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## SREE BALAJI MEDICAL COLLEGE & HOSPITAL CHROME PET



An Official Newsletter of

**Sree Balaji Medical College and Hospital**  
**Bharath Institute of Higher Education & Research-BIHER**  
**Chrompet, Chennai - 600044, Tamil Nadu, India**



# Bharath

INSTITUTE OF HIGHER EDUCATION AND RESEARCH

(Declared as Deemed - to - be - University under section 3 of UGC Act 1956)



# Balaji Heravala



Volume 4 Issue 4 Oct - Dec 2017

An Official Newsletter of Sree Balaji Medical College and Hospital, Chennai, TN, India.

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World AIDS day   Out reach Activities   Publications   Patent





## Message from Dean's Desk

New year 2018 Greetings and best wishes to you from Sree Balaji Medical College and Hospital, Chromepet, Chennai, India.

It is my proud privilege to be associated this of one of the most prestigious Institute providing Medical education in the State of TamilNadu-Sree Balaji Medical College and Hospital (SBMCH). In this fourth quarter of 2017, we conducted both International and National Conferences 12 in number from various departments such as Surgery, Ophthalmology, OBG, ENT, Urology, Biochemistry, Pharmacology, Physiology and Anatomy.

Further from the Department of Research and Development, Anatomy and OBG filed 2 patents. I congratulate Dr.G.Bupesh, Prof.WMS.

Johnson and Prof.K.Saraswathi for their valuable research contributions towards the Institute and Nation. Our best wishes to all those associated with this institute in the past and at present and those aspiring to be associated with this institute in the future.

I request everyone to join me in continuing to develop our medical school into a culture that increasingly values respect, diversity, and a dedication to excellence.

### CME program on Diabetic Retinopathy

The Department of Ophthalmology & Medical Education Unit of SBMCH conducted a CME program on “Recent trends In Diabetic Retinopathy”. Guest of the day was Dr. Surya Prakash, Vishnu Eye Clinic. Chennai, Tamil Nadu 600102. The Conference discussed the Diabetic retinopathy in the industrialized countries. Diabetic retinopathy (DR) is the leading cause of blindness in industrialized countries. Remarkable advances in the diagnosis and treatment of DR have been made during the past 30 years, but several important management questions and treatment deficiencies remain unanswered.



The global diabetes epidemic threatens to overwhelm resources and increase the incidence of blindness, necessitating the development of innovative programs to diagnose and treat patients. The introduction and rapid adoption of intravitreal pharmacologic agents, particularly drugs that block the actions of vascular endothelial growth factor (VEGF) and corticosteroids have changed the goal of DR treatment from stabilization of vision to improvement.

Anti-VEGF injections improve visual acuity in patients with diabetic macular edema

(DME) from 8-12 letters and improvements with corticosteroids are only slightly less. Unfortunately, a third of patients have an incomplete response to anti-VEGF therapy, but the best second-line therapy remains unknown. Current first-line therapy requires monthly visits and injections; longer acting therapies are needed to free up healthcare resources and improve patient compliance. VEGF suppression may be as effective as pan retinal photocoagulation (PRP) for proliferative diabetic retinopathy, but more studies are needed before PRP is abandoned.

#### **BALENT – 2017: INTERNATIONAL CONFERENCE ON OTORHINOLARYNGOLOGY**

The Department of ENT & Medical Education Unit of SBMCH conducted an International program on “Recent Advances in ENT 2017”.

Scientific Speakers: DR. MARIE M. TOLAROVA, MD., Ph.D., Dsc, Founder and President Cleft Prevention International Foundation, San Francisco, California, USA Topic: “CRANIOFACIAL ANOMALIES”

DR. MIROSLAV MD., Ph.D., Professor of Orthodontics and Biomedical Sciences, Head, Pacific Regenerative Dentistry Laboratory, University of the Pacific, California, USA Topic: “STEM CELLS - REGENERATIVE MEDICINE”





DR. AZEEM MOHIYUDDIN, MS (ENT), Professor & HOD, Sri Devaraj Urs Medical College, Kolar, Karnataka Topic: “MANAGEMENT OF THYROID MALIGNANCY”



DR. K. KRISHNAKUMAR, MBBS, MS (ENT), DLO Senior Consultant & HOD, Global Hospital, Chennai, India. Topic: “COBLATION TECHNIQUE IN ENT”.

