



SRI RAMACHANDRA

INSTITUTE OF HIGHER EDUCATION AND RESEARCH

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Glimpses

A Bi-annual Newsletter from

Sri Ramachandra Faculty of Allied Health Sciences



Issue-6

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FROM THE PRINCIPAL'S DESK

Dear Distinguished Readers,



Heartfelt greetings from the Faculty of Allied Health Sciences at Sri Ramachandra Institute of Higher Education and Research. I am honoured to present to you the 6th edition of the AHS biannual newsletter, Glimpses, a reflection of the collective efforts, achievements, and aspirations of our academic community.

Our institution continues to move forward with a strong commitment to academic excellence, holistic development, and value-based education. The dedication shown by our faculty members and the enthusiasm of our students have played a vital role in sustaining a vibrant learning environment. I am proud to acknowledge the consistent efforts taken by all departments in promoting innovation, research orientation, co-curricular engagement, and other outreach activities. Our academic and extracurricular initiatives are designed to nurture these competencies and prepare our students to meet future challenges with confidence.

I appreciate the editorial team for their sincere efforts in compiling and presenting the activities and accomplishments of our faculty in this newsletter. I wish all our students and staff continued success and growth. Let us work together with renewed enthusiasm to uphold the vision and mission of our institution.

With best wishes,
Dr. T.V. Ramakrishnan
Principal, SRFaHS

EDITORIAL MESSAGE

Dear Valued Readers,

It gives me great pleasure to present **GLIMPSES**, the biannual newsletter of the Faculty of Allied Health Sciences. This edition stands as a reflection of the collective efforts, dedication, and academic spirit of our students, faculty members, and alumni.

GLIMPSES serves as a platform to showcase academic achievements, innovative initiatives, outreach activities, and the continuous growth within our institution. The contributions featured in this issue highlight the commitment to excellence, collaboration, and professional development across various disciplines.

This edition captures significant events, accomplishments, and milestones from the past six months, offering readers an insight into the dynamic academic and clinical environment we strive to nurture. I extend my sincere appreciation to all contributors who worked diligently behind the scenes to bring this publication to fruition.

As we continue to evolve, we remain committed to upholding high standards in education, clinical practice, and research, while fostering a culture of teamwork and lifelong learning.

Happy reading!

Ms. Nirmhalaa T .N
Editor Level 1 - Glimpses
Department of Trauma Care Management
SRFAHS – SRIHER & DU



EVENTS

Graduation Day



The Graduation Day ceremony of Sri Ramachandra Faculty of Allied Health Sciences was held on 17th of October 2025. The ceremony was presided over by Advocate Thiru. K R R Ayyappamani, Member Bar Council of Tamil Nadu and Puducherry & Vice President of Common Legal Education Association, India awarded degrees to 509 graduates from 33 programmes of Faculty of Allied Health Sciences.

Basic Course Workshop



A three-day Basic Course Workshop on Education Technologies was organized by the Health Science Colleges Education Unit 1 from November 24th to 26th, 2025, marking a significant initiative to enhance teaching competencies in health science education. The resource people included SRFAHS unit members, Dr. A.J. Hemamalini, Professor and Head Dept of Clinical Nutrition, Dr. Cynthia Milton, Associate Professor, Dr. Valarmathi, Assistant Professor of Optometry, Dr. G. Pitchaimani, Assistant Professor of Sociology, Mr. Thulasi Dass Assistant Professor of Radiology and Ms. Nirmhalaa, Assistant Professor of Trauma Care Management. The participants were given hands-on learning on defining goals, competencies and in alignment with the identified learning outcomes were demonstrated. The participants included 16 faculty members from SRFAHS.

Workshop on 'Simulation in Allied Health



The Faculty Quality Cell of Sri Ramachandra Faculty of Allied Health Sciences organized a pre-conference workshop on 'Simulation in Allied Health Education' in collaboration with the Association for Simulated Practice in Healthcare (ASPiH), UK on 22nd August 2025. The workshop aimed to enhance faculty and student understanding of simulation-based teaching methodologies, which are integral to healthcare education and skill development. Prof. Makani Purva, Executive Director, SHE Consulting, Honorary Professor, Hull York Medical School, UK, Consultant Obstetric Anaesthetist, Hull Teaching Hospitals, UK, Dr. Sree Kumar E J, Associate Professor in Anaesthesiology, Sri Ramachandra Medical College, SRIHER (DU) led the sessions as resource people. Dr. A.J. Hemamalini and Dr. G. Pitchaimani coordinated the workshop under the guidance of Prof. Dr. T.V. Ramakrishnan. Dr. V. Supriya, supported the workshop.

3rd Ramachandra Rapid Review in Respiratory Care - 2025



The Division of Respiratory Care - Department of Respiratory Medicine has organized the 3rd Ramachandra Rapid Review in Respiratory Care on October 11th, 2025, for students of Respiratory Therapy across the nation. More than 150 postgraduate and undergraduate and Respiratory Therapists participated. The program featured a special address by Dr. Saumy Johnson, General Secretary of the Indian Association of Respiratory Therapy Care.

World COPD Day - Poster Presentation Competition



The Division of Respiratory Care - Department of Respiratory Medicine in collaboration with the Tobacco Cessation Centre organized a Poster Presentation Competition on 19th November to commemorate World COPD Day – 2025. Students from various colleges actively participated and presented informative posters emphasizing COPD awareness and the importance of quitting tobacco.



The Department of Radiology and Imaging Sciences, SRIHER, organized the International Day of Radiology (IDOR) 2025 on 8th of November 2025. Radiologists, Postgraduates, Radiographers, Technologists, AHS faculty members and students participated in this event.

World Heart Day -2025



The World Heart Day programme was successfully conducted on 29th September 2025 under the guidance of Dr. B. Vinod Kumar, Program Coordinator, with the participation of 91 undergraduate and postgraduate students from Cardiac Care Technology. The students prepared and presented informative cardiac-related models, which were displayed outside the Dental Auditorium and inspected by Dr. B. Vinod Kumar, Dr. T. V. Ramakrishnan, Principal, Faculty of Allied Health Sciences, and Dr. Akshay, Junior Consultant, Cardiology, during which students confidently explained their work. In addition, interns enacted a role play by creating awareness on acute myocardial infarction and the importance of early intervention, which was well appreciated by the faculty and audience. The programme showcased excellent student enthusiasm and involvement and concluded with a motivational address by Dr. T. V. Ramakrishnan, encouraging students to strive for greater academic and professional achievements.

SDTPCON 2025

The SDTPCON - 2025, a conference on dialysis care and management was organized by the Division of Renal and Dialysis Technology on 10th August 2025 was a significant success, attracting approximately 1,000 delegates from various colleges across Tamil Nadu and other states.



The conference was formally inaugurated by Dr. Manikantan, Head of the Department of Nephrology, SRIHER (DU), Dr. Senthil Kumar, Registrar, SRIHER (DU), and Dr. T. V. Ramakrishnan, Principal, Sri Ramachandra Faculty of Allied Health Sciences, SRIHER (DU).



The academic events were coordinated by Ms. Hemalatha A., Assistant Professor, who served as the Quiz Moderator and Organizing Secretary of the conference, with Mr. Nethaji A., Lecturer, and Mr. Silambarasan S., Lecturer, serving as the Organizing Committee Members.

FORESIGHT'25- World Sight Day



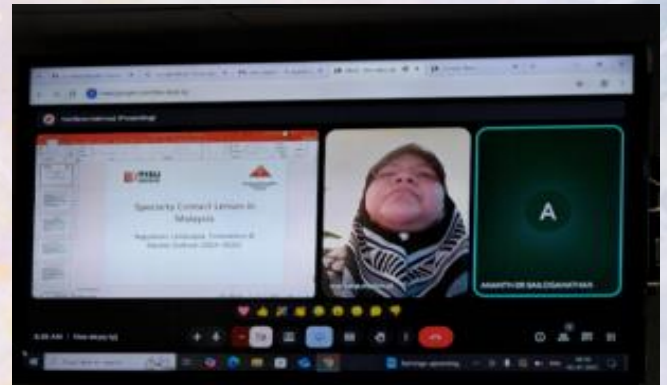
The Department of Optometry, Sri Ramachandra Faculty of Allied Health Sciences, organized a Continuing Medical Education (CME) program titled “FORESIGHT’ 25 – From Awareness to Action for Sight” on 8th October 2025 to mark World Sight Day. Dr. Ananth S, Associate Professor, welcomed the dignitaries, resource persons, and delegates. Dr. A. Samarapuri, HOD Optometry, delivered the inaugural address. The keynote address was given by Dr. Krishna Kumar R. The session also featured a special address by Dr. P. Surendran. A total of 448 students including 258 students from other institutions actively participated in CME. Dr. Valarmathi A, Assistant Professor was the organising Secretary.

Optometry Webinars

The Department of Optometry organised webinars addressing the current issues. The details are as follows



An Alumni Webinar on 19th August 2025. Ms. Sangeetha G, M.Optom, Alumni (2018-2020)- Talent Acquisition & clinical training – Optometry, Helvetica lifestyle delivered a talk on the topic, ‘Licensing and Regulatory Requirements for Optometrists in Middle Eastern Countries’. The session clarified scope-of-practice differences, Common playbook, prescription rights, license activation, and CPD/renewal obligations. Around 160 attended the programme.



Dr. Ananth. S., Assistant Professor of the Department of Optometry organised a webinar on 5th July 2025. The invited speaker was Mrs. Marliana Mahmud, Lecturer, Dept of Optometry, Management & Science University, Malaysia. The session was attended by both undergraduate and postgraduate optometry students and the faculty members of the Department of Optometry.



The Department of Optometry organized an Alumni Webinar on ‘Optometry in Australia: Registration, Recognition, and Career Opportunities for Indian Students’ on 9th September 2025. The special address was given by the esteemed alumna, Ms. Angeline Shalli G, who shared her valuable expertise and practical insights on the topic. The event received an overwhelming response, with over 300 participants attending both in person and via Google Meet. Interactive discussions and thought-provoking queries from students and faculty further enriched the session, making it highly engaging and beneficial.



Dr. Valarmathi A, Assistant Professor from the Department of Optometry, Faculty of Allied Health Sciences, organized a webinar for undergraduate and postgraduate students on 30th August 2025. The invited speaker was Dr. Rajni Rajan from the University of Melbourne, Australia. She delivered a talk on ‘Mastering Data Analysis: SPSS Essentials for Optometry Researchers’.



Ms. Somreeta Bhattacharya, Assistant Professor, organised a webinar on 20th September 2025. Ms. Sangeetha Nagarajan, Vision Science Researcher at the Medical Research Foundation, Chennai, delivered a lecture to the Optometry students on the topic 'From Test to Diagnosis: Understanding Visual Field Assessment'. During her talk, Ms. Nagarajan elaborated on the procedures for performing and interpreting Humphrey Visual Field tests and highlighted recent advancements in the field of visual field assessment.

Eye Camps

The Department of Optometry has conducted several Cataract, School Screening, and Multi-speciality camps from July-December 2025. which are listed below:

Month	No. of camps organized	No. of cases seen
July	31	2341
August	30	2045
September	24	2000
October	29	2131
November	30	2500
December	20	1200

STEPS Annual Conference



The Department of Trauma Care Management, SRIHER, organized the STEPS Annual Conference 2025, on 20th and 21st August 2025, with the theme, 'The 4 Rapid Acts – Impact, React, Contact, Contract'. The two-day programme brought together over 250 participants, including faculty, students, and healthcare professionals to enhance knowledge and skills in emergency and trauma care.

STEPS Pre - Conference Workshop



The Department of Trauma Care Management organized a pre-conference workshop on 20th. August 2025. The training focused on the theme "THE 4 RAPID ACTS," which covered the following topics:

- IMPACT: Trauma and Polytrauma
- REACT: Anaphylaxis and Allergic Reactions
- CONTACT: Infectious Diseases and Outcomes
- CONTRACT: Cardiac Events, such as Myocardial Infarction and Arrhythmias

A total of 165 participants attended the event, including 58 students from SRIHER and 107 from other institutions.

EM City Meet



The Department of Emergency Medicine at Sri Ramachandra Institute of Higher Education and Research organized a City Meet on 26th July 2025 to discuss and enhance emergency medical practices.

AHA Accredited BLS cum ACLS Workshop



The American Heart Association's Basic Life Support workshop was organized on 28th August 2025. 18 participants attended the programme. Followed by an Advanced Cardiac Life Support workshop on 29th & 30th August, 2025, attended by 17 participants.

AHA Training Faculty members included, Dr Jagadeesan S, Professor, Emergency Medicine; Ms Nirmhalaa. T.N. Assistant professor, Faculty of Allied Health Sciences, of our Department of Trauma Care Management from SRIHER .The instructors included, Dr Selvaguru, Assistant Physician, Emergency Medicine, Dr. Leopeter, Consultant Emergency Medicine, Mr. Bharath Manikandan, Assistant Professor, Department of Emergency Medicine, Mr. Ramkumar, Assistant Professor, Department of Emergency Medicine, Mr. Dalapathy, Junior Curator, Mr. Madhana Gopal, Instructor of Tamil Nadu Apex council, Guindy, Chennai, and the volunteers were Mr. Senthamizhan, CRRI – B.Sc Trauma Care Management, and Mr Naveen, CRRI , B.Sc. Trauma Care Management. CRRI – B.Sc. Trauma Care Management from SRIHER.

BLS Training for SRIHER - Medicos



The Department of Trauma Care Management at Sri Ramachandra Institute of Higher Education and Research conducted a Basic Life Support (BLS) training session for MD postgraduate students on 28th July 2025. The session was led by Ms. T. N. Nirmhalaa and Mr. M. Bharath, Assistant Professors of Trauma Care Management.

BLS Training for SRIHER - NSS



The National Service Scheme organized a Basic Life Support class for 90 students from various specialties of SRIHER (MBBS, BDS, Pharmacy, AHS and Engineering) on 26th August 2025. The class was conducted by Ms T.N. Nirmhalaa and Mr. M. Ram Kumar, Assistant Professors from the Department of Trauma Care Management

BLS Training for SRH -Nurses



The Basic Life Support (BLS) class was conducted for the nursing staff on 15th November, 2025. The Adult BLS session was taught by Mrs. Nirmhalaa T. N., Assistant Professor, Department of Trauma Care Management, the Paediatric BLS session was handled by Mrs. Deepika S, Assistant Professor, Department of Trauma Care Management, and the AED and choking management session was taught by Ms. Mohana Sundari. P, Assistant Professor, Department of Trauma Care Management.

