



VELNEWS

Voice of Velammal Medical College Hospital & Research Institute

June 2015 - September 2015

The Healing Touch

Volume 3. Issue 3. News 14

INAUGURATION OF CATHETERIZATION LABORATORY at VMC SPECIALITY HOSPITAL, MADURAI



Velammal Medical College
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Editorial Note

VelNews - Challenges Ahead

This is my first editorial in VelNews and on behalf of the editorial committee, I would like to express my sincere gratitude towards our beloved Chairman, Vice Chairman and Dean sir, who entrusted us with the responsibility of creating and sustaining a high standard newsletter in the field of medical research. I am grateful for their unconditional support to this initiative.

VelNews is a fruit of collective labors of the editorial committee as well as those of our authors and I am proud to say that within a short span of time this idea has blossomed.

However, several challenges do exist while generating and popularizing a high quality document and we are bound to surmount. Our objective is to improve the quality and content of the journal and ensure on-time publication, as well as to make it a visible and readable newsletter. In this regard, we have taken certain initiatives like incorporation of some new sections in the form of CMEs, research updates and current events of public health importance in VelNews.

The ISSN is a universal identification code used by publishers for citation and retrieval of various Journals and newsletters. It imparts international publicity and recognition to the serial by automatic inclusion in the International Serials Directory Database. We are also planning to opt International Standard Serial Number for VelNews.

We are working to hasten online e-publication so that the information is available in the public domain at the earliest.

Empirical research, reviews and case-studies have been extremely popular formats of scientific communication and we aim to explore and incorporate these options for the VelNews through well structured peer review system. Shortly, we are planning to organize a workshop regarding scientific study design, research methodology, conduct, analysis and publication. We are also encouraging various departments to publish their workshop/ conference proceeding.

The participation of undergraduate students in medical research is crucial and we are intending to streamline their involvement in research and publication.

We aim to create a pre-eminent newsletter in this region and this will not be possible without the contribution of faculties and the students.

I look forward to all faculties for their fine contribution to this initiative.

- Editor.

Vice Chairman's Message

Dr. S. Asokan
Vice Chairman

Dear Reader of the Velnews!

Greetings!

Velammal Medical College has been witnessing speedy and sustained growth all around. The third batch of MBBS students have been admitted.

The Velammal College of Allied Health Sciences has started functioning with its first batch of students in various courses.

The VMC Speciality Hospital, a fully air conditioned 550 bedded facility has become operational and the department of cardiology headed by Dr. A. Mathavan and the department of cardiac surgery headed by Dr. Mohanakrishnan T.L have started functioning successfully.

Dr. P. Shunmugasundaram a Cardiologist with Electrophysiology specialisation and Dr. M. Selvaganesh are the other cardiologists. Dr. K. Vijayakumar, senior cardiothoracic surgeon and Dr. Gopi Nallaiyan, paediatric cardiac surgeon are part of the cardiac surgical team.

Apart from Tamil Nadu Chief Minister's Health Insurance Scheme, several other Insurance companies have empanelled our hospital.

The Tamil Nadu State Ophthalmologists Association held its annual state conference in the last week of July in which about 1500 delegates participated.

Dr. N. Subramanian, our rheumatologist along with the department of medicine, under the head of Prof. M. Muthiah organized a Continuing Medical Education programme with several expert speakers from other institutions.

The Tamil Nadu branch of Indian Association of Dermatologists, Venereologists and Leprologists held its conference. Prof. A.S. Krishnam has been at the helm of affairs.

Indian Academy of Tropical Parasitology held its IX National Conference in the last week of September.

Prof. S. Somasundaram, Dr. A.G. Alwar Ramanujam and Dr. A.C. Arun, together organized a two day workshop cum conference, "V Scope", on various endoscopic procedures. In this workshop, Dr. T.S. Chandrasekar, senior medical gastroenterologist from Chennai, successfully performed Per Oral Endoscopic Myotomy (POEM) on a patient of achalasia cardia, which is first of its kind in this region.

