



VINAYAKA MISSION'S
RESEARCH FOUNDATION
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AVMC
AARUPADAI VEEDU MEDICAL COLLEGE

NEWS LETTER

Volume 3 . Issue 1 . January - March 2020



Greetings from the AVMC Newsletter Desk

All suggestions to improve
AVMC - Newsletter can be mailed to
avmcnewsletter@avmc.edu.in.

Thought for the month

You Cannot Buy Your Health; You Must
Earn It Through Healthy Living.

- Dr. Joel Fuhrman

Annual Endowment Oration 2020

The First Annual External Dr. A. Shanmuga
Sundaram Endowment Oration of Scientific
Society of Aarupadai Veedu Medical College
was Conducted on Wednesday.

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➤ Academic Events at AVMCH

Annual External Dr. A. Shanmuga Sundaram Endowment Oration of Scientific Society of AVMCH - 2020

The First Annual Endowment Oration of Aarupadai Veedu Medical College named after the Founder Chancellor, Dr. A. Shanmuga Sundaram was conducted at Aarupadai Veedu Medical College on Wednesday, 29.01.2020. Before the oration programme Dr M.R Rajagopal had a brief interactive session in the morning with the faculties and PG students on importance of palliative care.

The Oration was delivered by Padmashree Dr. M. R. Rajagopal, Founder Chairman, Pallidum India and Director of World Health Organization collaborating centre for Palliative Care, Trivandrum. The Orator enlightened the audience on the following aspects: Quality of life and suffering patients, concept of true health care, which includes Physical, Emotional, Social and Spiritual dimensions. He gave a clavian call to all the members of the Health Care community to rededicate themselves to the care of the needy in their most important moments of life and to bring in values of respect, dignity and compassion into Health Care delivery. He stressed the need of making available Palliative Care to the entire suffering in the country as only 2% of Indian Population is presently having Palliative Care.



DIGNITARIES FROM LEFT TO RIGHT Dr.Jayasingh, MS, Dr P.F.Kotur, Dean, Dr Sudhir, VC, Dr. M.R Rajagopal, Founder Chairman, Pallidum India, Dr Mahalakshmi, Dean HPE, Dr Udayakumar, Charman of scientific committee



Audience listening to Dr. M.R Rajagopal's inspiring speech on palliative care



Prof S. Deepa, Secretary Scientific committee welcoming the gathering



Prof P.F. Kotur , Giving the presidential address



Dignitaries Lighting The Lamp



Dr. V. N. Mahalakshmi, Dean – HPE , introducing the Orator.

Dr. M.R. Rajagopal, Founder Chairman, Pallidum India,
The Orator delivering the speech

Dr. P. F. Kotur, Dean, AVMCH, welcomed the gathering. Dr. V. N. Mahalakshmi, Dean – Health Professions Education, introduced the Orator. Dr. P. K. Sudhir, Vice Chancellor, Vinayaka Missions Research Foundation presided over the function. Dr. K. Jayasingh, Medical Superintendent, Members of Scientifique Society, Heads of Institutions in the campus, faculties and students, totally numbering more than 300 attended the oration.

In their addresses, Vice Chancellor & Dean announced that steps will be taken to introduce Palliative care Services and Training in Aarupadai Veedu Medical College & Hospital, Pondicherry very shortly. The program ended with vote of thanks proposed, by Dr. P. Oudeacoumar, President of Scientifique forum.



Group Photo of Dignitaries With Scientific Society Members of AVMC



MCI Observed Revised Basic Course Workshop (RBCW)

MCI Observed RBCW was conducted by the Medical Education Unit from 11th March to 13th March 2020. Dr. T. Mahalakshmi, Convener,NTTC, Associate Professor, Dept of P & SM, JIPMER was the MCI observer from the regional centre. Nine Participants from various Medical colleges came for one day observership as a part of completion of ACME Course by the Nodal Center. 30 participants from various discipline both from college and hospital side participated in the workshop.

The objective of the workshop was to improve the quality of medical teaching by training the teachers, to enable faculty members to avail modern education technology for teaching UG/PG Courses

Aim of the workshop was to Sensitize teachers about new concepts in teaching and assessment methods, Develop knowledge and clinical skills required for performing the role of competent and effective teacher, administrator, researcher and mentor, Assist clinicians to acquire competency in communication and behavioural skills.



Dr. Umadevi K. P., Assoc. Prof, Pathology discussing Introduction: Ice breaking and Group Dynamics Group Activity



Prof. Dr. Mahalakshmi Dean-HPE addressing about System's Approach, Learning process Group Activity



Dr. Pushpa Kotur., Professor, Dept of OG discussing on Principles of adult learning



Dr. P.F. Kotur., Dean addressing about Goals, roles and Competencies:* CBME



Dr. B. Vishnu Bhat., Director Medical Research, discussing Writing a lesson plan Homework



Dr. K. Jayasingh, Medical Superintendent discussing about Interactive and Innovative teaching methods including a. Large Group



Dr. B.R. Asokan, Prof & HOD, Dept of Pharmacology addressing on Educational Networking for Growth



Dr. A. Thumjaa., Associate Professor, Pediatrics discussing about appropriate use of media Group Activity



Data Submission to MCI Observer Dr. T. Mahalakhmi by Dr. B.R. Asokan Coordinator-MEU



Group photo of RBCW-11, 12&13-March-2020 with Dean, Dean-HPE, MCI Observer ,Participants & Resource Persons

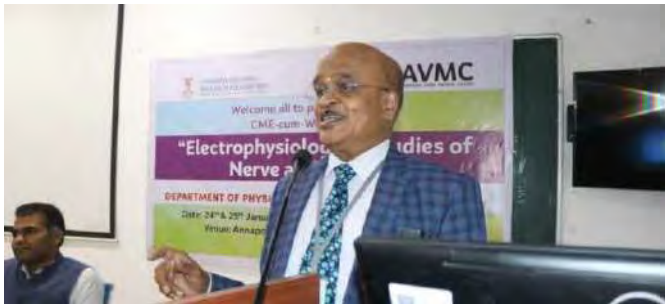


Dr. Sasmitha Mishra, HOD, Dept of Biochemistry discussing on Introduction to Assessment.



CME-cum-Workshop on “Electrophysiological studies of nerve and Muscle”

CME-cum-Workshop on “Electrophysiological studies of nerve and Muscle” was jointly organized by the Department of Physiology and School of Physiotherapy on 24th and 25th January 2020. On Day 1 after registration a lecture was delivered on “Anatomical Course, relations & Applied aspects of upper limb and lower limb nerves” by Dr V Gladwin, Additional Professor, Department of Anatomy, JIPMER. Dr Lakshmi Jatiya welcomed the gathering. Dean Dr P F Kotur delivered the Presidential address. Dr Nishanth Sampath, Consultant, Clinical Neurophysiology, SIMS Hospital, Chennai delivered a lecture on “Clinical implications of NCS in modern practice”. His lecture was followed by another lecture by Dr V Gladwin on the topic “Muscle-relations & concepts of EMG”



The most attractive part of the Workshop was live streaming of the techniques for recording NCV and EMG by Dr Bharathi Balakumar. She also spoke on “NCV & EMG studies- Technical perspectives”. The

first day meeting was useful to the candidates with regards to learning the basics and recording techniques of NCV and EMG.

