soul interconnectedness towards wellness across all ages. The program was well covered by the media as well and was attended by 225 participants.



CME on World Sleep Day

On account of World Sleep Day, the Department of Mind Body Medicine & Lifestyle Sciences, SRFAHS along with the Department of Physiology and Department of Psychiatry conducted a Continuing Medical Education (CME) programme on 15th of March, 2024. Dr. D.C. Mathangi, Professor and Head, Department of Mind Body Medicine & Lifestyle Sciences, SRFAHS gave a brief note on the importance of World Sleep Day and overview of activities conducted by various departments of SRIHER in connection with World Sleep Day. Prize distribution for various competitions was held. It was followed by a guest lecture by Dr. N. Ramakrishnan on "Sleep Medicine - There is more to it than OSA". He spoke about various sleep disorders with real life case scenarios by giving each case an attractive relatable label.

Workshop on Relax and Resilience Building

The department of Mind Body Medicine & Lifestyle Sciences successfully conducted an 8-week workshop on the "Relax and Resilience Building" from 26th of February to 26th of April, 2024 for the parents and teachers of Special Children at Vidya Sudha, SRIHER. This programme benefited 12 Parents and 10 faculty members. Feedback received from the participants has been encouraging. Dr.D. C. Mathangi, Professor and Head, Department of Mind Body Medicine & Lifestyle Sciences along with the PG students of M.Sc. Mind Body and Lifestyle Sciences conducted the sessions.



Yoga Session for MBBS

The students of M.Sc. MBLs and PhD Scholars from the department of Mind Body Medicine and Lifestyle Sciences conducted a Common Yoga Protocol session for the first year MBBS Students for ten days in the month of June, 2024. A total of 250 students participated in these sessions. A video of the common yoga protocol has been prepared and shared with the students.



World Obesity Day

The Department of Mind Body Medicine & Lifestyle Sciences commemorated World Obesity Day on 4th of March, 2024. The students of M.Sc. MBLS were enthusiastically involved in bringing in awareness on addressing obesity among the visitors and caregivers in the G Block waiting area. This was well received and they were individually coached towards their set goal by the students through their personalized session. The session included a flash mob, eating right, importance of physical activity and sleep. A total of 30 participants were benefited.



On account of “World Obesity Day”, an awareness programme was conducted on 4th of March, 2024 by the students of the Department of Mind Body Medicine & Lifestyle sciences in the patient waiting area in front of G Block. An interactive session on “Sleep hygiene” was taken by S.G. Yashwanth of II-year, M.Sc. Mind Body & Lifestyle science. He spoke about the importance of sleep, sleep hygiene, dos, and don'ts before going to bed.



International Women's Day Celebration

The Department of Mind Body Medicine & Lifestyle Sciences celebrated the International Women's Day on the 6th of March, 2024 through fun-filled activities for the house keeping staff. Prizes for the winners were distributed by Dr. T.V. Ramakrishnan, Principal of SRFAHS. A total of 25 house-keeping staff actively engaged in the games conducted.



World Sleep Day 2024

The Department of Mind Body Medicine & Lifestyle Sciences commemorated World Sleep Day on 15th of March, 2024 with several activities. The event included sessions on importance of sleep hygiene done at the G Block on 4th of March, 2024 and Sleep hygiene conducted to the parents of Vidya Sudha on 8th of March 2024 by the M.Sc. MBLS students.

The Department of MBMLS in collaboration with the Departments of Physiology and Psychiatry organized a CME with guest lecture on "Sleep medicine – Beyond OSA" by Dr.N. Ramakrishnan, Director, Nitra Sleep and Obesity Clinic on the 15th of March, 2024. The sleep day activities benefited over 400 members and imparted knowledge on sleep hygiene and importance of sleep. Students of MBLS designed awareness pamphlets on the importance of sleep too. Ms.Priya, Ms.Akshaya and Ms.Supraja of II year M.Sc. MBLS won the best pamphlet awards.



International Day of Yoga 2024

The Department of Mind Body Medicine along with International Day of Yoga committee members and coordinators from each faculty under SRIHER successfully attempted a world record with most people performing the 'Cobra Yoga Pose' (Bhujangasana) simultaneously at a single venue and created a World Record. This programme was organised as an attempt of world record on yoga @ World Records Union as a part of International Day of Yoga 2024 creating awareness among the students, faculty members and staff of SRIHER. On 12th June, 2024, the attempt was made successful with 1240 students and the time exceeding till 2 minutes 54 seconds.



Following the attempt of world record an IDY 2024 event was coordinated by the Department of MBMLS along with other faculty on 21st June 2024. Approximately 700 students performed the Common Yoga Protocol and students of MBLS coordinated the session with their performance to the directions of Dr.Vijayalakshmi, Head of the department, Department of Applied Psychology. The chief guest of the event was Ms.Nritrya, Director of Krishnamacharya Yoga Mandiram, delivered an inspiring address stressing on the science behind yoga therapy and need for integration and proper dialogue between the alopah and yoga therapist. The Vice Chancellor, SRIHER, Dr.Uma Sekar delivered the presidential address. Dr. Roopa Nagarajan, Registrar, SRIHER distributed the Prizes. Dr.Mathangi, Professor & Head, Department of Mind Body Medicine and Life Style Science explained the activities performed related to yoga.



Workshop on Harmonizing Holistic Wellness

- Dr.D.C.Mathangi, Professor & Head, Department of MBMLS along with II year M.Sc. MBLS students conducted a workshop on Harmonizing Holistic Wellness at Sri Ramachandra Faculty of Speech Language and Pathology on 28th of February, 2024. Over 150 students participated in the event and got benefited.
- The Department of Mind Body Medicine and Life Sciences, celebrated the World Health Day on 15th of April, 2024. To mark the event, the PG students made “Bookmarks” related to Lifestyle changes and handling health by self.
- The Department of Mind Body Medicine and Life Sciences conducted yoga sessions for parents of special children at Vidya Sudha between 23rd and 26th of February, 2024.



Workshop on ‘JAMOVl Analysis’

The Division of Applied Psychology organised a Two- day National Level Workshop on ‘JAMOVl Analysis’ between 31st January and 1st February, 2024. Dr. Priyesh, Asst. Professor, Manipal Academy of Higher Education was the resource person. 40 UG and PG students participated.



World Autism Awareness Day Celebration

The Division of Applied Psychology in association with Vidya Sudha observed the World Autism Awareness Day (WAAD) on 2nd of April with a shuttle car awareness campaign at SRIHER campus. The programme aimed to raise awareness of ASD among patients and their attendants by issuing pamphlets, showing placards, and displaying informative rangolis. 59 participants including students of Applied Psychology, staff members and children with ASD and their parents participated.



Field Visit to BANYAN

The students of B.Sc. Applied Psychology (2019- 2022 Batch) and M.Sc. Counselling Psychology (2023-2025 Batch) had a field visit to BANYAN, an initiative to assist with the Mental Health of homeless individuals across India on 29th of April, 2024.



Spoken English Training for Administrative Staff

As a part of women Empowerment initiative to SRCWA, the English Division organised a three day Spoken English Proficiency Training Programme for the female administrative staff members of SRIHER from 8th of May to 10th of May, 2024. The interactive sessions included in-person and telephonic conversation practice for greeting, enquiring, scheduling events and sharing information. Practice drills along with discussions on importance of body language, voice modulations and active listening were carried out. 22 female administrative staff members participated.



Spoken English Workshop 'Break the Barriers'

The English Division of SRFAHS organised a Spoken English Workshop, titled "Break the Barriers" on 25th of April, 2024 with the set objective to motivate and raise the self-efficacy of the students, enabling them to confidently speak and express their thoughts. Thirty students from Allied Health Sciences, Trauma Care Management, Optometry, Applied Psychology and Clinical Nutrition participated.



ANNOUNCEMENTS

Congratulations



Dr. T. V. Ramakrishnan, Professor and Head of Emergency Medicine has been appointed as the Principal of Sri Ramachandra Faculty of Allied Health Sciences in March 2024.

Dr. Rahamath has been promoted as an Assistant Professor of English in the Department of Allied Health Sciences on 20th of May, 2024.

Assistant Dean (Students)

Ms. R. Mangalaselvi , Assistant Professor, SRFAHS and Dr. G. Pitchaimani, Assistant Professor , SRFAHS have been promoted and given additional responsibilities as Assistant Deans (Students) with effect from 27th June 2024.

Student Council 2024-2025

The following students of SRFAHS have become office bearers of the Student Council of Sri Ramachandra Institute of Higher Education & Research for the academic year 2024- 2025.

Position	Name of the Representatives	Programme / Year
Cultural Secretary	Ms. T Roshini	M.Sc (MRIT) (2021-2022)
Name of the Department	Name of the Representatives	Year
Allied Health Sciences	Mr. Shyam B Ms. Nadiya Thaha Ms. Tarsha S M	2022-2023 2022-2023 2021-2022
Clinical Nutrition	Ms. Logamithra A Mr. Sujith S	2023-2024 2023-2024
Optometry	Mr. Barathraj S Ms. Thashbeeha Farveen. K	2022-2023 2021-2022
Trauma Care Management	Mr. Tharun. D Ms. Ashlin Sara Satish	2021-2022 2022-2023
Sri Ramachandra Faculty of Behavioural Social Sciences	Mr. Harshad Prem Kumar S Ms. Kamilaa Khan	2022-2023 2022-2023

Programme - Master of Social Work

Master of Social Work (MSW) Degree Programme on Medical & Psychiatric Social Work and Community Development was proposed by SRFAHS and approved in the 40th Academic Council Meeting held on 29th December 2023. The programme identifies research based on practical experience and initiatives to allow both students and social work educators to evolve as professional social workers. Presently, with the institution of Sri Ramachandra Faculty of Behavioural and Social Sciences on 27th of June 2024, the Department of Social Work is established and will focus on research, networking, and collaborating with governmental and non-governmental organisations to enhance capacity, develop policies and programmes, and extend its reach. The department is headed by Dr. S. Benjamin Franklin Associate Professor who has been appointed on 13th June 2024.