DR. S. GOPALA KRISHNAN, MBBS, MS (ENT), DLO Former HOD JIPMER, Pondicherry. Professor, Mahatma Gandhi Medical College & Research Institute, Pondicherry. Topic: “NASAL ENDOSCOPY AND ITS EXTENDED APPLICATION – OVERVIEW”

### International Conference Occupational Exposure & Risk Factors for Renal Diseases

**The Department of Anatomy & Urology of SBMCH conducted an International program on “Renal Diseases”.**

The current state of chronic kidney disease knowledge and therapeutics, a fundamental improvement in the understanding of genetic and environmental causes of chronic kidney disease is essential. This conference represents

second part of the discussions are on the formulates goals which should be achieved in order to close these gaps, along with suggested timelines and stakeholders that are to be involved.



an overview of the existing knowledge gaps in our understanding of the genetic and environmental causes of chronic kidney disease, as well as their interactions. The



A better understanding of genetic and environmental factors and their interactions that influence kidney function in healthy and





diseased conditions can provide novel insights into renal physiology and pathophysiology and result in the identification of novel

therapeutic or preventive targets to tackle the global public health care problem of chronic kidney disease.

**Balsurge-2017**

## NATIONAL & INTERNATIONAL SPEAKERS



**PROF. KRISTINA MARGARETA JAKOBSSON, MD, PhD**  
OCCUPATIONAL AND ENVIRONMENTAL MEDICINE, INSTITUTE OF MEDICINE  
SAHIGRENSKA ACADEMY, UNIVERSITY OF GOTHENBURG, SWEDEN



**DR. P. PERIYASWAMY .S, Mch (UROLOGY) DNB (UROLOGY)**  
PROFESSOR, DEPARTMENT OF UROLOGY KILPAUK MEDICAL COLLEGE, CHENNAI



**DR. JAYARAMAN, MS, Mch (urology)**  
PROFESSOR, DEPARTMENT OF UROLOGY, SBMCH, CHENNAI



**DR. MANDEEP GILL SAHOO**  
Kings College, London



**DR. DINESH KUMAR SRINIVASAN**  
LEE KONG CHAIN SCHOOL OF MEDICINE  
NARANYANG UNIVERSITY, SINGAPORE



**Dr. Govindasamy Kumaramanickavel, M.D**  
Visiting Professor, Genomic Research Centre, SBMCH

The Department of General Surgery, Urology & Medical Education Unit of SBMCH conducted an International program on **“Balsurge-2017”**. The speakers of the day were Dr. Annika Ostman Wernerson, Professor/senior physician of Renal and



Transplantation Pathology at the Department of Clinical Science, Intervention and Technology (CLINTEC) and Senior Consultant in Clinical Pathology, Karolinska University Hospital in Huddinge, Sweden.

Dr. Carl-Gustaf Elinder, Professor/senior consultant nephrology. Dr. Ananthakrishnan Sivaraman is a consultant Urologist, Laparoscopic and Robotic Surgeon in Apollo Hospitals Chennai and Chennai Urology Clinic. He emphasized the instrumentation and its application of Robotic Surgery. Robotic Surgery is a method to perform surgery using very small tools attached to a robotic arm. The



surgeon controls the robotic arm with a computer.

The surgeon sits at a computer station and directs the movements of a robot. Small



surgical tools are attached to the robot's arms. Surgery can be performed through smaller cuts than open surgery. The small, precise movements that are possible with this type of surgery give it huge advantages over standard surgical techniques. This can allow the surgeon to do a procedure through a small cut that could be done before only with open surgery.

## National Organ Donation Day- 2017



The Department of Nephrology, Urology & NSS Unit of SBMCH conducted a National Organ Donation Day- 2017



Organ donation is when a person allows an organ of theirs to be removed, legally, either by consent while the donor is alive or after death with the assent of the next of kin.

Donation may be for research, or, more commonly healthy transplantable organs and tissues may be donated to be transplanted into another person.

Common transplantations include: kidneys, heart, liver, pancreas, intestines, lungs, bones, bone marrow, skin, and corneas. Some organs and tissues can be donated by living donors, such as a kidney or part of the liver, part of the pancreas, part of the lungs or part of the intestines, but most donations occur after the donor has died.



### Internal Quality Assurance Cell (IQAC)

Internal Quality Assurance Cell along with Department of Anatomy Organised Guest Lecture on “The Healing Touch – Personality Dimension in Delivering Quality Health Care”

The training was delivered by Mrs. Vasanthi Ranganathan, CEO, Flicker to Flare Organisation Alumni of UH, Manoa, Hawaii, USA on 23.11.2017



### CME program on Advanced Paediatric Science

The Department of Paediatric of SBMCH conducted a CME program on “**Advanced Paediatric Science**” in collaboration with Gleneagles Global Health City, Chennai Tamil Nadu.

