



**VINAYAKA MISSION'S  
RESEARCH FOUNDATION**  
(Deemed to be University under section 3 of the UGC Act 1956)



**AVMC**  
AARUPADAI VEEDU MEDICAL COLLEGE

**Volume 2, Issue 5**

**Oct-Dec 2019**



**Greetings from  
the AVMC Newsletter Desk**

All suggestions to improve AVMC - Newsletter  
can be mailed to [avmcnewsletter@avmc.edu.in](mailto:avmcnewsletter@avmc.edu.in).

**Thought for the month**

Medicine is a science of uncertainty and  
an art of probability.

- William Osler



## Book Released by Medicine Department





The Book Release ceremony was held on 25.09.2019 (Wednesday) at college Auditorium, Aarupadai Veedu Medical College Campus, Pondicherry by Medicine Department. **Dr. A. S. Ganesan, Chancellor, VMRF, Dr. Anuradha Ganesan, Director, VMRF, Dr.P.K. Sudhir, Vice chancellor, VMRF** were the dignitaries present. Dr S.Vithiavathi, Professor & HOD, Dept of Medicine welcomed the gathering. **Dr T.V Devarajan, Emeritus professor of Medicine, AVMCH** and senior consultant physician, Apollo first med Hospital, Chennai introduced the Books to be released. Prof Dr T.V. Devarajan is the editor-in-chief with 40 years teaching experience for both UG and PG students. He is a recipient of DSc. (Honours), FRCP Glasgow, Dr B.C. Roy National Award as Eminent Medical Teacher, and “Padma Shri” awarded by Hon’ble President of India for medical service. He was one of the jury person for BMJ Oscar Awards for Doctors in 2014.

All the three books were released in sequence. First book APOLLO HOSPITALS TEXTBOOK OF MEDICINE -2nd Edition was released by our honorable chancellor and was gifted to Prof.Dr K.N.Biswanathan, Prof of Medicine, Sri Manakula Vinayagar Medical College and Hospital. Other two books ‘5000 MCQS in Medicine’ and “A-to-Z 1000 Pearls in Medicine” were released by Dr Anuradha Ganesan, Director VMRF and she gifted it to Dr K Jayapalan, Prof of Medicine, Mahatma Gandhi Medical College and Hospital and Dr .Vasanthi, Prof of Medicine, PIMS, Pondicherry.

There has been a long-awaited desire for a textbook of medicine by Indian authors. A lot of care has been taken in the preparation of this prestigious book, which took 11 long years to materialise. This textbook of medicine contains 36 chapters, including 12 chapters not found in other medicine textbooks, and has been written for both undergraduate and postgraduate students in medicine, as well as for BDS and B.Pharm students. The necessity for another medicine textbook for medical students has arisen due to the modern developments and advances in medicine, which have been added in this book. The 12 extra chapters are -Evidence-based Medicine, Medical Ethics, Doctor and Law, Yoga and Medicine, Clinical Drug Trials, Nuclear Medicine, Atlas in Radiology, Holistic Medicine, Alternative Systems of Medicine, Air Travel, Tobacco and Alcohol Abstinence, and Stem Cell Medicine.

Dr. K. Jayasingh, Dean AVMCH, Dr. V.N. Mahalakshmi, Dean HPE, and Dr. T. Rajan, Vice principal and many other people were also honored in this occasion by the chancellor.

The programme ended with Dr.K Sankar, RMO, delivering the vote of thanks, followed by national anthem.





### Research Publications (October - December 2019)

1. Dr G.K. Venkatachalam, Dr Bharath, Dr Balakrishna, Dr Duvvuru pooja reddy, Department of General surgery has published research paper on A Clinical Study of Multi Nodular Goitre. IOSR Journal of Dental and Medical Sciences (IOSR-JDMS), Oct 2019;18(10):26-33.
2. Deepa Shanmugham, Anu Nandita Mathusoothanan, Mohamed Syed Moosa, Department of Obstetrics and Gynecology has published research paper on "Magnitude of thyroid dysfunction among antenatal women attending tertiary care centre" at International Journal of Reproduction, Contraception, Obstetrics and Gynecology, Nov 2019.;6(2):7-14
3. Deepa Shanmugham D, Saravanan DK, Shah P, Department of Obstetrics and Gynecology has published research paper on "Assessment of Birth Preparedness and Complication Readiness among Antenatal Mothers in a Tertiary Care Centre." at International Journal of Medical Science and Advanced Clinical Research (IJMACR), Nov-Dec 2019;8:4371-5.
4. Sudagar Muthusamy, Ilankathir Sridharan, Rajan Thangarasu, Sridhar Krishnamoorthy, Sowmiya Ganesan, Department of Anatomy has published research paper on A descriptive study on dermatoglyphics in type II diabetic patients. MedPulse – International Journal of Anatomy. October 2019; 12(1):01-03.
5. IlankathirSridharan,SudagarMuthusamy,Rajan Thangarasu Department of Anatomy has published research paper on Morphometric Study of Acetabulum in Adult Dry Human Pelvic Bone.Indian Journal of Anatomy.Oct-Dec 2019;8(4):289–292.
6. Mathanraj S, Kameswari P D, Biswajith D, Vinodkumar S, Department of Pulmonary medicine has published research paper on Therapeutic efficacy of Gefitinib in advanced NSCLC patients. Indian J Immunol Respir Med Dec 2019;4(4):224-229



## Academic Events at AVMCH

### CME ON CHANGING SCENARIO IN FERTILITY MANAGEMENT

CME was organized by Padma Shree. Dr. T.V. Devarajan, Emeritus Professor of Medicine, & Department of Obstetrics & Gynecology on 11th December 2019 on “Changing Scenario in Fertility Management” at Annapoorani Hall,

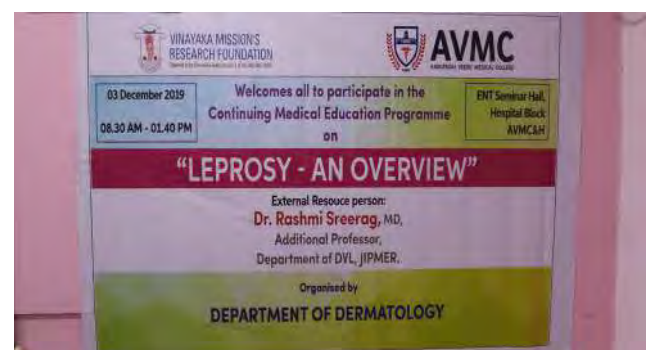


from 11.00 am to 1.30 pm. Dr. Rajini Rajendra Kumar, MBBS., DGO., Infertility Specialist, IVF Consultant, Billroth Hospital, Chennai was the guest speaker, she enlightened the audience with her speech. The session was interesting with active participation by the audience and queries addressed.