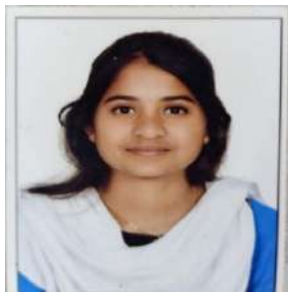


Dr. S. Benjamin Franklin
Associate Professor & Head (I/c)
Department of Social Work
Faculty of Behavioural and Social Studies.

New Teaching Members

The following teaching faculty members have joined the SRFAHS

Clinical Psychology



Ms. Nivetha. SM.
Assistant Professor



Ms. Haripriyaa V G
Assistant Professor



Ms. Pathaneni Satya Shivani
Assistant Professor



Ms. Pathaneni Satya Shivani
Assistant Professor

Optometry



Dr. Ananth Sailoganathan
Assistant Professor



Dr. Ananth Sailoganathan
Assistant Professor

Applied Psychology

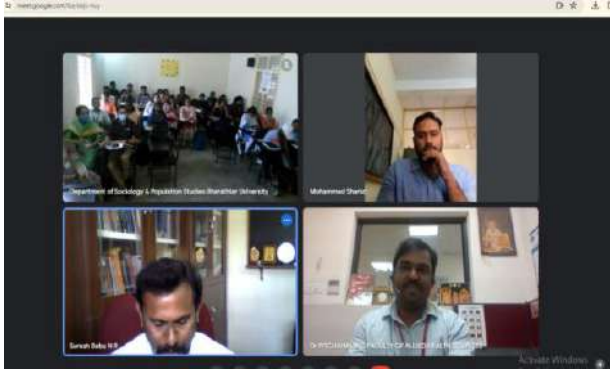


Dr. Paromitta Datta
Assistant Professor



Ms. Aiswarya Mishra
Assistant Professor

MASTERS' VOICE



Dr. Pitchaimani G, Assistant Professor of Allied Health Sciences, delivered an online guest lecture on 'Qualitative Research: Focus Group Discussion (value added program)' for 25 Postgraduate students of the Department of Sociology & Population Studies, Bharathiar University, Coimbatore on the 12th of February, 2024.

Dr. Pitchaimani G, Assistant Professor of Allied Health Sciences delivered a guest lecture on 'Qualitative Research Methods' for 60 undergraduates students of the Department of Sociology, VET Institute of Arts and Science Co-Education College, Erode on the 22nd of February, 2024.



Dr Pitchaimani G, Assistant Professor of Allied Health Sciences delivered a guest lecture on 'Etiology and Pathophysiology of Musculoskeletal Trauma' in the STEPS webinar Series #24 Trauma Emergencies, organised by the Department of Trauma Care Management, Sri Ramachandra Faculty of Allied Health Sciences on the 22nd of March, 2024.

Dr Pitchaimani G, Assistant Professor of Allied Health Sciences delivered a guest lecture on 'Etiology and Pathophysiology of Musculoskeletal Trauma' in the STEPS webinar Series #24 Trauma Emergencies, organised by the Department of Trauma Care Management, Sri Ramachandra Faculty of Allied Health Sciences on the 22nd of March, 2024.



Dr Pitchaimani G, Assistant Professor in the Department of Allied Health Sciences, was invited by Prasara Bharati (India's Public Service Broadcaster) Akashvani/Doordarshan for an Interview show on International Day against Child Labour on 12th June, 2024 aired from 10.02 a.m. to 11 a.m. on Air Chennai Rainbow FM (104.1).

Dr. Manimekalai Narayanan, Assistant Professor of Yogawas invited by P.S.Temple Green Vidhyashram, Central Board of Secondary Education (CBSE), Sriperumbathur was an external examiner for the elective subject on Yoga for 12th grade held on 13th January, 2024.



Dr. Manimekalai Narayanan, Assistant Professor of Yoga participated and qualified in the Lean Six Sigma Green Belt Training Program jointly conducted by the MSME Technology Development Centre and Vision Excellence consulting private limited. Six sigma aids in professional growth by identifying the primary causes of issues and assessing corporate performance ahead of rivals

Mr. S. Thulasi Dass, Assistant Professor of Allied Health Sciences was invited as a guest speaker to deliver a talk on the topic “Machine Learning in Radiology” in the National Medical Imaging Conference, ‘YENRAD – 2023’ organized by Yenepoya School of Allied Health Sciences, Mangalore on 9th of December, 2023.



Mr. S. Thulasi Dass, Assistant Professor of Allied Health Sciences gave a lecture on the topic “Machine Learning in Radiology” at the National Conference of Indian Society of Radiographers & Technologist, ‘NCISRT – 2023’ on 15th and 16th of December, 2023 at AIIMS, Bhopal.

Mr. S. Thulasi Dass, Assistant Professor of Allied Health Sciences was invited as a guest speaker on the topic “Image Guided Interventions In Cath Lab - An Overview’ and a judge for scientific paper presentation in the National Conference of NITTE Imaging Technology held on 3rd NCNIT - 2023 organized by NITTE University, Mangalore on 2nd & 3rd of March, 2024.



Mr. S. Thulasi Dass, Assistant Professor of Allied Health Sciences gave a lecture for a value added course on “Technical Advancements and Innovation in Medical Imaging” offered by Ramaiah University of Applied Sciences, Bangalore on 18th of March, 2024.

Mr. S. Thulasi Dass, Assistant Professor of Allied Health Sciences was invited as a guest speaker and a scientific committee member for the State conference of Society of Indian Radiographers Kerala Chapter (SCSIR – 2024) organized by Society of Indian Radiographers (SIR) Kerala chapter on 11th and 12th of May, 2024 in Sree Narayana Guru Samuchayam, Kollam, Kerala. He delivered a talk on the topic “Dose reduction strategies in CT”



Mrs. Sheila Elangovan, Associate professor of Radiology and Imaging Sciences Technology gave a guest lecture on the topic “MR Pelvic Floor Imaging” on 6th of January, 2024 at Advanced Radiology Education KMC, Kilpauk, Chennai.

Mrs. Sheila Elangovan, Associate professor of Radiology and Imaging Sciences Technology gave a guest lecture on the topic “Artificial Intelligence in Radiology” on 15th of May, 2024 at Sri Venkateshwara College of Paramedical Sciences, Ariyur.



Mrs. Sheila Elangovan, Associate Professor of Radiology and Imaging Sciences Technology was invited as a resource person for a webinar on “Artificial Intelligence in Radiology” organized by Brainware University at Kolkotta on 22nd of May, 2024.

Mrs. Suganthi, Assistant Professor of Allied Health Sciences gave a guest lecture on the topic “Perfusion Imaging in CT” on 12th of April, 2024 at Saveetha College of Allied Health Sciences, Chennai.



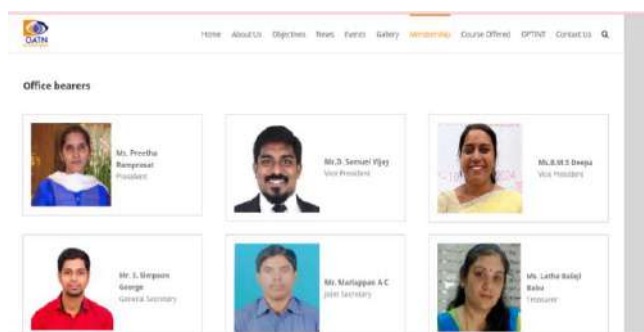
Mr. Panneer Selvam, Adjunct Professor of Medical Physics gave a guest lecture on the topic “Photon counting detector in CT” on 11th of May, 2024 at SIR Kollam, Kerala.

Mr. S. Thulasi Dass, Assistant Professor of Allied Health Sciences gave a guest lecture on the topic "Dose reduction strategies in CT" on 11th of May, 2024 at SIR Kollam, Kerala.



Ms. S. Hemalatha, Lecturer of Allied Health Sciences presented a Proffered paper on the topic "Vacuum Assisted Breast Biopsy" on 11th of May, 2024 at SIR Kollam, Kerala.

Ms. Valarmathi A, Assistant Professor of the Department of Optometry delivered a talk on identifying predatory and cloned journal during a workshop on Promotion of Publication in SRFAHS at SRHER on 17th of July, 2024.



Ms. Deepa BMS, Assistant Professor of the Department of Optometry has taken charge as the Vice President of the Optometry Association of Tamil Nanbargal (OATN), a state-registered Association of Tamil Nadu from February, 2024. <https://www.oatn.in/office-bearers/>

Mr. Samuel Livingstone, Assistant Professor of the Department of Optometry delivered a talk on the topic "Vision therapy: when?? Why? How!" in OPTATHON'24 organised by the Faculty of Allied Health Sciences. Dr.MGR Educational and Research Institute (DU), during the World Optometry Day on the 4th of April, 2024.