Scientific Topics; 1. Interpretation of Liver Function Test, 2. Approach to Child with Immuno Deficiency, 3. Approach of Cyanotic Baby & 4. Paediatric Renal Replacement Therapy.

#### INTERPRETATION OF LIVER FUNCTION TESTS.

They reflect different aspects of the health of the liver, i.e. hepatocyte integrity (AST and ALT), synthesis and secretion of bile (bilirubin and ALP) and protein synthesis (albumin). Liver function tests (LFT) are a helpful screening tool, which are an effective modality to detect hepatic dysfunction. Since the liver performs a variety of functions so no single test is sufficient to provide complete estimate of



function of liver. Often clinicians are faced with reports that do not tally with the clinical condition of the patient and they face difficulty in interpreting the LFT.

#### APPROACH TO CHILD WITH IMMUNO DEFICIENCY

The most serious form of T-cell disorder, severe combined immunodeficiency



(SCID), presents in infants as an emergent



condition with life-threatening infections. Diarrhea, failure to thrive, opportunistic infections, and severe routine infections in a child younger than three months should raise suspicion for SCID.

#### APPROACH OF CYANOTIC BABY

Cyanosis is a condition and not a disease. The skin color of the fingertips and the

lips becomes light bluish in color during cyanosis. This is indicative of the low oxygen levels in the blood. Blood takes a bluish tint if it does not have sufficient levels of oxygen. Blood under normal condition is bright red in color owing to the protein molecules called hemes. However when the oxygen levels in the RBC reduce it can cause bluish coloration on the limbs and lips. This condition is known as cyanosis. Cyanosis is a symptom indicating the



body cannot deliver sufficient levels of oxygenated blood.

Very cold weather can narrow the blood vessels reducing the oxygen supply causing bluish tint temporarily. But that is not cyanosis and can be resolved by gentle massaging of affected areas.

#### PAEDIATRIC RENAL REPLACEMENT THERAPY

The disease spectrum leading to pediatric renal replacement therapy (RRT) provision has broadened over the last decade.

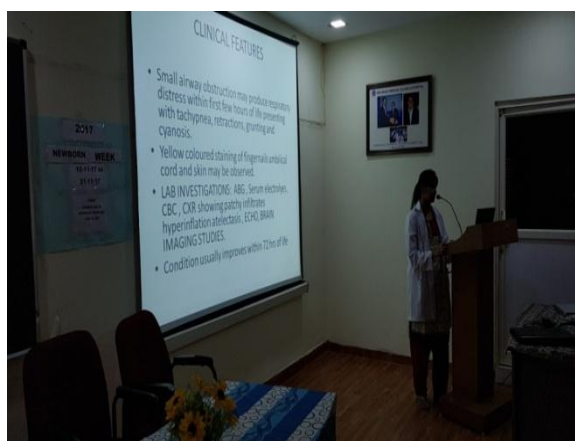


In 1980's, intrinsic renal disease and burns comprised the most common pediatric acute kidney injury (AKI) etiologies. More recent data demonstrate that pediatric AKI most often results from complications of other systemic diseases resulting from the advancements in congenital heart surgery, neonatal care, and bone marrow and solid organ transplantation. In addition, RRT modality preferences to treat critically ill children have shifted from peritoneal dialysis to continuous renal replacement therapy (CRRT) as a result of



improvements in CRRT technologies. Currently, multicenter prospective outcome studies for critically ill children with AKI are sorely lacking. The aims of this paper are to review the pediatric specific causes necessitating RRT provision with an emphasis on emerging practice patterns with respect to modality and the timing of treatment, and focus upon the application of the different RRT modalities and assessment of the outcome of children with AKI who receive RRT.

### CME Program on Essential Care of Newborn's



Majority of babies born healthy and at term. Care during first hours, days and weeks of life determine whether they remain healthy. Basic care to support survival and wellbeing is called ENC. It includes immediate care at birth; care during the first day and up to 28 days. Four basic needs of ALL newborns; to breathe normally, to be protected, to be warm, to be fed



Essential Newborn Care Interventions- Clean childbirth and cord care, Prevent newborn



The Department of Community Medicine of SBMCH conducted a CME program on World AIDS DAY for UG's & PG's.

Scientific Topics; Present Status of AIDS/HIV in India & Tamil Nadu, Strategies in

infection, Thermal protection, Prevent & manage newborn hypo/hyperthermia, Early and exclusive breastfeeding, Started within 1 hour after childbirth, Initiation of breathing and resuscitation, early asphyxia identification and management.