BLS Training for SRIHER - Doctors



The BLS classes for doctors of SRIHER was conducted from 9th to 13th 2025 June at Clinical skills lab, SRIHER. 112 Doctors benefited.



The BLS class for students on MBBS Surgery posting was conducted by Mr. Bharath M., Assistant Professor from the Department of Trauma Care Management on 23rd September, 2025.



The MBBS Foundation Course was conducted by the Department of Trauma Care Management from September 24th to 29th 2025, with a focus on Basic Life Support (BLS) and First Aid training. The sessions were facilitated by the Assistant Professors of the Department, namely Ms. Nirmhalaa T.N., Ms. Mohana Sundari P, and Mr. Bharath. M, Ms. Deepika S, Mr. Ram Kumar M, and Mr. Vasanth V.

BLS Training for SRIHER - AHS



During CPR Awareness week, the Department of Trauma Care Management conducted a Basic Life Support (BLS) training session for Allied Health Science students followed by a CPR Awareness pledge and a CPR demonstration. The event was led by Assistant Professors Ms. Nirmhalaa T.N. and Mr. Ramkumar M., along with interns from the Department of Trauma Care Management.

BLS Trainings in Skills Lab



The Department of Trauma Care Management, in collaboration with the Department of Medical Surgical Nursing at Sri Ramachandra Institute of Higher Education and Research, organized a skill-based Basic Life Support (BLS) training session for the VII Batch 2025 in the Clinical Skills Lab (G Block) on 19th July 2025. The resource persons were Ms. S. Deepika, Mr. M. Bharath, Mr. M. Ram Kumar and Mr. Vasantharajan Assistant Professors of Trauma Care Management.



The Department of Trauma Care Management organized a skill-based Basic Life Support (BLS) training for 90 BDS interns of Sri Ramachandra Dental College & Hospital in the Clinical Skills Lab (G-Block) on 23rd and 24th July 2025. The sessions were led by Dr. S. Jagadeesan, Professor, Ms. T. N. Nirmhalaa, Mr. M. Bharath,, and Mr. M. Ram Kumar Assistant Professors of Trauma Care Management.

BLS Training for SRHER - HR



The Human Resources (HR) Department organized a Basic Life Support (BLS) training programme for HR doctors from 22nd to 26th September 2025. The sessions were conducted by the Assistant Professors from the Department of Trauma Care Management - Ms. Mohana Sundari P., Mr. Bharath M., Ms. Deepika S., Mr. Ram Kumar M., and Mr. Vasanth V.

ACLS and BLS Instructors' Training



An ACLS and BLS Instructor course was conducted for two doctors from GKNM Hospital, Coimbatore by Dr. Jagadeesan, Consultant, Department of Emergency Medicine and Mrs. Nirmhalaa T. N., Assistant Professor, Department of Trauma Care Management on the 10th and 11th of November 2025. The teaching session was followed by hands on practice session led by Mr. Vasantharajan V., Mr. Thamaraiselvan, Dr. Shwetha, Mrs. Sharon, and Ms. Aarthi on the 12th, 13th, and 14th of November 2025.

Disaster Management Drill



A disaster Management drill was organized by the Department of Emergency Medicine on October 18th, 2025. The drill was led by Dr. T.V. Ramakrishnan, HOCS, Dr. Nithyanandham, and Professor Dr. Jagadeesan, Consultant and was supported by resource people, Mr. Vasantharajan, Mr. Ramkumar, Assistant Professors and PG member Mr. Hariprasath. V, Mr. Chandramouli. M, Mr. Mohan. N, and Ms. Priyadarshini from the Department of Emergency Medicine

STEPS Webinars

The details of the STEPS national webinars series hosted by the Department of Trauma Care Management are as follows:



SRI RAMACHANDRA
INSTITUTE OF HIGHER EDUCATION AND RESEARCH
Sri Ramachandra Training on Emergency Paramedic Skills

STEPS
National Webinar Series #37
Toxicological Emergencies Part XIII
Organised by Department of Trauma Care Management, FAHS

on Tuesday, 24th June, 2025
at 10.00 a.m. - 12.00 p.m. IST

Registration form Link:
<https://meet.google.com/nyq-gupi-zce>

TIME	TOPIC	SPEAKER
10.00 - 10.05 am	Welcome Address	Ms. Kaviya M Dept. of TCM, SRHER(DU)
10.05 - 10.10 am	Inaugural Address	Prof. Dr. T.V. Ramakrishnan HOD - Department of Emergency Medicine Principal of FAHS, SRHER (DU)
10.10 - 10.15 am	Presenter Introduction	Ms. Sumantha PK Dept. of TCM, SRHER(DU)
10.15 - 11.00 am (45 Minutes)	Pathophysiology of MERCURY TOXICITY	Mr. Sabari Rajan Assistant Professor, Yenepoya School of Allied Health Sciences, Yenepoya (Deemed to be University), Mangalore
11.00 - 11.50 am (45 Minutes)	Case scenario on Mercury toxicity	Mr. Karthikeyan R Advanced Paramedic Response plus medical (RPM) - Dubai
11.50 - 12.00 noon	Q & A session	Ms. Mohana Sundari Dept. of TCM, SRHER(DU)
12.00 - 12.05 pm	Vote of Thanks	Ms. Kaviya M Dept. of TCM, SRHER(DU)

The 37th session of the STEPS National Webinar Series focusing on 'Toxicological Emergencies – Part XIII' was held on 24th June 2025. The session featured the addressing on the 'Pathophysiology of mercury toxicity' by Mr. Sabari Rajan and 'Advanced Paramedic, response plus medical (RPM)' by Mr. Karthikeyan, Assistant Professor, Yenepoya school of Allied Health Science, Mangalore, Institute, case scenario on mercury toxicity. A total of 170 participants attended.



SRI RAMACHANDRA
FACULTY OF ALLIED HEALTH SCIENCES

STEPS
National Webinar Series #40
Toxicological Emergencies Part XVI
Organised by Department of Trauma Care Management, FAHS

on Saturday, 29th November, 2025
at 10.00 a.m. - 12.00 p.m. IST

Google Meet link : <https://meet.google.com/bt-gvnd-ppp>

TIME	TOPIC	SPEAKER
10.00 - 10.05 am	Welcome Address	Ms. Ashlin Sara Satish Dept. of TCM, SRHER
10.05 - 10.10 am	Inaugural Address	Prof. Dr. T.V. Ramakrishnan HOD - Department of Emergency Medicine, Principal of AHS, SRHER
10.10 - 10.15 am	Presenter Introduction	Mr. Tamilarasan M Dept. of TCM, SRHER
10.15 - 11.00 am (45 Minutes)	Pathophysiology of High Altitude Illness	Mr. Ram Kumar M Assistant professor Dept. of TCM, SRHER
11.00 - 11.50 am (45 Minutes)	Case scenario on High Altitude Illness	Ms. Yashini S Lecturer Malla Reddy University, Hyderabad
11.50 - 12.00 noon	Q & A session	Ms. Mohana Sundari Dept. of TCM, SRHER
12.00 - 12.05 pm	Vote of Thanks	Ms. Ashlin Sara Satish Dept. of TCM, SRHER

The 40th session of the STEPS National Webinar Series focusing on, 'Toxicological Emergencies Part XVI: High Altitude Illness' was organized by the Department of Trauma Care Management, Emergency Medical Services (EMS) on 29th November 2025. The speakers included, Mr. Ram Kumar M: Assistant Professor, Department of Trauma Care Management and Ms. Yashini S: Lecturer, Malla Reddy University, Hyderabad.



SRI RAMACHANDRA
INSTITUTE OF HIGHER EDUCATION AND RESEARCH
Sri Ramachandra Training on Emergency Paramedic Skills

STEPS
National Webinar Series #38
Toxicological Emergencies Part XIV
Organised by Department of Trauma Care Management, FAHS

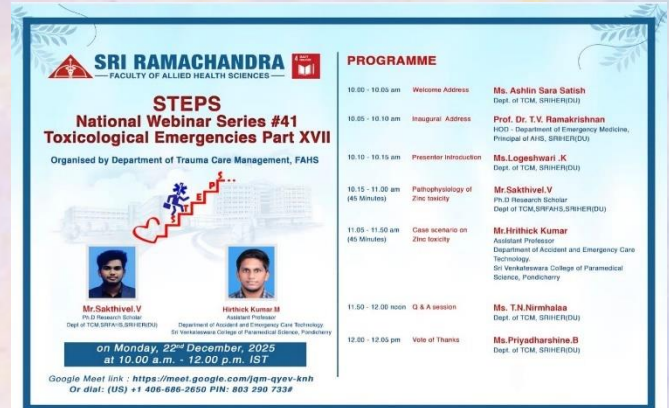
on Wednesday, 23rd July, 2025
at 10.00 a.m. - 12.30 p.m. IST

Registration form Link:
<https://meet.google.com/ugg-xwko-moy>

Or dial: (US) +1 252-923-3025 PIN: 494 436 9988

TIME	TOPIC	SPEAKER
10.00 - 10.05 am	Welcome Address	Mr. Balaji, U Dept. of TCM, SRHER(DU)
10.05 - 10.10 am	Inaugural Address	Prof. Dr. T.V. Ramakrishnan HOD - Department of Emergency Medicine Principal of FAHS, SRHER (DU)
10.10 - 10.15 am	Presenter Introduction	Mr. Naveen, K Dept. of TCM, SRHER(DU)
10.15 - 11.00 am (45 Minutes)	Pathophysiology of Scorpion sting	Ms. Nisha, R Lecturer, SRM, Kattankulathur.
11.00 - 11.50 am (45 Minutes)	Case scenario on Scorpion sting	Mr. Mohanram, K Emergency Paramedic, KMC Hospital Manipal
11.50 - 12.00 noon	Q & A session	Mr. M. Bharath Assistant professor, Dept. of TCM, SRHER(DU)
12.00 - 12.05 pm	Vote of Thanks	Mr. Balaji, U Dept. of TCM, SRHER(DU)

The 38th session of the STEPS National Webinar Series focusing on 'Toxicological Emergencies – Part XIV', was held on 23rd July 2025, featuring presentations by Ms. Nisha. R., Lecturer, SRM Kattankulathur, who discussed the 'Pathophysiology of Scorpion Sting', and Mr. Mohan Ram K., Emergency Paramedic, KMC Hospital Manipal, who presented a case scenario on 'scorpion sting'.



SRI RAMACHANDRA
FACULTY OF ALLIED HEALTH SCIENCES

STEPS
National Webinar Series #41
Toxicological Emergencies Part XVII
Organised by Department of Trauma Care Management, FAHS

on Monday, 22nd December, 2025
at 10.00 a.m. - 12.00 p.m. IST

Google Meet link : <https://meet.google.com/jgm-qyev-knh>

Or dial: (US) +1 406-686-2650 PIN: 883 290 7338

TIME	TOPIC	SPEAKER
10.00 - 10.05 am	Welcome Address	Ms. Ashlin Sara Satish Dept. of TCM, SRHER(DU)
10.05 - 10.10 am	Inaugural Address	Prof. Dr. T.V. Ramakrishnan HOD - Department of Emergency Medicine, Principal of AHS, SRHER(DU)
10.10 - 10.15 am	Presenter Introduction	Ms. Logeshwari, K Dept. of TCM, SRHER(DU)
10.15 - 11.00 am (45 Minutes)	Pathophysiology of Zinc toxicity	Mr. Sakthivel V PhD Research Scholar Dept. of TCM, SRFAHS, SRHER(DU)
11.00 - 11.50 am (45 Minutes)	Case scenario on Zinc toxicity	Mr. Hrithik Kumar Assistant Professor Department of Accident and Emergency Care Technology Sri Venkateswara College of Paramedical Science, Pondicherry
11.50 - 12.00 noon	Q & A session	Ms. T.N. Nirmalasa Dept. of TCM, SRHER(DU)
12.00 - 12.05 pm	Vote of Thanks	Ms. Priyadarshini, B Dept. of TCM, SRHER(DU)

The 41st session of the STEPS National Webinar Series focusing on 'Toxicological Emergencies Part 17' was organized by the Department of Trauma Care Management on 22nd December 2025. The webinar was facilitated by Dr. T. V. Ramakrishnan, Head of the Department of Trauma Care Management and Principal of Allied Health Sciences. Mr. Sakthivel V, PhD Scholar delivered a talk on the 'Pathophysiology of zinc toxicity', and Mr. Hrithik Kumar M., Assistant Professor from the Department of Accident and Emergency Care Technology, Sri Venkateswara College of Paramedical Science, Pondicherry, presented a case scenario on 'zinc toxicity'.



SRI RAMACHANDRA
INSTITUTE OF HIGHER EDUCATION AND RESEARCH
Sri Ramachandra Training on Emergency Paramedic Skills

STEPS
National Webinar Series #39
Toxicological Emergencies Part XV
Organised by Department of Trauma Care Management, FAHS

on Friday, 31st October, 2025
at 10.00 a.m. - 12.00 p.m. IST

TIME	TOPIC	SPEAKER
10.00 - 10.05 am	Welcome Address	Ms. Boomika, B Dept. of TCM, SRHER(DU)
10.05 - 10.10 am	Inaugural Address	Prof. Dr. T.V. Ramakrishnan HOD - Department of Emergency Medicine Principal of FAHS, SRHER (DU)
10.10 - 10.15 am	Presenter Introduction	Ms. Veenu, A.S Dept. of TCM, SRHER(DU)
10.15 - 11.00 am (45 Minutes)	Pathophysiology of Aluminum Phosphate	Mr. Vasantharajan, V Assistant Professor Dept. of TCM, SRFAHS, SRHER(DU)
11.00 - 11.50 am (45 Minutes)	Case scenario on Aluminum Phosphate	Dr. Gautham Ganagathy Consultant, Clinical lead Incharge of EMS and ICU Dharmavaram Critical Care Center, Erode
11.50 - 12.00 noon	Q & A session	Ms. S. Deepika Dept. of TCM, SRHER(DU)
12.00 - 12.05 pm	Vote of Thanks	Ms. Boomika Dept. of TCM, SRHER(DU)

The 39th session of the STEPS National Webinar Series focusing on, 'Toxicological Emergencies Part XV' was organized by the Department of Trauma Care Management, Emergency Medical Services (EMS) on 31st October, which was attended by Personnel, Paramedics, Nurses, Critical Care Physicians, and Healthcare Students, FAHS, SRIHER (DU)

Pre-Hospital Trauma Care Course



The faculty of Pre-Hospital Care, Royal College of Surgeons, Edinburgh, in collaboration with SRIHER, organized a Pre-Hospital Trauma Care Course from 16th to 18th September 2025. In addition, on 18th September 2025, the Disaster Supplementary Course was conducted under the auspices of the Royal College of Surgeons, Edinburgh. The programmes were conducted under the leadership of the Course Director Professor, T.V. Ramakrishnan, Head of Emergency Medicine, SRIHER.

