



SRI RAMACHANDRA

INSTITUTE OF HIGHER EDUCATION AND RESEARCH

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



Bridges

Newsletter of SRIHER (DU)



November 2025

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From the Editor's Desk

November arrives at Sri Ramachandra Institute of Higher Education and Research as a month of quiet confidence and remarkable accomplishment; a period where dedication, scholarship, and service come together in meaningful ways.

A proud highlight of the month is the national recognition conferred upon Sri Ramachandra Medical Centre, which was honoured with the AHPI-TN Excellence Award 2025 as the 'Multispecialty Hospital of the Year (Above 100 Beds - North Zone)'. This prestigious award stands as a testament to the hospital's unwavering commitment to clinical excellence, patient-centered care, and continuous improvement in healthcare delivery. Further strengthening our global academic standing, the Dept. of Radiology, SRMC&RI, received the esteemed European Training Assessment Programme (ETAP) accreditation. This milestone affirms our institution's growing role in shaping future-ready healthcare professionals on a global platform.

November also witnessed significant strides in academic leadership and curriculum development. The Dept. of Medical Education, SRMC&RI, as the NMC Nodal Centre, organised the Curriculum Implementation Support Program, reinforcing our commitment to outcome-based education and progressive teaching methodologies that align with national healthcare priorities. Adding vibrancy to the month's academic calendar, the Department of Pharmaceutical Chemistry, Sri Ramachandra Faculty of Pharmacy organised 'CHEMCON 2025', a dynamic scientific forum that fostered collaborative learning among students, faculty, and experts in pharmaceutical sciences.

As November gently ushers in reflection and renewal, these accomplishments remind us of what is possible when excellence becomes a shared culture. Together, they reflect SRIHER's steadfast pursuit of knowledge, service, and leadership in healthcare education and research.

May this issue of Bridges serve as both a record of our collective progress and an inspiration for the months ahead.

Dr. V. Deepa Parvathi
Managing Editor

Alumni Corner



Congratulations!

Prof. Mani Santhanakrishnan (MBBS 1985-1990) Associate Dean & Regional Delirium Lead, NHS England Education was conferred with Presidential Medal by the Royal College of Psychiatrists for raising global awareness of delirium through social media and networking on 6th November at Royal College, London.



Mr. Arun Sundararajan (MBA 2009-2011) has been elected as an Advisory Board Member of the Association for Healthcare Quality Professionals (AHQP) on 20th November.

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Alumni Corner



Sri Ramachandra Faculty of Management Sciences (SRFMS), conducted 'The International Alumni Talk on Health Informatics' on 28th November. Mr. Samuel Dhanasingh (MBA 2017-2019) Digital Health Officer - Population Health Analytics, Australia, delivered an informative and inspiring address. 58 students participated.

Awards & Recognitions

Sri Ramachandra Medical Centre was awarded AHPI-TN Excellence Awards 2025 for 'Multispecialty Hospital of the Year-Above 100 beds-North Zone' on 8th November, in Coimbatore.



Dept. of Radiology, SRMC & RI, received 'The European Training Assessment Programme (ETAP) accreditation', on 6th November, becoming the first in Asia to achieve this prestigious recognition twice.



Prof. Vidhya Venugopal, Prof., Dept. of Environmental Health Engineering and Country Director, NIHR GHRC NCD-EC (National Institute for Health and Care Research Global Health Research Centre for Non-Communicable Diseases and Environmental Change) was elected as a Fellow of the prestigious Collegium Ramazzini, Italy on 25th October. She is the first Indian non-physician woman to receive this global honour, recognising her pioneering research on heat stress and strain among workers across India and South-East Asia.



Dr. Murugesan Arumugam, Asst. Prof., Sri Ramachandra Faculty of Pharmacy (SRFOP) has been elected as an Eminent Scientist Member by the National Academy of Medical Sciences India (NAMS), Ministry of Health and Family Welfare, Government of India at Post Graduate Institute of Medical Education and Research (PGIMER), Chandigarh on 8th November.

Awards & Recognitions



Dr. D. Anusha, Prof., Dept. of Pharmacology, SRMC &RI, received the IMA AASAN 2025 Award for Teaching Excellence on 26th October in recognition of her dedication to medical education.