### CME ON LEPROSY – AN OVERVIEW

Department of Dermatology, Venereology & Leprosy had conducted CME on “Leprosy – An Overview” on 03.12.2019 in ENT seminar Hall. The first speaker Dr. Sucharitha Sekar, Senior Resident, Department of Dermatology,





Venereology & Leprosy, AVMC&H, Puducherry spoke on "Introduction of Leprosy". The second session on "Clinical Spectrum of Leprosy" was presented by the Guest Speaker Dr. Rashmi Sreerag, Additional Professor, Department of Dermatology, Venereology & Leprosy, JIPMER. The third scientific session on "Management of Leprosy" was given by Dr. Jude Ernest Dileep, Assistant Professor, Department of Dermatology, Venereology & Leprosy, AVMC&H, Puducherry. This was followed by Interactive Session with audience.

### **NATIONAL NEONATAL WEEK CELEBRATION ORGANIZED BY THE DEPARTMENT OF PEDIATRICS**

National Neonatal week celebration was organized by the Department of Paediatrics, A.V.M.C. & H., Puducherry in the November 2019 (15-11-2019 to 21-11-2019) various events and

programmes were organized for both antenatal and postnatal mothers, undergraduate and post graduate students, CRRI's and nursing staff.

On 15th November 2019 the Newborn week celebration began with an inaugural ceremony in the hospital outpatient area. Dr. N.S. Raghupathy, M.D., DCH., Ph.D., H.O.D., Department of Paediatrics welcomed the gathering. Dr. M. Madhivanan and Dr. Nalini. A., gave a speech in the regional language of Tamil on the importance of "Essential Newborn Care in the Community" related to the theme of this year.

In the afternoon poster competition was conducted among the Post Graduate Students of Paediatrics and O&G. This was Judged by Dr. A. Thumja and Dr. Chandru Baskar, Associate Professors of Paediatrics. The winners were Dr. Anu Nandita, Final Year Post Graduate of O&G department, obtained 1st Prize and the second prize was shared by Dr. Renuka Devi, Final Year Post Graduate of Paediatrics and Dr. Ashvini. A, Second Year Post Graduate of Paediatrics.

On 16th November 2019 Resuscitative Skills for Staff Nurses and CRRI was conducted by Dr. Nalini. A.

On 17th November 2019 forenoon, the faculties of Paediatrics organized an interaction session on Essential Newborn Care with the antenatal and postnatal mothers.

On 18th November 2019 preliminary quiz programme was conducted by Dr. Nalini. A, for Under Graduates, CRRI's, Post Graduates and Nurses.

On 19th November 2019 awareness programme on Essential Newborn Care was conducted among the rural peoples at the ICDS center Chinna Kanganankuppam, was conducted by Dr. Nalini. A. The ICDS center Anganwadi workers, Medical Officer, AVMC&H Community Center Chnna Kanganankuppam,



CRRIs, Post Graduates and Nurses were present in the awareness programme.

On 20th November 2019 final quiz programme in connection with the preliminary quiz programme on New Born Care. Winners were Dr. Tharun Tej, Final Year Post Graduate and Dr. Madhulika, First Year Post Graduate and the runners were Dr. Renuka Devi, Final Year Post Graduate and Dr. Ashvini. A, Second Year Post Graduate. Under Graduate winner was Mr. Mohammed Moosa, Final Year Under Graduate and runner was Mr. Dinesh, CRRI. Mrs. Punitha Valli, staff nurse was winner and Miss. Tamil Vani, staff nurse was the runner in the final quiz programme.

On 21st November 2019 the New Born week Celebrations came to an end with the CME on Interventions to Improve Neonatal Outcome.

### Inaugural Function

Essential New-born Care Awareness Posters Presentation



Resuscitative Skills for CRRI and Staff Nurses





## Essential New-born Care Speech for Antenatal and Postnatal Mothers



## FACULTY DEVELOPMENT PROGRAMME ON PEDAGOGIC EFFECTIVENESS

This Workshop was organized and conducted to prepare our medical Faculty to update the Knowledge in “Pedagogic Effectiveness” in Teaching and Learning.

On the first day (03-10-2019) after inauguration, Dean HPE Dr. Mahalakshmi welcomed our visiting Faculty & the Resource Person, Prof.K.Dr. K. Ramna rayanan, Former,Vice chancellor, Manipal University. He enlightened on Lecturing as teaching learning strategy, Small group teaching with the skills of students interaction followed by composing objective questions emphasizing the fundamentals of framing the one best answer multiple choice questions with work activities by giving handouts. On the Second day(04-10-2019)He started the sessions with new style of recaps then he explored the role of essay in student assessment followed by public speaking skills for an academicians. He covered the final sessions on “Three in one” telling the roles, teaching portfolio, diseases of the curriculum and the triumph of learning.