Dr. A. J. Hemamalini, Professor and Head, Department of Clinical Nutrition was invited as a resource person for an Online Interactive Nutrition Education session with community NVA. Volunteers, organized and facilitated by MSSRF on 7th of June, 2024 on the topic Nutrition Management for Obesity.

Dr. A.J. Hemamalini, Professor and Head, Department of Clinical Nutrition was invited as a panelist for a webinar on the topic "Sarcopenia in Critically Ill- A Panel Discussion". The event was designed to provide valuable insights into the management of Sarcopenia in critically ill patients on 15th of March, 2024.

Dr.A. J. Hemamalini, Professor and Head, Department of Clinical Nutrition was one of the panel lists for the topic "Choice of Snacks in Diabetes Management" organised by Forum of Indian Nutrition and Diabetes by Britannia, Chennai on the 21st of January, 2024.

Dr. A. J. Hemamalini, Professor and Head, Department of Clinical Nutrition was invited as a resource person to deliver a lecture on the topic "Nutrients for Wound Healing" in the Mid Term Diabetic Foot Society of India Conference conducted in Chennai on 16th of March, 2024.



Dr. V. Supriya, Associate Professor, Department of Clinical Nutrition, SRIHER was appointed as an Acquisition Editor for the University Magazine-Bridges, SRIHER on 1st of April, 2024.

Dr. V. Supriya, Associate Professor, Department of Clinical Nutrition filed a patent for a product titled "Process of preparation of zinc supplemented sweet" on 3rd of February, 2024.

Ms. Gayathri.K, a research scholar under the supervision of Dr. V. Supriya, Associate professor, Department of Clinical Nutrition was awarded PhD degree on 29th of April, 2024. The title of the thesis was "Development of Phytoestrogen Rich Nutri mix powder and evaluation of its impact on the Gut Micro-biome composition of Drosophila melanogaster (In Vivo) and the Anthrpometric Measurements and Biochemical Parameters of Women with Polycystic Ovary Syndrome"

Dr. G. Gayathri, Assistant Professor, Department of Clinical Nutrition filed a patent along with two tresearch scholars, Ms. Jayashree. R and Ms. Anushka. K for the products titled "A Process of Preparation of Plant Based Essential Amino Acid Supplement and Product Thereof" and "A Process of Preparation of Moringa Oleifera Seed Incorporated Proteoxi Blend and Product Thereof" respectively in the month of April, 2024.

Dr. T.H. Hema, Lecturer, Department of Clinical Nutrition filed a patent for a product titled "A Process of Preparation of Vitamin D Calcium Enriched Muffin" in the month of January, 2024.

Dr.T. H. Hema, Lecturer, Department of Clinical Nutrition was awarded a PhD Degree under the supervision of Dr. A.J. Hemamalini, Professor and Head, Department of Clinical Nutrition in Bharathiar University, Coimbatore on 5th of April, 2024. The title of the thesis is "Developing and Validating Waist-To-Height Ratio Cut-offs to Define Abdominal Obesity among School-Going Girls Aged Eight to Twelve Years in Chennai, Tamil Nadu: A Cross - Sectional, Observational Study."

Dr. T.H. Hema, Lecturer, Department of Clinical Nutrition was a resource person to deliver a guest lecture on the topic "Early Nutritional Intervention in NAFLD" in the symposium titled "Proact to Protect: Livers for Healthy Liver" organized by Sri Ramachandra Faculty of Physiotherapy and Department of Hepatology, SRIHER as a part of World Liver Day on 14th of May, 2024. This event aimed to educate students on the importance of liver health and effective ways to protect and maintain a healthy liver.



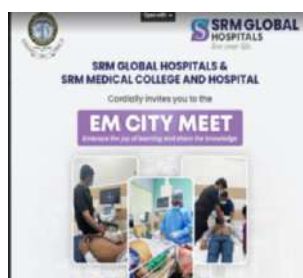


Dr. A. Karthiga, Lecturer, Department of Clinical Nutrition, SRFAHS has Cleared NTA NET-UGC and has been qualified for the post of Assistant Professor on 19th of January, 2024.

Ms. C.V. Aishwarya Lecturer, Department of Clinical Nutrition, SRFAHS was awarded 3rd place in the Clinical Case Presentation on “Effectiveness of Gum Arabica and Inulin in the management of Type 3c diabetes mellitus: A Case Report” at Nutricon Conference conducted by SRM University, Katankulathur on 21st of March, 2024.



Prof. Dr. T. V. Ramakrishnan, Principal SRFAHS, Head of Emergency Medicine organised a workshop on “Trauma Management” from 16th to 18th of February, 2024 at National Industrial Emergency Medicine Services Conference, Ahmedabad, Gujarat. Mr. Praveen. P, Mr. Jabez. J and Mr. Mangaipagan. S of Ilyear M. Sc. Trauma Care Management were invited for a talk on “Hemorrhage control and Patient Assessment” and to led the workstations of needle skills, patient assessment, spinal and extremity immobilization respectively. 25 Doctor Participants benefited.



Dr. T.V. Ramakrishnan, Principal and Head, Department of Emergency Medicine participated as a Moderator for Panel Discussion in EM City Meet, conducted at SRM GLOBAL Hospitals, Chennai on 8th of June, 2024.

Dr. Shreedevi, Professor of Emergency Medicine and Mr.Parthasarathy, Assistant Professor of Trauma Care Management were invited as resource people for American Heart Association Certified Basic Life Support Provider Course organized by the Department of Emergency Medicine, SRMC on 30th of January, 2024. Two Pediatric doctors and a non-medical person from outside participated.





Mr. Parthasarathy, Assistant Professor of Trauma Care Management was the Resource person for American Heart Association Certified Basic life support and advanced Cardiac Life support Instructor Course organized by the Department of Emergency Medicine from 31st January to 2nd February, 2024. Two pediatric doctors, two doctors from Pondicherry and 3 Alumni of M.Sc. Programme benefited.

Mr. Parthasarathy, Assistant Professor of Trauma Care Management delivered a talk on “Disaster Resilience - ready, set, respond” in a Paramedic Master Mind Series 2024 on 27th January, 2024 at Metha Hospital, Chennai.



Mr.V.Parthasarathy, Assistant Professor of Trauma Care Management gave an invited talk in the workshop on “Hospital Disaster Preparedness workshop” organised by Tamilnadu Apex Skill Development Centre For Healthcare in partnership with Kauvery Hospital, Chennai on 17th of February, 2024 at Kalaingar Cenetary Super Speciality Hospital, Chennai. 30 Participants including doctors and nurses benefited.

Mr.V.Parthasarathy, Assistant Professor of Trauma Care Management conducted Basic Life Support and Advanced Cardiac Life Support training on 18th and 19th of February, 2024 at St. Peters Medical College, Hospital And Research Institute, Hosur. 25 participants including doctors and nurses benefited.



Ms.P. Mohanasundari, Assistant Professor of Trauma Care Management along with the undergraduate Interns of Trauma Care Management conducted a Basic Life Support training at the HR Training Centre, SRIHER on 19th of February, 2024. 15 doctors benefited.

Ms. T. N. Nirmhalaa, Assistant Professor of Trauma Care Management along with Mr. Mangaipagan.S, Mr. Bharath.M and Mr. Nandheeswaran. R of II-year M.Sc. students, Trauma Care Management, SRFAHS demonstrated BLS and created awareness on First Aid among the staff members of Edwe on Technologies on 20th of March, 2024. 95 participants benefited.





Ms. T.N. Nirmhalaa, Assistant Professor of Trauma Care Management along with the students of M.Sc. Trauma Care Management conducted the BLS programme for the students of BDS at Dental college, SRIHER on 6th of April, 2024. 54 students participated.

Dr. S. Jagadessan, Senior Consultant, Department of Emergency Medicine of SRMC and Mr.V. Parthasarathy Assistant Professor-of Trauma Care Management have given a sensitization programme on "First Aid" among the college students and staff of Dwaraka Doss Goverdhan College, Chennai on 22nd of February, 2024. 200 participants benefited.



Ms.Stella, Lecturer of Trauma Care Management and Ms. Mohanasundari, Assistant Professor of Trauma Care Management demonstrated the Basic Life Support Skills along with the undergraduate interns of Trauma Care Management from 2nd to 4th March, 2024 at the department of HR Training Centre , SRIHER. 30 doctors benefited.

Dr. Shreedevi, Professor and Dr. Shiv Ranjit, Assistant Professor of Emergency Medicine, SRMC, Mr. Parthasarathy, Assistant Professor of Trauma Care Management along with M.Sc. Trauma Care Management Students, Mr. Thamarai Selvam. E and Ms. Porkodi.S. V conducted BLS and Advanced Cardiac Life Support at Isabel Hospital, Chennai on 6th and 7th of March, 2024. 49 benefited.



The Department of Trauma Care Management organised a session on Basic Cardiac life support for Post graduate Medical Students on 14th and 15th of May, 2024, 136 participants benefited. The resource people included Ms. M. Stella, Lecturer and Ms. P. Mohanasundari, Assistant Professor of Trauma Care Management, SRFHHS.

Ms. T.N. Nirmhalaa, Mr.V. Parthasarathy, Ms. Mohanasundari, Assistant Professors and Ms. M.Stella, Lecturer of Trauma Care Management conducted the BLS training, organised by Medical Education Unit, SRIHER from 25th to 28th of March, 2024. 200 participants benefited.