The 2nd day started with a lecture on “Evaluation of peripheral nerves – clinical and Electrophysiological aspects” by Dr. Rajeshwari Aghoram, Assistant Professor from the Department of Neurology, JIPMER. Dr Kamalakannan, AP from the Department of Orthopedics presented a lecture on “NCV features in Carpel Tunnel Syndrome, wrist drop, foot drop and in common myopathies”

Hands on training to record nerve conduction and EMG with interaction was imparted to the delegates in four divided batches which was conducted by Dr M Gopinath and Dr Lakshmi Jatiya. Dr J Mohana krishnan, Physiotherapist, Department of Ortho Surgery, PMRC, JIPMER deliberated on the topic “Clinical implications of Electrophysiology in Physiotherapy practise and its outcome”. Dr V N Mahalakshmi, Dean HPE presented the certificates to the organizers and delegates.

Faculty Development Programme on Teaching Practical / Clinical Skills

Faculty development programme on teaching practical / clinical skills was organized by medical education unit on 31st january & 1st february 2020. Objective of the programme is to Impart hands-on training to the faculty on teaching procedural skills according to MCI requirements . Purpose of this Workshop is to update the Knowledge in the Choice of appropriate T-L & Assessment Methods to achieve the outcomes of MBBS Curriculum and how to develop an effective lesson plan.



The first “PG research day-2020”

The first “PG research day-2020” was conducted by Scientifique society of AVMCH, in collaboration with IRC and Office of Dean HPE on 8.1.2020. The programme commenced with the Poster presentation at 10 am at Foyer, College block, AVMCH.



Postgraduates from various departments presented 19 posters, evaluated by eminent judges. The programme continued with the oral presentation in the afternoon at 2 PM at Annapoorani hall. The programme started with welcome address by Dr. P.Oudea Coumar, President, Scientifique. Criteria for presentation and introduction of judges was done by Dr. S.Deepa, Member Secretary, Scientifique. Postgraduates from 8 different departments presented their research papers on stage. Their presentation was evaluated by judges, Professor Dr. Vishnu Bhat, Research consultant, VMRF, Dr. B. Kanchana., Emeritus Professor and Dr. R. Latha., Professor, Microbiology. Dr. K. Jayasingh., Medical Superintendent addressed the gathering and congratulated the participants. Dr. P.F. Kotur, Dean, AVMCH presided over the function and highlighted the importance of research among postgraduates.

Chancellor’s trophy was awarded for the first three best paper presentation and best poster presentation to the postgraduates by the Dean. The programme ended with vote of thanks by Dr. R. Niranjjan.



➤ Reaching the Unreached

Camp and Outreach Activities

Camps:

Aarupadai Veedu Medical College and Hospital in association with Department of Community Medicine conducted free medical camps in various places in Cuddalore and Pondicherry during the month of Jan- Mar 2020. Consultation services from various specialties like Medicine, Surgery, Pediatrics OG, Orthopedics, ENT, Ophthalmology and Dermatology and also free drugs were provided to the beneficiaries. Various awareness programmes were conducted on personal hygiene and health issues to the community.



Date	Venue	No of Beneficiaries	No of Referrals
10.01.2020	Vadalore	133	30
25.01.2020	keezhkumaramangalam	272	12
25.01.2020	Muthanai	120	8
29.01.2020	Panruti	120	7
29.01.2020	Thandavarayanallur	151	24
02.02.2020	Mudikandanallur	263	36
07.02.2020	Kullanchavadi	135	34
08.02.2020	Vadalore	60	15
09.02.2020	Kudikadu	103	15
16.02.2020	Karaikadu	156	18
24.02.2020	Keezhkavarapattu	130	35
24.02.2020	Nellikuppam	110	33
25.02.2020	Muthanai	147	35



Outreach Activities

World Leprosy Day celebration (31.01.2020)

In India, World Leprosy Day is observed on Jan 30 every year to commemorate the death of Mahatma Gandhi who was assassinated on this day in 1948. This day was chosen by the French humanitarian Raoul Follereau as a tribute to Mahatma Gandhi, who helped people affected with Leprosy. This year theme of World Leprosy Day 2020 is “Leprosy is not what you think”. Leprosy is not a disease of the past. It is an ongoing issue. To create awareness among public, an awareness Programme was conducted at Urban Health Training Center, Ariyankuppam on 31.01.2020 at 10.00am to 12.00 . Various programs like, chart work and awareness speech were given by CRRIS.



World Cancer Day celebration (04.02.2020)

The global cancer community commemorates World Cancer Day, on February 4, with the theme “I am and I will”. This theme has been proposed for the next three years. It is an empowering call-to-action asking people to take action to save the future. The theme also acknowledges that all of us can fight against cancer. Cancer awareness Programme was conducted at Anganwadi, Ariyankuppam on 12.02.2020 at 10.30am to 12.30 . Various programs like, chart work and awareness speech were performed by CRRIs



Coronavirus Awareness Programme (11.03.2020)

CORONA- Virus awareness Programme was conducted at Periyakaganakuppam on 11.03.2020 at 10.30am to 12.30 . Various programs like, chart work and awareness speech were given by CRRIS.



National Immunisation Day -2020

The National Immunization day for the year 2020 was held on 19- January -2020 (Sunday) all over India. A debriefing meeting was conducted for external monitors at WHO-NPSP office on 14-10-2020. Dr Saira Banu, Surveillance Medical Officer, Puducherry headed the meeting. Dr T.Prasad, Associate Professor, Department of Community Medicine, Aarupadai Veedu medical college attended the meeting and Karaikal district was allotted for monitoring. The monitoring program extended for 4 days from 19 to 22 January-2020 and debriefing activity on 23-01-2020 at WHO-NPSP office, Puducherry.



Leprosy Awareness Programme

Department of Dermatology, Venereology & Leprosy, Aarupadai Veedu Medical College & Hospital celebrated World Leprosy day on 07th February 2020 by conducting Leprosy Public Awareness programme. Dr. Vithiavathi, Prof & HOD of General Medicine, Dr. Ramachandradu, Professor of Surgery, Dr.Dharmalingam, Asso. Professor of Pediatrics, Post Graduates, CRRIs, Patients & Public attended the program.



The program started at 11.00am in OPD Reception area. Public awareness banners& posters were displayed. Dr.P.Oudeacoumar, Prof&HOD, Dept of DVL gave the welcome address. Dr.Jude Dileep, Asst. Prof, Department of DVL gave the public awareness speech in tamil and cleared the myths& misconceptions , symptoms & signs of Leprosy, mode of spread and curative treatment for Leprosy. Clinical pictures of Leprosy were shown to the public by TV. Interactive session with the public and the patients was conducted by Dr.Sucharitha, Senior Resident. Patients took active participation in the discussion and many doubts were answered.



BLS, ACLS, Hands on training

BLS, ACLS, Hands on training is performed by Anaesthesia department faculties in Co-Ordination with simulation Lab at our institution to train paramedical, pre-clinical and all clinician on 10th March 2020 . This

event reflected the latest guidelines of American Heart Association for Basic Life Support .Participants got the opportunity to apply hands on training for emergency care that aims to maintain or re-establish the airway, breathing, and circulation in seriously ill or injured people. Hands on training given to the participants to save the precious human life without much of morbidity and mortality. The resource persons were Dr. V. Ezhilraj, Professor & HOD,Dr. Sajjan Prashant Shivaraj,Associate Professor.Dr. V. Haribabu, Associate Professor and Dr. K.Gopalakrishnan, Assistant Professor of anaesthesia department.



