



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

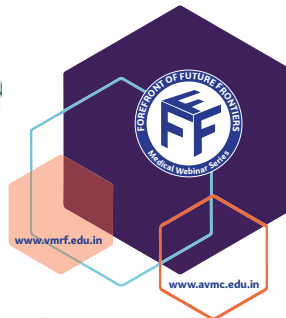


AVMC
AARUPADAI VEEDU MEDICAL COLLEGE

NEWS LETTER

Volume 3 . Issue 2 . April - June 2020

RESOURCE PERSON



Presents

Forefront of Future Frontiers

A Medical Webinar Series 1



Program Chair

Dr. P.F. Kotur

Dean,
AVMC, Pondicherry.



Program Host

Dr. V.N. Mahalakshmi

Dean - Health Professions Education,
AVMC, Pondicherry.

RESOURCE PERSON



Greetings from the AVMC Newsletter Desk

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

Thought for the month

Education is not the Learning of Facts But
Training the Mind to Think.

- Albert Einstein

FOREFRONT OF FUTURE FRONTIERS

The Scientifique Society of AVMC launched
“Forefront of Future Frontiers” a medical
webinar series to promote novel therapeutics
and potentially integrate them into practice.

www.avmc.edu.in

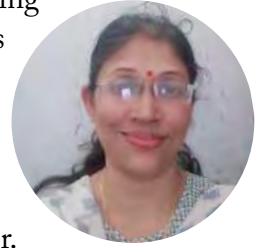
CONTENT

AVMC Pg. 02
VMCON Pg. 32
SAHS Pg. 39



Dear Readers,

I am very happy to bring out the 2nd issue of Newsletter of this year. Social distancing because of Coronavirus is the best thing we can do right now to decrease the risk of spreading the virus. But social distancing and self-isolation can be really stressful. But we should be thankful to technology which allows people to connect anytime, anywhere, to anyone in the world. This is dramatically changing the way people work, facilitating 24/7 collaboration. I hope you will enjoy reading this issue which will give an idea that how we continued our learning in AVMC during this COVID Pandemic through technology. So keep social distancing but be connected through technology. A huge thanks to all the persons who guided me and those who contributed for the contents of the newsletter. Do send your comments/suggestions to avmcnewsletter@avmc.edu.in.



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

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➤ Academic Events at AVMCH

FFF webinar Series by Scientific society of Aarupadai Veedu Medical College & Hospital

A webinar series was initiated by- ‘the scientific society’ of Aarupadai Veedu Medical College & Hospital. It series was inaugurated on 25th May 2020 by the Chancellor, VMRF Dr.A.S Ganesan. Continuous six webinars were conducted from 25th May to 30th May 2020. There after it is continuing on every Friday.

In May month webinars, the participants were introduced to cutting edge technology in medicine, novel diagnostics & therapeutics, education & training and contemporary issues in medical practice. Cisco webex meeting platform Pro version medium was used .

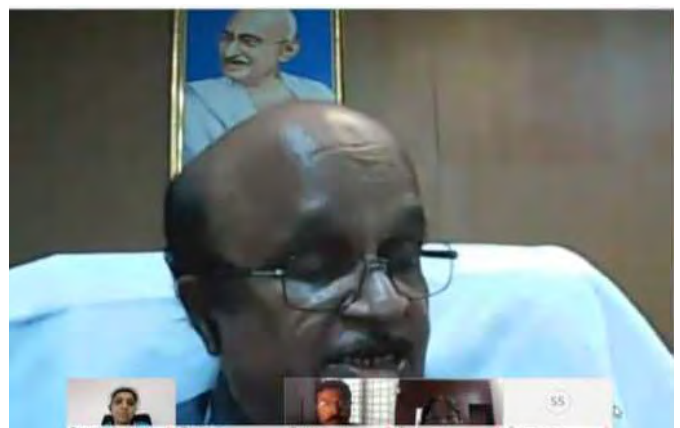
The webinars were chaired by Dr. P.F Kotur, Dean, AVMCH and hosted by- Dr. V.N Mahalakshmi, Dean-Health Professions Education, AVMCH. Registration link was shared through social medias of our institute like WhatsApp groups, Twitter, Instagram, LinkedIn, Facebook.

On 25th May webinar title was “Identification and management of sick neonates” by **Dr. B. Vishnu Bhat**, Director - Medical Research, Professor of Pediatrics and Neonatology, AVMC, Pondicherry, Former Director & Dean (Research), JIPMER

On 26th May “Fascinating new developments in Interventional Cardiology” was delivered by **Dr. Sengottuvelu .G**, Senior Consultant & Interventional Cardiologist, Apollo Hospitals, Chennai. On 27th May “ Innovations in Eye Care Management - The Aravind Model” was delivered by **Dr. Rengaraj Venkatesh**, Chief Medical Officer, Aravind Eye Hospital, Pondicherry .On 28-05-2020 “The Magic of Cochlear Implantation” was delivered by **Dr. Ravi Ramalingam**, Senior Consultant and Managing Director,



Dr. A.S. Ganesan, Chancellor,
VMRF giving the Chancellor's address

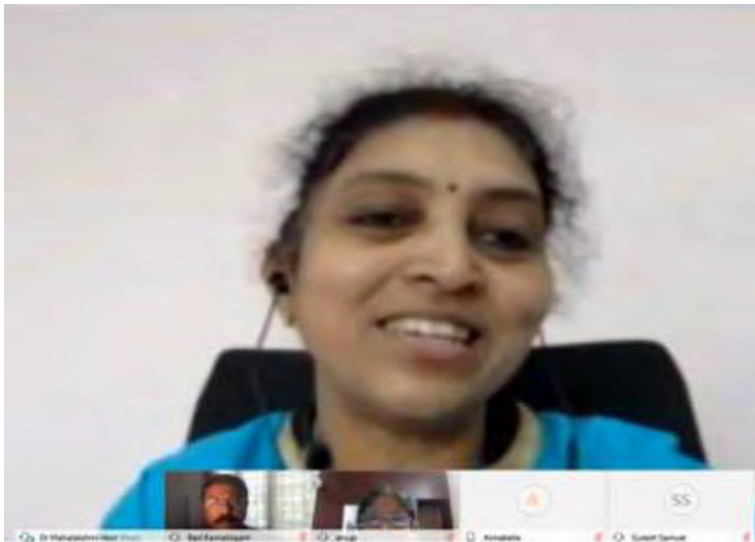


Dr. P.F Kotur , Dean AVMC
giving the welcome address



KKR group of ENT Hospitals and Clinics, Chennai. On 29-05-2020 webinar title was “Immunotherapy and cellular therapy- Future of cancer Treatment” by Dr. Biswajit Dubashi, Additional Professor & HOD, Dept of Medical Oncology and Regional Cancer Center, JIPMER, Puducherry

On 30-05-2020 the title was “Role of Telemedicine During Covid-19 Crisis -JIPMER Experience” delivered by **Prof. Dr. Ravi Kumar Chittoria**, Prof of Plastic Surgery, REGISTRAR (Academic), Head of IT Wing, Nodal Officer Telemedicine, JIPMER, Pondicherry. Many participants from our institute and outside our institute were benefitted.



Dr. V.N Mahalakshmi , Dean HPE AVMC hosting the webinars



Dr. B. Vishnu Bhat, Director - Medical Research, Professor of Pediatrics and Neonatology, AVMC, Giving a talk on “Identification and management of sick neonates”



Dr. Rengaraj Venkatesh, Chief Medical Officer, Aravind Eye Hospital, Pondicherry giving a talk on “ Innovations in Eye Care Management – The Aravind Model”



Forefront of Future Frontiers - Medical



Dr. Sengottuvelu .G, Senior Consultant & Interventional Cardiologist, Apollo Hospitals, Chennai giving a talk on ‘Fascinating new developments in Interventional Cardiology



Dr. Ravi Ramalingam, Senior Consultant and Managing Director, KKR group of ENT Hospitals and Clinics, Chennai giving a talk on “The Magic of Cochlear Implantation”



Dr. Biswajit Dubashi, Additional Professor & HOD, Dept of Medical Oncology and Regional Cancer Center, JIPMER, giving a talk on “Immunotherapy and cellular therapy- Future of cancer Treatment”

The FFF webinar series was continued on every Friday in June month also. Session Objectives were to introduce the participant to implication of the COVID pandemic on Health Professions’ partice, novel diagnostics & therapeutics, education & training of the professionals, Professions’ Education & Practice All Fridays, 01st - 30th June, 2020

On 05-06-2020 “Challenges for the Practice of Evidence Based Medicine in COVID-19 Pandemic” was delivered by Dr. P.F. Kotur, Dean, AVMC, Pondicherry. Former VC, Sri Devraj Urs Health University, Kolar, Former Registrar, KLE University, Belgaum.