Several other academic activities happened in this intervening period. It is heartening to see our institution emerging as a place of learning.

It is time all of us get prepared to the shifting gear and the acceleration phase of our journey of establishing a world class health care facility in the part of the country.

Thanking you,
Yours sincerely,
Dr. S. Asokan
Vice Chairman

Our Director of Medical Services



Dr. P. SELVAKUMAR, MD, PDCC
 Director of Medical Services,
 Director of Anaesthesiology & Intensive Care
 Velammal Speciality Hospital, Madurai.
 Past Executive Council Member in All India
 Cardio Thoracic Anaesthesia Association.
 Past Treasurer, ISA - Tamilnadu State Branch
 Past Secretary and Vice President ISA
 Madurai City Branch

AWARDS : Best paper award at National Anaesthesia Conferences for anaesthesia management for beating heart surgery.

AUTHOR : Use of nitrous oxide – to abandon – journal of Post Graduate Medical education and training research year, 2006 (DNB BOOK).

Work experience:

From 1997 – 2000 : Cardiac Anaesthesia Department at Apollo Hospitals, Chennai.

From May 2000 to March 2015 worked as a senior consultant at cardiac anaesthesia department, Apollo Hospitals, Madurai.

From April 2015 working at Velammal speciality Hospitals, Madurai.

Invited faculty for last 15 years in Cardiac Anaesthesia Forum and State and National ISA.

Our Medical Superintendent



Prof. R.M.Raja Muthiah, M.S., M.Ch.

- He is a son of the soil. He did his undergraduate, postgraduate in general surgery and M.Ch plastic surgery all from Madurai Medical College.
- He has total government service of over 28 years.
- He has a vast experience in plastic surgery for more than 16 years.
- He worked as Dean, Theni Government Medical College and Hospital for more than a year.
- He attained superannuation on April, 2015 and continues his service at our Velammal Medical College Hospital and Research Institute since then.

Faculty Development Program

Basic Course Workshop in Medical Education - 25th to 28th September, 2015

The Velammal Medical Education Unit

It was a long felt need that Velammal Medical College should have a very strong Medical Education Unit (MEU). Good teaching practices inculcates desire to learn and brings about a permanent change in behavior which is by definition what is meant by Learning. A strong MEU is also a mandatory requirement by the MCI for the recognition purposes. The financial magnanimity of our institution sponsored the required number of faculty to be trained at SRMC-Porur Chennai to conduct internal training sessions in medical education for our faculty within our campus.

The Velammal MEU is headed by our Dean, Dr. Srinivasan. Dr. Mohanthy the Vice principal as the convener, Dr. John Rajpathy, professor physiology as the Coordinator. The faculty member include Dr.Muthuramalingham professor and HOD of ophthalmology, Dr. Rathna, associate professor of OB&G, Dr. Anand associate professor of microbiology, Dr. Suganthi, associate professor of Bio chemistry, Dr. Rena Rosalind, assistant professor of psychiatry and Dr. Yegumuthu, assistant professor of pathology.

The Basic Course Workshop (BCW)

The nodal center accepted our proposal for a Basic Course Workshop (BCW) within Velammal campus for our faculty, subject to the observership and guidance of the MCI. Soon the preparations were underway and MEU faculty worked hard to bring to fruition the BCW. The MEU faculty met frequently and deliberated on various issues, practicing and fine tuning their respective discourses for the great day.

25 participants from our teaching faculty were selected to undergo the BCW as part of the Faculty Development Program. There were some uncertainties and many expectations and eager anticipation which were a blessing in disguise giving insight to the successful conduct of the workshop.

Date and Venue

The BCW was conducted successfully from 26th to 28th September 2015 at Velammal Medical College Building in the MEU. The training team arrived early and welcomed all the participants.

