



**Bharath**  
INSTITUTE OF HIGHER EDUCATION AND RESEARCH



# Balaji *Herald*



Volume 3 Issue 2 Apr - Jun 2016

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

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Medical Education Program 2016

Department of Orthopedics & Medical Education unit of SBMCH conducted a CME Programme on "Expert Talk on Sports Injury - 2016" on 01.04.16.

Dr.R.M. Siva Subramanian, FRCS (Glasgow), Mch.Ortho (UK), Dr. Sai Prasad MS Ortho Hindu Mission Hospital Tambaram.



IEMBIOCON-2016

Department of Biochemistry & Medical Education unit of SBMCH organized a National Conference "Inborn Errors of Metabolism" on 07.04.16. Dr. Kannan Vaidhyanadhan MD Pushpagiri Institute of Medical Sciences & Research Centre, Kerala, Dr Rita Christopher MD



Prof. of NIMHANS Bangalore, Dr Kalpana Gowrishankar MD Paediatric Geneticist, Apollo Hospital, Chennai.



Inborn errors of metabolism form a large class of genetic diseases involving congenital disorders of metabolism. The majority are due to

defects of single genes



that code for enzymes that facilitate conversion of various substances (substrates) into others (products). In most of the disorders, problems arise due to accumulation of substances which are toxic or interfere with normal function, or to the effects of reduced ability to synthesize essential compounds. Inborn errors of metabolism are now often referred to as congenital metabolic diseases or inherited metabolic diseases.

Traditionally the inherited metabolic diseases were classified as disorders of carbohydrate metabolism, amino acid metabolism, organic acid metabolism, or lysosomal storage diseases. In recent decades, hundreds of new inherited disorders of metabolism have been discovered and the categories have proliferated. Following are some of the major classes of congenital metabolic diseases, with prominent examples of each class. Many others do not fall into these categories.

#### International Conference- "SOS"-2016

Department of Neurology & Medical Education unit of SBMCH organized an



International Conference on "Strike Out Stroke -SOS 2016" on 9<sup>th</sup> & 10<sup>th</sup> April-16.

Dr. Vijay K. Sharma Singapore, Dr. Hock Luen Teoh Singapore.

Stroke can strike anyone, anytime. It can happen to people of any age group,

any gender. A stroke occurs when the blood supply to the brain is cut short because of a clot (ischemic stroke) or the rupture of blood vessels (hemorrhagic stroke). While 87% strokes are ischemic by nature, most of them can be treated.



There are two main types of stroke – ischaemic (due to a blocked blood vessel in the brain) and haemorrhagic (due to bleeding in the brain). About 85% of all strokes are ischaemic and 15% haemorrhagic.

Ischaemic strokes are caused by a blockage cutting off the blood supply to the brain. This can cause damage to brain cells. Haemorrhagic strokes are caused when a blood vessel bursts within or on the surface of the brain. Haemorrhagic strokes are generally more severe and are associated with a considerably higher risk of dying within three months and beyond, when compared to ischaemic strokes. 10-15% of people with subarachnoid haemorrhage die before reaching hospital. Subarachnoid haemorrhage is an uncommon type of stroke caused by bleeding on the surface of the brain.

### College Day Celebration

**"Padmashree Dr.K.Mathangi Ramakrishnan M.Ch Plastic Surgery, FRCS D.Sc., FAMS, Former HOD of Burns, Plastic & Reconstructive surgery, KMC Chennai"**





CME Programme - Epidemiology & Overview of MDR-TB

Department of Community Medicine & Medical Education unit of SBMCH conducted a CME Programme "Epidemiology & Overview of MDR TB" on 12.04.16. Dr. S. Kumar MD DTRD Chief Civil Surgeon RMO Gov. Hosp of Thoracic Medicine.

Multidrug resistant tuberculosis is now thought to afflict between 1 and 2 million patients annually. Although significant regional variability in the distribution of disease has been recorded, surveillance data are limited by several factors. The true burden of disease is likely underestimated. Nevertheless, the estimated burden is substantial enough to warrant concerted action. A range of approaches is possible, but all appropriate interventions require scale-up of laboratories and early treatment with regimens containing a sufficient number of second-line drugs. Ambulatory treatment for most patients, and improved infection control, can facilitate scale-up with decreased risk of nosocomial transmission.