Prof. Dr. Ravi Kumar Chittoria, Prof of Plastic Surgery, REGISTRAR (Academic), Head of IT Wing, Nodal Officer Telemedicine, JIPMER, giving a talk on “Role of Telemedicine During Covid-19 Crisis -JIPMER Experience”

On 12-06-2020 “ Using ‘Sense of Coherence Lens’ to view humanity’s, response to the pandemic “was delivered by Dr. K.R. Sethuraman, Dean- Faculty of Medicine, AIMST University, Malaysia. On 19-06-2020 “ Simulation in Medical Education- Post Covid era “ by Dr. Ashokka Balakrishnan, Consultant Anaesthesiologist and Simulation

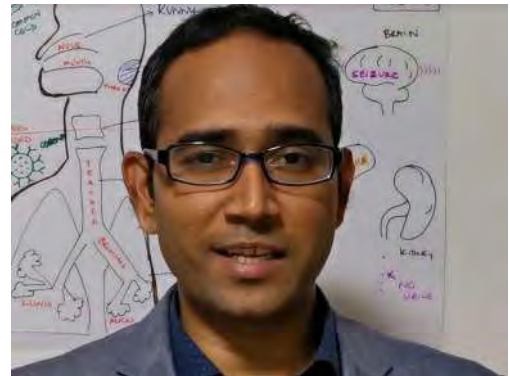


Dr. P.F. Kotur, Dean, AVMC, Pondicherry. Former VC, Sri Devraj Urs Health University, Kolar, Former Registrar, KLE University, Belgaum. giving a talk on “Challenges for the Practice of Evidence Based Medicine in COVID-19 Pandemic”

On 26-06-2020 “ Living with Covid- An Exploration on the Epidemiology of the Disease” by Dr. George Chandy Matteethra, Medical Director, Believer’s Church Medical College, Thiruvalla Former Director, CMC, Vellore



Dr. K.R. Sethuraman, Dean- Faculty of Medicine, AIMST University, Malaysia giving a talk on 2020 “ Using ‘Sense of Coherence Lens’ to view humanity’s, response to the pandemic”



Dr. Ashokka Balakrishnan, Consultant Anaesthesiologist and Simulation giving a talk on “ Simulation in Medical Education- Post Covid era “



Forefront of Future Frontiers Medical Webinar Series

Dr. George Chandy Matteethra, Medical Director, Believer’s Church Medical College, Thiruvalla Former Director, CMC, Vellore giving a talk on “Living with Covid- An Exploration on the Epidemiology of the Disease”

Workshop on ‘Best Practices’

A workshop on ‘Best Practices’ was conducted by IQAC on 12th May, 2.30-4.00 PM. Objectives of the workshop were - the participants should Understand what is the best practice of the Dept./Institution and its significance, Explain the stages in the application of ‘Best Practices’, Develop their own Best Practice for the Department, Adopt NAAC format for reporting the Best Practices. It was conducted through Zoom platform. Resource persons were Dr. P.F. Kotur, Dean, AVMCH and Dr. V N Mahalakshmi, Dean-HPE. Dean Dr. P.F. Kotur explained briefly about IQAC-AVMC activities and “What, Why and How of the Best Practice”. Dean HPE Dr. V N Mahalakshmi explained the Stages of Application and NAAC format followed by Some ‘Best Practices around the country. Around 50 faculties from AVMC attended the workshop.

Webinar on “An overview of Inguinal Canal & Anatomical basis of Inguinal Hernia”

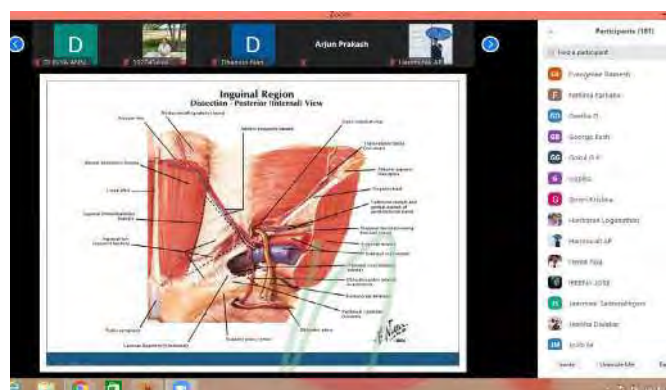
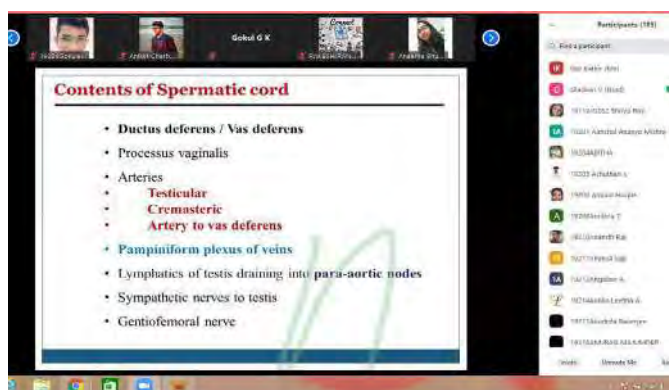
A Webinar on “An overview of Inguinal Canal & Anatomical basis of Inguinal Hernia” was organised by the Department of Anatomy on 8th May, 2020 11:30 AM – 1.00 Noon, India.

Welcome address was given by Dr. T. Rajan, M.S., Professor & HOD, Department of Anatomy, AVMC & H, Pondicherry.

Dr. V. Gladwin, Additional Professor in Anatomy, JIPMER, Puducherry, presented the Webinar through zoom platform. Total numbers of participants accounted to 202, includes all the 1st M.B.B.S students, final year, Interns and faculties were benefitted through the session. Vote of Thanks was given by Dr. T. Rajan, M.S., Professor & HOD, Department of Anatomy, AVMC & H, Pondicherry.



The poster is for a webinar titled "An overview of Inguinal Canal & Anatomical basis of Inguinal Hernia" organized by the Department of Anatomy at AVMC. The speaker is Dr. V. Gladwin, an Additional Professor at JIPMER. The webinar is scheduled for 08-05-2020 (Friday) from 11:30 AM to 01:00 PM. It notes that there are limited participants and that an E-Certificate will be issued to all participants. A Zoom link is provided at the bottom.



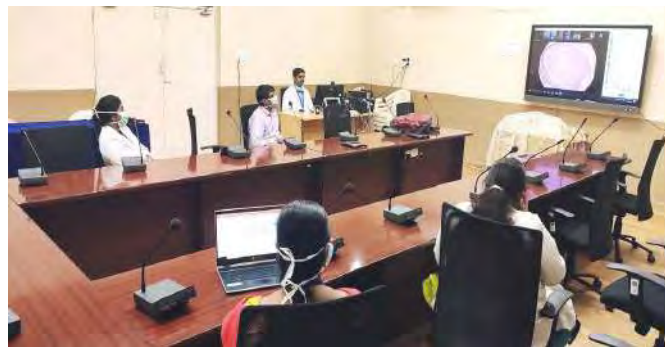
Webinar on “NEOPLASIA IN CRUX”

Department of Pathology organized a Webinar on ‘Neoplasia in Crux’ on 02.06.2020 (Tuesday) between 2.00 PM- 4.00 PM, via Zoom platform. The speaker for the session was Dr Vimal. M, Associate Professor in Pathology, SMVMCH- Pondicherry.