VINAYAKA MISSION'S  
RESEARCH FOUNDATION  
DEPARTMENT OF UNIVERSITY



**AVMC**  
AAHAPADAI VEDAI MEDICAL COLLEGE

We cordially invite you to participate in  
**FACULTY DEVELOPMENT PROGRAM**  
Workshop on

**“PEDAGOGIC EFFECTIVENESS”**

Resource person:  
**Prof. Dr. K. Ramnarayan**, MBBS, MD (Pathology), PG Dip. Higher Education,  
Former Vice Chancellor, Manipal University

03-04 October 2019  
09.00 AM - 04.00 PM

Organised by  
**MEDICAL EDUCATION UNIT**

MEU Seminar hall,  
College Block  
AVMC&H







## INTERN ORIENTATION PROGRAMME

Intern orientation programme was structured from 29th to 31st October 2019 for Interns as they are fundamental of Hospital Ecosystem wherein they are expected to deliver quality and safety health care to the patients, to learn basic skills so that they may be able to function under supervision and at the end of the internship independently, to follow ethics and professionalism in medical practice.



Prof. Dr. K. Jayasingh, Dean, AVMC & H giving talk on Principles of written communications



Prof. Dr. Mahalakshmi Dean-HPE addressing about ethics in Medical Practice to CRRIs







Dr. Sasmita Mishra, HOD, Dept of Biochemistry discussing on the importance of ordering the diagnostic test.



Psychiatry team – Demonstrating & Group activates of verbal communications.



Dr. Umadevi K. P., Assoc. Prof, Pathology discussing case scenarios pertaining to the diagnostic tests.



Dr. A. Arthy, Asst Prof., Forensic Medicine interacting with CRRI's on Medico-Legal issue



Dr. B.R. Asokan, HOD, Dept of Pharmacology addressing on concept of Essential & Prescription writing of drugs



Group photo with Dean, Dean HPE & Resource Persons, Participants



Dr. Vijayalakshmi Emeritus Prof. General Medicine discussing about rational prescription of drugs

## WORLD AIDS DAY –INTRACOLLEGIATE QUIZ

The Scientific Society of AVMC&H conducted Intracollegiate quiz on AIDS for undergraduate students in view of world AIDS day on 5/12/2019 at Annapoorani hall, college block at 2.00 pm. The preliminary rounds was conducted by Dr. R. Niranjan for the participants comprising of 14 teams, out of which 5 teams qualified.





## CME ON NEW PHILOSOPHY IN KNEE REPLACEMENT

CME on New Philosophy in Knee Replacement – Kinematically Aligned Knee, organized by Dept of General Medicine and Orthopaedics in association with tamilnadu ortho association , conducted on 3rd Oct 2019. Dr.Raguathan,MS.,DNB,MRCS, ED., FRCS.,Apollo Firstmed Hospital, Chennai was the speaker.





## EYE DONATION AWARENESS PROGRAMME BY OPHTHALMOLOGY DEPARTMENT

Ophthalmology department organized “ Eye donation awareness programme on 22nd Oct 2019. Dr Shivanandha ,MS, Head of Department of cornea & Refractive services, Aravind eye hospital ,Puducherry was the guest speaker. There was a poster competition for students also. Many students participated with nice themes.

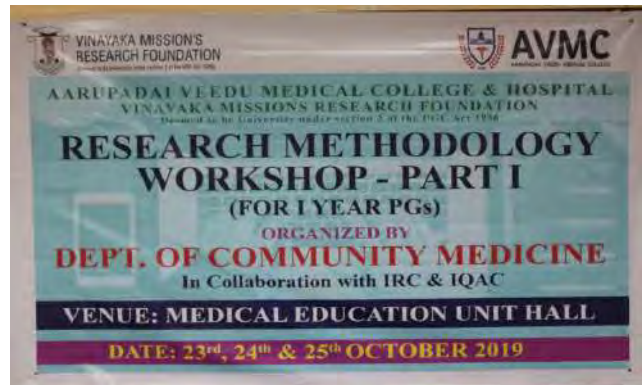


## RESEARCH METHODOLOGY WORKSHOP

Department of Community Medicine IQAC & IRC conducted Research Methodology Workshop on 23.10.2019 to 25.10.2019 for 1st year PG students. The key objective of this workshop is to enable the students: • to formulate a research proposal; • to develop suitable Research Methods & Data Analytical Tools; • to draw better conclusions from the analysis; and • to write a good Research Paper.







## CME ON OBSTETRIC ANAESTHESIA EMERGENCIES & NEONATAL RESUSCITATION-AN UPDATE

Department of Anaesthesiology conducted CME on Recent Trends in “Obstetric Anesthetics Emergencies and Neonatal Resuscitation” at Annaporani Hall, AVMC&H, part of the celebration of world Anaesthesia day (October 16) on 17th October 2019. Guest Speaker Prof. Dr. Prasanna Vadhanan, an eminent National level Speaker from Vinayaka Missions Medical College, Karaikal, gave a Lecture on Recent Trends Anaesthesia Management in Obstetric Hemorrhage. Dr.S.Deepa, Professor of O&G,







from our college and gave an enlightening update. CME Programme gave a recent enriched update on “Obstetric Anesthetics Emergencies and Neonatal Resuscitation” which was a grand success and benefited the Undergraduate, Postgraduate Students as well as Faculties of other departments.

### CME ON ‘UNRAVELLING BEHAVIOURAL ADDICTION’

CME on ‘unravelling behavioural addiction’ was conducted by the Psychiatric Department on 11th October 2019. It is an emerging ‘need-of-



Dr. Nalini, Assistant Professor of Paediatrics and Dr. V. Ezhilrajan Professor and HOD with Dr. Sajjan Prashant Shivaraj, Associate Professor from the Department of Anaesthesiology contributed







the hour' and grey area in our lives, that we all have been affected in someway. First talk was on "internet and gaming addiction – current understanding" by Madam Dr Manjula Simiyon, Associate Professor, Department of Psychiatry, PIMS, Pondicherry. Second talk was by Madam Dr Sunayana Choudhary, MPhil, PhD, Assistant Professor of Clinical Psychology Department of Psychiatry, MGMC&RI, Puducherry. The third talk was given by Dr Vikas Menon, MD, Additional Professor Of Psychiatry, JIPMER, on "management of internet addiction and internet gaming disorder". The afternoon session had a debate in Tamil, of teams comprising of faculties from all multi-specialty departments on the topic, Who is more stressed today, men or women? Following the debate, there was the prize distribution for Skit on the theme by MBBS Students and prize distribution for the debate.





