



BALAJI HERALD

(A News letter of)

Sree Balaji Medical College and Hospital

Chrompet, Chennai, Tamil Nadu, India



Vol 13

May - 2026

Issue No. 5



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MESSAGE FROM THE EDITOR

Dear Readers,

We are delighted to present the fifth edition of the SBMCH Herald for this year, highlighting our institution's unwavering dedication to academic excellence, professional development, and a thriving community culture. We warmly welcome our newly inducted residents, faculty members, and staff, whose talents and perspectives further strengthen our academic ecosystem.

SBMCH continues to flourish as a hub of learning, innovation, and professional growth. Throughout the year, we have organized a wide range of conferences, workshops, and Continuing Medical Education (CME) programs, creating valuable opportunities for knowledge sharing, interdisciplinary engagement, and keeping pace with advancements in healthcare and medical research.

We are equally proud to feature the increasing number of research publications and patents achieved by our faculty, reflecting their commitment to scientific inquiry, innovation, and academic distinction.

More than a record of activities and achievements, this newsletter embodies the collective spirit of learning, discovery, and continuous improvement that defines our institution. As you explore its pages, we hope you gain insight into the enthusiasm, dedication, and collaborative efforts that continue to propel SBMCH toward greater excellence.

Editorial Committee

BALANCE 2026

Department of Anaesthesia organized an International conference on Bridging Technology and Clinical Excellence on 02.05.2026. Guest Speaker for the conference was Dr. Nisha B, MD (Community Medicine), Associate Dean of Research and Associate Professor at Saveetha Medical College & Hospital, Dr. Amarnath Moni is a Consultant Anaesthetist at Basildon Hospital, Mid and South Essex NHS Foundation Trust, UK, Dr. Anand K, Professor of Anaesthesiology at SRM Medical College Hospital & Research Centre, Chennai. Dr. Mohana Murali N, Consultant, Anaesthesiologist at Rainbow Children's Hospital and Birth Right, Chennai.



WORKSHOP ON FIBEROPTIC NASOPHARYNGOSCOPY

Department of ENT organized a Workshop on Fiberoptic Nasopharyngoscopy on 05.05.2026. Demonstrator for the workshop was Dr. Siddique M, Assistant Professor, Department of ENT, MMC



NATIONAL CONFERENCE ON NEURO IMAGING

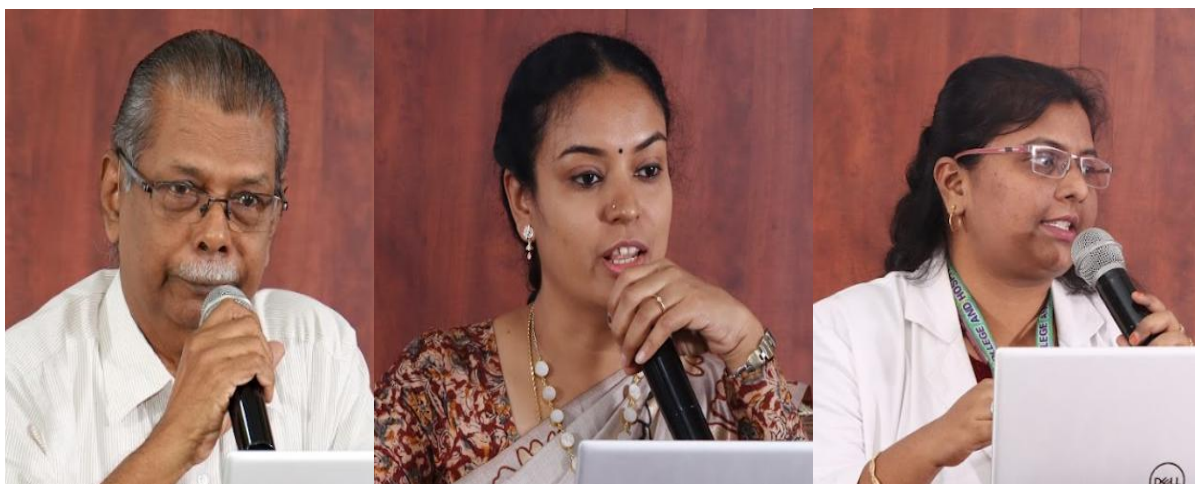
Department of Radiology organized a National Conference on Neuro Imaging on 06.05.2026. National speaker for Conference was "Dr. Natesan Chidambaramnath, Head of the Radiology Department, Imaging Sciences, Apollo Hospital. Dr. Harshad Arvind Vanjare, (Neuroradiology) Professor of Radiology, CMC, Vellore. Dr. Uma Maheshwar Reddy, Professor of Radiology. Dr. Sravan Krishna Reddy, Associate Professor, Sree Balaji Medical College and Hospital, Dr. Ashwin Kumar A, Associate Professor, Sree Balaji Medical College and Hospital. Dr. Manikandan, Senior Resident, Department of Radiology, Sree Balaji Medical College and Hospital.