The Department of Trauma Care Management organised a Basic Life Support programme for Nursing students on 8th, 9th and 12th of February, 2024 at Sri Ramachandra Faculty of Nursing Ms.T.N.Nirmhalaa, Ms.P.Mohanasundari and Mr.V.Parthasarathy, Assistant Professors of Trauma Care Management gave training along with undergraduate interns and postgraduate students. 100 nursing intern students benefited.



Dr. Mathangi, Professor & Head, Department of MBMLS delivered a guest lecture on the importance of sleep at Madras Christian College on 5th of March, 2024.

Dr. Mathangi, Professor & Head, Department of MBMLS delivered guest lecture on the importance of sleep at Unica Technologies, Guindy on 11th of March, 2024.

Dr. D.C. Mathangi, Professor & Head, Department of MBMLS delivered a guest lecture on “Holistic Approach to Improve Quality of Life in Palliative care” on the 7th of January, 2024 at the GERIPALCON 2024- Challenges in Geriatric and Palliative care.

Dr. D.C. Mathangi, Professor & Head, department of MBMLS delivered a guest lecture at the national conference of Madras School of Social Work on 20th and 21st of March, 2024.

Dr. D.C. Mathangi, Professor & Head, department of MBMLS delivered an invited talk on ‘Time Management and Communication skills’ at National Academy of Customs, Indirect taxes and Narcotics, Chennai on 26th of April 2024 as part of the Induction Training Program for Inspectors. A total of 65 participants benefitted.

Dr. D.C. Mathangi, Professor & Head, department of MBMLS delivered an invited lecture on the 5th International Conference on Mind Body and Medicine – Allostasis in NCD “Synapse” – Evolution of the Mind Body Medicine Department. This was delivered Virtually Harmonizing mind body and intellect: A holistic approach to impart knowledge to students, for College lecturers from OPR memorial group of educational Institutions, Vadalur, at Ramakrishna Mutt, Tanjavur on 5th of January, 2024.

Dr. D.C.Mathangi, Professor & Head, department of MBMLS served as a resource person for a faculty development workshop “Destress to bring your excellence” organized by Marudhupandiyar Institute of Arts and Sciences, Tanjavur on 5th of January, 2024.

Dr.D.C.Mathangi, Professor & Head, department of MBMLS was invited as a resource person for a workshop session at the National Academy of customs and Indirect Taxes and Narcotics (NACIN) on Work Life Balance held on 17th January, 2024. A total of 60 officers from NACIN were benefitted from the session.

Dr.D.C.Mathangi, Professor & Head, department of MBMLS actively participated as a resource person with exams round the corner with interactive session to de-stress and bring the best in the month of February, 2024.

Dr.Aswini Maran, Assistant Professor, Department of Mind Body Medicine and Life style Sciences provided a sensitization programme on Stress management at OCF Avadi on 4th of March, 2024, Number of beneficiaries – 100.

Dr.D.C.Mathangi, Professor & Head, department of MBMLS, SRFAHS served as a resource person for a Women’s Day celebration and delivered a talk on “Healthy body” for the members of Project Managers India, Chennai Chapter, on 17th March, 2024.

Dr.D.C.Mathangi, Professor & Head, department of MBMLS, SRFAHS was the invited guest for the Workshop session on ‘Time Management & Communication’ at the National Academy of customs and Indirect Taxes and Narcotics (NACIN) held on 26th of April, 2024. A total of 60 officers from NACIN benefitted.

Dr.D.C.Mathangi, Professor & Head, department of MBMLS conducted an interactive session for the girl students of Pondicherry University on ‘The power of You’. This in-person session was held on the 17th of May 2024 and attended by 150 students.

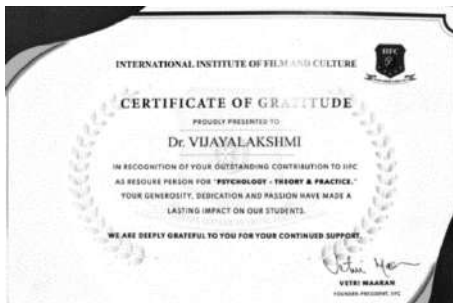
Dr. D.C. Mathangi, Professor & Head, department of MBMLS was invited as a resource person Goal Setting Workshop at the summer camp held by Vivekananda Cultural Centre on 11th and 12th of May, 2024.

Dr. D.C. Mathangi, Professor & Head, department of MBMLS served as a Mock Peer Team expert towards conduct of audit at Karpaga Vinayaga College of Engineering and Technology on the 18th of May, 2024.

Dr. D.C. Mathangi, Professor & Head, department of MBMLS served as a resource person for the faculty of Sri Ramakrishna Mutt, Tanjavur to integrate educational ideas of Swami Vivekananda among the Teachers of Sri Ramakrishna Vidyalaya Ammapalayam, Tirupur on 30th of May, 2024. This event was attended by 120 teachers.

Dr. D.C. Mathangi,, Professor & Head, department of MBMLS, SRFAHS was invited and delivered insightful talks and examination on stress management for the following School children:

- Sri Ramakrishna Mission, T.Nagar on 21st of January, 2024. Number of students participated- 90
- RBANC Higher Secondary School, Pudupet as part of Rotaract Club activity on 9th of February, 2024. Number of students participated- 100
- Kannada Sangh High School, Aynavaram. As part of Rotary club, Guindy, 14th of February, 2024, Number of students participated- 220.
- A workshop on Parenting skills at Sri Ramakrishna Mutt on 25th of February, 2024.



Dr. Vijayalakshmi P., Head, Division of Applied Psychology, was recognised for her outstanding contribution as a resource person by the Internal Institute of Film and Culture in April, 2024.

Dr. Vijayalakshmi P., Head, Division of Applied Psychology was selected as a Member of the Board of Studies for Psychology in Tamil Nadu Open University on 2nd of January, 2024.

Dr. Cynthia Milton, Assistant Professor, SRFAHS, a member of SRCWA rendered her support to conduct the English poetry writing competitions opened for staff and students of SRIHER during the yearly events of Women's Day and Environmental Day held in the month of March 2024.

Under the guidance of the Chairperson of SRCWA and the Media Relations Official of SRIHER, Dr. Cynthia Milton served as a co organising member of SRCWA photo-shoot to create awareness on prioritizing women's health. Special placards emphasizing the importance of screening tests and women health created displayed.



Ms. S. Prabha, Senior Lecturer in English received the "Best Paper Award" for presenting a paper on "Reorienting Ecological Ethics in Creating a Sustainable Developed Planet: A Critical Study of Richard Powers 'The Overstory'" in the International Conference organized by the Department of English and Foreign Languages, SRM University, Kattankulattur, Chennai on 28th and 29th of March, 2024.

Name of the Author(s)	Title	Name of the Journal	Link to access
Nirmala Devi	EEG data based human attention recognition using various machine learning techniques: a review	Journal of Computer Methods in Biomechanics and Biomedical Engineering: Imaging & Visualization on Dec,2023. Publisher: Taylor & Francis	https://doi.org/10.1080/21681163.2023.2299096
Geetha Jeganathan, Sampath Kumar Srinivasan, Senthilkumar Ramasamy, Pitchaimani Govindharaj	Accessibility and Availability of Maternal and Reproductive Health Care Services: Ensuring Health Equity among Rural Women in Southern India.	BMC Primary Care: Q1, Impact Factor (3.01), SNIP (1.291), SJR (0.981) [Year 2022] Publisher: Springer Nature Volume; 25, Article No; 145. Published on 29th April, 2024.	https://doi.org/10.1186/s12875-024-02369-6 .
Senthilkumar Ramasamy, John Franklin, Pitchaimani Govindharaj, Suganya Panneerselvam	The Effect of 8-week Warm-ups, Static and Dynamic Stretching of Hip Flexors on Flexibility, Agility, and Dynamic Balance in Junior Field Hockey Players: A Randomized Controlled Trial. Bulletin of Faculty of Physical Therapy 28	Published on 20th December, 2023. Publisher: Springer Open. Article No; 53.	https://doi.org/10.1186/s43161-023-00163-6 .
Ms.Somreeta Bhattacharya	Sharper Sight – Stronger Stride: Decoding Visual Requirements in Athletes	Vision Science Academy published on 1 st of April, 2024.	https://visionscienceacademy.org/sharper-sight-stronger-stride-decoding-visual-requirements-in-athletes/
Ms. Soma Basu, Dr.A.J.Hemamalini	Unveiling the Neuro protective Power: Exploring the Therapeutic Benefits of the Ketogenic Diet in Epilepsy Management- A Review Article'	Indian Journal of Natural Sciences, Volume 15, Issue 85 on 18 th June 2024.	https://tnsroindia.org.in/journals.html
Ms. B.S. Niranjanaa Vani, Dr.V.Supriya	Association between Vitamin A and Cancer: A review	Sri Ramachandra Journal of Health Sciences, Volume 2 in January 2024.	https://srjhs.org/ DOI: 10.25259/SRJHS.132023