The inaugural function

The inaugural function started at 8:30 am. The most honored guest our honorable Chairman, Mr. Muthuramalingam graced the occasion and shared his convictions from his vast experience as an educationist stressing the importance of faculty development in the educational institutions. He laid down many challenges and encouraged us to achieve it. In similar vein, the Vice Chairman, the Dean; the Vice Principal expressed their appreciation and concerns. Dr. Archana Prabhu Kumar, the MCI observer designate was on the dias, following her felicitation she encouraged everyone with her vast experience in the conduct of BCW in other institutions of how it changes people perspective of medical education.

The Workshop

The training-workshop was opened with an ice-breaker – group dynamics that required the participants to introduce other participants to the group. They were divided into four groups and named after chocolate brands (Dairy Milk, Kit Kat, Five Star, Milky Bar). These groups continued together till the conclusion

of the workshop. The sessions went on dynamically with lots of interaction, and group activities. Lectures started with “Why FDP?” giving reasons from ground reality perspective. Faculties engrossed themselves with activities related to systems approach to medical education, teaching learning process, competency, curriculum development, effective use of media, microteaching, quality assurance in medical education and in the various principles and disciplines of assessment. All the sessions concluded on the third day at 4:00 pm.

All participants were required to complete a project pertaining to medical education by the end of September 2015 and submit it to the MCI through the observer. This was mandatory to receive the BCW completion certificate from the MCI.

There were open house sessions before the beginning of the afternoon sessions every day. The participants were encouraged to express their opinion and give their feedback regarding all aspects of the sessions.

Valedictory Function

Following the conclusion of all sessions on the final day the valedictory function began at 4:00 pm. Once again our honorable Chairman graced the occasion and expressed much appreciation for the successful conduct of the BCW. He encouraged us to continue the good work in the future and promised guidance and help. The Dean and Vice Principal appreciated the participants for their inspiring participation and cooperation. Dr. Archana Prabhukumar was thanked immensely for her patient overseeing and contributions to the training process. She expressed the following regarding the conduct of the BCW.

1. The Basic Course Workshop was conducted in accordance with all MCI norms.
2. All the training sessions were executed with utmost care and professionalism which was more than expected.
3. She expressed that this institution has great potential to become a center for medical education par excellence in the future.

4. She also appealed to the management to send their faculty for higher training in medical education

A vote of thanks and appreciation was expressed by Dr. Muthuramalinghan, HOD of Ophthalmology. The participants from their respective groups expressed their immense appreciation and welcomed many such sessions for further development of faculty in the future.

Ever since the inception of the medical education unit, this endeavor has proved very successful and useful for our faculty. The MEU thanks the management for their encouragement, financial support, venue and the infrastructure which made this workshop possible. We thank the supporting staff (Admin staff, EDP staff and the House keeping staff) for their hard work and for their ever willingness to stay late and complete the task assigned. A special thanks to the catering department for making our day content with their delicacies.

Dr. John Rajpathy
Coordinator MEU



Workshop



Inaugural speech by Chairman



Felicitation of MCI observer



Participants and Faculty



Session in Progress



Group activity



Group activity



Demonstration of small group teaching

Velammal Speciality Hospital Cathlab Inauguration



VMC Speciality Cath lab Inauguration done on 10-06-2015 by our Honorable Chairman Mr. V. Muthuramalingam with lighting of Kuthu vilaku in presence of (left to right).
 Dr. S. Asokan (Vice chairman), Dr. P. Shunmuga sundaram (Cardiologist).
 Dr. P. Selvakumar (Director of Medical Services).
 Dr. A. Mathavan (Director- Cardiology & cathlab).
 Dr. Annamalaisamy (Senior cardiologist).
 Dr. Durairaj (Senior cardiologist).
 Dr. Srinivasan (cardiologist).



Pooja of the OT complex with Chairman, Vice Chairman, Director of Medical Services and the Cardiology & Cardiothoracic team was done on 06-06-2015.