### World AIDS Day

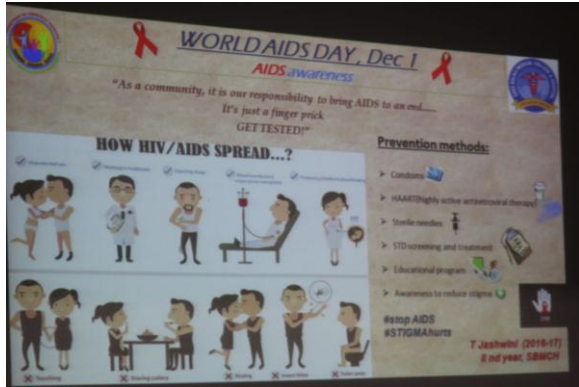
the Diagnosis & Management of AIDS/HIV, "LET'S END IT" Theme of the world AIDS Day 2017 & Poster Presentations by PG's.

India has the 3<sup>rd</sup> highest number of community living with HIV in the world with



2.1 million Indians accounting for about four out of 10 people infected with the deadly virus in the Asia-Pacific region, according to a UN report.

The treatment of human immunodeficiency virus (HIV) disease depends on the stage of the disease and any concomitant opportunistic infections. In general, the goal of treatment is to prevent the immune system from deteriorating to the point that opportunistic infections become more likely. Immune reconstitution syndrome is also less likely in



patients whose immune systems are weakened to

this point.

Treatment guidelines for HIV infection are age-specific. Guidelines for pediatric populations are compiled by the Working Group on Antiretroviral Therapy and Medical Management of HIV-Infected Children; guidelines for adults and adolescents are compiled by the Panel on Clinical Practices for treatment of HIV Infection.

### Lecture on Ortho Radiology

The Department of Orthopaedics & Medical Education Unit of SBMCH conducted Lecture on Ortho Radiology.



Guest of the Day was Prof. B. Suhasini, Department of Radiology, Govt. Stanley Medical College & Hospital, Chennai.

ABC'S

- A- evaluate adequacy: adequate views and image quality, evaluate alignment- long axes of bones
- B- Examine bones (whole)- look for cracks and deformities,
- C- Examine cartilage- joint space-width, asymmetry,...

S - Evaluate soft tissues: swelling, joint Effusion.





**UGC VISIT 02.11.2017 to 04.11.2017**



## General Health Camp





## World Antibiotic Awareness Week

The Department of Community Medicine of SBMCH conducted a World Antibiotic Awareness Week - 2017



The overuse of antibiotics and the growing threat of superbugs. World Antibiotic Awareness Week, which has the theme Wastewater – one of the major conduits of antibiotic resistance.



Rational use of medicines requires that "patients receive medications appropriate to their clinical needs, in doses that meet their own individual requirements, for an adequate period of time, and at the lowest cost to them and their community".

Essential medicines are those that satisfy the priority health care needs of the population. They are selected with due regard to public health relevance, evidence on efficacy and safety, and comparative cost-effectiveness.

Antibiotic resistance occurs when bacteria change in a way that reduces the effectiveness of drugs, chemicals, or other agents designed to cure or prevent infections. The bacteria survive and continue to multiply, causing more harm.

# SREE BALAJI MEDICAL COLLEGE AND HOSPITAL, CHENNAI

## DEPARTMENT OF COMMUNITY MEDICINE

### ANTIBIOTIC AWARENESS WEEK

From 13<sup>th</sup> to 19<sup>th</sup> NOVEMBER 2017

*Antibiotics Handle with care*

## CAUSES FOR ANTIBIOTIC RESISTANCE









**1) PRESCRIBED AND OVER USE OF DRUGS:**  
Will make the micro organisms to become resistant to it.



**2) MUTATION :**  
Some bacteria that survives under goes mutation to become resistant to antibiotics and cause increase in disease severity.

**3) DUE TO ANIMAL FEED :**  
Colonized antibiotic resistant bacteria will enter human beings when eaten and get affected by the disease.

**4) DUE TO POOR SANITATION:**  
Environmental conditions such as crowding and poor sanitation also contribute in the circulation and spread of resistant microorganisms.