## Reaching the Unreached

### Camp And Outreach Activities

AarupadaiVeedu College and Hospital is providing free medical care to the rural and urban population through outreach medical camps and health centres. The main objective is to improve the health of the communities in Puducherry, Villupuram and Cuddalore districts. We have conducted 34 Multispecialty medical camps were treated 2537 patients at medical camps and 465 patients had been referred for further treatment at AVMC hospital in the area of Puducherry, Villupuram and Cuddalore districts.

The preventive, education wellness and health awareness programs were also conducted through these medical camps.





## Outreach Activities

The Department of Community Medicine, AVMCH, conducting various outreach activities, through urban and rural health centres viz., Ariyankuppam and Chinnakanganakuppam respectively.

## Awareness programmes (October-November-December)

### WORLD DIABETES DAY -2019



Theme : Family and Diabetes

### Anganwadi centre, Chinnakanakuppam Date:14.11.19



### UHTC- Ariyankuppam: Date:13.11.19





## RK Nagar, Ariyankuppam 23.11.19



## Dengue Awareness Programme

Dengue Awareness Programme was conducted at Urban Health Training Center, Ariyankuppam & Rural Health Training Center, Chinnakanganakuppam on 04.12.19 & 29.10.19 respectively. Various programs like, chart work and awareness speech on Dengue were given by CRRIS – Nilavembu Kashayam was given to all beneficiaries.



## World Newborn Care Day

Awareness program on Essential Newborn Care was conducted by the department of Pediatrics in association with Community Medicine on 19.11.2019 to raise awareness among public for essential newborn care like providing warmth, hand washing and preventing infection, Breast feeding position and attachments, immunization danger signs, Antenatal care and nutrition, regular follow up also insisted.



## RHTC- Chinnakanganakuppam



## UHTC- Ariyankuppam:






**UHTC-Ariyankuppam**

**RHTC- Chinnakanganakuppam:**

**World AIDS Day-1.12.2019**

**Theme: Ending the HIV/AIDS Epidemic: Community by Community**

On observance of World AIDS Day, various programs like skit, chart work and awareness speech on AIDS were given by 5<sup>th</sup> semester MBBS students 99- c batch at RHTC, Chinnakanganakuppam and UHTC, Ariyankuppam on 10.12.19 and 11.12.19 respectively.

**RHTC – Chinnakanganakuppam:**






## Spot Light

### DEPARTMENT OF MICROBIOLOGY

#### Our Mission

- ❖ To do innovative research to suit local needs
- ❖ To emerge as centre of excellence
- ❖ To provide state of art services to cater the community at large.

#### Our Vision

- ❖ To provide state of the art technologies in routine laboratory diagnostics.
- ❖ To be abreast with latest developments.

#### Objective

- To help and train undergraduate and postgraduate students to become a competent doctor who will have qualities of leadership, communicator, decision maker with right attitude and required skills.
- To improvise research activity and publications.
- To provide quality laboratory reports to the patients on time.
- Monitoring of hospital associated infections through daily surveillance with quality indicators.
- Training of healthcare workers on hospital infection controls measures

| No | Faculty Name           | Designation     |
|----|------------------------|-----------------|
| 1  | Dr. R. Latha           | Prof. & HOD     |
| 2  | Dr. K. Sethumadhavan   | Professor       |
| 3  | Dr. K. Bhaskaran       | Asso. Professor |
| 4  | Dr. K. Kavitha         | Asso. Professor |
| 5  | Dr. Anusheela Howlader | Asst. Professor |
| 6  | Dr. G.K. Poongothai    | Asst. Professor |
| 7  | Dr. M. Mahendran       | Tutor           |

#### Courses:

- MD
- MBBS
- B.Sc., Post Basic BSc Nursing
- Diploma - Nursing
- Optometry
- BPT
- AHS

#### Teaching, Learning and evaluative process Undergraduates

- e Lecture learning
- Seminars
- Conferences
- Problem based learning

#### Post graduates

- Journal clubs
- Culture seminars
- Group discussions
- Practicals
- Theory classes
- Conferences

#### Patient Care

- 365 days available laboratory services
- Conduct awareness programmes – Dengue, Coronavirus
- Training for doctors, nurses, healthcare workers, students – Biomedical Waste Management, needle stick injury, Hand hygiene.
- NABH accredited and going for NABL accreditation.
- Hospital Infection Control program.

#### Projects

##### Ongoing Research

1. One intramural project – funded - Rs.1,90,000/
2. SERB Project as Co-Investigator with Pondicherry University- Rs. 27,00,000/



## Completed research

1. Five research projects
2. Four Students ICMR-STs Project
3. Eighteen articles published in last 5 years

## Achievements:

### Dr. R. Latha- Professor & HOD

- ❖ NABH Coordinator
- ❖ Medical Education Unit Member
- ❖ Guide for PhD students (6 students)
- ❖ Guide for MD students (10 students)
- ❖ Internal Complaints Committee member
- ❖ Central Clinical Lab incharge (2011- 2017)

### Dr. K. Sethumadhavan- Professor

- ❖ Director- School of Allied Health Sciences (SAHS)
- ❖ Member secretary- Institutional Human ethical committee
- ❖ Member Animal Ethical Committee
- ❖ Member of Institutional Research Committee(2013-2020)
- ❖ UGC /NAAC coordinator (2013-2015)
- ❖ IQAC committee member (2015-2018)
- ❖ Disciplinary committee member
- ❖ Hospital development committee member
- ❖ Guide for PhD students (3 students)
- ❖ Guide for MD students (12 students)
- ❖ Vice Principal (VMMC&H Karaikal) - 2004-2011
- ❖ Member Haemophilia Society, Karaikal- 2005-2011
- ❖ External Expert Committee member to SBV, Pondicherry-2017-2020

### Dr. K. Bhaskaran Associate Professor

- ❖ PPP-ICTC in-charge
- ❖ IQAC coordinator
- ❖ Chief warden Till 2019
- ❖ RMO -2018
- ❖ NSS

### Dr. K. Kavitha

- ❖ Convener of Hospital Infection Control Committee
- ❖ Co-coordinator of NABH

### Dr. Anusheela Howlader

- ❖ Joint secretary of AVMC Alumni Association
- ❖ Coordinator for II-year mentor mentee programme
- ❖ Co-coordinator of IQAC
- ❖ Member of sports and cultural committee

### Dr. G.K. Poongothai

- ❖ Chief warden of hostel.
- ❖ President of Alumni association
- ❖ Member of disciplinary committee
- ❖ Anti raging squad and committee

### Dr. M. Mahendran

- ❖ Coordinator of PG symposium Program

## Best practices:

- ❖ 365 days working – lab is open
- ❖ Encourage students for Research ICMR STS projects participate in workshops, Quiz and etc.