Dr. Jawahar R, Professor & Head, Department of Pathology, AVMC delivered a brief introduction about the Speaker, Dr. Vimal M. The duration of the webinar was two hours and there were 100 participants including the Phase II MBBS(4th semester) students and the department faculties. This webinar was aimed at making the second year MBBS students understand the basic concept in “Neoplasia”.

It was an interactive session followed by Quiz in Google forms on Neoplasia and e-certificate was issued to the students who won the quiz from the Department of Pathology.

The session ended with vote of thanks by Dr. Revathy, Assistant professor, Department of pathology.



Guest lecture: Neoplasia in crux, 02.06.2020

Webinar on “Medical Negligence-Current Practice and Future Perspectives”

The scientific society of AVMC, in collaboration with Department of Forensic Medicine organized a Webinar on “Medical Negligence-Current Practice and Future Perspectives” on 22.05.2020 at 2.00 Pm, through CISCO –WEBEX platform. The programme commenced with welcome address by Dr.P.Oudea Coumar, president, Scientifique. Dr.P.F.Kotur, Dean, AVMC presided over the session and highlighted the emerging medico legal cases and medical negligence. Dr.A.Arthi introduced the topic and the guest speakers. Dr.Arun kumar Siddamsetty explained the audience how to defend against medical negligence. Dr.Ranjit Immanuel James from CMC, Vellore enlightened the participants on the procedure followed in a case of medical negligence.

Dr.Rohit Goel from MAMC presented on psychological impact of alleged negligence on doctors. The faculties, postgraduates and the students participated in large numbers and the session was interactive with queries addressed. The programme ended with vote of thanks by Dr.S.Deepa, Member Secretary, Scientifique.

FDP Conducted by MEU

1. Online Assessment:

FDP on Online Assessment was conducted by MEU on 3rd June 2020, Wednesday, 2-4 PM, through Zoom Platform. Objectives were to 1. Define functional role of assessment and evaluation in online learning 2. Integrate different technology tools for classroom assessment and summative examinations 3. Interpret the assessment score thru' Item Analysis with respect to Difficulty Index and Discrimination Index. Role of Evaluation and Assessment in Education, was taken by Dean, Dr .P F Kotur followed by Principles of online assessment,taken by Dean HPE, Dr. V.N Mahalakshmi

Demo of various Online Assessment Tools (DOAP session and Sharing Experience) was done by various departments. Kahoot, Mentimeter, Google Assessment in classroom setting was shared by Dr. Arthy, Asst Prof, FM, AVMCH. Polling using Zoom shared by Dr.Sasmita Mishra, Professor and HOD, Dept of Biochemistry. Use of Google classroom for Tracking and Evaluation of Assignments shared by Dr Gopinath, Associate Prof, Physiology. Viva-Voce online by Dr.Lakshmi Jatiya, Professor and HOD, Dept of Physiology. EasyTest Maker by Dr.Arun Daniel, Associate Professor, CM. Finally Question and Answer session for all Faculty was there.

2. Online FDP on Question Paper Setting

Program Objectives were to familiarize the faculty & to build capacity for the following:

- 1) Purpose of evaluation and Quality Assurance in Evaluation 2) Preparation of test items - do's & don'ts
 - a) Long Answer Questions b) Short Answer Questions c) MCQs and Other objective type of questions
- 3) Putting together a good question paper
 - a) Creation of blue print based on systems weightage.
 - b) Instructions to Question Paper (QP) setters. c) Vetting & validation of QP. d) Creation of Question Bank

Sessions were conducted through Zoom platform in three parts. On 16th and 18th June from 2 to 4 PM and on 20th June from 10AM to 12 PM. Resource persons were Dr. P.F.Kotur, Dr. B. Vishnu Bhat, Dr. V.N Mahalakshmi, Dr. Pushpa Kotur, Dr. Latha, Dr. Sasmita Mishra, Dr B. R.Asokan

Value Added Course by Forensic Department

Department of Forensic Medicine offered two value added courses for the students during lockdown period 1. 'Medical Negligence- current practice and future perspectives' (20th April-24th April). 2. Moral Narration' (11th May-15th May ,18th May-22nd May)

The objectives of these courses were to

- Engage the students during the COVID lockdown and to enhance fun learning.
- To help the learner become sensitive to the risks and issues that encompass the healthcare field
- To give the learner a conceptual insight of medico-legal guidelines, landmark judgments and effective strategies to prevent and defend medical negligence litigation.
- To enhance the awareness on challenges with respect to medical professionalism
- To give an insight into the medical errors and thereby helping in building a habitual sense of everyday ethics in medical practice.

Module were prepared and topics were decided. Many faculties from prestigious institutes delivered the lecture. Both the courses conducted through Zoom platform. Students of Second year MBBS Student got the benefit.

Research Webinar series

A research webinar series was conducted through ZOOM PLATFORM by the IRC. Objectives of this webinar was to Briefly discuss the need for conducting research followed by the steps to be taken at the institutional, departmental and individual levels for initiating research. The 1st session was on 6th May 2020 from 2.30 to 3.30 PM. Topic was "Why and how to do research?" taken by Dr. B.Vishnu Bhat, Director - Medical Research, AVMCH. 2nd Topic was "Responsible conduct of research" on 8th May 2020, from: 2:30- 3:30 PM taken by Dr. B.Vishnu Bhat, Director - Medical Research, AVMCH. On continuation of the webinar series Dr. P F Kotur, DEAN, AVMCH took a session on "How to write a scientific article for a biomedical journal?" on 9th May 2020, Saturday from 10:00 -11:00 AM. Many faculty, All postgraduate and many Undergraduate Students participated in the webinar.

Research series

Finally Dr. Medha Rajappa, Additional Professor of Dept of Biochemistry and member secretary of Institutional Ethical Committee of JIPMER delivered a speech on “Ethical Issues in research” on 2nd June from 2-4 PM



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AVMC
AARUPADAI VEEDU MEDICAL COLLEGE

WEBINAR SERIES ON RESEARCH

Organised by IRC



Dr. P F KOTUR

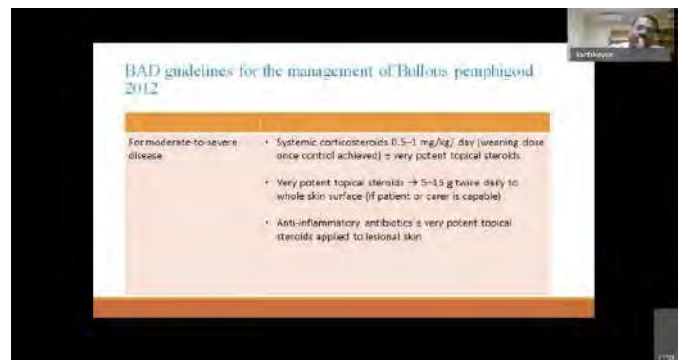


Dr. B. Vishnu Bhat

Webinar On “Skin Emergencies”

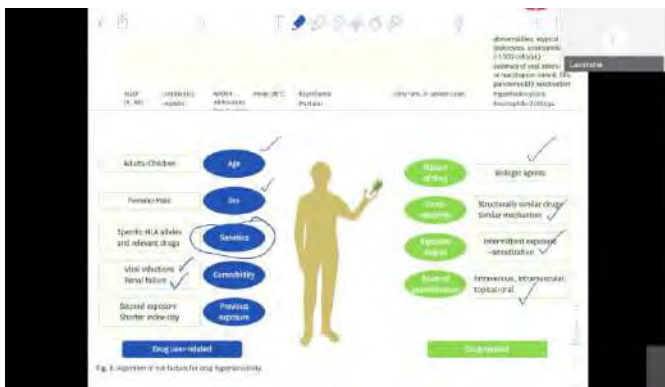
Department of Dermatology, Venereology & Leprosy conducted an online CME webinar on “Skin Emergencies” through cisco webex platform on 11th June 2020. Dr. P. Oudeacoumar, Professor and Head, Dept of DVL delivered the Introduction and welcome address. The Presidential address was given by Prof. Dr. P.F. Kotur, Dean. The Guest lectures were given by; Dr. Karthikeyan. K, Dean (Academic) & Professor & Head, Dept. of DVL, SMVMC & Hospital, Puducherry on “Skin emergencies in vesiculobullous

- 02.10 PM **Topic : “Skin Emergencies in Vesiculobullous Disorders”**
Dr. Karthikeyan .K, MD.,
 Professor & HOD, Dean (Academic)
 Department of Dermatology, Venereology & Leprosy,
 SMVMC & H, Puducherry.
- 02.40 PM **Topic : “Skin Emergencies in Drug Reactions”**
Dr. Laxmisha Chandrashekar, MD., DNB
 Additional Professor & HOD
 Department of Dermatology, Venereology & Leprosy,
 JIPMER, Puducherry.
- 03.10 PM **Topic : “Paediatric Skin Emergencies”**
Dr. Malathi .M, MD., DNB
 Associate Professor
 Department of Dermatology, Venereology & Leprosy,
 JIPMER, Puducherry.



