

An Official Newsletter of
**BALAJI
HERALD**

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An Official Newsletter of
Sree Balaji Medical College and Hospital
Chrompet, Chennai, Tamil Nadu, India



BALAJI HERALD

(A News letter of)

Sree Balaji Medical College and Hospital
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MESSAGE FROM THE EDITOR

Dear Readers,

I am pleased to bring you exciting updates from our SBMCH Herald, since this is the first edition of the newsletter this Year-a reflection of academic excellence, professional growth, and vibrant community spirit. Newly joined residents, faculty, and staff.

In addition, our institution has been a hub of intellectual and professional growth with a series of conferences, workshops, and Continuing Medical Education (CME) programs. These initiatives have provided enriching platforms for knowledge exchange, interdisciplinary dialogue, and staying abreast of the latest advancements in healthcare and research.

We are also pleased to acknowledge the growing number of research publications and patents filed by our faculty. Amidst all this academic activity, This newsletter is more than a collection of events — it is a reflection of our shared passion for learning, discovery, and growth. As you read through these pages, may you feel the energy, dedication, and unity that drive our institution to forward.

Editorial Committee

VIRTUAL NATIONAL CONFERENCE on “THE SILENT PANDEMIC :BATTLING ANTIMICROBIAL RESISTANCE”

Department of Pharmacology organised a Virtual National Conference on “The Silent Pandemic : Battling Antimicrobial Resistance” on 07.1.2026. Guest Speaker; Dr. D. Jeyakumari, Professor & HOD of Microbiology, JIPMER, Karaikal, Dr.Srivignesh. MCh (Plastic Surgery), Consultant – Shri Sai Hospitals Madurai, Dr.Chandini jayakumar MD, Assistant professor, Paediatrics, Indira medical college, Thiruvallur. Dr. Ankita Panigrahy, M.D, D.M, Clinical pharmacology, Nizam institute of medical sciences, Telangana. Guest Speakers delivered a lecture following topics Unveiling the Microbial Machinery behind Antimicrobial Resistance, AMR through the lens of pharmacologist; challenges and innovations, Breaking barriers : addressing AMR in surgical practice, AMR and the young : safeguarding the future generation.



INTERNATIONAL CONFERENCE ON CBT-I MASTERCLASS / NEUROBIOLOGY OF SLEEP

Department of Psychiatry organised an International Conference on CBT-I Masterclass / Neurobiology of Sleep on 12.1.2026. International speaker Dr. Suresh Kumar M, Senior Consultant, Psychiatry/ Dr. Madhavan Seshadri, Consultant Psychiatrist, East Metro Health service, Perth, Western Australia.



PONGAL CELEBRATION

Pongal celebrations are vibrant, cultural events highlighting Tamil heritage. Key elements include students and staff wearing traditional attire, decorating campuses with colorful kolams and sugarcane, and cooking sweet Pongal in earthen pots. Events often feature folk dances, music, and festive games.



GUEST LECTURE on HPV VACCINATION & CERVICAL CANCER

Department of OBG organised a Guest lecture on HPV Vaccination & Cervical Cancer on 21.01.2026. Speaker : Dr. Ramani Rajendhran, Professor of Obstetrics & Gynaecology, Madras Medical College, Chennai-3. Overview – Precancerous Lesions of Cervix, Cervical cancer develops through identifiable precancerous stages known as Cervical Intraepithelial Neoplasia (CIN)., CIN classification is based on epithelial thickness involvement: CIN 1 (LSIL): Mild dysplasia; high rate of spontaneous regression. CIN 2 (HSIL): Moderate dysplasia; significant risk of progression. CIN 3 (HSIL): Severe dysplasia / carcinoma in situ; high malignant potential. Persistent high-risk HPV infection is essential for progression. Natural history allows a long window (10–20 years) for screening and prevention.



CME on BASICS OF IV FLUIDS IN ICU

Department of General Medicine conducted a CME on Basics of IV Fluids In ICU on 21.01.2026. Speaker; Dr.A.Karthik Ramalingam, Apollo Speciality Hospital. IV fluids in the ICU are essential for resuscitation, maintenance, and replacement, but must be managed as drugs to avoid overload-related harm. The 5 Rs (Resuscitation, Routine maintenance, Replacement, Redistribution, Reassessment) guide therapy, with crystalloids (balanced solutions or saline) being first-line. Key goals include restoring hemodynamics while avoiding positive fluid balance, which increases mortality.