CPR Awareness Week Programmes

CPR Awareness Week was organized by the Department of Trauma Care Management from 13th to 17th October 2025, with various programmes including Pledge, E-poster competition, Panel discussion, Street play, Quiz competition, etc.



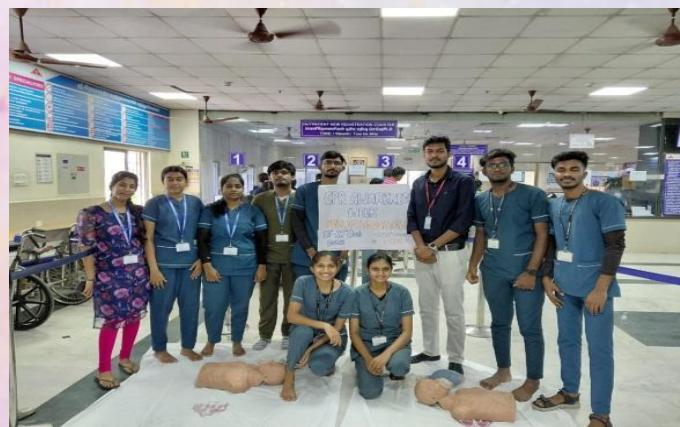
As a part of CPR Awareness Week, students from the Department of Trauma Care Management, along with students from the F0 class, took the pledge on 16th October 2025.



A street play was organized by the Department of Trauma Care Management under the guidance of Assistant Professors Ms. T.N. Nirmhalaa, Ms. Mohana Sundari.P, Ms. Deepika.S, Mr. Ramkumar. M, Mr.Vasanth Rajan. V, Mr.Dhalapathy, Junior curator. Around 150 students participated in the event.



As a part of CPR Awareness week celebration, a panel discussion was conducted on 'Awareness of CPR among Public and its Importance' moderated by Dr. Nithyanandhan R, Head of the Clinical Services with panelists, Dr. Jagadeesan. S, Professor, Dr. Kaliyappa Professor, and Ms. Nirmalaa T.N., and Ms. Mohanasundari. P and Mr. Vasanthrajan. V., Assistant Professors from the Department of Trauma Care Management.



In commemoration of CPR Awareness Week, a public awareness program was conducted from 13th to 17th October 2025 by the Department of Trauma Care Management, led by Mr. Ramkumar. M, Assistant Professor along with PG students Mr. Mohan, Ms. Boomika, Ms. Prema, Ms. Avanthiya, and B.Sc Trauma Care Management Interns Mr. Senthamizhan, Mr. Tamilarasan, Mr. Allen Jebakumar, Ms. Kiran Evangeline, and Ms. Sadhana. The program aimed to educate the public about Cardiopulmonary Resuscitation (CPR).



The CPR Awareness Week programme included an E-Poster competition conducted by the Department of Trauma Care Management. The judges for the event were Ms. Nirmalaa T.N., of Trauma Care Management.



A quiz competition was also conducted by the Department of Trauma Care Management. Ms.Nirmhalaa. T.N., Ms. Deepika. S, Mr. Ramkumar, M, and Mr. Vasanthrajan. V Assistant Professors of Trauma Care Management were the quiz masters. The Principal of AHS and Head of the Department of Emergency Medicine, Dr.T.V.Ramakrishnan, briefed on the importance of CPR, encouraged their active participation and distributed prizes to the winners.



A mass CPR demonstration was organized by the Department of Trauma Care Management, led by Assistant Professors, Ms. Nirmhalaa T.N., Ms.Mohanasundari. P, Ms. Deepika. S, Mr. Ramkumar, and Mr. Vasanthrajan. Around 70 students participated.

Code Blue Training Sessions



Dr. Nithyanandhan, HOCS, Dr. Jagadeesan, Professor, Ms. T.N. Nirmhalaa, Assistant Professor, and Ms. P. Mohana Sundari, Assistant Professor conducted a Code Blue class for the 24 staff nurses and 3 Emergency Paramedics of SRMC Hospital on 13th August 2025.



The Department of Trauma Care Management conducted a Code Blue training program for 27 staff nurses and 3 paramedics on September 10th, 2025. The session was conducted by Dr. Nithyanandhan, Dr.Shreedevi, Head of Clinical Services, Ms. Nirmhalaa T.N., and Ms. Mohana Sundari, Assistant professors of Trauma Care Management.



The Department of Trauma Care Management organized a Code Blue training session for nurses and paramedics on 17th December 2025. Senior Consultant, Dr. Jagadeesan S., Head of Clinical Services, Dr. Nithyanandan R., and Assistant Professors, Ms. T. N. Nirmhalaa and Ms. P. Mohana Sundari facilitated the session.



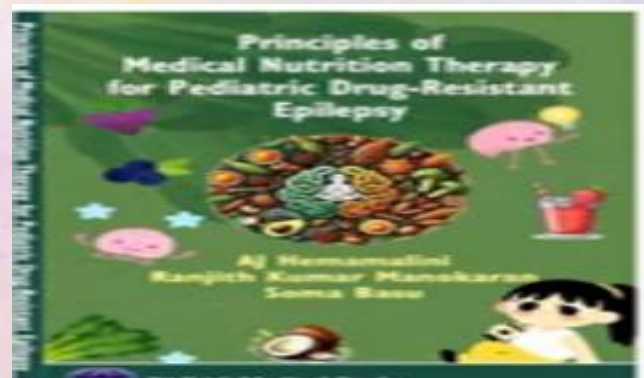
A Code Blue training session was conducted for 25 nursing staff members on 19th November 2025. The session was facilitated by the resource persons, Dr. Nithyanandhan, Head of Clinical Services, Department of Emergency Medicine, Dr. Jagadeesan, Professor, Mrs. Nirmhalaa T. N., and Ms. Mohana Sundari P. Assistant Professors, Department of Trauma Care Management.

Christmas celebration



The Department of Trauma Care Management organized a Christmas celebration programme on December 16th, 2025. The programme helped in collecting charity donations, which were felicitated by Professor Dr. Sreedevi.

Keto Book Launch



The Department of Clinical Nutrition, Sri Ramachandra Faculty of Allied Health Sciences, in collaboration with the Department of Neurology, SRIHER (DU), successfully hosted the Book Launch ceremony of the book titled, 'Principles of Medical Nutrition Therapy for Pediatric Drug-Resistant Epilepsy, All You Need to Know About Ketogenic Diet for Pediatric Drug-Resistant Epilepsy: User Manual for Parents and Caregivers, and Keto Food Choices for Pediatric Drug-Resistant Epilepsy' authored by Dr. A.J. Hemamalini, Professor and Head, Department of Clinical Nutrition, SRIHER, Dr. Ranjith Kumar Manokaran, Associate Professor, Senior Consultant Pediatric Neurologist and Epileptologist, SRIHER, and Ms. Soma Basu (Ph.D. Research Scholar and Certified Keto Dietician, Department of Clinical Nutrition, SRIHER) on the 6th of August 2025. The event marked the release of three pioneering works in the field of pediatric drug-resistant epilepsy. The gathering was graced by the presence of Dr. Uma Sekar, Vice Chancellor, SRIHER, Dr. Balaji Singh, Dean Medical College, SRIHER, Dr. Latha Ravichandran, Dean Education, SRIHER, Dr. T.V. Ramakrishnan (Principal - Sri Ramachandra Faculty of Allied Health Sciences, SRIHER, Dr. K.V. Somasundaram, Professor of Eminence & Advisor Academy, SRIHER, Dr. T.K. Parthasarathy, Professor of Eminence & Chief Advisor, SRIHER, Prof. R. Lakshmi Narasimhan, Professor and Head, Department of Neurology, SRIHER and Incoming President of the Indian Academy of Neurology, Dr. Krishnan Sriram, Tele-Intensivist, US Dept. of Veterans Affairs, Chicago, USA, and Ms. Bhamini Murugesh, Chairperson, Registered Dietetics Board.

Anti-Ragging Week Celebrations 2025



The Anti-Ragging Week Celebration was jointly organized by the Sri Ramachandra Faculty of Allied Health Sciences, Sri Ramachandra Faculty of Clinical Research and Sri Ramachandra Faculty of Behavioural and Social Sciences on the 12th of August 2025. The event was coordinated by the following faculty members, Dr. N. Preetha, Associate Professor, Department of Clinical Nutrition, SRFAHS, Dr. Mahalakshmi, Assistant Professor, SRFCR, Dr. Durga, Assistant Professor, SRF-BSS, Mr. Thulasi Dass, Assistant Professor, SRFAHS, and Ms. Mohana Sundari, Assistant Professor, Department of Trauma Care Management, and Student Council Members of respective Faculties. The event aimed to create awareness among students about the harmful effects of ragging, promote a culture of mutual respect and support, and ensure a safe, welcoming campus environment.

Guest Lecture on Nutrition Therapy

The Department of Clinical Nutrition, Sri Ramachandra Faculty of Allied Health Sciences (SRFAHS), organized a guest lecture delivered by Dr. Krishnan Sriram, MBBS, FRCS(C), FCCM, FACS, Tele-Intensivist, US Department of Veterans Affairs Tele-Critical Care, Hines/Chicago, Illinois, USA, on the topic, 'Dietitians' Role in Continuum of Care in Nutrition Therapy' on the 6th of August 2025. The lecture highlighted the crucial contribution of dietitians across different stages of patient care, emphasizing their integral role in critical care, chronic disease management, and long-term nutritional rehabilitation. The event was attended by 6 faculty members, 8 research scholars, and 50 students.



National Nutrition Month Inauguration



The Department of Clinical Nutrition organized the inauguration of Rashtriya Poshan Maah – National Nutrition Month Celebrations 2025 on 12th September 2025 with great zeal and significance. The occasion was graced by the esteemed presence of Mrs. Vilasavathi Venkatachalam, President-Elect of the International affiliate of the Academy of Nutrition and Dietetics, United States of America. The inauguration not only marked the commencement of the Nutrition Month celebrations but also served as a platform to present the highlights of the month-long initiatives and activities carried out under the banner of Rashtriya Poshan Maah. The program witnessed an enthusiastic participation of around 220 members, including faculty, dietitians, research scholars students, and guests.

'The dietitian's Potluck' Book Release



The Department of Clinical Nutrition, Sri Ramachandra Faculty of Allied Health Sciences, Sri Ramachandra Institute of Higher Education and Research (DU), organized a Book Release Ceremony at the Central Library Auditorium on 18th September, 2025, as part of the Rashtriya Poshan Maah – National Nutrition Month celebrations. The highlight of the event was the formal release of the book titled "The Dietitian's Potluck" (Volumes I & II), a compilation of more than 100 therapeutic recipes curated with the vision of making nutrition both practical and soulful in the presence of Dr Sudhagar Singh R B, Medical Director, SRMC, Major Dr Prasanna Kumar, Deputy Medical Director and QIPST chairman, and Ms. Sajitha. N, Deputy Manager, Diet Kitchen. This publication is the proud culmination of the dissertation research, perseverance, and dedication of the Postgraduate Clinical Nutrition batch of 2020–2022. The ceremony was graced with the presence of faculty members, dietitians, research scholars, postgraduate students, and other distinguished guests. A total of 150 individuals actively participated in the program and benefited from the insights shared during the occasion.

Industrial Visit



As part of the Rashtriya Poshan Maah – National Nutrition Month Celebrations 2025, the Department of Clinical Nutrition organized an industrial visit to Tamil Nadu Veterinary and Animal Sciences University (TANUVAS), Food and Dairy Technology, Alamathi, Chennai. The visit aimed to provide students with practical exposure and enhance their understanding of food processing and preservation methods. A total of 39 participants took part in this educational visit, which included 2 faculty members, 2 research scholars, and 35 first-year undergraduate students. The visit served as a valuable step in preparing them for future professional roles in the field of Clinical Nutrition and Food Service Management.

Walkathon

As part of the Rashtriya Poshan Maah – National Nutrition Month Celebrations 2025, the Department of Clinical Nutrition, Sri Ramachandra Faculty of Allied Health Sciences, organized a walkathon on 25th September 2025 in the campus commencing from Vidya Sudha Block to the Medical Centre lobby to raise awareness on the prevalence of Anaemia, Obesity insisting the need to reduce the consumption of salt, sugar and oil. This event included 150 Students, 3 dietitians, and 2 faculty members who participated and displayed placards consisting of slogans related to the theme.



Nutri Fair



The Department of Clinical Nutrition organized an event titled 'Nutri Fair' on 30th September, 2025 at the Vidya Sudha Block Lobby. This event was a part of the Rashtriya Poshan Maah – National Nutrition Month 2025 celebrations. The objective was to encourage participants to showcase their creativity in preparing wholesome and nutritious dishes while adhering to scientific culinary principles. A total of 30 teams enthusiastically participated in the event, comprising 2 individuals per team. Undergraduate, 1 Postgraduate student, and 1 Dietitian. The competition served as a platform for budding nutrition professionals to apply their knowledge in practical cooking and entrepreneurship



Culinary Contest



The Department of Clinical Nutrition, Faculty of Allied Health Sciences, organized an engaging culinary event titled 'Nutri Delight' on 17th September 2025. This event was a part of the Rashtriya Poshan Maah -National Nutrition Month 2025 celebrations. The competition was exclusively designed for male students of Clinical Nutrition, focusing on the theme of microgreens-based healthy cooking. A total of 7 participants enthusiastically took part in the competition, comprising 5 Undergraduate, 1 Postgraduate student, and 1 Dietitian. The competition served as a platform for budding nutrition professionals to apply their knowledge in practical cooking and highlighted the importance of incorporating microgreens in daily diets for improved health and wellness.

Public Health Centre Visit

A visit to Omayal Achi Public Health Centre, Thiruvallur, was organized on 6th October 2025, as a part of National Nutrition Month 2025 activity by the Department of Clinical Nutrition, SRFAHS. The visit was attended by two faculty members and five postgraduate students from the Department. During the visit, nutrition counselling sessions were conducted focusing on the importance of low salt, sugar, and fat consumption for the prevention and management of lifestyle diseases. The visit provided valuable community exposure to the students and reinforced the practical application of nutrition education in public health settings.



