Our Campus

Floral Purple
**From the Editor’s Desk**

Beloved Readers,

As we begin a new academic year renewed in energy and spirit through the summer months, let us greet the familiar faces and welcome the new with great expectation and new goals. We wish that it be a fruitful year during which we enjoy the friendship & support of our colleagues while imparting to our students, not only knowledge, but a sense of belonging to SRU.

While Nanotechnology promises to revolutionize drug delivery and diagnostics in medicine, scientists are now enlisting bacteria to ferry nano-medicine cargos throughout the human body, says ‘Believe it or not’.

Your corner in this issue reveals that as we go about our hectic routine we need to realize that little deeds of kindness done with love makes someone’s heart lighter and we receive blessings from above. Let us look forward to another wonderful year with enthusiasm, an open mind and a willing spirit to learn new ideas.

Let us stay connected...

_Sheela Ravinder. S._  
*Editor-in-Chief*

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**Memories**

The XXIX National Congress of Indian Association of Medical Microbiologists – ‘Microcon 2005’ was held from 20th to 23rd Oct. 2005. The chief guest was Dr. S. P. Thyagarajan, Vice-Chancellor, University of Madras.

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Cover Photo Courtesy:  
Dr. Niranjan R.  
I yr. PG, M.Ch, SGE

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**Happenings**

Dept. of Pediatrics & IAP-ID (Indian Academy of Pediatrics-Infectious Diseases) Chapter, Tamil Nadu Branch organized the 6th National Summer CME of IAP-ID Infectious Diseases on 20th May. Dr. Rohit C. Agrawal, National President, IAP was the chief guest. Over 300 delegates participated.

The Alumni Association of Sri Ramachandra School & College of Nursing celebrated its 10th Reunion on 17th May. 65 alumni participated. Many competitions were conducted.

Nurses’ Day was observed on 12th May. A Workshop on Deep Vein Thrombosis (DVT) was conducted. Around 120 nurses attended.

World Asthma Day was observed on 1st May. Patient education program was organized in O.P.D. 70 asthmatic patients were educated on the inhaler techniques and importance of the breathing exercise and avoidance of trigger factors.

Dept. of Microbiology conducted the 5th Annual Workshop on Basic and Molecular Diagnostics in Mycology from 21st to 24th Apr. 30 participants from South India attended. The faculty were from PGIMER - Chandigarh, SGPGI - Lucknow and St. John’s - Bengaluru.

Dept. of Arthroscopy & Sports Medicine conducted Watanabe Club – Advanced Operative Shoulder Arthroscopy Cadaver Workshop on 19th & 20th May at Sri Ramachandra Bio-skills Lab. 30 faculty and delegates from all over India participated.

About 50 members participated in the Annual General Body Meeting of Sri Ramachandra Speech and Hearing Alumni Association (SRSHAA) and CEP on 13th May. A guest lecture on ‘Building an NGO - Serving the disabled and disadvantaged’ was delivered by Mr. ADSN Prasad, Director, Pathway Rehabilitation Center, Chennai.

SRU, the regional center for medical education technologies of MCI conducted a workshop on Curriculum Implementation Support Program (CISP) at SRU on 10th & 11th May. Nine resource persons from all over India, three observers and 25 participants from various medical colleges in South India attended. Dr. K. Mohandas, Member-Board of Governors, MCI gave the valedictory address. The workshop benefited convenors and members of eight regional centers from southern and western regions of India.

Center for Toxicology and Developmental Research (CEFT) in collaboration with Mahatma Gandhi Doerenkamp Center (MGDC) for Alternatives to Use of Animals in Life Science Education, Bharathidasan University, Trichy, conducted a Workshop on Alternatives to Use of Animals in Medical Education on 28th April. Dr. M. A. Akbarsha, Director and Chair, MGDC, Dr. R. Raveendran, Professor, Dept. of Pharmacology, JIPMER and Mr. Chaitanya Koduri, Scientific Advisor, PETA-India delivered lectures. Hands-on training was also conducted. 53 faculty attended.
Kudos to the team

Dept. of Pediatric Surgery performed a stealth surgery on a 4 year old patient who presented with a lipoma on his back just below the neck in between the spine and left medial side of the scapula. Such tumors on the back are typically excised through the overlying skin incision resulting in permanent and prominent scars. Minimally-invasive surgery was performed to avoid a disfiguring scar. There was no evidence of the incisional scar after surgery. The patient made remarkable recovery and was discharged the very next day. This type of surgery was performed for the first time in a pediatric patient in Tamil Nadu.

