



VINAYAKA MISSION'S  
RESEARCH FOUNDATION  
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**AVMC**  
AARUPADAI VEEDU MEDICAL COLLEGE

# NEWS LETTER

*Volume 4 . Issue 1 . January - March 2021*



## **Greetings from the AVMC Newsletter Desk**

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

## **Thought for the month**

Wherever the art of Medicine is loved,  
there is also a love of Humanity.

- Hippocrates

## **REVISED BASIC COURSE WORKSHOP (RBCW)**

Revised Basic Course Workshop (RBCW)  
was conducted by the Medical Education Unit  
from 30th March to 1st April.

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Dear Readers,

Warm greetings, we are pleased to share the 1st issue of the newsletter of the year 2021. This issue will give the highlight of various activities and events that have taken place in our Institute in spite of COVID-19 pandemic. Most of the events took place virtually.

I hope you will enjoy reading this issue. I thank all who contributed to this endeavour. Do send your comments/suggestions to [avmcnewsletter@avmc.edu.in](mailto:avmcnewsletter@avmc.edu.in).



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



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## Academic Events

### 1. Revised Basic Course Workshop (RBCW) was conducted by the Medical Education Unit from 30<sup>th</sup> March to 1<sup>st</sup> April.

NMC (MCI) Observed **Revised Basic Course Workshop (RBCW)** was conducted by the Medical Education Unit (MEU - AVMC) from 30<sup>th</sup> March to 1<sup>st</sup> April.

**Dr Nanda Kishore Maroju**, Convener, NTTTC, Additional Professor, Department of Surgery, JIPMER, Regional Centre was the NMC observer for three days.

**Objective of this workshop was to** improve the quality of medical teaching by training the teachers and to enable faculty members to avail modern education technology for teaching UG/PG Courses. **Aim** of the programme 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 behavioral skills

Resource Persons were **Dr. P.F. Kotur**, Dean, AVMC&H, **Dr. V.N. Mahalakshmi**, Dean-HPE AVMC&H, **Dr. B. Vishnu Bhat**, Director Medical Research, AVMC&H, **Dr. B.R. Asokan**, Professor & HOD, Dept of Pharmacology, **Dr. Sasmita Mishra**, Professor & HOD, Dept of Biochemistry, **Dr. PushpaKotur**, Professor., Dept of OG, **Dr. Govardhan, J**, Associate Professor, Dept of Dermatology, **Dr. Rajan .T.**, VP, Professor & HOD, Dept of Anatomy, **Dr. R. Latha**, Professor & HOD, Dept., of Microbiology, **Dr. M. Manju**, Professor., Dept of Biochemistry, **Dr. S. Ilankathir**, Professor, Dept of Anatomy, **Dr. A Thumjaa.**, Professor., Dept of Paediatrics, **Dr. M. Gopinath**, Associate Professor, Dept., of Physiology, **Dr. J. James Rajesh**, Associate Professor, Dept of Forensic Medicine, **Dr. Arun Daniel J**, Associate Professor, Dept of Community Medicine, **Dr. Kavitha .K.** Associate Professor, Dept of Microbiology, **Dr. Arthy**, Assistant Professor, Forensic Medicine and **Dr. Varadharajaperumal .R**, Assistant Professor, Pathology. 30 participants from various departments attended the workshop.

The first day started with registration at 8.30 am on 30.03.2021 followed by pre-test by all participants. All the three days sessions were conducted according to the NMC guidelines with lots of interactions and group activities.

All participants were asked to give feedback at the end of each day by Google form and a collective Program feedback was also taken for all the three days at the end of the third day after the post-test. At the end there was a valedictory function in which Dean **Prof. Dr. P.F. Kotur** appreciated **Prof. Dr. V.N. Mahalakshmi, Dean-HPE** and **all MEU Faculty**. He also requested all participants to come forward and get actively involved in MEU activities. The NMC Observer, **Dr. Nanda Kishore Maroju** in his closing speech was quite generous with his praise for the contents of the programme, the presentations and the enthusiastic faculty participation. Finally vote of thanks was delivered by the MEU Coordinator **Prof. Dr. B.R. Asokan** and workshop ended successfully.



Introduction, Ice breaking and Group Dynamics



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



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



Dr. B.R. Asokan, as a facilitator during group Activity



Dr. B. Vishnu Bhat, Director Medical Research, discussing how to Write a lesson plan



A session on appropriate use of media with Group Activity





Group, discussing on Learning domains and Progression of Learning



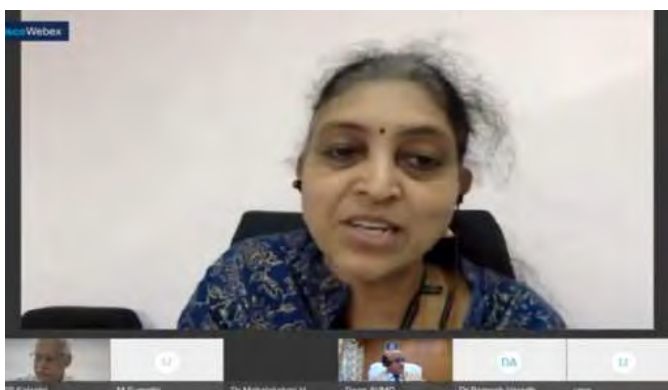
Group discussion on writing objectives



Group photo of RBCW with Dean, Dean-HPE, MCI Observer ,Participants & Resource Persons

## 2. FFF Webinar organized by the Scientifique Society of Aarupadai Veedu Medical College & Hospital Continued....

The webinar series launched by ‘The Scientifique Society’ of Aarupadai Veedu Medical College & Hospital continued in the months of January, February and March also through Cisco webex meeting platform Pro version medium. The webinars were chaired by **Dr.P.F Kotur**, Dean, AVMCH and hosted by **Dr. V. N. Mahalakshimi.**, Dean-Health Professions Education, AVMCH. Registration link was shared through social medias of our institute like WhatsApp groups, Twitter, Instagram, Linkedin, Facebook.



Dr. V.N Mahalakshimi , Dean HPE AVMC hosting the webinar series



Dr. P.F Kotur, Dean AVMC chairing the webinar series



This webinar series was started in the month of May 2020. In the last months various prominent personalities from India and outside India spoke about many important topics covering all aspects of medical ground like Professional practice, novel diagnostics & therapeutics, education & training of the professionals mainly related to COVID pandemic.

During these three months almost 11 FFF webinars were conducted. The main objective is how we can come back to normal and overcome this COVID-19 Pandemic crisis.

The series 7 continued with the new concepts in oncology and advancement in the treatment of cancer and also the impact of COVID on cancer.

On 8<sup>th</sup> January **Dr. Prasanth Ganesan**, Additional Professor, Head of Medical Oncology, JIPMER, Pondicherry delivered a speech on **Stem Cell Transplantation and Recent Advances in Cancer**. Session was very clear, Sir discussed about the Principles, Procedure and Indications of HSCT. He shared his department experience on this and at last he discussed about the newer modalities of cancer treatment like personalized therapy and immunotherapy.



Dr. Prasanth Ganesan, delivering a talk on Stem Cell Transplantation and Recent Advances in Cancer

On 22<sup>nd</sup> January **Dr. J. Vasishtha Divatia**, Professor and Head, Department of Anaesthesia, Critical Care, Tata Memorial Hospital, Past editor in chief, Indian journal of Anaesthesia. delivered a speech on Peri-operative Anaesthetic considerations in a patient with malignancy. He explained what is Oncoanaesthesia and how it helps in early return to intended oncological treatment, minimize recurrence and improves the outcome and quality of patients life.



Dr. J. Vasishtha Divatia, delivering a speech on Peri-operative Anaesthetic considerations in a patient with malignancy

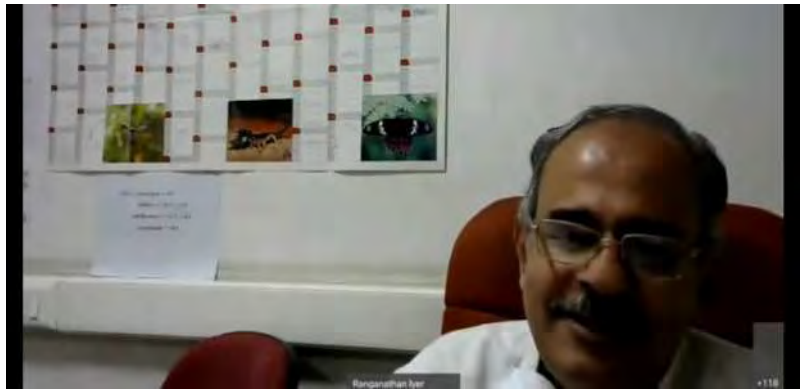
On 29<sup>th</sup> January **Dr. Muralidhar Joshi**, HOD of Dept of Anaesthesia & Pain Medicine Director, Pain Management Centre Virinchi Hospitals, Hyderabad President, Indian Society of Anaesthesiologists took a session on **An Overview of Pain Management**. He emphasised to use combination of drugs to target multiple points of pain pathway also he explained how multimodal management of pain can provide better efficacy with reduced side effects.



Dr. Muralidhar Joshi, taking a session on An Overview of Pain Management

**Series -8** of FFF webinars started on 5<sup>th</sup> February. Theme of this series was **Emerging and Re-emerging Infection**.

**Dr. Ranganathan Iyer**, Consultant Clinical Microbiologist, Rainbow Children's Hospital & Perinatal Care, Hyderabad delivered a talk on **Emerging trends in Hospital Acquired Infections on 5<sup>th</sup> February**. He nicely explained that controlling the infection is everyone's responsibility and it can be achieved through logic, technology and commonsense.



Dr. Ranganathan Iyer, delivering a talk on Emerging trends in Hospital Acquired Infections

**Dr.-Sushil-Kumar-Kabra**, Professor of Pediatrics, Pediatric Pulmonology Division, AIIMS, New Delhi, Editor in Chief: Indian Journal of Pediatrics delivered a talk **Update on Pediatric Tuberculosis** on 12<sup>th</sup> February. He discussed about the recent updates and guidelines of paediatric tuberculosis. The session was very interactive.



Dr.-Sushil-Kumar-Kabra, delivering a talk Update on Pediatric Tuberculosis

**Dr. Kathleen A. Holloway**, Hr. Associate, Institute of Development Studies, Sussex University, UK Fr. Medical Officer in Essential Medicines WHO-Geneva and Regional Advisor Essential Medicines, WHO South-East-Asia delivered a speech on **Containing antimicrobial resistance and promoting rational use of antibiotics in the Covid-19 world** on 19<sup>th</sup> February.