Dr.Supriya.V	Improvement of Lipid Profile with Oats	Sri Ramachandra Journal of Health Sciences, Volume 2 in January 2024.	https://ijcrt.org/papers/IJCRT2401220.pdf
Dr.N.Preetha	Development of Various Visual Aids for Polycystic Ovarian Syndrome (PCOS)	Review Article in Indian Journal of Natural Sciences, Volume 14: Issue 82 in February 2024.	https://tnsroindia.org.in/journals.html
Ms. Jayashree.R, Dr. G. Gayathri	Nutritional Supplements in Autism Spectrum Disorder: A Scoping Review	International Journal of Nutrition, Pharmacology, Neurological Diseases, Volume 14: Issue 2 in April-June 2024.	10.4103/ijnpnd.ijnpnd_10_24
Ms.Annie Monica, M.Priyadharshini, Dr.G.Gayathri	Developing and Validating Quantitative Food Frequency Questionnaire to Assess Dietary Vitamin D Intake among Adults in Indian Population.	Indian Journal of Public Health, Volume 68: Issue 1 in January-March 2024	10.4103/ijph.ijph_687_23
Kamalish.M, Dr.G.Gayathri, Dr.Vanishree Shriram	The health belief model: A comprehensive Examination of its Application in Health promotion and behaviour change.	A review in African Journal of Biological Sciences, Volume 6: Issue 5 on 09 th May 2024.	https://doi.org/10.33472/AFJBS
Ms.Gopika.S, Dr.T.H.Hema Dr.A.J.Hemamalini	A Survey on Polycystic Ovarian Syndrome Related Knowledge, Attitude and Practices of Lifestyle and Dietary Pattern among Female Adults	Indian Journal of Natural Sciences, Volume 14: Issue 81 in December 2023.	www.tnsroindia.org.in
Ms. Sneha Sri, Dr.T.H.Hema, Dr.A.J.Hemamalini	Nutritional Status and Age of Menarche in Adolescent Girls of Chennai Schools	Indian Journal of Natural Sciences, Volume 14: Issue 83 in April 2024.	www.tnsroindia.org.in

Dhanasekar H, Balakrishnan A, Mathangi DC , Singh S..	Design, Development and Validation of a Customised Mind–Body Module Towards Resilience Building and Wellness Promotion.	<i>Annals of Neurosciences</i> ” (Q2 Journal). 2024;0(0).	doi:10.1177/09727531241234411
Vaikar, Sowmya & Swaminathan, Narasimman & Damal Chandrasekhar, Mathangi .	“Qualitative analysis of the factors affecting Home Exercise Program (HEP) adherence among clients with chronic musculoskeletal pain”.	Fizjoterapia Polska. 24. 218-222. (Q4 Journal) (2024).	10.56984/8ZG5608N6R
Franklin, B., Arun Aloysius Magesh et. al.,	Vulnerability to Viability: The Resilience of Marine Fishermen.	African Journal of Biological Sciences, ISSN 2663-2187, 6(10), 6890-6900	https://www.afjbs.com/issue-content/vulnerability-to-viability-the-resilience-of-marine-fishermen-3877

Book Publications

Dr. Damal Chandrasekar Mathangi (Professor and Head-MBMLS) & Dr.A.J.Hemamalini (Professor & Head-DCN),	Traditional Foods and Aging’ in Evidence-based Functional Foods for Prevention of Age-related Diseases	Springer Nature, December 2023	https://doi.org/10.1007/978-981-99-0534-8_7
Ms.Juhi Punjabi, and Dr.A.J.Hemamalini (Professor & Head-DCN)	Obesity: The Unsatiated Conundrum’ in Functional Foods, Nutraceuticals, and Fortified Foods in Human Health and Disease Prevention	Book Chapter- Volume 2 dated 15 th March 2024.kinik Publications	-

STUDENTS' TRUMPET

Mr. Shaik Hassain, II-year B.Sc., Allied Health Sciences (Neuro Science Technology) participated in the Master class on PSG scoring at Pro Sleep 2024-India's first integrated Sleep Health Conference, conducted by the Institute of Sleep Health, Apollo Speciality Hospitals, Vanagaram, Chennai on 2nd & 3rd of March, 2024.



The 6th semester students of B. Sc., Radiology & Imaging Science Technology, Department of Radiology and Imaging Sciences participated in the State Level Conference organised by the Society of Indian Radiographers Held on 11th and 12th of May, 2024 at Kollam, Kerala. Four students delivered oral presentations, and 6 teams with two students in each participated in poster presentations.



Mr. Shyam.B of II year Cardiac Technology participated in NIAP and won a trophy and the third prize in the quiz competition in the CDT camp conducted by Ek Bharat Shreshtha Bharat, from 18th of January, 2023 to 29th of January, 2024 at Madurai Idayapatti NTA training ground.



Ms. Praveena of II year Cardiac Technology won the first prize in Flag area conducted at the 42nd CADO FEST 2023-2024 by Dwaraka Doss Governdhan Vaishnav College, from 29th of February, 2024 to 1st of February, 2024 held at Gurunanak College Arumbakkam, Chennai.

The students of Radiology and Imaging Sciences Technology participated in the State conference of Society of Indian Radiographers Kerala Chapter (SCSIR – 2024) organized by Society of Indian Radiographers (SIR) Kerala held on 12th of May, 2024. The details of their participation are as follows:



Mr. K. Hariprasath of III year, B.Sc. Radiology and Imaging Sciences Technology gave an oral presentation on the topic ‘Radiological features of sinonasal mucormycosis on CT and MRI: A comparative study” on 12th of May, 2024 .



Mr. R. Sanjaypriyadharshan of III year, B.Sc. Radiology and Imaging Sciences Technology gave an oral presentation on the topic “Determination of bleeding time by CT Houns field unit values in patients diagnosed with intracranial haemorrhage” on 12th of May, 2024.



Ms. Dazlim Farviz Farhana of III year, B.Sc. Radiology and Imaging Sciences Technology gave an oral presentation on the topic “Contrast Enhanced Digital Mammography” on 12th of May, 2024



Mr. Mugelan R A of III year, B.Sc. Radiology and Imaging Sciences Technology presented a paper on the topic “High Intensity Focused Ultrasound in Prostate cancer” on 12th of May, 2024 .



Ms. Dazlim Farviz Farhana J of III year, B.Sc. Radiology and Imaging Sciences Technology won the Second prize for the oral presentation on the topic “Contrast enhanced Digital Mammography” on 12th of May, 2024.



Mr. Daniel Raj S V and Mr. Chris Alluyn Britto of III year, B.Sc. Radiology and Imaging Sciences Technology won the first prize in poster presentation on the title “RFA Vs MWA”.



Mr. Sanjay Priyadharshan R of III year, B.Sc. Radiology and Imaging Sciences Technology, won the first prize in quiz competition.

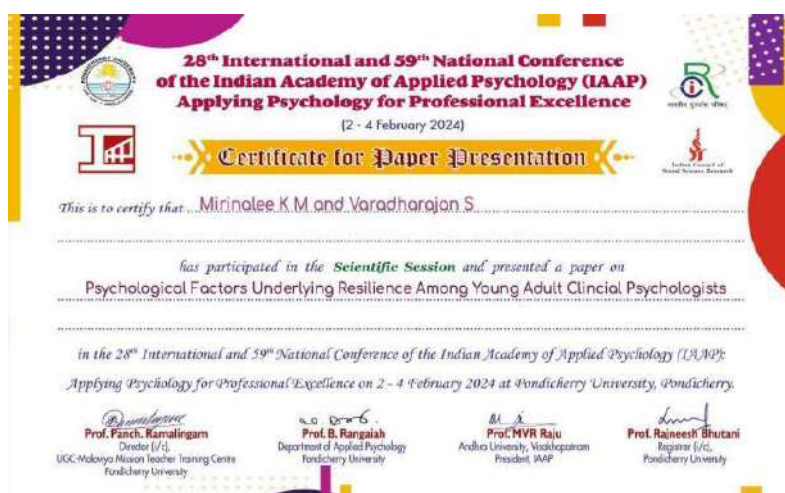


Mr. Hrishikesh D of 3rd year, B.Sc. Radiology and Imaging Sciences Technology won the third prize in quiz competition.



Ms. Arshiya J of III year, B.Sc. Radiology and Imaging Sciences Technology, won the second prize in quiz competition.

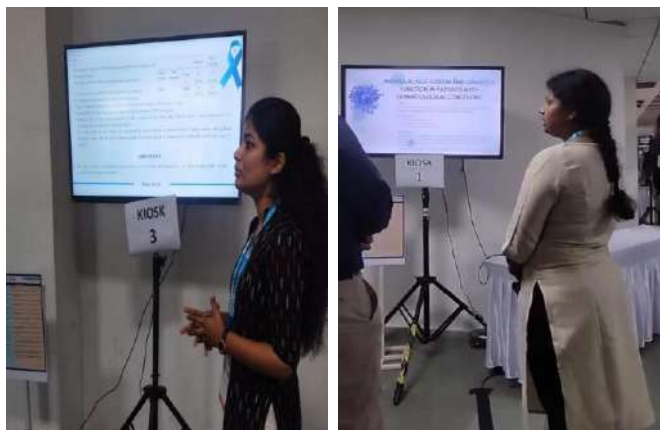
Ms. Mirinallee K M, of I year M.Sc. Clinical Psychology, under the guidance of Prof. Varadharajan, Assistant Professor of Clinical Psychology presented a paper titled "Psychological Factors Underlying Resilience Among Young Adult Clinical Psychologists," in the 59th Indian Association of Applied Psychology (IAAP) National Conference, hosted in Pondicherry between the 2nd and 4th of February, 2024. In their virtual paper presentation, they explored the complex interplay of emotion regulation, perceived stress, and locus of control in fostering resilience among young clinical psychologists. Through rigorous analysis and discussions, they uncovered valuable insights that could potentially enhance support systems and interventions for mental health professionals.