VALUE-ADDED CONFERENCE (HYBRID): RENAL SYSTEM

Department of Biochemistry & Medical Education Unit organized a National Conference on Value-Added Conference (Hybrid): Renal System on 11th to 14th of May 2026. Guest speaker for this conference was Prof. Dr. Rahe R. Dept of Anatomy, SBMCH, Dr. J Danti Asso. Prof., Dept of Physiology, SBMCH, Prof. Dr. B. Jyothirmayi, HOD, Dept of Biochemistry, Madha Medical College, Dr. S. Shenbaga lalitha, Asso. Prof, Dept of Biochemistry, Rajalakshmi Medical College Hospital & Research Institute, Dr. Brigida S, Asso. Prof. Dept of Pharmacology, SBMCH, Prof. Dr. J.Thanka, Dept of Pathology, SBMCH, Prof. Dr. V. Padma, Dept of Medicine, SBMCH, Prof. Dr. N. Siva Kumar, Dept of Nephrology, SBMCH, Prof. Dr. K. Kumar, HOD, Dept of Nephrology, IGGGH & PGI, Puducherry, Dr. M. Sivakumar, Medical Director, Madurai Kidney Centre, Madurai.



A four-day Value-Added Conference on the Renal System was conducted to enhance participants understanding of kidney structure, function, and renal disorders. The sessions covered renal Biochemistry, diagnostic approaches, common kidney diseases, and recent

advances in nephrology. Interactive discussions and expert lectures provided practical insights into renal health and disease management.



GUEST LECTURE ON IMMUNIZATION IN PREGNANCY

Department of OBG organized a Guest Lecture on Immunization in Pregnancy on 19.05.2026. Guest speaker was Dr. Madhumitha Medical Senior Advisor with Abbott India, Dr. Swetha. K. V Senior resident SBMCH



WET LAB WORKSHOP: SPHINCTER INJURY REPAIR ON PORCINE MODEL

Department of OBG organized a Wet Lab Workshop: Sphincter Injury Repair on Porcine Model on 29.05.2026.



INTERNATIONAL CONFERENCE ON PRISM PERINEAL REPAIR IMAGING & SPHINCTER MANAGEMENT

Department of OBG organized an International conference on Prism Perineal Repair Imaging & Sphincter Management on 30.05.2026. Guest speaker was Dr Kalaivani Ramalingam, Consultant Obstetrician And Gynaecologist, Princess Elizabeth Hospitals, Guernsey, UK, Dr Vijayalakshmi Seshadri, Senior Consultant Obstetrician And Gynaecologist, Sundaram Medical Foundation, Chennai President. Dr Shobana Mahadevan, Consultant Obstetrician And Gynaecologist, Seethapathy



Clinic & Hospital, Chennai, Apollo Hospitals, Chennai. Dr G Nithyakalyani, Consultant Mediscan Systems, Chennai. Dr Preethika A, Assistant Professor, Dept of OBG Sree Balaji Medical College. Topic: Repair & Recovery- Surgicalmanagement of Oasis delivered by Dr. Kalaivaniramalingam, Perineal tears are common obstetric complications that occur during vaginal delivery and may involve varying degrees of injury to the perineum and anal sphincter complex. The presentation discusses the classification, risk factors, diagnosis, and management of perineal tears. It highlights preventive measures during labour and delivery to reduce maternal morbidity. The importance of timely recognition and appropriate surgical repair is emphasized. Postpartum care, pain management, and follow-up are essential for optimal recovery. Early intervention helps prevent long-term complications such as infection, dyspareunia, and fecal incontinence.