Members of Sri Ramachandra Speech and Hearing Alumni Association (SRSJAA) working at USA, Canada and Singapore have together contributed study materials and have sponsored the American Speech and Hearing Association (ASHA) International Affiliation membership which provides access to four international journals.

Greetings

Dr. A. S. Arunkumar,  
Professor & Head, Critical Care Medicine

Dr. D. Kandaswamy,  
Professor & Head, Conservative Dentistry,  has assumed office as Dean, Dental College

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Department</th>
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<tr>
<td>12.05.'12</td>
<td>CNE on ‘Closing the Gap: From Evidence to Action’</td>
<td>Alumni Association, SRSCON</td>
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<td>03.05.'12</td>
<td>Guest lecture on ‘Quality’ by Mr. P. Sivarajakumar, General Manager – Quality Control, Actavis Pharma Mfg. Pvt. Ltd., Chennai</td>
<td>Pharmaceuticals</td>
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<td>21.04.'12</td>
<td>CME on ‘Recent Advances in Dialysis Technology’ and AHS Dialysis Alumni Meet</td>
<td>Faculty of Allied Health Sciences &amp; Dept. of Nephrology</td>
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<td>21.04.'12 to 23.04.'12</td>
<td>Dr. Sinha Divya Anoop, II yr. PG, won the Best Paper Award in the 13th Indian Association of Conservative Dentistry &amp; Endodontics and Indian Endodontics Society’s PG Convention held at Kasauli, Himachal Pradesh</td>
<td>Conservative Dentistry &amp; Endodontics</td>
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<td>20.04.'12</td>
<td>CME on ‘Microbes Crossing Boundaries’</td>
<td>Microbiology</td>
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<td>13.04.'12 to 15.04.'12</td>
<td>1st South Asian Implant Symposium held at Bengaluru</td>
<td>Prosthodontics</td>
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<td>• Prof. T. V. Padmanabhan, HOD received a Diplomate in Implantology</td>
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<td>• Prof. V. Anand Kumar, Dr. Manita Grover, Dr. Shailee Swarup, Dr. Upali Elavia and Dr. Queen Alice, final year PGs received Fellowship in Implantology from the International Congress of Oral Implantology</td>
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<td>Poster presentation</td>
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<td>1st Prize: Dr. Bhakti Jain &amp; Dr. Ahmed Hasan Jibran, final yr. PGs</td>
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<td>2nd Prize: Dr. Suchitra, final yr. &amp; Dr. Mac B Abdul Aziz, II yr. PGs</td>
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June ‘12
New Projects Sanctioned in May

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<tr>
<th>S.No.</th>
<th>Title</th>
<th>Principal Investigators</th>
<th>Funding Agency</th>
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<tbody>
<tr>
<td>1.</td>
<td>Population study of urban, rural and semi-urban regions for the detection of endovascular disease and prevalence of risk factors and holistic intervention study – Phase-II</td>
<td>Dr. S. Thanikachalam Cardiology</td>
<td>DPRP, DST</td>
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<td>2.</td>
<td>Estimation of Hepatitis B and C virus disease burden among Irula tribes of Tamil Nadu</td>
<td>Dr. P. Rajendran, Microbiology</td>
<td>ICMR</td>
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<td>3.</td>
<td>Scientific validation of safety, protective and curative efficacy of a patented folklore medicine “Savliv” developed for the management of hepatic disorders - A preclinical study</td>
<td>Dr. C. Saravana Babu, Center for Toxicology and Developmental Research</td>
<td>DST</td>
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<td>4.</td>
<td>Synthesis and evaluation of novel curcumin conjugates and hybrids as potential anti-cancer agents</td>
<td>Dr. G. N. Krishna Kumari, Medicinal Chemistry</td>
<td>SERB</td>
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MoUs Signed

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<th>S.No.</th>
<th>Partner Institution/Industry</th>
<th>Date of Signing of MoU</th>
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<tr>
<td>1.</td>
<td>Staffordshire University, UK</td>
<td>15.11.2011</td>
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<td>2.</td>
<td>Sheffield Hallam University, UK</td>
<td>22.11.2011</td>
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<td>4.</td>
<td>National University of Taiwan</td>
<td>04.05.2012</td>
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<td>5.</td>
<td>The University of Sheffield – School of Clinical Dentistry</td>
<td>07.05.2012</td>
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SRU organized a free multi-specialty medical camp on 26th & 27th May at Guruvayur, Kerala in memory of our Founder-Chancellor, Thiru. N. P. V. Ramasamy Udayar. Our Chancellor, Thiru. V. R. Venkatachalam and Dr. S. Anandan, Dean, Medical College with a team of 30 doctors and 20 paramedical staff participated in this camp. Investigations including blood tests, ECG, Echocardiograph, Ultrasound and X-rays along with medicine for 10 days were provided free of cost. More than 500 patients benefited.

