Beloved Readers,

With the advent of the New Year, let us rise up appreciating what we have and be thankful for all the good that we are blessed with. Every day of this year is His gift unto us and the way we live our life each day should be our gift unto Him. Let us draw a line to our past, not get affected by the uncertainties of the future and make our today as productive as we can.

Accreditation of Sri Ramachandra Medical Centre by NABH adds a feather to its prestigious cap. Believe it or not in this issue throws light on how genetics plays a role in making humans socially and technologically inventive.

The vision of our Founder-Chancellor to provide quality healthcare far and wide through our free medical camps speaks on the importance of health. Good health calls for time, attention and lifestyle modifications. The road to health begins with our commitment to a healthy body. Our health is our responsibility and it needs attention every day, every month all year round.

Let us stay connected…

Sheela Ravinder. S.
Editor-in-Chief
SRU signed an MoU with Yonsei University Health Systems of Korea and Hyundai Motor Chung Mong-Koo Foundation for academic cooperation and patient care services on 21st Dec.

TEMFESS 2012, the 12th Sri Ramachandra Temporal Bone Dissection and Cadaveric FESS Workshop was conducted by the Dept. of ENT, Head & Neck Surgery and Dept. of Anatomy on 8th & 9th Dec. Lt. Gen. Dr. R. C. Kocchar was the guest of honor. 10 delegates from all over the country participated.

Neuroradiologists, Germany demonstrated cutting-edge neurointervention techniques by performing live cases on the newly installed biplane flat-panel DSA machine. About 220 delegates from India and neighboring countries participated.

Dept. of Radiology conducted Ramachandra Advanced International Neuroradiology (RAIN) live demonstration and workshop from 26th to 28th Nov. Dr. Rene Chapot and Dr. Klaus Mathias, Interventional Neuroradiologists, Germany demonstrated cutting-edge neurointervention techniques by performing live cases on the newly installed biplane flat-panel DSA machine. About 220 delegates from India and neighboring countries participated.

The officials from the Ministry of Health, Royal Govt. of Bhutan, Dr. Pandup Tshering, Registrar, Bhutan Medical & Health Council, Dr. Deki Choden, Radiologist, JDWNHR and Mr. Tshultrim Zangpo, Human Resource Officer, Human Resource Division visited the various departments in our hospital and met the faculty members of the College of Allied Health Sciences & the Dept. of Radiology on 12th & 13th Dec. to enhance cooperation with our institution and also train their paramedical personnel.

Dept. of Pedodontics and Preventive Dentistry celebrated Children’s Day - Dazzling Sunbeam 2012 from 27th to 29th Nov. Teleconferences on ‘Oral hygiene measures’, ‘Tooth-friendly diets’ & ‘First aid for tooth injuries’ with interactive sessions were organized. Various competitions were also conducted. Around 200 children from various schools across the city participated.

