



SRI RAMACHANDRA

INSTITUTE OF HIGHER EDUCATION AND RESEARCH

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



Bridges

Newsletter of SRIHER (DU)



December 2025

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FROM THE EDITOR'S DESK

December arrives each year with a quiet sense of closure and celebration, a month that invites reflection on the journey behind us and hope for the path ahead. It is a time when campuses soften their pace, conversations turn contemplative, and achievements of the year find their rightful moment in the spotlight. At SRIHER, December 2025 stood true to this spirit, blending academic vibrancy, institutional pride, and a strong sense of community.

One of the defining highlights of the month was the 7th Annual General Body Meeting of the Alumni Association of SRIHER, a reaffirmation of the enduring bond between the institution and its alumni. The gathering was not merely a formal assembly but a celebration of shared roots, collective progress, and the invaluable role alumni continue to play as ambassadors, mentors, and collaborators in SRIHER's journey.

Adding a landmark moment to December 2025 was the Silver Jubilee Celebration of the Sri Ramachandra Faculty of Management Sciences (SRFMS), commemorating 25 years of excellence in management and healthcare education. This milestone reflected a legacy built on academic rigor, leadership development, and meaningful contributions to the healthcare management ecosystem.

As the year draws to a close, this issue of *Bridges* captures the essence of December at SRIHER rooted in reflection, enriched by achievement, and driven by a shared vision for the future. May the lessons of the year gone by and the milestones celebrated this month inspire us to step into the new year with renewed purpose and collective confidence.

Dr. V. Deepa Parvathi
Managing Editor

ALUMNI CORNER

Congratulations!



Alumni Association of SRIHER organised '7th Annual General Body Meeting' on 16th December. The Financial Report and Secretary Report were presented during the meeting. 700 alumni across various constituent colleges of the university attended.



Dr. Suhail Ahmed M. (1999–2004 MBBS), Consultant Surgical Oncologist was honoured with 'Best Surgical Oncologist Award' at the Indian Medical Awards 2025 organised by Twell Media on 21st December at Bengaluru.

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III yr. BOT

ALUMNI CORNER

Dept. of Clinical Nutrition, SRFAS organised an Alumni webinar series on 'Careers in Nutrition' on 6th of December. Ms. Diksha Vikram (M.Sc. Clinical Nutrition 2020-2022) Product Co-ordinator - Dept. of Nutrition, Twin Health was the resource person. 107 students and faculty members participated.

AWARDS & RECOGNITIONS



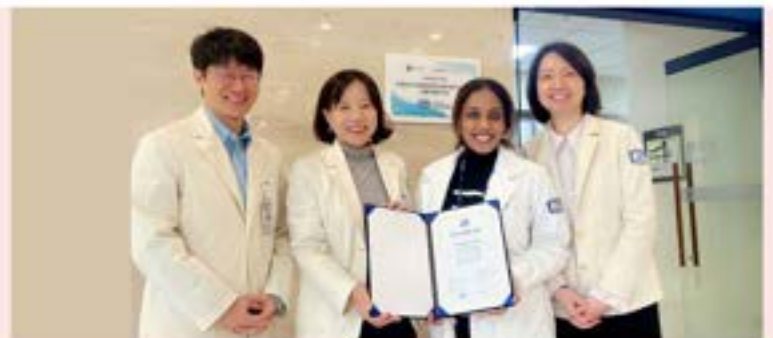
SRIHER was awarded the 'SPARC 2025-2026 SRIHER, India and Australia Collaborative Project' in association with University of Western Australia, sanctioned during the third Australia India Education and Skill Council Meet, held at New Delhi on 8th December by Hon. Shri. Dharmendra Pradhan, Education Minister of India and Hon. Mr. Jason Clare, Education Minister of Australia.



Dr. Muthukumar S., Prof., Dept of Periodontics, SRDCH, received the Award of Excellence and Best Paper in Implant Dentistry during the 50th Golden Jubilee ISP National Conference held in New Delhi from 17th to 20th December.



Dr. V. AnandKumar, Professor, Dept. of Prosthodontics has been elected the 31st President of the Indian Prosthodontic Society during the 53rd IPS National Conference held at Mumbai. He is the fourth person to achieve this feat (from 1972) from Tamil Nadu and Puducherry region.