Workshop on Basics of Ventilation

Workshop on basics of mechanical ventilation conducted for all postgraduates, faculties and staff nurses on 22nd February 2020. They were trained about the principles of mechanical ventilation, types of mechanical ventilation and how to perform and apply clinical knowledge to initiate maintain and weaning from mechanical ventilator support and also to manage events and complication during mechanical mandatory support and care. The resource persons were Dr. V. Ezhilraj, Professor & HOD,Dr. Sajjan Prashant Shivaraj,Associate Professor department of Anaesthesia.



➤ Multidisciplinary Center for Biomedical Research

We heartily welcome Director of Medical Research **Dr. B. Vishnu Bhat** Sir and Research associates **Dr. S. Satheesh kumar**, **Dr. M. Aarthi** and **Dr. N. Prithivi** raj to AVMC Center for Biomedical Research



Dr. B. Vishnu Bhat,
Director- Medical Research

Externally Funded Projects:

Three projects were technically accepted by the extramural funding agency ICMR for financial support for the year 2020.

1. Project named “A genetic screening to identify the association between consanguineous marriages with deafness in Indian population” by Dr. S. Arulmozhi, ENT Department.
2. Project named “Association between pitx2, gata-4 snp polymorphisms and atrial fibrillation in young adult population- a prospective case control study” by Dr. Sambandam Ravikumar, Centre for Biomedical Research
3. Project named “Characterization of Leptospiral OMPs in search for novel immunogenic adhesions having significance in the diagnosis and pathogenesis of Leptospirosis” by Dr. Sambandam Ravikumar, Centre for Biomedical Research

Internally Funded Projects:

Eight projects have been sanctioned for seed money by the University this year.(2020)

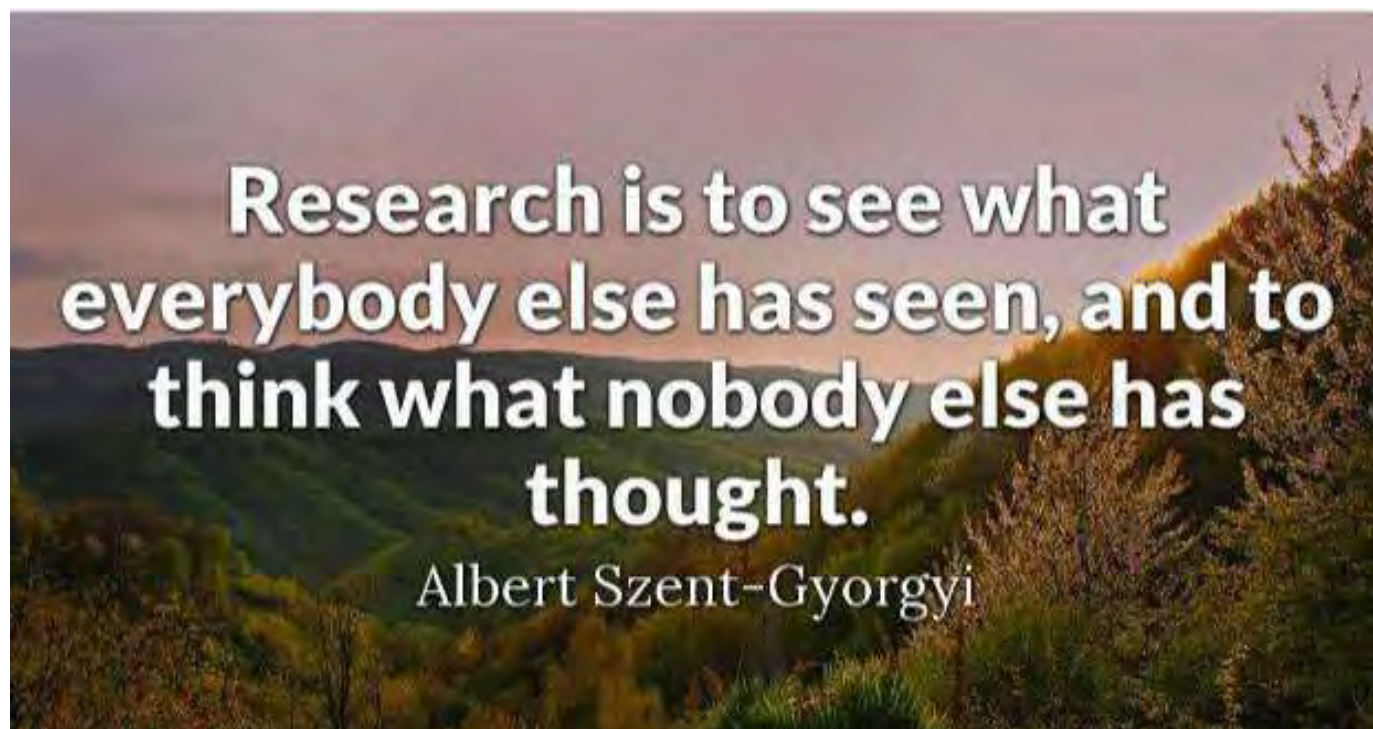
1. “Association between pitx2, gata-4 snp polymorphisms and atrial fibrillation in young adult population- a prospective case control study” by Dr . Sambandam Ravikumar, Principal Scientist ,CBR
2. “A prospective study on the evaluation of a novel polymerase spiral reaction method for rapid detection of extra-pulmonary pelvic tuberculosis on clinical samples.” By Dr. Vijaya Koothan, Professor,O & G Department
3. “Risk assessment of gene variants involved in bilirubin metabolism for neonatal hyperbilirubinemia in south indian population.” By Dr. Jakanattane ,Assistant Professor, Paediatrics Department
4. “Clinical and Molecular characterization of Panton-Valentine Leukocidin (PVL)positive Staphylococcus aureus from skin and soft tissue infections from a tertiary care hospital in Pondicherry.” by Dr. R. Latha, Professor & HOD ,Microbiology Department

5. “The environmental, genetic and dermatoglyphic study of Down-syndrome and Autism Children and evaluation of pre – post treatment of audio-speech language pathology in and around Pondicherry-Union Territory of Pondicherry” by Dr. Pournay ,Anatomy Department
6. “Association of IL-17 gene variants with childhood asthma in south indian population “by Dr. Jakanattane, Assistant Professor, Paediatrics Department
7. “Study of the prevalence & geographical distribution of dengue virus infection among rural and urban population of puducherry” by Dr. Jawahar.R, Professor & HOD, Pathology Department
8. “Assessment of the effect of intensive counseling about alcohol abstinence on the treatment adherence among alcoholics diagnosed with Tuberculosis in Puducherry.”by Dr.J.Arun Daniel, Associate Professor, CM Department.

MOU and COLLABORATIONS

Two MOU signed for research collaboration this year

1. Memorandum of Understanding between AVMC and 30M GENOMICS concerning submission of Joint research proposals for external funding, as an industrial partner 30M GENOMICS PRIVATE LIMITED, INDIA
2. Memorandum of Understanding between AVMC and Sognef Inc. concerning Research Collaboration with SOGNEF INC., USA.





► Publications Jan-Mar 2020

Dr. Chitralkhya Rao, Dr. Oudeacoumar Paqurissamy, Dr. Govardhan J., Dr. Varsha Medasani, Department of Dermatology has published a paper titled “ Clinico-epidemiological study of facial hyper-melanoses among patients attending dermatology outpatient department at a tertiary care hospital at Pondicherry” in International Journal of Research in Dermatology 2020 Jan;6(1):48-56.