BAD guidelines for the management of Bullous pemphigoid 2012

- For moderate-to-severe disease
 - Systemic corticosteroids 0.5–1 mg/kg/ day (weaning dose once control achieved) ± very potent topical steroids.
 - Very potent topical steroids → 5–15 g twice daily to whole skin surface (if patient or carer is capable).
 - Anti-inflammatory antibiotics ± very potent topical steroids applied to lesional skin.



Algorithm of risk factors for drug hypersensitivity

Adults/Children: Age

Female/Male: Sex

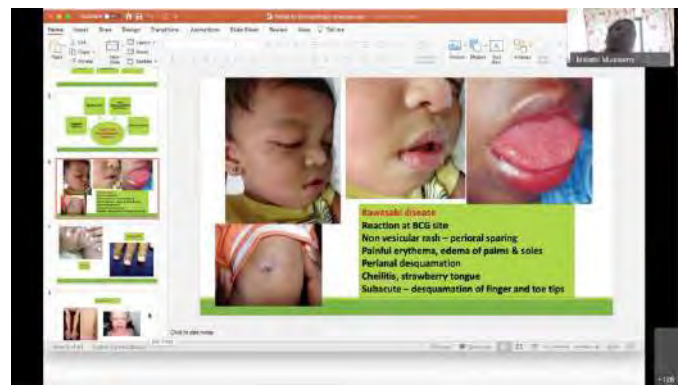
Specific HLA alleles and relevant drugs: Geneticity

Viral infections, Renal failure, Sarcoid, respiratory, Quaternary iodine-125: Comorbidity

Drug use-related: Drug-related

Drug-related factors:

- Similar drug
- Similar macrolactam
- Structurally similar drug
- Similar macrolactam
- Immunosuppression
- Intravenous, intravitreal, topical/oral



Kawasaki disease

Reaction at BCS site

- Non vesicular rash – perioral sparing
- Painful erythema, edema of palms & soles
- Perianal desquamation
- Cheilitis, strawberry tongue
- Subacute – desquamation of finger and toe tips

disorders”, Dr. Laxmisha. C, Additional Professor & Head, Dept. of DVL, JIPMER, Puducherry gave a speech on “Skin Emergencies in Drug reactions” and Dr. Malathi. M, Associate Professor, Dept.of DVL, JIPMER, Puducherry gave a speech on “Peadiatric skin emergencies”.

This was followed by panel discussion. At the end Dr. J.Govardhan, Associate professor of DVL, AVMC & Hospital, Puducherry delivered the vote of thanks.

Training programme on COVID -19 Prevention

The entire staffs of AVMC, all the teaching and non-teaching staff members are trained by an expert team for preventive measures and handling of COVID-19 patients from 6th April to 9th April 2020. The trainer were Dr.S.Vithiyavathi, Professor and HOD of Dept of General Medicine, Dr.K.Sankar, Professor of General Medicine, Dr. V.Ezhilrajan, Professor & HOD of Dept of Anaesthesia , Dr.Sajjan Prashant Shivaraj, Associate Professor of Department of Anaesthesia, Dr. R.Latha, Professor and HOD of Dept of Microbiology, Dr.S.Deepa, Professor of O & G, Dr.Thumjaa, Associate Professor of Paediatrics, Dr. K.Kavitha, Associate Professor of Dept of Microbiology, and Dr. Nalini.A ,Assistant Professor of Dept of Paediatrics.



➤ Reaching the Unreached

Camp and Outreach Activities

COVID-19 ENTRY SCREENING OF TRAVELLERS TO PUDUCHERRY :

As per the instruction given by government of Puducherry, our medical colleges also participated in the Entry Screening of Travellers to Puducherry. Mullodai, Kaniyakovil, Gorimedu were allotted to Aarupadai Veedu Medical college & Hospital. In association with Department of Community Medicine. Community Medicine CRRIs were involved in the COVID -19 Thermal Screening at Toll Gates. 2 to 3 CRRIs were posted every 6 hours for COVID -19 Screening.

Date	Venue	No. of CRRIS
13.03.20 to 31.03.20	Kaniyakovil/ Mullodai/ Gorimedu	6
01.04.20 to 30.04.20	Mullodai	19
01.05.20 to 31.05.20	Mullodai	22
01.06.20 to 30.06.20	Mullodai	22



CORONA SURVEILLANCE DUTY – PREVENTION OF SPREAD OF COVID-19

In wake of the spread of the novel Corona Virus diseases, the District Administration took several measures to prevent the spread and safe guard the interest of the general public. In view of the surge in the number of COVID positive cases in Puducherry region, the District Collector, Puducherry has instructed the private Medical Colleges, Puducherry to deploy the Medical Professionals namely Assistant Professor, JRs of Community Medicine department from 13.07.20 onwards to their assigned PHCs.

S.No	Name of the Faculty	Designation	Name of the PHC	Mobile No
1	Dr. R. Hareesh Kumar, MD	Assistant Professor	Abishegapakkam	73376 85341
2	Dr.V. Nithya, MBBS	Junior Resistant	Ariyankuppam	90250 19215
3	Dr.A. Sridharani	Junior Resistant	Bahour	81246 33251

Roles and Responsibilities of the Posted Community Medicine Department:

1. To take care of the contact tracing and finding the epidemiological link.
2. Analyzing of the data.
3. Identifying new clusters and emerging hot spots and report to the Director through Proper channel.
4. Reviewing of the Containment Zones.
5. Training of technologies adopted by the department with the field staffs.
6. Micro-planning with the PHC Medical officers.
7. Effective contract tracing and facilitating electronic data transfer to IDSP.
8. All PGs to Co- ordinate with IGMC and JIPMER SPM on the analysis



COVID-19 HOUSE TO HOUSE SURVEILLANCE

As instructed by Hon'ble chief Minister, Health Minister and cabinet Minister in the meeting held in the committee room of assembly on 07.04.2020 at 6.00pm, the private medical colleges are to participate in the active community surveillance activities i.e. House to house and testing each individual by doctors. There by the private colleges are assigned to the Zonal teams, which is already performing the surveillance activities.

Karikalampakkam, Abishegapakkam, Thavalakuppam and Ariyankuppam were allotted to Aarupadai Veedu Medical college & Hospital. In association with Department of Community Medicine under the team head of Dr.Thirumalaishankar, House to House COVID-19 surveillance started on 13th April 2020 and ended on 5th May 2020. Nearly 1,27,589 population were covered. The total number of CRRIs & PGs (I year) involved in this programme are 97.



► Publications April-June 2020

Dr. B. Vishnu Bhat, Director research has published a paper on 'Neuronal Biomarkers in Predicting Neurodevelopmental Outcome in Term Babies with Perinatal Asphyxia' in The Indian Journal of Pediatrics in May 2020 issue.

Dr.Kiran Gangadhar, Dr.Sonee Thingujam, Dr.Jayita Poduval, Department of ENT has published a paper on "Revisiting conventional adenoideotomy using technology" in International Journal of Otorhinolaryngology and Head and Neck Surgery in June 2020 issue.