Inauguration of the operation theatre complex by veteran actor Mr. Sivakumar on 07-06-2015 with the Chairman, Vice Chairman & Director of Medical Services and along with the Medical College & Hospital Doctors & Staff.



A fully equipped 22 bedded state of the art intensive care unit run by full time skilled consultants and well trained staffs running the ICU with utmost care



A well equipped CTICU with full time skilled consultants round the clock along with well trained nurses taking care of the post cardiac surgery patients



The VMC speciality director of medical services Dr. P. Selvakumar in our team for cardiology and cardiothoracic doctors.

Sitting left to right

Dr. Vijyakumar, Dr. P. Selvakumar, Dr. Mohana Krishnan, Dr. Mathavan Dr. Shunmuga Sundram.

Standing left to right

Dr. Nanthesswaran, Dr. Mariappan, Dr. Krithika, Dr. Indra Priyadarshini, Dr. Poornima, Dr. E.Balaji, Dr. Senthil murugan, Dr. Padamanaban, Dr. John, Dr. Noel.

Cardio - Team



From the desk of Cardiothoracic and Cardiology Department, VMC Speciality Hospital

July 6th 2015 was an eventful day in our career. This day, our team of professionals, could start the functioning of cardiac surgery operation theatre in VMC speciality hospital. The infrastructure of cardiac surgery department is planned to perform both common and complex cardiac surgery procedures in all age group of patients – adults, paediatric and neonatal.

Any major phenomenon will have a beginning and a surgery performed on July 6th has put on roll the cardiac surgery department of VMC hospital, which in the coming years is going to live a mark in the Indian cardiac surgery arena.

A 64 year old gentleman from Tuticorin had been in this hospital with frequent chest pain and his treating cardiologist Dr. Mathavan had diagnosed him to have triple vessel coronary artery disease. He had advised him to undergo coronary artery bypass grafting surgery. It was an apt and lucky time for the patient as the state of the art facility for cardiac surgery at Velammal Speciality hospital was ready by then. Incidentally he became the first patient to be operated here. The patient did well during and after the surgery and went home on 15th July.

In the first month of its inception, itself the centre has proved its capabilities. The plethora of challenging surgeries performed in this short duration stands testimony - from 8 months to 74 years, 6 kg body weight patient to 90 kg weight, birth defect heart, to ruptured heart - the list of heart problems addressed were many.

There was an 8 month old baby weighing just 6 kg, who was suffering from a birth defect of the heart called ventricular septal defect. This was closed with a piece of child's own pericardium, the covering membrane of the heart. Child did well and got discharged.



A volunteer at Akshardham temple, Ahmedabad, Gujarat who works as a shepherd in the ashram, developed myocardial infarction. Being a honorary volunteer with no personal riches and the confidence he had in velammal institutions, made him fly down all the way from Gujarat to Madurai. He underwent coronary artery bypass grafting surgery. All the four grafts were done using latest beating heart technique. He has flown back to his home town hale and healthy.

For another 42 years old obese gentleman of the city weighing 90 kg, it was a matter of life and death once he was diagnosed as having acute anterior wall myocardial infarction with rupture of left ventricle and pseudo aneurysm. His heart pumping was very weak with an ejection fraction less than 30%. He underwent bypass grafting surgery and LV aneurysm repair and is on his way to have a new life.

Another 74 year old gentleman had renal impairment with gross right kidney hydronephrosis with impacted pelvi-ureteric stone. He was unfortunately having frequent chest pain for which he underwent investigations and was found to have severe left main coronary artery disease. This disease now warrants urgent attention prior to planning something for kidney. The coronary artery surgery in a patient with renal impairment had its own risk. But having caught between the devil and deep sea there was no option but to go ahead with coronary artery bypass grafting on beating heart if possible. Luckily we could perform beating heart surgery and instituted five grafts for him. He can now safely undergo the urology procedure with much less risk.