Sports

<table>
<thead>
<tr>
<th>Event</th>
<th>Position</th>
<th>Team</th>
</tr>
</thead>
<tbody>
<tr>
<td>Volley ball</td>
<td>Winners</td>
<td>Men</td>
</tr>
<tr>
<td>Chess</td>
<td>Winner</td>
<td>Mr. K. Janarthanam, Telephone Operator</td>
</tr>
<tr>
<td></td>
<td>Runner-up</td>
<td>Mr. S. Jeevanandam, Technician, CEFT</td>
</tr>
<tr>
<td>Throwball</td>
<td>Winners</td>
<td>Women</td>
</tr>
<tr>
<td>Table Tennis</td>
<td>Runner-up</td>
<td>Ms. C. Pushparani, Physical Training Instructress</td>
</tr>
<tr>
<td>Tennis</td>
<td>Winner</td>
<td>Ms. C. Pushparani, Physical Training Instructress</td>
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JBAS - 2012 Inter-collegiate Staff Tournament was conducted by JBAS College for Women, Chennai on 15th Dec.
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Department</th>
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</thead>
<tbody>
<tr>
<td>22.12.’12 &amp; 23.12.’12</td>
<td>Mr. G. Kannan, Asst. Prof., Ms. C. Vinodhini, Asst. Prof., and Mr. S. Ramesh, Lecturer presented papers at the International Conference on ‘Pharmacy and Pharmacology’ organized by the World Academy of Science, Engineering and Technology in Bangkok, Thailand</td>
<td>Faculty of Pharmacy</td>
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<td>18.12.’12</td>
<td>Guest lecture on ‘Global Regulatory Perspective; Practice and Scope’ by Mr. Arther Paul, Deputy Manager, Regulatory Affairs, Arvind Remedies, Chennai</td>
<td>Pharmaceutics</td>
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<tr>
<td>17.12.’12 &amp; 18.12.’12</td>
<td>Prizes won at the national level conference ‘Microciencia 2012’, held at Center for Environmental Nuclear Research, Directorate of Research, Kattankulathur, Chennai</td>
<td>Biotechnology</td>
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<tr>
<td>22.12.’12 &amp; 23.12.’12</td>
<td>Ms. Ramya Devi, Research Scholar</td>
<td></td>
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<tr>
<td>18.12.’12</td>
<td>Prizes won at the national level conference ‘Microciencia 2012’, held at Center for Environmental Nuclear Research, Directorate of Research, Kattankulathur, Chennai</td>
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<tr>
<td>07.12.’12 to 09.12.’12</td>
<td>Ms. Hima Bindu, Intern, Pharm D was awarded the II prize for the best poster presentation at the 64th Indian Pharmaceutical Congress held at Chennai</td>
<td>Faculty of Pharmacy</td>
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<tr>
<td>04.12.’12</td>
<td>4th Interactive Slide Seminar</td>
<td>Oral Pathology</td>
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<td>03.12.’12</td>
<td>Teledentistry seminar on ‘Recent Trends in Cleft Lip and Palate Management’. The guest speakers were Prof. Ronald Hathaway, Medical Director, Craniofacial Center, Payton Manning Children's Hospital, Indiana, USA and Prof. R. Manikandhan, Meenakshi Ammal Dental College &amp; Hospital, Chennai</td>
<td>Orthodontics</td>
</tr>
<tr>
<td>01.12.’12</td>
<td>Mr. Pravesh C. Sampat, final yr. M.Sc. ASLP won the Best Paper Award at TELEMEDICON held at Coimbatore</td>
<td>SLHS</td>
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<td>30.11.’12</td>
<td>CNE on ‘Psychiatric Problems of Childhood – Nursing Challenge’</td>
<td>Psychiatric Nursing</td>
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<tr>
<td>23.11.’12 to 25.11.’12</td>
<td>Dr. C. Dhineshkumar, final yr. PG won the II prize in oral presentation at the 1st National Conference of the Indian Society of Transfusion Medicine held at Jaipur</td>
<td>Transfusion Medicine</td>
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<td>21.11.’12</td>
<td>Prof. Sandhya Sundaram authored a chapter titled ‘Pathology for the Surgeon’ in the book ‘Short Cases in Surgery’, CBS publishers which was released by Dr. V. Vijay, Minister of Health and Family Welfare</td>
<td>Pathology</td>
</tr>
<tr>
<td>01.11.’12 to 04.11.’12</td>
<td>Dr. G. Barathi won the first prize and cash award in the slide test held at Govt. Medical College at Calicut, Kerala</td>
<td>Pathology</td>
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**New Projects Sanctioned**

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<thead>
<tr>
<th>Title</th>
<th>Principal Investigator</th>
<th>Funding Agency</th>
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<tbody>
<tr>
<td>Evaluation of radio-protective efficacy of antioxidants by assessing chromosomal aberrations in bone marrow of mice</td>
<td>Dr. J. Vijayalakshmi, Human Genetics</td>
<td>DRDO</td>
</tr>
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**MoU**

<table>
<thead>
<tr>
<th>Partner Institution/ Industry</th>
<th>Date of Signing of MoU</th>
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<tbody>
<tr>
<td>Sub Contract Agreement - Utah State University, USA</td>
<td>01-12-2012</td>
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</tbody>
</table>

**Greetings**

Dr. Prasannababy has assumed office as Principal, College of Nursing
Dr. J. K. Giriraj, Assoc. Prof., Dept. of Orthopedics has been awarded the IOA-JMRF Pediatric Orthopedics Fellowship by the Indian Orthopedic Association on 14th Dec.