Dr. S. Deepa, Department of O & G has published a case report on "Mystery unfolded: Lesson learnt – Adnexal mass in an adolescent girl" in International Journal of Medical Science and Advanced Clinical Research (IJMACR) in April 2020

Dr. S. Deepa, Department of O & G has published a case report on "Rarity does not rule out the diagnosis- Huge sex-cord stromal cell tumor of the ovary" in International Journal of clinical Obstetrics and Gynecology in April 2020

Dr. S. Deepa, Department of OG has contributed a chapter entitled "Electrosurgery in Laparoscopy" in book named "Advanced Research in Medical Science & Technology (Volume - 1)"

Dr.J.ArunDaniel, Department of community medicine has published a paper on 'Socio- Demographic risk factors associated with febrile seizures at Puducherry: A retrospective study' in International Journal of Contemporary Pediatrics in May 2020 issue.

Dr. B. Vishnu Bhat, Dr.S.Ravikumar, Center for biomedical research has published a paper on 'Challenges in Neonatal COVID – 19 Infection' in The Indian Journal of Pediatrics in June 2020 issue.

Dr. S . Sathesh kumar, Center for biomedical research has published a paper on 'Phylogeographic and genetic analyses of novel COVID-19 reveals divergence with other coronavirus family' in Journal of xidan university

Dr.N.Prithivi raj, Center for biomedical research has published a paper on 'Anti-diabetic studies of bis-glycine hydro bromide (45 nm)Nano crystals' in Materials Today ": Proceedings in April 2020

➤ AWARDS AND RECOGNITIONS

1. Dr.B.R.Asokan, Professor & HOD of Department of Pharmacology and MEU Coordinator received Life time achievement Award by Rotary Club of Pondicherry on 12th June 2020.



2. Dr. S. Deepa, Professor, Department of OG has been awarded for excellence in review in recognition of her outstanding contribution to the quality of journal by International journal of tropical diseases and health.



3. Dr. E. Shanmugavalli, Assistant Professor of Anaesthesia - Participated as Resource Person in “Exploring knowledge in anaesthesia technology” e-conference 2020 organised by school of Allied health sciences, VMRF-du, Salem held on 10th June 2020 and given a talk on “Perioperative Fluid Therapy”.



4. Dr. JAYITA DAS PODUVAL, MBBS.,MS.,DNB, Professor , Head Of The Department of ENT, got the certificate of excellence in reviewing from the International Journal of” journal of advances in biology & Biotechnology” and International Journal of” Asian journal of immunology”
5. Dr. Ravikumar. S, Senior Scientist delivered a speech on “Biosynthesis of Nanoparticles and its applications” on a three day online faculty development program on 30th May 2020.
6. Dr. Prithviraj Nagarajan from Multi-disciplinary centre for biomedical research gave an On line invited lecture on “An Art of project proposal writing & research grants accessible in India and abroad” by VIT ,Velloree on 9th June 2020.
7. Dr. Prithviraj Nagarajan from Multi-disciplinary center for biomedical research attended a workshop on career opportunities for life sciences - India and abroad at ST .Mary’s college , thoothukudi on 15th June 2020.
8. Dr. Prithviraj Nagarajan from Multi-disciplinary center for biomedical research presented a paper on “Natural products in drug discovery” in the International webinar on recent advances in life sciences – Marudhar kesari jain college for women on 19th June 2020
9. Dr. Prithviraj Nagarajan from Multi-disciplinary center for biomedical research attended Four week international faculty development programme - Sacred heart college –Tirupattur in assoication with microbiologists society , India & western rio janerio state university, Brazil from 1st to 30th June 2020.

➤ Spotlight

Department of Pharmacology

Vision:

- The vision of the Department is to be a recognized and distinguished unit in the field of Pharmacology and Therapeutics by providing excellent teaching and training for the medical, paramedical students

Mission:

- The Mission of our Department is to produce competent healthcare professionals and scientists who will be able to apply their knowledge in drug development and patient care.

Courses offered by the department:

- MBBS
- BSc(Nursing),
- BPT (Physiotherapy)
- BSc (Optometry),
- BSc Allied Health sciences
- Diploma Allied Health sciences

Faculty profile:

The Department has qualified, well experienced faculties who are committed to inspire the students in academics as well as in research



S.No	Faculty	Designation
1	Dr. B.R. Asokan	Professor & Head
2	Dr. R. Sivaraj	Professor
3	Dr. M. Meganathan	Associate professor
4	Dr. K. Madhana gopal	Associate professor
5	Dr. S. Narayanasamy	Assistant professor
6	Dr. P. Deepa kameswari	Assistant professor
7	Dr. R. Velvizhy	Assistant professor
8	Dr. Rama devi	Animal welfare officer

Research activities:

- Published 76 research articles in indexed national and international journals
- Textbook on modern pharmacology published by Dr.Sivaraj in 2018
- Currently there are 12 ongoing research projects in our Department

Academic activities:

Various teaching learning methods are adopted to make students capable to take rational therapeutic decisions in clinical scenario:



Animal Simulator Lab



CME conducted by Dept



Pharmacovigilance Committee



Students Intercollege Quiz

- Didactic lectures
- Problem based learning
- Small Group discussion in practical hours
- Integrated teaching (horizontal/vertical)
- Tutorials for slow learners
- Seminars for advanced learners

CMEs organised by the Department:

- Recent trends in the management of Diabetes Mellitus on 22-01-2010
- Newer Anti Diabetic Drugs in Indian Scenario on 07-12-2013
- Drug induced liver injury on 18.7.2018
- No. of conferences/CMEs/Workshops attended by faculties: 426

Central animal house:

- ❖ Availability of registered Central animal House as per CPCSEA guidelines for teaching and research purposes- license renewed on July 2019



- ❖ Two Institutional Animal Ethical Committee (IAEC) meetings conducted with 9 ongoing animal research projects.

Student activities:

- ❖ Pass percentage of students consistently scored above 85% with maximum number of distinctions in Feb 2020 exam amongst all 2nd year departments.
- ❖ Students actively involved in several intercollegiate pharma quiz competitions conducted by JIPMER And Dr MGR medical university.
- ❖ Students published their research projects in reputed journals

Faculties' responsibilities & achievements:

- ❖ Dr.B.R.Asokan, HOD, Medical Education Unit Coordinator, Curriculum Committee Member, Member of board of studies for UG/SAHS by VMRF, Pharmacovigilance and Pharmacotherapeutic committee convenor has completed several courses on BCW, RBCW&AETCOM, ACME, CISP by MCI, E- learning and CBME Pharmacology by MEU India, Clinical research program by Sollers college ,USA, Diabetology by PHFI, Managing mental health in Covid and Medical neuroscience by coursera and contact program by ILBS, New Delhi.
- ❖ Dr.R.Sivaraj, IAEC chairperson , IEC member of AVMC, PhD guide for several students in VMRF and outside the institute, CPCSEA main nominee for various govt medical colleges in Tamilnadu has completed courses on Diploma in industrial hygiene by annamalai university, Clinical research program by Sollers college ,USA migraine and contact program by ILBS, New Delhi.
- ❖ Dr.Meganathan, Registrar, SAHS coordinator and MMP committee member has completed courses on BCW by MCI, PG diploma Diabetology by Annamalai university, fellowship in practical cardiology by IMA,TN.
- ❖ Dr.Madhanagopal, MBBS Coordinator, chief MMP Coordinator, sub curriculum and book fair committee member, GM in MD pharmacology has completed courses on PGCC Pediatrics by IMA,Delhi, CCEBDM by PHFI, fellowship in practical cardiology by IMA,TN.
- ❖ Dr.Narayanasamy, incharge clinical, experimental pharmacology lab and herbal garden, IQAC core team member and member secretary of pharmacotherapeutic committee and avmc alumini association has completed courses on PG Diploma in hospital management by Alagappa university, Clinical research program by Sollers college ,USA and contact program by ILBS, New Delhi.
- ❖ Dr. Deepa Kameswari, incharge animal simulator lab, member of IAEC, Pharmacovigilance, Pharmacotherapeutic, newsletter committee, CAMU core team, IQAC and paramedical courses coordinator, GM in MD pharmacology has completed courses on RBCW, BCBR by MCI, Clinical trials and drug policy by Coursera.