GUEST LECTURE A NOVEL STUDY OF QEEG

Department of Psychiatry organised a Guest lecture on A novel study of QEEG in ED as a Biomarker for Depression on 22.01.2026. Speaker; Dr. S P Murugappan, Ultimate Brain Clinic, Chennai.



NATIONAL VOTERS' DAY PLEDGE

Our students will be celebrating National Voters' Day 2026 today, January 23, 2026, in the college premises. This event is being organized in accordance with the directions issued by the Office of the Chief Electoral Officer, to promote electoral awareness and participation among the youth.



77th REPUBLIC DAY

SBMCH organized the commemoration of 77th Republic Day by National Flag Hoisting, AHS students parades, and cultural programs focusing on national development.



GUEST LECTURE ON FIRST TRIMESTER SCREENING BEYOND NT

Department of OBG organised a Guest lecture on First Trimester Screening Beyond NT on 27.01.2026. Speaker; Dr.Pranavi Bommireddy, Post Doctoral Fellowship In Fetal Medicine, Fmf (Uk Certified) Fetal Medicine Specialist – OBG. First-trimester screening beyond nuchal translucency (NT) refers to the use of additional ultrasound markers and maternal serum biomarkers to improve early detection of fetal chromosomal abnormalities and other



adverse pregnancy outcomes. Along with NT measurement, ultrasound assessment of the nasal bone, ductus venosus flow, and tricuspid valve regurgitation, combined with maternal serum markers such as pregnancy-associated plasma protein-A (PAPP-A) and free β -human chorionic gonadotropin (β -hCG), enhances the sensitivity and specificity for screening aneuploidies, particularly trisomies 21, 18, and 13. These extended screening approaches also provide early insights into risks for conditions like fetal growth restriction, preeclampsia, and congenital heart defects, allowing for timely counseling, further diagnostic testing, and individualized pregnancy management.

GUEST LECTURE ON FUNCTION PRESERVING GASTRECTOMY

Department of General Surgery organised a Guest lecture on Function Preserving Gastrectomy on 29.01.2026. Speaker; Dr.Chandresekar, Surgical Gastroenterologist.



Clinical Discussion

Case Presentation - Non union Neck of Femur fracture by Orthopaedics on 06.01.2026.



Case Presentation - Malunited IT & Neglected CTEV by Orthopaedics on 13 & 20.01.2026.



Clinical Case Conference on 21.01.26
by Psychiatry

Case Presentation – TB Spine
on 22.01.26 by Orthopaedics



Psychosomatic case conference on 23.01.26 by Psychiatry



Clinical Pathological Conference by Pathology

Solid Papillary Carcinoma of Breast With Extensive Invasion on 09.01.26



Endometrioid Carcinoma- Seromucinous CME on Inguinal Hernia by Anatomy on 12.1.26
Type of Ovary on 22.01.26. Speaker : Dr.Sree Devi, Professor,SBMCH.



JOURNAL CLUB



Eyebrow elevation using chemomodulation and myomodulation (Hyaluronic acid gel): A cohort analysis by Ophthalmology on 02.01.26. This retrospective study evaluated the effectiveness and patient satisfaction of non-surgical eyebrow elevation using botulinum toxin (BTX) and hyaluronic acid gel (HAG) with high G-prime fillers. A total of 460 patients treated between 2013 and 2024 were analyzed, with a mean age of 50 years.

A Comparison of Revision Rates for Cemented Versus Cementless Fixation for a Single Prosthesis Posterior-Stabilized Total Knee Arthroplasty Medium-Term Follow-up of Cases from the UK National Joint Registry and Radiographic Analysis of a Northern Ireland Cohort by Orthopaedics on 03.01.26.



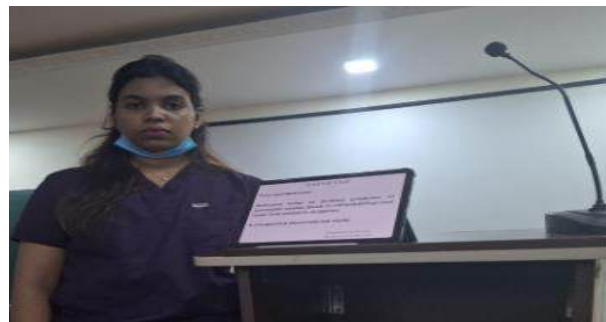


Long term outcome of in situ scleral fixation of subluxated capsular bag- intraocular lens Complex by Ophthalmology on 09.01.26 Purpose: To examine the long- term outcome in terms of visual performance and positional stability of a minimally invasive in situ fixation technique for repositioning of subluxated capsular bag intraocular lens complex. Setting: Tertiary eye care and postgraduate training institute. Design: Single-

center retrospective study. Methods: The medical records of 13 pseudophakic patients who presented with Subluxated capsular bag- intraocular lens complexes operated by a single surgeon with a minimally invasive in situ fixation technique from January 2014 to February 2020 were retrospectively reviewed.

