



SRI RAMACHANDRA
INSTITUTE OF HIGHER EDUCATION AND RESEARCH

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



Bridges

Newsletter of SRIHER (DU)



March 2026

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FROM THE EDITOR'S DESK

March carries a mix of reflection and anticipation, of closure and fresh beginnings. At SRIHER, March 2026 brought together moments of pride, collaboration, learning, and celebration, each reminding us of the many ways our community continues to grow.

This month also marked an important step forward in strengthening surgical education and innovation. The Department of General Surgery, SRIHER, signed a Memorandum of Understanding with MERAI Newage Pvt. Ltd. This collaboration will open new avenues for surgeons to train in advanced robotic-assisted procedures and enhancing patient care through cutting-edgetechnology.

In parallel, our commitment to nurturing talent and skills was reflected in the World Skills National Boot Camp Training, conducted by the Tamil Nadu Apex Skill Development Centre for Healthcare at the Sri Ramachandra Faculty of Nursing (SRFoN), embodying dedication, discipline, and the pursuit of excellence.

Adding a vibrant and inclusive dimension to the month, Vidya Sudha, SRIHER, organised its Annual Sports Meet, 'Thrive 2026', at the Sri Ramachandra Learning Centre for Children with Special Needs. The event stood as a celebration of resilience, joy, and the boundless spirit of participation, highlighting the importance of inclusivity in every aspect of education and community life.

As we close this chapter and prepare for a new academic cycle, the experiences of March remind us that progress is shaped not only by milestones, but by the people, partnerships, and purpose that guide us forward. Each initiative this month adds meaningfully to the journey we continue to build together at SRIHER.

Dr. V. Deepa Parvathi
Managing Editor

ALUMNI CORNER

Congratulations!



Ms. Saravanapriya R. (BASLP 2012-2016), Founder, Navil Speech Therapy Clinic and Cognize Child Development Centre, Bangalore, received the 'Award for Excellence in Speech Therapy' at the Women's Day event organised by Red FM in Bangalore on 8th March.

Sri Ramachandra Faculty of Audiology and Speech Language Pathology (SRFASLP) conducted Professional Readiness, Opportunities and Practice for Emerging Leaders (PROPEL) series - 3 titled 'Career Crossroads: Job vs Post-graduation in Audiology and Speech Language Pathology' on 21st March. Ms. Pavithra Ravi, (B.ASLP 2012-'16 batch; MASLP 2016-'18 batch), Asst. Prof., Dept. of ASLP, SRM was the external resource faculty. 32 students and faculty members participated.

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ALUMNI CORNER



Dept. of Optometry, SRFAHS conducted their Alumni Meet, 'Reconnecting Visionaries'26' on 4th March. A guest lecture was delivered by Mr. Nagarajan T., (B. Optom. 2007-2011). 118 alumni and faculty members attended



Dept. of Conservative Dentistry and Endodontics, SRDC&H conducted a clinical skill development programme on the topic 'Aesthetic case documentation', on 26th March. Dr. Neeta Doss, Invited Mentor, alumna (MDS 2015-2018), accredited member American Academy of Cosmetic Dentistry was the resource person. 16 PGs participated.

AWARDS & RECOGNITIONS



Dr. Kalpana Balakrishnan, Distinguished Professor, Sri Ramachandra Faculty of Public Health (SROPH) SRIHER, has been appointed as a Member of the WHO South-East Asia Regional Expert Group on Environmental Determinants of Health and Climate Change (REG-EDH-CC) for the 2026–2028 cycle from 1st March 2026.



The Association of Oral and Maxillofacial Surgeons of India, Tamil Nadu and Puducherry Branch, recognised Dr. Santhosh Kumar K., Professor, Dept. of Oral and Maxillofacial Surgery, SRDC&H, under the Star Surgeon initiative for innovation in Oral and Maxillofacial Surgery on 1st March.



Dr. Rabindran C., Assoc. Prof., Dept. of Neonatology, SRMC&RI, won the First Prize for excellence in Nursing Process and continual quality improvement for enhancing early breastfeeding support for late preterm neonates, at the 5th QualTech Prize Healthcare, a joint initiative by the Qimpro Foundation and CAHO, Mumbai organised to recognise transformative quality improvements in Indian hospitals on 22nd March.

MOU



Dept. of General surgery, SRIHER signed a MoU with MERAI Newage Pvt. Ltd. to advance surgical training and innovation in robotic-assisted procedures on 11th March. As part of this collaboration, the MIZZO ORION Robotic Machine will be installed in Sri Ramachandra Hospital (G block) to facilitate advanced robotic training for surgeons. This initiative will also include structured cadaver-based and dry lab training sessions, enabling hands-on learning and skill development in robotic surgery.



Sri Ramachandra Faculty of Public Health organised the Prof. T. K. Parthasarathy Endowment Oration on 'Transforming Research from Output to Impact' on 23rd March. Prof. Dr. Narendra Kumar Arora, President, AIIMS Bilaspur addressed on the need to build a strong and sustainable research ecosystem for *Viksit Bharat*, highlighting a shift from individual-driven studies to programmatic and collaborative research for greater impact. 120 members participated.

WOMEN'S DAY CELEBRATIONS AT SRIHER



Sri Ramachandra Centre for Women's advancement, SRIHER celebrated International Women's Day on 7th March on the theme, 'Rights, Justice and Action', with Ms. Prabha Sridevan, Retd. Judge, Madras High Court as the chief guest. 150 members participated.