Dr. Akila Ganesh, Prof.&Head, Dept of Public Health Dentistry, Sri Ramachandra Dental College & Hospital (SRDC&H) was awarded the 'Fellow in Preventive and Public Health Dentistry' by the Indian Association of Public Health Dentistry (IAPHD) during the 29th National IAPHD Conference held at Mangalore from 28th to 30th November. She was also awarded the Best Paper Award titled, 'Development, validation and application of stress assessment with saliva (straws) scale to utilize saliva as a tool to detect stress levels among mental health'.



Dr. K. Rajeshwari, Prof., Dept. of Conservative and Endodontics, SRDC&H, was awarded the 'Humanitarian Award' for the year 2025 by the IACDE association in the 40th IACDE National Conference 2025, at Chandigarh on 29th November.

Dr. Gifty Gildona Gilbert, I yr., MD Pathology secured the II prize for the poster presentation on 'Rare bronchial granular cell tumour (GCT): A pathologist's perspective on an unusual airway lesion' during the Thoraxis 2025 conference organised by Panimalar Medical College Hospital & Research Institute, on 20th and 21st November.

Dr. Revathi N., I yr. M.Sc. Wellness and Health Coaching won the II prize for the poster titled 'Bringing Salutogenesis to Schools' at the International Health and Wellness - IHW 2025 Conference held at Hyderabad from 10th to 12th November.



Students and faculty members from Dept of Pharmacology, SRMC&RI received the following recognitions at PSG Institute of Medical Sciences and Research, Coimbatore in Association with National Association of Pharmacology & Therapeutics held on 28th and 29th November.

- Dr. R. Kavitha, Prof. & Head, received the 'National Spotlight Award' and won the first prize for an oral presentation on 'Selected Dihydroxyflavones Mitigate Paclitaxel-Induced Peripheral Neuropathy via GABAA, KATP, and Adenosine A3 Receptor Pathways in Mice: In Vivo and In Silico Evidences'.
- Dr. Natasha Gladge Varghese and Dr. Tejas M., III yr., MD Pharmacology, won the I and the III prize, respectively.

Awards & Recognitions



Dr. Priya Jayakumar, Sr. Lecturer, Dept of Paediatric and Preventive Dentistry, SRDC&H received the Best Paper Award for paper titled, 'TEXTRA' and Dr. Ishwarya S., II yr. MDS, Dept. of Paediatric and Preventive Dentistry got best paper award titled, 'Prevalence and Clinical Patterns of MIH and HSPM in Children with Special Healthcare Needs: A Comparative Cross-Sectional Study' during the National Conference at Bhubaneswar from 19th to 22nd November.

Happenings



Sri Ramachandra Centre for Onco-Care was inaugurated on 3rd November, to provide integrated oncology services under one roof. The event was graced by resource person Dr. E. Hemanth Raj, Surgical Oncologist and Executive Vice-Chairman, Cancer Institute (WIA). This Centre for Onco-Care builds upon the foundation of uniting the Depts. of Surgical Oncology, Medical Oncology, Radiation Oncology, Haematology, and Paediatric Oncology along with specialised support from pathology, radiology, nuclear medicine, pain and palliative care, rehabilitation, and psycho-oncology to deliver truly multidisciplinary and all-encompassing cancer care under one roof.



Dept. of Cardiology, SRMC & RI organised the Prof. S. Thanikachalam Endowment Oration on 15th November during CURE 2025. The Oration was delivered by Prof. (Dr.) C. N. Manjunath, Member of Parliament and Former Director, Sri Jayadeva Institute of Cardiovascular Sciences and Research, Bengaluru. As part of the programme, he inaugurated the Advanced Heart Failure Clinic of the Dept. of Cardiology. The Interventional Cardiology Fellowship Programme was also inaugurated by Dr. Samin K. Sharma, Senior Vice President, Mount Sinai Heart, New York. The event also included the All-India Prof. S. Thanikachalam & Prof. J. S. N. Murthy Gold Medal Quiz competition. 96 delegates participated.

Happenings

Dept. of Paediatrics, SRMC&RI, hosted the monthly City Paediatric Meet on 19th November to bring together PG students, consultants and faculty members from institutions across Chennai. The meet featured seven case presentations, representing a distinct paediatric subspecialties and highlighting the diagnostic, therapeutic and ethical complexities in clinical practice. 95 participants attended.