- ❖ Dr.Velvizhy, in charge of Museum and research lab has completed course on RBCW by MCI
- ❖ Dr.Ramadevi, in charge of central animal house is one of the IAEC member of AVMC

Best practices:

- ❖ Animal simulator Lab (Computer assisted learning) with 10 computers established to replace live animal experiments for undergraduate teaching and learning since 2015
- ❖ Pharmacovigilance Programme implemented and ADR being reported to higher centres since 2012
- ❖ Herbal garden maintained for teaching natural sources of drugs
- ❖ Museum for crude drugs and charts projected for efficient learning
- ❖ Pharmacotherapeutic services implemented in accordance with NABH
- ❖ Closed group communication to students through whatsapp

Department of ENT

Our Mission:

To bring out highly competent community responsive primary care physicians with leadership qualities, who would meet the health care needs of the community and the nation.

Our Vision:

To enable the qualification of a graduate level community-oriented doctor who is a

- ❖ Health promoter and care provider
- ❖ Disease preventer of specific lesions in ENT
- ❖ Community and team leader
- ❖ Manager of own practice setting- institutional or private
- ❖ Researcher with sound knowledge and ethics

Objective:

- To train medical students with the knowledge, attitude and skills required to become doctors with empathy who can effectively function as healthcare providers, decision makers, communicators, community leaders and managers in rural and urban settings.

S.No	Name of the Faculty	Designation
1	Dr. Jayita Das Poduval	Professor & HOD
2	Dr. Ramesh Varadharajan	Associate Professor
3	Dr. Gajalakshmi M	Assistant Professor
4	Dr. Arulmozhi S	Assistant Professor
5	Dr. Sowmiya R	Senior Resident

Courses:

- ❖ MBBS, MS (ENT), B.Sc. Nursing & SAHS.:



Patient Care Activities:

We serve the community through OPD, inpatient and emergency services at the Aarupadai Veedu Medical College and Hospital at Kirumampakkam, Pondicherry. Our junior doctors and trainees also periodically attend to patients in the satellite centers run by our institution. We also participate in public health camps organized by the government/institution.



Research:

- Totally 20 Articles/Papers have been published to date in the department.
- There are 4 completed research projects and dissertations in the year 2020.
- There are 12 ongoing research projects and dissertations in the year 2020.

Achievements:

Covid Swab Collection- Throat Swabs- over 2500 collections to date in Hospital Swabs- almost 50 to date. The above is led by Dr Gajalakshmi. OPD is run in a coherent manner with proper protocols and protective measures.

ICMR Ad-hoc Research project- A Genetic Screening to Identify the Association between Consanguineous Marriage with Deafness in Puducherry and Tamil Nadu is underway, with Dr Arulmozhi in charge.



➤ Students Corner

Online Coursera Details

Our Institution offered free online International course forum from Coursera which has various short term courses from reputed International universities in various departments where students can learn. Around 169 students from 1st year to final year got the benefit.

2016 – 2017 Batch– 62 students enrolled

2017 – 2018 Batch – 17 students enrolled

2018 – 2019 Batch– 20 students enrolled

2019 -2020 Batch– 70 students enrolled

“Wabi-Sabi”, a program to focus on students’ well being during the Covid 19 lockdown period.

Wabi - Sabi (Japanese aesthetics) is a world view centered on the acceptance of transience and imperfection. In keeping up with the academic activities of the students during this testing time, it is also imperative for us, teachers’ and mentors to help our students keep up their mental well being. We need to support them during this time and help them find their footing; unclamp themselves. With these goals, the Office of Dean HPE and the Students Counseling services AVMCH come together to organized “Wabi-Sabi”, a program to focus on students’ well being during the Covid 19 lockdown period. This programme objectives were to

To enable the students to • Share their feelings and experiences about the lockdown and the ongoing pandemic, • Provide mental support , • Help them with coping mechanisms, • Coax them to find beauty and acceptance during this unprecedented pandemic.

Session Plan • Two one hour sessions per student group at weekly interval, • All classes of UG Students were engaged in the program sequentially starting from 8/4/2020, • Sessions were conducted through the zoom platform



The banner features the Vinayaka Mission's Research Foundation logo on the left and the AVMC logo on the right. The central text reads: "Heartily Congratulation to the following Students and respective guides, who bagged ICMR- Short Term Studentship". Below this, seven student portraits are arranged in two rows. Each portrait is accompanied by the student's name, their guide's name, and their department.

Student Name	Guide Name	Department
Ms. Swetapadma Mishra	Dr. Kavita	Microbiology
Mr. Sankarshan	Dr. Arthy A	Forensic Medicine
Mr. Ignatius Rajan Daivik	Dr. Sudagar	Anatomy
Ms. Anudrita Banerjee	Dr. Ilankathir Sridharan	Anatomy
Ms. Vishnupriya G	Dr. Suryapriya R	Biochemistry
Mr. Sourav Musib	Dr. S. Ravikumar	Biomedical Research
Ms. Aswathy .J	Dr. Nalini	Pediatrics



COVID-19 Awareness Programs:

Vinayaka Missions College Of Nursing And Youth Red Cross Society conducted COVID-19 Awareness programme .It was organized By Youth Red Cross Society, Pondicherry on 08.05.2020. The Programme started from Kamban kalaiarangam at 12 PM, headed By Dr. Muthamilselvi,Principal, VMCON, Pondicherry along with Mrs.Maheswari, Lecturer Dept of Medical Surgical Nursing. 1st and 3rd year B.Sc. nursing students of Vinayaka Missions College of Nursing participated and benefitted from this Programme.