Topic: Obstetric Trauma Prevention and Management delivered by Dr. Shobana mahadevan, Obstetric trauma, particularly obstetric anal sphincter injuries (OASI), is a significant cause of maternal morbidity after vaginal delivery. Prevention strategies include antenatal perineal

massage, appropriate maternal positioning during labor, manual perineal protection, and selective mediolateral episiotomy when indicated. Early identification of risk factors such as primiparity, operative vaginal delivery, and fetal macrosomia helps reduce injury rates. Accurate diagnosis and classification of perineal tears are essential for proper management. Postpartum assessment, including rectal examination, is crucial for detecting occult injuries. Long-term complications such as anal incontinence, dyspareunia, and sexual dysfunction require timely follow-up and multidisciplinary care. Evidence-based care bundles



have been shown to reduce the incidence and impact of obstetric trauma. Topic; Battling Oasis – The Legal Perspectives delivered by Dr. Vijayalakshmi Seshadri, Highlights the medicolegal aspects of obstetric anal sphincter injuries (OASIS) and perineal trauma. It emphasizes the importance of proper identification, classification, management, and documentation of perineal tears to prevent legal complications. Effective patient counseling, informed consent, and clear communication before and after delivery are essential management are key strategies for reducing legal claims and improving maternal outcomes.



components of care. The presentation discusses common grounds for litigation, including misdiagnosis, poor repair, inadequate follow-up, and failure to inform patients. Indian legal

cases illustrate the consequences of negligence and the significance of evidence-based practice. Adherence to OASIS cares bundles, meticulous documentation, and patient-centered

Topic:Imaging of Pelvic Floor Dysfunction delivered by Dr Nithyakalyani, Focuses on the role of radiological techniques in evaluating disorders affecting pelvic floor support and function. Imaging helps diagnose conditions such as pelvic organ prolapse, urinary incontinence, fecal incontinence, and obstructed defecation. Topic:Anatomy of Pelvic Floor-Surgical Aproach delivered by Dr.A.Preethika, The pelvic floor is a dynamic musculo-fascial structure that supports the bladder, uterus, and rectum while maintaining continence and facilitating childbirth..

INTERNATIONAL NURSES DAY

International Nurses Day is celebrated in our institution on May 12th to honor the birth anniversary of Florence Nightingale, the pioneer of modern nursing. It recognizes the crucial contributions nurses make to healthcare and society. The theme for International Nurses Day is "Our Nurses. Our Future. Empowered Nurses Save Lives"



SEMINAR'S

Department of Psychiatry Conducted a Seminar on Disorder of Memory on 04-05-2026 Presented by Dr. Nivethaa



Department of Anaesthesiology Conducted a Seminar on ECG MONITORING on 05-05-2026 Presented by Dr Megha T



Department of Physiology Conducted a Seminar on ECG MONITORING on 06-05-2026 Presented by Dr. S. Sheeba Poorani



Department of Orthopaedics Conducted a Seminar on Thesis Review on 06-05-2026 Presented by Dr. Ramchandra Reddy



Department of Respiratory Medicine Conducted a Seminar on Paraneoplastic syndmues in lung cancer on 06-05-2026 Presented by Dr. Revathykkutty



Department of General Medicine Conducted a Seminar on Interesting Case of The Week - Genitourinary TB on 07-05-2026 Presented by Dr. Adit Mithilesh



Department of Respiratory Medicine
Conducted a Seminar on Case Presentation -
COPD on 07-05-2026 Presented by Dr. Niel



Department of Respiratory Medicine
Conducted a Seminar on Fused dose combination on antibiotics on 09-05-2026 Presented by Dr. Ghahshyam verma



Department of Pathology Conducted a
Seminar on seminar, Who Hematolymphoid
System : Essential Thrombocythemia And
Primary Myelofibrosis on 11-05-2026
Presented by Dr.Afrin