Dr. Kathleen A. Holloway, delivering a speech on Containing antimicrobial resistance and promoting rational use of antibiotics in the Covid-19 world

**Dr. Abdul Ghafur**, Consultant Infectious Disease Specialist, Apollo Hospitals, Chennai delivered a speech on **Strategies to Combat antimicrobial Resistance** on 26<sup>th</sup> February.



Dr. Abdul Ghafur, delivering a speech on Strategies to Combat antimicrobial Resistance



**Dr. Pramod Deshmukh**, Dean (Research) & Professor & Head, Department of Community Medicine, AIIMS, Nagpur delivered a talk on **Malaria Eradication - The Prospects** on 5<sup>th</sup> March.



Dr. Pramod Deshmukh, delivering a talk on Malaria Eradication - The Prospects

**Dr. S.L. Hoti**,ICMR-Emeritus Scientist,ICMR-Vector Control Research Centre, Ministry of Health & Family Welfare, Govt. of India gave a talk on **Global Program for the Elimination of Lymphatic Filariasis and the Diagnostic Dilemma** on 12 March. He nicely explained the nine steps towards the lymphatic filariasis elimination.



Dr. S.L. Hoti, giving a talk on Global Program for the Elimination of Lymphatic Filariasis and the Diagnostic Dilemma

**Dr. John T Jacob**,Retired Professor and Head, Departments of Clinical Virology and Microbiology, Christian Medical College,Vellore, gave a talk on **Polio Eradication: Why is the 2000 Goal still Elusive in 2020s?** on 19<sup>th</sup> March



Dr. John T Jacob giving a talk on Polio Eradication: Why is the 2000 Goal still Elusive in 2020s?



Dr.B.V. Adcoli, MSc,Med, PhD, M Med Ed (Dundee) , Director, Centre for Health Profession & Education (CHPE) ,Sri Balaji Vidyapeeth delivered a speech on Imaging: the New Serology for Diagnosis of Infectious Diseases on 26<sup>th</sup> March.



Dr.B.V. Adcoli ,delivering a speech on Imaging:  
the New Serology for Diagnosis of Infectious Diseases

All the webinars were conducted on Fridays from 2.45 PM to 4 PM. Many participants from our institute and outside our institute were benefited.

### 3. Foundation Course for First MBBS Batch of 2020-21

A Foundation Course committee was formed by Dean, **Dr. P.F Kotur** for planning and smooth conduct of the foundation course according to NMC guidelines. The goal of the Foundation Course is to prepare a student to study medicine effectively.

Foundation committee members were **Dr.Sasmita Mishra**, HOD Biochemistry, as faculty coordinator, **Dr B.R Asokan** ,HOD Pharmacology as MEU coordinator and one faculty from each first year departments **Dr Manju .M** ,Professor,Dept of Biochemistry, **Dr.Gopinath**, Associate professor dept of Physiology, **Dr.Sudagar** , Associate professor dept of Anatomy and **Dr.Vignesh** , Assistant professor dept of CM. After many meetings the foundation course schedule was made by the committee taking advise from Dean HPE , **Dr.V.N Mahalaxmi** .

As the reporting of students completed on 1<sup>st</sup> Feb and many students are from outside they were advised 7 days quarantine upto 10<sup>th</sup> Feb. Quarantine period was utilised for a part of foundation course taken online through cisco webex platform as NMC has permitted the use of online mode.

The objectives of foundation course is to: a. Orient the student to: The medical profession and the physician's role in society, The MBBS programme, Medical ethics, attitudes and professionalism, medical college and hospital, and examination b. Enable the student to acquire enhanced skills in: i) Language, ii) Interpersonal relationships, iii) Communication, iv) Learning including self-directed learning, v) Time management, vi) Stress management, vii) Use of information technology.

The course commencement ceremony was held on 27<sup>th</sup> January and the foundation course started from 2<sup>nd</sup> February. The course was planned according to NMC guidelines.

## Course Commencement Ceremony

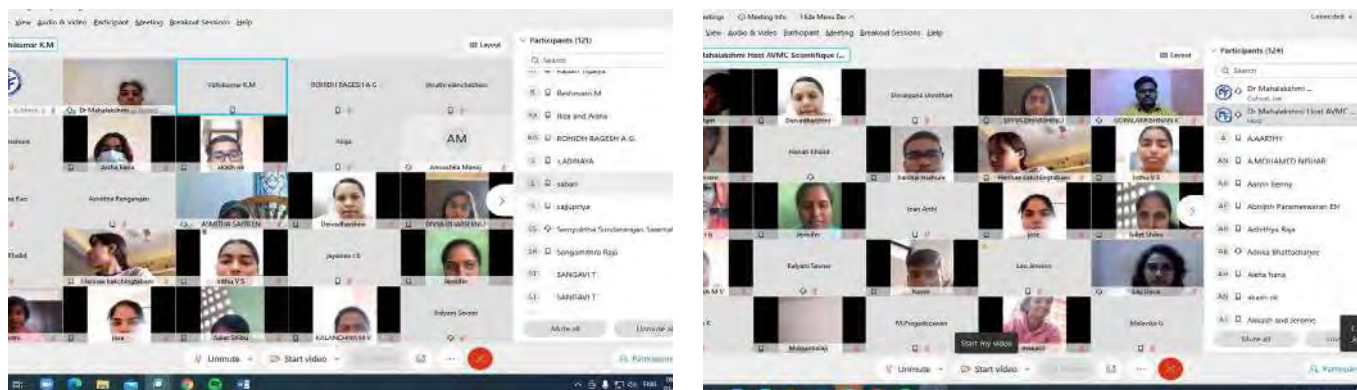
Conducted online through Cisco webex platform. It started with welcome speech by **Dean Dr P.F Kotur** followed by the session An overview of MBBS Course & what parents can do to help taken by **Dean HPE Dr Mahalakshmi** – The rules and regulations of MCI and University were fully explained to the students along with their parents.

Students support and wellbeing was taken by **Dr T. Rajan**, Vice Principal. Students were informed about the helplines of our college and also about the anti-ragging measures by **Dr.Lakshmi Jatiya**, HOD Physiology.

### DAY 1 to 8 ( 2<sup>nd</sup> February to 10<sup>th</sup> February)

The sessions were taken online. Day 1 students were introduced to the course details and overview of the course and also to 1<sup>ST</sup> year subjects Anatomy, Physiology and Biochemistry. They were explained how to take care of their body and mind. Students were introduced to their mentors. Day 2, second MBBS subjects were introduced by the respective HODs. Students were explained about the road safety and also how hospital acts as a system. There was an interactive session on Why did you choose to become doctor?. All students shared their views.

3<sup>rd</sup> year and final year subjects were introduced subsequently to the students by the HODs on 3<sup>rd</sup> and 4<sup>th</sup> day. In subsequent days they were told about history of medicine and how to attend online classes effectively. There was an interesting panel discussion on What does it means to be a doctor by Senior faculties of the institute. How the hospital act as system and organization of the different healthcare system were explained thoroughly. Students were introduced to evidence based medicine, professionalism and ethics with lots of examples and group discussions. BLS saves life-basic concept was given. Students were also taught about the LMS system of the institute, CAMU and CLINICAL KEY. Students were given an idea about the career advancements and value added courses and other certification courses like coursera , Swayam, MOOC. A session on community connect was conducted to know the Doctors role in community. A session on fundamentals of Doctor patient relationship also was conducted. IMG roles and basics of research skill were also taken.



Students are attending online sessions

### DAY 9 & 10 ( 11<sup>th</sup> & 12<sup>th</sup> February)

Day 9 students visited and oriented to 1<sup>st</sup> year departments (Anatomy, Physiology and Biochemistry) physically in groups in the morning time. Students Visited to Library and learned about e Library skills including referencing and effective use of textbooks.

Team working skills were taught by an external team from Chennai, they taught about stress management, time management, team building. A very interactive session on communication skill was also conducted by the psychiatry team.



A session on PLAN YOUR DAY is going on Students were oriented to Departments

### DAY 11 (13<sup>th</sup> February)

Students were taught about how to make personal development plans followed by tamil language .



Role play is going on for communication skill



Tamil Language Session

**DAY 12 to DAY 16 (15<sup>th</sup> February to 19<sup>th</sup> February)**

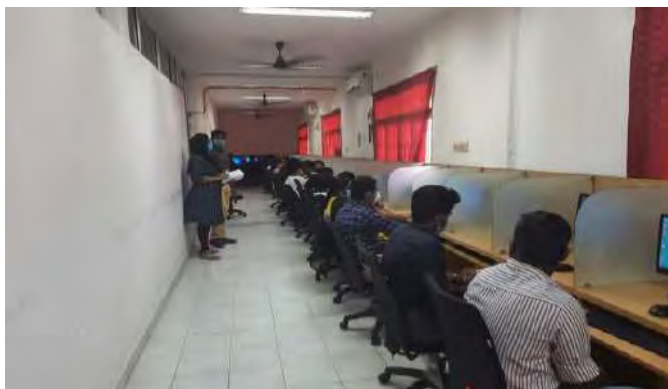
Foundation course was continued in the afternoon time from 2pm to 5pm as regular classes started in the morning. Students were divided into five groups for skill development 1) First aid /BLS, 2) SDL/VARK /learning skills 3) MS word/ Excel/PPT 4) BMW management, biosafety, immunization schedule, 5) Stress & Time management.



Hands on training - BMW, Biosafety & Immunization



workshop - SDL/VARK /learning skills



Hands on training - MS word/ Excel/PPT



workshop - Stress & Time management



Hands on training - First aid /BLS

**DAY 17 (20<sup>th</sup> February)**

Morning session English for scientific communication was conducted followed by feedback and white coat ceremony.

## DAY 18 to DAY 22 (24th February, 3<sup>rd</sup> March, 10<sup>th</sup> March, 17<sup>th</sup> March, 24<sup>th</sup> March)

There after foundation course continued every Wednesday from 3 to 5 pm. Students were again divided into five groups for 1. Health check up, 2. Vaccination, 3. Mental health Screening Questionnaire, 4. Group Counselling and 5. Hospital visit .

We tried the blended method of teaching and finished all the sessions recommended by NMC.



Hospital Visit

## White Coat Ceremony

White coat is a symbol of authority and professionalism, caring and trust, which the students must earn from patients. White coat ceremony was celebrated in AVMC on 20<sup>th</sup> February. It started at 10AM with the welcome address by **Dr.Sasmita Mishra** , Foundation course co ordinator. **Prof. P.F Kotur**, Dean , addressed the gathering and introduced the chief guest of the day **Dr. Ravishankar**, Director( e-learning) SBV, Former Dean MGMCRI. **Dr Vishnu Bhat**, Director Medical Research gave a shot talk on the significance of white coat ceremony.