Prof. P. Ramachandran, Dept. of Pediatrics was awarded ‘Best Doctor’ by The Tamil Nadu Dr. M. G. R. Medical University on 24th Nov.

Dr. J. K. Giriraj, Assoc. Prof., Dept. of Orthopedics has been awarded the IOA-JMRF Pediatric Orthopedics Fellowship by the Indian Orthopedic Association on 14th Dec.

Sri Ramachandra Medical Centre has been accredited by the NABH (National Accreditation Board for Hospitals and Health Care Providers), on 5th Dec.

Mr. S. Alexander, Administrator & Chief Technologist, Blood Bank & Diagnostic Services, Dept. of Transfusion Medicine received the Best Blood Bank Technologist Award from The Tamil Nadu Dr. M. G. R. Medical University on the occasion of the Rotary Day Celebration, held on 22nd Nov.

SRU along with Guruvayur Dewasom Board, Kerala organized a free multi-specialty medical camp from 22nd to 24th Dec. at Guruvayur in memory of our Founder-Chancellor, Thiru. N. P. V. Ramasamy Udayar. Dr. S. Anandan, Dean, Medical College and Dr. K. Balaji Singh, Assoc. Dean (Students) with a team of 40 doctors and paramedical staff participated in this camp. Investigations including blood tests, ECG, echocardiograph, ultrasound and x-rays along with medicines for 10 days were provided free of cost. More than 1500 people benefited.

A mass health education program was organized by the Dept. of Community Health Nursing with the theme, ‘Environment and Health’ at Vayallanallur village in collaboration with the Village Panchayat on 20th Dec. As part of the program, exhibition, puppet show, demonstration on soak pit construction and its importance were organized. A screening camp for diabetes and hypertension was also conducted. Of the 112 adults screened, 11 patients with hypertension and four with diabetes were identified and referred for treatment. 250 participants benefited.

As part of World Disability Day, Sri Ramachandra Speech and Hearing Alumni Association (SRSJAA) & Dept. of SLHS participated in a free screening camp organized by Rotary Club at Kumbakonam on 2nd Dec. 40 individuals were screened for speech, language and hearing disorders.
Plants have travelled to space since some of the earliest orbital missions. Experiments on how seeds sprout and grow in space have been used to study how plants move in response to light, water, and oxygen without the confounding variable of how plants respond to gravity. While plants can be grown from seeds inside specially designed growth chambers in space, seeds flown in orbit can grow when brought back to Earth.

Microgravity affects plants in many ways, changing how water diffuses through the soil to the roots and travels up the stems, and importantly, changing how air moves around the plant and how gases like oxygen and carbon dioxide are exchanged. But a recent study has demonstrated that the lack of gravity in space doesn't seem to affect certain aspects of root growth in *Arabidopsis* which is a botanical equivalent of lab rats.

In 2010, researchers sent petri dishes loaded with seeds of two particular strains of *Arabidopsis* to the International Space Station, where astronauts tended growth experiments on the plants—the first to monitor root development in great detail, the scientists say. Specifically, the researchers measured how roots ‘waved’ (how the root tip wandered through a small circle over the course of a 24-hour period) and ‘skewed’ (began growing at an angle when it touched a surface) every 6 hours during their first 15 days of growth.

Previous studies, all of them earthbound, have suggested that these traits are genetically determined with gravity playing a major role in waving and skewing, but the new findings reveal otherwise, the researchers report online today in BMC Plant Biology. In general, the seedlings grown in orbit were smaller but exhibited the same degree of waving seen in those strains grown on Earth. However, the root tips of space-grown plants (top) showed a tendency to skew a bit more than their earthbound counterparts (bottom) when they encountered an object, mostly due to their larger number of cells (edges of cells denoted by blue tick marks), the researchers say.

