Beloved Readers,

The pursuit of health, personal growth and improved quality of life relies on living a balanced life. We are constantly challenged with balancing each of these throughout life. Health is a dynamic process because it is always changing. We all have times of good health and times of sickness. We need to take responsibility for our own health & strive towards an optimal state of well-being by participating in regular physical activity. Global news details the gadgets that can help us make the best of our workout sessions, track our health progress & help us stay fit and healthy.

Soul to Soul divulges the numerous subtleties in the myriad shades and their significance in the spiritual realm. The color of any substance is not because of what it is; it is what it rejects or what it reflects. In human consciousness, colors have a big impact upon how we feel… Red is vibrant, blue is the color of all-inclusiveness, anything that is vast and beyond our perception like the ocean or the sky. Colour can set a mood, reflect one’s current state of mind or emotions and bring spiritual awareness through our energy centers helping us align that energy. Let us gain insight to the spiritual effect of colours in our lives and attract positive vibrations adding a higher level of well-being.

Let us stay connected…

Sheela Ravinder. S.  
Editor-in-Chief
Dept. of Anesthesiology, Critical Care & Pain Medicine conducted the 17th Ramachandra Anesthesia Continuing Education - RACE 2016 from 22nd to 24th Jan. Dr. Ramesh S., Pediatric Anesthesiologist, Kanchei Kamakoti Childs Trust Hospital, Chennai delivered the 9th Prof. Vijaylakshmi Kamat Memorial Oration on ‘Misses and Marvels in Pediatric Anesthesia’. Quiz competition & simulation workshop were also held. 750 delegates from all over India attended.

Two debates were also conducted. 150 delegates from all over the country attended.

Faculty of Management conducted the 4th Finishing School Program from 21st to 30th Jan. The resource persons were from Eloquence, GNR Infosystems, Chennai. 20 students participated.

Depts. of ENT, Head & Neck Surgery and SLHS celebrated the 10th Anniversary of Cochlear Implant Program of Sri Ramachandra University (CLIPS) on 20th Jan. All the implantees were invited with their families. Commodore M. T. Ramesh, Commandant, Embarkation, Chennai was the chief guest.

Medical Education Technologies from 20th to 22nd Jan. 27 & 28 participants attended respectively.

Faculty of Pharmacy organized a National Seminar on Pharmacovigilance of Ayush Drugs on 19th Jan. The seminar was inaugurated by Prof. Rabinarayan Acharya, Head, Dept. of Dravyaguna, Institute for Postgraduate Teaching & Research, Gujarat Ayurveded University. Dr. Pulok K. Mukherjee, Director, School of Natural Product Studies, Jadavpur University, Kolkata was the guest speaker. 610 delegates attended.

Dept. of Clinical Nutrition celebrated Dietetics Day on 12th Jan. with the theme, ‘Food Safety’.
The events included:
- Poster display
- Elocution competition for students - 20 students participated
- Guest lecture on ‘Food Safety’ by Prof. Usha Antony, CBT, Anna University - 55 delegates attended
Faculty of Allied Health Sciences organized an International Conference with the theme, **Positive Psychology for Effective Living** on 8th Jan. Prof. A. M. Moorthy, Vice-Chancellor, Tamil Nadu Physical Education and Sports University, Dr. Alena Slezackova, Assoc. Prof., Psychology, Masaryk University, Czech Republic, Dr. Shamshad Ahmed, Assoc. Prof., Marywood University, USA, Dr. Kamlesh Singh, Secretary, National Positive Psychology Association & Assoc. Prof., Dept. of Psychology, IIT, Delhi, Dr. Latha Sathish, Research Director, Krishnamacharya Yoga Mandiram and Mr. A. Loyola, Secretary, Madras School of Social Work were the guests. 180 delegates from various colleges participated.

A teleconferencing lecture involving the AIIMS, New Delhi was held. 55 PGs participated.