The white coats were conferred on new students by senior professors. All the students took academic oath administered by **Dr.V.N Mahalakshmi**, Dean HPE. The Chief guest spoke about **Keeping Health care Humane**. The ceremony signifies the beginning of students' journey to achieve the white coat, when they are physicians. **Dr.Gopinath**, Associate Prof of Physiology and **Dr.Jothi Marie Feula.A** ,Assistant Professor of Physiology hosted the ceremony and **Dr.D.Arunachalam** ,VP (Student Affairs) gave the Vote of thanks. Whole programme was live telecasted in You tube ([https://www.youtube.com/watch?v=JLfSuXHxCGo&ab\\_channel=AVMCPUDUCHERRY](https://www.youtube.com/watch?v=JLfSuXHxCGo&ab_channel=AVMCPUDUCHERRY)).



Inauguration of White coat ceremony



Donning the white coat by senior Professors



Students taking academic oath in White coat ceremony

#### 4. The second mCBR Hands-on training on basic molecular biology techniques and their applications

The second mCBR workshop on “Basic Molecular Biology Techniques and Their Applications” was organized at Multi-Disciplinary Center for Biomedical Research, Aarupadai Veedu Medical College and Hospital, Vinayaka Mission’s Research Foundation between 15<sup>th</sup> and 17<sup>th</sup> February 2021. The primary objective of the workshop was to impart both theoretical and practical knowledge on the methods of isolation of DNA, RNA and proteins, polymerase chain reaction, and SDS-PAGE to study the gene or protein of their interest and Real-time PCR technique in the analysis of single nucleotide polymorphisms. The workshop was attended by 23 participants from various institutions. The participants comprised of Clinicians, MD/MS students, Ph.D. research scholars and M.Sc. students. **Dr . S. Ravikumar**, Principal Scientist was the Organizing secretary.



Workshop inauguration and souvenir release by the dignitaries

Day 1 started with inauguration followed by workshop orientation given by Dr. S. Ravikumar and a lecture on the “ Basics of Molecular Biology” by Dr. M. Aarthi. The topics covered in the lecture include the structure of the nucleic acids, the composition of the genome, the central dogma of molecular biology, mutations and polymorphisms, alleles, and genotypes.



Hands-on training session on day 1 on DNA, RNA & Protein isolation

**Day 2 started** with the lecture “Polymerase Chain Reaction and Agarose gel electrophoresis” by Dr. N. Prithviraj that included the principles of the techniques and nuances of setting up the experiments. The participants then set up a PCR for the exon 1 region of the androgen receptor gene and prepared the agarose gel.



Lectures being delivered by Dr.S.Ravikumar on Protein isolation, Dr. N. Prithviraj on Polymerase Chain reaction and Agarose electrophoresis and Dr . M.Aarthi on Primer designing

Hands-on training session on Polymerase Chain Reaction and Agarose gel electrophoresis

**Day 3** started with a lecture on “Quantitative PCR” by Dr.M.Aarthi. The topics covered were fluorescent dyes and probes, instrumentation, quantification of gene expression, and allelic discrimination. The hands-on session involved SNP analysis for the PITX2 gene. The participants observed real-time amplification and the amplification graph. They identified the genotypes of each of their samples using the Ct values and amplification curves.



Dr. M. Aarthi delivering lecture on Quantitative PCR and its applications on day 3



Quantitative PCR SNP analysis : Hands-on session on day 3



The organizing team with the participants

The valedictory for the workshop was held at 2:30 PM on 17<sup>th</sup> February 2021. The program was presided over by the Dean **Dr. P.F. Kotur** and Director-Medical Research **Dr. Vishnu Bhat**. Dr. Ravikumar welcomed the gathering. Participants gave very positive feedback on the scientific sessions. They found it very useful for their research work and setting up similar laboratories in their institutes. Dr. Aarthi proposed the vote of thanks. The kind support from the departments of microbiology and biochemistry was gratefully acknowledged.



## 5. Scientific Manuscript Writing Workshop conducted on 18<sup>th</sup> -19<sup>th</sup> January

With the blessing of our founder chairman and ever encouraging and support from our honourable chancellor and Madam Chancellor two-day' Hands-on workshop on “**Scientific Manuscript writing**” in Research day 2021 was organized by Institutional Research Committee. The event scheduled from 18th & 19th of January 2021 through online pedagogy to promote scientific writing skills among our PG students and Faculty. Around 80 participants (20 participants were faculty, 10 were PhD research scholar and 50 were PG (MD/MS) students of AVMC) registered for the programme. This workshop was mainly focused on writing the manuscript in a systematic manner and publication process. The primary objective of workshop was to familiarize in the Data analyzing technique using software's, manuscript preparation and publication process, usage of English language for effective communication, Reference management and detection of Plagiarism using various existing software.

On 18th January 2021 the workshop started off with the welcome address and Organizing secretary **Dr. Vithiavathi**, PG- Coordinator and Head of General Medicine . **Dr. P.F. Kotur**, DEAN and Patron of this workshop delivered his inaugural and introductory address. The resource person for each sessions were introduced by the organizing committee member.

First day Session on **The publication process with focus on why manuscript get rejected** was taken by **Dr. Vishnu Bhat**, Director Medical Research. The session was very interactive and many of our participants actively interacted with the resource person. Second session was **Qualitative data- analysis and reporting** taken by **Dr. N. Sreekumaran Nair**, Professor & Head Biostatistics department from JIPMER. He emphasized the importance of data analysis and reporting.

Day 2 first session was on **Impact factor the misnamed, misleading and misused measure of scientific literature** by our programme parton **Dr. P.F. Kotur**, DEAN. The participants were highly impressed by the knowledge of the resource person and had good interaction with him. Second session on Day 2 was taken by **Prof. A. Hannah Rachel Vasanthi**, Professor & Head Biotechnology department from Pondicherry University on the title “**Writing original article – IMRAD format**”. She gave the real-world examples of difficulties in drafting the manuscript and also gave several tips and tricks in structuring the manuscript in IMRAD format. Third Session was on **Language for effective writing** by **Prof. V.N. Mahalakshmi**, Dean-HPE from Aarupadai Veedu Medical College and hospital. She shard many examples and requested the participant to solve the examples which was very helpful to all the participants. Fourth Session was on **Plagiarism** by **Dr. Noyal Mariya Joseph** .He explained the importance of Plagiarism check and also explain the in detail usage of Urkund and turtinin software. He also emphasized the role of this software in Scientific writing. The session was very interactive and many participants has interaction with the resource person.

After the lunch break **Dr. V. Gladwin** delivered his hands on session on the topic of “**referencing**”. He explained the importance of the usage of Vancouver style in scientific writing and also explained in detail the usage of Zotero and Endnote software in citation process. He also emphasized the role of this software in referencing.

**Dr. Ravikumar Sambandam** has delivered a session on “**Choosing an appropriate journal for publication**”. He discussed in detail regarding types of journals, bibliometric indicators and links for choosing an appropriate journal both in Elsevier and web of science. He also advice the participants to create their own Journal list in order familiarize with the types of journals during publication.

As a part of Research day 2021, Oral e–Paper presentation for postgraduates was conducted on 20.01.2021 through online platform Cisco Webex. 26 Postgraduate students were selected from each PG departments for the oral e- paper presentation. Judges were **Dr.AbhijitV.Boratne**, Professor & HOD Department of Community Medicine, Mahatma Gandhi Medical College & Research Institute and **Dr.Prabhu**, Professor of General Medicine, Sri Venkateshwaraa Medical College Hospital and Research Centre. Postgraduates were awarded cash prize



A poster competition was conducted for the post graduate students. Totally 18 students participated in the poster competition. **Dr Arunkumaran**, Professor and Head of the department of Paediatrics from Manakula Vinayagar medical college and **Dr S.Rajini** , Professor and Head of the Department of Community Medicine, Srilakshmi Narayana Medical college were the judges for the poster competition.

Oral presentations for Ph.D., Research scholar of AVMC was held on 21st Jan 2021 from 10:00 to 12:00 AM. Ph.D., Research scholars of **Dr. Murugan**, Professor of Biochemistry and **Dr. S. RaviKumar**, Associate Professor, Center for Biomedical Research presented their dissertation research work. The session was judged by **Dr.Vishnu Bhat**, Director of Medical Research, **Dr. Ayyadurai**, principal Scientist Central leather Research Institute, Chennai and **Dr.Shaikh Jasmine Vajir**, Associate Proessor, Dept. of Anatomy, RVM Institute of Medical Science, Telangana. **Mr. Veluri Ganesh** (Third year PhD student), **Dr. Prabhudas N.** (Second year PhD student) **Mr. Mohan S** (First year PhD student) won the first, Second and third place respectively.

Oral presentations for faculty of AVMC was held on 20 th Jan 2021 from 2:30 to 4:00 pm. The session was judged by **Dr.Vishnu Bhat**, Director of MedicalResearch and **Dr.Shaikh Jasmine Vajir**, Associate Proessor, Dept. of Anatomy, RVMInstitute of Medical Science, Telangana. The judges provided valuable comments and suggestions to the presenters. **Dr.S.Deepa** Professor from OG, **Dr.B.R.Asokan**, Professor & HOD of Pharmacology and **Dr. Varadharajan Perumal**, Associate Professor of Pathology won the first, Second and Third place respectively.

As a part of Research day 2021, Guest lecture and Valedictory function was held on 21.01.2021 at 2 – 4 pm. Programme was started with Welcome address by Dr. Vishnu Bhat, Director of Medical Research, Dean HPE. Dr. V.N. Mahalakshmi shared few words about the importance of research. Then our Dean Dr. P.F. Kotur gave presidential address and introduced our Chief guest & speaker **Prof. Dr. C. Adithan**, Dean Research, SBV, Former HOD Clinical Pharmacology, JIPMER, followed by Chief Guest talk on **Steps in Developing a Research Proposal**. Later Dr. Vithiavathi. S, PG Co-Ordinator, announced the prizes for Oral e- paper presentation by Post graduates, faculty and PhD scholars & Poster presentation by Post graduates. Dr. A. Thumjaa, Deputy PG Co-Ordinator delivered the vote of thanks.



The two days' workshop was concluded with valedictory session.

**Dr. A. S. Ganesan**, Hon. Chancellor, VMRF and **Dr. Anuradha Ganesan**, Director-VMRF congratulated the organizing team on the day of Release of the e-Souvenir.

## 6. Virtual CME on “Concepts of sleep-Demystified”

The virtual CME on “**Concepts of sleep-Demystified**” was organised by the Department of Physiology under the auspices of Association of Physiologists of India on 21<sup>st</sup> January 2021. The platform used for CME was Cisco webex. Organizing Chairperson and organizing secretary were **Dr Lakshmi Jatiya** and **Dr M Gopinath** respectively. The CME was awarded with TNMC credits of 1 point.

