Beloved Readers,

From darkness unto light, the festival of lights empowers us to commit ourselves to good deeds and brings us closer to divinity. Diwali is an occasion for joyous celebration with family and friends spreading the radiance of love. The joy becomes manifold when we share sweets or clothes with the less privileged who otherwise cannot afford to celebrate festivals.

Creating a sterile environment in our homes through excessive cleanliness is just not credible says Global news. Alumni association activities in the campus provide a good forum for the students to share their knowledge making them aware of new trends and opportunities in their fields worldwide and also creates a strong bond between students and the institution.

Our hearty congratulations to SRU’s sports team for winning many prizes in the inter-collegiate tournaments. Taking part in physical activities has a positive influence on one’s self-image and also promotes teamwork enhancing interpersonal relationships.

May we be blessed with peace and happiness on this Diwali.

Let us stay connected…

Sheela Ravinder. S.
Editor-in-Chief
The 18th Graduation Ceremony of Hospital Ward Technicians was held on 12th Oct. Thiru. V. Irai Anbu, IAS, Principal Secretary to Govt., Dept. of Personnel and Administrative Reforms (Training), Govt. of Tamil Nadu was the chief guest.

Dept. of Community Medicine & Central Research Facility conducted the Orientation Program in Research Methodology & Biostatistics on 10th and 11th Oct. for registered Ph. D candidates of SRU. 22 candidates attended.

Dr. Mayilvahanan Natarajan, Vice-Chancellor, The Tamil Nadu Dr. M. G. R. Medical University delivered the Dr. Lalitha Kameswaran Endowment Oration, ‘Custom Mega Prosthesis in Bone Tumor’ on 8th Oct.

Dept. of Cardiology, Cardiac-thoracic Surgery, Cardiac Anesthesia & College of Pharmacy observed World Heart Day on 29th Sep. with the theme ‘One World One Heart One Home’ by conducting a free cardiac camp including consultation, blood sugar, ECG, ECHO & medications. Around 300 people benefited.

Depts. of Pulmonology & Anesthesiology conducted the third Workshop on Intensive Respiratory Critical Care under the aegis of the Indian Chest Society from 27th to 29th Sep. This included hands-on training on ventilators, basic life support & advanced cardiac life support. 24 delegates attended.

Dept. of Psychiatric Nursing observed the World Mental Health Day on 11th Oct. with the theme ‘Depression: A Global Crisis’. Skit and exhibits by nursing students were part of the program to bring awareness to the public.

Sri Ramachandra Centre of Perinatal Excellence (SCOPE) was inaugurated on 6th Oct. by Dr. Sayeda Saiyidain Hameed, Member, Planning Commission, Govt. of India. Dr. Dharmapuri Vidyasagar, Director, SCOPE, presented the role of such centers & the need to partner with government to achieve the national goal of lowering neonatal deaths. The function was preceded by a get together of Neonatal Intensive Care Unit graduates of SRU, with birth weight less than 1.6 Kg in the last two years.

Dept. of General Medicine conducted its 11th edition of Advances in Internal Medicine (AIM) from 4th to 6th Oct. 157 delegates from South India participated.
live surgical demonstrations and lectures on Ossiculoplasty techniques presented by Dr. A. G. Pusalkar, Otologist from Mumbai.

Sri Ramachandra Humor Club meeting was held on 25th Sep. Kalaimamani. V. T. M. Charlie, Actor and Prof. T. R. Muralidharan, Dept. of Cardiology kept the audience in splits for two hours.

Faculty of Dental Sciences inaugurated the 1st Teledentistry program of the monthly clinical society meeting on 17th Sep. Amrita School of Dentistry has consented for parallel academic exchange programs through teledentistry for the next academic year.