Dept. of Pathology conducted the 4th **Sri Ramachandra Pathology Annual Rapid Review Course (SPARRC 2016)** from 6th to 11th Jan. 232 PGs from all over India attended. ‘SPARRC Postgraduate Handbook for Pathology’ was released.

Dept. of Public Health Dentistry organized the 2nd **National Rapid Review – Public Health Dentistry Integrated Learning Orientation and Training (PILOT 2016)** from 7th to 9th Jan. A teleconferencing lecture involving the AIIMS, New Delhi was held. 55 PGs participated.

Faculty of Nursing conducted the 12th **International Nurses Conference** with the theme, ‘**Meeting Challenges: Transforming Nursing Care**’ on 5th & 6th Jan. Mr. T. Dileep Kumar, President, Indian Nursing Council and Dr. S. Ani Grace Kalaimathi, Registrar (FAC) were the guests. 312 delegates participated.

Dept. of OBGYN conducted the 19th **Annual Revision Course – OG QUEST 2016** from 3rd to 8th Jan. 314 PGs from all over the country attended.

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<th>Date</th>
<th>Event</th>
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<tr>
<td>23.01.'16</td>
<td>Mr. Konakalla Vijay Arjun, II yr., M. Pharm. (Quality Assurance) was awarded the IDMA JB Modi Award - 2014, by the Indian Drug Manufacturers Association, Mumbai for securing the first place in the final B. Pharm. examination held at SRU</td>
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<td>07.01.'16</td>
<td>CME on ‘Clinical Promises of Tissue Engineering’ by Prof. R. Jayakumar, Amrita Institute of Medical Sciences &amp; Research Center, Cochin and Prof. V. Sankar, Head, Dept. of Anatomy, PGIBMS, Chennai</td>
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**Sports**

16th Dr. Sarat Chandra Memorial Inter-collegiate Staff Cricket T-20 Tournament was inaugurated on 23rd Jan.

**Greeting**

Dr. Suhas Prabhakar
Professor & Head
Dept. of Ophthalmology
Faculty of Management organized an outreach program at Chennapuri Annadana Samajam, Raja Annamalaipuram, Chennai on 23rd Jan. Lunch and sweets were provided. Geometry boxes were distributed to 9th & 10th standard students. The other activities included awareness program on oral hygiene & hand washing, storytelling, games and entertainment. 228 students benefited.

NSS-SRU in association with Ekam Foundation organized a Maternal and Child Health Awareness Training Program on 20th Jan. 70 NSS volunteers attended.

Depts. of General Medicine and Ophthalmology conducted a free camp as part of Road Safety Week at the RTO office, KK Nagar on 18th Jan. 170 people were screened.

The Alumni Committee of the Faculty of Dental Sciences along with the CRIs distributed flood relief material including breakfast for inmates of Malarvanam - an old age home and orphanage at Velappanchavadi, Chennai on 14th Jan.

Health Glance

- Enamel is the hardest substance in the human body. A regular dental checkup once in six months can prevent dental caries.
- The frequency of sugar consumption and its duration in contact with teeth play a role in dental caries initiation rather than its quantity.
- Increased intake of aerated drinks can cause erosion of teeth.
- Toothpaste should be restricted to a pea size on the toothbrush.
- Brushing twice a day is essential with brushing at night being more important. Two to three minutes of tooth brushing each time is adequate. Increasing the duration of brushing can cause abrasion of teeth.
- Tooth brush should be changed once in three months. If affected with flu or illness, the tooth brush needs to be changed the next day.
- Battery operated toothbrushes are recommended for medically compromised & geriatric patients and for children with special needs.
- Select the right mouth rinse with the help of a dentist. Mouthwash is a supplement to tooth brushing and not a replacement.
- Flossing removes plaque and food particles in places where a toothbrush cannot easily reach between your teeth.