## Mycology Section



## Mycobacteriology Section (RNTEP)







## Bacteriology Section



## DEPARTMENT OF ANAESTHESIOLOGY

We at our institute of Aarupadai Veedu Medical College and Hospital, under the able guidance of dedicated faculties and state of infrastructure of operation theatres have made great achievements at the department of Anaesthesiology for the year 2019. Achievements were made in both patient oriented services and academic field.

Regarding patient-oriented services, recent advances in anaesthetic field like ultrasound guided nerve blocks and laparoscopic sleeve gastric surgeries were performed. On the academic front faculties have contributed for paper publications, conducting continuing medical education programmes and served as resource persons for various CME programmes and workshop conducted both within and outside the college premises.

### Achievements:

Publications: Total 5 publications from our department.

1. Rajan E, Kumar RS. A study to compare using 0.5% of hyperbaric bupivacaine with clonidine and dexmedetomidine low dose for the lower limb surgeries in a tertiary care hospital. *Indian J Clin Anaesth* 2019;6(1):129-133.
2. The efficacy of two different doses of gabapentin (300mg and 600mg) along with NSAID (diclofenac transdermal patch 100mg) in postoperative pain management following abdominal hysterectomy

3. Ramadevi P, Shanmugavalli E. Comparison of efficacy of Nebulized ketamine versus lignocaine for postoperativesorethroat. *Indian J Clin Anaesth* 2019;6(3):406-9.
4. Suresh Rajkumar, V. Hari Babu. Safety and Success of Ultrasound Guided Interscalene and Cervical Plexus Block as a Sole Anesthesia Method for Acromioclavicular Joint Fixation: A Retrospective Observational Study. *Indian J Anesth Analg.* 2019;6(5):1647-1650.
5. E Shanmugavalli, P Ramadevi, T Nirmaladevi. Comparison of efficacy of intrathecal nalbuphine versus fentanyl as adjuvant to subarachnoid block in cesarean section. *MedPulse International Journal of Anesthesiology.* October 2019; 12(1): 59-63.

### Events organized in our department:

We organized CME on “Obstetric Anesthetic Emergencies and Neonatal Resuscitation – an update” with contribution from both External and Internal Speakers. Guest lecture was given by Dr. Prasanna Vadhanan (Professor of Anaesthesiology, VMMC, Karaikal). Internal speakers were Dr. S. Deepa, Professor department of O&G, Dr. Nalini, Assistant Professor, Department of Paediatrics and Dr. V. Ezhilrajan Professor and HOD and Dr. Sajjan Prashant Shivaraj, Associate Professor from Department of Anesthesiology.

The isa pondicherry branch and our department of anaesthesiology, jointly conducted a state level post graduate symposium at hotel accord on december 14th 2019. Three internal speakers dr. M. Suresh rajkumar, professor presented about “takotsubo cardiomyopathy”, dr. Sajjan prashant shivaraj and dr. Lenin babu discussed about pros and cons of conventional cpr vs ecmo cpr, moderated by dr. Prasana bidkar. Dr. Ranjith kumar associate professor spoke on “cis-atracurium -emerging neuro muscular blocking agent”.



Both CME and state level symposium was a grand success, well attended by faculties and post graduate students from various colleges.

### Conferences & Workshops attended by faculty:

1. Dr.V. Ezhilrajan Professor & HOD, Dr. M. Suresh Rajkumar Professor, Dr. E. Shanmugavalli Assistant Professor,- attended & participated as Speaker in various CMEs.
2. Dr. Sajjan Prashant Shivaraj Associate Professor, Dr. K. Gopalakrishnan Assistant professor, attended & participated as faculties in various Conferences and workshop.
3. Dr.V. Ezhilrajan Professor & HOD and Dr. V. Gopu participated as chairperson in conferences.
4. Dr.V. Ezhilrajan Professor & HOD, Dr. M. Suresh Rajkumar Professor, Dr. Sajjan Prashant Shivaraj Associate Professor, Dr. Ranjith kumar associate professor, Dr. K. Gopalakrishnan Assistant professor, Dr. E. Shanmugavalli Assistant Professor, Dr. C. Rajesh Prabhu Assistant Professor Dr.V.Gopu Senior Resident, Dr. Harwin Sedrick. P Senior Resident: - attended various conferences and CME & workshop as delegates.

## NEW ARRIVALS

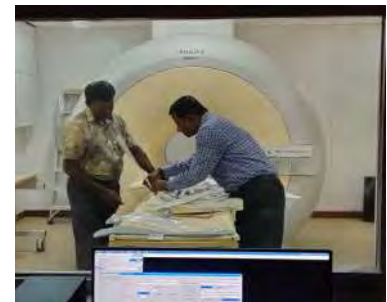
### PHILIPS (ACHIEVA 1.5 T MRI SYSTEM)

1.5 Tesla MRI machine was installed in Radiology Department. It has 32 Channel Excellent for neuro, musculoskeletal, gastrointestinal and other imaging. Special High end sense enabled multiple coils including Brain coil, Neurovascular coil, Spine coil, Torso coil, Shoulder coil, Mammography coil, Whole body coil, Coil for small joints, Coil for TMJ are there Relatively faster than old generation MRI

SPECIAL SEQUENCES INCLUDES Diffusion W, SWI (Susceptibility weighted Imaging) MR Spectroscopy, Perfusion, Proton

Density (Pd), Flow Sensitive, MR Angiography, MR Venography, CSF Flow Studies, MRCT (MR Cholangio Pancreatography),

Fat Suppressed Sequences, Fluid Attenuated Sequences, Gadolinium Enhanced Sequences, Functional MRI and Tactography



### ENDOSCOPY MACHINE

Latest Endoscopy Machine was installed in AVMCH, Gastrointestinal Videoscope Olympus Gif type Q150 & Colonvideoscope, Olympus Cftype, Q150L/ I, Along with web Olympus CV170 Processor which provides highest quality images and very comfortable for the patients.