<table>
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<tr>
<th>Date</th>
<th>Event</th>
<th>Department</th>
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<tr>
<td>20.10.'12</td>
<td>An innovative E-Learning module for students on Integration of Medical, Engineering, Higher Secondary and Physical Education designed by Dr. Semmal Syed Meerasa, Assoc. Prof. was launched at the International Conference in Sports Technology conducted by Alagappa University</td>
<td>Physiology</td>
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<td>18.10.'12</td>
<td>Teledicine program on ‘Importance of a Musculo Skeletally Stable Stomatognathic System to Avoid or Correct TMD &amp; Biometrics…. a Total Solution’ by Dr. Manninder Singh Sethi, Director, Bio research Associates, Milwaukee, USA</td>
<td>Prosthodontics &amp; Orthodontics</td>
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<td>13.10.'12</td>
<td>Ms. Jeba Renita, I yr, PG and Ms. Anitha R., Asst. Prof., won the second prize in the paper presentation at the 2nd Tamil Nadu Indian Speech and Hearing Association Conference, Puducherry</td>
<td>SLHS</td>
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<td>12.10.'12 to 14.10.'12</td>
<td>Dr. J. Raghunathan, Senior Resident won the Dr. T. N. Chawala Award for the Best paper in the dissertation category in the 37th National Conference of the Indian Society of Periodontology held at Shimla</td>
<td>Periodontology</td>
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<td>10.10.'12</td>
<td>Ms. Aishwarya, I yr, PG won the first prize in an intercollegiate quiz competition at ‘Larycare’ conference, Manipal College of Allied Health Sciences, Manipal</td>
<td>SLHS</td>
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<td>10.10.'12</td>
<td>CME on ‘Post Stroke Depression’ to mark the World Mental Health Week (9th to 15th Oct.) by Dr. M. Suresh Kumar, Consultant Psychiatrist, Psymed Hospital, Chennai</td>
<td>Psychiatry</td>
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<td>08.10.'12</td>
<td>I yr. PG students won the following prizes at the inter-collegiate competition, ‘Go Wild’ organized by the Dept. of Zoology, Madras Christian College, Chennai</td>
<td>Human Genetics</td>
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<td>08.10.'12</td>
<td>Guest lecture on ‘Pharmacogenetics: The challenge of personalized medicine’ by Prof. Rusli Ismail, Director, Research &amp; Innovation, Institute for Research in Molecular Medicine, Universiti Sains, Malaysia</td>
<td>Pharmacology, Faculty of Pharmacy</td>
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<tr>
<td>05.10.'12</td>
<td>Ms. Aishwarya R. &amp; Mr. Adithya V., 3rd Sem., MBBS won the first prize in paper presentation at the Student's National Symposium on India a Superpower in 2020 held at Ethiraj College, Chennai</td>
<td>SRMC &amp; RI</td>
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5.10.'12 to 7.10.'12
Best paper awards in the 25th Indian Society for Dental Research Conference, Chennai.

8.10.'12
Dr. Hannah Rosaline, Assoc. Prof.
Dr. C. V. Divyambika, Reader
Dr. T. R. Aravindhan, Sr. Lecturer
Dr. V. Saranya, PG
Dr. Latha Nirmal, Sr. Lecturer (Best Poster)

04.10.'12 & 05.10.'12
Tamil Nadu State Biennial Conference at Omayal Achi College of Nursing, Chennai

03.10.'12
CME on ‘Novel therapeutic targets for Atherosclerosis’ by Dr. Dheenadayalan Bakhavatsalam, Dept. of Molecular Cardiology, Texas Heart Institute, USA

03.10.'12
CME on ‘Hepatocellular Carcinoma: Focus on Generating Relevant Mouse Model’ by Dr. Saradha Mokkapati, Dept. of Genetics, MD Anderson Cancer Center, USA

01.10.'12
Inter department quiz competition for students of B.Sc. AHS Dialysis Technology

01.10.'12
XI CNE on ‘Toddlers : Our Concern’

04.10.'12 & 05.10.'12
Prizes won in the CME on CT Scan Imaging by Society of Indian Radiographers (TN & PY chapter) at Madras Veterinary College, Chennai Ms. E. V. Gomathi, II yr. M. Sc. (MIT) - 2nd in Quiz Mr. Sheik Meeran, S, III yr. B. Sc. AHS - 2nd in proffered paper

15.09.'12
CME on ‘Mesenchymal stem cells in vascular repair’ by Dr. Krishna Chaitanya, Dept. of Nephrology, Hannover Medical School, Germany

15.09.'12
CME on ‘Biosimilars : from bench to bedside’ by Dr. Jonnala Ujwal, Scientist, In Vitro Biology, Vimta Labs Ltd., Hyderabad

11.09.'12
Guest lecture on ‘Successful Composite Restorations’ followed by demonstration on class IV incisal fracture buildup by Dr. Felin Lobo, Consultant, Training & Developmental Course in Clinical Dentistry, USA