Special Talk on Culinary Entrepreneurship and Food Start-up



An insightful and engaging lecture on the topic 'Culinary Entrepreneurship and Food Start-ups' was conducted by the Department of Clinical Nutrition, SRFAHS on 10th October 2025 with the presence of Ms. Swarna Padmini Rajamani, Chief Business Officer, Rassense Private Limited, Chennai. The event marked a fitting conclusion to the month-long celebration of National Nutrition Month, highlighting the importance of nutrition awareness and fostering professional growth among students. The event was attended by approximately 250 Participants.

Children's Day and International Adolescent Week

The Department of Clinical Nutrition, SRFAHS, was one of the organizing departments for the adolescent week awareness programme. Various activities such as PG Case presentations were organized as a part of Children's Day and International Adolescent Week celebrations between the 7th of November 2025 and the 14th of November 2025.

Go with the Gut - Guest lecture

A guest lecture titled, 'Go with the Gut' was organised on 16th July 2025 by the Department of Mind Body Medicine and Lifestyle Science, Faculty of Behavioural Sciences, in collaboration with the Department of Clinical Nutrition, Faculty of Allied Health Sciences at Sri Ramachandra Institute of Higher Education and Research (DU) in the Lecture Hall 6, Medical College Building. Dr. Palaniappan Manickam, Consultant Gastroenterologist and Public Health Advocate and Medcom creator, delivered an engaging session on gut health, lifestyle choices, and holistic wellbeing. The session was interactive and well-received by the more than 300 students and faculty members.

World Breastfeeding Week

The Department of Clinical Nutrition, SRFAHS, organised Lactagogue Display, Neruku Ner events organized as a part of World Breastfeeding Week celebrations from 1st to 7th of August 2025.

English Induction Programme



The Division of Humanities, Faculty of Allied Health Sciences, Sri Ramachandra Institute of Higher Education and Research, organized an English Induction Programme titled 'AURA' - Igniting English Vibes on 19th July, 2025. The event extended a warm welcome to the freshers to kindle their interest in learning English through interactive and engaging activities.



Soft Skills Webinar for Clinical and Career

Dr. Rahamath, Assistant Professor of English, Division of Humanities organized a webinar on "The Power of Presence: Developing Soft Skills for Clinical and Career Success" for the, III semester students of AHS on the 2nd of August 2025. The program aimed to create awareness about the importance of soft skills such as communication, leadership, teamwork, and professional presence, which are essential for success in both clinical and professional settings.



Soft Skills Webinar on Managing Time, Stress & Finances



SRI RAMACHANDRA
— FACULTY OF ALLIED HEALTH SCIENCES —

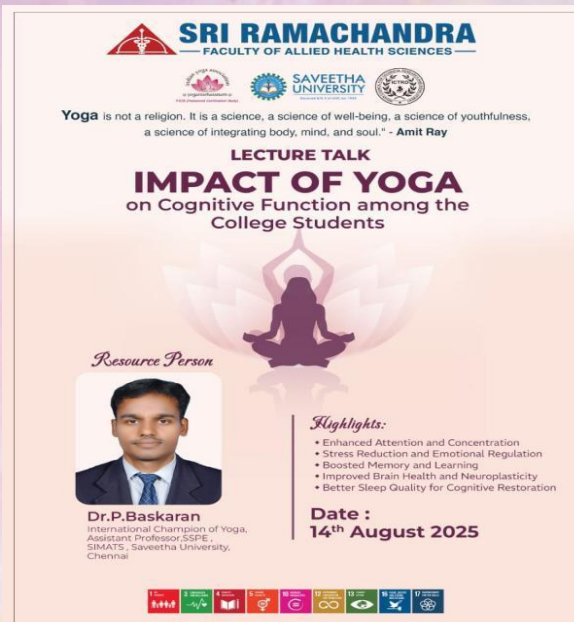
**"Smart Graduates, Smart Life:
Managing Time,
Stress & Finances in the Real World"**

Resource Person
Dr. G. Sandhiya Devi
Assistant Professor
Department of Language, Culture and Society
SRM Institute of Science and Technology, Kattankulathur

Date: 9th September 2025
Time: 02.00 to 03.15pm

Dr. Cynthia Milton, Associate Professor of English, Division of Humanities organized a soft skills webinar titled "Smart Graduates, Smart Life: Managing Time, Stress & Finances in the Real World" for the UG freshers of AHS on 9th of September, 2025. The resource person, Dr. G. Sandhiya Devi, Assistant Professor, Department of Language, Culture and Society, SRM Institute of Science and Technology, Kattankulathur focused on three important aspects of personal growth and well-being with emphasis on the need to use time effectively by prioritizing tasks and making the best use of available hours. Second, she touched on the importance of managing stress in a healthy way, as reducing stress not only improves mental and physical health but also enhances productivity. Finally, she provided practical ways to curb unwanted financial spending, encouraging mindful choices and better money management to ensure long-term stability. The session was graced with a keynote address by the principal of SRFAHS, Dr. T V Ramakrishnan. A total of 137 students participated.

Guest Lecture on Impact of Yoga



SRI RAMACHANDRA
— FACULTY OF ALLIED HEALTH SCIENCES —

SAVEETHA UNIVERSITY

Yoga is not a religion. It is a science, a science of well-being, a science of youthfulness, a science of integrating body, mind, and soul." - Amit Ray

LECTURE TALK
IMPACT OF YOGA
on Cognitive Function among the College Students

Resource Person
Dr. P. Baskaran
International Champion of Yoga,
Assistant Professor SSPE,
SRMATS, Saveetha University,
Chennai

Highlights:

- Enhanced Attention and Concentration
- Stress Reduction and Emotional Regulation
- Boosted Memory and Learning
- Improved Brain Health and Neuroplasticity
- Better Sleep Quality for Cognitive Restoration

Date : 14th August 2025



Dr. M. Manimekalai Narayanan, Assistant Professor of Yoga, organized a lecture talk at AHS on "Yoga and Cognitive Function of College Students" by the resource person, Dr. S. Baskaran, Assistant Professor (Yoga Faculty), Saveetha University on 14th of August 2025.

CONGRATULATIONS



Dr. T V Ramakrishnan, Principal, SRFAHS & Professor and Head, Department of Trauma Care Medicine SRFAHS, received a 30-year dedicated service Award at SRIHER (DU) on 20th of September 2025 during the University Founder's Day Celebration.



Dr. A. J. Hemamalini, Professor and Head, Dept. of Clinical Nutrition, SRFAHS, received a 30-year dedicated service Award at SRIHER (DU) on 20th of September 2025 during the University Founder's Day Celebration.



Dr. V. Supriya, Associate Professor, Dept. of Clinical Nutrition, SRFAHS, received the Teaching Excellence Award 2024 from Honorable Chancellor in the University Day celebrations and the 20-year Service award from SRIHER (DU) on 20th of September 2025.



Mrs. Sheila Elangovan, Associate Professor, Department of Radiology & Imaging Sciences, SRFAHS was awarded a gold coin in recognition of her 35 years of dedicated service at SRIHER.

MASTERS' VOICE



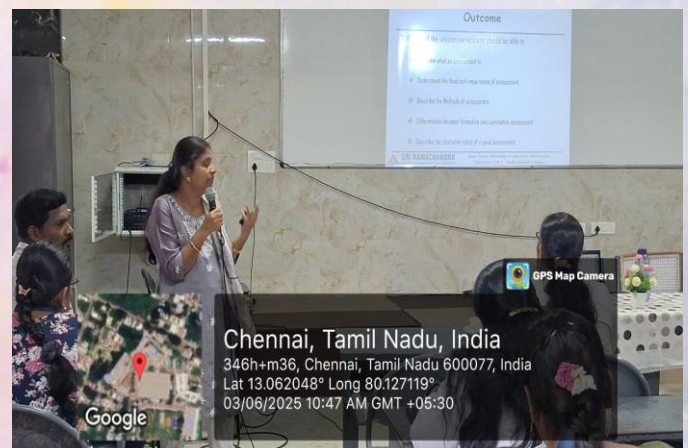
Mrs. S. Suganthi, Assistant Professor, Faculty of Allied Health Sciences, SRIHER, gave a guest lecture titled "Utility of MRI Breast imaging" organized by ISRT TN PY chapter in association with Sri Sathya Sai Medical College and Research Institute, Chengalpattu, on 6th December 2025.



The Department of Radiology & Imaging Sciences, honored Prof. DR. R. Rajeswaran, for his remarkable achievements in Radiology during the International Day of Radiology event (IDOR held at SRIHER on 8th November 2025



The Department of Emergency Medicine organized an emergency service first aid drills "AIDE MEMOIRE" for B.Sc trauma care management interns on 30th June 2025. The resource persons are Ms. Nirmhalaa, Ms. P. Mohanasundari, Assistant Professors from Trauma Care Management, SRIHER.



Ms. Nirmhalaa, Assistant Professor from the department of Trauma care management gave a talk on the topic 'OSCE Skills Mastery Techniques for Success' in the FDP organized by Dr. M.G.R Educational and Research Institute, Faculty of AHS, Camphor Association and academic staff college on June 3rd, 2025. Around 70 faculty members of AHS benefited.

Dr. Nithyanandhan HOCS of the Department of Emergency Medicine participated in a solution-oriented discussion forum organized at IIT Madras by the Centre of Excellence for Road Safety to enhance PTW safety in India on 4th July 2025 to bring changes in 'Two-Wheeler (PTW) Safety and contributed actively.



Ms. Nirmhalaa, Assistant Professor of Trauma Care Management delivered a talk on the topic 'Emergency Obstetric Care' at the National EMT Conclave 2025, organized by the Society for Emergency Medicine in India (SEMI) on 19th July 2025 at Saveetha Medical College, Chennai.



Ms. Nirmhalaa T.N., Assistant Professor served as a guest speaker on the topic "OSCE and OSPE: Principles, Planning, and Implementation", organised by Faculty of Physiotherapy at Dr. MGR Educational and Research Institute, Chennai on 5th August 2025. OSCE stations was set up by postgraduate final year students, Ms Antony Maria Stephy M., Mr. Chandramouli M., Ms. Ranjani N., and Ms. Nandhini P from the Department of Trauma Care Management



Mr. Ram Kumar, Assistant Professor of Trauma Care Management served as a Board Member at the 5th Installation Ceremony of the Rotaract Club held on August 7th, 2025.



Ms. Mohana Sundari, Assistant Professor of Trauma Care Management delivered a talk on 'Learning Disabilities and Slow Learners in education' at ACS Medical College on 6th August 2025.



Life Foundation organized a workshop on Trauma Care and Hazmat Incident Management from 1st to 6th September 2025, which included training in Basic Life Support (BLS), Hazmat response, and the management of common medical emergencies. The sessions were conducted across six toll plazas -Surapathy, Chennasamuthram, Paranur, Nallur, Vanagaram, and Athur—and were facilitated by Assistant Professors from the Department of Trauma Care Management: Mr. Vasanth, Ms. Deepika, and Mr. Bharath.



'One Step Ahead 2025', a fitness challenge was organized by the **SRIHER Fitness Club** from **15th October to 22nd October**. **Dr. T. V. Ramakrishnan**, Head of the Department of Trauma Care Management and Principal of Allied Health Sciences, participated and **won** the friendly fitness challenge conducted among the faculty members.



A uniformed services camp for Junior Red Cross students was conducted on October 25th, 2025, featuring a guest speech by Ms. Mohana Sundari, Assistant Professor of Trauma Care Management.



Dr. T. V. Ramakrishnan, Principal of the Faculty of Allied Health Science and Head of the Department of Trauma Care Management, delivered an energetic talk at the EMCON Conference in Delhi on the topic, 'Imaging in Neurotrauma and approach in the Emergency Department' held on 1st November 2025. Mrs. Nirmhalaa T. N., Assistant Professor in the Department of Trauma Care Management, delivered a talk on the topic, 'Challenges in Implementing a Uniform Paramedic Curriculum across States in India'.



The Vivekananda Cultural Centre organized a Basic Life Support and First Aid class for 30 certified yoga instructors on 30th November 2025. The session was conducted by Mr. Ram Kumar M. and Mr. Vasantharajan V., Assistant Professors of Trauma Care Management, along with an intern student, Mr. Allen, and a PHD student, Mr. Shakthi.



An Aide memoire course on Trauma Care Management was conducted for CRRI on 31st October 2025, with Assistant Professors Ms. Mohana Sundari and Mr. Bharath Kumar serving as the instructors



The Critical Care and Trauma Care Simulation Workshop cum Conference was organized by Madhav Medical College of Nursing and Dhanvantri College of Educational and Research Centre on 17th and 18th December 2025. Mr. Vasanth Rajan V., Assistant Professor of Trauma Care Management, and Mr. Sakthivel V., PhD Scholar delivered a session on the topic 'Airway Management'. Over 200 students participated.

DANONE EXPERT OPINION TANK			
Role of nutritional strategies in managing the catabolic crisis, critically ill patients, and growing burden of diabetes.			
AIM 1. Establish ideal protein: Fiber as per the KDIGO diabetes management guidelines 2. Establish the role of protein supplementation in catabolic crisis and critically ill patients with a focus on strength, immunity and recovery			
TIME	TOPIC	SPEAKER	CHAIRPERSON
08:00 PM - 08:30 PM	Session Introduction	Dr. Supriya Prasad	Mr.
08:30 PM - 09:00 PM	ICU Introduction and Current Setting		
09:00 PM - 09:30 PM	ICU Nutrition	Dr. Suresh Sharma	Dr. Shripas Joshi Dr. Suresh Sharma
09:30 PM - 10:00 PM	Fiber Fasting, Protein Paupership, Micronutrient Gap: Debunking the Silent Crisis	Dr. Hemamalini	Dr. Hemamalini Dr. Hemamalini

Dr. A. J. Hemamalini, Professor and Head, Dept. of Clinical Nutrition, SRFAHS, was invited as the chairperson for the topic titled Fiber Fallacy, Protein Paupership, Micronutrient Gap: Debunking the Silent Crisis in the Expert Opinion Tank, organized by Danone Nutricia Academy at Taj Vantara, New Delhi, on 2nd of November 2025.



Dr. V. Supriya, Associate Professor, Dept. of Clinical Nutrition, SRFAHS, was a panelist for a scientific symposium organized by Dr. Reddys and Nestle Health Sciences on 8th and 9th of August 2025.



Dr. A. J. Hemamalini, Professor and Head, Dept. of Clinical Nutrition, SRFAHS, received a certificate of appreciation for authoring a book titled Principles of Medical Nutrition Therapy for Pediatric Drug-Resistant Epilepsy on 20th of September 2025 during the University Founder's Day Celebration.



Dr. V. Supriya, Associate Professor, Dept. of Clinical Nutrition, SRFAHS was a resource person for a topic titled "Whey Protein isolates for ICU Patients" in a nutrition symposium organized by HINEX as a part of National Nutrition Month 2025 on 27th of August 2025.