*Courtesy: Faculty of Dental Sciences*
Global News

Gadget-smart Fitness

Technology advancement is taking a big evolution in healthcare since 2015 with smart wears. From phones and watches to fitness, management is a big deal. Wearables that calculate the number of steps taken across a duration and track heartbeats are getting common these days. The recent advances track everything from hydration to hemoglobin levels. One such example is a hydration monitor that can be worn around the wrist or ankle to monitor the user’s hydration levels in real-time. This indicates whether the user is dehydrated, overhydrated or is at his/her optimal hydration level. The device works by sending different wavelengths of light into the body, and then measuring its absorption.

Another smart wear is the ‘connected insole’ which not just tracks calories and distance, but also warms feet which is controlled from smartphone. There are noninvasive hemoglobin trackers for athletes. The device, which attaches to a finger, uses wavelengths of light to measure levels of hemoglobin. Hemoglobin levels typically range from about 11 to 16 grams per deciliter of blood, but an individual’s levels can change slightly due to training, diet or elevation. Further, for people who wish to get a quick glance at their heart health, a match-box size device is available to measure heart rate and blood oxygen levels by measuring blood velocity, or how fast the blood flow is, by scanning thumbs. Some gadgets do not measure the blood pressure directly, but indicates in a scale from 1 to 5 based on the blood flow.

Another device tells the user if they are burning fat, just by analyzing their breath. This is based on analyzing Acetone, which is released in the breath while burning fat. Levels of acetone in the breath can vary widely, from 1 part per million (ppm) in healthy people who are not dieting to 1,250 ppm in people with the potentially life-threatening condition known as diabetic ketoacidosis. More wearable devices to analyze the pattern of sleep and activity focusing on fitness are available commercially. These hitech affordable devices definitely help increase health consciousness among people, and facilitate ‘preventive’ healthcare.


Believe it or Not

Being Moody is Good?

It’s long been known that mood biases our judgments and perceptions, but this effect has usually been regarded as irrational or disadvantageous. A new theory published in Trends in Cognitive Sciences argues that mood draws on experiences and can, in fact, help us quickly adapt to changes in our environment. For example, experiencing unexpected gains on the stock market should improve a trader’s mood. That positive mood may then cause the trader to take more risks, essentially helping her adapt more quickly to a market that is generally on the rise.

According to the new theory, as people learn from experiences that are colored by their mood, their expectations come to reflect not only on the reward associated with each particular state (such as each stock), but also on recent changes in the overall availability of reward in their environment. In this way, the existence of mood allows learning to account for the impact of general environmental factors.

“This effect of mood should be useful whenever different sources of reward are interconnected or possess an underlying momentum,” says one of the study’s lead authors, Eran Eldar of University College, London. “That may often be the case in the natural as well as in the modern world, as successes in acquiring skills, material resources, social status, and even mating partners may all affect one another.”

Eldar and his colleagues note that positive or negative moods maximize their usefulness by persisting only until expectations are fully in accordance with changes in rewards. (That may be why happiness eventually returns to a baseline level even following highly significant changes in circumstances, including winning the lottery.)

For instance, a negative mood that persists may cause a person to perceive many subsequent outcomes as worse than they really are, leading to a downward spiral. This might turn mood into a “self-fulfilling prophecy” and lead to the onset of a depressive episode. Therefore, by defining a potential function for mood and describing the learning processes that underlie it, the new theory may lead to a better understanding of the causes of mood disorders.

“We think that this novel approach may help reveal what predisposes particular individuals to bipolar disorder and depression,” Eldar says. Because moods are ubiquitous and have significant impacts on our lives, it is likely that they have conferred a significant competitive advantage throughout the course of evolution. Being moody at times may be a small price to pay for the ability to adapt quickly when facing momentous environmental changes.

The Russian born painter Nicholas Roerich (1874-1947) was another artist who explored the language of color as an expression of his spiritual quest. Roerich firmly believed in the need for inward transformation of the individual through spiritual exercises and affirmed the superiority of intuitions over empirical observation to grasp the essence of things – to be able to visualize through the eye than with it as Mikhail Naimy asserted, to experience what Kant called ding an sich and to be that as we saw in advaita philosophy. In this he moved away from his Slavic upbringings rooted in history, archaeology and folklore into the distant realms of mythology and spiritual practices inviting the mind to meditate on its worldly foundations and prepare it for its emancipation from its own blindness.