**Sports**

- **Date**
- **Tournament**
- **Events**
- **Position**

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<th>Date</th>
<th>Tournament</th>
<th>Events</th>
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<tbody>
<tr>
<td>18.09.'12 to 21.09.'12</td>
<td>Encierro 2012 Inter Medical's tournament conducted by Madras Medical College</td>
<td>Throwball (Women), Basket ball (Women), Table Tennis (Women), Badminton (Men)</td>
<td>Winners</td>
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<tr>
<td>21.09.'12 to 26.09.'12</td>
<td>Aadukalam 2012 inter Medical's tournament conducted by Govt. Kilpauk Medical College</td>
<td>Basket ball (Men), Basket ball (Women), Table Tennis (Men), Table Tennis (Women)</td>
<td>Winners</td>
</tr>
<tr>
<td>24.09.'12 to 05.10.'12</td>
<td>Sports Fest 2012 Inter Collegiate tournament conducted by IIT, Chennai</td>
<td>Badminton (Women), Basket ball (Women)</td>
<td>Fourth Place</td>
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*November ‘12*

srubridges@gmail.com
Did you know?
Sri Ramachandra Speech and Hearing Alumni Association

Highlights of the 10th Anniversary celebration of Sri Ramachandra Speech and Hearing Alumni Association (SRSHAA) held on 5th Oct.

- Institution of Radha-Nagarajan Alumni Grant & Sarala-Panchapakesan Student Grant of worth Rs. 6,00,000 by Prof. Roopa Nagarajan and family
- The overseas alumni members contributed therapy materials worth 1000 USD and a continued annual subscription of 170 USD for the International affiliation to the American Speech & Hearing Association
- Mr. S. Rajapandian, Alumnus donated two Audiometers worth Rs. 60,000
- Special lectures by renowned faculty Prof. B. Rajashekar, Dean, Manipal College of AHS & Prof. Asha Yathiraj, Audiology, All India Institute of Speech & Hearing, Mysore
- Institution of ‘Best Student Clinician’ book prize for II yr. BASLP
- Release of 3rd edition of SRSHAA directory
- Release of ‘Spectrum’ E-Newsletter-10th anniversary special issue

Happiness is...
...in spiritual evolution

Spiritual growth is of paramount importance for a happier and harmonious life. We need that existential grace not only to be born as a human being, but also to attain spiritual growth. Being omnipresent, we identify God in the way we understand. Spirituality is a higher level of consciousness that is guided by an intelligence and wisdom greater than the mind and intellect. Spiritual insights improve the quality of our lives by changing the way we relate to life. When we are deeply connected to God, we feel protected and purified in our thoughts and feelings. True and lasting happiness can only be found by going deep within us experiencing the deeper and higher dimensions of life.

Spiritual evolution is staying connected to God. By going that extra mile, sharing, caring, lending a helping hand, making someone smile, being dutiful and in many more selfless deeds of us we find inner peace and in that state of bliss we get to experience God. With just a few shifts in our understanding, expansion of our awareness and refinement of our thoughts and actions, we can evolve spiritually and unveil everlasting happiness.

To seek God within ourselves avails us far more than to look for Him amongst creatures.

- Teresa of Avila

Global News
Losing Touch

A new scientific report from the International Scientific Forum on Home Hygiene (IFH) defies the myth that in recent years the epidemic rise in allergies has happened in sterile homes and when overdoing hygienic practices. Allergies and Chronic Inflammatory Diseases (CID) stem from the impaired regulation of our immune systems.

The IFH 2012 Report examines the implications for hygiene and our overall relationship with the microbial world we live in. The Hygiene Hypothesis, originally postulated in 1989, proposed that a lower incidence of infection in early childhood, transmitted by unhygienic contact with siblings, could be an explanation for rising levels of allergic diseases. It was suggested that this ‘infection’ exposure no longer occurs because of higher standards of household and personal cleanliness - that ‘we have become too clean for our own good’. New knowledge is now challenging this interpretation. Although microbial exposures are vital for immune regulation, the ‘Old Friends Hypothesis’ suggests that the required ‘exposures’ are not to Infectious Diseases (IDs), but to environmental, human and animal commensal microbes. This concept has now also been applied to a range of disorders such as Multiple Sclerosis, Type 1 Diabetes and Inflammatory Bowel Disorders. New data suggests that the altered exposure results from measures vital to protecting us from IDs, but which have inadvertently reduced or altered exposure to the microbial friends that regulate our immune systems. These include food and water quality, sanitation and environmental cleanliness together with medical advances such as antibiotic usage. Since the need for infection prevention through hygiene is as great as ever, we need to tackle both issues – reversing the trend in CID and reducing the burden of ID. There is a need for clearer communication about the hygiene hypothesis and guidance on how to target hygiene practices effectively.