Ms. Priyanka of II year M. Sc. Clinical Psychology under the guidance of Ms. Angeline Miriam George, Assistant Professor, Department of Clinical Psychology, SRFAHS presented a paper on Influence of Occupational Stress in Relation to Family Environment among Criminal Advocates in the 28th International and 59th National Conference of the Indian Academy of Applied Psychology (IAAP): Applying Psychology for Professional Excellence on 2nd and 4th of February, 2024 at Pondicherry University, Pondicherry. The paper highlighted broader implications for professional performance, workplace policies, and the legal system.

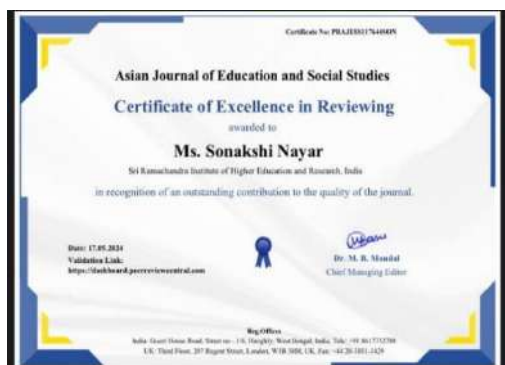
Ms. Anchita Thiagarajan, an M.Sc. Clinical Psychology student of the academic year 2023-24 (A3623003), recently made significant contributions at a national-level conference titled "Yoga for Mental and Physical Health: Scientific Perspective and Trends in Emerging Research Fields." During this online event, which took place on March 11, 2024, she presented a paper entitled "Beyond Transcendence: States of Consciousness in Indian Psychology and Its Therapeutic Reflections" under the guidance of Ms. Angeline Miriam George, Assistant Professor. Her work highlighted the importance of integrating traditional Indian psychological concepts with contemporary therapeutic practices, offering a unique perspective on mental health and wellness.

The following II year students of M.Sc. Clinical Psychology participated in the conference, IFNRCON' 24 organised by JIPMER, Puducherry with an aim to understand and create awareness about various neurological issues, their diagnosis and effective rehabilitation where experts from the various fields of neurology, neurosurgery, neuropsychology, occupational therapy, speech and audiology, physiotherapy and so, come together to discuss strategies, to help another human being live a near normal life.



Ms. Malvika U. and Ms. Yashaswini Devanathan II year M.Sc., Department of Clinical Psychology, SRFAHS presented a paper titled "Impact of Diabetes on Neuropsychological Functions and Related Psychological factors" with the guidance of Mr S. Varadharajan, Assistant professor, Department of Clinical Psychology, SRFAHS.

Ms. Smriti A.U., Ms. Pooja Vasushree Guhan and Ms. Vishwara S. of II-year M.Sc., Department of Clinical Psychology have done a Group presentation on the paper titled "Individual Self-Esteem and Cognitive Function with Dermatological Conditions" under the guidance of Ms. Angeline Miriam George, Assistant Professor, Department of Clinical Psychology, SRFAHS. Both the papers were presented in the presence of veteran neurologists and surgeons, psychologists and neuropsychologists from across India. The papers were well received and appreciated by the conference delegates.



Ms. Sonakshi Nayar from II year M.Phil. Department of Clinical Psychology, SRFAHS was invited by AJWEP Journal, Indexed by Scopus and Web of Science to review journal articles and got a token of appreciation for Peer Reviewing.



The National Institute for Empowerment of Persons with Multiple Disabilities (NIEPMD), Chennai, organized the World Schizophrenia Awareness Day (S.O.A.R 2024). This event aimed to promote optimism, awareness, and resources related to schizophrenia. One of the highlights of the event was the abstract painting competition themed "Fragments of Your Imagination". We are proud to announce that Miss Sonakshi Nayar, II year M.Phil. Clinical Psychology student has won the gold medal and secured the first prize in this competition.



Ms. M. Uma Mageshwar of II year B. Optom received the first prize in Kabaddi tournament organised by Saveetha Medical College during the Inter College SIMATS Sports meet on 7th of March, 2024.



Ms. Vanishaa Devi R, Ms. Mrithula, Ms. Kowsalya.C, Ms. Sneka.S, Ms. Durailakshmi S, Ms. Nandhini.A, Ms. Banusri V of I year B. Optom attended the medical camp organised at Vijayantha school, Avadi on 5th of January, 2024 .



A one-day trip to MGM Dizzee World was organized for the II and III year Undergraduate students of the Department of Clinical Nutrition, SRIHER on 11th of May, 2024. Dr. A. Karthiga and Ms. Nandita Krishnan, Lecturers were the coordinators and accompanied the students to the theme park.



The Department of Clinical Nutrition in view of World Food Safety Day conducted an event titled "Fostering the consumption of healthy greens" wherein the saplings grown by the third year undergraduates were placed for display at the lobby of Sri Ramachandra Medical Centre. The theme for the World Food Safety Day celebrated on 7th of June 2024 was "Prepare for the Unexpected".



Ms. Anusha.K, Research Scholar from the Department of Clinical Nutrition won the first prize in Poster presentation titled "From seed to shelf- unveiling Moringa oleifera seeds for nutraceutical Application in Gut Health, Comprehensive Well-being and Beyond!" at Nutricon Conference conducted by SRM University, Katankulathur on 21st of March, 2024.



Ms. Soma Basu, Research Scholar received the first prize in paper presentation titled "Unveiling the Neuro protective power: Exploring the therapeutic benefits of the Ketogenic Diet in Epilepsy Management- A Review Article at International Conference - Parinamas of Nutrition" on 5th and 6th of January, 2024 organized by the Department of Clinical Nutrition.



Ms. Sowmya. R, Research Scholar from the Department of Clinical Nutrition received the third prize in poster presentation for the paper titled "Developing of semi-quantitative food frequency questionnaire to assess dietary antioxidant intake among pre-diabetes individuals." in the international conference conducted by Vishwa Swasthyam 2024 on 5th and 6th of January, 2024.



Ms. Soma Basu, Research Scholar received the Best Oral Paper Presentation Award at the International Conference - Nutriomics in Biotechnological Innovation ICNBI 24 organised by the Department of Food Science and Nutrition. The American College, Madurai for the presentation titled "Beyond the plate from 3D to 4D: Revolutionizing Food Fabrication with Advanced Printing Technology" on 5th and 6th of March, 2024.



Ms. Monisha. P and Ms. Premalatha.R of II year B.Sc. Clinical Nutrition won the second place in the cooking competition of the World Kidney Day event organized by SRIHER (DU) on 14th March, 2024.



Ms. Aruna Gayathri. B of II year M.Sc. Clinical Nutrition, won the second prize for oral presentation of a study titled "Development of snack using Chitharathai (Alpinia Officinarum hance)" at the International Conference, on Nutri-omics in Biotechnological Innovations- ICNB124" on 5th and 6th of March, 2024 organized by the Department of Food and Nutrition, American College, Madurai .



Ms. Varsha Ramesh of II year M.Sc. Clinical Nutrition won the second prize for oral presentation of study titled "Serum Sodium and Incidence of Dementia among patients in Intensive Care Unit of a Multi-speciality Hospital - An Observational Study" at the International Conference, "Nutri-omics in Biotechnological innovation ICNB124" held on 5th and 6th of March, 2024, organized by the Department of Food Science and Nutrition, The American College, Madurai.



Mr. Hariharaputhiran. E of II year M.Sc. Clinical Nutrition won the second prize for presenting a case titled "Nutritional Management of Inflammatory Bowel Disease" at the National Conference NUTRICON 2024, on Emerging Nutritional Concerns in Gut Health on 21st of March, 2024, organized by the Department of Clinical Nutrition & Dietetics, SRM MCH & RC, SRMIST, Kattankulathur.



Ms. Devisree. K. C of II year MSc. Clinical Nutrition won 1st prize for oral presentation of study titled "Relationship between premenstrual syndrome and sugar consumption among women aged between 18 - 25 years" at the National Conference NUTRICON 2024, on "Emerging Nutritional Concerns in Gut Health" held on 21st of March, 2024, organized by the Department of Clinical Nutrition & Dietetics, SRM MCH & RC, SRMIST, Kattankulathur.



Ms. Kriti Choudhary of first year B.Sc. Clinical Nutrition won the second place in the event "Fit Fab Fun" conducted by the faculty of Physiotherapy and SRCWA as a part of Women's Day celebrations held on 8th March, 2024.



Ms. Janani. K of I year MSc. Clinical Nutrition Department has scored University Rank in Under graduation in the programme Food Service Management and Dietetics at Marudhar Kesari Jain College for Women, Vaniyambadi.

The undergraduate interns of Trauma Care Management actively taught CPR to SRIHER healthcare professional under the guidance of Dr. Shreedevi, Professor in Emergency Medicine, Dr. Janarthanan Selvaraj, Assistant Professor in Critical Care Medicine, Mr. Babu and Ms. Helan mercy, Senior Technologists from Emergency Medical Services, SRMC, during the CPR Awareness week programme held at G block of SRIHER from 5th to 9th February, 2024.



The following interns from the Department of Trauma Care Management have attended MBUAHSCON 2024, the First National conference on Technological Advancements in Allied Healthcare organised by Mohan Babu University at Tirupathi, Andra Pradesh from 18th to 19th of May 2024.



Ms. Nandhini. P, Mr. Bharath Kumar, Ms. Kaaviya, Mr. Syed Ashraf, Mr. Barani Prasath, Ms. Jayavathi, Mr. Sudharsanan, Ms. Nandhini. G, Mr. Hari Prasad, Interns, TCM, and Mr. Manobharathi, III year B.Sc. Trauma Care Medicine donated blood and served as a volunteer in organising the Blood Camp on 14th of June, 2024.