Dr. G. K. Venkatachalam, Dr. D. Euvalingam Department of general surgery has published a paper titled “ Comparative Study of Open and Closed Drainage of Breast Abscess” in IOSR Journal of Dental and Medical Sciences Volume 19, Issue 1 Ser.12 (January. 2020), PP 36-43

Dr. T. Prasad, Dr. J. ArunDaniel, Dr. R. Niranjjan, Department of community medicine has published a paper titled “Awareness level and associated factors for non-communicable disease screening among adults in rural Puducherry, India” in International Journal of Medical Science and Public Health Jan 2020

Dr Annamalai A. Dr. Himanshu Raj, department of surgery has published a paper titled “Validity of diagnostic laparoscopy in diagnosis of acute appendicitis” in International Journal of Surgery Science 2020; 4(1): 364-368.

Dr.R.Niranjjan, Department of community medicine has published a paper titled “Referral chain of patients with obstetric emergency from primary care to tertiary care: A gap analysis” in J Family Med Prim Care Jan 2020.

Dr Suryapriya R, Assistant Professor, Dept of Biochemistry published an original research article titled “Differences in the response to iron supplementation on oxidative stress, inflammation, and hematological parameters in nonanemic and anemic pregnant women” in The journal of maternal-fetal and neonatal medicine, Feb 2020.

Dr. SP Ilango Dr. S Madhivanan, Dr. P Thrivikrama Rao department of surgery has published a paper titled

“To determine the aspect of low lying pubic tubercle in development of inguinal hernia: A case control study” in International Journal of Surgery Science 2020; 4(2): 12-14

Dr Gopalakrishnan, Dr V Haribabu, Dr M Suresh Rajkumar, Dr V Ezhil Rajan, Dr R Chandrasekar, department of anaesthesiology has published a paper titled “Evaluation of efficacy of addition of dexmedetomidine in USG guided Transverse Abdominis Plane (TAP) block for postoperative pain relief in open unilateral elective inguinal herniorrhaphy: A prospective, randomized, controlled study” in MedPulse International Journal of Anesthesiology. February 2020; 13(2): 72-77.

Dr Arthur Dinu Kumar, Dr Ganapathy Kalaiselvi, Dr Selvaraj Vennila, Department of Ophthalmology has published a paper titled “ Refractive Errors in Children with Intellectual Developmental Disorders Attending Special School in Puducherry” in J. Evolution Med. Dent. Science Vol. 9/ Issue 09/ Mar. 02, 2020.

Dr Mohana S., Dr Narayanasamy S., Dr Asokan B. R., Dr Smita Kar, department of pharmacology has published a paper titled “Knowledge, Attitude and Practices of postgraduates, interns and nurses, on adverse drug reaction reporting in a tertiary care hospital: a comparative study” in Int J Basic Clin Pharmacol. 2020 ar;9(3):408-412.

Dr. Deepa Shanmugam, Dr. Nambala, Divya Sahitya, Department of Obstetrics and Gynaecology has published a paper titled ““Mystery solved; Lesson learnt - Adnexal mass in an adolescent girl “ in International journal of Medical Science and Advanced Clinical Research March - April - 2020, Vol - 3, Issue -2, P. No. 137 - 140.

Dr.J.ArunDaniel Department of community medicine has published a paper titled “Association between anemia and acute lower respiratory tract infection in under-five children at Puducherry, India: a case control study” in International Journal of Medical Science and Public Health Mar 2020

➤ Conference attended by Faculties, PGS

By Faculties:

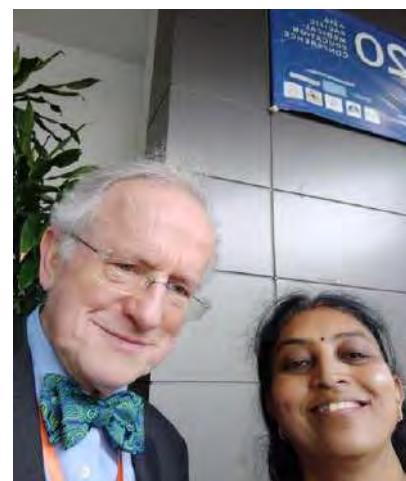
1. Dean HPE Dr V.N Mahalakshmi attended the 17th Asia Pacific Medical Education Conference, NUS, Singapore from 07/1/2020 to 13/1/2020 as Resource Person and Conducted Pre Conference workshop on Curriculum as Driver - Creating a Strategic Operational Framework for Translating 'Organisational Values into Practice', Participated on International Conference as Course faculty and participated in the Interactive workshop on Quality of Medical Education in Low Resource Setting



17th Asia Pacific
Medical Education Conference



With Professor Ronald Harden, Father of
Medical Education, Dundee University



With Dr David Gordon, President,
world Federation of Medical
Education

2. Dean HPE Dr V.N Mahalakshmi attended member of Steering Committee to incorporate Palliative Care in MBBS Curriculum – Meeting held at Trivandrum from 21/1/2020 to 23/1/2020.
3. Dean Dr P. F Kotur and Dean HPE Dr V.N Mahalakshmi visited to Simulation Center, DY Patil University, and Mumbai from 9/2/2020 to 11/2/2020 to study the design and working of the Simulation center.



DY Patil University



Simulation Lab Center

4. Dean Dr P.F Kotur attended as resource person in MEU Workshop on Teaching Clinical/practical skills from 27/1/2020 & 29/1/2020 and MCI - RBCW FROM 11/3/2020 to 13/3/2020.
5. Dean HPE Dr V.N Mahalakshmi attended as resource person in MEU Workshop on Teaching Clinical/practical skills from 27/1/2020 & 29/1/2020 and MCI - RBCW FROM 11/3/2020 to 13/3/2020.
6. Dr Vithiavathi .S, Professor and HOD dept of Medicine participated as chair person in 75th APICON 2020 ,AGARA, Platinum jubilee of annual conference of associations of physicians of India held from 6th to 9th January 2020.
7. Dr.G.Subash Chandra Bose, from PSM Dept presented an oral paper on “Effect of a Polyherbal formulation- Rotpe in an Experimental” in the Conference: Resent Trends in Plant Science and Biodiversity Conservation on 8th jan 2020 at E.S.Arts & Science College, Villupuram.
8. Dr.G.Subash Chandra Bose, from PSM Dept presented an oral paper on “A Study on HIV patients using stochastic model“ in the Conference: a Recent developments in mathematics & Statistics on 6th march 2020 at Shree Ragahavendra Arts & Science College, Chidambaram
9. Mr.J.Ravicoumar, from PSM Dept presented an oral paper on “Impacts of Air pollution among traffic police persons in Puducherry City” in a Seminar: Globalization, environment and Sustainable Development at Annamalai University, Chidambaram.
10. Dr.S.Ilankathir, participated as Resource person in the Workshop on “Teaching clinical / Practical skill” organized by MEU, AVMC on 31st Jan & 1st Feb 2020.
11. Dr.T.Rajan, Dr.S.Ilankathir, Dr.M.Sudagr, Mr.K.Sridhar, Mrs.G.Sowmya participated Conference on General Embryology “EMBRYO-GEN-2020” held on 09.01.2020 at Villupuram, Government Medical College, Villupuram.
12. Dr.M.Sudagr, Mr.K.Sridhar, participated in the Workshop on “Teaching clinical / Practical skill” organized by MEU, AVMC on 31st Jan & 1st Feb 2020.
13. Dr.T.Rajan, Dr.M.Sudagr participated in “Revised Basic Course Workshop in Medical Education Technologies” conducted MEU at AVMC, Puducherry from 11th to 13th March 2020.