**Soul to Soul**

Although Sigmund Freud had abandoned and left the handwritten manuscript for *Project for a Scientific Psychology* unfinished, it has come to be recognized as an important interdisciplinary endeavor straddling the borderland between neuroscience and psychoanalysis. It would be correct to say that his attempt sought to introduce the rigor of analytical reason and deterministic logic in the as yet imprecise domain of our understanding of the human brain and its relation to mind and consciousness, thereby supporting his hope that biological explanations of the mind would one day replace psychological ones. Psychoanalysts and neuroscientists over the years have found the roughly drafted sketch of the hypothetical neuronal network in his manuscript an invaluable and intriguing iconographic pointer in this direction – it is tempting to say in guiding our vision from 'cell to soul.' For this reason, the drawing has been reproduced here.

What is particularly noteworthy in the diagram is Freud's representation of interneuronal connections as *contiguous* - ie, separated by minute gaps - rather than *continuous* as in a wiring diagram. This was the reason for his using the sign \( \text{–II–} \) at the contact points between neurons. Freud described these as 'contact barriers' where, he envisaged the possibility of resistance to nerve discharge. Synaptic gaps between neurons as opposed to direct and continuous contact zones are critical for flexibility and versatility in neuronal communication as we will see later.

We have to remind ourselves once again that these ideas occurred to Freud *before* Cajal's 'neuronal doctrine' and Sherrington's proposal of 'synapse' were published! We will also see as we go along how these concepts are relevant in our understanding of the functioning of mind in learning, memory, emotions, etc.

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**Believe it or Not**

**Novel activity in brain during sleep**

UCLA researchers have for the first time measured the activity of a brain region known to be involved in learning and memory during sleep and discovered that it behaves as if it's remembering something, a finding that counters conventional theories about memory consolidation during sleep.

Mayank R. Mehta, senior author of the study that details the findings, said his team of researchers simultaneously measured the activity of single neurons from multiple parts of the brain involved in memory formation. This technique allowed them to determine which brain region was activating other areas of the brain and how that activation was spreading. Specifically, the researchers looked at three connected brain regions in mice - the new brain (the neocortex), the old brain (hippocampus), and the entorhinal cortex, an intermediate brain that connects the new and the old brains.

While previous studies have suggested that the dialogue between the old and the new brain during sleep was critical for memory formation, researchers had not investigated the contribution of the entorhinal cortex to this conversation. The team found that the entorhinal cortex showed what is called 'persistent activity,' which is thought to mediate working memory during waking life - for example when people pay close attention to remember things temporarily, such as recalling a phone number or following directions. “During sleep the three parts of the brain are talking to each other in a very complex way,” he explained. “The entorhinal neurons showed persistent activity, behaving as if they were remembering something even under anesthesia when the mice could not feel or smell or hear anything. Remarkably, this persistent activity sometimes lasted for more than a minute, a huge timescale in brain activity, which generally changes on a scale of one thousandth of a second.”

The findings, published in the journal Nature Neuroscience, challenge theories of brain communication during sleep, in which the hippocampus is expected to talk to, or drive, the neocortex. Mehta's findings instead indicate that there is a third key actor in this complex dialogue, the entorhinal cortex, and that the neocortex is driving the entorhinal cortex, which in turn behaves as if it is remembering something. That, in turn, drives the hippocampus, while other activity patterns shut it down.

Mehta theorizes that this process occurs during sleep as a way to unclutter memories and delete information that was processed during the day but is irrelevant. This results in the important memories becoming more salient and readily accessible. Notably, diseases like Alzheimer's start in the entorhinal cortex and patients have impaired sleep, so the research findings may have implications in this arena and might yield important clues in developing strategies to tackle the disease in future.

The 21st Bridges Monthly Book Review was held on 07.11.'12

Book: Seven Spiritual Laws of Success

Reviewed by: Ms. Taiba Jabeen, CRI, Faculty of Dental Sciences

Forthcoming Bridges Monthly Book Review

Dec. 2012 – Udayar by Balakumaran

To be reviewed by Mr. N. Venkatesh, Principal cum Professor, Faculty of Physiotherapy