## Faculty Development Programmes:

The Faculty Development Programme on Online Ambassador one day Training Programme was organized by Department of Child Health Nursing in collaboration with IQAC, VMCON, Puducherry on 05.10.2019. The trainer gave hands on training for creating a You Tube channel and how to name the channel. He has elaborately demonstrated on the You Tube studio and its option, about the video editing and uploading option. Explained about the advantages of You Tube channel and how to get money from You



Tube. He further added on Google analytics, Digital marketing and the advantages of technology. Finally all the trainees developed a video for uploading in the You Tube. 24 faculties have attended and benefited.



The department of Medical Surgical Nursing, Vinayaka Mission College of Nursing, Puducherry has organized Faculty development Program (FDP) on "Nurturing Workplace Culture" on 23.11.2019.

Dr. V. Vishnupriya, Senior Resident, Department of Psychiatry, AVMC&H, Puducherry gave a talk about **"A way to reduce Faculty Burnout"**. She focused on causes, types, features, measurement methods, work pattern change, organizational interventions on burnout, ways to reduce and prevent faculty burnout.

Dr. K. Renuka, Principal, Kasturba Gandhi Nursing College, Sri Balaji Vidyapeeth, Puducherry gave a speech on **"Emotional intelligence (EI)"**. She delivered her points on history, types, components, competencies, ways to develop EI, emotional intelligence matrix, models, EI measurements, and application of EI in nursing.

Next session was by Mr. V. Sridhar, Human Resource Consultant, VMRF, Chennai on **"Adorning work stead enculturation"**. He explained about work culture, types of work



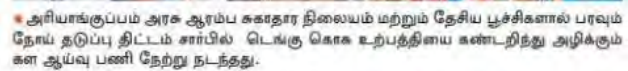
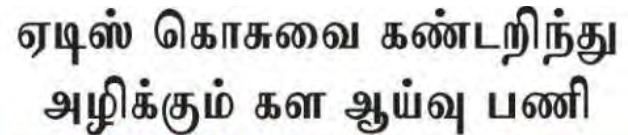
culture, three step change model, culture journey, way to inculcate at work place and fostering healthier work environment. Thirty faculty members were benefited through this Faculty development Programme.



The Department of Mental Health Nursing, in collaboration with IQAC, VMCON organized a Faculty Development Program for Non – Teaching faculties titled “Communication Skill Training” on 03.12.2019. The theme of the session was unfolded by Dr. G. Muthamilselvi Principal, VMCON. The session was handled by MR. R. Karthikeyan M.A., B.Ed Assistant Head Master, Government Primary School, Narambai. The Expert explained about the efficient ways of communication and its importance to the participants. The participants were actively participated throughout the session. They felt very effective and useful topic for their future endeavors. The whole program was conducted with the team spirit by Department of Psychiatry. The total number of beneficiaries were 35 nos.





[illegible]

Vinayaka Mission college of Nursing and Youth Red Cross Society have conducted **Dengue awareness programme** which was organized by GOVT of youth red cross society on 08.11.2019. The program was started at 10 am, headed by Mr.Sivaraman, senior accts officer along with Dr.Sasi (HOD) Dept of child health nursing , Mrs.Gothai Nayagi .A (Lecturer), Ms. Maria Antony Anitha. He delivered a short lecture about dengue awareness . After the programme YRC members prepared Nilavembu kashayam and distributed on 8th ,9th,10th Nov 2019. By this programme 415 students were benefitted. Students from M.Sc. (N) II year, B.Sc. (N) I to IV year and DGNM, ANM students of Vinayaka Missions College of Nursing were participated in the programme.







Vinayaka Missions College of Nursing, Department of Medical Surgical Nursing Organized a two days of observance of Diabetes Mellitus Awareness programme from 14.11.2019 to 15.11.2019 as a part of **“World Diabetes Day Awareness Programme – 2019”** at AVMC&H, Puducherry. On first day, the faculty of Department of Medical Surgical Nursing along with I year Post Graduate & II year Undergraduate Nursing students conducted Mass Health Education on Diabetes Mellitus & its Management. About 370 participants were benefitted through this Awareness Programme. On the second day, the students Exhibited and explained regarding







Superintendent, NABH Coordinators and Doctors from obstetrics and Gynecological Dept, Cuddalore GH, Puducherry.



Diabetic Diet and Demonstrated Diabetic Foot Care. The students were guided by Dr. R. Malathy, Associate Professor cum HOD, Mrs. M. Maria Antony Anitha, Lecturer & Mrs. A. Susila, Lecturer, Department of Medical Surgical Nursing, Vinayaka Missions College of Nursing, Puducherry. Through this programme about 438 participants were benefitted.