Department of General Medicine Conducted
a Seminar on Ecg of the week - QT
Prolongation on 11-05-2026 Presented by
Dr.Noothan



Department of Respiratory Medicine
Conducted a Seminar on Hypertension on
11-05-2026 Presented by Dr. Praveen



Department of Respiratory Medicine
Conducted a Seminar on GINA update &
Asthma management on 12-05-2026
Presented by Dr. Ghanshyam verma



Department of General Medicine Conducted a Seminar on image of the week-Vitamin B12 deficiency on 13-05-2026 Presented by Dr.Bendi Ravi Chandra Pavan



Department of Pharmacology Conducted a Seminar “Recent advances in the treatment of Parkinsonism” on 13-05-2026 Presented by Dr. T. Aishwarya



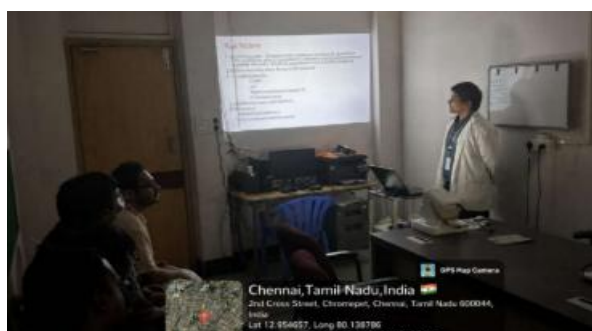
Department of Respiratory Medicine Conducted a Seminar Lung volumes and capacities on 13-05-2026 Presented by Dr. Swetha



Department of General Medicine Conducted a Seminar Recent Updates on 14-05-2026 Presented by Dr.ArunKumar Gupta



Department of Respiratory Medicine Conducted on Seminar Type of Respiratory failure – Type 1 & Type 2 on 14-05-2026 Presented by Dr. Prasana venkatesh



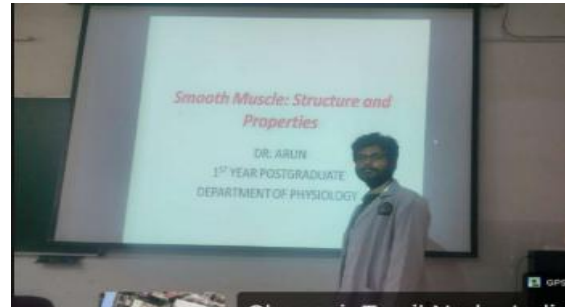
Department of Pathology Conducted a Seminar Who : Renal Cell Carcinoma on 15-05-2026 Presented by Dr.Aslima



Department of Anaesthesiology Conducted a Seminar Pharmacokinetics Of Inhaled Anaesthetics on 15-05-2026 Presented by Dr Muthulakshmi



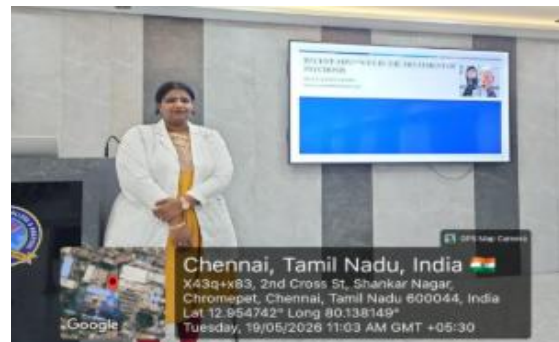
Department of Physiology Conducted a Seminar Smooth Muscle: Structure and Properties on 16-05-2026 Presented by Dr. A. Arun



Department of General Medicine Conducted a Seminar Ecg of the week -Hypocalcemia &Hypomagnesemia on 18-05-2026 Presented by Dr.Sreeniddhi



Department of Pharmacology Conducted a Seminar Recent advances in the treatment of psychosis on 19-05-2026 Presented by Dr. K. S. Kaviyavarshini



Department of Obstetric and Gynacology Conducted a Seminar POC SO ACT 2021 on 20-05-2026 Presented by Dr. Shikha mistra



Department of Orthopaedics Conducted a Seminar Orthopaedic manifestation of neurofibromatosis on 20-05-2026 Presented by Dr. Ranjith