Dept. of Community Medicine, Dept. of Public Health Dentistry and Dept. of Community Health Nursing organised Women's Day Programme at Rural Health Training Centre, Vayalanallur on 23rd March. Various recreational and cultural activities were organised. As part of screening, 14 mammograms and 16 pap smear tests were performed for early detection and prevention of diseases among women. 200 members participated in the program.

WOMEN'S DAY CELEBRATIONS AT SRIHER



Students Services Centre, SRIHER along with Sri Ramachandra Centre for Women's Advancement, celebrated International Women's Day on 9th March. The programme featured an interactive talk on 'Right Click on Career and Life Partnership' by Mrs. Usha Ramky, Life Skill Catalyst. 700 PGs attended.

Dept. of Community Health Nursing, SRFoN, in collaboration with Sri Ramachandra Centre for Women's Advancement (SRCWA) and the NSS SRIHER, organised International Women's Day celebration with a range of activities themed 'Rights, Justice, Action – for all Women and Girls' at Paarivakam village, Chennai on 9th March. 30 women participated.



Dept. of Obstetrics and Gynaecology Nursing, Sri Ramachandra Faculty of Nursing (SRFoN) observed International Women's Day on 5th March, on the theme 'Rights, Justice, Action-for all Women and Girls'. Students of III yr. B.Sc. Nursing and II yr. M.Sc. Nursing participated and won prizes in various events. 75 women benefitted.



Dept. of Women's Health, Sri Ramachandra Faculty of Physiotherapy, in commemorated International Women's Day and organised 'Fit Fab Fun', a game-based fitness programme for female students on 2nd March. The programme aimed to raise awareness among students regarding their physical fitness. 42 students participated.

English Literary Club of SRIHER conducted 'A Note for Her' on 17th March in light of International Women's Day.

Yoga Club of SRIHER conducted 'Swasthya Shakti 2.0' on 8th March as an online event in observance of International Women's Day. The session aimed to promote awareness of women's health and well-being by encouraging the adoption of yoga as a sustainable practice for maintaining hormonal balance, improving physical fitness, reducing stress, and supporting the prevention and management of conditions such as Polycystic Ovary Syndrome and menstrual disorders. 25 students participated.

HAPPENINGS



Prof. Dr. Ramesh Babu Srinivasan, Head, Dept. of Paediatric Urology, SRMC&RI performed the first ever paediatric robotic surgery on 23rd March. A robotic pyelo ureterostomy was performed on a four-year-old boy with a congenital abnormality of left kidney.

Dept. of Cardiology, SRMC&RI, conducted Certificate Course – Part I on 'Advanced Interventional Cardiology Techniques Practicum-IVUS' with 18 participants on 28th March.

Dept. of Cardiology, SRMC&RI, conducted a guest lecture on 'Hemorrhagic Vs Non-Hemorrhagic MI: My Perspective' on 27th March. Dr. Ankur Kalra, Division Chief of Cardiology, Assoc. Prof. of Medicine, State University of New York Upstate Medical University, USA, was the invited speaker. 15 PG students and faculty members attended.



Dept. of Neonatology, SRMC&RI, Christian Medical College (CMC) Vellore, and JIPMER Puducherry jointly organised NeoCORE 2026 from 18th to 21st March at CMC Vellore. 150 delegates attended the event. As part of the conference, 'NeoCORE 2026 PREMIE' module, a first-of-its-kind intensive training focused on preterm resuscitation and golden hour management was conducted on 19th March. 24 delegates participated.



Dept. of Pharmacology, SRMC&RI, organised a guest lecture on 'AI - Driven Discovery Transforming Pharmacology in the 21st Century', on 30th March. 36 PGs and faculty members attended.



Depts. of Community Medicine, Ophthalmology, and Community Health Nursing in coordination with the Rural Health Training Centre, Vayalattur organised an awareness programme on the theme 'Uniting for a Glaucoma-Free World', on 11th March, in observance of World Glaucoma Week 2026. The programme included an awareness talk, skit by CRMIs, flash cards by students of M.Sc Nursing and screening camp for glaucoma. 200 individuals from the community benefitted. 60 individuals underwent screening for glaucoma.

HAPPENINGS



Dept. of Radiology and Imaging Sciences, SRMC&RI, conducted 'RARE, a postgraduate refresher course from 19th to 22nd March. 220 delegates participated.

Dept. of Physiology, SRMC&RI in association with Central Library organised a hands-on training programme 'Accessing SRIHER electronic resources' to provide practical guidance on the effective use of the University's subscribed 16 specialised electronic resources on 23rd March. 19 participants attended.



Dept. of Pathology, SRMC&RI, organised the 15th Clinico-Pathological Conference on 4th March featuring a case presentation on the theme 'Breaking Bad with Hormonal Crossfire'. Faculty members from Depts. of Pathology, Endocrinology and Radiology collaborated. 120 participants attended.

Dept. of General Medicine, SRMC&RI, conducted its monthly Continuing Medical Education programme on 27th February on the topics 'Obesity-diabetes continuum in India: The power of dual agonis' and 'Beyond GLP-1 RAS: Mounjaro - a class of its own and recent advances in haematology'. 100 faculty members, residents, and interns attended.



Dept. of General Medicine, SRMC&RI, performed a short skit for public awareness on obesity. 70 patients and their family members witnessed the awareness skit.