The department of Obstetrics and Gynecological nursing celebrated the World Quality day programme in Government Headquarters Hospital, Cuddalore on 14.11.2019. The Nursing students from the department of Obstetrics and Gynecological nursing actively participated in the various activities like Rangoli







Department of Medical Surgical Nursing organized School Health Program on 10/12/2019, on the theme of Hand washing Awareness Week -2019 at Government Primary School kilalincipattu cuddalore district. Organizing faculties Mr.Jean luck, Assistant professor Mrs. Batmavadi lecturer in department of MSN & Mr.E.Jaiganesh ,lecturer department of MSN the head master speech about importance of hand washing to the students thanked VMCON for taking initiative to organize this program .B.sc (N) 1st year students actively demonstrated Hand Washing Technique in a playful way . Mrs. Batmavadi Lecturer & Mr.jaiganesh, Lecturer gave speech regarding importance of Hand washing & its technique lastly Mr.jaiganesh thanked the gathering for this wonderful opportunity given. 48 students got benefited by this program







The Awareness Program on Drug Abuse Prevention was organized by Department of Psychiatry Nursing, VMCON in collaboration with Puducherry State Social Welfare Board and BharathiyaAdimJatiSevakSanghon 16.12.2019. The theme of the session was unfolded by Dr. G. Muthamilselvi, Principal, VMCON. Mrs. N. Vijayanthi, Chair Person, Puducherry State Social Welfare Board address the gathering. The scientific session was started by Dr. R.R. Kavitha, Tutor in Psychiatric Nursing, College of Nursing, JIPMER, Puducherry shared her view on what is Drug Abuse, types and forms of drugs in an interesting manner. The session was followed by Dr. John Dinesh, Professor Cum HOD, Dept of Psychiatry, AVMC&H Puducherry delivered in an elaborate way on Effects of Drug Addiction on students, family, society, education, health and economics. Mr. V. Gopal Pillai, Director, Barath Matha Deaddiction Centre, Manaveli, Ariyankuppam, Puducherry presented a topic on Prevention role of students, education, institution, parents. The Awareness Programme was followed by felicitation of guests. The session came to the end with the vote of thanks proposed by Mrs. V. Sandiyadevi, Lecturer, Dept of MHN, VMCON. The faculties from Department of Psychiatric Nursing, VMCON were participated and the students of M.Sc Specialtiy I Year, B.Sc. (N) – III Year, DGNM – II Year & DMPHW – I Year were participated. The total No. of Beneficiaries from VMCON includes 110.



### Departmental Activities

Department of Medical Surgical Nursing VMCON, Department of Dermatology have conducted World Psoriasis Day On 29.10.2019 at Dermatology OPD demo room AVMC&H, Puducherry. This programme organized by Dr. Oudeacoumar (HOD), AVMC&H and Mrs. Malathy. R (HOD) VMCON along with Ms. Maria Antony Anitha (Lecturer), Ms. Kavipriya (Lecturer). About 100 participants were benefited through this program. 59 numbers of Students



from B.Sc. (N) II year of Vinayaka Missions College of Nursing have participated in this program and they presented poster regarding perception of psoriasis. In this program 2 students got prizes in second position [Mr. Paviarasan, Ms. Saranya]. Department of Dermatology awarded 16 GB pen drive to the students. Through this programme students gained information and learnt about Psoriasis.



Vinayaka Missions College of Nursing, Department of Medical Surgical Nursing Organized National Epilepsy Day 2019 Seminar Cum Inter Collegiate Quiz & Poster Competition On "Epilepsy Is More Than Seizure" on 25.11.2019

Quiz competition was started with Preliminary round for 45 students from VMCON, Sri Manakula Vinayakar College Of Nursing and JIPMER College Of Nursing Puducherry. Out of this only 24 candidates were selected and these 24 were grouped into 6 (4 in each) by lottery method. 4 Rounds of direct question, AV rounds, Rapid fire and surprise rounds were conducted. The winners Of first, second and third were selected based on their scores. The Quiz Programme was conducted by QUIZ Masters Dr.Malathy.R HOD Dept. of MSN, Mrs.Gomathy.R Associate Professor, Mrs.Sasikala.R Assistant Professor and Mr.Manikandan, T Organizing Secretary cum Assistant Professor, Dept of Medical Surgical Nursing. Followed by Poster competition was conducted and that was evaluated by Dr.G.Muthamilselvi, Principal, VMCON.

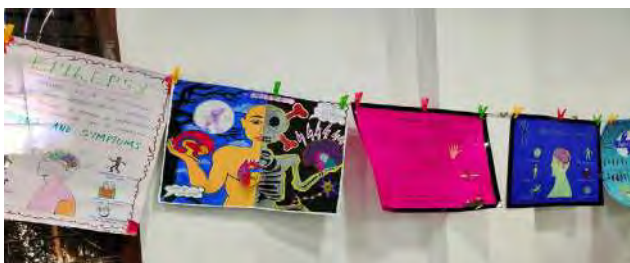
The prizes for the winners were given by Dr.G.Muthamilselvi Principal, VMCON, Puducherry.







The Workshop on TABC of Newborn was organized by Department of Child Health Nursing, in collaboration with IQAC VMCON, Puducherry on 3/12/2019. The Programme started with invocation song followed by welcome address by Ms. Priyadharshini Lecturer,







Followed with that, the sessions were started and the participants were divided into 2 batches with 6 groups. 2nd batch 3 groups were taken to OSCE skill lab.

Station 1: Ms. B.Sudha, Professor given hands on training to the students regarding temperature and airway maintenance of newborn.



Station 2: Ms. Samundeeswari, Professor given training on Positive pressure ventilation



Station 3: Dr.V.Sasi, Vice principal given training on chest compression.



OSCE trainer demonstrated the procedure and taken return demonstration from all members of the group



Internal rotation was done within the stations. Meanwhile rest of the procedure related to their subjects was taught by MsPriyadharshini and Ms.Meenatchi for the 1 Batch students and the same was followed in afternoon session for the



2nd batch Department of Child Health Nursing & IQAC in collaboration with Pondicherry AIDS Control Society Conducted Seminar on world AIDS Day Celebration on the Theme Ending the HIV/ AIDS Epidemic: Community by Community on the Date: 12.12.2019 - 9.00 am to 4.00 pm







## SCHOOL OF ALLIED HEALTH SCIENCES

### ACADEMICS

International Conference NPRR-2019 was held at Salem, VIMS Campus, Vinayaka Mission's University, was attended by 58 students accompanied by Ms.Venilla and Mr.Vinubalan , Assistant Professors.



