Beloved Readers,

The rapid review programs across various disciplines are a novel approach to augment professional knowledge and skills. They provide significant opportunity for the participants to share information, facilitate discussions & instigate research.

International Women's Day in March every year celebrates the social, economic and cultural achievements of women. *Your Corner* unveils that by pledging for parity, we can collectively help women realize their limitless potential & achieve the goals.

Gender-balanced organizations build cultures where all people feel valued and provide opportunities that match their skills and professional objectives without any ingrained bias. Let each of us be a leader within our own spheres of influence and commit to take pragmatic action to accelerate gender parity.

We are happy to share that *Bridges Committee* will henceforth be called as the 'Bridges & Website Committee.' We will coordinate with the office of the Registrar, SRU to regularly update our university website. We seek your continued support to submit your contributions adhering to the guidelines outlined by the committee.

Let us stay connected…

Sheela Ravinder. S.
Editor-in-Chief

Dear Editor,

It comes as no surprise that the *Bridges* has been extolled for its widespread coverage on all the academic and non-academic events that happen in our University. I have been an ardent reader with specific affinity towards sections like *Memories* taking us down the memory lane, *Bits 'n' Bytes* providing food for thought and the jaw-dropping *Believe it or not.* It is a well-structured and consolidated version of events happening in our campus, presented with a touch of flair. Thank you for this monthly newsletter as we have the good fortune of reading it to stay abreast with the university proceedings.

Dr. A. Venkateswaran
Lecturer, Dept. of Orthodontics
Faculty of Dental Sciences

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*Memories*

Dept. of Clinical Psychology organized the 28th National Annual Conference of the Indian Association of Clinical Psychology (NACIACP) from 20th to 22nd January 2002.
Faculty of Physiotherapy celebrated Green Food Carnival on 23rd Feb. as part of Campus Environment Day.

Bhushan Patwardhan, Interdisciplinary School of Health Sciences, Pune was the chief guest. 350 delegates from all over India participated.

Dept. of Biomedical Sciences organized a National Conference on Phytochemicals as Biotherapeutics: Unravelling the Mystery of Natural Products - HERBESCON 2016 on 17th and 18th Feb. Prof. Bhushan Patwardhan, Interdisciplinary School of Health Sciences, Pune was the chief guest. 350 delegates from all over India participated.

Faculty of Physiotherapy conducted Sri Ramachandra Physiotherapy Rapid Review Education Program - SPREE 2016 on 12th & 13th Feb. 144 delegates participated.

Dept. of TB and Pulmonary Medicine, under the aegis of the Indian Chest Society conducted a Spirometry Training Workshop for technicians on 12th & 13th Feb. 15 delegates from Tamil Nadu and Andhra Pradesh participated.

Faculty of Pharmacy conducted the Prof. S.S.K. Marthandam Endowment Oration – 2016 on 'Poly Pharmacy and Medication Prescribing in the Older Adults' by Dr. Kobi T. Nathan, Asst. Prof., Pharmacy Practice, Wegmans School of Pharmacy, St. John Fisher College, Rochester, USA on 11th Feb. 300 students & 40 faculty members attended.

The Internal Quality Assurance Cell conducted a National Conference on Setting Benchmarks in Teaching & Learning through ICT on 5th & 6th Feb. Prof. Jaspal S. Sandhu, Secretary, University Grants Commission, New Delhi was the chief guest. 164 delegates participated.

Vidya Sudha organized Heartfulness Meditation Workshop from 3rd to 5th Feb. Dr. Natwar Sha, Assoc. Prof., Chief Pediatrician, Saveetha Medical College, Chennai; Mr. Bharath Menon, Chief Architect, Video & Cloud Technologist, Cisco Inc., Chennai and Mr. Raja Gopalan, Retd., General Manager, Marketing, Calico Mills, Ahmedabad and six volunteers of Shri Ram Chandra Mission, Manapakkam, Chennai were the facilitators. 70 students, staff and faculty members participated.