Dr. A. J. Hemamalini, Professor and Head, Dept. of Clinical Nutrition, SRFAHS, was invited as a chairperson to moderate the session, 'Role of Parenteral Nutrition in Intestinal Failure' at the ISPEN conference held at Kolkata between 7th and 9th of December 2025.



Dr.V. Supriya, Associate Professor, Dept. of Clinical Nutrition, SRFAHS, was invited as a resource person to deliver a lecture on the topic, 'Lifestyle Integration of Functional Foods, Yoga and Physical Activity' on 1st of December, 2025 at the Dept. of Chemistry, Loyola College, Chennai.

Dr. V. Supriya was appointed as the library committee member with effect from the 3rd of November 2025 for a period of three years.



Dr. N. Preetha, Associate Professor, Dept. of Clinical Nutrition, SRFAHS, took part in a Health camp conducted in Sundar Matriculation School, Poonamallee, Chennai on 2nd of August 2025. Forty five beneficiaries from paediatrics to geriatric category visited the camp. A detailed assessment followed by diet counselling was carried out in the health camp.



Ms. Nandita Krishnan, Lecturer, Dept. of Clinical Nutrition, SRFAHS, delivered a guest lecture on the topic, 'Role of Clinical Nutrition in Managing Lifestyle Disorders' at ASET College, Poonamalle, on 26th of September 2025.



Dr. N. Preetha, Associate Professor, Dept. of Clinical Nutrition, SRFAHS delivered a talk in the power lecture series as a part of Breast Feeding Week celebration 2025, entitled 'Breastfeeding: Nature's first sustainable food system' on 5th of August 2025 organized by Sathyabama College of Nursing, Sathyabama Institute of Science and Technology (Deemed to be University), Chennai.



Ms. Aishwarya C. V, Lecturer, Dept. of Clinical Nutrition, SRFAHS, participated and won 1st place in the throwball tournament held at SRIHER (DU) as part of the National Sports Day Celebration on 30th of August 2025.

Ms. Aishwarya C. V, Lecturer, Dept. of Clinical Nutrition, SRFAHS, delivered a guest lecture on the topic "Role of Nutrition in Good Health," to the residents of Chavatapalaem Village, Kanupur Mandal, Nellore district, Andhra Pradesh, on 10th of September 2025.



Dr. M. Manimekalai Narayanan, Assistant Professor of Yoga, served as the resource person for the International Yoga Day Celebration held on 18th of June 2025.

Dr. M. Manimekalai Narayanan, Assistant Professor of Yoga, conducted the Common Yoga Protocol session for the International Day of Yoga at SRIHER held on 21st of June 2025.

Dr. M. Manimekalai Narayanan, Assistant Professor of Yoga, served as the Resource Person for the Yoga Orientation Programme at the Nursing College, SRIHER, held on 2nd of August 2025, which was attended by 120 students.

Dr. M. Manimekalai Narayanan, Assistant Professor of Yoga, served as the Resource Person for the Workshop at Saveetha University held on 04th August 2025 on the topic "Yoga for College Students – Understanding Biomarkers through Yoga."

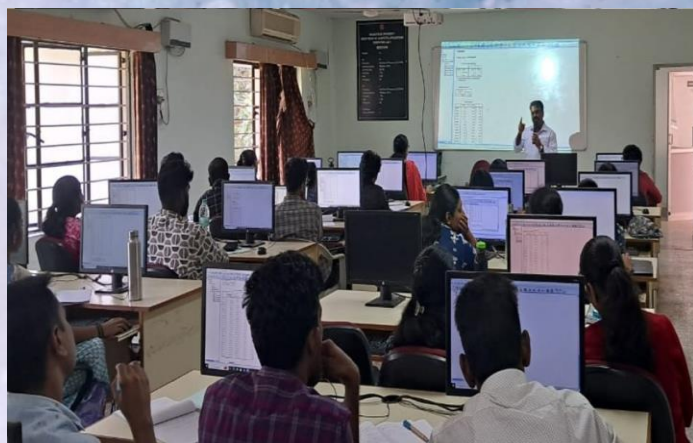
Dr. M. Manimekalai Narayanan, Assistant Professor of Yoga, served as the resource person for the Faculty Development Program held on 04th August 2025 on the topic "The Need and Importance of Yoga Education – 2025."

Dr. M. Manimekalai Narayanan, Assistant Professor of Yoga, conducted a Yoga Workshop titled "Yoga with AI." for young minds at Vel Tech University held on 10th of September 2025.

Dr. Cynthia Milton, Associate Professor of English delivered a lecture on English Language in patient - doctor communication in the Foundation course for the I MBBS 2025 – 2026 batch.



Dr. G. Pitchaimani, Associate Professor was awarded the Certificate of Excellence for securing second place in Oral Presentations [Topic: Self-Directed Learning Ability Among Undergraduate Allied Health Sciences Students: A Cross-Sectional Study in Chennai] at the 1st International Conference on Accreditation, Ranking, and Quality in Higher Education (ARQ), held from June 19th to 21st, 2025 at Sri Ramachandra Institute of Higher Education and Research.



The UGC-Malaviya Mission Teacher Training Centre (formerly Human Resource Development Centre) of Bharathiar University organised a Short-Term Course on 'SPSS' for Ph.D Scholars in Social Sciences from 10th December to 16th December 2025 through offline mode (face to face interaction). Dr. Pitchaimani G., Associate Professor from the Sri Ramachandra Faculty of Allied Health Sciences, was invited as a resource person and delivered a lecture on 'Scale Development - Reliability & Validity analysis using SPSS' for Ph.D research scholars (42 research scholars from affiliated colleges, Bharathiar University) on the 13th December 2025.



DEPARTMENT OF SOCIOLOGY & POPULATION STUDIES
Bharathiar University, Coimbatore - 641046.

Conducts Value Added Course
on

"STATISTICAL METHODS FOR SOCIOLOGICAL ANALYSIS"



RESOURCE PERSON: DR. PITCHAIMANI GOVINDHARAJ
ASSOCIATE PROF. IN SOCIOLOGY,
FACULTY OF ALLIED HEALTH SCIENCES,
SRI RAMACHANDRA INSTITUTE OF HIGHER
EDUCATION AND RESEARCH (DU),
CHENNAI - 600116

Topic : SPSS Simplified - From Data to Decision

Date : 31/07/25
Time : 10:30 AM - 12:45 PM

" Nothing has such power to broaden the mind as the ability to investigate systematically and truly all that comes under thy observation in life."
- Marcus Aurelius



DEPARTMENT OF SOCIOLOGY & POPULATION STUDIES
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"STATISTICAL METHODS FOR SOCIOLOGICAL ANALYSIS"



RESOURCE PERSON: DR. PITCHAIMANI GOVINDHARAJ
ASSOCIATE PROF. IN SOCIOLOGY,
FACULTY OF ALLIED HEALTH SCIENCES,
SRI RAMACHANDRA INSTITUTE OF HIGHER
EDUCATION AND RESEARCH (DU),
CHENNAI - 600116

Topic : Measured Thinking - Essentials of Scale Development in Research

Date : 31/07/25
Time : 02:00 PM - 05:00 PM

" Nothing has such power to broaden the mind as the ability to investigate systematically and truly all that comes under thy observation in life."
- Marcus Aurelius

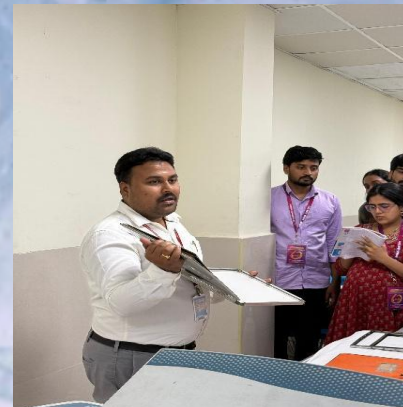
The Department of Sociology and Population Studies, Bharathiar University, Coimbatore conducted a value added course on Statistical Methods for Sociological Analysis. Dr. Pitchaimani G., Associate Professor from the Sri Ramachandra Faculty of Allied Health Sciences, was invited as a resource person and delivered a lecture on 'SPSS Simplified-From Data to Decision' and a lecture on 'Measured Thinking – Essentials of Scale Development in Research' for postgraduate students on the 31st July 2025.



Mr. Thulasi Dass S, Assistant Professor, Department of Radiology & Imaging Sciences, SRFAHS, SRIHER secured the second place in faculty oral presentation titled 'CT morphometric analysis of Pancreas with endocrnolical parameters correlation' at the National Conference of Indian Society of Radiographers & Technologists, in Chandigarh on September 2025



Mrs. S. Suganthi, Assistant Professor, Faculty of Allied Health Sciences, SRIHER, conducted a workshop on "MR COILS" organized by Ramachandra Advanced Radiology Education, SRIHER on 21st August 2025.



Mr. Thulasi Dass S, Assistant Professor, Department of Radiology & Imaging Sciences, SRFAHS, SRIHER, conducted a Workshop on "MR HARDWARES" organized by Ramachandra Advanced Radiology Education, SRIHER on 21st August 2025.



Mrs. Sheila Elangovan, Associate Professor, Department of Radiology & Imaging Sciences, SRFAHS, SRIHER, conducted a Workshop on "MR CONTRAST MEDIA" organized by Ramachandra Advanced Radiology Education, SRIHER on 21st August 2025.



Mrs. Sheila Elangovan, Associate Professor, Department of Radiology & Imaging Sciences, SRFAHS, SRIHER, delivered a guest lecture on "AI abbreviated MRI AMP Beyond: Transforming MRI Breast Workflow" organized by the 7th state conference of Indian Radiographers, TN chapter, held in Salem on 13th September 2025.



Mrs. S. Suganthi, Assistant Professor, Faculty of Allied Health Sciences, SRIHER, gave a lecture on "MRI Assessment of Uterine Pathologies Using ASL techniques" at the National Conference of Indian Society of Radiographers and Technologists (NC-ISRT) in Chandigarh, on 20th and 21st September 2025.

INSTITUTE OF ALLIED HEALTH SCIENCES
SRINIVAS NAGAR, MURKA, MANGALORE

DEPARTMENT OF MEDICAL IMAGING TECHNOLOGY

RADCON'25 NATIONAL CONFERENCE

In Collaboration With
Indian Society For Radiation Biology

CHIEF GUEST
Dr. Madhu Bala

THE SPEAKERS

Dr. VIJAYALAKSHMI J
TOPIC: CYTOGENETIC BIODOSIMETRY FOR ASSESSING RADIATION EXPOSURE [IN VIVO AND IN VITRO]

Dr. Suchetha Kumari N
TOPIC: EFFECT OF ELECTRON BEAM IRRADIATION ON BRAIN LIPID COMPOSITION AND EXPRESSION OF GENES

Mr. S. Thulasi Dass
TOPIC: DOSE REDUCTION STRATEGIES IN CT

Mr. Thulasi Dass S, Assistant Professor, Department of Radiology & Imaging Sciences, SRFAHS, SRIHER, gave a guest lecture on the topic 'Dose reduction strategies in CT' in a National Conference held at Srinivas University, Mangalore on 25th October 2025.



PUBLICATIONS

S.No	Authors	Title	Journal	Year	Volume / Issue / Pages / Date	DOI / URL	Indexing
1	Basu S, A.J. Hemamalini, Ranjith Kumar Manokaran, Nivedita Pavithran	Macronutrient Ratios: The Miraculous Impact of Fixing Dietary Puzzle in Treating Children with Epilepsy	International Journal of Nutrition, Pharmacology, Neurological Diseases	2025	Vol. 15, No. 3, 24 June 2025	journals.lww.com/ijnp/fulltext/2025/07000/macronutrient_ratios_the_miraculous_impact_of.8.aspx	Scopus, UGC Care II
2	Basu, S., & Hemamalini, A. J.	Indigenous ketogenic formula for pediatric epilepsy care	Annals of Indian Academy of Neurology	2025	28(5), October 13, 2025	https://journals.lww.com/annalsfian/fulltext/2025/09000/author_reply_indigenous_ketogenic_formula_for.36.aspx	Scopus, PubMed, Web of Science, UGC Care II
3	Basu, S., Hemamalini, A. J., & Manokaran, R. K.	Development and validation of a caregiver-reported quality-of-life questionnaire for pediatric patients with drug-resistant epilepsy on a ketogenic diet	The Cureus Journal of Medical Science	2025	17(10)	https://pubmed.ncbi.nlm.nih.gov/41220476/	-
4	Basu, S., Kewalramani, D., Manokaran, R. K., & Arambakkam Janardhanam, H.	Ketogenic diet for refractory epilepsy in a male infant with CDKL5 deficiency disorder	Indian Journal of Pediatrics	2025	Published November 21, 2025	https://doi.org/10.1007/s12098-025-05844-9	Scopus, PubMed, Web of Science, UGC Care II
5	Basu, S., Arambakkam Janardhanam, H., & Manokaran, R. K.	Ketogenic diet in pediatric drug-resistant epilepsy: Mechanisms, efficacy, and parental perceptions	Journal of the International Child Neurology Association	2025	November 16, 2025	https://jicna.org/index.php/journal/issue/view/12	Google Scholar, CrossRef
6	Ghosh, T., Subbulakshmi, V., Narayanan, M., & Chamundeeswari, D.	-	TPM – Testing, Psychometrics, Methodology in Applied Psychology	2025	Volume 32, Issue S5, Pages 262–266 (Posted 03 August 2025)	-	-
7	Varshini, M. B., & Supriya, V.	Modulatory roles of baicalin, punicalagin, and naringenin in molecular pathways of metabolic syndrome	Egyptian Journal of Medical Human Genetics	2025	16(4)	https://doi.org/10.1186/s43042-025-00792-7	Scopus
8	Rau, U. K., Hemamalini, A. J., Parvathi, V. D., & Supriya, V.	Development of zinc oxide nanoparticle-embedded starch biofilms for food packaging	Journal of Applied Biology and Biotechnology	2025	14(1), 25 November 2025	https://doi.org/10.7324/JABB.2025.245546	Scopus
9	Anusha, K., Gayathri, G., Kumar, D. J., & Arivuchudar, R.	Antioxidant-enriched health mix fortified with fermented Moringa oleifera seeds: A comprehensive study on nutritional profiling, sensory evaluation, and addressing challenges of food insecurity	Current Nutrition & Food Science	2025	-	https://doi.org/10.2174/0115734013408708250903133529	Scopus
10	Harini, J. N., Gayathri, G., Mahadevan, S., & Ilangoan, R.	Effects of probiotic supplements on bone mineral density and bone turnover markers in postmenopausal women: A systematic review	Clinical Nutrition ESPEN	2025	-	https://doi.org/10.1016/j.clnesp.2025.07.1117	Scopus, PubMed
11	Narayanan, M.	A Study on Chakra Colors and the Body, Mind, and Soul Connection: Bridging Ancient Wisdom with Modern Science	Studies in Science of Science (ISSN: 1003-2053)	2025	Volume 43, Issue 06, Page 764	-	-