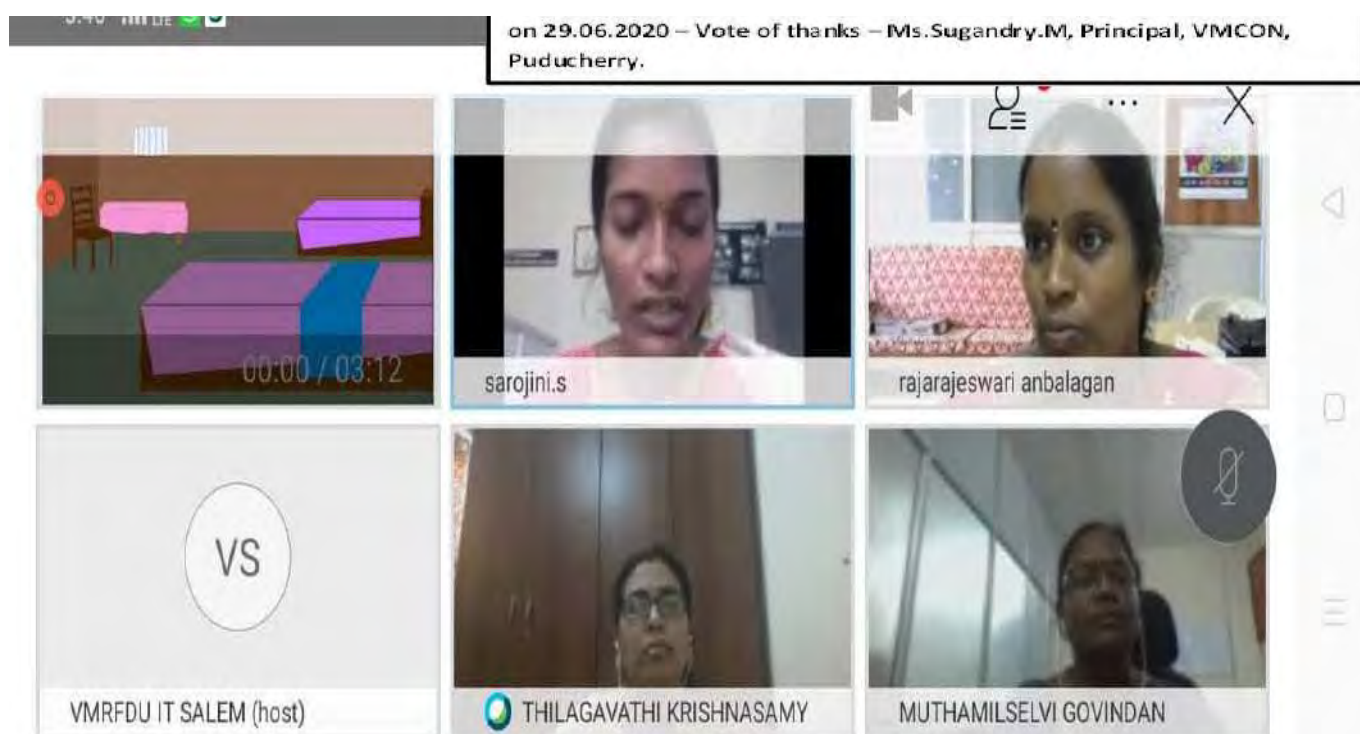


Vinayaka Mission College of Nursing And Youth Red Cross Society conducted COVID-19 awareness programme. It was Organized By NSS, Pondicherry on 20.05.2020. The Programme started From Karuvadikuppam at 11 AM, headed by Mr. Sivaraman, Senior Accts Officer (Rtd), Pondicherry Along with Mrs. Sujitra, Lecturer, Mrs.M.Maria Antony Anitha, Lecturer, Dept. of Community Health Nursing. 1st and 3rd year B.Sc. nursing students of Vinayaka Missions College of Nursing participated and benefitted from this Programme.



Departmental Activities:

On behalf of VMCON, Department of Obstetrics and Gynecological Nursing started online series of International webinars. Series-I was conducted on 29.06.2020 on 'Safe Motherhood and COVID-19' from 2pm to 4pm. Dr. P. F. Kotur ,Dean, AVMC&H, Puducherry gave the presidential address. Prof. Dr. S. Ani Grace Kalaimathi, Registrar, TNNMC, Chennai delivered the chief guest address. Dr. Thilagavathi Krishnasamy, Lecturer, College of Nursing, Jazan University, Kingdom of Saudi Arabia was the speaker of the day. She started the session on current challenges of maternal morbidity and mortality due to COVID-19 and what care can be taken for safe motherhood during this pandemic. Total numbers of participants were 380 including teaching faculties, health care professionals and nursing.



Congratulations:

Ms. B. Sudha, professor, Department of Child Health, VMCON, Puducherry has successfully completed her Ph.D on 23.06.2020 through online mode.

Her thesis title was “effectiveness of VATM on knowledge and practice among mothers regarding identification and management of danger sign in young infants”





SCHOOL OF ALLIED HEALTH SCIENCES AND YOGA SCIENCES



Webinars Organized

Department of Audiology and Speech Language Pathology organized a webinar on “Outlook on Learning Disabilities for SLPs” on 8th June 2020 . 113 members participated in this webinar. The speakers were Dr.R.Lalitha Raja, Annamalai University, Dr. Jayashree C. Shanbal, All India Institute of Speech & Hearing, Mysore and Dr.T.Santhanam, SDS Institute of Behavioural Sciences, Chennai.

Department of Audiology and Speech Language Pathology organized a webinar on “Tele Rehabilitation to meet Speech and Language needs in children” on 11th June 2020. 209 members attended the webinar. The convenor was Prof.N.D.Rajan, Deputy Director, School of Allied Health Sciences. The speaker was Pratiksha Gupta, Founder and CEO of 1 Special Place.

A Webinar on “Quality Management in Health Sciences” was organized as a part of IQAC activity exclusively for staff of SAHS, Pondicherry Campus on 16th June 2020. The meeting was presided by Prof. N.D.Rajan, Deputy Director, School of Allied Health Sciences and organized by Dr. R.S. Hermes, Associate Professor and IQAC Coordinator, Department of Biochemistry, SAHS and she also delivered the talk. Teaching and Non-Teaching Staffs numbering 35 of SAHS participated in this webinar.

School of Allied Health Sciences and School of Physiotherapy jointly conducted a webinar on “Yogic diet for stress management during COVID-19 pandemic” on 22nd June 2020. The speaker was Mr.S.Artchodane, Yoga therapist, Centre for Yogic Sciences of AVMC Campus. 132 participants attended this webinar.



Awareness Programmes Conducted:

Awareness programme was conducted on “Corona Virus Chain Prevention” on 22.04.2020. – 5 Students from Second & Third Year Optometry participated and created a placard based on the theme.



Health Awareness Programme on “Corona Outbreak and How to Defeat this Pandemic Disorder” was conducted on 24.04.2020. Awareness Video was created by our B.Sc. Perfusion Technology Second Year Students ,24 of them have participated in this programme.



World Perfusion Week was celebrated in April 2020 .

7 students from B.Sc. Perfusion Technology participated in this programme.



Webinars attended by faculties and students

1 . 4 Faculties and 70 students attended the International E-Conference in association with OATN, V-OPTO 2020 from 26.05.2020 to 30.05.2020 in Cisco WebEx Meeting.





2. International Webinar on “ Recent Developments of Micro to Nano Technology ”was conducted from 17.06.2020 – 22.06.2020 by School of Allied Health Sciences, Salem in Cisco Webex Meeting . 14 students and 8 faculties took part in the webinar.



3. International E – Conference on Basic Medical Sciences BMEDCON'20 was conducted through Cisco Webex platform from 22.06.2020 to 27.06.2020. 7 faculties and 132 students participated in the webinar.

Contest on painting and posters was conducted

Stay at Home contest was conducted on 15.04.2020. 15 students participated in drawing and painting competition. 12 students participated in Poetry contest.



Paper Publication

Silambarasan Tamilselvan, Balasubramanian Velramar, Dhandapani Ramamoorthy, Sendilkumar Balasundaram , Kanimozhi Sivamani.“ Pilot scale wastewater treatment, CO2 sequestration and lipid production using microalga, Nochloris aquatica RDSO2 “,International journal of Phytoremediation. ISSN: 1522-6514 (Print) 1549-7879 (Online) Journal Homepage: <https://www.tandfonline.com/loi/bijp20>, 2nd July 2020.

Center for Yogic Sciences

Centre for Yogic Sciences obtained 2 Copyright:

- Certificate in Fundamentals of Yoga
- Yoga for COVID19 Pandemic Stress



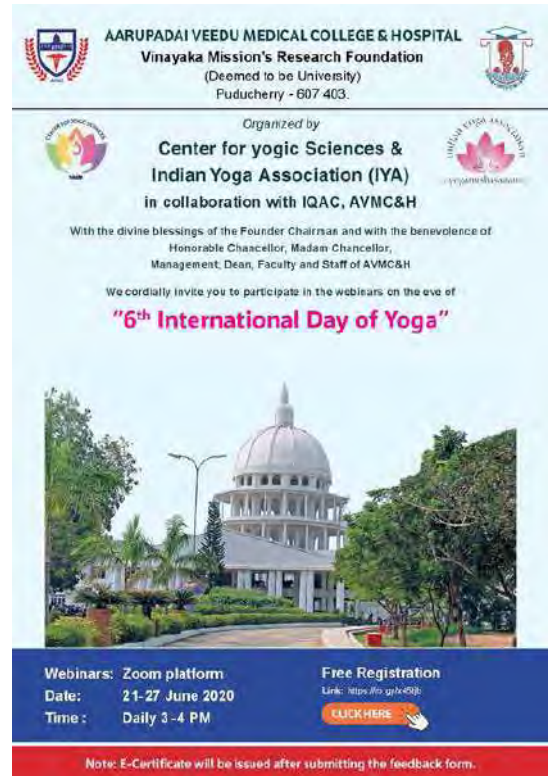
Center for Yogic Sciences, Aarupadai Veedu Medical College and Hospital conducted yoga classes for inmates of AVMC & H campus (UGs, PGs and CRRI's) during COVID-19 Lockdown period.