Dept. of Oral Pathology & Microbiology conducted the 4th Sri Ramachandra Continuing Oral Pathology Education (SCOPE 2016) from 1st to 3rd Feb. 136 histopathological slides were displayed and a quiz program was also conducted. 81 delegates from all over India attended.
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<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Department / Faculty</th>
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<tbody>
<tr>
<td>26.02.'16</td>
<td>Prof. Kalpana Suresh secured the third place with a cash prize of Rs. 25000 in the national quiz conducted at the 74th National Conference of All India Ophthalmology Association, Kolkata</td>
<td>Ophthalmology</td>
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<td>17.02.'16</td>
<td>Ms. Poongodi Arasu, Research Scholar won the II place in the poster presentation at the National Conference on 'Phytochemicals as Biotherapeutics – HERBESCON 2016'</td>
<td>Biochemistry</td>
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<td>18.02.'16</td>
<td>Dr. Saba Maanvizhi, Assoc. Prof., was awarded the best oral presentation titled, 'Preparation and Characterization of Embelin with Transition Metals for Diabetes Mellitus' at the International Congress on Technology - Engineering &amp; Science conducted at Kuala Lumpur</td>
<td>Pharmaceuticals, Pharmacy</td>
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<td>13.02.'16</td>
<td>Dr. S. Selvapriya, II yr., PG won the II prize for the video presentation at the 11th National Workshop of Pediatric Endoscopic Surgeons of India held at Bhubaneswar</td>
<td>Pediatric Surgery</td>
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<td>14.02.'16</td>
<td>Ms. A. Shanmuga Priya, Lecturer secured the best paper award at the 6th Annual Conference of Indian Association of Neonatal Nurses (IANN) with the theme, 'Neonatal Nurses: Champions for Survival of Neonates' at PSG College of Nursing, Coimbatore</td>
<td>Pediatric Nursing</td>
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<td>06.02.'16</td>
<td>CME on 'Management of Cleft Lip &amp; Palate'</td>
<td>Plastic Surgery and Cleft &amp; Craniofacial Center in association with Southern Regional Chapter of Indian Society of Cleft Lip &amp; Palate and Craniofacial Anomalies, Tamil Nadu</td>
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<td>07.02.'16</td>
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<td>03.02.'16</td>
<td>Guest lecture on 'Role of Mucin 13 in Cancers' by Prof. Subash C. Chauhan, Dept. of Pharmaceutical Sciences, University of Tenessese, Memphis, USA</td>
<td>Human Genetics</td>
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<td>29.01.'16</td>
<td>XIV CNE on 'Midwives for a Better Tomorrow’</td>
<td>Obstetrics &amp; Gynecology</td>
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<td>28.01.'16</td>
<td>CDE on 'Critical Appraisal of Journal Club Articles' by Prof. Pankaj Shah, Community Medicine, SRU</td>
<td>Prosthodontics in association with the Tamil Nadu branch of the Indian Prosthodontic Society</td>
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<td>19.01.'16</td>
<td>CME &amp; International Symposium on 'Occupational Risk Factors - Implications on Renal Health’</td>
<td>EHE</td>
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On the occasion of the 68th birthday of the Chief Minister of Tamil Nadu, Faculty of Dental Sciences conducted the 7th Dental Rehabilitation Camp at Poomparai, Kodaikanal on 24th & 25th Feb. 439 people were screened of whom 410 were treated.

National Service Scheme, SRU organized awareness programs on 'Basic Life Supporting Techniques' for community people and 'Hand Washing' for middle school children at Annaikattuchery village on 16th Feb. Ms. S. Shanti, President, Soranchery Panchayat, 150 community people, 200 school children and 40 NSS volunteers participated.

Sri Ramachandra University in collaboration with 'Vaseline - Direct Relief' conducted a multi-specialty camp on 28th Jan. at the RHTC, Vayalanallur. All faculty members and staff of the RHTC along with specialists from the following departments/faculty - Community Medicine, Pediatrics, Ophthalmology, General Medicine, General Surgery, OBGYN, ENT, Orthopedics, Dermatology, Cardiology, Community Health Nursing and Dental Sciences rendered their services. 1851 beneficiaries were screened and treated. Lab investigations, ultrasound, X-ray, ECG and echocardiograph were carried out free of cost. Medicines were given free of cost. Around 51 cases were referred to Sri Ramachandra Hospital for further management and follow up.