Plants in space can tell us not only about the potential for life in orbit and homesteading on the final frontier, but also about the amazing biology and chemistry of plants that make life possible on Earth.

Source: *BMC Plant Biology* 2012, 12: 232
Scientists have taken a step forward in helping to solve one of life's greatest mysteries – what makes us human? An international team of researchers have discovered a new gene that helps explain how humans evolved from chimp-like ancestors.

Scientists say the gene called miR-941 appears to have played a crucial role in human brain development and may shed light on how we learned to use tools and language. Researchers say it is the first time that a new gene carried only by humans and not by apes has been shown to have a specific function within the human body.

A team at the University of Edinburgh compared the human genome to 11 other species of mammals, including chimpanzees, gorillas, mouse and rat, to find the differences between them. The results, published in Nature Communications, showed that the gene miR-941 is unique to humans. The researchers say that it emerged between six and one million years ago, after humans had evolved from apes.

The gene is highly active in two areas of the brain that control our decision-making and language abilities. The study suggests it could have a role in the advanced brain functions that make us human. It is known that most differences between species occur as a result of changes to existing genes, or the duplication and deletion of genes. But scientists say this gene emerged fully functional out of non-coding genetic material, previously termed 'junk DNA', in a startlingly brief interval of evolutionary time. Until now, it has been remarkably difficult to see this process in action.

Researcher Dr. Martin Taylor, who led the study at the Institute of Genetics and Molecular Medicine at the University of Edinburgh, said the results were significant. He said: "As a species, humans are wonderfully inventive, socially and technologically evolving all the time. But this research shows that we are innovating at a genetic level too. This new molecule sprang from nowhere at a time when our species was undergoing dramatic changes: living longer, walking upright, learning how to use tools and how to communicate. We're now hopeful that we will find more new genes that help show what makes us human."

Hello Honey Honey....

Wet clay I was, on the banks of some tiny stream
Swirling, whirling, dancing with the rains that fell
Wrapped up myself, cuddling with those autumn leaves
Or sliding under those tiny feet playing pell-mell
Those ballerina footsteps of women with vessels
So many imprints and a new identity every moment
Until, one day, the sculptor came along, scooped me up
Into the moulds he poured me, and away my childhood went
And as I emerged, I had metamorphosized
A masterpiece of sculpturing, of art, they named me
So admired, coveted and praised the world around
For years I have basked in it, and rejoiced with glee
That rendezvous with monsoons, thing of the past
But a hope, of returning, glimmers deep within
This forged exterior chains me, strangles me now
The house of admiration, is now a prison
Can accolade and applause ever provide the joy?
The joy of mingling with drops of morning dew,
I whisper at times, to tell people of the ‘wet clay’ I was
If only to be heard by a few,
If only to be heard by a few.

Mr. Akshay Singh, CRRI

Happiness is...
... in overcoming fear

Fear is an emotional response to danger, perceived or real. A negative feeling like fear serves a purpose, having a survival function and is a call to action. Fear warns us of a situation that is unfamiliar to us. It is protective, pre-empts danger and initiates the physiological responses needed to face or escape the situation. We create our own feelings. More than 95% of everything that we fear never happens. Fearing something, we often go through unwanted emotional stress and turmoil before a confrontation, only to be faced with something unreal. The unnecessary thought process before, makes us feel anxious.

We need to be courageous enough to face the fear and overcome it. Repeatedly face what you fear & the fear will be vanquished. Stay away from people who reinforce your fear and also from violent newscasts and other stress inducers. As we cannot experience opposite emotions simultaneously, when we feel happy we cannot possibly feel any kind of fear. Happiness is absence of fear. Let us go ahead in spite of fear & conquer fear fearlessly.

“Courage is not the lack of fear but the ability to face it.”

The 23rd Bridges Monthly Book Review was held on 04.01.’13

Book : Fish!

Author : Stephen C. Lundin, Harry Paul & John Christensen

Reviewed by : Ms. D. Sony, Final year, MBA, College of Management

Forthcoming Bridges Monthly Book Review

Feb. 2013 – Kite Runner by Khaled Hosseini

To be reviewed by Mr. Akshay Singh, CRRI.