**Avdesh, Rizwan Faizal, Soumyadeep Muduli, Talha Shadan**  
**Suhas Prashanth, U. Mohammed Faisal, C.S.Vignesh**  
**BATCH - 2017**





### **CME Program on Secret to live long and healthy life – 2017**

The Department of Physiology & Medical Education Unit of SBMCH conducted a CME Program on Secret to live long and healthy life on 01.12.2017



Guest of the day was Dr. Saravana Sivakumar, Medical Consultant, and Florida. Live healthy, live longer. Making just a few changes in your

lifestyle can help you live longer. Enjoy physical and mental activities every day. Eat a healthy diet rich in whole grains, vegetables, and fruits, and substitute healthier monounsaturated and polyunsaturated fats for



unhealthy saturated fats and trans fats. Take a daily multivitamin, and be sure to get enough calcium and vitamin D. Maintain a healthy weight and body shape. Challenge your mind. Keep learning and trying new activities. Build a strong social network. Follow preventive care and screening guidelines. Floss, brush, and see a dentist regularly. Ask your doctor if medication can help ou control the potential long-term side effects of chronic conditions such as high blood pressure, osteoporosis, or high cholesterol.

### Workshop- 2017



Medical Education Unit of SBMCH conducted two days workshop on “Teaching Methodology Workshop for PG’s”. The workshop opened with a formal Inaugural session at 10.00 am. The workshop was inaugurated by Prof. W.M.S. Johanson. It was more cordial being accompanied by Heads, Other Professors and teaching faculties of SBMCH. The workshop was attended by All PG’s. The session was followed by an activity. The participants were formed in a group and they discussed among the groups.

This activity session helped the participants to understand the Teaching Methodology. The speaker explained the points to be carried out while teaching Methodology were summarized once again to the participants.



### CME Program on Stress Management strategies – 2017

The Department of Pharmacology & Medical Education Unit of SBMCH conducted a CME Program on Stress Management strategies on 08.12.2017.

Stress is the most common cause of ill health in our society, probably underlying as many as 70% of all visits to family doctors. It is also the one problem that every doctor shares with every patient. This presents physicians with two advantages





It is an issue we can relate to experientially so we can use ourselves as a reference point.

In studying and better understanding stress, we can derive personal as well as professional benefits.

### ENT UPDATES-2017

Department of ENT, SBMCH is organized a National conference on ENT updates on 9<sup>th</sup> and 10<sup>th</sup> of December, 2017.



### MOU'S

| Sl.No. | Collaborating Institute and Host   | Date            | Department           |
|--------|--|-----------------|----------------------|
| 1.     | <b>RADHATRI NETHRALAYA , CHENNAI</b>   | <b>13.10.17</b> | <b>Ophthalmology</b> |
| 2.     | <b>Prof. Kristina Margareta Jakobsson, MD, Ph.D,<br/>Senior Consultant &amp; Head Occupational and<br/>Environmental Medicine, Sahlgrenska Academy,<br/>Represents University of Gothenburg, Sweden.</b> | <b>07.11.17</b> | <b>Anatomy</b>       |

|    |   |                 |                                      |
|----|---|-----------------|--------------------------------------|
| 3. | <b>Dr. Elinder, Carl-Gustaf, Head of Department of Renal Medicine, Karolinska University, Sweden.</b>   | <b>29.11.17</b> | <b>General Surgery &amp; Urology</b> |
| 4. | <b>Dr. Annika Ostman wernerson, MD,Ph.d., Professor &amp; Dean of Higher Education, Department of clinical science Intervention and Technology, Karolinska Institute, Sweden.</b> | <b>29.11.17</b> | <b>General Surgery &amp; Urology</b> |
| 5. | <b>The New Liberation Education Economic Development Trust, represented by its Managing Trustee Mr. ELIJAH JOHN MATHEW,</b>   | <b>07.12.17</b> | <b>Hospital</b>                      |





**APPOINTMENT's**

| S.No | Name                     | Department       | Designation         | Date of Appointment |
|------|--------------------------|------------------|---------------------|---------------------|
| 1    | Dr M. Padmini            | OBG              | Professor           | 16.10.17            |
| 2    | Dr. K. Sivashankari      | Anaesthesiology  | Sr. Resident        | 23.10.17            |
| 3    | Dr. M. Sathya Suba       | Anaesthesiology  | Sr. Resident        | 25.10.17            |
| 6    | Dr. B. Ezhil Rajan       | Orthopaedics     | Professor           | 01.11.17            |
| 7    | D. R.M. Sobimeena        | Dermatology      | Sr.resident         | 06.11.17            |
| 8    | Dr. R. Kishor Kumar      | General Medicine | Sr.resident         | 06.11.17            |
| 9    | Dr. T. Swathi            | General Medicine | Sr.resident         | 20.11.17            |
| 10   | Dr. G. Subramanya Gandhi | Orthopaedics     | Sr.resident         | 22.11.17            |
| 11   | Dr. T. Manivel           | General Medicine | Professor           | 23.11.17            |
| 13   | Dr.Meenakshi             | ENT              | Senior Resident     | 01.12.17            |
| 14   | Dr. R. Samson            | Gen. Surgery     | Assistant Professor | 06.12.17            |
| 15   | Dr. Navaneetha Karishnan | Orthopedics      | Junior Resident     | 14.12.17            |
| 16   | Dr. Botta Bhagyavardhan  | Anaesthesiology  | Senior Resident     | 15.12.17            |
| 17   | Dr. A Raghavendran       | Gen Surgery      | Senior Resident     | 15.12.17            |
| 18   | Dr. V Santhosh Bala      | Casualty         | Junior Resident     | 18.12.17            |