HAPPENINGS



Vidya Sudha, organised Annual Sports Meet, 'Thrive 2026' on 31st March with an aim to provide a platform for children with disabilities to showcase their talents, build confidence, and promote inclusivity and diversity. The event was inaugurated by Tmt. Madumathi S., Secretary to Govt., Dept. of Welfare of Differently Aabled Persons, Govt. of Tamil and special guests Mr. S. Santhanam, Actor and Film Producer and Thiru. K. Prabhakaran, General Secretary and Area Director, Special Olympics Bharat - Tamil Nadu. 100 children along with their parents participated.



Vidya Sudha in association with The Art of Living Yoga Centre, Manapakkam conducted a Yoga Awareness Workshop on 'Poojya Sri Sri Sri Ravishankar's Bal Chetna Shivir (Prajna Yoga)', on 6th and 7th March. Mrs. Sowmiya Ramalingam, Faculty, The Art of Living, Ms. Sumathi Srinivasan, State Co-ordinator for Children and Teen Desk and Ms. Shwetha Agarwal, Co-faculty, The Art of Living, were the resource persons. 100 children, parents and staff members participated.



Placement Cell of SRIHER in collaboration with SRFOPH conducted 'Interview Skills Training Program' on 27th March. Mr. Mahesh, Soft Skill Trainer, Triumphant Institute of Management Education Pvt. Ltd. conducted a session on soft skills development, resume writing, and interview preparation. 50 PGs attended.

HAPPENINGS

The Office of Dean Research in association with Central Library, SRIHER and Elsevier, conducted a hands-on session to provide guidance on effectively utilising subscribed electronic resources: Clinical Key and Scopus on 11th March. Ms. Natasha Gulati, Customer Success Team Manager, South & South Asia, Elsevier and Mr. Durga Ranganath, Sr. Customer Success Manager, Elsevier served as the invited speakers. 102 students and faculty members attended.



Dept. of Biotechnology, FBMS&T, and Centre for Toxicology & Developmental Research, SRIHER, organised a hands-on workshop focused on advanced biomaterials and tissue engineering, emphasizing multiscale animal models for translational regeneration from 25th to 27th March. The workshop was sponsored by Anusandhan National Research Foundation (ANRF), Government of India. 23 delegates participated.



Dept. of Reproductive Medicine and Surgery, SRMC&RI, conducted 'SMART CART – 2026', from 10th to 14th March, as a focused training initiative to strengthen theoretical knowledge and procedural skills using simulator-based training modalities in assisted reproductive technology. Dr. Rashmi Vohra, Consultant, Aravind IVF, Chennai, Dr. Siddhartha Nagireddy, Consultant, Siddhartha Nursing Home - Global Fertility Innovations, Nellore, Dr. Vasundara Jagannathan, Consultant Aakash Fertility Centre, Chennai, Dr. Kanimozhi K., Consultant, Art Clinics, Chennai, Dr. Krithika Devi J., Consultant, Nova IVF Fertility, Chennai, Dr. Ramesh Raja D., Embryologist, Nakshatra Men & Women & Fertility Clinic, Chennai, Ms. Sarguna Devi Sivanantham, Embryologist Aravind's IVF, Chennai, Dr. Sindhuja N.S., Consultant, Sri Chakra Infertility, Chennai, Dr. Sanjeeva Reddy N., Consultant, Royal Hospital, Chennai, Dr. Priya Lakshmanan, Consultant, Aakash Hospital, Chennai, Dr. Arun Muthuvel, Consultant, Iswarya Fertility Centres, Chennai, Dr. Kundavi Shankar KM., Consultant, IRM Madras Medical Mission Hospital, Chennai, Dr. Madhupriya, Consultant, Nova IVF Fertility, Chennai, Dr. Tamizharasi M., Consultant, Suha Well Women and Fertility Centre, Chennai, Dr. Yamini Asokan, Embryologist IRM Madras Medical Mission were the resource persons. 34 faculty members and PGs participated.

Sri Ramachandra Faculty of Management Sciences (SRFMS) conducted a sensitisation programme on 'AI Transforming Healthcare & Digital' on 13th March. Prof. Manash Pratim Goswami, Prof., Dept. of Mass Communication and Journalism, North Eastern Hill University, Meghalaya was the resource person. 412 students attended.

HAPPENINGS



SRFMS conducted a national level intercollegiate fest 'Ethoz Futurix 2026' on 12th March. Mr. Kumaravel C. K., Managing Director, Naturals, was the chief guest. 1200 students attended the fest.



Ms. Harsiddhi A., II yr., M.Sc. Medical Bioinformatics, Sri Ramachandra Faculty of Engineering and Technology received the Best Poster Award at 'Metabolomics & Microbiome: Systems-Level Insights into Human Health and Disease' conference held at NISER, Bhubaneswar on 11th and 12th March.



Mr. Chilumuru Dhanush S., Intern, B. Sc. AHS, Dept. of Radiology & Imaging Sciences Technology, SRF AHS, won the 'Prof. Padmasri Kakarla Subbarao Best Scientific Paper Award 2026' presented at the scientific programme of Society of Indian Radiographers (SIR) held on 22nd March at Nizam's Institute of Medical Sciences, Hyderabad.