CME Programme - Robotic Surgery



Department of General Surgery & Medical Education unit of SBMCH conducted a CME Programme "Robotic Surgery in Children" on 12.04.16.

Dr. V. Sripathi Consultant Pediatric Urologist

& Robotic Surgeon, Apollo Children Hospital, Chennai. Robotic surgery is most often used for: Ureteropelvic junction (UPJ) obstruction / hydronephrosis – pyeloplasty, Vesicoureteral reflux (VUR) – ureteral reimplantation, Kidney removal (nephrectomy) Kidney reconstructive surgery,

including partial nephrectomy, Ureter reconstructive surgery, Bladder reconstructive surgery.

Guest Lecture

Department of Biochemistry of SBMCH conducted a CME Programme "Motivate Students to take up exercise and imbibe healthy eating habits" on 15.04.16.

Mr. Raj Ganpath, Fitness and Nutrition Expert.



Symposium- Female Pattern Hair Loss



Department of Dermatology & Medical Education

Unit of SBMCH conducted a Symposium on "Female Pattern Hair Loss" on 19.04.16. Dr. Najad Najeeb.

The most common type of hair loss seen in women is androgenetic alopecia, also known as female pattern alopecia. Alopecia means baldness, but just as in men, it does not have to be complete hair loss. This is seen as hair thinning predominantly over the top and front of the head.



It affects approximately one-third of all susceptible women, but is most commonly seen after menopause.

In female pattern hair loss some excess loss of hair is noted, but gradual thinning is what usually brings the woman to a dermatologist. Normal hair shedding is approximately 100-150 hairs per day. A lower number of hairs lost would apply to those whose hair is already thin. In female pattern hair loss, when the affected hair is shed, the root grows one in its place that is shorter. Eventually it becomes invisible "peach fuzz". Genetically, hair loss can come from either

parent's side of the family.

Female pattern hair loss may begin as early as puberty. In these cases if there are signs of hormone imbalance, such as excess facial or body hair, a hormone evaluation should be done. Hormonal changes are a common cause of female hair loss.

#### CME Programme Newer Management Type 2 Diabetes Mellitus

Department of General Surgery & Medical Education unit of SBMCH conducted a CME Programme on "Newer Management Type 2 diabetes mellitus" on 27.04.16. The guest speaker of the day was Dr. A. Panerselvam.





### CME Programme Viral Infections

Department of Microbiology & Medical Education unit of SBMCH conducted a CME Programme on "Emerging & Re-Emerging Viral Infections" on 27.04.16.



Dr.G. Sumathy Gnanadesikan, M.D Prof.&HOD Microbiology, Sri Muthukumar Medical College & Hospital, Mangadu.

Infectious diseases have for centuries ranked with wars and famine as major challenges to human progress and survival. They remain among the leading causes of death and disability worldwide. Against a constant background of established infections, epidemics of new and old infectious diseases periodically emerge, greatly magnifying the global burden of infections. Studies of

these emerging infections reveal the evolutionary properties of pathogenic microorganisms and the dynamic relationships between microorganisms, their hosts and the environment.

### CME Programme Tobacco & its Hazards



Department of Pathology & Medical Education unit of SBMCH conducted a CME Programme on "Tobacco and its hazards" on 28.04.16.

Dr. Vidhya Bharathi Jeyanthi MD Dept of Pathology, Kilpauk Medical College.

Tobacco is a product prepared from the leaves of the tobacco plant by curing them. The plant is part of the genus *Nicotiana* and of the Solanaceae (nightshade) family. While more than 70 species of tobacco are known, the chief commercial crop is *N. tabacum*. The





more potent variant *N. rustica* is also used around the world.

Tobacco contains the alkaloid nicotine, which is a stimulant. Dried tobacco leaves are mainly used for smoking in cigarettes, cigars, pipe tobacco, and flavored shisha tobacco. They can also be consumed as snuff,

chewing tobacco, dipping tobacco and snus.

Tobacco use is a risk factor for many diseases, especially those affecting the heart, liver, and lungs, as well as many cancers. In 2008, the World Health Organization named tobacco as the world's single greatest preventable cause of death.