12	Narayanan, M.	Impact of a Structured Yoga Posting on Well-Being, Stress, and Empathy in MBBS Interns: A Longitudinal Observational Study	Global Journal of Medical, Pharmaceutical, and Biomedical Update	2025	Volume 20, Issue S1, Page 34		Gale OneFile Health and Medicine
13	Narayanan, M.	A Comparative Analysis of Yoga Education Curricula at the Undergraduate and Postgraduate Levels for Diverse Healthcare Professions: Exploring Professional Skill Development and Efficacy of Elective Course Integration	Studies in Science of Science (ISSN: 1003-2053)	2025	Volume 43, Issue 06	-	-
14	Cynthia Milton	A Conceptual Model for Healthy Integration of Artificial Intelligence Writing Tools in Independent Writing Pedagogy	Global Journal of Medical, Pharmaceutical, and Biomedical Update	2025	20 (Suppl 1), 1-76	https://doi.org/10.25259/GJMPBU_32_2025_014	-
15	Geetha Jeganathan, Sampathkumar Srinivasan, Senthilkumar Ramasamy, Pitchaimani Govindharaj	Reproductive health knowledge and menstrual hygiene practices among rural married women in central district of Tamil Nadu: A cross-sectional study	Journal of Education and Health Promotion	2025	14(1), 478	-	WoS, Scopus, PubMed
16	Pitchaimani Govindharaj, Sanjana Agrawal, Senthilkumar Ramasamy, Suganya Panneerselvam, Sandhya Bharathi Shanmugasundaram	Social participation of people affected with leprosy in India: what does the literature tell us? A systematic review	Transactions of The Royal Society of Tropical Medicine and Hygiene	2025	traf110	https://doi.org/10.1093/trstmh/traf110	WoS, Scopus, PubMed
17	Sampath Kumar Srinivasan, Pitchaimani Govindharaj, Prabu Gopa	Reproductive autonomy of visually impaired women: a cross-sectional study in Coimbatore and Tiruchirappalli districts, Tamil Nadu	BMC Research Notes	2025	18, Article 413	https://doi.org/10.1186/s13104-025-07496-6	WoS, Scopus, PubMed
18	Sampath Kumar Srinivasan, Pitchaimani Govindharaj, Prabu Gopa	Living in darkness: quality of life of visually impaired women residing in rural districts of Tamil Nadu India	Discover Social Science and Health	2025	5, Article 127	https://doi.org/10.1007/s44155-025-00274-6	WoS, Scopus
19	Manivel Arumugam, Senthilkumar Ramasamy, Pitchaimani Govindharaj, Mahendran Murugan	The feasibility of conducting successful pulmonary rehabilitation in India	Journal of Yeungnam Medical Science	2025	42:40	-	WoS, Scopus
20	Pitchaimani Govindharaj, Narasimman Swaminathan	Self-directed learning ability among undergraduate allied health sciences students in Chennai, India: a cross-sectional study	BMC Medical Education	2025	25, Article 968	https://doi.org/10.1186/s12909-025-07458-3	WoS, Scopus, PubMed
21	Bharath Manikandan, Ramakrishnan T V, Pitchaimani Govindharaj	HEART score for the assessment of patients presenting to emergency department with chest pain	BMC Research Notes	2025	18, 286	https://doi.org/10.1186/s13104-025-07358-1	WoS, Scopus, PubMed
22	Senthilkumar Ramasamy, Suganya Panneerselvam, Pitchaimani Govindharaj, Sanjana Agarwal	The scope of a comprehensive primary healthcare approach in addressing the rising burden of noncommunicable diseases	International Journal of Non-communicable Diseases	2025	10(2):64-69	-	WoS, Scopus
23	Singh M, Clement M A, Kim G, et al.	Visual Impairment and Ocular Findings in Children With Developmental Delay Attending a Child Development Unit Clinic at a Tertiary Hospital	Cureus	2025	17(10): e95277	doi:10.7759/cureus.95277	-

24	Prabha S, Rathna P	An Ethical Framework for Environmental Sustainability: Reestablishing Deep Ecology through Richard Powers' The Overstory	Studia Ecologiae et Bioethicae	2025	-	https://doi.org/10.21697/seb.5874	Scopus
25	Nirmahlaa.T.N. Dr.T.V.Ramakrishnan, Dr.Ramya, Dr.Aruna , Mr.Krishna kumar	Assess The Accuracy of Predictive Scores TRISS, NISS, And APACHE II In Predicting Mortality Among Trauma Patients In Tertiary Care Hospital In South India.	SEEJPH	2025	Volume XXVI, S2,2025, ISSN: 2197-5248; Posted:02-03-25	https://mail.google.com/mail/u/0?ui=2&ik=41f5cf0d23&atid=0.3&permmsgid=msgf:1844584305386498777&th=199947a718d2aad9&view=att&disp=iline&realatid=f_mg4u4tvn3&zw	Google scholar
26	Mrs. Sharmila. R,Jabez.J, Mangaipagan.S, Dr.T.V.Ramakrishnan	Comparison Of Siriraj Stroke Score with Ct-Scan Findings in Ischemic Stroke.	SEEJPH	2025	Volume XXVII, 2025, ISSN: 2197-5248; Posted:02-02-25	https://mail.google.com/mail/u/0?ui=2&ik=41f5cf0d23&atid=0.4&permmsgid=msgf:1844584305386498777&th=199947a718d2aad9&view=att&disp=iline&realatid=f_mg4u4tvd2&zw	Google scholar
27	Nirmhalaa. T.N Dr.T.V.Ramakrishnan, Dr.Ramya ,Dr.Aruna, Mr.Krishna kumar	Comparative validation of predictive score efficacy among trauma patients	Romanian Medical Journal	2025	Volume 72, No. 2, 2025	DOI: 10.37897/RMJ.2025.2.7	Scopus
28	Jabez J,Praveen. P,Mangaipagan. S, Dr.T.V.Ramakrishnan	Effectiveness Of Supine Vs. Prone Position Cardiopulmonary Resuscitation (Cpr): A Mannequin-Based Evaluation	International Journal of Environmental Science	2025	Vol. 11 No. 23s, 2025	https://theaspd.com/index.php	Scopus
29	Mangaipagan Siva-kumar, Sharmila.R, Jabez.J. Dr.T.V.Ramakrishnan	Assessment of Icu Admission and Length of Intensive Care Unit Stay in Acute Medical Presentations to the Emergency Department Using the Rapid Emergency Medicine Score (Rems)	International Journal of Environmental Science	2025	Vol. 11 No. 23s, 2025	DOI: https://doi.org/10.64252/01yvx26	Scopus
30	Hariprasath Sivasankaran, Nirmhalaa. T.N,Krishna Kumar Dharman, Deepika.S, Mohanasundari.P	A Systematic Review To Assess The Association Of Digital Health Technology In Patients With Cardiovascular Disease In India	International Journal of Environmental Science	2025	Vol. 11 No. 23s, 2025	https://doi.org/10.64252/7zsj6g11	Scopus
31	Nirmhalaa.T.N. Dr.T.V.Ramakrishnan, Deepika.S,M Mr.Krishna kumar	Comparison of SOFA and APACHE IV Scores for Predicting ICU mortality: A Prospective Observational Study,	Jour of Dalian University of Technology	2025	Volume 32, Issue 11, 2025]	https://jdut.net/	Scopus
32	Krishna Kumar Dharuman , Akash T , Antony Jennert Linu J Nirmhalaa T.N , P.MohanaSundari and Ashwini.V	Effectiveness of Structured Basic Life Support (BLS) Training in Enhancing Knowledge, Awareness, and Skills Among Allied Health Science Students: A Pre- and Post-Test Study	Jour of Dalian University of Technology	2025	Volume 32, Issue 11, 2025]	https://jdut.net/	Scopus

BOOK CHAPTER

Dr. V. Supriya, Associate Professor, Dept. of Clinical Nutrition, SRFHS, contributed to a book chapter titled Respiratory Therapists' Advice on Nutritional Status in the Handbook of Fundamentals and Practices in Respiratory Care- A Resource for Therapists and Technologists, released in December 2025.

BLOG WRITING

Ms. C.V. Aishwarya, Lecturer, Dept. of Clinical Nutrition, SRFAHS, contributed to the following articles in The Indian Express Digital from 21st of June 2025 to 20th of December 2025.

Dr. M. Manimekalai Narayanan, Assistant Professor of Yoga, created a CBCS Yoga Education Blog for Q&A titled: "Enriching Professional Knowledge."

S.No	Title	Link	Date of the published article
1	'Woh toh nikal gayi haath se': Sonu Sood reveals being the only vegetarian among a family of meat lovers	https://indianexpress.com/article/lifestyle/health/sonu-sood-reveals-being-the-only-vegetarian-family-meat-lovers-10066148/	June 22, 2025
2	Nutritionist reveals which supplements to avoid and which ones to take	https://indianexpress.com/article/lifestyle/health/nutritionist-reveals-which-supplements-to-avoid-and-which-ones-to-take-10220234/	September 7, 2025
3	Mera patent breakfast tha': What Sidharth Malhotra ate during early career struggle days	https://indianexpress.com/article/lifestyle/health/sidharth-malhotra-sweet-potato-career-struggle-days-10329241/	November 2, 2025
4	Anita Hassanandani reveals a combination of sugar and cucumber tastes like watermelon: 'My son is going to be so happy'	https://indianexpress.com/article/lifestyle/health/anita-hassanandani-sugar-cucumber-tastes-like-watermelon-10353230/	November 9, 2025
5	Gastroenterologist rates popular Indian snacks based on gut health impact; this is where your favourite rank	https://indianexpress.com/article/lifestyle/health/gastroenterologist-ranks-popular-indian-snacks-gut-health-10341472/	November 16, 2025
6	All that Man vs Wild star Bear Grylls eats in a day: 'I like to keep it simple, natural, and farmer-led'	https://indianexpress.com/article/lifestyle/food-wine/heres-everything-man-vs-wild-star-bear-grylls-eats-in-a-day-10368615/	December 1, 2025
7	Jacqueline Fernandez swears by a special 'fragrance milk' that cuts off 'any odour-inducing bacteria'; experts weigh in	https://indianexpress.com/article/lifestyle/health/jacqueline-fernandez-fragrance-milk-claims-control-body-odour-10393915/	December 8, 2025
8	Anshula Kapoor shares what she 'realistically' eats in a day:	https://indianexpress.com/article/lifestyle/food-wine/anshula-kapoor-shares-what-she-realistically-eats-in-a-day-10403731/	December 8, 2025
9	Sports dietitian suggests avoiding protein before training, says the 'body performs best when it has accessible energy'; experts verify	https://indianexpress.com/article/lifestyle/health/should-you-avoid-protein-before-training-10397704/	December 13, 2025
10	Narayanan, M. "Yoga, Mindful Meditation, and the AI World."	https://icttd.org/Publications/yoga-mindful-meditation-ai-world/	August 5, 2025

Copyrights

A Copyright is filed by Dr. A. J. Hemamalini, Professor and Head, and Ms. Soma Basu, Research Scholar from the Department of Clinical Nutrition titled “DREPQ2 To Assess the Quality of Life of Children with Drug Resistant Epilepsy” has been published in the intellectual property rights website on the 3rd of September, 2025.

A Copyright is filed by Dr. A. J. Hemamalini, Professor and Head, and Ms. Soma Basu, Research Scholar from the Department of Clinical Nutrition titled “Keto Food Choices for Pediatric Drug-Resistant Epilepsy” has been published on the intellectual property rights website on 13th of October 2025.

A Copyright is filed by Dr. V. Supriya, Associate Professor, and Ms. Bhavatharini R, Research Scholar from the Department of Clinical Nutrition, titled “Effectiveness of Fit4pedon-Mobile Application (app) and Tailor-Made Dietary Plans on the Life-style Modification of Malnourished Childhood Cancer Survivors” has been published in the intellectual property rights website in July 2025.

A Copyright is filed by Dr. G. Gayathri, Assistant Professor, and Ms. Anusha K, Research Scholar from the Department of Clinical Nutrition, titled “Process of Development and Design of Proteinxi Crackers Enriched with Moringa oleifera Seed,” has been published on the intellectual property rights website in August 2025.

STUDENTS' TRUMPET



Mr. Sanjay Priyadharshan and Mr. Dhanush, I year students of M.Sc., MIT have won the second prize in the poster competition with the theme smoking cessation for COPD Day, organized by the Department of Respiratory Medicine, held in the G BLOCK OP, SRIHER on 19th November 2025.



MS. Amirtha K, III year student of M.Sc., MRIT has won the second prize in oral competition on the topic "Radiation safety in Computed Tomography", organized by ISRT TN PY chapter in association with Sri Sathya Sai Medical College and Research Institute, Chengalpattu, on 6th December 2025.



Mr. Elankeeran. A II year student of M.Sc., MIT presented a paper titled 'To evaluate the significance of dynamic contrast enhanced and diffusion weighted magnetic resonance imaging in the characterization of female pelvic masses' and has won first prize in a state level conference organized by the Society of Indian Radiographers & Technologists, Salem on 13th September 2025.



The II year students of the M.Sc., Physician Associate, Department of Allied Health Sciences, SRIHER, participated in an e-poster competition organised during the international conference of Sri Venkateshwaraa College of Paramedical Sciences, Ariyur, Puducherry, held on 21st and 22nd August 2025 and bagged several prizes.



Ms. R. Athira's presentation on the topic, 'Pulse of the future: Wearables in Detection of Heart Failure and Cardiovascular Disease Prediction', secured 2nd position.



Ms.R.Athira, Ms.Sujitha, Ms.Sneha D., Ms. Aishwarya S. and Ms. Sakthi Sneha, and Ms.Pavithra of the II year M. Sc Physician Associate participated in a group dance competition and secured 2nd prize

The students of M.Sc., Physician Associate, Department of Allied Health Sciences, SRIHER participated in the STEPS Annual Conference 2025 conducted by the Department Trauma Care Management, Sri Ramachandra Institute of Higher Education and Research on 20th and 21st August 2025. Ms. Atheeswari of II year MSc. Physician Associate secured 1st position for her oral presentation titled, 'Clinical features and treatment outcomes of epidural hematoma- A retrospective analysis in a tertiary care center' while Mr. Prakash J, Mr. Ayappan, and Ms. Chilakanna of the II year M.Sc., Physician Associate participated in the STEPS quiz competition.