Students of Sri Ramachandra Dental College and Hospital (SRDCH) won prizes at the inter-college event, 'Moksha 2026' conducted at Vels Dental College from 29th to 31st of March. The event was a combination of scientific, cultural and sports extravaganza. The details of winners are listed below:

Event	Name(s) and year	Position
Paper Presentation	Mr. Shree Charan Palaniappan, I yr., Oral Pathology Ms. Shree Akshitha K., II yr., Oral Medicine and Radiology Ms. Darshana B., III yr., Prosthodontics Mr. Karan Nilesh V. B., III yr., Oral Medicine and Radiology	I
	Ms. K. Aaruthra, I yr., Prosthodontics Ms. Diana Raja Nadar, I yr., Oral and Maxillo facial surgery Ms. Sakthi Priyadharsini V. N., II yr. Oral Pathology Mr. Divyesh AD., III yr., Periodontics Ms. Aruja M., III yr., Endodontics Ms. Pooja Krishna Sri R., III yr., Prosthodontics Ms. Taanushya B., III yr., Pedodontics	II

HAPPENINGS

Event	Name(s) and year	Position
Poster Presentation	Mr Yashwant M. and Mr. Harish Kumar V., I yr., Oral Pathology Mr. Sam Rimo Mathews and Ms. Brahmanivedita Anil - II yr., Oral and Maxillo facial surgery Ms. Nabilah Nowshath and Ms. Mohanapriya SK.- III yr., Pedodontics Ms. Pousalli Raksidha MD. and Ms. Gayathri Devi SM.- III yr., Prosthodontics	I
	Ms. Keerthana Suresh and Ms. Abinayaa P.-II yr., Periodontics Mr. Rudhranarayan SG. and Ms. Saniya Sahar- III yr., Periodontics	II
	Ms. Nobya Nabanita Panda and Ms. Noha Zaina Kha- I yr., Oral Pathology Ms. Saai Krupaa NM. and Ms. Manasa V. - II yr. Conservative Dentistry and Endodontics Ms. Kavya A. and Ms. Krithika S.-II yr. Oral Pathology Ms. Sahana S. and Ms. Raneya Noor Dhala- III yr., Periodontics Ms Antara Sriram and Ms. Vedhasya Vijayakumar- III yr., Pedodontics Ms. Nirainilla A. and Ms. Vikasni M.- III yr., Prosthodontics Ms. Harini Murugan-III yr., Oral Pathology Ms. Harini Srinivasan and Ms. Jeevika B.- III yr., Oral Medicine and Radiology	III
Dental Sculpture	Ms. Neharika K. and Ms. Harshitha S.-II yr BDS	III
Odonto Sculpt	Ms. Kavya A, Ms. AR Heshhma Vardhini, Mr. Srinandhaa M. -II yr., BDS	I
Dental Gallery	Ms. Badhmaja N.-III yr., BDS	III

Cultural Event:

Event	Name(s) and year	Position
Doll Up	Ms. Varshini R., Ms Prarthana V., Ms Neharika K.- II yr., BDS	Runner
Classical Dance	Ms. Rohitha V., Ms. Loshika VP., Ms. Harshini Dayanita LD., Ms. Shruthika NG., Ms Keerthana S., Ms. Harshavardhini G. - III yr., BDS Ms. Varshini R, Ms. Nandhini R, Ms Jaya Subikshaa L J - II yr., BDS Ms. Jayavarshini Venkatesan Saritha, I yr., BDS	Runner
Guru Shishya	Ms. Shruthika NG., Ms. Rohitha V., Ms. Shreya S., Ms. Keerthana S., Ms. Harshini Ms Dayanita LD., Ms Aruja M., Ms Loshika VP., Ms Mahathi G., III yr., Ms. Rupa Sri A., I yr., BDS	Runner
Fusion Dance	Ms. Shruthika NG., Ms. Keerthana S., Ms. Harini Murugan, Ms. Mahathi G., III yr., Ms Saai Krupaa NM., Ms Krithika S., Ms Kavya A., Ms Sarvatha Lakshmi R., Ms Lavanya K., II yr. Ms. Harini J., Ms. Vaibhavi GD., Ms. Vedanti Jha, Ms. Adhya Lakshmi CP., Ms. Sushma S., Ms Lavanya Sathiyamurthi, I yr., BDS	Runner

HAPPENINGS

Sports:

Event	Name(s) and year	Position
Women's carrom doubles	Ms. Varshini R, Ms. Freda Jocelyn M., II yr., BDS	Winners
Women's table tennis	Ms. Preeti MRR., Ms. Abinaya S., Ms. Nirainilla A., II yr., BDS	Winners
Short put men	Mr. Gokulprasant KT, III yr., BDS	III
100 m and 200m	Mr. Sankaj Kumar, III yr., BDS	II and I
200 m	Ms. Lavanya Sathiyamurthi, I yr., BDS	III

Sri Ramachandra Faculty of Occupational Therapy (SRFOT) organised free screening camp focusing on Oncology and Palliative Care on 31st March. 15 patients benefitted.



Dept. of Nursing Foundation, SRFoN observed patient safety awareness week from 16th to 18th March on the theme 'Team Up for Patient Safety', to highlight patient safety precautions based on International Patient Safety Goals (IPSG) I - VI. 176 students and faculty members participated. 504 in-patients benefitted.



The Tamil Nadu Apex Skill Development Centre for Healthcare conducted the 'World Skills National Boot Camp Training' at SRFoN, from 16th to 27th March, as part of the India Skills Competition 2025-'26. The programme was led by Mr. Madhana Gopal T., Master Trainer and Ms. Dhakshayani S, Trainer, Tamil Nadu Apex Skill Development Centre for Healthcare. One student completed the training and won the gold medal at the National Level Competition event.



Staff development programme was conducted by SRFoN on 30th March. The sessions facilitated by students of II yr. M.Sc. Nursing included models of nursing practice, emerging domains, and strategies to create a positive learning environment through interactive activities. 73 nurses participated.