Dr. Pavithra V., Assoc. Prof., Dept. of Pathology, SRMC, successfully completed a Breast and FGT Fellowship programme at Seoul St. Marys Hospital, The Catholic University of Korea from 3rd November to 5th December.

Dr. Queen Mary, Nephropath fellowship student has secured second prize in the first International Conference of Association of Cytologist and Histopathologist on 13th December conducted by Institute of Pathology, Madras Medical College.

AWARDS & RECOGNITIONS



Dr. Ritvi K. Bagadia, Sr. Lecturer, Dept. of Oral and Maxillofacial Surgery, SRDCH completed her TMJ Mini Residency, in affiliation with the University of Maryland, Baltimore, USA from 7th to 11th December. She was among 12 participants globally, trained by renowned international faculty & specialists in TMJ surgery headed by Prof. Gary Warburton, the Chair at University of Maryland.



Dr. Vamsi Lavu, Assoc. Prof., Dept of Periodontics, SRDCH was invited as the keynote speaker at the 50th Golden Jubilee ISP National Conference held in New Delhi from 17th to 20th December.

MOUs



SRIHER has signed an MoU with RMD Specialities Hospital on 10th December to facilitate collaborative research, internship and joint conferences. The MoU was initiated by Sri Ramachandra Faculty of Management Sciences.



SRIHER (DU) has signed an MOU with Dr. V. S. Natarajan Geriatric Foundation on 22nd December to promote awareness of fall prevention and rehabilitation, develop standard protocols for fall risk assessment and treatment for geriatric patients, initiated by Sri Ramachandra Faculty of Physiotherapy. The partnership will also facilitate student participation in outreach activities, conjoint research and scholarly publications.

HAPPENINGS



Sri Ramachandra Faculty of Management Sciences (SRFMS) organised Silver Jubilee Celebrations to commemorate 25 years excellence in management and healthcare education on 18th December. The chief guest, Dr. Jebamalai Vinanchiarachi, Sr. Economist & Former Principal Advisor to the Director General, United Nations Industrial Development Organization (UNIDO), Vienna delivered the keynote address offering insights into sustainable development, economic thinking, and inclusive growth. He also shared his review about the book 'New Economics' in the presence of CMA Raju Iyer and CMA Rakesh Shankar Ravi Shankar, ICMAI. 500 delegates participated.



SRFMS organised an Endowment Oration in honour of Smt. Poovaammal on 19th December, delivered by Padma Shri Dr. G. Bakthavathsalam, Chairman & Managing Trustee, K G Hospital & Post Graduate Medical Institute, Coimbatore. 247 students and faculty members attended.



Depts. of Human Genetics and Biomedical Sciences, Sri Ramachandra Faculty of Biomedical Sciences & Technology (SRFBST) organised a workshop on 'Cold Atmospheric Plasma (CAP)', funded by Dept. of Health Research (DHR) from 1st to 4th December. 25 delegates participated.



Centre for Professional Development and Office of the Dean (Research), SRIHER, organised 'Training of Trainers programme on Grant Project Writing' on 16th and 17th December. 33 faculty members participated.

Dept. of Pharmacology, SRMC&RI conducted a guest lecture on the theme 'Meta-Analysis Demystified' on 18th December. 35 students and faculty members attended.

HAPPENINGS



Sri Ramachandra Faculty of Pharmacy (SRFoP) organised 'National Pharmacy Week Celebration - 2025' on 18th December. The chief guest, Mr. Natarajan Gnanasambandan, Deputy Manager - Training & Development, Apollo Hospitals highlighted the evolving roles and responsibilities of pharmacists, the significance of vaccination advocacy, and the importance of continuous professional development. 290 students and faculty members participated.



SRIHER observed International Day of Persons with Disabilities on the theme 'D(Th)isability: A Right, not a Request' on 7th December. The event highlighted resilience, inclusion and empowerment with inspiring speeches by Dr. P. A. Abhinand, Asst. Prof, Dept. of Bioinformatics, Sri Ramachandra Faculty of Engineering & Technology (SRFET) and Ms. Sushmitha Murali, Research Scholar, Sri Ramachandra Faculty of Audiology and Speech-Language Pathology (SRFASLP) who despite their disability have excelled in their respective work spheres. 200 faculty members and students participated.