Depts. of Paediatrics, Paediatric Nursing, Clinical Nutrition and Patient Guest Relations, SRIHER, organised Children's Day celebrations on 13th November. Children with special needs from *Vidya Sudha*, *Sathyalok* Special School and MGR School for Speech and Hearing Impaired participated. 290 members including school & college students, parents and faculty members participated.



Dept. of Medical Education, SRMC&RI, NMC Nodal Centre organised the Curriculum Implementation Support Program-III (CISP-III) on 4th & 5th November. 30 faculty members attended.



The Health Science Colleges Education Unit-I of SRIHER organised a FDP on Basic Course Workshop from 24th to 26th November. 28 faculty members attended.



Sri Ramachandra Faculty of Physiotherapy, the Health Science College Education Unit-I and Sri Ramachandra Professional Development, SRIHER conducted a workshop on 'Application of Self Learning Strategies in Higher Education' on 14th November to equip participants with the principles and use of technology tools for self-directed learning. 50 faculty members across constituent faculty attended.

Happenings



Dept. of Biochemistry, SRMC&RI, as part of the Renaissance Silver Jubilee Celebrations and in commemoration of the World Diabetes Day 2025, organised a guest lecture on 'Diabetes at the Crossroads: Metabolism, Medication, and Diet - A Unified Perspective' delivered by Dr. Krithika Bhaskar, Consultant Biochemist, Founder & Medical Head, ATP and Health on 14th November. 41 students and faculty members attended.



Dept. of ENT, Head & Neck surgery, SRMC & RI organised a CME titled 'Core to Care' on medical essentials for PG students on 22nd November. 80 PG students from various colleges across Chennai attended.



Dept. of Radiology, SRMC&RI celebrated the 'International Day of Radiology (IDoR)' on 8th November. The celebration featured presentations by experienced radiographers, along with an informative session by Fujifilm, offering participants' insights into the latest advancements in radiology. 110 participants including students, radiologists and technologists attended.



Dept. of Pharmacology, SRMC&RI organised 'The SRIMAT 2.0' workshop in collaboration with Renovare Healthcare Solutions on 8th November. The event aimed to bridge academia-industry gaps in Medical Affairs. The external resource faculty were Dr. Sakharam Garale, Founder, Renovare Healthcare Solutions, Navi Mumbai and Dr. Anant Patil, Prof. & Head, Dept. of Pharmacology, Dr. D.Y. Patil Medical College, Navi Mumbai. 150 participants from medical, dental, pharmacy, and life-science streams attended.

Happenings

Dept. of Pharmacology, SRMC&RI, conducted a webinar on 'Pharmacovigilance and Materiovigilance -An Overview' on 15th November. The programme aimed to spread awareness on ADR and MDAE reporting among healthcare professionals. 110 delegates participated.



Dept. of Neonatology, SRMC&RI, in collaboration with Depts. of Paediatric Medicine, Obstetrics and Gynaecology, Karthikeyan Child Development Unit, Paediatric Nursing, Pharmacy and Occupational therapy organised the National Newborn Week Celebration 2025 from 15th to 21st November. During this week long celebration a symposium on Recent Advances in Perinatal Care. 600 participants benefitted.



Dept. of Laboratory Medicine, SRMC&RI, in collaboration with the Hospital Infection Prevention and Control Team, BD and 3M company, conducted a hands-on workshop for nurses titled 'Rise and Right' from 27th to 29th November. This workshop aimed to enhance nurses' skills in safe sample collection, infection control and evidence-based prevention practices. 1600 nurses and phlebotomists participated.

Happenings



Dept. of Paediatrics, SRMC&RI in collaboration with Depts. of Psychiatry, Clinical Nutrition, Paediatric Nursing, Clinical Psychology, Mind Body Medicine & Lifestyle Sciences, organised the 'Child & Adolescent Health Care Week 2025' (CAHCW 2025) on the theme 'Strong foundations: Healthy futures' from 7th to 14th November. The event featured a guest lecture on 'Adolescents: Physical and Mental health' delivered by Dr. Preethi Galagali, Vice President, South Zone, Indian Academy of Pediatrics (IAP). 150 delegates participated.