|    |                         |               |                     |          |
|----|-------------------------|---------------|---------------------|----------|
| 19 | Dr. T. Vidhyalogini     | Biochemistry  | Assistant Professor | 03.10.17 |
| 20 | Dr. Rihab Moin Khan     | Physiology    | Tutor               | 07.10.17 |
| 21 | Dr. R. Hemnath          | Physiology    | Tutor               | 14.10.17 |
| 22 | Dr. J. John Giftson     | Anatomy       | Tutor               | 17.10.17 |
| 23 | Dr. D. Regan Boaz Lloyd | Forensic Med. | Tutor               | 19.10.17 |
| 24 | Dr. M. Seshathri        | Forensic Med. | Tutor               | 19.10.17 |
| 25 | Dr. P. Logeshwari       | Com. Med.     | L.M.O               | 25.10.17 |
| 26 | Dr. S. Bethiun          | Physiology    | Assistant Professor | 01.11.17 |
| 27 | Dr. Archana Rajan       | Pathology     | Tutor               | 13.11.17 |
| 28 | Dr. Krishnaveni Sharath | Anatomy       | Assistant Professor | 24.11.17 |
| 29 | Dr. Vrutika V Gandhi    | Microbiology  | Tutor               | 01.12.17 |
| 30 | Dr. N B Swetha          | Com. Med.     | Tutor               | 04.12.17 |
| 31 | Dr. D. Sreelekha        | Anatomy       | Assistant Professor | 06.12.17 |
| 32 | Dr. Saisudha Muddha     | Pathology     | Assistant Professor | 20.12.17 |
| 33 | Dr. Bastina Jenoffia    | Biochemistry  | Tutor               | 20.12.17 |
| 34 | Dr. R Sri Rathan        | Biochemistry  | Tutor               | 20.12.17 |



**PROMOTION'S**

| <b>S.No.</b> | <b>Name of the Faculty</b> | <b>Department</b> | <b>Designation</b>  | <b>Promoted</b>     | <b>Date of Promotion</b> |
|--------------|----------------------------|-------------------|---------------------|---------------------|--------------------------|
| <b>1</b>     | Dr. N.Vidhya               | Anaesthesiology   | Assistant Professor | Associate Professor | 16.10.17                 |
| <b>2</b>     | Dr. P. R. Devaki           | Physiology        | Associate Professor | Professor           | 23.10.2017               |
| <b>3</b>     | Dr. Raja Marimuthu         | Orthopaedics      | Assistant Professor | Associate Professor | 24.10.2017               |
| <b>4</b>     | Dr. Deepthi Ravi           | DVL               | Sr. Resident        | Assistant Professor | 03.11.2017               |
| <b>5</b>     | Dr. J. Lionel John         | Orthopaedics      | Assistant Professor | Associate Professor | 20.11.2017               |
| <b>6</b>     | Dr. M. Kavimani            | Anatomy           | Associate Professor | Professor           | 01.12.2017               |
| <b>7</b>     | Dr. I. Glory Josephie      | Pharmacology      | Associate Professor | Professor           | 01.12.2017               |
| <b>8</b>     | Dr. S.D. Inbaraj           | Pharmacology      | Associate Professor | Professor           | 01.12.2017               |
| <b>9</b>     | Dr. S. Rajam Krishna       | Physiology        | Assistant Professor | Associate Professor | 01.12.2017               |
| <b>10</b>    | Dr. K. Sumathi             | Biochemistry      | Assistant Professor | Associate Professor | 01.12.2017               |
| <b>11</b>    | Dr. K. Lakshmi             | Microbiology      | Assistant Professor | Associate Professor | 01.12.2017               |
| <b>12</b>    | Dr. V.S. Senthil Kumar     | Anaesthesiology   | Associate Professor | Professor           | 01.12.2017               |
| <b>13</b>    | Dr. Edger Nelson           | Anaesthesiology   | Sr. Resident        | Assistant Professor | 04.12.2017               |

## Teachers Meet on 10.11.17 – Times of India

# MOTIVATING AND INSPIRING TEACHERS

Behind every successful student is a proud teacher, with a sense of accomplishment and gratification.