14. Dr. V. Ezhilrajan, Professor & HOD, Dr. M. Suresh Rajkumar, Professor Dept of Anaesthesia attended Revised Basic Course Workshop by Medical Education Unit, AVMC&H, Puducherry, 11.03.2020 to 13.03.2020.
15. Dr. Manju M, Professor and Dr. Suryapriya R, Assistant Professor Dept of Biochemistry attended Revised Basic Course Workshop by Medical Education Unit, AVMC&H, Puducherry, 11.03.2020 to 13.03.2020.
16. Dr. S. Deepa, Professor, Department of OG conducted awareness program on prevention of COVID infection among school students at PSBB Millenium school on 12.3.2020.



17. Dr. T. Rajan, delivered a lecture on 'GUIDING WIRE (3rd week of intrauterine development)' at "EMBRYO-GEN-2020" held on 09.01.2020 at Villupuram, Government Medical College, Villupuram.

Conference attended by PG Students

1. Dr. Govindraj, dept of Medicine participated and presented a poster on "FLUOROSIS PRESENTING AS PSEUDO STIFF-MAN SYNDROME" in 75th APICON 2020, AGARA, Platinum jubilee of annual conference of associations of physicians of India held from 6th to 9th January 2020.
2. Dr. Rawal Keyurkumar Bhavikbhai, dept of Medicine participated and presented a poster on "A CASE OF PULMONARY TUBERCULOSIS WITH DYSELECTROLYTEMLIA PRESENTING AS PARARARESIS" in 75th APICON 2020, AGARA, Platinum jubilee of annual conference of associations of physicians of India held from 6th to 9th January 2020.
3. Dr. Rahul Singh, dept of Medicine participated and presented a poster on "A CASE OF MULTIPLE CEREBRAL WATERSHED INFARCTS DUE TO DIABETIC KETOACIDOSIS" in 75th APICON 2020, AGARA, Platinum jubilee of annual conference of associations of physicians of India held from 6th to 9th January 2020.
4. Dr. Shanaz Fazila S, dept of Medicine participated and presented a poster on "A RARE CASE OF AUROMINE (COW DUNG) POISONING" in 75th APICON 2020, AGARA, Platinum jubilee of annual conference of associations of physicians of India held from 6th to 9th January 2020.
5. Dr. Sundaresan, dept of Medicine participated and presented a poster on "NEGATIVE CONCORDANCE OF WIDE QRS COMPLEX S IN THE PRECORDIAL LEADS: ALWAYS OF VENTRICULAR ORIGIN" in 75th APICON 2020, AGARA, Platinum jubilee of annual conference of associations of physicians of India held from 6th to 9th January 2020. He also got the Dr. M. VISHWANATHAN POSTER PRESENTATION AWARD 2020 for the same.

➤ Academics and Infrastructure



Renovated Physiology Laboratory was Inaugrated by Director Anuradha Ganesan on 14th Feb 2020



Academic Calendar for the year 2020 was released

➤ Spotlight

Department of Biochemistry

Vision:

- To be recognized as India's foremost educational Department in Biochemistry
- Preparing competent undergraduate and postgraduate students to take their places as leaders in the Medical and Allied Health professions
- To be an intellectual home for a rich diversity of academic talent

Mission:

- To provide excellence in education to a wide spectrum of academic principles
- To promote Biochemistry through the creation and application of knowledge and the stimulation of critical and independent thinking
- To carry out world-class scientific research and evidence based teaching, through expanding of innovation and excellence in both research and teaching

Objectives:

- To put forward an excellent standard in undergraduate and post graduate teaching
- To encourage student participation in self-directed, experiential learning, conferences and research activities
- To conduct research in basic, clinical and biomedical research
- To provide good patient care through clinical biochemical testing by strictly implementing quality control and generating accurate results.

Academic programmes offered by the Department:

- MBBS course with 150 recognized seats
- MD Biochemistry with 2 recognized seats
- BPT
- B.Sc. Optometry
- B.Sc Nursing
- B.Sc Allied health sciences
- Diploma Allied health sciences

Faculty:

The Department has qualified, well experienced and passionate faculty who are committed to inspire the students in academics as well as in research.

S.No	Faculty	Designation
1	Dr. Sasmita Mishra	Professor & HOD
2	Dr.Manju.M	Professor

3	Dr. Suryapriya.R	Assistant Professor
4	Mr. Mohan.S	Assistant Professor
5	Mr. R.R.Kumar	Tutor
6	Dr.Navin.S	Tutor

Facilities available:

- A well equipped UG students lab
- A PG research lab for the postgraduates
- A demonstration hall with ICT facility
- Well library cum seminar room
- A well equipped Clinical Biochemistry laboratory (NABH accredited) attached to the Hospital

Academic activities:

The Department improves the knowledge of the students in Biochemistry in a clinical oriented manner by adopting various T-L methods like

- Early clinical exposure
- Problem based learning
- Video based interactive sessions
- Case based discussions
- Horizontal and vertical integrated teaching
- Seminars
- Measures for advanced learners (training for intercollegiate quiz competition)



Research:

- Published 15 research articles in indexed journals in the last five years.
- Guided 8 accepted ICMR STS projects since 2016.
- Students have presented their STS projects as posters/oral presentations in conferences
- Students published their research projects in reputed journals

Patient care activities:

- ❖ The Clinical Biochemistry Laboratory, functioning under central diagnostic lab, is headed by Dr.Manju, Professor of Biochemistry.
- ❖ The laboratory is equipped with
 - 2 fully automated analyzers (Mindray BS 380, Chemwell CPC)



- An automated immunoanalyzer for hormones (Mini Vidas)
 - Electrolyte analyzers
 - 3 semi-auto analyzers.
- ❖ The lab services are available 24×7.
- ❖ Services provided include routine analyte testing, diabetic profile, renal profile, liver profile, lipid profile, cardiac biomarkers and fluid chemistry.
- ❖ Quality assurance -:
- Internal quality control
 - External quality control assurance scheme with CMC Vellore.

Other responsibilities held by faculty:

Dr Sasmita Mishra, Professor & Head:

- Member secretary of MCI Curriculum committee
- Member secretary (Editor) of magazine/Newsletter publishing committee
- Core committee member of IQAC

Dr Manju M, Professor:

- Central Lab in Charge
- Member of Internal Complaints Committee

Mr R R Kumar, Tutor:

- Students welfare officer

Best practices:

- Adopting new TL methods (video based interactive session and Problem Based Learning) for MBBS students
- Providing zero error 24×7 central laboratory diagnostic services to enhance patient care

Department of Ophthalmology

Our Mission:

To facilitate learning, provide eye care with empathy and create an environment where all stake holders grow together.

Our Vision:

To Provide The Best Holistic Eye Care Service.

Objective:

- Provide quality eye care in a caring environment.
- Achieve excellence in teaching undergraduate
- “Outreach programs” to reach the unreached.



S.No	Name of the Faculty	Designation
1	Dr.Dinukumar Arthur, MBBS, DO, Dip.N.B.	Professor & HOD
2	Dr. Kalaiselvi, MBBS, DO, DNB, FICO	Associate Professor
3	Dr. Sadiqha Banu	Junior Resident

Courses:

❖ MBBS

❖ Academic activities:

- Student friendly in imparting knowledge, training skills and communication.

❖ Patient Care Activities:

- We Provides Out patient services and have special clinics for cornea, glaucoma, retina sub specialities. We provide surgical treatment for intraocular and extra ocular disease like cataract surgery with IOL Implantation, ECCE with PCIOL , SICS with PCIOL, Phacoemulsification with PCIOL, Glaucoma Surgery, lid surgeries, Pterygium with graft, Lachrymal sac surgery.