HAPPENINGS



Technical Resource Centre, SRFoN organised a national workshop on 'GRADE Methodology (Grading of Recommendations Assessment, Development, and Evaluation)' on 26th March. The workshop focused on enhancing participants' ability to assess the certainty of evidence and develop transparent, evidence-based recommendations. Dr. LEEBERK Raja, Scientist E, ICMR-NIRT, Chennai, delivered the keynote address. Dr. Vineetha K., Additional Reader, Dept. of Public Health Dentistry, Amrita school of Dentistry and Deputy Director, JBI Amrita Centre for Evidence Synthesis and Implementation, Kochi, served as the resource person. 42 members participated.



Mr. Abhinav Shankara H., I yr., BPT secured II place in Classical Dance at the Inter University National Youth festival (UNIFEST) 2025-26, organised by the Association of Indian Universities at Sathyabama Institute of Science and Technology on 16th March.

Students of Sri Ramachandra Faculty of Physiotherapy won prizes at 'Symmetry-26' an International Physiotherapy conference organised by Vinayaka Mission Research Foundation, Puducherry on 27th and 28th March. Details are listed below:

Event	Name & Program	Prize
Paper Presentation	Ms. Deepthi A. R., II yr., MPT Neurosciences	I
	Ms Dhivya Shree Y., II yr., MPT Neurosciences	III
Poster Presentation	Mr Tejjuas G., II yr., MPT Musculoskeletal Physiotherapy	II
	Ms Preethi K., II yr., MPT Neurosciences	III



The Health Science Education Unit I, SRIHER, along with FQC - SRFAHS, organised a faculty orientation programme on 'Initiating MOOC Courses' on 12th March. 38 faculty members attended.

HAPPENINGS



Dept. of Clinical Nutrition, SRFAHS, organised 'NUTRISYNERGY 2026' on 6th March. The event focused on emerging trends in nutrition. The sessions were conducted by experts from diverse domains, covering topics such as nutrigenomics, artificial intelligence in nutrition, fertility nutrition, modern supplementation strategies, and entrepreneurship in the nutrition field. 280 students, academicians and professionals participated.



Dept. of Optometry, SRFAHS, organised a field visit to HOYA Lens India Pvt. Ltd. for students of B. Optom. and M. Optom. to gain practical exposure to the manufacturing and processing of ophthalmic lenses. 55 UG, PG students and faculty members participated.



Dept. of Optometry, SRFAHS organised the inter-collegiate optometry sports and cultural fest, OPTORA 2K26 from 11th to 13th March. Chief Guest, Dr. C. Sylendra Babu, former DGP, Tamil Nadu, lit the Olympic Torch and spoke on the role of optometrists in the healthcare sector, describing them as front-line guardians of vision. 365 students and faculty members participated.

Dept. of Trauma Care Management, SRFAHS, conducted Basic Life Support (BLS) training session on 6th March at the Oil and Natural Gas Corporation for 50 members. A similar session was conducted on 7th March for 20 staff nurses.

HAPPENINGS



Dept. of Trauma Care Management, SRFAHS, organised a Code Blue training session for nurses and paramedics on 11th March for 25 staff nurses and 3 emergency medical service paramedical staff.

Students of Dept. of Trauma Care Management, SRFAHS won prizes at 'PARACON 4.0 (Back to Basics: Essentials to Excellence)' conducted by SRM Institute of Science and Technology on 14th and 15th March. Details are listed below:

Event	Name & Program	Year of study and Programme	Prize
SIM WAR	Mr. Hari Prasath V., Mr. Mohan Kumar G.	II yr. M.Sc. TCM	I
	Ms. Saranya V. Ms. Keerthana I. Ms. Hema Dharshini S.	II yr. B.Sc. TCM	
QUIZ	Ms. Antony Maria Steffy, Mr. Hariprasath G.	II yr. M.Sc. TCM	II
	Mr. Sam Joyson S.	III yr. M.Sc. TCM	



Sri Ramachandra Faculty of Engineering and Technology (SRFET), organised a workshop on Disaster Management and Risk Reduction for final yr. B. Tech students on 20th March.



Sri Ramachandra Medical Centre (SRMC), in collaboration with the Tamil Nadu Fire and Rescue Services, conducted a Medical College and Hospital Mock Exercise on 28th March. This initiative was aimed at strengthening emergency preparedness, co-ordinated response, and patient safety through structured training and real-time simulation. Mrs. Seema Agarwal, Director General of Fire and Rescue Services, Govt. Tamil Nadu inaugurated the event. Mr. Sathya Narayanan, Deputy Director (North) supervised the programme.

NSS ACTIVITIES



Blood Donation Camp

SRIHER NSS and Blood Bank jointly organised a blood donation camp on 4th March. 30 NSS volunteers donated blood.



International Women's Day

NSS Unit and the Dept. of Community Nursing, SRFoN, celebrated International Women's Day at *Parivakkam* village on 9th March.



Library Book and Sports Equipment Distribution

SRIHER NSS and Rotaract Club of SRIHER jointly organised distribution of library books and sports equipment on 16th March at Chennai Govt. Girls Higher Secondary School, *Perambur*.



Personality Development Workshop

SRIHER NSS, in association with *Disha Bharath*, organised a Personality Development Workshop on 23rd March. The workshop focused on the themes 'Know Your Self, Know Your Country, and Know Your Culture.'

NSS ACTIVITIES



Multi-Specialty Medical Camp

Units V, VI, VII and VIII of NSS, organised a multi-speciality medical camp on 25th March, at the Combat Vehicles Research & Development Establishment (CVRDE), Avadi. The initiative benefited 130 contract women employees, including 37 patients who underwent pap smear screening.