Did you know?

Central Sterile Supply Department

The Central Sterile Supply Department (CSSD), located on the fifth floor of the medical center, is spread over 8,400 sq. ft. With technical staff and three nurses. Routine activities of the CSSD include receiving, washing, packing, sterilizing and distributing sterile instruments to all patient care areas, monitoring of equipments and conduct of recall drills.

The nursing supervisor of the CSSD is a member of the Infection Control Committee. The CSSD uses quality indicators to monitor the efficiency of the sterility of items supplied, and these are reported periodically to the Infection Control Committee. The CSSD also monitors reuse of single use devices in conjunction with the operating rooms.

The members of the CSSD undergo periodic updates through in-house training programs or by attending CSSD forums.

Contact details: Nursing Supervisor In-charge, Extn. 605
Global News

Noori, the World’s First Cloned Pashmina Goat

It’s been 15 years since Dolly the sheep emerged as the first clone to graze the earth. Since then, we’ve seen Snuppy, the dog in South Korea, CC the cat in Texas and Samrupa the world’s first cloned buffalo in India. Now, the twinning trend has taken hold in the region of Kashmir as a way to bolster the Himalayan cashmere industry, the Associated Press reports.

Sales from luxurious, expensive shawls and scarves made from the Pashmina’s soft wool bring in $80 million a year for the mountainous region, but the slowly decreasing goat populations pose a problem for the area. Numbers have dropped off in recent years, and the remaining herds are too few to keep up with demand, forcing Kashmir to import cashmere from China.

Kashmir’s scientists took matters into their own hands, literally. Using a ‘handmade’ cloning procedure, Dr. Riaz Ahmad Shah, a veterinarian in the Animal Biotechnology Center of the Sher-e-Kashmir University, and six other scientists brought the first Pashmina goat clone, Noori, into the world on 9th March.

“We’ve standardized the procedure. Now it will take us half a year to produce another,” said Dr. Maajid Hassan, another veterinarian who worked on the project, which was partly funded by the World Bank.

“This is the cheapest, easier and less time-consuming method of cloning, compared with conventional methods that use high-tech machinery and sometimes chemicals,” Shah said. Noori is the first cashmere goat cloned by this method, though Shah earlier cloned a buffalo. They plan to spread the goat-cloning knowledge across the Indian Himalayas so others can grow their own goats. Eventually, Shah hopes to clone threatened species such as the critically endangered Kashmir stag or Hangul, the only surviving species of Asian red deer.


Believe it or Not

‘Backpacking’ Bacteria to Ferry Nano-Medicines

Nano-technology concerns itself with making ultra-tiny devices, small enough to fit a million or so on the head of a pin. In medicine, the idea is to use them to transport particles of medication, sensors and other materials to precise locations in the human body.

But it is not easy to devise self-sustaining motors and propulsion mechanisms at this scale: so scientists are increasingly turning to nature, where organisms like bacteria are already of the right scale and capable of moving on their own.

Scientists looking for ways to get minute doses of nano-medicines into the right places in the human body have turned to ‘backpacking’ bacteria to ferry the cargo.

At the 243rd National Meeting & Exposition of the American Chemical Society (ACS) in San Diego, Dr. David H. Gracias, from Johns Hopkins University gave an account of the progress he and his team are making in this area.

“Cargo-carrying bacteria may be an answer to a major roadblock in using nano-medicine to prevent, diagnose and treat disease,” Gracias told the press.

The other advantage with using bacteria is they respond to specific biochemical signals. It is possible for instance, to control their direction and destination in the body so that once they reach their target, they settle, deposit their ‘cargo’ and grow naturally.

While the word, ‘bacteria’ may conjure up thoughts of disease and infection, many are safe and quite harmless, such as the colonies in our guts that are essential to food digestion. It is these safe types of gut bacteria that Gracias and colleagues have selected. So far, Gracias and his team have tested the backpacking bacteria with various shapes and sizes of ‘cargo’ material. For example, they have used them to ferry nano-wires, beads and lithographically fabricated nanostructures.