#### CME Programme- Basal Insulin Initiation and Knowledge sharing

Department of General Medicine & Medical Education unit of SBMCH conducted a CME Programme on "Basal Insulin Initiation and Knowledge sharing" on 04.05.16. Dr.Usha Ayyagiri, Consult.in Diabts, Entocrinology, Metabolic Medicine Apollo Hospital.



#### CME Programme Medical Specialization



Department of General Medicine & Medical Education unit of SBMCH conducted a CME Programme on "Medical Specialization in Germany & Future prospects" on 12.05.16. Dr.Krishna Nagarajan, Ph.D., Medical Faculty, FHM University, Germany & International Academy of Students (IAS) Maria Geopfer str,1, 23562 Lubeck, Germany.



### CME Programme - Diagnosis of HIV

Department of Pathology & Medical Education unit of SBMCH conducted a CME Programme on "Recent Advances in the diagnosis of HIV" on 03.06.16. Dr. Leana Joseph, M.D., Professor of Pathology Ramachandra Medical College, Porur, Chennai.

Human immunodeficiency virus (HIV) is a major cause of death globally. It causes acquired immunodeficiency syndrome (AIDS) characterized by relentless destruction of human immune system. HIV is a retrovirus that primarily infects the CD4 presenting cells of human immune system, such as, macrophages and dendritic cells. People die of AIDS because the disease remains undetectable for a long time after the initial viral infection. Hence, a simple, accurate and economical technique is required to detect HIV in early stage of infection with high specificity and sensitivity. Presently, HIV is diagnosed by various immunological and molecular techniques, such as, ELISA, rapid tests, Western blot, indirect immunoassay,



radioimmuno-precipitation, line immunoassay and nucleic acid based tests. The current methods are non-confirmatory because of certain limitations, which further requires other confirmatory tests. In recent years, research has been focused on alternative methods to improve diagnosis of HIV. HIV biosensor based on specific gene will be rapid, sensitive and specific confirmatory test and can save life of several patients.

### CME Programme on Paediatrics



Department of Paediatrics & Medical Education unit of SBMCH conducted a CME Programme on "Polio End Game Strategy & Way forward" on 08.06.16.



The key speakers were Dr. Palani, MBBS, DPH. Deputy Director, Saidapet, Dr. Rathnesh, SMO, WHO, Chennai.

Dr. Palani, lectured on "Introduction to Vaccinology", Dr. Rathnesh, lectured on "Polio End Game Strategy & Way forward".

### EUS Workshop

Department of Gastroenterology & Medical Education unit of SBMCH organized a EUS Workshop on "NBI & EUS" on 19.06.16.

Trainer: Dr.R. Ravi, D.M., HOD Senior Consultant & Interventional - Gastroenterologist - Global Hospitals, chennai.



### CME Programme - Wound Care Management

Department of General Surgery & Medical Education unit of SBMCH conducted a CME

Programme on "Wound Care Management" on 23.06.16.

Prof. V.B.Narayana Murthy, MBBS, FRCS,

Senior Consultant Plastic Surgery, Sundaram Medical



Foundation and Global Hospital chennai.



### CME Programme- Understand HIV and save Humanity

Department of Biochemistry & Medical Education unit of SBMCH conducted a CME Programme on "Understand HIV and save Humanity" on 25.06.16.



Dr.C.S. Rex  
Sargunam, MD, DCH.,  
Senior Consultant

Pediatrician, St. Isabel Hospital Former Director of Institute of Child Health, Chennai.



### Immunization Programme

Department of Paediatrics & Medical Education unit of SBMCH conducted a CME Programme on "Free Immunization Programme" on 25.06.16.