Apart from these challenging cases, we have performed other routine surgeries as valve replacements and full arterial coronary artery revascularisations. The figure shows endarterectomy done from left descending artery during a coronary artery bypass surgery. The department now has the capability to handle all complex coronary surgeries, valve repairs and replacements and paediatric cardiac surgeries.



Apart from the state of art operating theatres, intensive care unit and its equipments, VMC speciality hospital can boast of an excellent team of professionals – cardiologists, cardiac surgeons, anaesthetists, nursing staff, technicians and intensivists and physiotherapists whose team work goes to achieve excellent results. The days are to come when this centre will reach the capability to arrest, the exodus of the people in and around this city to travel long distance to metropolitan cities, to get their cardiac problems addressed.

The first International Yoga Day Celebration, 2015 Report

On the occasion on International Yoga Day on 21st June 2015, Velammal Medical College, Madurai celebrated yoga day on 20th June 2015, Saturday, between 1.30 pm to 3.30 pm in the hospital auditorium. Around 350 participants attended the function.

Mr. Yashpal, director of the Madurai Branch of the International Sivananda Yoga Vedanta Centre (ISYVC) as the chief guest of the day inaugurated the programme by lightening the lamp. Dr. P. Jayakumar, medical superintendent, VMC delivered the presidential address and also felicitated the chief guest. Dr. P.K. Mohanty, Vice principal of VMC, Madurai welcomed dignitaries and participants to this programme. Activities were as below:

Activity session I: Lecture on importance of and scientific basis for yoga

Mr. Yashpal, chief guest of the event delivered a lecture on the importance of yoga in our day-to-day lives and promotes the students to include it in their routine activities.

Dr. Raj Kishore Mahato, Professor of Pharmacology, VMC Madurai delivered a lecture on stress and yoga, and explained scientific basis for yoga.

Activity session II: Yoga demonstration

1. Demonstration by Yoga practitioners lead by Mr. Yashpal and team, ISYVC, Madurai
2. Demonstration of important yoga postures by VMC students
3. This demonstration was followed by a brief meditation session.

Activity session III: Poster display by students

As a part of the yoga day celebration, a poster competition was organized for all medical students. Among a total of 17 posters based on yoga and stress received, three participants were awarded with best poster prizes. All participants were given certificates of appreciation.

Action taken report was sent to Dr. TN MGR Medical University and University Grants Commission.

YOGA - A need or Dilemma - Part 3

Yoga is essentially a type of lifestyle developed primarily with the aim of improving one's quality of life by bringing about a union of the mind, body and soul. Yoga works on many principles. Among them five basic principles which are helpful for health, humanity and community are:

1. Proper Relaxation: Releasing the tension in the muscles and putting the whole body at rest, revitalize nervous system, achieve inner peace and making one feel relaxed and refreshed. This relaxed feeling helps to conserve energy.

2. Proper Exercise: This principle revolves around the idea that our physical body is meant to move and exercise. Proper exercise is achieved through the yoga postures (Asana) which systematically works on all parts of the body - stretches and tones the muscles and ligaments, enhances the flexibility of the spine and the joints, and improves blood circulation. Asanas are designed to regulate the physical and physiological functions of the body. Practicing these yoga poses makes our body relaxed, gives us more strength and energy, and rejuvenates the various systems of the body. The yoga posture goes together with proper breathing. Each movement and stretch should be guided by breath, making the movement and the breath coordinated and feels like one and the same. The execution of the Asana is beneficial to the body, and at the same time contributes to spiritual and mental growth.

3. Proper Breathing: This means breathing fully and rhythmically, making use of all the parts of our lungs to increase our oxygen intake. Proper breathing should be deep, slow and rhythmical. To achieve this, we need to be able to regulate the length and duration of your inhalation, exhalation, and the retention of air in our lungs or the pauses between breaths. Yoga breathing exercises (pranayama) teaches us on how we can recharge our body and control our mental state by regulating the flow of prana-the life force. This helps us achieve a calmer and more focused mind, and increases our energy level.