Diagnostic Accuracy of a plasma Phosphorylated Tau217 Immunoassay For Alzheimer Disease Pathology by General Medicine on 14.01.26.

Topic: Perfusion Index as Primary predictor of successful caudal block in children- Saudi Journal of anaesthesia by Anaesthesiology on 19.01.26



Prognostic significance of immune and stromal components in colorectal Cancer by Pathology 20.01.26. This study evaluates the role of the tumor microenvironment in colorectal cancer. The tumor microenvironment consists mainly of stromal tissue and immune cells.

Seroprevalence of Rickettsial Disease: A Population-Based Survey from Kashmir Valley, North India by Microbiology on 31.01.26. The Speaker for the Journal Club was Dr. Agalya, spoke on the Seroprevalence of Rickettsial Disease: A Population-Based Survey from Kashmir Valley, North India.



SEMINAR

Dept. of Respiratory Medicine conducted a Seminar case presentation, COPD on 02.01.26 presented by Dr. Selva Nandaha Kumaran



Dept. of Respiratory Medicine conducted a Seminar CT chest basics on 03.01.26 presented by Dr. Ashwin Kailash.



Dept. of Community medicine conducted a seminar on "Food Safety" on 05.01.2026 presented by Dr. Meena Priya.S



Dept. of Pathology conducted a Seminar on Genetic Tumor Syndrome of Breast 05.01.2026 presented by Dr. Annapoorani



Dept. of Orthopaedics conducted a Seminar on Osteotomies around Hip on 07.01.26 presented by "Dr. Ranjith M G Venkatesan



Department of Obstetrics and Gynaecology conducted a Seminar on Cardiotocography – CTG on 08/01/2026 presented by Dr.P.S Poojitha.



Dept. of Anatomy conducted a Seminar on Gluteal Region and Sole on 09.01.26 presented by Dr. IDS Success, Dr. Benilsha

Dept. of Anaesthesiology conducted a Seminar on Deliberate Intraoperative Hypotension on 09.01.26 presented by Dr. Karthick Vel



Dept. of Pharmacology conducted a Seminar on Recent updates in the clinical applications of corticosteroid and “Clinical pharmacology of oral hypoglycemic drugs on 12.01.26 presented by Dr. T. Aishwarya Dr. K. S. Kaviyavarshini



Dept. of Anaesthesiology conducted a Seminar on Fluid and Electrolyte Physiology on 12.01.26 presented by Dr. Aditya

Dept. of Respiratory Medicine conducted a Seminar on COPD on 12.01.26 presented by Dr. Parthasarath



Dept. of Pathology conducted a Seminar on Sinonasal Tumors on 13.01.26 presented by Dr. Salsabiel Nijamudeen

Dept. of Orthopaedics conducted a Seminar on Carpus dislocations on 14.01.26 presented by Dr. Muthu Akilan T P, Dr. Suren Ilangovan



Dept. of General Medicine conducted a Seminar on Image of The Week - Granulomatosis With Polyangiitis on 14.01.26 presented by Dr. K Aishwarya



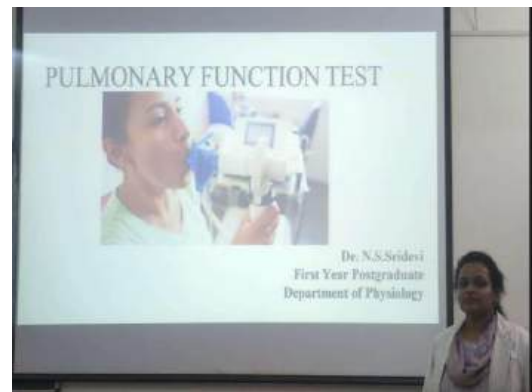
Dept. of Orthopaedics conducted a Seminar on Lower limb amputations on 21.01.26 presented by Dr. Akileshwar S, Dr . Sai Praneeth