Sri Ramachandra Faculty of Public Health (SRFPH) in collaboration with Integrated Rural Community Development Society (IRCDS) conducted a Dengue Awareness Programme at *Poondi, Tiruvallur* on 7th November. Four IRCDS members, 30 students and faculty members conducted a rally to spread awareness about Dengue to 200 community members.



Dept. of Paediatrics, SRMC&RI, celebrated World Pneumonia Day 2025 on the theme, 'Championing the fight against Pneumonia: Every breath counts' on 14th and 15th November. Dr. Sarath Balaji, Assoc. Prof., Pediatric Pulmonology, ICH&HC, Madras Medical College delivered a guest lecture on 'Decoding Pediatric Pneumonia - From clues to cure'. 50 students and faculty members attended.

Happenings

Dept. of Mind Body Medicine & Lifestyle Sciences, SRFBSS, along with The Student Venture Development Program organised a workshop on 'Balance the Hustle: Stress Management for Studentpreneurs' on 25th October. The session aimed to equip aspiring student entrepreneurs with practical tools and strategies to effectively manage stress, maintain emotional well-being, and sustain productivity while balancing academic and entrepreneurial responsibilities. 83 students attended.

Dept. of Mind Body Medicine & Lifestyle Sciences SRFBSS, in collaboration with National Institute of Pharmaceutical Education and Research (NIPER), Hajipur organised an awareness talk on 'Mental Health – A Priority' as part of World Mental Health Day 2025. 60 delegates participated.

Sri Ramachandra Faculty of Occupational Therapy (SRFOT) in collaboration with Tamil Nadu All India Occupational Therapists' Association (TNAIOTA) organised the following events to commemorate World Occupational Therapy month.



- On 15th November, an awareness Flashmob event was organised at Wetland Park, Porur. 250 students participated.



- On 15th November, a free screening camp was organised for the children to commemorate World Occupational Therapy Day and Children's Day at Little Ville Preschool, Valasaravakkam. 50 children participated.



- On 9th November, an 'Occupational Therapy Awareness' marathon was organised on campus. 300 students and faculty members participated.

Happenings

SRFOT organised a free mental health screening camp on 15th November, at Psychiatry OPD at Sri Ramachandra Hospital. 50 patients benefitted.



SRFOT in collaboration with Industrial Spares Manufacturing & Trading (ISMAT) Company, organised a free onsite Industrial Awareness and Screening Camp on 11th November to commemorate World Occupational Therapy month. 100 employees participated.

Dept. of Pharmaceutical Chemistry, Sri Ramachandra Faculty of Pharmacy (SRFOP) organised 'CHEMCON 2025, Series-XII- A Lec-Demo on Unraveling the Power of LC-MS: Principles, Practice and Virtual Experience', on 19th November. Dr. R. Karthik, Head, Bioanalytical & Analytical Division and Mr. S. Chandrasekaran, Head, Clinical Operation, Scitus Pharma Services Private Limited were the resource persons. 238 delegates from various colleges of Tamil Nadu participated.



Dept. of Pharmacy Practice, SRFOP hosted a Lung Cancer Awareness Month Rally, at Rural Health and Training Centre, Vayalanallur on 26th November. 65 students and faculty members participated in the rally to create awareness among the local community about the importance of early detection and prevention of lung cancer.



Dept. of Pharmacognosy, SRFOP organised a soft skills and career development workshop on the theme 'Mastering the Professional Pivot: Essential Skills for Early Career Success', on 20th November. Mrs. K. Judith Maria, Founder and Head Academics, Propharma Academy was the resource person. 107 students attended the workshop.



Dept. of Pharmaceutical Chemistry, SRFOP organised 'CHEMCON 2025, Series-XI - Hands-on training on Chromatographic Techniques - HPLC (DST-FIST sponsored Instrument) and HPTLC', on 1st and 3rd November. Mr. E. Sivanandham, Workflow Specialist, Spinco Biotech Pvt. Ltd. was the resource person. 44 students from various colleges in Tamil Nadu participated.

Happenings



Dept. of Pharmacology, SRFOP organised a 'Career Guidance Event - Guiding Your Way from Mind to Global Market: Career and Entrepreneurial Opportunities in Medical and Pharma Exports', on 6th November. Mr. Rajesh Krishnan, Deputy GM – International Business, Areete Life Science Pvt. Ltd., was the resource person. 120 students participated.