Police Museum Visit Programme

NSS SRIHER organised a visit to Police Museum, Chennai on 28th March for 110 volunteers from Units I, II, III, and IV. The visit showcased the evolution of the Tamil Nadu Police force, from the 1859 Madras Police Act to today's modern, tech-driven institution.

STUDENTS SERVICES CENTRE ACTIVITIES

Students Services Centre conducted two awareness programmes on substance abuse namely; 'From Escape to Enslavement' and 'Be the Vibe, Not the Risk' on 17th and 18th March, respectively at Ladies Hostel. 300 PG and UG faculty members participated.

MedHope Club in collaboration with Student Council, SRIHER, conducted 'Shine Play Date' on 6th March at Sri Ramachandra Hospital (G Block). Volunteers actively spent time playing, interacting, and encouraging the children, promoting comfort and happiness during their treatment journey.

STUDENTS SERVICES CENTRE ACTIVITIES

Green Friends Organisation in collaboration with the Yoga Club and Fitness Club, SRIHER, conducted 'Catalyst 2.0: Igniting Youth, Shaping Tomorrow' on 6th March. The event included engaging activities such as Freeze Tag (Yoga Edition), "Guess It or Sweat It" and Sustainability Pledge Ceremony. 31 students participated.

Quiz Club in collaboration with Yoga Club, SRIHER, conducted 'Zen Mode Activated'(Online) on 15th March focusing on exam stress, anxiety management, and mental well-being through knowledge-based learning.

English Literary Club of SRIHER, in collaboration Sri Ramachandra Faculty of Behavioural and Social Sciences (SRFBSS), conducted 'Dreams from the Depths' from 16th to 21st March in observance of World Sleep Day. Nine students participated.

MedHope Club in collaboration with the Student Council, SRIHER, conducted 'Mascot Celebration' on 13th March at the Paediatrics Ward Play Area. SRH Five volunteers engaged participants through interactive activities and meaningful conversations, creating an uplifting and supportive environment.

English Literary Club in collaboration with the MedHope Club, SRIHER, conducted 'Story Mania' on 23rd March at the Paediatrics Ward, SRH. Five volunteers interacted with children through collaborative storytelling.

Quiz Club in collaboration with Yoga Club of SRIHER, conducted an online quiz 'Snooze and Know', to commemorate World Sleep Day on 19th March.

Medical Quiz Club of SRIHER conducted an online intercollegiate quiz competition, 'Preclinical Trifecta' on 2nd March. The event aimed to strengthen conceptual understanding and promotion of early clinical application through MCQs and case-based questions for first year MBBS students. 40 teams from various colleges participated.

Medical Quiz Club in collaboration with the Student Council of SRIHER and Dept. of Mind-Body Medicine, SRFAHS, conducted 'The REM Games' on 21st March to commemorate World Sleep Day.

Theatre Club of SRIHER conducted 'Freeze and Replace' on 30th March to enhance creativity, spontaneity, quick thinking and teamwork among students through interactive theatre activities.

ACTIVITIES CONDUCTED BY ROTARACT CLUB OF SRIHER

• Let It Go: Peace Edition' on 23rd March on the theme 'Peacebuilding and Conflict Prevention'. The event comprised of a 'Wall of Hope', conflict resolution, emotional release exercises and kindness note writing. 30 housekeeping staff and security personnel participated promoting emotional well-being, empathy, and harmony.



• In collaboration with the Rotaract Club of Sri Lanka, conducted 'United for Health: A Cross-Border Action on Dengue, Obesity & Sleep' on 18th March at UHC, Tiruvanmiyur. The event focused on raising awareness about dengue prevention, obesity management and importance of adequate sleep for overall health. 15 students attended the session.

ACTIVITIES CONDUCTED BY ROTARACT CLUB OF SRIHER



• Participated in 'Colour Galatta', organised by the District Rotaract Council 2025-2026, Rotary International District 3233, on 8th March at Chennai. The event aimed to promote fellowship, cultural celebration, and inclusivity among Rotaractor. Five students from SRIHER participated to build inter-club relationships while enhancing overall well-being.

• Participated in 'Penniyam - Celebrating Womanhood', organised by the Rotaract Club of Madras Cosmos, Rotary International District 3233, on 15th March. The event aimed to recognise and honour inspiring women while promoting empowerment, leadership, and gender equality. 10 Rotaractors from SRIHER attended the programme. The awardees are:



Name	Category	Yr. of study & Programme
Rtr. Saranyaa Murali	Female Rotaractor	III yr. B.Tech. CSE (AI & Data Analytics)
Mrs. G. Prasanna Kumari	Mother of a Rotaractor	-
Ms. Shansita	Club Service Director	III yr. B. Tech. Cyber Security & Internet of Things



• In collaboration with the SRFOT, conducted 'Maternal and Child Health Connect 2026' on 12th March with the aim to promote awareness and practical knowledge on maternal and child health. Hands-on demonstrations and personalized interactions were conducted to enhance confidence among mothers to encourage preventive healthcare practices.

In collaboration with SRIHER Innovation Incubation Foundation conducted 'Money Moves' on 17th March to create awareness among students about business opportunities and entrepreneurial growth. 30 students attended.

SPORTS' CORNER



Ms. Senora S., II yr., M. Sc. (Sports & Exe. Psychology) won Silver Medal in Kick boxing at the Khelo India Women's Kickboxing Tournament 2025-26 held at Bangalore held from 5th to 8th March.