Around 18,000 people benefited.
Researchers have identified a mysterious lab-made material as a new form of carbon. Carbon honeycomb, a three-dimensional cluster of carbon sheets, can trap large amounts of gas within six-sided cells. The newly described structure could be used to store gases or liquids, or as a building material for more complex compounds, Ukrainian researchers report in Physical Review Letters.

Electron microscope images helped uncover the new structure, which was first created in 2009 by vaporizing thin carbon spindles in vacuum. Subsequent tests of the nanometers-thick film revealed that the substance had different density and light-scattering properties than known forms of carbon like graphite or fullerenes. Carbon honeycomb cells might link up with cylindrical carbon nanotubes, the researchers say, but unlike nanotubes, the new structure holds up for months in vacuum without degrading. The honeycomb also absorbs unusually large amounts of gases, including carbon dioxide and xenon, holding around twice as many gas molecules as nanotubes can.

The structure has interesting potential as a stable, supportive material, says Michael Strano, a chemical engineer at MIT. But he says that more data about the honeycomb's physical and chemical properties are required.

Future research should aim to produce a more uniform carbon honeycomb, says Nina Krainyukova, a physicist at the National Academy of Sciences of Ukraine. In current versions, some chambers are five-sided and their arrangement is random. The structure has interesting potential as a stable, supportive material, but more data about the honeycomb's physical and chemical properties are needed, says Michael Strano.


Bhart-Anjan S. Bhullar, Paleontologist and Arhat Alzhanov, Biologist, Yale University, have created a chicken with a dinosaur face after suppressing the genes responsible for the development of its beak.

The original endeavor of the team was to discover the underlying skeletal and functional aspect of beaks. The team also studied the transformations of snouts in vertebrates to beaks in birds. They analyzed embryonic development of beaks in chicken and emus, and of snouts in alligators, lizards and turtles. They found that reptile and dinosaur snouts developed from premaxilla. The two proteins FGF and Wnt, known for the development of the face, were expressed differently in bird and reptile embryos. This led to Dr. Bhullar assuming that altered FGF and Wnt activity resulted in beaks.

Birds have a unique cluster of genes that are related to their facial development. These genes were suppressed which resulted in the reversal of beak to its ancestral state i.e. into a snout. The palatal bone on the roof of the mouth also rolled back into its ancestral shape.

In order to make the genetic tweaks, the scientists isolated the proteins that promoted the development of beaks by using tiny beads coated with an inhibiting substance. By suppressing the bird-specific patch of molecular activity from taking place in the middle of the embryo's face, the skeletons of these animals had short, rounded bones instead of elongated, fused beaks. Dr. Bhullar also stressed the fact that this procedure did not change the DNA of the animals but simply altered the gene expression. The embryos were then humanely euthanized and the scientists were not allowed to grow the embryos into full chicks.

A species of dinosaurs, Archaeopteryx had wings and feathers like a bird and was thus, widely believed to be their ancestors. By tweaking just a little part of the bird genome, it is safe to say that scientists have discovered the transcendence of how the tip of the dinosaur snout grew to become the major part of the bird beak, while the toothiest part of the dinosaur jaw shrank to almost nothing.


Talc
Talc removes sticky labels
Makes playing cards easier to use

Toothpaste
Toothpaste removes stains inside cups and mugs
Restores the shine of gold jewelry
Nicholas Roerich's depictions of the Himalayas show that they are the lofty visual aspects of nature – 'a hymn to the vital strength of Life and Nature, a dynamic potential for the biosphere and psychosphere.' One is reminded of the words of Paul Cezanne, the French Painter that 'the landscape thinks itself in me, and I am its consciousness.'

His multifaceted personality propelled Roerich to reach out into territories far beyond the field of art and painting. He felt greatly attached to rationalism, humanism, archaeology, philosophy and international public activity. His encounter with the culture of more than twenty five countries he visited made him conclude that happiness could be achieved only through the pursuit of the beautiful – that is, the idea of what a happy and beautiful society used and the freedom to construct it as individuals and groups.