**Dr. P.F. Kotur**, Dean, AVMC gave the presidential address. **Dr G K Pal**, Professor (Senior Scale), Department of Physiology, JIPMER & Dean School of health sciences, Pondicherry university and General Secretary ASSOPI gave the keynote address. The resource faculty were **Dr. Bindu M. Kutty**, Professor, **Dr Ravindra P N**, Associate Professor, **Dr. Arun Sasidharan**, Scientist-C (Neuroscience) from Center for Consciousness Studies (CCS, Department of Neurophysiology, NIMHANS, **Dr. Uma Maheswari Krishnaswamy**, Professor & Head, Pulmonology & Sleep Medicine, St. John's National Academy of Health Sciences, Bengaluru.

**Dr. V. N. Mahalakshmi**, Dean HPE, AVMC, **Dr. K. Jayasingh**, Medical Superintendent, AVMC, **Dr Vishnu Bhat**, Director, Medical Research and **Dr T Rajan**, Vice Principal gave the felicitation addresses.

A total of 116 faculty & PGs and 100 undergraduate students registered for the CME.

Poster and Essay competition were also held for both undergraduates and Postgraduates and the winners were honoured with certificates and cash prizes.



## 7. Guest Lecture on “CLINICAL TRIAL IN RESEARCH-STUDENT’S POINT OF VIEW”

A Guest Lecture on “**clinical trial in research-student’s point of view**” was organised by the Department of Pharmacology on 28<sup>th</sup> January at 10.30 AM . Guest Speaker was **Dr. S. Shreelakshmi Devi**, M.D, Associate Dean (Research), Prof & Head of Pharmacology, Shri Sathya Sai Medical Collage & RI, Ammapettai, kanchipuram.

Objectives of the programme were to find better ways to prevent, screen for, diagnose, or treat disease., to show which medical approaches work best for certain illnesses or groups of people. and to produce high-quality data for healthcare decision making. **Prof. B.R. Asokan**, HOD, Pharmacology welcomed the gathering. **Prof. Dr. P.F. Kotur**, Dean, AVMC&H gave the presidential address. 227 Participants were there.



Welcome Address by Prof. Dr. B.R. Asokan,  
HOD, Pharmacology



*Guest Speaker*

**Dr. S. Shreelakshmi Devi**, M.D,  
delivered the talk

### Virtual CME on “Covid - 19 Get Yourself Updated.”

The virtual CME on “Covid - 19 Get Yourself Updated.” was organised by the Department of Microbiology. The platform used for CME was Cisco webex. Organizing Chairperson and organizing secretary were **Dr Latha** and **Dr Kavitha** respectively. The CME was awarded with TNMC credits of 1 point.

**Dr. P.F. Kotur**, Dean, AVMC gave the presidential address. Eminent speakers shared their expertise through lectures. **Dr. V. N. Mahalakshmi**, Dean HPE, AVMC, **Dr. K. Jayasingh**, Medical Superintendent, AVMC, **Dr Vishnu Bhat**, Director, Medical Research and **Dr T Rajan**, Vice Principal gave the felicitation addresses. 350 Participants all over India benefitted.



# Reaching the Unreached

## Camps and outreach activities

Aarupadai Veedu College and Hospital is providing free medical care to the rural and urban population through outreach medical camps and health centres. The main objective is to improve the health of the communities in Puducherry, Villupuram and Cuddalore districts. Over the past 20 years AVMCH have conducted more than 800 medical camps in collaboration with local village leaders, Government and NGO's. We have conducted 8 Multispecialty medical camps were treated 726 patients at medical camps and 180 patients had been referred for further treatment at AVMC hospital during January – March 2021 in the area of Puducherry, Villupuram and Cuddalore districts. The preventive education, wellness and health awareness programs were also conducted through these medical camps.

### Health Camps Jan- Mar 2021





**1. Screening Programme For The Drivers Of Cuddalore**

In View of the New Year and Pongal Celebration our Management conducted an outreach programme for the drivers team in the Cuddalore. The initial step was taken by our Medical Superintendent **Dr.Jayasingh, MD.**, in extending our special service to the drivers team in cuddalore on 11.01.2021 at AVMCH. The Complete Health Check up was done for the Auto drivers and the Ambulance drivers from Cuddalore on 11.01.2021 and 12.01.2021. The Drivers were screened by the faculties of General Medicine, Ophthal, Ortho Departments. Blood Investigations and Radiological investigations was done in screening programme. The Participant Driver team was honoured by our Medical Superintendent Dr.Jayasingh, Deputy Medical Superintendent Dr.Deepa.

**Screening Programme For The Drivers of Cuddalore On 11.01.2021**



**2. World Tuberculosis Day celebration :**

Tuberculosis Awareness Programme was conducted at the Anganwadi Center, Chinnakanganankuppam on 26.03.2021 at 10:30 to 12:00 am . Awareness speech regarding the Pathogenesis of TB , Preventive measures to be taken by self and the government support with Direct Benefit Transfer was explained with chart work to the beneficiaries by the Postgraduates. The program was concluded with interactive session by **Dr.J. Arun Daniel** and vote of thanks by **Dr.T. Vignesh**.

**World TB Day Celebration On 26.03.2021 at RHTC, Chinakaganakuppam**



## AWARENESS PROGRAMMES CONDUCTED:

### WORLD KIDNEY DAY :

This year world kidney day was celebrated on 11th March at AVMC and hospital. Function was presided over by our Medical Superintendent **Dr.K.Jayasingh**, **Dr.S.Vithiavathi** HOD General Medicine, **Dr Prashant** RMO, **Dr Sathyasagar** Nephrologist. Awareness about prevention and treatment of kidney disease were stressed to the patients. Students from nursing college and dialysis course actively participated in poster presentation, pamphlet distribution and performing mime about importance of organ donation.



### WORLD CANCER DAY :-

On World Cancer Day (February 4<sup>th</sup> 2021) a Screening Programme was initiated at Aarupadai Veedu Medical College Hospital for Prevention of Cancer by Department of Obstetrics and Gynecology. Awareness talk was given on the need for screening for cancer cervix and cancer breast among the female participants, and they were motivated to disseminate the information.



### WORLD LEPROSY AWARENESS DAY

World Leprosy Awareness day was celebrated by Department of Dermatology, Venereology & Leprosy, Aarupadai Veedu Medical College & Hospital on 03<sup>rd</sup> February 2021 at Urban Health Centre, Ariyankuppam, Puducherry .

The program was conducted from 10.00 AM to 11.30 AM. Public awareness banners & posters were displayed. **Dr.P.Oudeacoumar**, Prof&HOD, Dept of DVL gave the welcome address & Introduction to the program.



**Dr. Sahana**, Final Year Post Graduate, 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. **Dr. Harish**, gave the speech on National Leprosy Eradication program. Interactive session with the public and the patients was conducted by faculty. Patients took active participation in the discussion and many doubts were answered. The program was concluded at 11.30 AM Noon with vote of thanks given by **Dr. Sri Dharani**, Medical Officer, Urban Health Centre, Ariyakuppam, Puducherry.



Dr. P. Oudeacoumar, HOD of Dermatology Delivering the Welcome Address



Dr. I. Sahana, Final Year Post Graduate of DVL, giving leprosy awareness speech in local language



Dr. R. Harish Kumar, Asst. Professor, Dept. of Community Medicine delivering speech on National Leprosy Eradication Program



Interactive Question and Answer session with the Public



Vote of Thanks given by Dr. Sri Dharani, Medical Officer, Urban Health Centre, Ariyakuppam, Puducherry



Public Attending the Leprosy Awareness program at Urban Health Centre, Ariyankuppam, Puducherry



## Publications Jan-Mar 2021

1. Soccalingam Artchoudane, Meena Ramanathan, Ananda Balayogi Bhavanani, Partheeban Muruganandam, **Lakshmi Jatiya** . Effect of Yoga Therapy on Neuromuscular Function and Reduction of Autism Severity in Children With Autism Spectrum Disorder: A Pilot Study. *International Journal of Health Systems and Translational Medicine*. 2021; 1(1): 76-85.
2. Kowwshik, Velkumary S, Pooja Sethi, **Jothi Marie Feula**, Subhashri S, Abirami S. Association of handgrip strength and endurance with body composition in head and neck cancer patients. *Journal of Family Medicine and Primary Care*. 2021; 10(2):910-916.
3. **Dr R.R.Kumar**, Tutor, Dept of Biochemistry has published an article titled “Serum Calcium-Magnesium Ratio in Patients With Senile Cataract At A Tertiary Care Hospital In Puducherry Population in *European Journal of Molecular & Clinical Medicine*. 2021; 8(1):1154-1160.
4. Dr. Prithviraj Nagarajan, Research associate from center for biomedical research has published a research paper on ‘Serum Calcium-Magnesium Ratio in Patients with Senile Cataract at a Tertiary Care Hospital in Puducherry Population in *European Journal of Molecular & Clinical Medicine* volume 8, Issue 1, January 2021.
5. Dr. Prithviraj Nagarajan, Research associate from center for biomedical research has published a research paper on ‘Study of Neutrophil-To-Lymphocyte Ratio and its Correlation with Glycemic Status in Diabetic Senile Cataract Patients’ in *Annals of the Romanian Society for Cell Biology*, Volume 25: Issue 1 , January 2021
6. Dr. B. Vishnu Bhat , Director Research has published a research paper on ‘Effect of Therapeutic Hypothermia on the Outcome in Term Neonates with Hypoxic Ischemic Encephalopathy-A Randomized Controlled Trial, In *Journal of Tropical Pediatrics*, Volume 67, Issue 1, February 2021.
7. Dr. B. Vishnu Bhat , Director Research has published a research paper on ‘Global DNA Methylation in Cord Blood and Neurodevelopmental Outcome at 18 Months of Age among Intrauterine Growth Restricted and Appropriate for Gestational Age Infants’ in , *Journal of Tropical Pediatrics*, Volume 67, Issue 1, February 2021.
8. Dr. Prithviraj Nagarajan, Research associate from center for biomedical research has published a research paper on ‘Impact of Dyselectrolytemia in the Pathogenesis of Diabetic Cataract’ in *Annals of the Romanian Society for Cell Biology*, Volume 25: Issue 3 , March 2021.
9. Dr. Prithviraj Nagarajan, Research associate from center for biomedical research has published a research paper on ‘The Impact of the Covid-19 Pandemic on the Academic Research: Short Review’ in *Annals of the Romanian Society for Cell Biology*, Volume 25: Issue 3, March 2021.