Department of General Medicine Conducted on Seminar image of the week -Ocular bobbing on 20-05-2026 Presented by Dr.Amit J Vass



Department of Anatomy Conducted a Seminar Infratemporal Fossa on 20-05-2026 Presented by Dr.Karthick



Department of General Medicine Conducted o Seminar Interesting Casen of The Week- Takayasu Arteritis on 21-05-2026 Presented by Dr. Patel Rushikumar Piyush



Department of Respiratory Medicine Conducted on Seminar Acute coronary syndrome on 21-05-2026 Presented by Dr. Pravlika



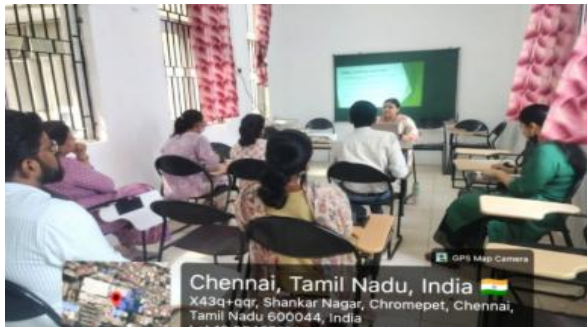
Department of Physiology Conducted a Seminar Contraction of skeletal muscle and smooth muscle on 23-05-2026 Presented by Dr. P. Karthika



Department of Respiratory Medicine Conducted a Seminar Air way clearance on 23-05-2026 Presented by Dr. Kavin



Department of Psychiatry Conducted a Seminar on Disorders of Emotion on 25-05-2026 Presented by Dr. Isha



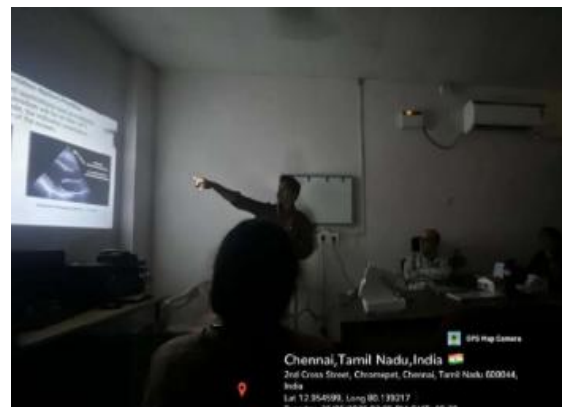
Department of Respiratory Medicine Conducted a Seminar Topic: Nebulization optimizing care beyond the clinic on 25-05-2026.



Department of Community Medicine Conducted a Seminar Quality In Healthcare on 26-05-2026 Presented by Dr.R.Neevadetha



Department of Respiratory Medicine Conducted a Seminar USG on 26-05-2026 Presented by Dr. Sidharthan



Department of Ophthalmology Conducted a Seminar The Visual Pathway on 27-05-2026 Presented by Dr. Vikram Chellakumar



Department of Orthopaedics Conducted a Seminar Classification of neurogenic bladder and management on 27-05-2026 Presented by Dr. Ambrish V S, Dr. Suren Ilangoan



Department of General Medicine Conducted a Seminar image of the week -Dernatomyos on 30-05-2026 Presented by Dr. Ajay Devaraj



Department of Respiratory Medicine Conducted a Seminar Case Presentation COPD on 30-05-2026 Presented by Dr. Parthasarathy



SYMPOSIUM

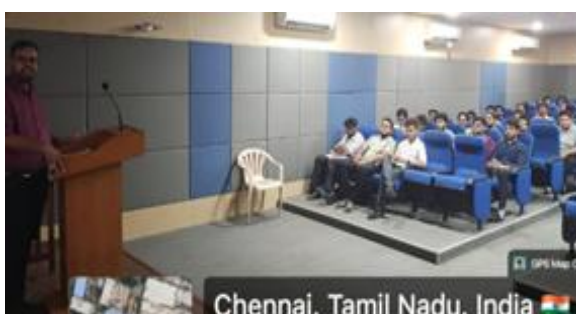
Department of Orthopaedics Conducted Symposium on Foreign Body Granuloma on 04-05-2026 Presented by Dr. Yogeshwar A