His meeting with Rabindranath Tagore in England in 1920 was a life-changing event for Roerich. His inspirational philosophy provided a common ground for Roerich and Rabindranath Tagore. As Russia's life was torn apart during the years of the war and the revolutions, he was attracted to India's culture of assimilation and found succor in Tagore's Gitanjali and other Indian scriptural texts like the Bhagavad Gita. “I prostrate myself before the Teachers of India” he recorded in his diary, “Into the chaos of our lives they have brought works of truth, a joyfulness of the spirit, and a fruitful silence. At a time of extreme need, they have sent us a summons: one that is serene, full of conviction and wise.” Tagore on his part expressed his admiration for the paintings of the artist – Song of the Morning and Song of the Waterfall – based on Indian themes. The two men remained in contact until Tagore’s death in 1941. Their families intermarried when his youngest son Sviatoslav (Svetoslav) Roerich took Tagore's great-grandniece Devika Rani as wife in 1945.

In 1928, the Roerichs established Urusvati, the Himalayan Research Institute in Naggar, in the picturesque Kullu valley. 'Urusvati' in Sanskrit means 'the light of the morning star' and was planned as an interdisciplinary research institute, the first such scientific center in high altitude. The vision of the institute was to establish the foundations of a synthesis of knowledge, to encourage scientists for a broad interdisciplinary cooperation and to attempt to synthesize knowledge of eastern philosophy with contemporary discoveries of science.

It may be pointed out that the Government of Karnataka has recently cleared the proposal to set up a world-class art museum at the 468 acres Tataguni Estate in the outskirts of Bengaluru where the artist Svetoslav Roerich and Devika Rani used to live. The project has been taken up as part of the State Government's commitment to preserve the art legacy of Roerich. The proposed museum will house art exhibition halls, an auditorium, a mini theatre, etc.

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

After announcing Android Lollipop, Google has released its own guide for users to move from iOS devices to Android. Here are the steps one needs to follow to make the switch from Apple devices to Android ones:

For photos:
On iPhone, download the Google+ app from iTunes. Open Google+ and sign into Google account. Select 'Auto Backup' for photos by selecting the menu icon, followed by the gear icon at the top right. Now go to 'Camera and Photos', select 'Auto Backup' and switch it on. Now all the photos will be saved to the cloud.

For contacts:
· On the iPhone/iPad, go to 'Settings,' then 'Mail, Contacts, Calendars,' then 'Accounts' where 'iCloud' is listed. Open iCloud and turn on the toggle for 'Contacts' which will prompt the user to 'Merge' the device's contacts with iCloud. In a web browser, go to apple.com/icloud, login with the Apple ID, and click on 'Contacts'. In the lower-left corner, click on the wheel, 'Select all'. Once selected, click the wheel again and choose 'Export vCard'.
· In a web browser, go to www.gmail.com, click on the 'Mail' button on the top left and select 'Contacts'. Now click the 'More' button above the contacts list and select 'Import'. Select 'Choose File' and select the saved vCard file. When importing is complete, Gmail will display the number of contacts imported. Finally, delete any duplicates by using the 'Find & merge duplicates' function under the 'More' button above the contacts list.
Your Corner
Pledge for Parity

Women, we inhabit half the earth
And yet are still to realize our worth
Made of strength, love and patience
Almighty's truly wondrous creation
Let us unearth the leader within
Spread our wings and keep flying
Take a vow for gender equality and parity
To ensure progress, growth and prosperity
Women from every walk of life
Promise that we shall bear no strife
Let's pledge to close the gender gap
Seek, inspire and surge ahead
And add more feathers to our cap!!

Prof. Sandhya Sundaram
Dept. of Pathology

The 61st Bridges Monthly Book Review was held on 04.03.'16
Book : Sita's Sister
Author : Kavita Kane
Reviewed by : Ms. Vilahashini M., Intern, BASLP

Forthcoming Bridges Monthly Book Review
Apr. 2016 – How I Braved Anu Aunty and Co-founded a Million Dollar Company by Varun Agarwal
To be reviewed by Mr. Vikash B., 2nd year, B.Sc. Biomedical Sciences