Mr. Praveen P of II year M.Sc. TCM and Mr Balaji U., of II year B.Sc. TCM won first prize in quiz competition in paramedic track felicitated by Dr. Ramana Rao, Director, GVKEMRI conducted during the 25th Annual National Conference of Society for Emergency Medicine India EMCON-2023 held at HICC Novotel, Hyderabad from 26th to 29th of October, 2023.



Ms. Akshaya of II year M.Sc. MBLS presented a poster on “Current understanding of the mechanism involved in addiction and mind body intervention for future research” and was awarded the second prize at the Mind Body Wellness colloquium organized by the department along with other departments on 2nd of January, 2024.

Mr. Yashwanth and Ms. Janaki of II year M.Sc. MBLS presented a paper on “The Impact of mindfulness meditation on addiction and its effects on alerting distinct brain regions” and “Effectiveness of mind body therapies in the management of gastroesophageal reflux diseases”, respectively at the Mind Body Wellness colloquium organized by the Department of MBMLS along with other departments on 2nd of January, 2024.

A pamphlet designing competition was conducted for the students of M.Sc. MBLS on the importance of sleep and prizes were given on World Sleep Day celebrations on 15th of March, 2024. The first, second and third Prize winners were Ms. Priyadarshini, Ms. Akshaya and Ms. Supraja of II year M.Sc. MBLS, respectively.

The PG students of Department of Mind Body Medicine and Lifestyle Sciences actively participated along with the rotary club of SRIHER in creating Awareness on Stress on 23rd of April, 2024



Mr. Ranjan A., III year B.Sc. Applied Psychology, Division of Applied Psychology, has won the 'Best All Rounder of the Tournament' title at Magna inter-college tournament, which was conducted by the Thiruvallur District cricket association from 21st to 28th of March, 2024.



Ms. S. Tamilselvi, III year B.Sc. Applied Psychology, Division of Applied Psychology has been selected to represent the University and Indian universities' rowing team during the World University Rowing Championship 2024 to be conducted in the Netherlands by the International University Sports Federation from 3rd to 6th of July, 2024.



Ms. S. Tamilselvi, III year B.Sc. Applied Psychology, Division of Applied Psychology, received a substantial cash prize from Hon. Udhayanidhi Stalin, Minister of Youth Welfare and Sports Development, TN on 23rd of February, 2024 for her multiple medal winning performances in Rowing at the National Games.

Mr. Ranjan, I Yr., B.Sc. Applied Psychology, Division of Applied Psychology has won the titles, 'Player of the Match', 'Best Batsman' and 'Best Bowler' at the South Zone Inter University Cricket Tournament Men 2024 (Super Knockout) held at Chennai on 12th of January, 2024.

Pranav, Ranjan bowl SRIHER to big win

DC CORRESPONDENT
CHENNAI, JAN. 29

R.K. Pranav Sabapathy and A. Ranjan bagged five wickets as SRIHER beat Jerusalem CE by eight wickets on the opening day of the YNOT Studios-TNCA inter-college invitation cricket tournament on Monday.

Brief scores: Jerusalem CE 20 in 11.3 overs (R. K. Pranav Sabapathy five for 11, A. Ranjan five for 9) lost to SRIHER 21 for 2 in 3.3 overs. Tagore EC 76 in 22 overs (Yogeshwaran 34, Arjun Thapa three for 13) lost to MCC 77 for no loss in 9.2 overs (M. S. Rajeev 31 n.o., M. V. Ponnarasu 33 n.o.). DB Jain 64 in 17.4 overs (M. Mohamed Suhail three for 15) lost to Anna University 66 for 3 in 15.1 overs. Patrician College



A. Aravindh

90 for 7 in 30 overs (S. Akash Kumar 35 n.o.) lost to Jeppiaar University 92 for 2 in 9.5 overs (Pranav Kumar 38). The New College 157 in 29.5 overs (Jai Kishore Nath 50, S.L. Sathish four for 9, Syed Athif Rishwan three for 21) beat Sindhi College 133 in 27.3 overs (M. Umaphathi 27, S. Manchanda Singh 27, Hari Krishnan 27, M. Karthikeyan three for 25).



A. Ranjan

Quaide Milieth 35 in 13.4 overs (B Sivaramakrishnan three for 5, G Vignesh three for 9) lost to Gurunanak College 36 for 1 in 4.4 overs. MIT 58 in 22.3 overs (Abdul Riyaz five for 9) lost to Vels University 59 for 6 in 16.5 overs. AM Jain 130 in 29 overs (S. Sanjay Aravind 27, S. Manchanda Singh 52, S. MohanaKumar three for 21) lost to SSN



Abdul Riyaz

134 for 2 in 21.4 overs (M. Mithul Raj 35, Nithish Raj 26, Rahul Ayyappaan Harish 35 n.o., S. Mohana Kumar 30 n.o.). Presidency College 104 in 25.2 overs (P Perumal 23, Kailas Moorthy three for 26) lost to MGR University 105 for 1 in 22.2 overs (S.S. Srinath 55 n.o.). Saveetha IMTS 120 in 25.5 overs (S. Koushik 39, S. Rahul



R.K. Pranav

Kanna 35, N. Karthikeyan four for 28) beat Sir Theagaraya College 70 in 22.2 overs (A. Aravindh five for 12, R Rajasekar three for 20). DG Vaishnav College 150 in 30 overs (S.R. Thiru Narayanan 36, S. Taarakesh three for 25) lost to Loyola ICAM ET 152 for 6 in 27 overs (K. Veeraviswa 33, S. Rohan 31).



Ms. Lakshmi Rajesh, III year B.Sc. Applied Psychology, Division of Applied Psychology was selected for the Global Young Indian Ambassadors Award 2024 at the 10th Annual Birmingham Thyagaraja Festival on 20th of April, 2024. The Birmingham Thyagaraja Festival is the premier annual event of the Midlands, UK, celebrating Indian Culture through Classical Music and Dance.

Ms. Lakshmi Rajesh, III year B.Sc. Applied Psychology, Division of Applied Psychology attended the Classical Dance audition conducted by Doordarshan Kendra on 26th of February, 2024 and has been approved to perform on Door Darshan.

Ms. S. Tamilselvi, III year B.Sc. Applied Psychology, Division of Applied Psychology bagged the silver medal in Rowing for Women's Coxless Four 500 meters category at the 41st Senior & 25th Open Sprint Nationals Championship organized and hosted by the Army Rowing Node, College of Military Engineering, Pune on behalf of the Rowing Federation of India from 28th January to 3rd February, 2024.



Ms. R. J. Jeevika, II-year B.Sc. Applied Psychology, Division of Applied Psychology received the rank of Lance Corporal (LCpl) in NCC on 26th of January, 2024 on the occasion of Republic Day celebration at SRIHER.

The students of M.Sc. Counselling Psychology, Division of Applied Psychology, offered counselling and motivational sessions at St. Joseph' Anglo- Indian Higher Sec. School for the duration of one month in March, 2024 as a part of community outreach programme.



Mr. Balaaji B S of IV year, B.Sc. (Hons) Medical Microbiology and Applied Molecular Biology co-authored a research paper entitled "Antibody nanoparticle conjugate-based targeted immunotherapy for non-small cell lung cancer" which was published in the journal of "Science Advances" on June, 2024.

Link for Access: [Antibody nanoparticle conjugate-based targeted immunotherapy for non-small cell lung cancer - PubMed \(nih.gov\)](#)

TRAIL MARKS

Alumni Meet

The Department of Clinical Psychology organised its Annual Alumni Meet on 16th of March, 2024. The event saw enthusiastic participation from both alumni and faculty members, fostering a sense of community and shared purpose. Following the alumni meet, a comprehensive review of the M.Sc. Clinical Psychology curriculum was conducted. Heads of departments of Psychology from various colleges were invited to participate in this important revision process. This collaborative effort aimed to ensure that the curriculum remains current and effective, incorporating the latest advancements and best practices in the field of Clinical Psychology.

Ms. Verhsa Hepsipha of MSc. Clinical Nutrition (2022 Batch), Ms. Niranjanaa Vani.B.S., Ms. Keerthana.S, Ms. Farhath Khalidaa. R, Ms. Tamilarasi. H of MSc. Clinical Nutrition (2023 Batch) have cleared NTA NET-UGC in January 2024 and have been qualified for the position of Assistant Professor



Dr. Shreedevi, Professor, Dr. Akilan Alumni of the Department of Emergency Medicine, Ms. T.N. Nirmhalaa, Mr. Parthasarathy, Assistant Professors of Trauma Care Medicine conducted the AHA Basic Life Support and ACLS programme at Medical Education Unit, SRIHER from 3rd to 5th of April, 2024. Around 20 participants benefited.

The following students from the Department of Mind Body Medicine & Lifestyle Science have done their internship programme for two months:

- Mr. Yashwanth, Ms. Akshaya, Ms. Supraja and Ms. Priya of II-year M.Sc. MBLS have completed their internship successfully on 29th of April, 2024 at Athulya Senior care.
- Ms. Janaki of II-year PG from the Department of MBLS has completed her internship successfully on 29th April, 2024 at Nithra Sleep Centre.
- Ms. Praisely, Ms. Aiswarya and Ms. Sathya of final year MSc. MBLS have joined as Interns on 3rd June, 2024 at Divine Minds.
- Ms. Shivani and Mr. Nirmal Kumar have joined as Interns at KARE for special children, Chennai on 3rd June, 2024.