4. Proper Diet: What is eaten extremely affects the mind. Improper diet results to mental inefficiency and block spiritual awareness. Proper diet is one that nourishes both mind and body. It should be well balanced. Proper diet in Yoga also means eating in moderation and eating only when you are hungry. Food should not be used to fill the gap or the emptiness that we feel. Unhealthy eating habits cause our senses to be dull and may result to diet related ailments like obesity and diabetes. Food should sustain our body. It should keep the body light and supple, the mind calm, and it should also help in keeping a strong immune system.

5. Positive Thinking and Meditation: The way of thinking highly affects the way of life. Practice of keeping a positive outlook in life, facilitate to have a peaceful mind. Positive thinking and meditation helps remove negative thoughts and put mind under perfect control.

Yoga practices empower the individual by creating focus and a conscious path of connectivity between breath, physical body, emotions, and ultimately our mastery over our reactions to the pressures and conflicts of life in the material world.

Contributed by

Dr. Raj Kishore Mahato

Professor (Pharmacology)

YOGA DAY



CME Report



On Friday 14th August 2015, a CME was organised by our hospital on Global and National Challenges in Non-Communicable diseases. The students and faculty members of the institution attended it. The guest speaker was Dr. Arun Chockalingam, the director of Global Health at the University of Toronto, Canada. Our Vice Chairman and the Head of Cardiology welcomed him. He spoke eloquently on the global burden of non-communicable disease, with special emphasis on developing countries like India. He then described the process in which he was involved to devise a plan to tackle these diseases at the international level. He stressed that the four major prongs of intervention were tobacco and alcohol control, diet and physical activity. As concluding remarks he implored the medical fraternity especially the students to have an in-depth understanding of their subjects and work for the alleviation of disease. The audience raised a number of queries related to the topic and Dr. Arun addressed them in very satisfactory manner. Our dean, Dr. Srinivasan explored with him options for research collaborations and he was very pleased to inform us that their department would be interested in joint projects. At the end the audience the faculty members thanked him and everybody gave a round of applause for the wonderful discourse.

Report: **Dr. Rizwan** - Assistant Professor
Department of Community Medicine

Doctor Day

On July 2015, we the students of Velammal Medical College, had a wonderful opportunity to attend a CME, where the guest speaker was



Dr. Mohammed Rela. Dr. Rela was born in Kiliyanur village, Tamil Nadu and got trained in London. He is the pioneer in the field of split-liver transplantation technique - a busy hepatobiliary surgeon, performing Whipple's surgery, pancreatic cancer resection for cholangiocarcinoma and HCC resection in cirrhotic patients. He has published over 240 papers in peer-reviewed journals. He has so far performed more than 1200 liver transplant surgeries. The milestone in his career which made him an entry into the Guinness Book of Records in 2000 is a successful liver transplantation for a 5 day old girl child. In May 2011, he led a team at Global



hospitals Chennai, and successfully did swap liver transplantation, which is first of its kind in India. He currently works in India, where he has set a successful living donor liver transplant programme performing over 150 liver transplantations a year. We thank our chairman and vice chairman for getting us a wonderful chance to know about wonderful personalities, who are the sole source of inspiration to our soul.

Report by - **K. Aravindan** - Second MBBS

World Breastfeeding Week 2015

Breastfeeding and work: let's make it work



Every year 1st -7th August is celebrated as World Breastfeeding Week (WBW) in almost all the countries. It is coordinated by the World Alliance for Breastfeeding Action (WABA), a global network of individuals and organizations concerned with the protection, promotion and support of breastfeeding worldwide based on the Innocenti Declarations and WHO/UNICEF Global Strategy for Infant and Young Child Feeding.