Seventeen students of II year M.Sc. Physician Associate actively participated in the 21st Annual Conference of the Indian Association of Physician Assistants (IAPACON 2025) held on 11th October 2025, at Hotel Savera, Chennai. They demonstrated outstanding academic commitment and research acumen through their participation spanned across poster and oral presentation categories. The details are as follows:

- Ms. Sujitha P of II Year, M.Sc., Physician Associate secured third best oral paper presentation award for her presentation on ‘Correlation of Aspartate Aminotransferase to Platelet Ratio Index with Child-Pugh and MELD-Na” scores among Patients with Decompensated Liver Disease’.
- Mr. Prakash J of II Year, M.Sc., Physician Associate has done a poster presentation on the topic, ‘Prevalence of Migraine in Relation to Depression: A Cross-Sectional Study’.
- Ms. Shenbagavalli A of II Year, M.Sc., Physician Associate, has done a poster presentation on ‘Assessment of Risk Factors of Stone Formation’.
- Ms. Roshini H of II Year, M.Sc., Physician Associate has done an oral presentation on “Radiological-pathological concordance in fibroepithelial lesions undergoes core needle biopsy” in Chronic Wound Patients.



Mr. Sam Joyson S. (Batch of 2024) and Ms. Philomena Priyanga R. (Batch of 2025) from the Department of Trauma Care Management received the Founder Chancellor Shri N.P.V. Ramasamy Udayar Memorial Cash prize for their outstanding academic excellence in the first year university examinations on 20th September, 2025.



Eleven students from B.Sc TCM , Mr. Sam Joyson, Ms. Princy J., Ms. Kiran Evangeline C., Ms.Sadhana T., Mr. Tamilarasan, Ms.Jayanth J.,Ms. Boomika B., Ms. Anu Keerthana, Mr. Jaideep S., Ms. Prema and Ms. Veenu A.S. received the Founder-Chancellor Merit-cum-Means Scholarship for 2025–2026 on 11th July 2025.



Ms. Soma Basu, Research Scholar, Dept. of Clinical Nutrition, SRFAHS has won the first prize in E-Poster Research Paper Presentation titled, ‘Redefining Excellence: Innovating Quality Assurance and Accreditation in Pediatric Dietary Interventions for Drug-Resistant Epilepsy’ at the First International Conference on Accreditation, Ranking, and Quality in Higher Education, organized by Sri Ramachandra Institute of Higher Education and Research, Chennai, from 19th to 21st June 2025.

Ms. Bavathrani R, Research Scholar, Dept. of Clinical Nutrition, SRFAHS, defended her PhD viva successfully on the 21st of July 2025 under the supervision of Dr V Supriya, Associate Professor, Dept. of Clinical Nutrition, SRFAHS.

Ms. Soma Basu, Research Scholar, Dept. of Clinical Nutrition, SRFAHS, has won the first prize for her Oral Research Paper Presentation titled “From Spikes to Silence: Ketogenic Diet on Electroencephalogram for Pediatric Drug-Resistant Epilepsy, the Evidence Speaks” at the Apollo International Clinical Nutrition Conference held at Visakhapatnam on 2nd and 3rd of August 2025.



Ms. Jayashree. R, Research Scholar, Dept. of Clinical Nutrition, SRFAHS, participated and won first prize in the Oral Research Paper Presentation on “Dietary Essential Amino Acid Intake and Behavioural Outcomes in Children with Autism Spectrum Disorder: Insights from ATEC Scores” at the 17th Annual Clinical Nutrition International Conference, NutriUtsav 2025 (Nutrition in Metabolic Diseases) in Madras Medical Mission on 29th of August 2025.



Ms. Soma Basu, Research Scholar, Dept. of Clinical Nutrition, SRFAHS, was invited as a Resource Person to deliver a talk on ‘Low Glycemic Index Dietary Therapy for Children with Drug-Resistant Epilepsy’ at the 17th Asian Oceanian Congress of Child Neurology Conference 2025 at AIIMS, New Delhi, on 16th of September 2025.



Ms. Soma Basu, Research Scholar, Dept. of Clinical Nutrition, SRFAHS, was invited to deliver a talk at Aditya Birla Public School, Jaipur, Rajasthan, for students on the topic ‘Nutrition Education and Career Opportunities’ on 17th of September 2025.



Ms. Soma Basu, Research Scholar, Dept. of Clinical Nutrition, SRFAHS, has won the Best Oral Paper Presentation titled ‘AI in Nutrition Care: Friend or Foe?’ at the 20th Annual Indian Society for Parental and Enteral Nutrition (ISPEN) Conference held at Kolkata between 7th and 9th of November 2025.



Ms. Soma Basu, Research Scholar, Dept. of Clinical Nutrition, SRFAHS, has won the Best Poster Research Paper Presentation for her paper titled ‘Ketogenic Diet for Refractory Epilepsy in A Male Infant with Cdk15 Genetic Mutation’ at the 20th Annual Indian Society for Parental and Enteral Nutrition (ISPEN), Conference held at Kolkata between 7th and 9th of November 2025.



Ms. Geethika A, II year PG Student, Dept. of Clinical Nutrition, SRFAHS, participated and has won the second prize in an online photography competition organized by The Rotaract Club of SRIHER between 12th of November and 23rd of November on the occasion of Samvidhan Samaan Constitution Day, November 26th 2025, based on the theme ‘Spirit of Tiranga’.



Ms. Geethika A, Second Year PG Student, Dept. of Clinical Nutrition, SRFAHS secured 2nd place for her poem presented in the Eco Poetry Contest conducted by the English Literary Club, SRIHER (DU) between 22nd and 30th of June 2025.

TRAIL MARKS



Ms. Mubeen Alumna of MSc Neuroscience (Batch 2023-2024) was awarded “Thiru Sundaram Gold Medal” for the best outgoing student in MSc Neuroscience during the convocation held at SRIHER on 15th October 2025.



The Department of Radiology and Imaging Sciences organized an online webinar on the topic "From Student to Professional: Lessons on Transitioning into Clinical Practice" by Mr. Noyal Mathew, our esteemed alumnus of AHS, Radiology & MRIT Practice Educator & Clinical Simulations Facilitator, University College of London, on 3rd October 2025.

Trauma Care Management - Silver Jubilee Alumni Meet

The Department of Trauma Care Management organized its 25th Silver Jubilee Alumni Meet on August 22nd, which gathered alumni from across India and abroad. During the event, 10 distinguished alumni conducted a career guidance program, offering valuable insights and mentorship to current students.



The two best outgoing students awards for the year 2025, Arjuna Singh Gold Medal was received by Mr. Thamarai Selvam E , Alumnus, M.Sc. Trauma Care Management and Alumni Gold Medal was received by Ms. Veenu A.s, Alumna, B.Sc. Trauma Care Management during the University Convocation held on 15th October 2025.

Department of Clinical Nutrition - Alumni Webinar Series

The Department of Clinical Nutrition organised a series of webinars with their Alumni serving as resource people. The details are as follows

Alumni Webinar on Bariatric Nutrition

A webinar on ‘Bariatric Nutrition’ was conducted on 30th June 2025 by Ms. Greata Sherene Robinson, Clinical Nutritionist, Apollo Institute of Bariatrics, Chennai. The session focused on the nutritional management before and after bariatric surgery, patient counselling strategies, dietary modifications, and the role of nutritionists in a multidisciplinary bariatric team. A total of 105 students and 3 faculty members actively participated in the webinar.



Alumni Webinar on Maternal Nutrition and Fertility



The Department of Clinical Nutrition, Sri Ramachandra Faculty of Allied Health Sciences, organized an insightful session as a part of its Alumni Webinar Series on the topic, 'Maternal Nutrition and Fertility – Role and Scope of a Dietitian'. The special address was given by Ms. Haripriya. N, an accomplished alumna and Executive Nutritionist at Cloud Nine Hospital, Chennai, on 19th of July 2025. The interactive session saw enthusiastic participation from 100 students, sparking valuable discussions and clarifying practical challenges faced in clinical practice.

Alumni Webinar on Men and Nutrition



A webinar was conducted on 17th September 2025 by Ms. Leena R (Batch 2019-2021), Nutritionist and Sports Nutritionist, Art of Eating LLP, by Shiny Surendran, Chennai. The session focused on the topic "Men and Nutrition: Breaking Gender Stereotypes for Better Health." A total of 105 students and 1 faculty member actively participated in the webinar. Overall, the webinar was well-received and effectively enhanced participants' knowledge of Nutrition synergy and the effects of Nutrition on men's health.

Alumni Webinar on Intermittent Fasting



The Alumni Webinar for the month of August 2025, was successfully organized as an interactive online session through Google Meet with the purpose of engaging alumni, inspiring current students, and promoting the exchange of academic and professional knowledge on 30th August 2025. The session was delivered by Ms. D. Verhsa Hepzipha, an esteemed alumna (UG: 2017-2020, PG: 2020-2022 Batch) and Assistant Professor at Apollo Arts and Science College, Chennai spoke on the topic, 'Intermittent Fasting: A Friend or Foe.'. A total of 250 students attended the session, making it a well-received and impactful event. Overall, the Alumni Webinar Series with Ms. Hepzipha proved to be highly informative and inspiring, bridging the gap between academic knowledge and real-world practice, while encouraging students to adopt evidence-based approaches in their profes-

Alumni Webinar on careers in Nutrition



A webinar on Careers in Nutrition was conducted on 6th of December 2025 by Ms. Dikshaa Vikram (Batch 2020-2022), Product Coordinator (Nutrition Department), Twin Health, Chennai. A total of 105 students and 2 faculty members actively participated in the webinar. The session was highly informative and interactive, addressing common career challenges faced by Nutrition Graduates. Overall, the webinar was well-received and effectively enhanced participants' clarity on nutrition-based careers.

NSS, NCC and Club News

Eco Park Visits



The NSS Unit of SRIHER together with ExNoRa International Foundation jointly organised an Eco park visits at SIDCO Mullai-
vanam, Thirumulaivoyal on 11th July 2025 and a Govt. Boys High School Maraimalaiyadigalar street East Mugappair Thirumu-
laivoyal on 11th of September 2025. NSS volunteers included a total of 42 from SRFAHS with 5 from B.Sc AHS, 28 from B. Optom
and 9 from B.Sc TCM for the first visit while a total of 10 with 3 from AHS, 4 from Optometry, 2 from TCM and 1 from Clinical
Nutrition actively participated in the events. Seed balls were prepared by the volunteers. This activity promoted achieving SDG
13 - 'Climate action' and SDG 15- 'Life on land'.

Bio Diversity Park Cleaning Activity



The NSS Unit of SRIHER together with the Tamilnadu For-
est Department jointly organised a Bio-Diversity Park
Cleaning Activity at Kadambur Reserve forest area on 13th
July 2025. The NSS volunteers included a total of 18 from
SRFAHS with 8 from B.Sc AHS, 10 from B. Optom partici-
pated. Nearly 80kgs of plastic and other garbage were re-
moved.

Swach Bharat Lake Cleaning Drive



The NSS unit of SRIHER together with Korattur Eri Pa-
dhukappu Makkal Iyakkam (KAPMI) jointly organised
Swach Bharat Cleaning Drives around Korattur Lake on
12th August 2025 and 28th July 2025. A total of 9 AHS Vol-
unteers including 7 from Unit 2 and 5 and 2 from Unit 2
and 3 participated. Volunteers removed plastics and
other environmental hazardous materials surrounding
the lake.

Multi-Specialty Medical Camp



The NSS Unit of SRIHER organised a
Multi- specialty medical camp at CVRD-
Combat Vehicle Research Development
Avadi on the 5th of August 2025 for
women Contract employees



Personality Development Workshop



The NSS Unit of SRIHER in association with Disha Bharrath organised a personality development workshop for NSS Volunteers on 19th August 2025 at SRIHER. The NSS volunteers included a total of 21 with 4 from AHS, 7 from TCM and 10 from B. Optom participated. The theme focused on were to 'Know your Self; Know your Country; Know your Culture'.

Blood Donation Camp



The NSS and the NCC SRIHER jointly participated in Nation Wide Blood Donation Camp at Madhavaram Brahma Kumaris meditation center on the 22nd August 2025. Sixteen NSS and NCC Volunteers participated 3 NSS including 1 volunteer from AHS. and 2 NCC Volunteers donated blood.



BLS Training



The NSS Unit of SRIHER together with the Department of Emergency medicine and Trauma Care organised a Basic Life Support (BLS) training workshop on the 26th of August 2025. The NSS volunteers included a total of 5 from SRFAHS with 3 from AHS and 2 from TCM trained on first Aid, Adult BLS and Paediatric BLS.

“Ek Ped Maa Ke Naam” Campaigns



The NSS Unit of SRIHER organised “Ek Ped Maa Ke Naam” campaign together with Kuzhalosai NGO on the 28th and 29th August 2025 at SRIHER Campus. 550 palm seeds were planted on day 1 and 350 on day 2 surrounding the SRIHER Lake by the NSS volunteers. The NSS Volunteers included 4 from AHS and 6 from TCM.

The NSS Unit of SRIHER organised an “Ek Ped Maa Ke Naam” campaign together with Kuzhalosai NGO on 30th August 2025 at Korattur lake. Thousand palm seeds were planted around Korattur Lake Area. The NSS volunteers included a total of 11 from SRFAHS with 4 from AHS and 7 from TCM.

Cleanliness Drive



The NSS Unit of SRIHER and ExNoRa International Foundation, Lions Club of Central Madras jointly organised an Eco park visit and Cleanliness Drive at Queen Mary's college on the 26th of August 2025. The NSS volunteers included 13 from AHS and 6 from TCM. The volunteers cleaned plastics and bushes around the Eco park.

Swatch Bharat Drive



The NSS SRIHER organised Swachh Bharat mission Cleaning Activity at Nemam Panchayat on the 30th September 2025. Two AHS and 13 B Optom NSS Volunteers participated. Nearly 25kgs of plastic and waste materials were removed.

Multi-specialty medical camp



The NSS SRIHER organised a Multi -specialty medical camp at Shree Seva Mandir Old Age Home at Virugampakkam on the 19th October 2025 for Senior Citizens. 5 B Optom, 2 TCM and 1 Clinical Nutrition NSS Volunteers participated. This activity promoted achieving SDG 3 Good Health and Well-being.