❖ Outreach activities:

- Taking care of the vision of children with special needs.
- Once a month we reach the special school children for their followup.

❖ Research activities:

- Totally 06 Articles/ Paper were Published in indexed journals and 8 ongoing projects.



➤ Students Corner

Pondicherry Heritage Festival was celebrated at Alliance Francaise, Puducherry on 30th Jan 2020. 13 of our students took part in 3 categories namely Classical, Folk and Fusion. Our students got first prize in Classical dance and Consolation prize in fusion dance.



Students Participated in Pondicherry Heritage Festival

As a part of Sports Games and Cultural Meet 2020 at Indira Gandhi Sports complex, Uppalam, Puducherry, National Service Scheme, Government of Puducherry organized the Rally on 04.02.2020. 52 students from our college took part in the programme. Mr.R.R.Kumar, Programme Officer, National Service Scheme, AVMC&H made arrangements for the Rally.



Students Participating in Nss Rally



11 Girls and 11 boys took part in the Marathon on the observation of Drug Abuse Awareness organized by Directorate of Social Welfare, Government of Puducherry on account of “Drug Free Puducherry Week”. The Marathon started from Gandhi statue. The Marathon run for Girls is for 5KM for Boys is for 10KM.



Students Participation in Marathon on the Observation of Drug ABUSE

VMRF – DU – Intercollegiate Sports Tournament for the year 2019 - 2020 was held at Vinayaka Missions College of Physical Education from 19.02.2020 to 21.02.2020. Our students participated in Basket Ball and secured III-Place.



VMRF - DU – Intercollegiate Sports Tournament students participated in Basket Ball and secured III-Place.

Around 250 students participated in the Road Traffic Awareness programme, jointly organized by NSS, AVMC&H and Traffic Police Station (South), Kirumampakkam, Puducherry on 28th January 2020 as a part of the 31st Road Safety Week.



➤ Celebrations at AVMCH

New Year Celebration

Every year is a new blessing for us from God. A New Year is a blossom in our life and it is worth celebrating the day. New Year is a special day for each person because it is time for welcoming another year, enjoying with family and friends, having fun and taking resolutions for the upcoming year. In AVMCH NEW YEAR was celebrated. Dean Sir wished the AVMCH team a prosperous and productive 2020.



Pongal

Pongal is one of the great Hindu festival celebrated in South India. The literal meaning of Pongal is 'to boil' and it has the custom of preparing the dish named Pongal. The three days of festival starts with Bhogi Pongal during which people discard old items, starts new things and wear new cloths and thank God for the good harvest. The second day is called Surya Pongal which is dedicated to Sun God during which Pongal dish is prepared under the sun and shared among friends and family. Mattu Pongal is



the third day of the festival during which the cattles are decorated and worshipped. Pongal is the festival which worship Sun, Cattle and other deities and thank them for their blessings and also a way of socializing with friends and family.



In AVMCH Pongal was celebrated in a grand way. All the members and students of AVMCH enjoyed the celebration. Sweet pongal was prepared and distributed. Rangoli competitions and Tamil Patti Mandram were conducted. The fun games like Uriyadi, Tug of War, Lemon & spoon and Lucky box were also conducted for students. Many enjoyed the bullock cart ride.

Republic Day

Republic Day is one of the major national festivals of India celebrated with great pride and patriotism throughout the country. Republic Day celebration paints the country into tricolor of patriotism, peace, and prosperity. 71st Republic Day was celebrated in Aarupadai Veedu Medical & Hospital campus on





26.01.2020. The National Flag was hoisted by the Dean, AVMC&H accompanied by the HOIs of all the Institutions. Students from various Institutions took part in the March-past and sang patriotic songs in Hindi and Tamil. We also had inspiring speech about Constitutional rights and Constitutional Obligations given by the students. Administration of Constitutional Pledge was taken by the faculties and students followed by the Dean-HPE.



International Women’s Day

International Women’s Day was celebrated at AVMCH on 7th March 2020. The Chief guest and Guest of Honor were Dr. Devipriya, Chairperson, Commission for Protection of Child Rights, Puducherry and Dr. Kumudha, Professor and HOD, Department of Neonatology, Saveetha Medical College, Chennai. Dr. P.F. Kotur, Dean, AVMC; Dr. K. Jayasingh, MS; Dr. V. N. Mahalakshmi, Dean-HPE; Dr. Vishnu Bhat,



Director, Research - AVMC; Dr. Muthamizhselvi, Principal, Vinayaka Mission's College of Nursing (VMCN); Dr N D Rajan, Director – BASLP were present for the program.

All Teaching and Non-teaching staff participated enthusiastically. Sneha and Swethamohan, 1st yr MBBS students were the Master of Ceremony. The program was conducted bilingually for a better transmission of information and a greater impact.

Majority of the men and women turned up in purple dress as a mark of solidarity to women. All present were welcomed by the men from Happy Angels Team of AVMC with a rose and a chocolate. Mrs. Justin Mary, Nursing Superintendent, AVMC delivered the welcome address. A video on Mahakavi Subramanya Bharthiyar's song "Thunbam illadha Nilaye Shakthi" was played followed by the Lamp Lighting. Dr Latha, Prof & Head, Department of Microbiology and Ms Vanitha, Tutor, VMCN spoke on the Significance and Theme of Women's Day. Dr Nalini, Ms. Dharmapriya and Ms A. Chitra spoke on "Exploring equality of women in - Workplace, Public and Domestic spaces respectively. Dr. Lakshmi Jatiya, HOD & Prof, Physiology and Ms. S. Esther Rubial, Head staff, AVMC read out poems in Tamil and Hindi in praise and glory of women. Women Achievers of AVMC and associated Institutes in the campus were recognised and honoured.

Dr Devipriya, Chief Guest and Dr Kumudha, Guest of Honour spoke on the women rights and Maternal and Child Nutrition. Dr. Kotur, Dean spoke on Gender equality and NO BIOS policy for the employees in campus. Dr Mahalakshmi administered the Pledge of solidarity.

All dignitaries, students and staff participated in the "Strike a Pose - Each for Equal" and I sign up for "Each for Equal". Poster Competition was also conducted.

Function ended with vote of thanks by Principal, Aarupadai Veedu Medical College and Hospital





Faculty Achievements:

Dr.G. Muthamilselvi Principal, VMCON was invited for the reading festival which was organized on 10th Jan, 2020- by Narambai, primary school. Dr. Muthamilselvi addressed the school students regarding Importance of reading and its scopes.



On February 17th, 2020-Dr.G.Muthamilselvi, Principal VMCON was invited as chief guest by Narambai school, and honored the painting team by issuing certificates for their fantabulous wall painting done in school which was Sponsored by VMCON, NSS.



February 28th, 2020-AGP College of Nursing, conducted conference to mark the international year of nurse midwife 2020 and Dr.G. Muthamilselvi, Principal VMCON was invited as evaluator .



On January 11th, 2020 - Dr.G.Muthamilselvi Principal,VMCON Was Invited As Chief Guest For Lamp Lighting Ceremony In RAAK College Of Nursing Puducherry.



On March 3rd, 2020- Dr.G. Muthamilselvi , Principal participated in the LEAP Program organized by the TNNMC to train the registered nurses for leadership skills on the account of 200th Florence Nightingale Girl birth anniversary.