The Innocenti Declaration has recognized that breastfeeding provides ideal nutrition for infants and contributes to their healthy growth and development.

The breast feeding has been emphasized greatly by the World Health Organization (WHO) and the American Academy of Pediatrics (AAP) for promoting healthier living for both the mother and the baby. It is very much recommended by them to all mothers that they should give breastfeeding to their child for the first six months of the life and after that a supplemented breastfeeding can be given for two years of age of the baby.

The WABA had assisted and supported the social mobilization for the global promotion of

the campaign of breastfeeding and along with WHO had decided a week committed to the breastfeeding which has been marked as one of the important international event.

If every child was breastfed within an hour of birth, given only breast milk for their first six months of life, and continued breastfeeding up to the age of two years, about 800000 children's lives would be saved every year. But despite all the evidence, only one third of babies worldwide are breastfed exclusively for the first 6 months of life, and these rates have not considerably improved in the past 20 years.

In India, breastfeeding practices vary among different region and communities. Unfortunately, breastfeeding rates have not shown much rise over the past decades since India began measuring it. According to the National Family Health Survey-3 (NFHS-3), the initiation of breastfeeding within one hour of birth is only 24.5% and exclusive breastfeeding for the first six months of life is 46.3%.

The breastfeeding rate has declined in recent years, as a result of urbanization, marketing of infant milk formulae and maternal employment outside the home both in formal and informal sector. Naturally, every parent wants the very

best for their child's health, but unfortunately women around the world, neither always get the right information, nor the support they need to start or continue the breastfeed. Thus, adequate breastfeeding counselling and support are essential for mothers and families to initiate and maintain optimal breastfeeding practices.

This year's theme, "Breastfeeding and work. Let's make it work!" is particularly important not just for breastfeeding mothers, but also for those who can make a difference to women by supporting them at workplaces.

For a working woman to practice exclusive breastfeeding for the first 6 months, and to continue breastfeeding for 2 years and beyond, a maternity leave of 6 months and more and appropriate support, one or more paid breastfeeding breaks thereafter are necessary both in the organized and unorganized sector.

For that reason, women need the utmost support from family members, society, employers and co-workers. The government and legislative enforcement and a positive attitude towards breastfeeding to protect, promote and support working women to breastfeed is immensely required.

- Dr. Trupti Bodhare,

Professor,

Department of Community Medicine.

Millets for good health

Millets for All

There was a time people looked down millet eaters as it was cultivated in backward areas of the state. Health consciousness brought in a change in the attitude of people. The most common millets available in india are jowar (sorghum), Ragi (Finger millet), Bajra (Pearl millet) varagu (Proso millet), Kora (Fox tail), sama (Little Millet).

Millets grow well even in dry conditions. Millet production in 2014-15 in Tamil Nadu 41.5 lakh tonne compared to 13.4 lakh tonne in 2012-13 almost three times increased within 2 yrs.

Millets are rich sources of Iron, Calcium, B-Vitamins, Magnesium, zinc and selenium

Health Benefits

Cardioprotective effect

Magnesium present in millet reduces blood pressure and further the risk of heart diseases and stroke.

Cholesterol Lowering Effect

Millets reduces LDL (bad cholesterol) and raises HDL(good cholesterol).

Protective effect of gastrointestinal tract

The fibre in millet fills up the stomach quickly and thus it reduces total calorie and avoid excess weight gain. It is gluten free and thus it helps to treat coeliac disease.

Protection against diabetes

It is low in carbohydrates and hence it takes longer to digest, glucose is broken down slowly and it takes a longer time for it to reach

circulation and thus it maintains stable glucose level.

Magnesium in millets increases insulin sensitivity and sensitivity of glucose receptors in the body.

Reduction in cancer

The antioxidants like selenium and zinc reduces the incidence of cancer.

Detoxify the body

Quercetin, curcumin, ellagic acid in millets promote excretion of toxins and neutralising enzymatic activity in liver and kidney.