Roerich's spiritual pursuit opened up the vast panorama of eastern philosophy and theosophical thoughts before him that took him on his historical journey in search of Shambhala, the mystical land of rishis and righteous living hidden in the Himalayas; a place of ‘peace, tranquility and happiness’, a coming paradise where goodness would rule and virtue would triumph. He travelled extensively, and between 1923 and 1928 covered the vast and difficult geographical terrain of Central Asia and the Himalayas, from Kashmir, Leh, Khotan, Mongolia and the Gobi desert to Tibet and Sikkim and settled eventually in Naggar, Himachal Pradesh with his wife Helena and their two sons. His artistic work from then on was influenced by the spiritual underpinnings of Hinduism, Sufism, Buddhism, Christianity and Theosophy that he received during this expedition.

Roerich produced a large number of paintings that drew inspiration from that historic journey. These paintings presented before the world his distinctive approach in representing the beauty and tranquility of the Himalayas. “His use of color was extraordinary,” says Dr. Karan Singh, “especially his treatment of snow covered mountains and sunlit landscapes … he was able to capture even in a small painting the subtle mystery that lies at the heart of the Himalayas and the great teachers who reside there.” His 1933 painting Path to Shambhala provides a superb example of this observation.

The Himalayan expeditions inspired Roerich to consolidate his belief that cultures can co-exist if one takes up the wise way and that artistic and spiritual heritage is a most potent binding force. The journey helped him to formulate the Peace through Culture movement. ‘Roerich Pact’ has since been used as a basis for the international convention for the preservation of cultural heritage from armed conflicts. The Pact was signed in the Oval Room of the White House in the presence of President Franklin D. Roosevelt in April 1935.

Prof. S. Rangaswami,
Professor of Eminence in Medical Education, SRU.

(Will be continued…)

Recently a Russian hacker posted the usernames and passwords of 4.93 million Google accounts, leading to a lot of anxiety among users whether or not their accounts are safe.

If a user wants to keep their accounts safe from such trouble mongers, they need to employ strong passwords. The following are some of the easy ways to accomplish this:

1. The recommended minimum is eight characters, but 14 is better and 25 is even better than that.
2. Use combinations of letters and numbers, upper and lower case and symbols such as the exclamation mark. ‘PaSsWoRd!43’ is far better than ‘password43.’
3. Avoid words that are in dictionaries, even if numbers and symbols are added. One trick is to add numbers in the middle of a word — as in ‘pas123swor456d’ instead of ‘password123456.’
4. Substitute characters. For instance, use the number zero instead of the letter O, or replace the S with a dollar sign.
5. Avoid easy-to-guess words, even if they are not in the dictionary. Name, company name or hometown, for instance should not be used. Avoid names of pets and relatives too.
6. Never reuse passwords on other accounts — with two exceptions.
   a) It is OK to use simple passwords and repeat them in those types of situations, as long as the password is not unlocking features that involve credit cards or posting on a message board.
   b) The other exception is to log in using a centralized sign-on service such as Facebook Connect.
7. Some services such as Gmail even give the option of using two passwords when a particular computer or device is used for the first time. If that feature is turned on, the service will send a text message with a six-digit code to the user's phone if the Gmail ID is accessed from an unrecognized device. The code needs to be entered for access after which it expires.
Your Corner

The 60th Bridges Monthly Book Review was held on 12.02.'16
Book : Jonathan Livingston Seagull
Author : Richard Bach
Reviewed by : Prof. D. Kandaswamy, Dean, Faculty of Dental Sciences
Forthcoming Bridges Monthly Book Review
Mar. 2016 : Sita’s Sister by Kavita Kane
Reviewer : Ms. Vilahashini M., Intern, BASLP