Around 78 students of B.Sc. and Diploma MLT participated in conference MLTCON -2019, "An Update on Laboratory Medicine" held on October 10 th at Sri Venkateswaraa College of Para medical Sciences, Ariyur, Puducherry. The students were guided by Ms.Anitha and Mr.Vinubalan , Assistant Professors.



The 3rd Annual National CME on "Advances in Medical Imaging & Radiation Safety" was held at Salem, VIMS Campus, Vinayaka Mission's University, on 08.12.2019. 4 students participated and presented poster and paper accompanied by Ms.Venilla, Assistant Professors.

105 students along with 2 faculties participated in "National Symposium for Health Sciences-A Multidisciplinary Approach " , NSHS , held on 16th December 2019 in VIMS Campus, Salem..

### Academic activities of Faculty

Ms.R.Venilla, Assistant Professor presented a paper at the International Conference AMPICON-2019 ,held on November 7th to 9th 2019 at Kolkata.





## Research Activities

Dr.S.Kanimozhi, Assistant Professor, & Academic coordinator Department of Biochemistry, research proposal titled “Phlorotannin ameliorates depression like behaviour impairment in a rat model” has received seed money of 2 lakhs by the University

Associate Professor, Department of Biochemistry, FAHS, Aarupadaiveedu Medical College & Hospitals, Puducherry. Professor, Department of Biochemistry, Sri Ramachandra Medical College & Research Institute, Porur, Chennai, Dean & Director, FAHS, Vinayaka Mission's, Salem., JMSCR, Volume 07 Issue 10 October 2019, Pg 35-40.

## FDP Programs attended by Faculties

October 3rd and 4th – “Pedagogy-Empowerment for teachers” held at MEU AVMC, was attended by Ms.Vennila, Assistant Professor, Ms.Sowmiya, Lecturer

October 5th and 6th - “Outcome based Education in Health Professions” held at AVMC, MEU was attended by Dr.Kanimozhi, Mr.B. Vengadesan, Assistant Professors, Mr.Abhijit Murali, Ms.Jomitta George, Lecturers and Dr.R.S.Hermes, Associate Professor. Dr.Gnanasoundar Academic Coordinator (Optometry), Mrs. Venilla, Mrs.Iyyamaa and Mrs.Sathyaprabha, Lectures from Optometry.

## Paper Publication

“Association of Matrix metalloproteinases with Essential Hypertension-A Case Control Study”, Dr.R.S.Hermes, Dr. Santhi Silambanan, Dr.B.Sendil Kumar

## Christmas Day Celebrations





Dr. Madanmohan, Emeritus Professor of Physiology and Director, Dr. R. Balaji, Assistant Professor, Mr. Artchoudane, Yoga therapist, Center for Yogic Sciences were resource persons for a certificate course in Yoga for Health & Wellness, conducted by Center for Yoga Therapy Education and Research (CYTER), SBV on 19th & 20th October- 2019 at MGMC& RI.

Prof Madanmohan, Emeritus Professor of Physiology & Director- Centre for Yogic Sciences of AVMC & H, delivered the pre-inaugural session on “Life style Modification: the yogic perspective” in the Indo-French Workshop on “Yoga Therapy and Ayurveda” on 22nd October, 2019 at Maulana Abdul Kalam Azad Hall, Bapuji Library, SBV campus. He highlighted that Yoga is a way of life based on the view of life, best gift by the Rishis to the world and that has an impact on health and being and work and life. Dr. R. Balaji, Assistant Professor & Mr. Artchoudane, Yoga therapist, Center for Yogic Sciences, AVMC & H, has participated as Delegates.







Faculties and students of School of Physiotherapy, Aarupadaai Veedu Medical College and Hospital (AVMC & H), Pondicherry, constituent college of Vinayaka Mission Research foundation (VMRF) participated in 34th Pondicherry state level Yogasana Competition on 23rd December 2019.



Dr. Madanmohan, Emeritus Professor of Physiology, Director, Dr. R. Balaji, Assistant Professor, Center for Yogic Sciences, AVMC & H were invited as delegates for the executive council meeting of Indian Yoga Association (IYA), Pondicherry chapter at Sri Aurobindo Society on 8.12.2019.



Dr. R. Balaji, Assistant Professor, Center for Yogic Sciences, presented a poster on the occasion of SBV research day's titled "Adjuvant Yoga therapy enhances management of craving and perceived stress in alcholo dependence syndrome- A randomised control trial" at MGMC & RI, on 26<sup>th</sup> November 2019





## Student's Corner

“THE 150 YEARS OF CELEBRATING MAHATMA” was celebrated at Aarupadai Veedu Medical College on 29.11.2019. Mr. Prasanth Kumar Panda, Health Secretary, Govt. of Puducherry, and. Dr.Devi Priya, Chairperson, Puducherry Commission for protection of Child Rights, Govt. of Puducherry were the guest of the day. Prize was given for the winners of the Essay Competition conducted for the students. The function was followed by tree plantation at the AVMC&H campus.



Allied health science students participating during essay competition



**MBBS students participating during essay competition**



## Congratulations

Students (Vishnupriya ,Adyasha Senapati, Pushpa Meena T ,Logesh Khanna S) received their ICMR-STC Certificates for the year 2018-19 along with their guides from Dr Jayasingh Dean, AVMCH.



Nursing students participating during essay competition







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### ...From the Editor's Desk

Dear Readers,

This newsletter is a snapshot of the various activities and advancements for all associated with AVMCH. Proper communication plays a vital role in institution's development. This newsletter will serve to reinforce and allow increased awareness, improved interaction and integration among all of us. This newsletter is a medium to provide proper acknowledgment and respect all of these efforts and its results. I hope you will enjoy going through this issue and will also send us your valuable opinions and suggestions to improve it further. Newsletter team wishes to thank all the contributors for this issue and we specially thank Mr George Fernandez, Publication division for designing.



Best Regards,

**Dr. Sasmita Mishra,**  
HOD, Department of Biochemistry



## CELEBRATIONS AT AVMCH

### Diwali



### Merry Christmas