News on governance – major meetings

Feb 1st, 2020- Vinayaka Missions University, Board Of Studies Meeting Was Held For Nursing In VMU, Five of our nursing faculties participated.



February 8th, 2020-Faculty Meeting Was Conducted By Mrs. Gothainayagi And Agenda Points were discussed In Presence Of Principal, Vice Principal, Other Faculties. Prof. Samundeeshwari, was

Unanimously selected as SNA Advisor. Later on SNA election was carried out to select the SNA office bearers.

On March 10th 2020 -Dr.G. Muthamilselvi, principal participated in 57th academic Council Meet conducted by VMRF.



Outreach and extension activities

VMCON, The Educational Institution's Puducherry Organized & Participated in the Mass Rally and Signature campaign to Commemorate the International Year of the Nurse & Midwife 2020, "I Support Nursing Now signature campaign" The Rally was started from Kamban kalaiyarangam to Gandhi thidal beach road puducherry on 27.02.2020 at 8.30 am. Dr VJ. Chandiran, IPS Deputy Insp General of Police Pondicherry was the chief guest, programme was supported by all the educational institutions of puducherry.



NSS unit of Vinayaka Missions College of nursing and traffic police station Kirumampakkam have organized an awareness rally regarding road safety. The rally was conducted on 30/01/2020 at 3.30 P.M. Totally 60 students along with 2 faculties participated in the awareness rally.

NSS unit of Vinayaka Mission's College of Nursing and Government of Pondicherry organized a Blood Donation camp. The Blood Donation Camp was conducted on 22.02.2020 at 9.00 A.M at JIPMER Blood Bank. Totally 30 students participated and 13 students donated blood.

NSS unit of Vinayaka Missions College of nursing and Government of Pondicherry have organized a Marathon regarding prevention of drug abuse. The Marathon was conducted on 16/02/2020 at 6.00





A.M. The Marathon was started by the Secretary Mrs. Alice, from Pondicherry Beach. Totally 25 students along with 1 faculty participated in the Marathon.

NSS unit of Vinayaka Missions College of nursing have organized power walk programme in Puducherry beach on 01/03/2020. Rally was inaugurated by Puducherry chief Minister Mr. Narayanaswamy from secretariat to duplex statue. 20 NSS volunteers and 1 Faculty participated in Power Walk Rally.



NSS unit of Vinayaka Missions College of nursing have Participated in March fast programme conducted by state NSS sports meet on 04/02/2020. Students actively participated in March fast. 30 NSS volunteers and 1 faculty participated in the programme.



NSS unit of Vinayaka Missions College of nursing and Government of Puducherry have organized pulse polio immunization programme. The pulse polio immunization programme was conducted on 19/01/2020 at 6.00 A.M at Ariyankuppam PHC. About 500 beneficiaries got benefited by this programme. Students also gained knowledge .



NSS unit of Vinayaka Missions College of nursing and Government of Puducherry have participated in dance programme. The dance programme was conducted on 26/02/2020 organized by state NSS cell. 20 students and 1 faculty participated in the programme.

NSS unit of VMCON have participated in Kali Kavasam a martial art conducted by Naga Jothi Shathriyas Arakatalai Jothi Silambam Gurukalam Poornakuppam for Women regarding their safety measures on 08.03.2020. 28 students and 1 faculty participated in this programme.



NSS unit Of VMCON have organized awareness Programme on Corona Virus in VMCON on 18.03.2020. All the teaching, non- teaching faculties, attenders and MSc Nursing students participated in the programme. 21 faculties, 3 non-teaching staffs, 5 attenders and 11 MSc Nursing students participated in the programme.



VMCON arranged administration of first dose of Hepatitis B Vaccine For I Year Students of B.Sc (N), DGNM & DMPHW (F). Totally 55 B.Sc (N) & 35 DGNM,11 DMP (F) were Received Hepatitis B Vaccine on 04.02.2020 at Foundation Lab.



The IPP programme was conducted by department of community health nursing, VMCON along with Government of Puducherry on 19.01.2020 The participants are the II B.Sc., Nursing students (20 No) organized by Mrs. K. Sangeetha sridhar, HOD Cum Associate Professor, Dept of (CHN).



Department Activities

Vinayaka Missions College of Nursing, Department of Medical Surgical Nursing organized a Cancer Awareness Programme on 15.02.2020 at Government Head Quarters Hospital, Cuddalore, Tamilnadu. B. Sc (N) III year students were Participated. Guided by Dr. R. Malathy, HOD cum Assistant Professor and Mrs. E. Maria Antony Anita, Lecturer in the Dept of MSN.



Vinayaka Mission College of Nursing, Department of Medical Surgical Nursing organized a Mass Health Education Programme on 21.02.2020 at AVMC & H, Pondicherry. M. Sc (N) I year students were participated. guided by Dr. R .Malathy, HOD Associate Professor, Dept. of MSN



Vinayaka Mission's College Of Nursing, Department Of Medical Surgical Nursing Organizes Guest Lecture Cum Competition On Cancer Screening And Prevention On 12.03.2020. Session Was Started By Dr.Kalaivendhan, President, TFISM International, KNP Dental Hospital, and Kalaimamani. Dr. Shanthibabu, HOD, Department Of Dance, Pondicherry, at 10.45 AM On Cancer Screening And Prevention



Vinayaka Missions' College of Nursing, Department of Child Health Nursing, observed the "National Immunization Day" on March 16 2020 by organizing a Seminar on "Updates on Immunization". Dr. V. Jakanattane, Asst. Prof. Department of Pediatrics, AVMC handled the session on "Importance of immunization and optional vaccines". The next session was taken by Dr. A. Dharmalingam, Associate Professor, Department of Pediatrics, AVMC on "Cold chain and immunization in special situations.



Seminar was conducted on 29th January 2020. The topic was “Building A Future – Maternal And Child Health Services 2020 “. Organized by Mrs. K. Sangeetha Sridhar, HOD Associate Professor, Dept. of CHN

The Journal Club Presentation was organized by Department of Mental Health Nursing, VMCON on 16.03.2020 at Computer Hall, VMCON students from M.Sc. I & II year, P.B.B.Sc. II year students participated.



Achievements by VMCON

On Jan31st, 2020 VMCON Signed Up the MOU With Impetus Health Care Skills tie up with Tamilnadu Nursing Council to train the registered nurses As NODEL CENTER in Puducherry On BLS with 5 credit hours to fulfill the license renewal.



Audiology and Speech Language Pathology

World Cancer Day -Rally

WORLD CANCER DAY held on the 4th february every year, it aims to focus on global attention for the cancer awareness. This year theme, 'I CAN, WE CAN' acknowledges that everyone has the capacity to address the cancer burden. World cancer day rally was arranged by School of Allied Health Sciences on 04/02/2020 at 10AM from SAHS CAMPUS to AVMC hospital. The aim of the programme was to create awareness among students. 7 members from NGO TEAM (JOY OF GIVING) came and gave speech about importance of hair donation to cancer patients. 43 students participated in hair donation and 35 students have participated in blood donation.



Deaf blind-Concepts and Management-Workshop

On February 21st & 22nd, in association with Rehabilitation council of India and Sense India international, workshop was conducted on title Deaf blind- Concepts and Management. The workshop was inaugurated by the Dean, Aarupadai veedu





medical college and hospital, Puducherry, India and was felicitated by Dr. Sedhumadavan, Director, School of Allied health sciences; Prof. N. D. Rajan, Deputy director, SAHS, Prof. Rangasayee former director of AYJNIHH, Mumbai and Mr. Srinivasan, Manager training sense India international. The problem addressed the need for the awareness of deaf blindness, assessment and management of the same.