## Faculty as Resource Persons and Chair Persons

1. Dr.R.Sasikala, Prof& HOD was Resource Person in Webinar “High Risk Pregnancy” organized by (TNFOG Series on Magalir Nalam 1)- 20.02.2021
2. Dr.S.Deepa Professor was Resource Person in Course Commencement Ceremony (I MBBS 2020-2021 Batch) Behavior in “New Normal” organized by AVMCH – 27.01.2021.
3. Dr.S.Deepa Professor was Resource Person in CME AUB and Role of LNG – IUS organized by BAYER- 16.02.2021.
4. Dr.S.Deepa Professor was Resource Person in National Webinar on Women Health “Polycystic Ovary Syndrome (PCOS)” organized by Bishop Heber College, Trichy – 19.02.2021.
5. Dr.T.Rajan Chaired for scientific session in International Virtual Conference on “Contemporary and evolving perspectives in Anatomy learning” on 20.02.2021 at King George Medical University, Lucknow
6. Dr.B.R.Asokan, HOD was a resource person in teaching and learning assessment program in FIP module-3by AVMC from 4<sup>th</sup> to 6<sup>th</sup> January.
7. Dr. Sivaraj was appointed as CPCSEA link nominee in Diligence Bio, Pondicherry
8. Dr.B.R.Asokan, HOD was a resource person in conducting Revised Basic Course Workshop by AVMC (NMC-Observed) from March 30<sup>th</sup> to April 1<sup>st</sup>, 2021
9. Dr M Gopinath, Associate Professor, Department of Physiology attended Revised Basic Course Workshop as resource faculty from 30<sup>th</sup> March-1<sup>st</sup> April 2021 organised by MEU, AVMC under the observership of JIPMER.
10. Dr.B.R.Asokan, HOD gave an oral paper presentation on the topic entitled ‘Evaluation of Anticonvulsant and anti-oxidant potentials of Basella Alba by influencing the Brain enzyme levels in Laboratory animals’ in Research Day 2021 by AVMC and bagged second prize under Faculty category.
11. Dr Sasmita Mishra, Professor and Head participated as resource person in Faculty induction programme –Module 3 on 5<sup>th</sup> Jan 2021
12. Dr Sasmita Mishra, Professor and Head and Dr Manju M Professor, Dept of Biochemistry participated as resource persons in Revised basic course workshop (rBCW), under the supervision of MCI\NMC regional center JIPMER) conducted on 30.3.2021 to 1.4.2021.

## Conference attended by Faculty, Postgraduate students

### By Faculties:

1. Dr.T.Rajan, Professor & HOD attended Webinar on “Inborn errors of metabolism & Genetic counseling: Current scenario” on 29.12.2020.
2. Dr.T.Rajan and Mr.K.Sridhar attended Hands on training in “Human cytogenetic analysis and Florescence In Situ Hybridisation” from 18.01.2021 to 23.01.2021

3. Dr.S.Ilankathir, Dr.M.Sudagar, Mr.K.Sridhar attended Webinar on “Stem Cell Transplantation and Recent Advances in Cancer” on 08.01.2021
4. Dr. M.Sudagar, Mrs.G.Sowmya attended Webinar on “Peri-operative Anaesthetic considerations in a patient with malignancy” on 22.01.2021
5. Dr.S.Ilankathir, Dr.M.Sudagar, Mrs.G.Sowmya attended Webinar on “An Overview of Pain Management” on 29.01.2021.
6. Dr.T.Rajan, Dr.S.Ilankathir, Mrs.G.Sowmya attended webinar on “Emerging trends in Hospital Acquired Infections” on 05.02.2021.
7. Mrs.G.Sowmya attended Webinar on “Update on Paediatric Tuberculosis” on 12.02.2021
8. Dr.T.Rajan, Dr.S.Ilankathir, Mr.K.Sridhar, Mrs.G.Sowmya attended webinar on “Containing microbial resistance and promoting rational use of antibiotics in the Covid-19 world” on 19.02.2021
9. Dr.T.Rajan, attended International virtual conference “Contemporary and evolving perspectives in Anatomy learning” on 21.02.2021
10. Dr.T.Rajan, attended Workshop on “Karyotyping” in International virtual conference Contemporary and evolving perspectives in Anatomy learning on 22.02.2021
11. Dr.Jothi Marie Feula A, Assistant Professor, Department of Physiology attended the Faculty Induction Programme- modules 3-10 organized jointly by VMRF and MEU, AVMC from 4<sup>th</sup> Jan - 25<sup>th</sup> Feb 2021.
12. Dr Jothi Marie Feula A, Assistant Professor, Department of Physiology attended Revised Basic Course Workshop from 30<sup>th</sup> March-1<sup>st</sup> April 2021 organised by MEU, AVMC under the observership of JIPMER.
13. Dr Meganathan, Dr Madhanagopal, Dr Sivaraj, Dr Narayanasamy has completed Revised basic course workshop by AVMC (NMC-Observed) on March 30<sup>th</sup>- April 1<sup>st</sup>, 2021
14. Dr.Deepa Kameswari and Dr Velvizhy completed basic course in biomedical research by NPTEL, ICMR with good pass percentage.
15. Dr.B.R.Asokan attended ISRPT conference 2020 on 12<sup>th</sup> 13<sup>th</sup> February, 2021 by PGIMER, Chandigarh.
16. Dr.B.R.Asokan attended training on Pharmacovigilance for NABH & healthcare providers organized by Indian Pharmacopoeia Commission on 24<sup>th</sup> march 2021.
17. Dr.B.R.Asokan, Dr Narayanasamy, Dr Deepa Kameswari attended Faculty induction Program module-10 by AVMC on 24<sup>th</sup> and 25<sup>th</sup> February.



18. Dr.B.R.Asokan, Dr Deepa Kameswarihas attended National e-workshop on animal handling and experimental Pharmacology held on 9<sup>th</sup> February 2021, organized by IGIMS, Patna.
19. Dr. Sivaraj has attended 44<sup>th</sup> Annual Conference of Mumbai Hematology on 12<sup>th</sup> march 2021.
20. Dr.M.Meganathan, Dr Madhanagopal, Dr DeepaKameswari attended SDP on Pharmacovigilance for medical products organized by Indian Pharmacopeia commission from 15<sup>th</sup> to 19<sup>th</sup> march 2021.
21. Dr.M.Meganathan and Dr Deepa Kameswari attended Pharmacogenomics: Basics to advance (2021) virtual conference under the aegis of Medical Pharmacologist Society
22. Dr Deepa Kameswari attended i-MECON: International Medical Education Conference” held between 25<sup>th</sup> & 27<sup>th</sup> March 2021 conducted by Sri Devaraj Urs Academy of Higher Education and Research, Kolar.
23. Dr Deepa Kameswari attended 7<sup>th</sup> Annual Conference of Heart Failure Association of India conducted by Apollo Hospitals from 12 Feb, 2021 to 14 Feb, 2021
24. Dr Deepa Kameswari attended Workshop on Materiovigilance: Ensuring Safety of Medical Devices” held at AIIMS Patna on 25<sup>th</sup> March 2021.
25. Dr Velvizhy has undergone CAMU LMS training program as a department coordinator on 23<sup>rd</sup> January by AVMC.
26. Dr Sasmita Mishra, Professor and Head, Dr Manju M Professor, Dept of Biochemistry and Dr T Sibi Mandela, Assistant Professor, Dept of Biochemistry participated in **I-MECON** conference on technology in medical education organized by SDMC, Tamaka, Kolar from 25<sup>th</sup> to 27<sup>th</sup> March 2021.
27. Dr T Sibi Mandela, Assistant Professor, Dept of Biochemistry, participant in Revised basic course workshop (rBCW) conducted on 30.3.2021 to 1.4.2021 at AVMC&H.
28. Dr T Sibi Mandela, Assistant Professor, Dept of Biochemistry, participated in I-MECON workshop (Self directed learning and use of technology in assessment ) organized by SDMC, Tamaka, Kolar on 24<sup>th</sup> March 2021.
29. 42<sup>nd</sup> Annual National Conference of the Indian Academy of Forensic Medicine attended by Dr.J.James Rajesh on 22.01.2021 – 24.01.2021.
30. 42<sup>nd</sup> Annual National Conference of the Indian Academy of Forensic Medicine attended by Dr.A.Arthy on 22.01.2021 – 24.01.2021 & also presented an E POSTER on “Checklists in Medico Legal Investigation”.
31. 42<sup>nd</sup> Annual National Conference of the Indian Academy of Forensic Medicine attended by Dr.A. Janani on 22.01.2021 – 24.01.2021. & presented two oral papers, “50 years of MTP, Past ,Present and Future” & “Effectiveness of educational intervention on knowledge and attitude about MTP Act 1971 among apparently healthy reproductive age group population visiting a tertiary care center, Puducherry”

32. “Concepts of Sleep “ – Demystified CME conducted by the department of Physiology on 21.01.2021, attended by Dr.J.James Rajesh
33. “Clinical trials in Research - Students point of view” CME conducted by the department of Pharmacology on 28.01.2021, attended by Dr. A. Arthy.
34. Completed course by Dr. A. Arthy on “Competency Based Medical Education (Forensic Medicine)” conducted by the MEU INDIA between October 2020 to January 2021.

## Awards & Achievements

1. The INDO-UK Department of Biotechnology (DBT) project in collaboration with Pondicherry University sanctioned Rs 25.5 Lakhs for Dr.R.Latha as Principal Investigator, Dr.K.Kavitha and Dr.S.Ravikumar as Co-Principal Investigator. The project is titled “AMWATCH: Defining the AMR Burden of Antimicrobial Manufacturing Waste in Puducherry and Chennai”
2. WOMEN RESEARCHER AWARD had been awarded to Dr.Kalaiselvi in the International Scientist Awards on Engineering, Science and Medicine, held on 06 & 07-Mar-2021, Goa, India, Organized by VDGGOOD Professional Association.
3. Dr.B.R.Asokan, HOD received Achiever Award from Assist World Records Research foundation in ‘Most no. of self-proclaimed Women & Men achievers 180’ jointly organized by Kavithai Vanil Kavimandram, Jothy Eye care Centre, Rotary club Pondicherry Eves, Central, Cosmos and Agaram on 20th and 21st March.2021.
4. Dr.R.Latha, Professor and HOD- Dept of Microbiology was conferred with VMRF Women Leadership award-2021 in recognition for contribution in academics, research and innovation and AVMC Women achiever award on International Women’s day.
5. Dr Lakshmi Jatiya, Prof & Head, Department of Physiology received “Women Achiever Award” from Kavithai Vaanil Kavi Mandram, Jothi Eye Care centre and Rotary clubs of Pondicherry Eves, Cosmos & Agaram and Assist World Record Programme on occasion of International Women’s day 2021 on 20th March 2021.
6. Dr.S.Deepa, Professor secured 2nd prize in paper presentation on FOGSI-ICOG Conference PCOS& BMI-Fertility Outcome – 06.02.2021.
7. Dr. P. Ramya, Assistant Professor secured 1st prize in paper presentation on FOGSI-ICOG Conference “Foetal Maternal Outcome in cardiac disease” – 07.02.2021.
8. Dr.S.Deepa, Professor won 1st Prize in Faculty Oral Presentation on “PG Research Day 2021” organized by AVMCH – 21.01.2021.
9. Dr.Dhaval Kondkar PG Final Year won 1st Prize in PG Paper Presentation on “PG Research Day 2021” organized by AVMCH – 20.01.2021.