Dept. of Women's Health, Sri Ramachandra Faculty of Physiotherapy, conducted a workshop 'Bridging the Gap - Physiotherapy Insights into Diastasis Recti' on 23rd December. Ms. S. F. Mariyam Farzana, Assoc. Prof., SRM College of Physiotherapy was the resource person. 56 participants including PG students, PhD scholars from SRIHER and other universities from Chennai attended.



The SARANSH-2 workshop was a four-day regional programme conducted from 9th to December by SRDC under the SARANSH-2 grant supported by the Dept. of Health Research, Ministry of Health and Family Welfare, Government of India. The workshop aimed to progressively build participants' knowledge and skills in evidence synthesis. The workshop was attended by 55 participants from across the country, including faculty members, PG students, and PhD scholars from diverse disciplines.

HAPPENINGS



Dept. of Oncology Physiotherapy, Sri Ramachandra Faculty of Physiotherapy, organised a Symposium on 19th December on Breast Cancer Rehabilitation with the aim of enhancing knowledge and clinical understanding of breast cancer rehabilitation. The resource persons were Dr. S. Vijay, HOD & Chief Physiotherapist; Dr. M.S Sathish, Chief Physiotherapist; Ms. Anitha D, Senior Physiotherapist, Cancer Institute. 121 students attended.



Dept of Prosthodontics, SRDCH organised a lecture and hands on training on 'Guided Implantology', delivered by Dr. Rajat Sharma, Implantologist and Clinical Support Manager, Dionavi on 15th December. 20 fellowship candidates and PGs attended.



Dept. of Trauma Care Management, SRFAHS, organised Code Blue training session for nurses and paramedics on 17th December. 25 members benefitted.

Dept. of Trauma Care Management, SRFAHS, conducted a workshop on 'Airway Management' at Critical Care and Trauma Care Simulation Workshop and Conference organised by Madha College of Nursing and Dhanvantri College of Educational and Research Centre, Kundrathur on 17th and 18th December. 200 paramedical students participated.

Dept. of Trauma Care Management, SRFAHS organised STEPS National Webinar Series #41, Toxicological Emergencies Part XVII on 22nd December. Mr. Hrithik Kumar M., Asst. Prof., Dept. of Accident & Emergency Care Technology, Sri Venkateswara College of Paramedic Sciences, Puducherry was the resource person. 130 members participated.



Sri Ramachandra Faculty of Occupational Therapy (SRFOT) organised a Preconference event as a prelude to SRFOTCON'2025 on 17th December. Dr. Shrikant J. Chinchalkar, Senior Hand Therapist, St. Joseph's Health Centre, London, Ms. Brigida Van Nynanten, Practice Developmental Occupational Therapist, Whipps Cross Hospital, Barts Health NHS Trust, London were the resource persons who delivered lectures on 'The Hand – On static & Dynamic Splinting' and 'Hand on Occupational Therapy Assessment & Intervention in Acute Care'. 150 students participated.

HAPPENINGS



SRFOT organised an International Conference 'SRFOTCON'2025, from 18th to 20th December. Dr. B. S. Desikamani, Secretary of the Tamil Nadu State Allied and Healthcare Council released the souvenir. The event comprised of scientific sessions, sports and cultural events. 1000 delegates and students from India and abroad participated.

SRFOT organised a Continuing Occupational Therapy Education Webinar on 31st December. Mr. J. R. Karthikeyan, Chief Executive Officer, AWWA, Singapore was the resource person. He spoke on transforming OT practices, leadership and innovation. 60 interns and PG students participated.



Vidhya Sudha in association with the NGOs, 'Wondering Minds Organisation', 'SEED' and Student Council of SRIHER organised a cultural celebration for the differently abled persons on 21st December. The event was inaugurated by Mr. A. Kumar, Chennai South, District Differently Abled Persons' Welfare Officer. This event aimed to celebrate and empower the talents of differently abled persons and featured various cultural programme. 200 persons with disabilities participated.

NSS ACTIVITIES



Blood Donation Camp

NSS and Blood Bank, SRIHER jointly organised a Blood Donation Camp at SRIHER on 12th December. 94 NSS volunteers participated.