SRFOP, conducted Career Development Programme on the theme, 'Dreaming of Studying in Ireland' on 14th November. Mr. Ronan Fenelon, Vice President, Griffith College, Dublin, Mr. Deepak Luthra, Director, South Asia & Middle East, Griffith College, Dublin and Mr. Sony Akkara, Global Career Coach & Founder, Easy Link Academy shared valuable insights on higher education and career opportunities in Ireland. 120 students participated.



Dept. of Pharmaceutics, SRFOP organised a 'Hands-on training on Electrospin Nanofibres Development and Application Techniques' on 29th November. 16 members including faculty members and students attended.



Dept. of Medical Surgical Nursing, Sri Ramachandra Faculty of Nursing (SRFoN) in collaboration with Dept. of Endocrinology, SRMC & RI, observed World Diabetes Day on 14th November on the theme 'Diabetes and Well-being' at Sri Ramachandra Hospital. Quiz competition, poster presentation and walkathon were organised. 220 students and patients participated.



Dept. of Community Health Nursing, SRFoN in collaboration with Primary Health Centre, Nemam, organised 'No Tobacco and Drug Abuse Awareness Campaign' at Govt. High School, Chambarampakam, Thiruvallur District on 23rd November. The aim of the event was to create awareness among the youth regarding the harmful health effects associated with both tobacco consumption and substance (drug) abuse. 45 school students participated.

Happenings



Dept. of Community Health Nursing, SRFoN observed World Diabetes Day with the theme 'Diabetes Across Life Stages' on 21st November at Avadi. An awareness rally was held around the Avadi Bus Terminal to educate the public on diabetes prevention and management. 150 passers-by witnessed.



Dept. of Nursing SRH (G Block), organised an in-house CNE on 20th and 21st November on the theme 'The Guardians of Care: Protecting Skin and Circulation', focusing on the prevention and management of pressure injuries and DVT. Sessions included lectures, panel discussions, activity-based learning, demonstrations, and role play. 50 nurses attended.



Dept. of Paediatric Nursing, SRFoN celebrated Children's Day on 14th November at SRMC&RI. The event emphasised the importance of holistic child health. The students of III yr. B.Sc. Nursing presented various activities, including a magic show. 30 parents and their children participated.



The Anti-Ragging Orientation Programme for the academic year 2025-2026 was conducted on 13th November, with the objective of sensitizing students and parents to institutional guidelines, legal responsibilities, and support systems essential for a safe, ragging-free campus. The Guest of Honour, Mr. T. Kaliya Sundaram, Asst. Commissioner of Police, SRMC Branch offered valuable insights from a law-enforcement perspective on the seriousness of ragging-related offences. Dr. Aman Sachdeva, General Body Member, Dental Council of India further enriched the session by sharing real-world national-level experiences that made the guidelines relatable. 250 students across the constituent faculty attended.

Happenings



Dept. of Community Medicine, SRMC&RI, conducted a Continuing Medical Education programme on the theme 'Evidence-Based Nutrition Intervention in Clinical Practice' on 26th November. The following renowned experts from different parts of India were the resource persons: Dr. G. Rajendiran, Prof. & Head, Preventive Cardiology, PSG IMS&R, Coimbatore, Dr. Manali P. Rao, Consultant Family Physician & Lifestyle Medicine Expert, Dr. Suvetha Kannappan, Prof., Community Medicine, PSG IMS&R, Dr. Nrutyta Subramanyam, Family Physician & Lifestyle Medicine Specialist, Seethapathy Clinic & Hospital, Chennai, Dr. Pravina Vinay Kale, Pathologist & Lifestyle Medicine Physician. 270 students and faculty members attended.



Depts. of Emergency Medicine, SRMC & RI & Trauma Care Management, SRFAHS conducted a Code Blue training session on 19th November for 25 staff nurses.



Mrs. Yogeshwari R., Asst. Prof., Sri Ramachandra Faculty of Physiotherapy, was honoured with the Distinguished Alumna award by PSG college of Physiotherapy, Coimbatore during their Foundation Day celebrations on 30th October.



Dept. of Community Medicine, SRMC&RI, conducted a 'Ph.D – Research Methodology Workshop' on 24th, 25th & 27th November.