## Spotlight

### Department of Pathology

#### Our Vision:

- To provide state of the art of diagnostic pathology services while achieving excellence in research and education.
- To Excel in academic and diagnostic work with added quality and empathy

#### Our Mission

- To impart quality education and produce excellent medical experts.
- To sensitize students to acquire knowledge from various sources and utilize them in understanding of the disease.
- To promote excellence in service, research and education for students and staff
- To prepare students academically and professionally.
- To think with clarity, act with integrity and serve with passion.
- A Centre of excellence offering medical education for the students and contribute to the society, nation and the world.

#### Objective:

- To provide the best student experience through innovative educational programs.
- To provide high quality diagnostic pathology services for optimal patient care.
- To provide blood transfusion service for better patient health care.
- To enrich the Scientific research by encouraging interdisciplinary collaboration.
- To achieve NABL accreditation for diagnostic services.

#### Faculties:

S. No	Name of the faculty	Designation
1	Dr. Jawahar. R	Professor & HOD
2	Dr. Umadevi. K.P	Associate Professor
3	Dr. Jeyashambavi.J	Associate Professor
4	Dr. Varadharajaperumal.R	Associate Professor
5	Dr. Siva.K	Associate Professor
6	Dr. Revathy.S	Assistant Professor
7	Dr. Pradeep.A	Assistant Professor

8	Dr. Leelavathi.S	Tutor
9	Dr. Harshini.V	Tutor
10	Dr. Rajalakshmi.R	Tutor
11	Dr. Thamizhvendhan.A	Tutor
12	Dr. Vignesh.M.N	Tutor
13	Dr.Swathi Kothari.P	Tutor



### Courses:-

- MBBS,
- SAHS courses, B. Sc Nursing, M. Sc Nursing, B. Sc Optometry, BPT

### Academic Activity & Patient care Services:-

Pathology is a branch of medicine which bridges between the clinical and non-clinical disciplines within the medical curriculum. Our department is headed by an experienced Pathologist and comprises a team of young and vibrant faculties and few of them are trained in oncopathology. They are actively involved in diagnostic work, curriculum development, undergraduate teaching and research .

The Department of Pathology aims to provide the best quality diagnostic services like Histopathology, Cytology, Hematology, Clinical pathology and blood bank services. Clinical pathology, Hematology and Blood bank services at the hospital premises functions round the clock.



We are also enrolled in National External Quality Control Programme offered by JIPMER, AIIMS, CMC Vellore, Neuberg Anand laboratory etc. We are also proud to say that we are the only medical college providing blood and blood components to more than 16 private hospitals in and around Puducherry.

On academic side the Department of Pathology aims at imparting best knowledge to the undergraduate medical students, nursing, physiotherapy and allied health science students motivating them to excel in their academic standards and come out as inspiring good health professionals.

### Research:

Published 24 research articles in indexed journals in the last five years.

### Achievements:

- Dr. Jawahar, Professor & HOD and Dr. Varadharajaperumal, Associate Professor, has been awarded one Intramural funded project each worth 2 Lakhs from VMRF.
- Dr.R.Varadharajaperuma & Dr.Siva.K has done oral presentation in International E-Conference(BMSCON-2020) in Puducherry.
- Faculties have trained in various Faculty Development Programmes.

### Best Practices:

- Problem based teaching.
- Digital QR coded museum.
- International standard protocols followed for all reporting's.

### Other Responsibilities held by the Faculties:-

#### Dr. Jawahar, R.

- Member Secretary – Phase 2 Curricular Sub committee, Blood Transfusion committee, Clinicopathologic Committee
- Member – Institutional research committee, college council committee, academic committee, Library development committee, Tumor Board Committee, Death Audit Committee, Hospital Improvement Committee, CAMU implementation committee.

#### Dr. Umadevi,

- Core Committee Member in Medical Education Unit
- Member – Academic Committee

#### Dr. Jeyashambavi.

- Member - Curriculum sub-committee Phase I and Phase II MBBS, News letter committee.



**Dr. Varadharajaperumal,**

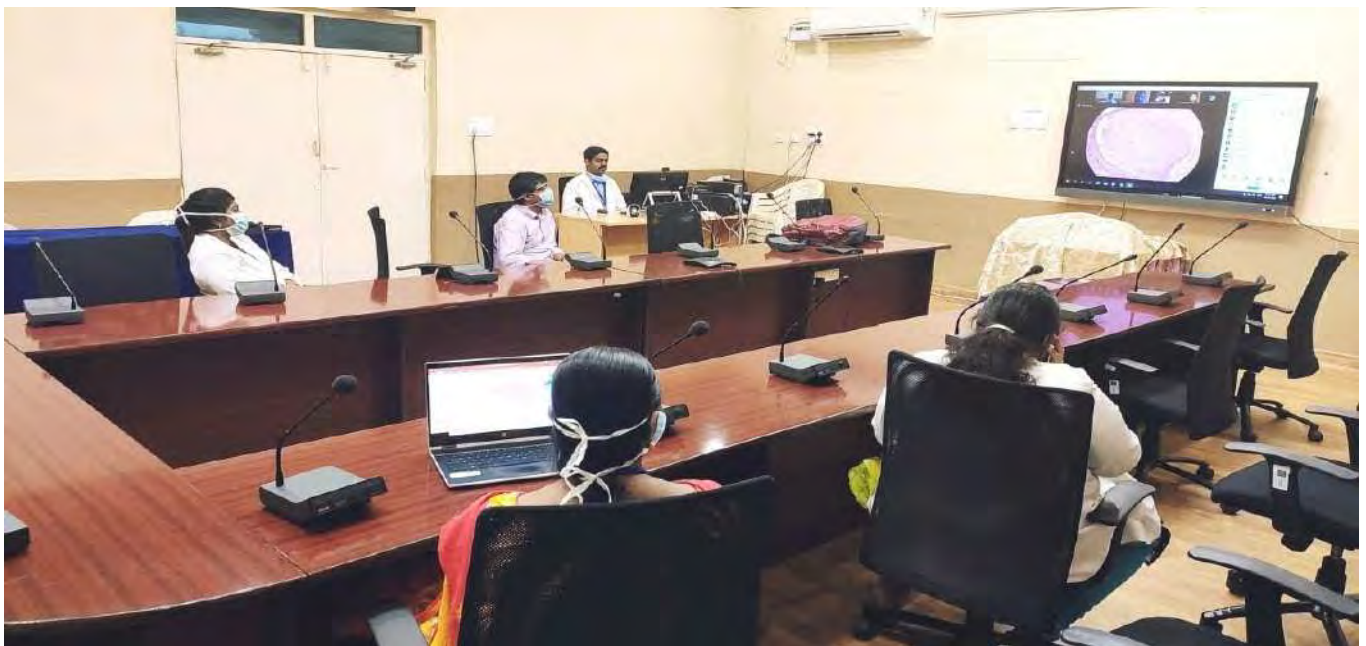
- Member – Institute IQAC committee, and Criteria 4 In-charge, CAMU implementation committee, Students council committee

**Dr. Pradeep**

- Member Secretary – Tamil Mandram

**Dr.Revathy**

- Member – NABL Committee



# Celebrations at AVMCH

Staff and students of AVMC celebrated Pongal with great enthusiasm on 13<sup>th</sup> January 2021. A harvest festival with so many names: Pongal in South, Lohri and Makar Shankranti in North, Bihu in Assam ...

The day began with perfect weather for Pongal festivities. Staff members invited Dean, Medical Superintendent, Vice principal to formally ignite the fire for Pongal preparation amid traditional music being played at the backdrop. The first event of the day was Pongal making competition. While the Pongal was being prepared students, faculty and other staff members enjoyed bullock cart ride. It was great fun.



Pooja was performed as a reverence to Sun God for giving bountiful crop and bringing cheer to everyone life. Pongal prepared by our staff members was distributed to all staff and students. A number of other events were organized and prizes were given to winners: Rangoli competition with Pongal as the theme. Sugarcane breaking competition, Slow Cycle race, Uriyadi (Pot breaking with blind folded) Pattimandrum-A tamil literary and debating platform with various events. Lucky draw was also held. A fun-filled day came to an end with prize distribution.





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. 72nd Republic Day was celebrated in Aarupadai Veedu Medical & Hospital campus on 26.01.2021. The National Flag was hoisted by the Dean, AVMC&H accompanied by the HOIs of all the Institutions. Administration of Constitutional Pledge was taken by the faculties and students following Dean-HPE.



Women Empowerment Cell (WEC) of Aarupadai Veedu Medical College & Hospital celebrated the International women's Day virtually on 8<sup>th</sup> March 2021 on cisco webex platform between 11-1.30pm.

The meeting was anchored by Dr Arthy, AP, Forensic Medicine and Dr Jothi Marie Feula, AP, Physiology. Anchor were efficiently supported by Dr D Naresh, Tutor, Physiology.



The program started with virtual lamp lighting and invocation. This was followed by a dance video depicting personification of Shakti. Dr Pushpa Kotur, President, WEC welcomed the gathering and also stressed that women are excelling in all fields, they created history in the past and are breaking all barriers to leave a strong legacy to follow. She also introduced Dr Rekha Shetty. The Chief guest, an entrepreneur, author of 11 best seller books by Penguin publications, Past District Governor, Rotary and a major donor. She stressed on the quadrangles of life i.e. family, work, society and most importantly self. She emphasized that we are all names in history and we should use the opportunity today to put our names in the right pages.

Guest of honor was Dr Rohini Katoch, Superintendent of Police, Bengaluru, South, a medical doctor who pursued her dream to join civil services. Dr Sasikala, HOD, Department of O&G introduced Dr Rohini Katoch. The event was presided over by Dr Anuradha Ganesan, Director, Vinayaka mission's Research Foundation, Salem and a Rotarian. She stressed to make women educated, as educated women make better families, societies and nation as a whole. The highlight of her address was on to bridge the gap between the perception on woman empowerment at higher levels and what the reality at lower level is. She accentuated that service works at multiple levels and multiple forms. One can just take an effort to make sure that not even one girl child drops out of school from the neighbourhood. Dr Anuradha Ganesan was introduced by Dr V N Mahalakshmi, Dean-HPE.