## The need of the hour




Due to the inescapable clutches of technology and information, available at the click of a button, gen-next is over-exposed to information far prior to when they are ready and they are under-exposed to real-life experiences until they step out of schools. Most students find themselves stuck and are unable to move on to the next stage of life. Teachers, as facilitators and motivators should connect with them, on a different level and encourage students to do better and to accomplish more. They should learn how their own needs and efforts affect the way they motivate students and how to identify and remove classroom barriers to motivation.

This thought was highlighted and stressed upon at the inaugural session of the Teachers Workshop held in association with Sree Balaji Medical College & Hospital, Chromepet, Korattur on Thursday. Dr. D R Gunasekaran Dean, Sree Balaji Medical College & Hospital, Chromepet, presided over the gathering while Dr. Sabiha Sultana, Head Medall Behavioural Health Division, a unit of Medall Health Care and Sr. Consultant Neuropsychologist with Apollo Hospitals, Chennai was the special guest. Dr. S Nambi Prof. and HOD, Psychiatry Dept., Sree Balaji Medical College & Hospital graced the occasion. Principal of the host School Chandrika Prasad was also present.

Dr. D R Gunasekaran Dean, Sree Balaji Medical College & Hospital, Chromepet in his address said that he was lucky to have teachers who taught him far more than the syllabus and who showed him how to tackle obstacles head-on and become stronger. "A good teacher has the ability to shape a student's future and touch his/her life, thus commencing the student's transformation into a future leader". "An ideal teacher trusts in a student's capabilities, seeks the best in them and challenges them to unearth their own potential" he added.

Dr. S Nambi Prof. and HOD, Psychiatry Dept., Sree Balaji Medical College & Hospital said, "If teachers weren't in our lives, we wouldn't be what we are today". A teacher's responsibility is to mould students, especially adolescents. Teachers should help students explore several other avenues, apart from academics, to excel in life. They need to encourage students to do what they like and what they are good at so that they can get better at it.

Dr. Sabiha Sultana, Head Medall Behavioural Health Division, a unit of Medall Health Care and Sr. Consultant Neuropsychologist with Apollo Hospitals, Chennai. said

Teachers are the major stakeholders when it comes to the mental health of the students. They can easily influence vulnerable minds and make an impact on them. "The path that teachers walk with their students will help shape their future. It will also shape the teachers that they become and the people their students will be. She also added that teaching is the noblest profession and that teachers should align their personal values with their work.

The inspiring session, by Dr. Nambi dealt with motivating students, not only academically, but through other extra-curricular activities, as the school and the teachers play a vital role in inspiring the students and laying a strong foundation for their future growth. A teacher can change a student's life through education, inspiration and guidance. Teachers need to identify the strength of each child and engage them creatively and innovatively bringing out the best, even in unmotivated children.

candice.macedo@timesgroup.com

only for two semesters as a special case starting from February  
10th Nov 2017

# 'Good teachers can transform students into future leaders'



**BEYOND BOOKS:** D R Gunasekaran, dean of Sree Balaji Medical College & Hospital at a workshop for teachers on Thursday

**TIMES NEWS NETWORK**

**Chennai:** "A good teacher has the ability to shape a student's future and touch his/her life, thus commencing the student's transformation into a future leader," said D R Gunasekaran, dean of Sree Balaji Medical College & Hospital at a workshop for teachers on Thursday.

The session dealt with how teachers, as facilitators and motivators, should connect with students on a different level and encourage them to do better and to accomplish more.

It discussed motivating students, not only academically, but through other extra-curricular activities too.

D R Gunasekaran presided over the event.

Sabiha Sultana, neuropsychologist, and head of the Medall Behavioural Health Division was the special guest.

S Nambi, professor and head of the psychiatry department of Sree Balaji Medical College & Hospital was also present at the event.