The Department of audiology and Speech language celebrated the World audiologist day. The department was started in the year 2004 and our alumni from the first batch of BASLP Mr. Omprakash working as Audiologist in Indira Gandhi centre for atomic research, Kalpakkam, Chennai and Mrs Padma, Speech language pathologist and managing director of speech and hearing clinic were the Guest of Honour. The event Continued with a meeting among the alumni for the formation of the Alumni association, commemorating the 15th year of the starting of BASLP course in our university.

On January 25th & 26th, in association with rehabilitation council of India (RCI) and National institute for the empowerment of person with multiple disability-NIEPMD(DIVYANGJAN) Chennai, CME program was conducted under the topic "Recent Developments in the Amplification technology". The workshop was inaugurated by Prof. Kotur, Dean, Aarupadai veedu medical college and hospital, Puducherry, India and was felicitated by Dr. Sedhumadavan, Director, School of Allied health sciences; Prof. N. D. Rajan, Deputy director, SAHS.

Eminent speakers like Dr Madhuri Gore, Professor in SRCISH, Bengaluru, Prof. Ranjith Rajeshwaran, Principal and Managing director of MERF-ISH, Chennai, Dr Heramba Ganapati, Associate professor in SRISH, Chennai; Audiologists from JIPMER, Puducherry and representatives from the Hearing aid and cochlear implant companies were called as resource persons.

On World Hearing day, students and faculty of the department of audiology created awareness about the Aural hygiene, prevention of hearing loss, danger and protection from noise exposure, in the traffic signals of Puducherry holding banners and placards. The media coverage of the same helped in expanding the awareness and reaching the general public.

Academic activities by Faculties and students:

The research work of Mr. Khwaja Moinudeen K, Assistant professor of Audiology and his team was published in International Journal of Scientific and Research. Publication titled "Comparison of 500Hz Tonebursts and 500Hz octave Chirps for Cervical Vestibular Evoked Potentials."

Research proposal of Mr. John Wesley, Assistant professor of Audiology and his team titled Effect of contralateral ear occlusion in TEOAEs during neonatal hearing screening was accepted for the intramural project of VMRF.

Mrs. Raadhika Mohan, Assistant professor of speech and language, Mr. Ramanakumar & Ms. Gopika, Lecturer and Ms. Vaishnavi, Clinical supervisor have presented papers in national and state level conferences and bagged third prize for Oral Presentation on "Effectiveness Of Using Coloured Visual Print For Improving Reading-Comprehension In Children With Dyslexia" held at CRE HCC Flash Series V-on 5th and 7th March, 2020 at Holy Cross College, Tiruchirappalli.

Students of fourth semester Ms. Sangeetha, Ms. Gobika and Ms. Pavitra bagged First Prize For



Presentation on Learning Tech Program “Swarkal” held at CRE HCC Flash Series V-on 5th and 7th March, 2020 at Holy Cross College, Tiruchirappalli.

Culturals:



An intercollegiate cultural competition REFLEKTIONZ 2020 was held on February 2020 at Sankara college of optometry Bangalore .Optometry students of SAHS participated in various events such as group singing ,instrumental solo performance,air crash, trashion show and won the prizes .Group singing -1st prize, Instrumental solo- 1st prize, Air crash - 2ndprize, Trashion show- 2ndprize

Celebrations: The Thai Pongal was celebrated on 13th January 2020 at school of allied health sciences, Puducherry. Students came in their traditional dresses and



celebrated Pongal by cooking Pongal at their campus. Academic coordinator Dr. Kanimozhi and faculties had made all the arrangements for this function. Administrative officer Mr.Chandru, Director SAHS Dr.Sedhumadhavan, BASLP director Dr.Rajan, Physiotherapy director Dr.Muralishankar and staff members felicitate the event. On account of Pongal celebrations several traditional games like Silambam, Karagam, Baratham, Thappattam, Rangoli, Mayilattam, cooking without fire and vegetable carving were held for the students.

Achievements on Women's Day :

In view of the Women's Day celebrations Best faculty award was awarded to Dr.R.S.Hermes .Associate Professor, Department of Biochemistry , Mrs.S.Venilla, Assistant Professor, Optometry, MS.Jisna Laxman, Lecturer and Mrs.Ezhilarasi, Clerk of School of Allied Health Sciences.



Center for Yogic Sciences

Pujya Yogrishi Swami Ramdevji Maharaj (Chairman, Governing Council, IYA) visited Puducherry for a three day Yoga Shibir in February. He met the senior members of Puducherry UT Chapter Committee led by Dr Madanmohan, Vice Chairman, Puducherry UT Chapter committee



Dr. R. Balaji, Assistant Professor, Center for Yogic Sciences, AVMC & H, invited as Jury pannel for selecting the best candidates for Mother Teresa and Malala Yousafzai awards organized by Trust for Youth and Child Leader's organization at Tagore art's and science College, Pondicherry on 1.12.2019.



Dr. R. Balaji, Assistant Professor, Center for Yogic Sciences, AVMC & H, presented his scientific paper” Adjuvant Yoga Therapy enchans the management of craving and perceived stress in alcohol dependence syndrome”: A simple randomised control trial. At 26th international Yoga festival 2020.



Dr. R. Balaji, Assistant Professor, Center for Yogic Sciences, AVMC & H, honoured for being a chief observer and Jury for Yogasana Competition at 26th international Yoga festival January 2020.

Center for Yogic Sciences (CYS) of Aarupadai Veedu Medical College and Hospital (AVMC & H), Students of Physiotherapy of AVMC & H, constituent college of Vinayaka Mission Research foundation (VMRF) Participated in 26th International Yoga Festival organized by Department of Tourism, Government of Pondicherry from 4th to 7th January 2020.



both Yogasana and Theory Viva examination during the 4th Tamil Nadu State Level Yogasana C championship 2020 organised by TamilNadu Sports Yogasana Association at Chennai on 16.2.2020



Dr. R. Balaji, Assistant Professor, Centre for Yogic Sciences (CYS), AVMC & H, invited as a Resource Person in the National Workshop on Yoga “Pathway to Divinity” and presented “Pranayama the Vital Therapy “. Organised by Faculty of Yoga Sciences and Therapy (FYST) of Meenakshi Academy of Higher Education and Research (MAHER), Chennai on 03.03.2020.

We presented a Lecture demonstration on” Yogic Practices to enhance the respiratory function’s” led by Dr. R. Balaji, Assistant Professor, CYS, AVMC & H.



This was possible due to the effort of Our dynamic Prof. Dr. Madanmohan Sir, Emeritus Professor of Physiology and Director CYS.

Dr. R. Balaji, Assistant Professor, Centre for Yogic Sciences, AVMC & H Invited as Jury to conduct





Dear Readers,

It gives me immense pleasure to bring out this January -March - 2020 issue of the AVMC Newsletter. Our Newsletter allows an informal documentation of the Institute's milestones starting from academics, research, governance to achievements and celebrations. In this issue also we tried to capture all these events from January to march 2020. I hope you will enjoy going through this issue and will also send us your valuable opinions and suggestions to improve it further. I thank all the contributors for this issue and I specially thank Mr George Fernandez, Publication division for designing.

Stay safe and connected. Wish you all a happy reading



Best Regards,
Dr. Sasmita Mishra, Chief Editor,
HOD, Department of Biochemistry



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