Dept. of Speech Language Pathology, Sri Ramachandra Faculty of Audiology and Speech Language Pathology, in collaboration with International Society for Augmentative and Alternative Communication – India Chapter (ISAAC India) organised a panel discussion on 'Echoes of the Less Heard: Rethinking Inclusion through Augmentative and Alternative Communication (AAC)' on 26th November as a part of Wednesdays@SRFASLP programme. The expert panelists were Smt. Rajul Padmanabhan, Former Director, Vidya Sagar Special School; Smt. Kalpana, Deputy Director, Vidya Sagar Special School and Dr. Namita Jacob, Director, Chetana Trust. 120 students, faculty members, experts from ISAAC India and alumni participated in hybrid mode.

Happenings



SRFMS organised an Industrial Visit for 44 students of MBA, to Aster Med City Hospital on 27th November.

Student Council Activities

English Literary Club of SRIHER conducted 'If I Forget Myself, Remind Me Who I Am', an online creative writing event held from 22nd October to 2nd November to spread awareness on Alzheimer's disease through heartfelt and original writing. Participants were invited to write a letter or poem based on the given prompts. 13 entries were received.

Agal Tamil Club, in collaboration with the Rotaract Club of SRIHER, organised 'Urimai Kural', a virtual submission-based Constitutional storytelling programme on 6th November.



Quiz Club in association with Rotaract Club of SRIHER, conducted a quiz, 'Samvidhaan Samman' commemorating the National Constitution Day 2025 on 26th November.



MedHope Club of SRIHER conducted 'SPARK' on 7th November. The aim of the event was to provide basic education support and interactive learning to young cancer warriors, helping them stay academically engaged and emotionally encouraged during treatment. Five volunteers participated, engaging five children through fun teaching activities, conversations, and supportive interactions.



English Literary Club of SRIHER, in collaboration with the Dept. of Paediatrics, SRMC&RI, conducted 'Thriving – Inside and Out', an online submission-based event in view of Child and Adolescent Health-care Week 2025 from 6th to 10th November. Participants were invited to craft up to three acrostic poems that spelled the word 'Adolescence' vertically, revolving around strengthening adolescent health and exploring the experience of adolescence. 27 entries were received.

Photography Club, in collaboration with the Rotaract Club of SRIHER, conducted 'Freedom in Focus', an online photography competition on 12th November in view of Constitution Day. The event aimed to inspire a spirit of freedom and contribute to the development of strong, resilient institutions through creative visual expression. Eight students participated.

Student Council Activities

Yoga Club of SRIHER, organised 'Serenity and Shine', an online wellness session on 14th November. 35 students attended.



MedHope Club, in collaboration with Dance Club & Student Council of SRIHER, conducted 'Giggles and Grace' on 14th November at SRMC & RI, The event aimed to celebrate Children's Day with young patients by bringing joy, laughter, and emotional comfort through games, dancing, and interactive activities. Six volunteers participated and engaged 30 children.

Quiz Club in collaboration with the Rotaract Club of SRIHER, organised a constitution-themed quiz competition on 15th November. The event aimed to promote awareness of the Indian Constitution among youth, encourage civic engagement and constitutional literacy. 91 students participated in online prelims followed by final quiz on 19th November.



Debate Club in collaboration with Rotaract Club of SRIHER, hosted 'The Constitutional Clash' on 15th November, to get students thinking critically about constitutional ideas. 13 students participated.

Indoor Games Club, in collaboration with the Rotaract Club of SRIHER, organised a Constitution-themed event on 20th November. The activity creatively used a chessboard as a learning tool, allowing participants to identify and interpret various Articles of the Indian Constitution through strategic gameplay. 12 students participated.

Agal Tamil Mandram of SRIHER, organised 'Thodarkathai – The Continuing Story', an online creative-writing initiative conducted on 15th November, to promote imagination, literary expression, and interest in Tamil storytelling. Six entries were received.

Yoga Club of SRIHER, organised 'Pose and Poise – Yoga Pose Challenge', an online wellness initiative from 17th to 23rd November. Six participants contributed creative and inspiring yoga submissions that highlighted the importance of regular practice and holistic well-being.

Rotaract Club of SRIHER organised 'Share a Smile - Donation Drive', a campus-wide community initiative conducted from 17th to 25th November. 50 participants supported the initiative by donating toys, books, stationery, reusable materials, and newspapers to *Padhai Illam, Valasaravakkam, Chennai*.