NSS, NCC and Club News

NSS Unit of Sri Ramachandra Institute of Higher Education and Research (DU) give way for the volunteers to actively participate in the scheduled activities. The active involvement of SRFAHS students is highly appreciated. They take the opportunity to learn through the services they provide to the community. Past six months activity details that have been performed by the volunteers of NSS from AHS are listed as follows:



NSS Unit-1

NSS Unit-1 volunteers of AHS participated in Menstrual Hygiene Programme held on 29th January, 2024 at Kannigapuram. In the month of March, volunteers from AHS and Applied Psychology participated in Youth Parliament, SRIHER, Lake Cleaning at Poonamallee and Ayyapakkam on 6th, 15th and 28th respectively. Approximately 10 volunteers participated in each of the events.

NSS Unit - 2

Unit-2 NSS volunteers 2 from each department (Applied Psychology and AHS) participated in the Youth Parliament held on 6th March, 2024 at SRIHER (DU).

NSS Unit - 3

The volunteers from Applied Psychology(N=2) and Emergency Trauma Care Technology(N=7), SRFAHS took active participation in the Youth Parliament held on 6th of March, 2024 and also in the Medical Camp held at Avadi on 14th of March, 2024.



NSS Unit - 4

Unit-4 volunteers from the following departments AHS (N=6), Clinical Nutrition (N=12), Applied Psychology (N=18), Optometry (N=12), TCM (N=5) of SRFAHS, took active participation in several events such as Youth Parliament, Lake Cleaning at Ayyapakkam, Medical Camp at Avadi, Eye Camp at Sorancherry and Climate change orientation programme.



NSS Unit - 5

Two NSS Unit-5 volunteers from the department of Emergency Trauma Care Technology participated in Youth Parliament held at SRIHER (DU) and medical camp at Avadi.



By
Mrs. Vidhya L
Assistant Professor of English
NSS Unit III Programme Officer &
AHS Dept. Co ordinator
SRIHER (DU).

NCC ACTIVITIES

Mr. Manobharathi of III-year B. Sc.TCM participated in NCC Combined Annual Training Camp held at Sathyabama College from 12th June to 21st June, 2024.



General Section

HEALTH BYTES

Radiology & Imaging Sciences - *Paramount in Health care system*

What is Radiology?

Radiology & Imaging sciences are a medical specialty that uses medical imaging to diagnose diseases and guide its treatment.

What does Radiology deal with?

Radiology & Imaging sciences offer diagnostic and therapeutic services through wide array of Imaging modalities like X-ray, Fluoroscopy, Mammography, Ultrasonography, Computed Tomography(CT), Magnetic Resonance Imaging (MRI) and Nuclear medicine including Positron Emission Tomography (PET). Interventional Radiology procedures refer to invasive procedures performed under image guidance (CT, USG, C-arm, cath lab).

Radiology team

Team comprises of qualified radiologists with expertise, interventionists, radiographers, imaging technologists, Radiological safety officers, manager, administrative officer, executives, staff nurses and allied health staff.

How does Radiology department function?

Radiology & Imaging sciences is a comprehensive disease management system that functions 24 hours a day, 7 days a week to provide appropriate diagnostic and therapeutic services to all patients.

Radiology workflow

Patients presenting to the healthcare set up with varied symptoms of illness / diseases are clinically assessed by broad specialty / super specialty physicians. These patients are then referred to radiology for various investigations to either confirm or rule out a particular clinical diagnosis. Patients undergo these diagnostic tests and the results in the form of digitized images are transferred to Picture archiving and communication system (PACS) which are subsequently interpreted and reported electronically by radiologists.

Significance of Radiology

Diagnostic and therapeutic radiology is pivotal in changing landscape of healthcare. Radiological screening is a prevention tool in the early detection of diseases which provides valuable insight to physicians and researchers to facilitate improved treatment options.

Critical diagnosis and its impact on patient's clinical outcome

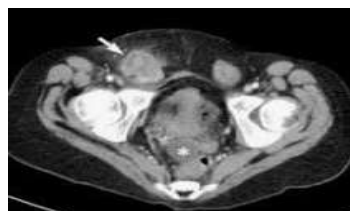
Radiology plays an important role in the diagnosis of certain critical imaging findings that require immediate intervention. These critical results are communicated immediately to the referring physicians for prompt treatment. Failure in effective communication can result in significant patient mortality and morbidity due to delayed treatment, poor patient outcome and complications. Examples: Foreign body aspiration, Ectopic pregnancy, appendicitis, acute cerebral infarction, Acute subarachnoid hemorrhage, Torsion testis etc. and comprehensive healthcare. Radiologists collaborate with their counterparts of other disciplines to ensure all patients receive the best care of plan by means of safe, efficient and timely



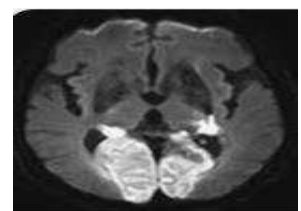
X-ray
Bullet in airway



Ultrasound
Ectopic pregnancy



CT Torsion Testis



MRI Acute infarction

Unlock Your Potential: The Power of Positive Thinking

Ever feel stuck in a rut of negativity? It happens to the best of us. But what if there was a way to **flip the script** and see the world through a brighter lens? That's where cultivating an **optimistic mindset** comes in.

Think of it as a **mental superpower**. It's not about ignoring problems, but rather focusing on **possibilities** and the **opportunities** they present.

Why should you care? Here's the good news: optimism isn't just about feeling good. It's linked to a **wealth of benefits**:

- + **Bounce Back Faster:** Tough times are inevitable, but optimists have the **resilience** to overcome them.
- + **Thrive, Not Just Survive:** Optimism leads to **enhanced well-being**, helping you feel more fulfilled and energized.
- + **Problem-Solving Prowess:** When you see possibilities, you become a **better problem-solver**, tackling challenges head-on.
- + **Stronger Connections:** Optimism fosters **stronger relationships** by promoting positivity and support.
- + **Motivation Machine:** An optimistic mindset fuels your **motivation** to chase your dreams.
- + **A Healthier You:** Optimism can even contribute to **better health**, both physically and mentally.
- + **Lifelong Learner:** Optimists embrace a **growth mindset**, always seeking to learn and improve.
- + **Leadership Material:** Optimism inspires others and helps you develop strong **leadership qualities**.

Ready to unlock your inner optimist? Here are some practical tools you can use:

- + **Gratitude is Golden:** Acknowledge and appreciate the good things in your life, no matter how small.
- + **Tame Your Inner Critic:** Pay attention to your **self-talk**. Challenge negative thoughts and replace them with positive affirmations.
- + **The Silver Lining:** Train yourself to **look for the good** in even challenging situations.
- + **Visualize Success:** Guided **visualization** can help you see yourself achieving your goals, boosting confidence.
- + **Uplift Your Circle:** Spend time with **positive and inspiring people** who support your dreams.
- + **Solutions Not Problems:** Shift your focus from dwelling on problems to finding **solutions**. Stay present and proactive.
- + **Be Kind to Yourself:** Practice **self-compassion**. It's okay to make mistakes. Learn from them and move forward.
- + **Celebrate Your Wins:** Big or small, **acknowledge and celebrate your successes**. It reinforces positive reinforcement.

Bonus Tip: The ABCDE Model

This powerful tool can help you transform negative thinking patterns into optimism:

- + **A - Adversity:** Clearly define the challenging situation you're facing.
- + **B - Belief:** Identify the thoughts you have about the adversity.
- + **C - Consequences:** Explore the emotional and behavioral consequences of these beliefs.
- + **D - Disputation:** Challenge your negative thoughts and develop a more optimistic perspective.
- + **E - Energization:** Notice how this shift in perspective impacts your energy and motivation.

Remember, optimism is a journey, not a destination. By consistently practising these techniques, you can cultivate a positive mindset that empowers you to reach your full potentials!

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KALEIDOS

When day becomes night: 🌙

As sunset's fiery edge descends
To kiss the horizon's gentle bend
The sky is painted, a vibrant hue
A kaleidoscope of colors anew

The stars begin their twinkling show
Like diamonds scattered, as the light does grow
The moon, a glowing orb, ascends the sky
As night's soft whisper, the world does reply

The shadows lengthen, the winds do sigh
As day's warm touch, gives way to night's sweet guise
The world is bathed, in a soft, ethereal light
As day's vibrant pulse, yields to night's gentle might

The darkness reigns, with a peaceful sway
As the world slumbers, in a quiet way
The night's sweet solace, our souls does keep
As the day's din and noise, our minds does steep

In this stillness, our hearts do find
A sense of calm, a peace of mind
A time for dreams, for rest and repose
As day's fierce light, gives way to night's gentle doze.

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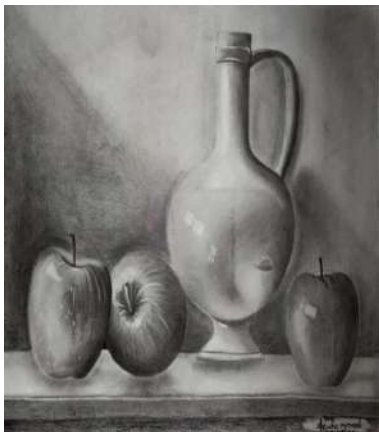
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