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#### Patents

| Sl.No. | Name of the Inventor's in SBMCH                                  | Title of the Invention                                 | Patented published   |
|--------|--|--|--|
| 1.     | Dr. K. Saraswathi  | Myoma Enucleation Blade                                | <b>Patent</b><br><b>No.</b> 201741036939<br>Dt.27.12.2017  |
| 2.     | Dr. G. Bupesh<br>R&D Wing<br>Prof WMS Johnson<br>Dept of Anatomy | A Pharmaceutical formulation for treating Urolithiasis | <b>Patent</b><br><b>No.</b> 201741032876,<br>Dt.27.12.2017 |





**1. Patent Title: A pharmaceutical formulation for treating Urolithiasis**

APPLICANT: SREE BALAJI MEDICAL COLLEGE & HOSPITAL, BIHER- BHARATH UNIVERSITY

TITLE: A PHARMACEUTICAL FORMULATION FOR TREATING UROLITHIASIS

**ABSTRACT**

The present invention discloses a novel herbal pharmaceutical formulation exhibiting excellent antioxidant and antiurolithiac activity for treating subjects with Urolithiasis. The herbal formulation of the present invention comprises of combination of extract of Biophytum sensitivum and Triphala along with atleast one pharmaceutically acceptable carrier. The present invention also discloses a process of preparing the novel herbal pharmaceutical formulation. No. of Pages : 21 No. of Claims : 9.

**2. Patent Tittle : Myoma Enucleation Blade**

TITLE: MYOMA ENUCLEATION BLADE

APPLICANT: SREE BALAJI MEDICAL COLLEGE & HOSPITAL, BIHER, BHARATH UNIVERSITY

**ABSTRACT**

The present invention shall disclose a reusable, cost effective, sturdy and autoclavable Myoma enucleation blade for removal of uterine fibroid tissue. The Myoma enucleation blade comprises of a blade[1], a shank[2] and an handle[3]. The handle[3] is elongated and fixed to the blade[1] through the shank[2]. The handle is embossed with plurality of serrations for grip. The Myoma enucleation blade is characterised in the blade[1] which is shape of cephalic curve and solid without any fenestration for efficient removal of uterine fibroid tissue.

## HDCO-OBG - 2017

The Department of Obstetrics & Gynaecology and Medical Education Unit of SBMCH organized an International Program on Hypertension & Diabetics in Obstetrics & Gynaecology on 29<sup>th</sup> & 30<sup>th</sup> Dec. 2017.

### INTERNATIONAL SPEAKERS

#### Dr. RAJA KANDASAMY, MD, FACS

Deborah Butterfield and David E.R. Sutherland, USA  
Professor of Immunology and Transplantation, Department of Surgery  
Vice Chief, Division of Transplantation  
Director, Pancreas Transplant Program  
Medical Director, Solid Organ Transplant Services, UNMC  
Director, Transplant Surgery Fellowship



#### Mrs. BETH BRANDSTROM, RN, BSN

Blaine, MN, U S A  
Clinical Trial Coordinator, Department of Urology & Gynaecology  
University of Minnesota  
Member of American College of Health Care Executives  
Member of University of MN Nursing College Board, U S A



### NATIONAL SPEAKERS

#### Dr. ASHOK KUMAR MD (OBG)

Professor, Dept. of OBG,  
ESI Medical College, Bangalore  
UG and PG Professor for 15yrs.  
Presented papers at International and National level conferences



#### Dr. APOORVA PALLAMREDDY

MS(OBG), DNB(OBG)  
Consultant, Reproductive Medicine, Mathruthva Fertility Centre, Nellore, Bangalore.  
Fellowship in Reproductive Medicine Infertility training - Brussels Belgium  
Diploma in Gynaec Endoscopy; Kiel Germany Diploma in USG; Chennai. Paper presented in ESHRE 2016



#### Dr. S. RATHNA KUMAR, MD, DGO

Expert Advisor, Maternal Health  
State Health Society, Chennai  
Former Prof of Obstetrics and Gynaecology  
Madras Medical College Chennai  
Past President-OGSSI



#### Dr. VASUNDRA THIYAGARAJAN, M.D.

D.G. O, F.R.M  
Director, B.M Hospitals- New Life Fertility & IVF Centre  
Fellowship in Reproductive Medicine, ICOG  
She conducts 6 months' certificate course in reproductive medicine recognised by ICOG  
Member of OGSSI, FOGSI, ICOG, ESHRE, ISAR, TAPISAR, IMA



Diabetes mellitus and hypertension are interrelated diseases that strongly pre dispose an individual to atherosclerotic cardiovascular disease. An estimated 3 million Americans have both diabetes and hypertension. Hypertension is about twice as frequent in individuals with diabetes as in those without.

Gestational hypertension and gestational diabetes mellitus are the most frequent obstetric disorders during pregnancy. The rates of both disorders are expected to increase as a result of delayed pregnancy at a later maternal age, the epidemic of obesity and the increased frequency of using assisted reproductive technology in women with infertility.