Med Quiz Club of SRIHER organised 'Clinical Chronicles: Thyrozone', an online quiz event from 20th to 26th November. 20 students participated.

Dance Club of SRIHER organised 'ChoreoQuest', an online choreography competition on 24th November, to encourage creativity, expression, and originality among student dancers.

Green Friends Organisation Club, in collaboration with Medical Quiz Club of SRIHER, conducted the World Diabetes Day Quiz and E-Poster Competition as an online awareness event on 30th November. 56 students participated.

Student Council Activities



Rotaract Club of SRIHER conducted 'Samvidhan Sammaan 2025' on 26th November with the 110 students participating. Mr. B. Prakash, Incharge - Outreach (Tamil Nadu, Kerala & Puducherry), RSS Convenor for *Naalaya Bharatham*, the chief guest, unveiled a *Khadi* cloth Handprint Indian Flag made by students and distributed prizes to winners of all the competitions held in collaboration with various Clubs of SRIHER.

MedHope Club of SRIHER conducted 'SHINE' on 28th November. The session brought together five enthusiastic children with guidance from volunteers, for a joyful story development activity that sparked imagination and confidence.

Quiz Club of SRIHER conducted 'Ctrl Alt Defend', an online quiz on cybersecurity on 29th November to enhance awareness and understanding of cybersecurity concepts among students. 91 students participated.

Music Club of SRIHER organised 'Unplugged 2.0' on 29th November, as an engaging acoustic musical evening showcasing the talents of 12 students across various genres.

NSS Activities



'Ek Ped Maa Ke Naam'

NSS SRIHER - Unit VI, along with Rotary Club of Banyan Tree and Lions Club of Millennium Friends, organised 'Ek Ped Maa Ke Naam' campaign on 5th November. 80 Thangarali and mini Exora saplings were planted around SRIHER campus. 25 NSS volunteers participated.

NSS Activities



'Ek Ped Maa Ke Naam'

NSS SRIHER - Unit VI, VIII, along with Madras Central Ladies Circle-73, organised 'Ek Ped Maa Ke Naam' campaign on 12th November. 1000 mini Exora saplings were planted around SRIHER campus. 30 NSS volunteers participated.



Children's Day celebrations

NSS SRIHER - Unit I and Lions Club of Golden Cultural Capital jointly organised Children's Day celebrations at Govt. Model Higher Secondary School, *Alamathi* on 19th November. 38 NSS volunteers participated in the event. Essay, elocution, drawing, mime, skit competitions were conducted.



Donation of Sports Equipment to Govt., Panchayat Union Middle School, *Vayalanallur*

NSS SRIHER along with the Inner Wheel Club of Madras Metro to donated sports equipments to Govt. Panchayat Union Middle School, *Vayalanallur* on 21st November.

NSS Activities



Career Guidance Programme

NSS SRIHER and Rotary Club of Madras Metro jointly organised Career Guidance Programme at Chennai Govt. Girls Higher Secondary School, *Perambur* on 24th November. 300 students participated.

NCC Activities

Three levels of Combined Annual Training Camp (CATC) Combined (CUM) Directorate (DTE) Republic Day (RDC) Training (TRG) 2 Camp was conducted at *Idiyapatti, Madurai* from 1st to 10th November, 11th to 20th November and 21st to 30th November. Cdt Under Officer M. N. Anuj III yr., B.Sc Applied Psychology, Cdt V. Pranitha II yr., B. Sc. AHS and Cdt. K.J. Daniel Ragland, II yr., B.Sc. Hons Sports & Exercise Sciences participated in the first camp while the other two cadets participated in the subsequent camps and have been selected to participate in the Republic Day Launch Camp to be held from 11th to 20th December.



Cdt. D. Jyosthna II yr., B. Sc. BMS., Cdt. Karthik Priyan Singh, II yr., B. Sc. BPT, Cdt. Captain Beffin, III yr., B. Sc. Nursing, and Petty Officer Cdt. Mridula S., III yr., BPT, attended the *Jeeva Sparsam* Presentation at DG Vaishnav College on 22nd November.



Petty Officer Cdt. Ayush Karmarkar, III yr. BBA, participated in The Maharashtra Shivaji Trek 1, conducted from 25th November to 1st December.