For children and post menopausal woman

Millets with rich source of calcium and iron is good for children and also for post menopausal women as it reduces blood pressure and incidence of gall stones.

10 Health Benefits of ...

Millet

1. Alkalisng
2. Easily Digestible
3. Healthy colon
4. Lower Cholesterol
5. Lots of Fibre
6. Low GI
7. Reduce Migraines
8. Reduce Heart - Attack
9. Calming Mood Food
10. High in Protein



eatHealthyLiveFit.com

	Protein (gm)	Fat (gm)	Fibre (gm)	Carbohydrate (gm)	Energy (kcal)
Brown Rice	7.9	2.7	1.07	6.0	362
Wheat	11.6	2.0	2.0	71.0	348
Maize	9.2	4.6	2.8	73.0	358
Sorghum (Jawar)	10.4	3.1	2.0	70.7	329
Pearl Millet (Bajra)	11.8	4.8	2.3	67.0	363
Finger Millet (Ragi)	7.7	1.5	3.6	72.6	336
Foxtail Millet (Korra)	11.2	4.0	6.7	63.2	351
Little Millet (sama)	9.7	5.2	7.6	60.9	329

By
Dr. M. Brahadeesh,
Asst. Prof,
Dept of Pharmacology

Vaigeye2015 – 63rd Annual Conference of Tamilnadu Ophthalmic Association 24-26 July 2015



The 63rd Annual Conference of Tamilnadu Ophthalmic Association – Vaigeye2015 was held at Velammal Medical College, Madurai on 24 – 26 July 2015, under the aegis of Madurai Ophthalmologists Association. This mega event was organized by Aravind Eye Hospital, and Madurai Ophthalmologists Association at Vellammal Medical College Campus. The management of Velammal Medical College was not only kind enough to give consent to conduct this event to be held at Velammal Medical College, but also gave full support in organising the event.

The inaugural function of the conference was held at the Hospital Auditorium on the eve of 24th July. The invited Chief Guest, Shri Subroto Bagchi, Co-Founder and Chairman of Mindtree, Bangalore gave a very impressive inaugural address. Shri Muthuramalingam, Chairman, Vellammal Medical College and Dr. Revathi Kailairajan, Dean of Madurai Medical College were the guests of honour.

The whole event was possible only because of the grand venue which was well appreciated by all the participants. All the delegates were unanimous in saying that this was one of the best conference mainly due to 3 things – the venue, the scientific content and the excellent food. The entire staff of Vellammal medical college were very supportive and helpful through out the conference without whose help this event would not have been possible.

On behalf of the Tamilnadu Ophthalmic Association and the Madurai Ophthalmologists Association, Dr. R. Kim, the Organizing Secretary of Vaigeye2015 conveyed his thanks to the managing committee of Vellammal Medical College for providing such a great facility to hold the conference and the success of the conference.



Venue entrance with the participants



Entrance – Trade exhibition zone



Chairman – VMC Lighting the Kuthuvilakku



Dignitaries in the Dias – Inaugural function



Chairman Emeritus – Aravind with Chairman – Velammal Medical College

The meeting was well attended by 1171 ophthalmologists another 200 trade delegates from all over India, particularly from South India. There were more than 200 doctors, as invited speakers for various scientific sessions, which were planned to happen simultaneously in 6 halls for all the 3 days of the conference. The auditorium and the class rooms were used for holding the scientific sessions. A large temporary airconditioned hall built for housing more than 100 trade exhibitors at the conference which till now the largest trade hall in any of the state conference. The arrangements were at par with an international conference as claimed by most of the delegates who attended the

Scientific sessions in the Halls



Trade Exhibition area



Dining area



CATH Lab - Inauguration



Pediatric CME - Neuro Update



*Guest Lecture
Dr. Vijaya Govinda Rajan*



Pharmacology - CME



Nurses day celebration