Center for Yogic Sciences, Aarupadai Veedu Medical College and Hospital organized a week-long program on the occasion of International Day of Yoga (IDY). On 21 June (Sunday), 20 staff and students participated in Common Yoga Protocol (CYP). The program was held in the examination hall and lead by respected Dean, Prof. P. F. Kotur.

Following 6 webinars were held daily, webinar 1-5 between 3-4 PM and webinar 6 between 12-1 PM:

1. 22 June (Monday): Yoga as a therapeutic exercise by Dr. J. Mohanakrishnan, PhD, Physiotherapist, JIPMER. 45 participants attended the webinar. Dr. Madanmohan welcomed the attendees and Dean inaugurated the webinar series.
2. 23 June (Tuesday): Yoga as a holistic therapeutic system by Dr. Kausthub Desikachara, MMS, PhD, CEO, Krishnamacharya Yoga and Healing Foundation. 68 participants attended the webinar.
3. 24 June (Wednesday): Need to introduce yoga in medical and paramedical curriculum: lesson learned from corona pandemic by Dr. Madanmohan, MD, DSc, Director, Center for Yogic Sciences, AVMC & H. 67 participants attended the webinar.
4. 25 June (Thursday): The Yoga of Sound by Dr. Ananda Balayogi Bhavanani, MD(AM), DSc, Director and Professor, Centre for Yoga Therapy Education and Research (CYTER), Sri Balaji Vidyapeeth. 74 participants attended the webinar.
5. 26 June (Friday): Yoga in health and disease: neurophysiological correlates by Dr. Kaviraja Udupa, MD, PhD, Additional Professor of Neurophysiology, NIMHANS. 56 participants attended the webinar.



AARUPADAI VEEDU MEDICAL COLLEGE & HOSPITAL
 Vinayaka Mission's Research Foundation
 (Deemed to be University)
 Puducherry - 607 403.

Organized by
Center for Yogic Sciences & Indian Yoga Association (IYA)
 in collaboration with IQAC, AVMC&H




With the divine blessings of the Founder Chairman and with the benevolence of Honorable Chaeancellor, Madam Chancellor, Management, Dean, Faculty and Staff of AVMC&H

We cordially invite you to participate in the webinars on the eve of
"6th International Day of Yoga"








Webinars: Zoom platform
 Date: 21-27 June 2020
 Time: Daily 3-4 PM

Free Registration
 Link: <https://bit.ly/3x449Rk>
[CLICK HERE](#)

Note: E-Certificate will be issued after submitting the feedback form.

Center for Yogic Sciences
 Webinars: 3-4 PM

Date	Resources Persons	Topic	Zoom Link
June 22 (Monday)	 Dr. J Mohanakrishnan, PhD, Physical therapist, JIPMER.	Yoga as therapeutic exercise	CLICK HERE
June 23 (Tuesday)	 Dr. Kausthub Desikachar, MMS, PhD, CEO- Krishnamacharya Yoga & Healing foundation.	Yoga as holistic therapeutic System	CLICK HERE
June 24 (Wednesday)	 Dr. Madanmohan, MD, DSc, Emeritus Professor of Physiology and Director, CYS, AVMC & H.	Need to introduce yoga in medical and paramedical curricula: lesson learned from corona pandemic.	CLICK HERE
June 25 (Thursday)	 Dr. Ananda Balayogi Bhavanani, MD(AM), DSc, Director and Professor, CYTER, SBV	The yoga of sound	CLICK HERE
June 26 (Friday)	 Dr. Kaviraja Udupa, MD, PhD, Additional Professor, Dept. of Neurophysiology, NIMHANS.	Yoga in health and disease: neurophysiological correlates	CLICK HERE
June 27 (Saturday) 12-1 PM	 Dr. R Balaji Asst. Professor, Dept. of CYS, AVMC.  Shri. S Arthchoudane Yoga Therapist, Dept. of CYS, AVMC.	Yoga practices to reduce stress	CLICK HERE



6. 27 June (Saturday): Yoga practices to reduce stress (Lecture-Demonstration) by Dr. R. Balaji and Shri S. Artchoudane. 38 participants attended the webinar.

Achievement by faculties:

Dr. R. Balaji, Assistant Professor, Centre for Yogic Sciences, AVMC & H, invited resource person by Indian Yoga Association (IYA), Personalised Certificate Body (PRCB), New Delhi, to give lecture demonstration on Yogic techniques to enhance respiratory function.

Shri S. Artchoudane, Yoga therapist, Centre for Yogic Sciences, AVMC & H, invited speaker by School of Allied Health Sciences and School of Physiotherapy, Vinayaka Mission's Research Foundation (VMRF), Pondicherry and delivered a talk on 'Yogic diet for stress management during COVID19 pandemic'.

- Dr. R. Balaji Assistant Professor, Centre for Yogic Sciences, AVMC & H qualified the National Level Quiz on NAAC organized by IQAC, VMRF.
- Shri S. Artchoudane Yoga therapist, Centre for Yogic Sciences, AVMC & H qualified the National Level Quiz on NAAC organized by IQAC, VMRF.
- Shri S. Artchoudane and Dr. R. Balaji are the recipients of appreciation for Common Yoga Protocol -Yoga Volunteers on the 6th International Day of Yoga with the theme 'Yoga at family' and 'Yoga with family'.

Research publication:

Gupta K, Bhavanani AB, Ramanathan M, Rajasekar B, Sarkar S, Dayanidy G. Effect of Adjuvant Yoga Therapy on Craving in Participants of an Alcohol De-addiction Program: A Pilot Study. J Basic Clin Appl Health Sci 2019;2(4):138-141.

Book chapter (SCOPUS indexed):

Artchoudane, S., Ramanathan, M., Bhavanani, A.B. (2020). Yoga therapy on Cognitive function in Neurodevelopmental disorders. In: Wadhwa, T., Kakkara, D (Eds.), Interdisciplinary Approaches to Altering Neurodevelopmental Disorders (pp 143-161). Hershey, USA: IGI-Global. DOI: 10.4018/978-1-7998-3069-6.ch009.



Get to know each other series...
To know about
"Forcing Techniques to enhance lung function"
He is MBBS, MD (AM), FCD, M.Phil (YT), M.Sc (YT), PGDYT, PGDPAYT, PGDHVYT, D.Y.Ed, DRAY
Assistant Professor, Center for Yogic Sciences, Aarupadai Veedu Medical College & Hospital, Puducherry. Senior Medical Officer- MVR: Multi-Speciality Hospital. Medical Consultant- Mother Care Foundation (Center for alcohol deaddiction & Rehabilitation). Yoga therapist-Yoganjali Natyalayam

11th June 2020
Time 11:00 AM-12:00 PM
Join us live on www.facebook.com/IYAPRCB

Who can attend:
1. Those preparing for competitive exams of Yoga.
2. Who want to learn stress Management Techniques.
3. Learn to incorporate them in your yoga practice.



VINAYAKA MISSION'S RESEARCH FOUNDATION
SCHOOL OF ALLIED HEALTH SCIENCES
AND
SCHOOL OF PHYSIOTHERAPY
AVMC Campus
Pondicherry
PRESENTS
YOGIC DIET FOR STRESS MANAGEMENT DURING COVID 19 PANDEMIC
Speaker
Mr. S. Artchoudane,
Yoga therapist,
Center for Yogic Sciences
AVMC, Pondicherry
Mon, Jun 22, 2020
04:30 PM to 5:30 PM (IST)
For Registration (Click below)
Register

COVID-19: Do's & Don'ts at the workplace



Keep min. 1.5 meters distance



Wash your hands with water & soap frequently



Cough & sneeze into your elbow



Use tissues only once & dispose in closed bins



Leave the middle seat free to keep distance



Consider wearing a face mask



Do not shake hands & no hugs



Do not touch mouth, nose, eyes



Do not use crowded lifts



Avoid touching office surfaces



Avoid crowded spaces



If ill, stay at home



A Nursing Robot to deliver medicines and food to COVID-19 patients was designed by AVIT handed over to Pondicherry Govt. Health Department.



Sample collection at AVMC from suspected or confirmed (COVID-19) patients through COVID WISK