NSS ACTIVITIES

NSS SRIHER organised a multi-specialty medical camp at Vyasarpadi on 14th December to conduct general, dermatological and orthopedic evaluations. 164 people benefitted.



NSS and the English Literary Club, SRIHER jointly organised 'Project VOICES- (Voluntary Outreach Initiative in Creative English for Rural Students)' on 8th December at Chennai Govt., Girls Higher Secondary School, Perambur. 8 volunteers participated.



NSS Unit III & Yoga club, SRIHER, organised Yoga Training Programme at Chennai Govt. Girls Higher secondary school, Perambur on 8th December. 70 school students were trained on *yogasanas*.

NSS ACTIVITIES



NSS SRIHER - Unit VI and Inner Wheel Club of Madras Metro jointly organised TB Awareness Programme on 23rd December at Urban Health Centre *Vyasarpadi*. 5 NSS volunteers participated to impart awareness on importance of nutrition and health mix packs were distributed. 85 people benefitted.

NCC ACTIVITIES



Cdt. Under Officer M. N. Anuj., III yr. B.Sc., Applied Psychology, Dept. of Applied Psychology, Sri Ramachandra Faculty of Behavioural and Social Sciences (SRFBSS), attended the Republic Day Launch Camp (RDC) from 8th to 27th December at 16 Madras Regiment, Pallavaram - Chennai. His selection for the RDC is the first-ever RDC selection from SRIHER.



NC-I K. Ashvath, III yr. B.Sc. (Hons) Environmental Health Sciences, Dept. of Environmental Health Engineering, Sri Ramachandra Faculty of Public Health (SRFPH) attended the *Ek Bharat Shreshtha Bharat* (EBSB) Camp 2025, held at the Mechanised Infantry Centre and School (MIC&S), Ahilyanagar, Maharashtra, from 8th to 19th December. The camp included physical training, lectures on Maharashtra's history and culture, inter-directorate presentations and workshops on leadership, confidence building and career opportunities after NCC.

NCC ACTIVITIES

SRIHER NCC participated in the 44th Codefest, held at DG Vaishnav College, Chennai, from 12th to 14th December during which the cadets secured the following accolades:

Name	Course	Event & Prize
Cdt N. Prithiv Alagappan	I yr. B.Sc (Hons). Biomedical Sciences	Best Cadet - I Place
Corporal Daniel Ragland K.J. Cdt Navaneethan. G	II yr. B.Sc . Sports and Exercise Sciences II yr. B.Sc . Clinical research	Individual Drill - III Place
NC I Sheena Immaculate N.B.	II yr. B.Sc . Sports and Exercise Sciences	Best MC in Flag Area

The SRIHER NCC cadets also won the Overall Best Presentation in *Jeeva Sparsam*



Cdt. Captain Beffin S.J., III yr .B.Sc. Nursing and Petty Officer Cadet Mridula S., III yr. BPT attended the All-India Annual Training Camp (AIATC) at the Indian Naval Academy (INA), Kannur from 15th to 26th December. The camp offered cadets valuable exposure to naval life, discipline and training gave them an experience that strengthened leadership qualities and fostered respect for the Indian Navy.



Cdt. Toufiq Hussain D., II yr B.Sc . MLT and Cdt. G. Navaneethan., II yr. B.Sc. Clinical Research attended the 'Wreath Laying ceremony' on the occasion of 'Vijay Diwas' at Victory War Memorial, Chennai on 16th December.

Ms. M.U. Joyshree, II yr. B.Sc. (Sports & Exercise Sciences) won the III Place in the All India Inter-University Aquatics (Men & Women) Tournament 2025 held at SRMIST, Kattankulathur, Chengalpattu from 18th to 23rd December 2025.

STUDENT COUNCIL ACTIVITIES

MedHope Club of SRIHER, organised 'SPARK - Dec' on 5th December, to engage young cancer warriors by teaching basic subjects through interactive, simple, and enjoyable learning activities. Eight volunteers participated.



Theatre Club of SRIHER conducted 'Among Us on Stage' on 5th December. Inspired by the popular mystery game 'Among Us', the event brought the game to life on stage through theatrical performances, acting challenges, and dramatic scenarios. 10 students participated.