Dept. of Respiratory Medicine conducted a Seminar on Electrolytes on 22.01.26 presented by Dr. Aishwaraya



Dept. of Physiology conducted a Seminar on Pulmonary function tests on 21.01.26 presented by Dr. N. S. Sridevi



Dept. of Anaesthesiology conducted a Seminar on Disorders of Sodium Balance on 21.01.26 presented by Dr. Devi Brinda



Dept. of General Medicine conducted a Seminar on ECG of The Week - Rate Dependent LBBB on 22.01.26 presented



Dept. of Community Medicine conducted a Seminar on Information Technology in Community Health Care on 23.01.26 presented by Dr. Gokulnath



Dept. of Anatomy conducted a Seminar on Histology Techniques on 24.01.26 presented by Dr. Ids Success, Dr. Benilsha



by Dr. A. B. Adit mithilesh



Dept. of General Medicine conducted a Seminar on Recent Updates on 23.01.26 presented by Dr. Rahul



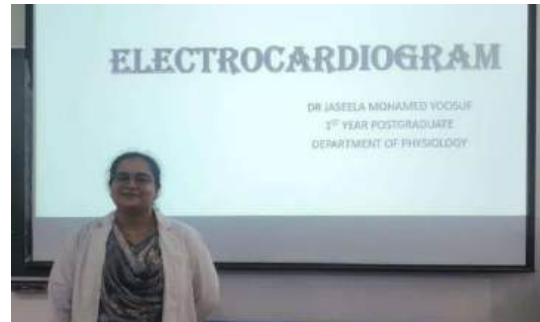
Dept. of Pathology conducted a Seminar on Pathogenesis of Disorders Caused by Tobacco on 24.01.26 presented by Dr. Dhavamugi



Dept. of Orthopaedics conducted a Seminar on Torticollis on 24.01.26 presented by Dr. Yogeshwar A, Dr. Nirmal Arul Mathew J,



Dept. of Physiology conducted a Seminar on Electrocardiogram on 28.01.26 presented by Dr. Jaseela Mohamed Yoosuf



Dept. of Community Medicine conducted a Symposium on “Reproductive, Maternal, Newborn, Child and Adolescent Health Plus Nutrition (Rmncah+N)” on 28.01.2026 presented by Dr. Neevadetha, Dr. Praveen murugesan



The Dept. of Microbiology conducted a Seminar on Structure and Function of Immune System on 29.01.2026 presented by Dr. Ram Kumar, Dr. Nil



The Dept. of Pharmacology conducted a Seminar on “Current Trends in the management of Myasthenia Gravis and Glaucoma” on 29.01.2026 presented by Dr. Srinidhi Ranganathan



The Dept. of Pharmacology conducted a Seminar on “NP-NCD (National Programme For Prevention and Control of Non-Communicable Diseases)” on 29.01.2026 presented by Dr. Abinaya K



Dept. of Physiology conducted a Seminar on Visual Evoked Potential on 31.01.26 presented by Dr. S. A. Agestly



Dept. of OBG conducted a Symposium on Precancerous Lesions of Cervix on 31.01.26 presented by Dr. Aswini



OUTREACH ACTIVITIES

Free Medical Camp at Sathya Nagar on 08/01/2026



School Health Camp [UHTC, Anakaputhur] on 21/01/2026



Free Medical Camp, Adanjiamman Kovil, Anakaputhur on 22.01.2026



Arthritis camp at ortho OPD, SBMCH, Hospital Block on 27.01.2026.



World Leprosy Day

World Leprosy Day is observed on the last Sunday of January each year to raise awareness about leprosy, also known as Hansen’s disease, and to promote sustained efforts to eliminate the disease and the stigma associated with it. In India, the world leprosy day is on 30/1/2026, coinciding with the death anniversary of Mahatma Gandhi. The theme for this year, “Leprosy is curable, the real challenge is stigma.”, highlighting that while leprosy can be effectively treated and cured with antibiotics, social stigma and discrimination remain the greatest barriers for people affected by the disease. Unite: Leprosy elimination requires a collective and coordinated effort. Governments, healthcare systems, non-governmental organisations, and community stakeholders must work together to ensure equitable access to diagnosis and treatment, conduct effective awareness campaigns, and actively combat myths and misconceptions.