### World Autism Day

**Date: 02/04/16 Venue: Mudichur Beneficiaries: 85**



### World Health Day

**Date : 07/04/16 Venue : Maraimalai Nagar Beneficiaries :75**



### World Parkinsons Day

**Date: 11/04/16 Venue : Chitlapakam Beneficiaries :43**





### National Safe Motherhood Day

**Date:13/04/16    Venue : Alandoor    Beneficiaries : 100**



### World Haemophilia Day

**Date : 18/04/16    Venue :Kundrathur    Beneficiaries: 71**



### World Malaria Day

**Date: 25/04/16    Venue :Nagalkeni    Beneficiaries : 38**





**World Day Of Safety And Health At Work**

**Date : 28/04/16 Venue : Pallavaram Beneficiaries :30 Construction Workers**

**World Labourers Day Hand in Hand NGO**

**Date : 02/05/16 Venue : Mudichur Beneficiaries : 45**



**World Hand Wash Day**

**Importance of Handwash Explained to truck drivers**

**Date:5/5/16 Venue :Maraimalai Nagar Beneficiaries :62**



**World Asthma Day**

**Date : 06/05/16 Venue : Durga Nagar Beneficiaries :63**





**World Hypertension Day**

**Date :18/05/16 Venue :Urapakam Beneficiaries :71**



**World Environment Day**

**Date: 6/6/16 Venue : Thiruneermalai Beneficiaries :32**



**World Blood Donor Day**

**Date :13/6/16 Venue : Pammal Beneficiaries :60**







## OUTREACH ACTIVITY APRIL 2016

DATE	DAY	Name of the Camp
01	Friday	VILLAGE HEALTH PROGRAMME – MANIMANGALAM
02	Saturday	WORLD AUTISM DAY – MUDICHUR
03	Wednesday	DIABETIC SCREENING PROGRAMME – PAMMAL
04	Thursday	WORLD HEALTH DAY – TRUCK DRIVERS HEALTH CHECK UP – MARAIMALAI NAGAR
05	Friday	URBAN SLUM MEDICAL CAMP – KALLIKUTTAL, PERUNGUDI
06	Saturday	GENERAL MEDICAL CAMP – WEST TAMBARAM
07	Monday	WORLD PARKINSONS DAY – CHITLAPAKAM
08	Wednesday	NATIONAL SAFE MOTHERHOOD DAY – ALANDOOR
09	Friday	VILLAGE HEALTH PROGRAMME – ARASANKHAZHANI
10	Monday	WORLD HAEMOPHILIA DAY – KUNDRATHUR
11	Wednesday	VILLAGE HEALTH PROGRAMME – OBG & SURGERY – MANIVAKAM
12	Friday	MULTISPECIALITY VILLAGE HEALTH CAMP – ARAMBAKAM
13	Monday	WORLD MALARIA DAY – NAGALKENI
14	Wednesday	ORTHOPAEDICS SPECIALITY CAMP - POZHICHALOOR
15	Thursday	WORLD DAY OF SAFETY AND HEALTH AT WORK - PALLAVARAM
16	Friday	HYPERTENSION SCREENING PROGRAMME – PERUNGALATHUR



## OUTREACH ACTIVITY MAY 2016

DATE	DAY	NAME OF THE CAMP
02	Monday	WORLD LABOURERS DAY – HAND IN HAND NGO – MUDICHUR
03	Wednesday	GENERAL MEDICAL CAMP - MANIKANDAPURAM
04	Thursday	WORLD HANDWASH DAY –MULTISPECIALITY CAMP FOR HIGHWAY TRUCK DRIVERS PROGRAMME - MARAIMALAI NAGAR
05	Friday	WORLD ASTHMA DAY – DURGA NAGAR , CHROME PET
06	Monday	OPHTHALMOLOGY SPECIALITY CAMP – METROCITY – KUNDRATHUR
07	Wednesday	URBAN SLUM DEVELOPMENT PROGRAMME – KALLIKUTTAI , PERUNGUDI
08	Friday	CHEST & TB SPECIALITY SCREENING CAMP – NEMILICHERRY
09	Monday	LOCAL STATE ELECTION HOLIDAY
10	Wednesday	WORLD HYPERTENSION DAY – URAPAKAM
11	Friday	MULTISPECIALITY SCREENING PROGRAMME – ARASANKHAZHANI
12	Monday	ENT DISEASES SCREENING PROGRAMME – THIRUNEERMALAI
13	Wednesday	ORTHOPAEDICS SPECIALITY CAMP – MUDICHUR
14	Friday	VILLAGE HEALTH PROGRAMME – ARAMBAKAM
15	Monday	DERMATOLOGICAL DISEASES SCREENING PROGRAMME – KEELKATAZHAI