NCC Activities



Cdt. Under Officer Devu A., III yr., B.Sc Nursing, Company Sergeant Major Vanya Daise TV Raj, III yr. B. Sc Nursing, Sergeant Sadhana. S, B. Sc AHS, IV yr. and Cdt. D. Jyosthna, II yr., B.Sc. (Hons.) BMS participated in the Maharashtra Shivaji Trek 2, conducted from 27th November to 4th December.

Sports' Corner



Dept. of Physical Education, SRIHER, conducted Thiru. N.P.V. Ramasamy Udayar and Smt. Kamalam Udayar Memorial Inter-collegiate Staff Tournament 2025-26 on 7th and 8th November. 36 universities and colleges took part in this tournament.

Students of SRIHER won the following trophies in the IIT Intercollegiate Invitation Tournament 2025 held at IIT-Madras, from 27th to 31st October:

Event	Name	Year & Programme
Tennis (Women) Doubles- Runners up	Ms. Gargee Shah	IV yr., B.Sc. Sports & Exercise Science
	Ms. R. Nanthini	IV yr., B.Pharm
Tennis (Women) Singles- Runners up	Ms. Gargee Shah	IV yr., B.Sc. Sports and Exercise Science
Tennis (Women) Singles- IV Place	Ms. R. Nanthini	IV yr., B.Pharm
Tennis (Men) Singles- IV Place	Mr. Absaar Rameez	I yr., B.Sc. Artificial Intelligence and Machine Learning Engineering



Ms. M.U. Joyshree, II yr., B. Sc. Sports & Exercise Sciences, won the Gold Medal in 100m Breast stroke swimming competition in the Khelo India University Games 2025 held in Jaipur held from 25th to 28th November.



Ms. A. Geethika
II yr. M. Sc. Clinical Nutrition



Ms. P. Lakshanya
III yr. BDS



Ms. Hannah Madlin D.
III yr. B. Sc. (Hons.) Biomedical Sciences



Ms. Ishwarya S.
I yr. B. Sc. (Hons.) Allied Health Sciences

Born first, loved last - A pathological people pleaser

I don't remember when I stopped feeling like a child.
Maybe the first time I calmed my crying brother,
Or when I learned to say "I'm fine"
Before I knew what fine meant.

And love, for an eldest daughter, is quiet and unseen.
It's letting your younger sibling grow up without the weight,
So they never have to wonder
What it's like to carry the sky.

We learned responsibility before we learned ourselves,
Balancing school, home, and a hundred little things.
Because "akka" always has it figured out, right?
Because the eldest daughter doesn't get to forget,
Or be careless, or complain.

We don't say I love you, not because we don't feel it,
But because love, in this house, is not something we say.
Instead, it's hidden in the extra shares we leave on their plate,
In the whispers of "don't tell amma."

Women are expected to be conformists.
Firstborns are expected to be exemplary.
Being both is exhausting.

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உடல் உறுப்பு தானம்

கொற்றவன் கொடுக்கட்டும் மற்றவன் நிற்கட்டும்
வாழ்த்துமே இவ்வானுலகம் வள்ளல் என்று !

உனக்கு பின் பெற்றவன் பேசுவான்
வரம் தன்னை பெற்றவன் சாகாதவன் என்று !

குற்றம் இல்லா குறுதியை மற்றவர்க்கு கொடு
அவனின் உடலில் மாறி நிலை நிற்கும் !

ஓவியத்தை கற்பனையில் கண்டவனுக்கு
கண்களால் காண உன் ஒளி திரை கொடு !

வட்டம் இட்டு ஓடிய உன் குறுதி
நாளங்களை இறுதியற்ற பின் நீ கொடு !

உன் உடலை சுத்தமாக சுத்திகரித்த உன் இரு
சிறுநீரகங்களை மாண்டபின்
மற்றவன் உயிர்வாழ நீ கொடு !

நித்தம் துடித்த உன் இதயத்தை மற்றவர்
விழிக்க நீ கொடு இரு-தயத்தை !

கள்ளம் இல்லா உன் கல்லீரலை பிறர்
கவலையை துடைக்க நீ பாதி கொடு !

வாழும் உன் உருவில் இறக்காமல் இருக்கும்
உங்கள் தானம் அதுவே உடல் உறுப்பு தானம் !

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