Dr P F Kotur, Dean spoke on the importance of women's day and how empowered women can help empower other women. He also explained the theme of Women's Day 'Choose to Challenge'.

Dr K Jayasingh, Medical Superintendent spoke on the theme of this year's International Women's Day- 'Choose to Challenge' in a unique poetic manner in tamil

Activities for the year 2020 and calendar of events for 2021 of WEC were presented by Dr Lakshmi Jatiya, HOD, Department of Physiology.

Mrs Justin V Mary, Nursing Superintendent introduced the project-Meri Sakhi- A FDP for non-teaching staff and nurses.

Dr R Latha, HOD, Department of Microbiology administered the Women's Day pledge to all students and staff of AVMC campus.

A PPT was presented showcasing the Women Achievers -2021 and prize winners of various events organised by Dr Arthi, AP, Department of Forensic Medicine.

As a part of women's Day various competitions were conducted like Drawing/painting competition , Slogan writing competition , Short film. The entries were judged by faculty across all the Institutions in AVMC campus. The prize distribution for winners took place on 6<sup>th</sup> March 2021 in Pre Women's Day function.

The highlight of the Pre Women's day function was announcement of Women Achievers for the year 2021. Keeping up with the tradition of last two years nineteen women achievers across all sections of employees and Institutions in AVMC campus were felicitated. The following members were felicitated with a stroll, certificate and memento.

The program came to an end with a short cultural program, vote of thanks and national anthem. The ceremony came to a close with cultural program. Ist year MBBS students, Nursing and BPT students had put up an impressive 1 hour cultural program.

Another novel initiative-'Meri Sakhi' or 'My Friend ' was also launched wherein the interested non-teaching and nursing staff would be trained in spoken English and basic computer skills. The trainers would be computer programmers and English teacher of AVMC. The trainees have to put in min 80% attendance and clear exit exam. A certificate would be provided on successful completion of the course.

Caps were distributed to all women sanitary workers, gardeners and attenders. These caps were distributed keeping in view of approaching summers. WEC is indebted to them for keeping our campus clean and green.





## Academic activities

1. VMCON, Department of Medical Surgical Nursing organized a cancer awareness program on 24.02.2021 as observance of cancer awareness day at out patients department of avmc&h Puducherry. Program started at 10.00 am. M.Sc(N) I&II Year ,B.Sc (N) III Year & DGNM (II) Year students of Vinayaka Mission's participated in the program and presented health talk regarding cancer its causes ,warning signs ,risk factors ,various diagnostics procedure ,treatment and preventive measures with the help of flash cards ,posters and banners the students were guided by **Mrs.Batmavadi .R & Mr.Jaiganesh.E** Lecturer Department of Medical Surgical Nursing VMCON,Puducherry about 210 students were benefited through this programme.



2. VMCON, Department of Medical Surgical Nursing organized a Mass Education Program on 11.03.2021 towards “**World Kidney Day -2021**” with the Theme of “**Living Well with Kidney Disease** at Out Patient department of AVMC&H, Puducherry. Health talk on kidney disease - its causes, signs and symptoms, risk factors, various diagnostic procedures, treatment and preventive measures were presented with the help of posters and models. M.Sc (N) I year & B.Sc (N) II year students exhibited diet towards the renal disease. The students were guided by **Dr.Malathy.R**, HOD, and **Mrs. Gomathy. R**, Associate professor. About 350 out patients were benefited through this mass education programme. The program ended at 01.00 pm.



3. VMCON, Puducherry Dept. of Child Health Nursing, organized World Cancer Day awareness Programme on 5.02.2021. The programme started by **Mr. Gunasekaram**, Medical Officer, PHC, Reddiarpalayam, and Puducherry explaining about cancer and prevention of cancer and warning signs of cancer. Our students created awareness poster on Prevention of Cancer in Reddiarpalayam, PHC and also enacted a skit and distribution of pamphlets to public Health talk on prevention of cancer was given. By **Ms. Harini** DGNM II year. Finally Vote of Thanks was proposed by Ms. Harshini. DGNM II year VMCON Puducherry. Our students were guided by **Mr. Prabhu.S**, Assistant Professor, Dept. of Child Health Nursing, VMCON, and Puducherry. 35 Nos public from near reddyarpalayam, and along with PHC staffs 22 (nos) and total no of faculty 1(no's) & students 12 no's participated in this programme.



4. Department of Child Health Nursing, VMCON in collaboration with Siddha Clinic, PHC Reddiarpalayam, organized an awareness programme on the “**Use of Siddha treatment for COVID-19**” on 10.02.21. Chief Guest of the Programme was **Mr. Gunasekaram**, PHC, Reddiarpalayam, Puducherry. Welcome address was given by Dr. Vadivel,. Sensitization programme on the importance and benefits of siddha treatment was enacted by students from VMCON Puducherry and they distributed pamphlets finally “Diet on herbal remedies was exhibited “for the public and school children. Our students enthusiastically participated in the programme. The students were guided by Mr. Prabhu S, Assistant Professor, Dept. of Child Health Nursing, VMCON, and Puducherry. 25 nos from public, along with PHC staffs 35 nos participated. School children 20 nos and faculty 1 nos & total students 11 nos participated and benefited from this programme.





5. Vinayaka Mission’s College of Nursing, Department of Child Health Nursing organized a “**Guest Lecture on “Chromosomal anomalies in children** “on 22.03.2021. Chief Guest and resource person of the program was **Dr. Bhavani Prasad**, Senior Tutor, Department of Anatomy, PIMS, Puducherry, he highlighted on the Structural Abnormalities, DNA damage during spermatogenesis, Numerical abnormalities and the conditions pertaining to these mutations. M.Sc.(N), B.Sc (N) and PBBSC Nursing students from Vinayaka Mission’s College of Nursing participated and benefited by this session. About 75 students and 18 Faculties participated in the program. The session ended with vote of thanks proposed by Mr. Prabhu Assistant Professor, department of Child Health Nursing, VMCON, and Puducherry.



6. Vinayaka Mission’s College of Nursing, Department of Medical Surgical Nursing organized a Guest Lecture on **Efforts towards TB Elimination** on 29.03.2021. Resource person for the program was **Dr. Vishnu Anjan Nareddy**, Associate professor and Consultant, Department of General Medicine, AVMC&H, Puducherry. He highlighted on the current incidence and prevalence of TB, National End TB, Target and expansive strategies in diagnosis, structural organization of TB center, MDR TB management, community engagement and prevention strategies. M.Sc.(N) I year, B.Sc. (N) II year, P.B.B.Sc.(N) I year & DGNM II year students from Vinayaka Mission’s College of Nursing participated and benefited by this session. About 90 students and 10 faculties participated in the program.

7. Vinayaka Mission’s College of Nursing, Department of Child Health Nursing organized “**World Kidney Day-Awareness Program**” on 12.03.2021 with the Theme of “**Living Well with Kidney Disease** at Out Nephrology department of Government Head Quarters Hospital, Cuddalore. Chief Guest of the program Dr. Shailaja MD, Nephrology, inaugurated the session at 10.30 am. M.Sc.(N) I& II year & B.Sc (N) III year students of Vinayaka Mission’s College of Nursing participated in this program and presented a health talk





on kidney disease pertaining to its causes, signs and symptoms ,risk factors, various diagnostic procedures, treatment and preventive measures with the help of posters and exhibited diet on the prevention of Renal Diseases in Children. The students were guided by the Department Faculties of Child Health Nursing, VMCON, and Puducherry. About 47out patients, were benefited through this education programme.23 students and 01 Faculty participated in the program.

8. The Department of Mental Health Nursing, Vinayaka Mission's College of Nursing, Puducherry, organized a Guest Lecture on **“Women’s Mental Health”** on 16.03.2021 at 1.00 pm. The guest speaker **Dr.Partheeban.M** Associate professor of psychiatric Mahatma Gandhi Medical College and research institute Puducherry spoke about women’s mental health the common psychological problem faced by the women and techniques to improve the women mental health . The students were actively involved and got clarified with their doubts .the beneficiaries of this guest lecture were nearly 56 nos students and 15 nos faculties of VMCON



## Congratulations !!!

1. **Mrs.Sarojini.S** Associate Professor, Department of OBG VMCON Puducherry, has successfully Completed Ph.D. program titled as **“Effect of mindful Based Stress Reduction Programme on prenatal stress among antenatal mothers in preventing postpartum blue”** and received certificate on 29.03.2021 Ph.D. certificate has been awarded by MAHER University Chennai.



## Outreach activities

1. NSS unit of Vinayaka Mission's College of Nursing participated Mock drill Programme. On Disaster Management conducted by CHEMFAB ALKALIS company Periyakalpet, Puducherry on 08.01.2021. About 5 students (DGNM III year) with one faculty (Mrs. V. Sujitra) participated in the programme. Students enacted as a victim and also as a patient at PHC, Periyakalpet. Students gained knowledge regarding Disaster Management and they learned to manage the critical situation like chemical explosion. NSS volunteers actively participated in the Programme



2. NSS unit of Vinayaka Mission's College of Nursing organized Road Safety Awareness Programme on 14.02.2021 at 5.00 P.M at Puducherry Beach. About 21 students (ANM, I year) with 1 faculty (Mrs. V.Sujitra) participated in the programme and the students conducted skit and rally on Road Safety Awareness. NSS volunteers actively participated in the programme



3. NSS unit of Vinayaka Mission's College of Nursing, Puducherry organized a hygienic measures regarding hand washing technique Programme at Puducherry park on 10.02.2021 at 10.30 A.M. Around 48 students of DGNM III year along with NSS programme officer Mrs. V.Sujitra participated and actively involved in hand washing technique Programme. NSS volunteers intently participated to create aware of the public regarding the importance of maintaining the cleanliness to safeguard self and public.



4. NSS unit of Vinayaka Mission's College of Nursing, Puducherry organized a mask distribution Programme at Ariyankuppam on 21.01.2021 at 10.30 A.M. Around 48 students of DGNM III year along with NSS programme officer Mrs. V.Sujitra participated and actively involved in the Programme. NSS volunteers resolutely participated to create aware of the public regarding the importance of wearing the mask to safeguard self and public during the pandemic situation.