Department of Community Medicine Conducted Symposium on National Vector-Borne Disease Control Programme on 05-05-2026 Presented by Dr. K.G. Janani



Orthopaedics Conducted a Symposium on Infections of the Hand and Wrist Felons and Paronychia Septic Flexor Tenosynovitis Palmar Absces Human and Other Animal Bites on 11-05-2026 Presented by PG's



Department of Obstetrics and Gynecology Conducted a Symposium on Multiple Pregnancy on 14-05-2026 Presented by Dr. Arti Pandey



Department of Orthopaedics Conducted Symposium on Calcaneum osteology and its approach on 16-05-2026 Presented by Dr. Khadke Manish Avinash



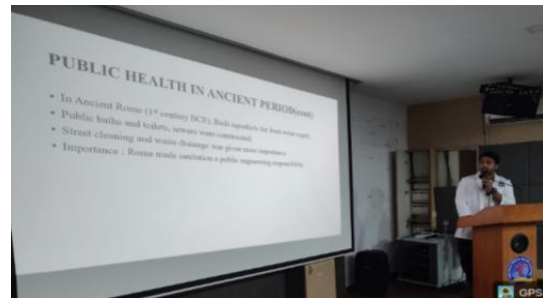
Department of Orthopaedics Conducted a Symposium on Keinbock's Disease on 18-05-2026 Presented by Dr. Shantanu Kumar



Department of Respiratory Medicine Conducted CME on Rcploring how small design changes create big clinical impact on 04-05-2026 Presented by Dr. Benhur Joel



Department of Community Medicine Conducted a Symposium on History Of Public Health on 18-05-2026 Presented by Dr. S.S.Surya



Department of Orthopaedics Conducted a Symposium on "Ortho Radiology – Spondylolisthesis" on 25-05-2026 Presented by Dr. Suraj Sunderraj Joseph



Department of Neurology Conducted CME on Neurotuberculosis 360 on 05-05-2026



Department of General Medicine Conducted CME on How To Prevent Medico -Legal Problems In Clinical Practice on 26-05-2026 Presented by Dr.Viswanathan Vishnu Vijay



Department of General Surgery Conducted a Clinical Pathological Conference on Clinico Pathological Meeting on 08-05-2026 Presented by Dr.Srivaishali, Dr.Thilaikkarasi



Department of General Medicine Conducted on Clinical Social Meeting on clinical society meeting -1.VGKC anti body associated disorder 2. Triple diagnostic power of fees-SSS (SIP, Swallow, Speech) on 08-05-2026 Presented by Dr. Avanthi Raghav, Dr. Ajjai.A, Dr. Karishma



Department of Pathology Conducted inter department meeting on IDM Surgery Path -- Colonic Non-Hodgkin's Lymphoma In A Patient With Igg4 - Related Disease on 08-05-2026 Presented by Dr. thillaikkarasai, Dr.Sri vaishali



Department of Pathology Conducted inter department meeting on Ortho-Path IDM -- Chronic Inflammation With Foreign Body Type Of Giant Cell Reaction on 04-05-2026 Presented by Dr. Salsabiel Nijamudeen



Department of Pathology inter department
OBG - PATH IDM OVARIAN TORSION on
25-05-2026 Presented by Dr.Dhavamugi,
Dr.Karuvizhi



Department of Orthopaedics Conducted a
Free Medical Camp on 25-05-2026 at
Ortho OPD



OUTREACH ACTIVITIES

Department of Community Medicine
Conducted a Free Medical Camp on 04-05-
2026 at Periyar Nagar, Ammanambakkam



Department of Community Medicine
Conducted a Free Medical Camp on 14-
05-2026 at -Sheeradi saibaba mudhiyor
illam



Department of Community Medicine
Conducted a Free Medical Camp on 14-05-
2026 at Panchayath Office , Orathur



Department of Community Medicine
Conducted a Free Medical Camp on 21-05-
2026 at Anakaputhur



CLINICAL DISCUSSION

Department of Orthopaedics Conducted Clinical Discussion on Spine case on 05-05-2026



Department of Orthopaedics Conducted Clinical Discussion on Malunion femur on 07-05-2026