English Literary Club in collaboration with the Photography Club, SRIHER, conducted 'Tales in Focus' on 5th December. The event brought together 30 student participants, combining literature and photography through games such as Blindfolded Pictionary, Pose and Play and Spin the Lens.



Agal Tamil Club organised 'Varudam 2025' on 11th December. 15 participants were involved in engaging activities such as 'Never Have I Ever' and a creative photography-based storytelling game, fostering an interactive and lively atmosphere.



Green Friends Organisation Club of SRIHER conducted a Dengue Awareness and Prevention Camp on 12th December at Patter Government Higher Secondary School, Mangadu. 17 GFO volunteers engaged students through interactive sessions, demonstrations, and awareness activities. The programme was supported and encouraged by Mr. S. Jafarullah, Vice Chairman, Mangadu Municipality.

STUDENT COUNCIL ACTIVITIES

Theatre Club of SRIHER conducted 'Second Chance' on 11th December as an expressive and reflective theatre-based event. The programme invited participants to revisit significant turning points in their lives and creatively transform regret into learning through storytelling, dramatic monologues, short skits, and improvised interactions. 25 students participated.

Music Club in collaboration with the Photography Club, SRIHER, conducted 'Got Talent' on 12th December. Six students showcased their talents through singing and instrumental performances, and capturing memorable moments through photography.

Med Quiz Club of SRIHER conducted 'Knock Out Quiz' on 15th and 16th December, promoting medical knowledge, critical thinking, and healthy academic competition among students.



Debate Club of SRIHER, in collaboration with DAPTC (Drug abuse prevention and tobacco cessation club) conducted 'SRIHER Surrounded: The Drug Dilemma' on 5th December. The event aimed to challenge societal norms and enhance critical thinking by engaging 30 participants in discussions surrounding drug use and abuse.



Student Council in collaboration with the Human Resource Dept. of SRIHER, organised 'Mistelia 2.0' on 17th December. 300 students participated in the event celebrating Christmas with a strong spirit of community contribution and engagement. The programme featured cultural performances including skits, carols and dance performances along with a talent show titled 'Season of Stars'.



Quiz Club of SRIHER conducted 'Senpai's Ultimate Quiz Bow', an anime-themed quiz event, on 19th December. The event provided an engaging platform for participants to test their knowledge of anime through competitive quizzing. Eight students participated.



Debate Club of SRIHER in association with Dept. of Genetics, SRFAHS & MYGENEDx Company Pvt. Ltd., conducted 'Decoding Musicality' on 6th December, exploring the genetic and environmental factors influencing musical abilities. 67 students and PhD scholars attended the event.

STUDENT COUNCIL ACTIVITIES

MedHope Club in collaboration with the Student Council, SRIHER, conducted 'Shine' on 22nd December. The event aimed to spread Christmas cheer and emotional warmth among paediatric patients through music, festive activities, and interactive engagement. Six volunteers participated.



Vidya Sudha, celebrated Christmas on 23rd December, in association with ESPOIR Chennai, a non-governmental organisation. 'Frosty Funfest', consisting of fun activities like finger heart, Christmas tree decoration contest, carols, dance and music band performance were organised for children, parents, staff members. 180 children, parents and staff members participated.

SPORTS' CORNER

The following staff and faculty members of SRIHER won the 3rd Place in the Founder's Day Trophy for Super Six Cricket 2025, conducted during the Inter Collegiate Faculty & Staff Invitation Tournament organised by Vellore Institute of Technology, Chennai on 12th and 13th December.

Dr. C. Pushparani	Director, Physical Education
Ms. S. Senthamizh Selvi	Senior Physical Training Instructor
Dr. Lalitha S.	Asst. Prof., Dept. of Physiology
Dr. Deena S.	Asst. Prof., SRET
Ms. Muthu Divya	Staff Nurse, G Block OT
Dr. D. Reshma	Asst. Administrator, SRMC
Ms. Saranya B.	Junior Executive, SRMC
Ms. Divyashree K.	Dy. Quality Assurance Officer Centre for Toxicology & Developmental Research
Ms. Preethi V.	Senior Clinical Dietician
Ms. Keerthika B.	Warden, Ladies Hostel



Madurapakkam, Tamil Nadu, India
R5r3+mjg, Madurapakkam, Tamil Nadu 600127, India



Dr. P. S. Haritha
Assoc. Prof. Dept. of Orthodontics



Ms. S. Rithu Varshani
II yr. MBBS



Ms. Amudha Yazhini V. M.
III yr. B. Pharm.