SPORTS' CORNER

Students of SRIHER won the following prizes in the Chancellor Trophy 2k26 held at VELS School of Nursing, Manjankaranai village from 24th to 27th March.

Kabaddi (Men)- Runners Up

Name	Category
Mr. Bharathraj S.	II yr., MPH
Mr. Rajesh H.	I yr., CSS MPT
Mr. Jagadeeshwaran K.	III yr., Pharmacy
Mr. Jeffrin Sam	III yr., Nursing
Mr. Bhagavathi R.	III yr., Nursing
Mr. Dharanidharan D.	III yr., Nursing
Mr. Faisal ahamad A.	II yr., Nursing
Mr. Jerwin Sam	II yr., Nursing
Mr. Kishore D. R.	I yr., Nursing
Mr. Godwin Jeny A. P.	I yr., Nursing
Mr. Shanmugam S.	III yr., B.Sc. TCM

Throw ball- (Women) – Runners Up

Name	Category
Ms. Karunya T.	II yr., M. Sc. Sports & Ex. Psycho.
Ms. Chandhini B.	III yr., B.Sc. Sports & Exercise Sciences
Ms. Aleena Raju	III yr., B.Sc. Nursing
Ms. Arathy Sunil	II yr., B.Sc. Nursing
Ms. Yashini L.	II yr., Biomedical sciences
Ms. Vijaya Thashana S.	III yr., B. ASLP
Ms. Elizabeth Philip	II yr., B. Sc. Nursing
Ms. Megha Thekkumkattil J.	II yr., B. Sc. Nursing
Ms. Dhanushya S. T.	III yr., B.Sc. Sports & Exercise Sciences

Shot put (M) - Second place

Name	Category
Mr. Shanmugam S.	III yr., B. Sc., TCM

100mts (M)-Third Place

Name	Category
Mr. Muhammed Shaban	II yr., B.Sc. Nursing

Discuss Throw (M) – First Place

Name	Category
Mr. Jeffrin Anto A.	III yr., B. Sc. Nursing

200mts (M)-Third Place

Name	Category
Mr. Oleeth R.	II yr., B.Sc. Nursing

400mts * 100 (M)- Second Place

Name	Category
Mr. Jeffrin Anto A.	III yr., B. Sc. Nursing
Mr. Oleeth R.	II yr., B.Sc. Nursing
Mr. Muhammed Shaban	II yr., B.Sc. Nursing
Mr. Mohammed Faisal J.	I yr., BPT

400mts (W)-First & Second Place

Name	Category
Ms. Mahathi Nachiyar K.	IV yr., BOT
Ms. Dhanushya S.T.	III yr., B. Sc. Sports & Exercise Sciences

100mts (W)- First Place

Name	Category
Ms. Harshini P.	Intern, B. ASLP

400mts * 100 (W)- First Place

Name	Category
Ms. Harshini P.	Intern, B. ASLP
Ms. Dhanushya ST .	III yr., B. Sc. Sports & Exercise Sciences
Ms. Swetha S.	II yr., B. Sc. Nursing
Ms. Mahathi Nachiyar K.	IV yr., BOT

200mts (W)-First & Second Place

Name	Category
Ms. Harshini P.	Intern, B. ASLP
Ms. Swetha S.	II yr., B.Sc. Nursing



SPORTS' CORNER

SRIHER students won prizes in 'CHAKRA - 2k26' held at SIMATS Engineering college held between 30th March to 1st April.

Kho - Kho (Women)- Winners

Name	Category
Ms. Lohithya P.	I yr., M. Pharm
Ms. Parvathi A.	II yr., B. Sc. AHS
Ms. Dhanushya S. T.	III yr., B. Sc. (Hons.) Sports & Exercise Sciences
Ms. Monika S. A.	II yr., B. Sc. (Hons.) Sports & Exercise Sciences
Ms. Mohana Gayathri P.	II yr., B. Pharmacy
Ms. Swetha S.	II yr., B. Sc. Nursing
Ms. Shalika S.	I yr., B. Sc. AHS
Ms. Sai Poojaa B. R.	I yr., BPT
Ms. Shobana R.	I yr., B. Pharmacy
Ms. Ancy Maria	I yr., B. Pharmacy

Basketball (Men)- Runners Up

Name	Category
Mr. Arulkumaran K.	II yr., MOT
Mr. Ram Abhilash M.	Intern, MBBS
Mr. Goutama Viswamitra	Intern, MBBS
Mr. Sai Mohith Ramdas	IV yr., MBBS
Mr. Keshav Surendra Rathi	III yr., MBBS
Mr. Manav Krishnan	II yr., MBBS
Mr. Joel Sanjeev Sebastian	III yr., B.Sc. Sports & Exercise Sciences
Mr. Timothy Annadurai	IV yr., B. Sc Nursing
Mr. Seyievicha Shurhi U.	II yr., BDS
Mr. Ruben Andrews M.	II yr., BPT

Long Jump (M) - II Place

Name	Category
Mr. Mohammed Faisal J.	I yr., BPT

Shot Put (W) - I Place

Name	Category
Ms. Lokshana Sri P.	III yr., B.Sc. Sports & Exercise Sciences

100mts (W) - I Place

Name	Category
Ms. Harshini P.	Intern, B. ASLP

Throw ball- (Women) - Winners

Name	Category
Ms. Nikhila G.	IV yr., MBBS
Ms. Rajitha Y.	I yr., MBBS
Ms. Kamarunisha S.	Intern, BDS
Ms. Deepthi M.	III yr., BDS
Ms. Madhumitha L.	IV yr., B.Sc. (EHS)
Ms. Chandhini B.	III yr., B.Sc. Sports & Exercise Sciences
Ms. Aleena Raju	III yr., B. Sc. Nursing
Ms. Elizabeth Philip	II yr., B. Sc. Nursing
Ms. Anna Philip	II yr., BMS
Ms. Yazhini L.	II yr., BMS
Ms. Vijaya Thashana S.	III yr., B. ASLP
Ms. Yogalakshmi S.S.	B. Tech. Cyber Security
Ms. Jenisha Shree S.N.	B. Tech. (AI & ML)