## OUTREACH ACTIVITY JUNE 2016

DATE	DAY	NAME OF THE CAMP
01	Wednesday	DIABETIC SCREENING PROGRAMME - URAPAKAM
02	Friday	ENT SPECIALITY CAMP - MUDICHUR
03	Monday	WORLD ENVIRONMENT DAY - THIRUNELMALAI
04	Wednesday	HYPERTENSION SCREENING PROGRAMME - PERUNGALATHUR
05	Friday	OBG SPECIALITY CAMP - DURGA NAGAR / CHROME PET
06	Monday	WORLD BLOOD DONOR DAY - PAMMAL
07	Wednesday	URBAN SLUM DEVELOPMENT PROGRAMME - OBG SPECIALITY CAMP - PERUNGUDI
08	Friday	MULTISPECIALITY CAMP - ARASANKHAZHANI
09	Monday	DERMATOLOGY SPECIALITY CAMP - RAJKILAPAKAM
10	Wednesday	ORTHOPAEDICS SPECIALITY CAMP - NEMILICHERY
11	Friday	VILLAGE HEALTH PROGRAMME - ARAMBAKAM
12	Sunday	INTERNATIONAL DAY AGAINST DRUG ABUSE - MUDICHUR
13	Monday	PAEDIATRIC SPECIALITY CAMP - EAST TAMBARAM
14	Wednesday	DIABETIC SCREENING PROGRAMME - PALLAVARAM



## Publications

- Padma.v\*. *An interesting case of overlap syndrome*. Int j pharm bio 2016 april ;sci7(2): (b) 117 – 121
- V.padma\*. syed mohammed javid. *Study of symptomatic hyponatremia in elderly patients*. Int j pharm bio sci 2016 april;7(2): (b) 434 – 440
- Padma V\*, karthikeyan r. *An interesting case of sub- acute budd chiari syndrome*. Rjpbcs march – april 2016; 7(2): page no. 52
- Bhargavi\*, s.sakthi selva kumar. *A case of myocardial infarction in young adult- hyperhomocystenemia*. Int j pharm bio sci 2016 april; 7(2): (b) 563 – 567
- Magesh kumar j, ravishankar ks\*. *A retrospective and prospective study of large bowel obstruction in our institution*. Journal of pharmaceutical, biological and chemical science april-2016; 7(2): 167-176
- Selvamani\*, Ajaykumar\*. *Peripartum cardiomyopathy*. Rjpbcs march – april 2016; 07(06):1106-1109
- Vikram chellakumar\*, k.bhargavi. *Reiters syndrome with bilateral keratitis-a rare clinical presentation*. Ijprbs, april 2016;5(2):17-20
- Dhandapani\*, sudha m .a study of clinical profile in dengue cases. Int j pharm bio sci 2015 april; 6(2): (b) 84 – 92
- Abhishek kasha, K. H. Noorul Ameen\* .an interesting case of adult cyclic vomiting syndrome and its long term management. Rjpbcs march–april 2015; 6(2): page no. 981
- Padma\*, N. N. Anand\*. *Health problems and stress in information Technology and business process outsourcing employees*. IPBS April 2015; vol 7 supplement 1.



Ramakrishnan\*, E.Dhandapani\*. An interesting case of dysphagia. Int j pharm bio sci 2015 april;  
6(2): (b) 566 – 570

Noorul Ameen\*, C.Ramakrishnan\*. Interesting case of opalski syndrome a variant of lateral  
medullary syndrome. Rjpbcs may – june 2015; 6(3): page no. 1637

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disease .int j pharm bio sci 2015 april; 6(2): (b) 93 – 102.

Sumitha r\*. Referred otalgia-a case series. Ajper 2015 april; vol 8(2) : 343-345

Sumitha r\*. Innovative management of nasal septal hematoma in an infant. Jpbs  
2015 april; vol 7(5): 78-79

Sumitha r\*.endoscopic decompression of orbital floor fracture. Biomedical &  
pharmacology journal (oct, 2015);vol, 8(spl. Edn.): 677-679

Dharmic, Sharddha Nair, M. Harish\* An unusual cause of fungal pneumonia. Journal of  
pharmacy and Bioallied sciences April 2015;Vol – 7:

Aparajeet kar\*, S.Dharmic. A case of mediastinitis secondary to retropharyngeal abscess. Journal  
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Noorul Ameen\*, C.Ramakrishnan\*. Interesting case of opalski syndrome a variant of lateral  
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