Other teams are also working with bacteria to transport nano-cargos. For example, one team has made ‘bacterial carpets’ of large numbers of bacteria to move tiny bits of material.

Gracias said their work is still at a very early, exploratory stage. They are experimenting with lots of different things to see what might prove to be useful with using bacteria as backpackers for nano-medicines. “Our next steps would be to test the feasibility of the backpacking bacteria for diagnosing and treating disease in laboratory experiments. If that proves possible, we would move on to tests in laboratory mice,” said Gracias, explaining that: “This could take a few years to complete.”

Soul to Soul

I would like to invite you to take a look at a section of the human brain as the archeologist would view a section of the earth. The brain is the only organ in our body that reveals its millions of years of evolutionary history in its layered architecture. Just as the archeologist assigns the age of a rocky segment based on its depth in the earth’s section, a neuroanatomist tends to assign the evolutionary age of a brain segment based on the depth of its location: the deeper it is located, the more ancient it is likely to be from an evolutionary point of view. In other words, each new segment of the brain as it evolved, was arranged as a seam on top of, and covering its immediate evolutionary predecessor, thus creating its layered architecture. We do not see such a disposition in any other organ in the body such as the heart, lung, liver or the kidney. The schematic representation below explains this further.

It is important to point out that this model, developed by Paul MacLean in the 1960s, appealing though it is, does not find favor with many contemporary neuroscientists. I have included it here as I feel it could help our search for the biological mechanisms underpinning concepts such as mind, soul and healing. Carl Sagan has expanded MacLean's 'Triune brain' model in developing his speculations on the evolution of human intelligence in his Pulitzer Prize-winning book, 'The Dragons of Eden'. Another contemporary neuroscientist, Jaak Panksepp, has also based his theory of 'Affective Neuroscience' on MacLean's ideas.

Prof. S. Rangaswami,
Professor of Eminence in Medical Education, SRU.
(will be continued...)

Happiness is...
......in accepting criticism

Criticism is crucial for our personal improvement. It’s the most direct way to find out what we should improve on. However, accepting criticism can be emotionally challenging. Many a times we take it as a personal attack, as an insult to who we are. We are tied to our ego and become defensive. We need to look only at the actions criticized, accept it with grace, respond with a positive attitude and take it as an opportunity to clarify ourselves.

When faced with criticism, we focus on the negative feedback and ignore the rest. Our instinctive reaction is to become self-conscious and we shut out potentially helpful and life-enhancing tips. Let us accept the fact that everyone is entitled to their own opinions and may see something that we don’t. If we ignore critical comments, we’re doomed to repeat the same mistakes. We need to determine if it’s a valid criticism and decide what to do to solve the problem or correct the mistake. Let us not hold a grudge and stay angry or upset which can affect our future work. We need to be confident and believe in what we do, so that even the most critical comments don’t sway our direction. When we associate ourselves with our ego or point of view, then whenever our perspective is questioned, disbelieved or disputed, we cannot but experience ourselves in trouble and our mental and emotional poise is at once thrown into disequilibrium. We need to develop this important value of accepting and responding to negative remarks with dignity and keep growing.

"He only profits from praise who values criticism"
- Heinrich Heine

Are you ready?

Bridges celebrates its 4th Anniversary in July 2012. So get geared-up with your creative skills to participate in our anniversary competitions and win prizes.
Colors
Melons 'n' Mangoes

Ms. M. Krupa, Lecturer, Dept. of SLHS

Your Corner
Fallen leaf

Sometimes you don’t need to scale the peak
A little cave on the slope will just do
Sometimes you need to stop riding the waves
And observe where do those crabs go to
Sometimes you need not measure every step
Look up and see how trees cast their shadows
Sometimes give your muscles a rest
And concentrate on wriggling your toes

The king’s feast you can deny
For a morsel of rice can last all the while
What joys will those glittering coins provide
When a single penny can make someone smile

Why crave for the entire world’s attention
Just spread a few smiles, in times of grief
Sometimes, you don’t need the entire tree
All you need is a fallen leaf ...
A fallen leaf ....

Mr. Akshay Singh
Final year MBBS

Bridges Monthly Book Review

The 16th Bridges Monthly Book Review was held on 07.06.12
Book : The Alchemist
Author : Paulo Coelho
Reviewed by : Ms. A. Seethalakshmi, Reader, Faculty of Nursing

Forthcoming Bridges Monthly Book Review
June 2012 – Iconoclast by Gregory Berns
To be reviewed by Mr. V. R. Hari Balaji, Final yr., MBA, College of Management.