Department of Psychiatry Conducted Clinical Discussion on Clinical Case Conference on 08-05-2026



Department of Orthopaedics Conducted Clinical Discussion on Rotator cuff tear with painful arc syndrome on 12-05-2026



Department of Orthopaedics Conducted Clinical Discussion on Charcots Foot on 14-05-2026

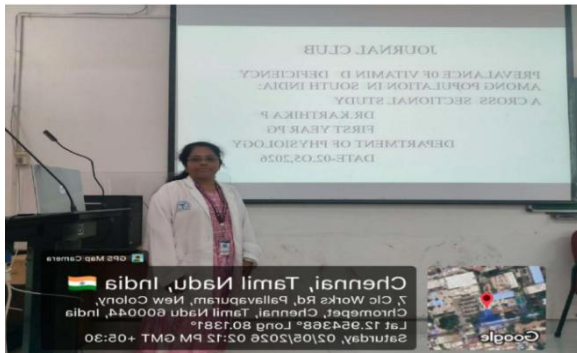


Department of Orthopaedics Conducted Clinical Discussion on Case Presentation - Hip Arthritis on 26-05-2026



JOURNAL CLUB

Department of Physiology Conducted Journal Club on “Prevalence of Vitamin D Deficiency Among Population in South India: A Cross Sectional Study” on 02-05-2026 Presented by Dr. P. Karthika



Department of General Medicine Conducted Journal Club on a Phase 3 Trial of Brepocitinib in Dermatomyositis on 04-05-2026 Presented by Dr. Patel Rushikumar Piyush.



Department of Ophthalmology Conducted Journal Club on Enhancing Presbyopia Treatment: A Comparative Study of 1% Pilocarpine Monotherapy vs Combination with 0.09% Bromfenac on 08-05-2026 Presented by Dr. Krithiga

Department of Orthopaedics Conducted Journal Club on Denosumab Injection Combined with Intramedullary Nail Fixation for Osteoporotic Fractures on 02-05-2026 Presented by Dr. Khadke Manish



Department of DVL Conducted Journal Club on Nails in systemic diseases on 05-05-2026 Presented by Dr. Sajida



Department of Obstetrics and Gynecology Conducted Journal Club on 1.Potential Risk of Gestational Diabetes Mellitus in Females Undergoing In Vitro Fertilization: A Pilot Study.” 2: comparison of maternal serum micronutrients with dual test score in pregnant women and adverse pregnancy outcomes on 12-05-2026 Presented by Dr.Arti Agnihotri, Dr.Minu



Department of General Surgery Conducted Journal Club on 14-05-2026 Presented by Dr. Pinkash, Dr .Ezhil, Dr.Preethika, Dr.Ananya



Department of Ophthalmology Conducted Journal Club on Fissures and surgical spaces in the orbit on 15-05-2026

Department of Microbiology Conducted Journal Club on A Novel dual – staining method for cost effective visualization and differentiation of microbial biofilms on 13-05-2026 Presented by Dr. Sushmita A. Cherian



Department of Physiology Conducted Journal Club on "Smart phone addiction and sleep quality on academic performance of university students: An exploratory research” on 13-05-2026 Presented by Dr. S. Sheeba Poorani



Department of Anaesthesiology Conducted Journal Club on Surviving Sepsis Campaign: International Guidelines For Management Of Sepsis And Septic Shock 2026 on 18-05-2026 Presented by Dr Shiny



Department of ENT Conducted Journal Club On Isolated Onodi Cell Pathology Masquerading As Fungal Sphenoid Sinusitis With Complete Vision Loss on 22-05-2026 Presented by Dr Vishwanath



Department of OBG Conducted Journal Club on Title: Influences of vaginal microbiota and it's composition on IVF Success rates on 23-05-2026 Presented by Dr. Monica. R, Dr. Haripriya

Department of Physiology Conducted Journal Club on "A Comparative Study of Pulmonary Function Test And Body Mass Index In Young Adult Males of B.G. Nagara" on 20-05-2026 Presented by Dr. A. Arun