400x100mts Relay (M) - III Place

Name	Category
Mr. Jefrin Anto A.	III yr., B. Sc. Nursing
Mr. Mohammed Faisal J.	I yr., BPT
Mr. Sai Kharthikeyan S.	I yr., B.Sc. Sports & Exercise Sciences
Mr. Oleeth R.	I yr., Nursing
Mr. Muhammed Shaban	II yr., Nursing

400x100mts Relay (W) - I Place

Name	Category
Ms. Harshini P.	Intern, B. ASLP
Ms. Lokshana Sri P.	III yr., B.Sc. Sports & Exercise Sciences
Ms. Mahathi Nachiyar K.	IV yr., BOT
Ms. Swetha S.	II yr., Nursing
Ms. Sobana R.	I yr., B. Pharmacy

400mts (W) - II Place

Name	Category
Ms. Mahathi Nachiyar K.	IV yr., BOT



SPORTS' CORNER

Faculty members and staff of SRIHER won the following prizes in 'CHAKRA - 2k26' held at SIMATS Engineering College from 30th March to 1st April.

Throwball (Women) – Winners

Name	Category
Dr. Pushparani C.	Director, Physical Education
Dr. Soumya A.	Asst. Prof., Faculty of Dental Sciences
Dr. Divyambika C. V.	Prof., Faculty of Dental Sciences
Dr. Srimathi R.	Asst. Prof., Faculty of Pharmacy
Dr. Leena Pavitha	Asst. Prof., Faculty of Pharmacy
Dr. Vidya Shanmugam	Lecturer, Faculty of Public Health
Dr. Lalitha S.	Asst. Prof., Dept. of Physiology
Ms. Senthamizh Selvi S.	Sr. Physical Training Instructor
Ms. Aishwarya C.V.	Lecturer, Dept. of Clinical Nutrition
Ms. Deepa BMS.	Asst. Prof., Dept. of Optometry
Ms. Komathi B.	Lecturer, Faculty of Nursing
Ms. Suvitha M.	Lecturer, Faculty of Nursing

100mts (M) – I Place

Name	Category
Mr. Venugopal S.	Sr. Physical Training Instructor

1500mts (M)- I Place

Name	Category
Mr. Manoj Kumar	Sr. Physical Training Instructor

Badminton (Women)- II Place

Name	Category
Dr. Pushparani C.	Director, Physical Education
Dr. Srimathi R.	Asst. Prof., Faculty of Pharmacy

Shot put (Women) – I Place

Name	Category
Dr. Soumya A.	Asst. Prof., Faculty of Dental Sciences

Shot put (Women) – II Place

Name	Category
Dr. Vidya Shanmugam	Lecturer, Faculty of Public Health

400mts (M) – I Place

Name	Category
Mr. Venugopal S.	Sr. Physical Training Instructor



The prize distribution of the Staff Sports Recreation Club of SRIHER was held on 10th March. 350 members participated.



READERS' CORNER



Ms. Angelin Kuity D.
II yr., BOT



Dr. L. Sankari Priya
Asst. Prof., CDOE



Ms. Tanika S. B.
II yr., M.Sc. Human Genetics



Ms. Asmita Das
III yr., B. Pharmacy

Hope

Once, she was cheerful, radiant, and gleaming—
until it all turned uncertain and frightening.

Once, she was fearless;
now, she feels helpless.

Once, she longed to soar in colours and light;
now, she is confined within black and white.

Once, she wished to be a spark;
yet, she found herself lost in the dark.

Once, she dreamed of miracles;
now, she cries out against her obstacles.

When everything else fell apart,
the only thing that chose to remain was hope.

Nevertheless,
she endured through her scars and
survived those wars filled with tears.

Ms. Periyazhini N.
V yr., MBBS

அன்பே மனிதனாகும்

பிறந்தேன் — எதுவும் இல்லாமல்...

அலைந்தேன் — எல்லாம் வேண்டுமென்று...

அறிந்தேன் — எதுவும் நிரந்தரம் இல்லை என்று.

உணர்ந்தேன் — உயிரும் சொந்தமில்லை என்று...

கடந்தேன் — நொடி மட்டுமே சொந்தம் என்று.

புரிந்தேன் — இதுதான் வாழ்க்கை என்று...

மகிழ்ச்சியான வாழ்க்கைக்கு இரண்டு வழிகள் உண்டு:

ஒன்று — சூழ்நிலையை நமக்கு ஏற்றவாறு மாற்றுவது.

இன்னொன்று — சூழ்நிலைக்கு ஏற்ப நாம் மாறுவது...

எந்த சூழ்நிலையிலும்

நம் அன்பை இழந்துவிடக் கூடாது...

வாழ்வின் அனுபவம்

ஒருவனை எப்படி வேண்டுமானாலும் மாற்றலாம்;

ஆனால் —

அன்பு மட்டுமே

ஒருவனை மனிதனாக மாற்றும்...

Ms. J. Seema Sadhiha
IV yr., BDS