5. NSS unit of Vinayaka Mission's College of Nursing organized NSS special camp on 29.03.2021 at 10.30 A.M at Vinayaka Mission's College of Nursing. Dr. Vishalakshi NSS Programme Coordinator inaugurated the session and explained the students about the importance of camp. About 50 students (DGNM, III year) with 10 faculties participated in the programme. In the afternoon NSS volunteers cleaned the adopted area (Ariyankuppam) and went for an awareness rally about 100% ethical voting. NSS volunteers actively participated in the programme. About 50 students (DGNM, III year) with 1 faculty participated in the programme

6. Red Ribbon Club unit of VMCON, Puducherry organized blood donation camp. The Blood Donation Camp was conducted on 06.03.2021 at 9.00 A.M at JIPMER New Blood Bank. Totally 15 students participated among them 8 students & one faculty Donated Blood



7. Red Ribbon Club unit of VMCON, Puducherry organized HIV Awareness Rally. The HIV Awareness Rally was conducted on 18.03.2021 at 3.30 P.M at Ariyankuppam Puducherry. Totally 48 students & 1 faculty participated in the rally and created awareness among the public.





## Audiology and Speech Language Pathology

### National Science Day Celebrations

National Science day was celebrated on 27.02.2021. The theme of this year was “Impact on Education, Skills and Work “.

The programme started with the prayer song followed by welcome address. Dr.Ravikumar, Scientist, AVMC Campus was the Chief Guest. The occasion was graced by the presence of Prof.N.D.Rajan, Deputy Director , Department of Audiology and Speech Language Pathology, Dr.K.S.I.Muralisankar ,Director, School of Physiotherapy, .Dr.S.Kanimozhi, Director in charge,FASH.

Competitions like Quiz, Rangoli, Fancy dress, Short film, Working Models were held. 60 Students participated in the initial round of **quiz competition**. The second round was the rapid fire round in which 6 teams were selected from the preliminary round. The top 3 teams made it to the finals which were audio visual round conducted on 27.02.2021. The students found it very useful and informative.

**The rangoli** competition was held based on themes picked up by the lot system by the different teams from the various departments. Science based themes were selected for the competition. Half an hour was given to the participants for the preparation.

Students dressed as various renowned scientists participated in the **fancy dress competition**. They depicted the history of their respective discoveries.

The various departments participated in the **short film contest** as awareness programme. 6 short films were screened. The effort put in by the students was greatly appreciated by the guests of honour

**Working models** were the highlight of the day ‘s events. Students presented various working models pertaining to their respective departments.





## Health Awareness Program

1. School of Allied Health Sciences Students and Staff's conducted World Cancer Day 2021 on 04.02.2021 at SAHS campus. Dr.V.Kabilar MD., DMRT., FRCR (UK) and Dr.Senthilkumari, Medical officer Primary Health Centre were the chief guest for this occasion. Staff's conducted poster competition for students.



2. This camp was organised by Department of Ophthalmology, AVMCH Pondicherry in Kattumannarkoil, Tamilnadu on 17/02/2021 4 students of from School Of Allied Health Sciences have participated. 120 patients were benefited.





3. Two faculties & 11 students participated in Health Awareness Program conducted at Manimegalai Girls Higher Secondary School, Nellithope on 6th March 2021 by School of Allied Health Sciences, Puducherry. Mrs.Valarmathy, Ms.Sowmiya, faculties of SAHS & 11 students from B.Sc., Renal Dialysis II & III Years participated in this program. Ms.Sowmiya faculty of renal dialysis gave a brief description about Prevention of Kidney Diseases and Urinary Tract Infection & Dialysis.



4. The theme of World TB Day 2021 - **‘The Clock is Ticking’** –conveys the sense that the world is running out of time to act on the commitments to end TB made by global leaders. The clock is ticking, highlights the importance of engaging and empowering leaders in public health, government, medicine and communities in effort to eliminate TB. Department of Medical Lab Technology, School of Allied Health Sciences (SAHS), conducted an awareness camp at **Dr. B. R. Ambedkar Government Higher Secondary School** , Kirumampakkam, Puducherry on Wednesday, March 24 th 2021 to mark the World Tuberculosis Day. This Program was supported by **Dr. S . Kanimozhi**, the director In-charge, **Mrs. D. Anitha**, Assistant Professor, **Mr. Chandru**, Administrative Officer, SAHS.



Final year MLT students created awareness program to the school students about TB, History of TB, Introduction, Causes, signs and symptoms, Clinical interpretation, and recent updation of TB and the prevention strategies which was an eye opener .The population of 67 students were benefited from this Programme.



5. Department of Audiology and Speech Language Pathology conducted World Hearing Day Awareness Program on 3.03.2021.Dr. B. Rajashekar, Professor Emeritus, Manipal University was the chief guest.



**Voice lab Inaugurated:**

An inaugural ceremony of the **Voice lab** in the unit of Speech Diagnostics was held on Friday, 24th March 2021 at 11:45 a.m. at Department of Audiology and Speech Language Pathology, Puducherry. The program commenced with the inauguration of newly added instrument **Stroboscope** for the Voice Lab by the traditional ribbon cutting ceremony.

Dr. P F Kotur, Dean, AVMC, inaugurated the event and Prof. N D Rajan, Deputy Director, Dept. of Audiology and SLP, Dr.Jayita Das Poduval, HOD, Dept of ENT, Dr.Muralisankar, HOD, Dept of Physiotherapy, Dr. Kanimozhi, Director in charge, SAHS accompanied the team.

. The newly added lab equipped with latest technology would be a platform for the post graduate students and other researchers to evolve themselves in various projects and clinical evaluations in the department in relation to voice. The program was further continued by the team visiting the various departments such as Speech diagnostics, Speech and language therapy, Audiology and The Com-DEALL and the dignitaries appreciated Prof. ND Rajan for the infrastructure, facilities and achievements of the unit.



### Celebrations

1. Pongal was celebrated with the traditional customs. However due to pandemic the various competitions were not held.







## 2. Welcome Freshers

The fresher's day was conducted on March 4<sup>th</sup> 2021. Dr.B.Sendilkumar, Dean & Director, FAHS, graced the occasion by addressing the gathering. He stressed the importance of allied health sciences in serving the society.



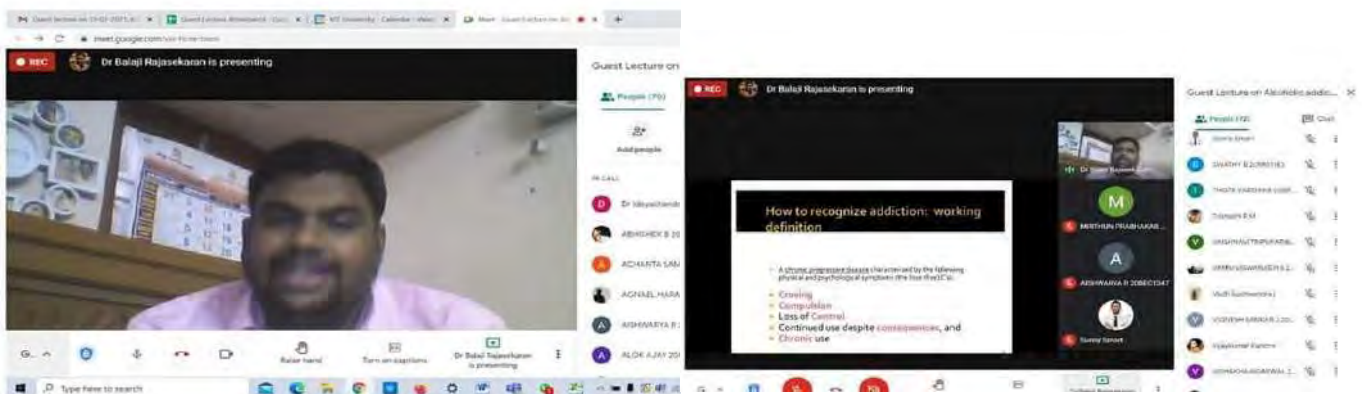
## 3. Women's Day

8.03.2021 –Womens day was celebrated .All the faculties were awarded with a memento with special awards to Most Hardworking Faculty – Mrs.S.Vennila Best Faculty – Mrs.D.Anitha , Best Find of the Year – Ms.k.J.Harsha



## Yoga Sciences

1. Dr. Madanmohan, Emeritus Professor of Physiology & Director- Centre for Yogic sciences & Dr. R. Balaji, Assistant Professor, Centre for Yogic sciences of AVMC & H, are selected as executive members of Puducherry State National Yogasana sports Association (NYSF), recognised by the ministry of youth affairs and sports, government of India & affiliated to I Yogasana sports federation (IYSF)
2. Dr. Madanmohan, Director, Center for Yogic Sciences chaired during virtual CME on “Concepts of Sleep - Demystified” organized by the Department of Physiology under the auspices of Association of Physiologists of India (ASSOPI), AVMC&H on 21st January 2021.
3. Dr. R. Balaji invited for Guest lecture on Alcoholic Addiction and Rehabilitation during webinar session by Vellore Institute of Technology, Chennai on 19.01.2021.
4. Dr. R. Balaji and Mr. S. Artchoudane selected for Judge during Pondicherry state level competition by Siddharbhoomi Puducherry Yogasana Sports Association, National Yogasana Sports Federation on March 2021.
5. Dr. R. Balaji selected for Judge during national level competition by National Yogasana Sports Federation on March 2021.
6. Mr. S. Artchoudane selected for Referee during national level competition by National Yogasana Sports Federation on March 2021.



Students from School of Physiotherapy won in Puducherry state level yogasana sports online championship and our students represented Puducherry state in **National Yogasana Sports Federation**, Affiliated to **Ministry of Youth and External Affairs**, associated with **Sports Authority of India**.

In and around Puducherry in senior level AVMC&H was the only college in Puducherry to represent at National level.



Dean of AVMC&H, Director of CYS and Director of School of Physiotherapy appreciated the students for their great achievement by spreading our institution name at National level.

### Publication

1. Gupta K, Bhavanani AB, Sarkar S, Ramanathan M, Balaji R. Effect of adjuvant yoga therapy on craving in patients of alcohol dependence syndrome (ADS). *International Journal of Creative Research Thoughts*. 2021;9(1):1087-1096
2. Gupta K Bhavanani AB Sarkar S Balaji R. Effect of Adjuvant Yoga Therapy on Quality of Life in the Participants of an Alcohol De-Addiction Program. *International Journal of Creative Research Thoughts*. 2021; 9(2): 1429-1438
3. Artchoudane, S., Ramanathan, M., Bhavanani, A. B., Muruganandam, P., & Jatiya, L. (2021). Effect of Yoga Therapy on Neuromuscular Function and Reduction of Autism Severity in Children With Autism Spectrum Disorder: A Pilot Study. *International Journal of Health Systems and Translational Medicine (IJHSTM)*, 1(1), 76–85. <https://doi.org/10.4018/IJHSTM.2021010104>.

# FIT INDIA CYCLOTHON PARTICIPATION



## CERTIFICATE OF RECOGNITION

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