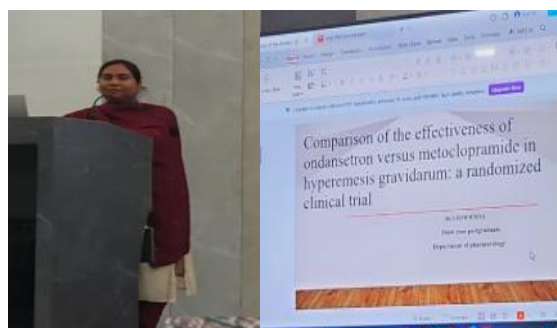
Department of Ophthalmology Conducted Journal Club on Comparing the surgical outcomes of femto laser-assisted cataract surgery (FLACS) versus conventional phacoemulsification (CP) in nanophthalmic eyes on 22-05-2026 Presented by Dr. Uma Bhagavathy



Department of Pharmacology Conducted Journal Club on “Vonoprazan based versus Esomeprazole based triple therapy in Helicobacter pylori; A Randomized trial” on 27-05-2026 Presented by Dr. M. Mathangi



Department of Pharmacology Conducted Journal Club on “Comparison of the effectiveness of ondansetron versus metoclopramide in hyperemesis gravidarum: a randomized clinical trial” on 27-05-2026 Presented by Dr. S. Sowwmya



FACULTY OF PHYSIOTHERAPY- SPORTS MEET 2026

The Faculty of Physiotherapy successfully organized a Two-Day Sports Meet on 8th and 9th May 2026. The event provided an excellent platform for students to demonstrate their athletic skills, teamwork, leadership qualities, and sportsmanship. Various sporting events and competitions were conducted with enthusiastic participation from students. The program encouraged physical fitness and promoted the importance of maintaining an active and healthy lifestyle.



Dr. P. Sasikumar, Dean, Sree Balaji Medical College and Hospital, graciously inaugurated the Annual Sports Meet 2026 and inspired the students to pursue excellence in both sports and academics. Dr. Veerabahu, Advisor, graced the Annual Sports Meet 2026 with his esteemed presence and encouraged the students to uphold the values of discipline, dedication,

**INTELLECTUAL
PROPERTY INDIA**
Geographical Indications

सत्यमेव जयते

क्रम सं/SL No: 044206921

पेटेंट कार्यालय, भारत सरकार

पेटेंट प्रमाण पत्र

(पेटेंट नियमावली का नियम 74)

पेटेंट सं. / Patent No. **588788**

आवेदन सं. / Application No. **202341078441**

फाइल करने की तारीख / Date of Filing **18/11/2023**

पेटेटी / Patentee **SREE BALAJI MEDICAL COLLEGE AND HOSPITAL**

The Patent Office, Government of India

Patent Certificate

(Rule 74 of The Patents Rules)

प्रमाणित किया जाता है कि पेटेटी को, उपरोक्त आवेदन में यथाप्रकटित **AN ANTIOXIDANT AND ANTIINFLAMMATORY ACTIVITY EXHIBITING HERBAL FORMULATION CAPSULE** नामक आविष्कार के लिए, पेटेंट अधिनियम, 1970 के उपबंधों के अनुसार आज तारीख नवम्बर 2023 के अठारहवें दिन से बीस वर्ष की अवधि के लिए पेटेंट अनुदत्त किया गया है।

It is hereby certified that a patent has been granted to the patentee for an invention entitled **AN ANTIOXIDANT AND ANTIINFLAMMATORY ACTIVITY EXHIBITING HERBAL FORMULATION CAPSULE** as disclosed in the above mentioned application for the term of 20 years from the 18th day of November 2023 in accordance with the provisions of the Patents Act, 1970.

अनुदान की तारीख
Date of Grant : **08/05/2026**

अनुदान प्रो. अधिकारी
Controller of Patents

टिप्पणी - इस पेटेंट के नवीकरण के लिए फीस, यदि उसे बनाए रखा जाना है, नवम्बर 2025 के अठारहवें दिन को और उसके फायदा प्रत्येक वर्ष में उसी दिन देय होगी।

Note - The fees for renewal of this patent, if it is to be maintained, will fall / has fallen due on 18th day of November 2025 and on the same day in every year thereafter.

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