Anandha Deepavali



The NSS, SRIHER celebrated Anandha Deepavali at Sree Seva Mandir old age Home Virugampakkam on 16th October 2025. 10 B Optom, 4 TCM NSS Volunteers participated in the event. Dress Materials were distributed to all the Senior Citizens. NSS volunteers actively interacted with the Senior Citizens offering them a variety of Play Equipments -Pallanguzhi, Ludo and puzzles

Gut Buddies



The NSS and GFO SRIHER jointly celebrated GUT BUDDIES an initiative under I.M.P.A.C.T (Initiative for Medical & Public Awareness Training) at Vayalanallur Panchayat Union Middle School on 27th October 2025. 6 TCM NSS Volunteers participated.

Children's Day celebration



The NSS, SRIHER and the Lions club of Golden Cultural Capital jointly organised a Children's Day celebration in Govt. Model Higher Secondary School Alamathi on the 19th November 2025. Nine B Optom, 4 TCM NSS volunteers participated in the event. Essay, elocution, drawing, mime, skit competitions were conducted for the students on the topic, "Swadeshi as a mindset".

Blood Donation Drive



The volunteers of NSS Unit 1,7&8 which included 6 students of Optometry participated in the Blood Donation Drive organised on 12th December 2025.

Dr.Vidhya.L
Assistant Professor of English
SRFAHS, SRIHER (DU).&
Programme Officer
Unit-3 NSS, SRIHER(DU),

NCC NEWS

- Mr. Badrish. A, Ms. Pranitha, Ms. Sandhiya Devi, Mr. Toufiq Hussain of B. Sc (Hons) AHS and Mr. Venkatachalam of M.Sc (Hoof MRIT attended TSC cum Combined Annual Training Camp (CATC) held at St Joseph College of Engineering, Chennai from 18th to 27th June 2025.
- Ms. Sangeetha.J, Mr. Thirush.H, Mr. Shyam of B. Sc (Hons) AHS and Mr. Manobharathi of BSc TCM attended RDC Selection from 3rd to 12th September 2025.
- Mr. Ilavarasan of B. Sc MLT, Mr. Shyam, Mr. Sanjay of B. Sc (Hons) AHS attended the Maharashtra Trek-1 from 06th to 14th November 2025
- Ms. Sadhana.S attended the Maharashtra Shivaji Trek- II Kolhapur from 25th Nov 2025 to 05th December 2025



On 4th September 2025, a contingent of 9 cadets along with Dr. Betty Lincoln, Assistant Professor, SRFAHS and SRIHER NCC Army Unit In-charge had the proud opportunity to attend the Passing Out Parade at the Officer Training Academy, Chennai. The event showcased the commissioning of officers into the Indian Army with remarkable discipline, coordination, and tradition. It was an inspiring and memorable experience for the cadets, instilling in them a deeper sense of patriotism, responsibility, and motivation to uphold the values of service and dedication to the nation.

Combined Annual Training Camp (CATC) was conducted from 7th to 16th October 2025 at Sathyabama Institute of Science and Technology, Chennai. CTO Dr. Betty Lincoln, Assistant Professor, SRFAHS was detailed for the camp from the 1TN (Med) unit.

Dr. Betty Lincoln
Assistant Professor, SRFAHS &
Caretaker Officer, SRIHER NCC UNIT



Six cadets attended CATC cum IGC RDC TRG 1 Camp was conducted at Tambaram Air force station, Chennai from 19th to 28th Sep 2025. Ms. Pranitha, of 2nd year AHS was selected to complete further levels. She completed her level I (1st to 10th Nov 2025) and II (11th to 20th November 2025) and was selected for RDC- SNIC camp.



GENERAL SECTION

HEALTH BYTES



CANCER: DEBUNKED

Cancer is often misunderstood, and many myths can prevent people from seeking help early. According to GLOBOCAN 2025 estimates, the Asian population now exceeding 4.6 billion people carries a significant share of the global cancer burden.

Among men, the most common cancers are lung, colorectal, and stomach cancers, while among women the most prevalent cancers are breast, lung, and thyroid cancers. The common warning signs of cancer include unexplained weight loss, persistent fatigue, a lump or swelling, non-healing ulcers, abnormal bleeding, chronic cough, and changes in bowel or bladder habits.

Early detection through simple screening tests can greatly improve recovery. These include breast self-examination and mammography for breast cancer, Pap smear and HPV testing for cervical cancer, stool-based tests and colonoscopy for colorectal cancer, and low-dose CT scans for high-risk lung cancer.

Vaccines also play a vital role in prevention: the HPV vaccine prevents cervical cancer, while the Hepatitis B vaccine reduces liver cancer risk. Addressing risk factors like tobacco use, unhealthy diet, infections, and pollution, along with awareness and vaccination, can significantly reduce cancer's impact.

Ms.Vaishnavi . S.A
Assistant Professor
Faculty of Allied health sciences
SRIHER (DU).

MIND MUSE

Looking Up From the Screen: Reclaiming Peer Connection on Campus



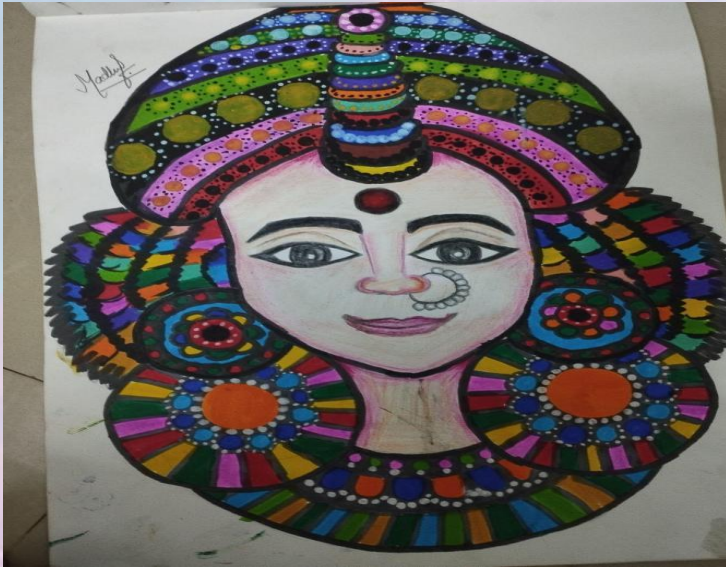
Walk into any college canteen or corridor today and you will see students sitting together—but not really *with* each other. Heads bent over mobile phones, conversations replaced by scrolling, liking, and forwarding. As faculty, this is a change many of us notice with concern. Students are connected to the world, yet increasingly disconnected from the person sitting next to them.

Peer communication once meant sharing worries before exams, laughing over small failures, or simply being heard. These everyday, face-to-face interactions helped students feel less alone. Social media, while useful, often shows only highlights, leaving little room for vulnerability or genuine listening. Over time, this can deepen feelings of isolation and misunderstanding.

Real conversations are messy, emotional, and sometimes uncomfortable—but they are also healing. Looking into a friend's eyes, noticing a pause, offering reassurance—these moments cannot be replicated on a screen. At SRIHER, as a campus community, we must gently encourage students to look up, speak, listen, and reconnect. College life is richer, kinder, and more meaningful when relationships are lived, not just posted.

Dr.D. C. Mathangi
Professor and Head
Department of Mind Body Medicine
SRFBSS.

KALEIDOSCOPE



Ms. S Madhu Chandana, I year Msc MRIT



Ms.Kaaviyaa Sri, I year, Bsc.(Hons)AHS



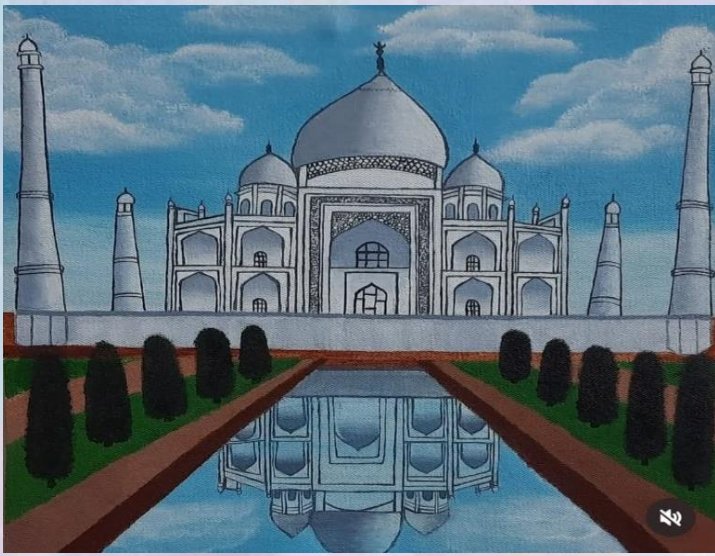
Ms.Pujithaashree P, I year, Bsc.(Hons)AHS



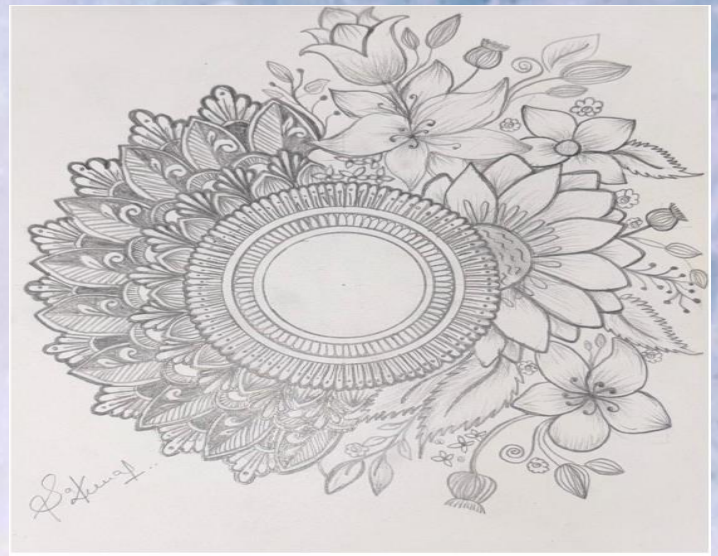
Ms.Durga. M, II Year M.Sc Clinical Nutrition



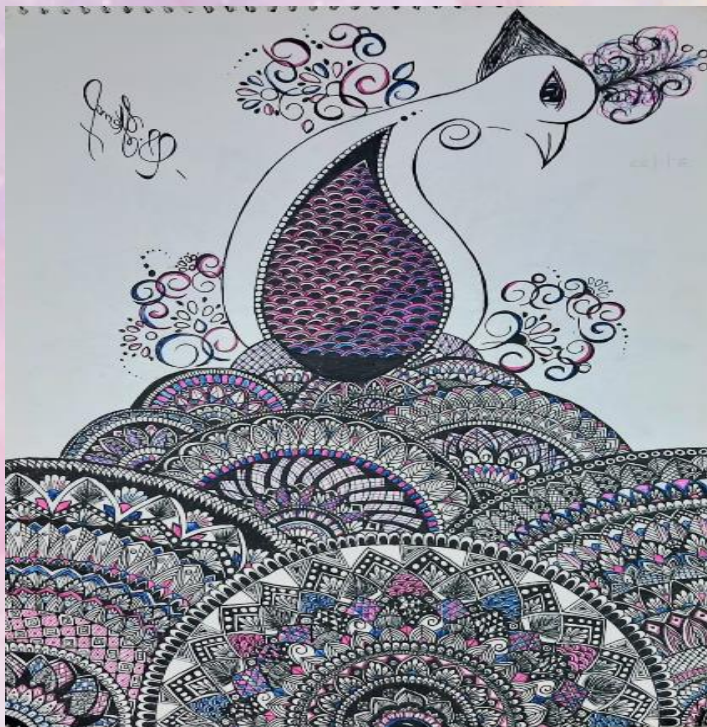
Ms. Ashira. A .H, II Year M.Sc Clinical Nutrition



Ms. Tharini. A.V, II Year, M.Sc Clinical Nutrition



Ms. Shakeena. J, II Year, B.Sc Clinical Nutrition



Ms. Hemavarshini Srinivasan, II year, B.Sc Clinical Nutrition



Ms. P. Jeevisha , I year, B.Sc Clinical Nutrition



Ms. N. Farha Zeeba, I year , B.Sc. Clinical Nutrition

Poetry

What is love?

“Love is a commitment”
Burdening to hear.
Compassionate commitment to love is what makes
it magnificent.
Nurture love every moment you walk on earth,
Don't hold it.
Live the love bloom,
It never lets you gloom.
Because love is the feeling of warmth, compassion,
peace, selflessness for self and companionship.

“Love is a choice”
I defy that too.
It is the impulse of life,
Those can't love are souls lost.
Love is unconditional and is deserved by everyone
Because it can be a spark of change and resides in
the heart of every life forever .

Love cannot be defined.
It is unique to each heart and dimension.
But love is right and true with a clear vital hue.
In its faith, each life moves and every life connects to
the universe and beyond.

To give love is the purity of goodness,
To receive is a gift,
To let it ripple is greatness.

- Ms. Deepti Shri. K, II year, B.Sc. Clinical Nutrition

The Dance of chains; (About Devadasi)

She was born of rhythm,
Her feet whispered stories
Before her lips could speak.

In temples, they placed her—
A living offering,
Her art celebrated,
Her voice silenced.

They called her sacred,
Yet bound her spirit in shadows.
Her brilliance admired,
Her choice denied.

She danced for gods,
For a world that demanded. perfection,
Yet never asked her heart.
Her dreams hidden behind devotion,
Her freedom stolen before she knew it.

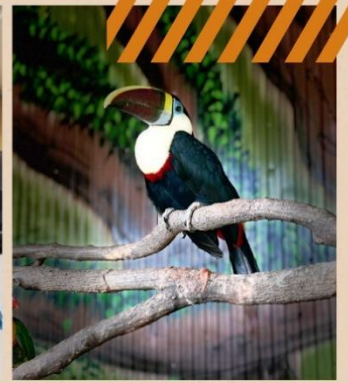
Years flowed like her steps,
Graceful, relentless,
But every twirl carried
The weight of a life she did not choose.

- Ms. Kanisha. A, II year, B.Sc. Clinical Nutrition

உன் அருகில்
பயம் கரைந்து போகிறது...

என் கண்கள்
மென்மையாய் மாறி,
அமைதியான நதியாக
உன்னை நோக்கி மட்டுமே ஓடுகின்றன...

- Ms. Kanisha. A, II year, B.Sc. Clinical Nutrition



**SRI RAMACHANDRA
FACULTY OF
ALLIED HEALTH SCIENCES**

Sri Ramachandra Institute of Higher Education and Research,
Porur, Chennai - 600 116
Tamil Nadu, India.

e-mail : ahsoffice@sriramachandra.edu.in