Ms. Nithyajeyasri L.G.
I yr. B. Tech. Computer Science and Medical Engineering

The stronger You

Are you still living in the past,
While the present has so much to ask of you?
Are you still counting the hurt and scars
That muted your potential,
Left you broken, angry, untrue?

Are you still weeping over the worst of days,
When doing so gives you nothing at all?
Rise. Stand still. Remember your worth.
Never give up
Your life is worth far more than your guilt or your fall.

Your heart is stronger than you ever knew.
Do you know how?
You survived the great storm,
The deep ocean's roar that tried to drown you somehow.

Ask yourself now,
It will whisper the stories you forgot to hear,
The quiet victories of survival,
And the strength that carried you here.

You are a warrior; you've fought countless wars.
You may not bear the names of Napoleon or Alexander's clan,
But your worth lies hidden
In God's secret land.

Isn't that reason enough to rise and fight again?
Yes—you are more than a conqueror, standing tall.
Stronger than anyone you ever imagined you could be at all.

Ask yourself now
Your heart remembers every scar it bore.

Ask yourself now
It will tell you the stories of survival,
And so much more,

Ask yourself now
For you are stronger
Than you ever knew before.

Ms. Lydia Evelyn F,
Lecturer, Sri Ramachandra Faculty of Nursing

யார் அவள்?

அழகு படிந்த சீறடை
கலைந்து பேனாத தலை
தோளில் தன் இடை ஒற்றை பை
தேடல் நிறைந்த கண்கள் கொண்டு!
அந்த சிறிய பேருந்து நிறுத்த முனையில்
அயர்ந்து சென்ற மக்களின் இடையில்
மனிதமும் அயர்ந்த மாலை போலும்.

தேடியது அவள் கண்கள்,
அனைவரின் கைகளை,
கிடைத்துவிட்டது என்ற மகிழ்ச்சி அவளுக்கு!
கேட்டால் அவர்களிடம் அந்த கைப்பேசியை.
"ஒரு அழைப்பு விடுத்து கொடுத்து விடுவேன்" என்றார்.
"இவ்வளவு, என்னிடம்" என்றார் அனைவரும்,
தாழ்மை நிறைந்த கண்களால் கூறினர்!
அதிர்த்து போனேன், அந்த சிறுமியை கண்டு
சகித்துப்போன அவள் சிரிப்பை கண்டு!

அத்தனை முறை மறுப்பை பழியடி
உணர்ச்சியற்ற முகம் அது.
ஏன் மறுக்கப்பட்டாள் அவள்?
அரகப் பள்ளியின் சீறடை கண்டதாவா?
ஏழ்மை நிறைந்த முகமா?
நிரூடி விடுவாள் என்ற பயமா?

குற்றப் பார்வை நிறைந்த உள்நாள்
"இவரை நம்பாதே, அவரை நம்பாதே!"
"எவரைக்கண்டும் சிரிக்காதே!"
மனிதம் உணர்ந்த பயந்த வாழ்க்கை!
மனிதமே வாழ்வாக அமைந்திருந்த நாட்டில்!
நிரூட வந்தவளா அவள்?
அறிவுப் பசி இல்லாத கண்களா அது?
அடுத்த வேலை கற்க செல்லும் வகுப்புக்காகவே
கைப்பேசியை கேட்டாள் என்பதை ஏற்றுக்கொள்ளும் நம் மனம்?

கண் பட்டது ஒரு விடையமே!
காணாமல் நகர்ந்து செல்பவை பல!
மதத்திலும், மொழியிலும், பொருளிலும்
பிரிவையும், தாழ்வு மனப்பான்மையும்
என் நாட்டில் கடந்து வளர்ந்த நான்,
முகம் தெரியா நபரிடம் மனிதத்தை
செய்தியில் அரசியல் கலந்து கண்ட நான்,
கண் எதிரே மனிதம் ஒங்க காண்பேனா?

Ms. M. Akshaya Jothi
III yr. MBBS