



VELNEWS

Voice of Velammal Medical College Hospital & Research Institute

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The Healing Touch

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Velammal Medical College
Hospital & Research Institute

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Editorial Note

Food is one of the most important elements of cultures, reflecting the social and economic structure of society. Food is essential for the growth and maintenance of the human body. Food has cultural, economic, environmental, and sociological impacts. In fact, nutrition plays only a small part in our food choices.

Food always gives us a feel of satiety or "satisfaction." Food is almost always shared; people eat together. Food binds people together. Food has been used to bring people together for celebrations as well as sad occasions.

Milk is the most important thing a mother gives a child, and in most parts of the world mother's milk is the only safe food for infants. Thus food becomes symbol and reality of love and security.

Unsafe food poses global health threats. Food is increasingly making longer and more complicated journeys. As a result, the opportunities for the contamination increase. Food can be contaminated by farm workers, cooks, waiters and others who handle it. Microbes can infect on the farm, in the kitchen, or in food chain if adequate safety precautions are not taken. Food safety is critical to food security, poverty alleviation, and economic growth.

Worldwide, food-borne diseases are a major health burden leading to high morbidity and mortality. The global burden of infectious diarrhea involves 3-5 billion cases and nearly 1.8 million deaths annually, mainly in young children, caused by contaminated food and water.

Tackling food safety needs an organized, coordinated approach. Food safety is a shared responsibility of all those who handle food from farm to plate. Let us ensure the safety of the food on the occasion of this World Health Day, to safeguard our development and economic growth.



M V Muthuramalingam
Chairman
Velammal Educational Trust



Dr. S Asokan
Vice Chairman
Velammal Medical College
Hospital & Research Institute



Dr. A Srinivasan
Dean, VMCHRI

Vice-Chairman's Message

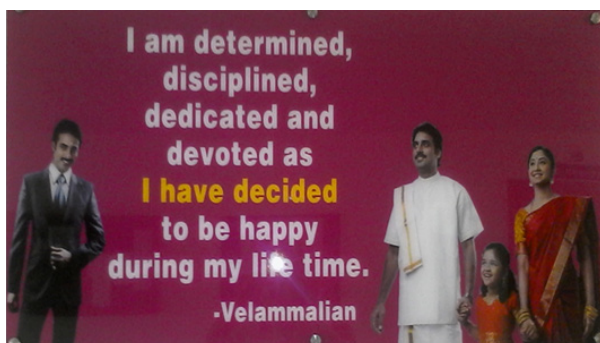
Dear Friends,

Greetings!

I am happy to 'speak' to you through 'Velnews'!

A few days back our Hon'ble Chairman brought two sign boards reading the following messages:

Board 1:



Board 2:



This is the 'sum total' or essence of the vision of our founder Hon'ble Shri M.V.Muthuramalingam. In all the Velammal institutions all of us strive hard to achieve this only. I am sure this kind of upbringing will make our students the best doctors and better citizens!

I request everyone of you to contribute your might in promoting such a culture in our campus which will inculcate good qualities in our students.

Thanking you,
Yours sincerely,

Dr. S Asokan
vc@velammalmedicalcollege.edu.in

Food Safety: A Public Health Priority

Unsafe food poses global health threats, endangering everyone. Infants, young children, pregnant women, the elderly and those with an underlying illness are particularly vulnerable.

Foodborne and waterborne diarrhoeal disease kill an estimated 2 million people annually, mostly children and particularly in developing countries. Unsafe food creates a vicious cycle of diarrhoea and malnutrition, threatening the nutritional status of the most vulnerable. Where food supplies are insecure, people tend to shift to less healthy diets and consume

more "unsafe foods" – in which chemical, microbiological and other hazards pose health risks. Foodborne diseases impede socioeconomic development by straining health care systems and harming national economies, tourism and trade.

Food can become contaminated at any point of production and distribution, and the primary responsibility lies with food producers. Yet a large proportion of foodborne disease incidents are caused by foods improperly prepared or mishandled at home, in food service establishments or markets. Not

all food handlers and consumers understand the roles they must play, such as adopting basic hygienic practices when buying, selling and preparing food to protect their health and that of the wider community.

Access to sufficient amounts of safe and nutritious food is key to sustaining life and promoting good health. Everyone can contribute to making food safe.



Contributed by:

Dr. S. A. Rizwan

Asst Professor, Dept of
Community Medicine

Annual report – 2015

(Presented during the 1st annual day celebrations of Velammal Medical College Hospital & Research Institute)

The Velammal Legacy: Velammal educational Institutions has evolved from an energy, propelling into an 'ethos inspiring vision' formulated by our magnanimous chairman Shri M.V. Muthuramalingam. From Humble beginnings to the forefront, Velammal group of educational institutions has become a standard to be emulated. From a single thatched roof to astounding infrastructures, from a single school to 29 institutions of repute, from 183 students to 85000 students, from 13 staff to 5500 staff, the fragrance of the legacy of Velammal institution's vision and excellence has been infused into the communities, evident in the students who had come under its influence.

The Dawn of Health Care: The arms of Velammal's vision extended to bring healthcare to the common man at affordable prices, with technology and skills of the highest order. In 2011 The Velammal Medical College Hospital and Research Institute was born under a thatched roof, subsequently the infrastructure was completed with the required facilities by the Medical council of India. With the grant of essentiality certificate from the Government of Tamil Nadu dated 24th September 2012, Letter of Intent dated 28th June 2013 and Letter of Permission dated 12th July 2013 from the MCI along with the Certificate of Affiliation from the Tamil Nadu Dr. MGR Medical university, our Medical services migrated into the new building facilities

having a bed strength of 300 on 9th July 2012. The quality and the compassionate care offered by our institution have shown a tremendous response from the communities around. Beginning with an OPD strength of 300 to 1200 per day, from zero inpatients to 270 per day, from a meager 1-2 surgeries per day to 12 major surgeries and 30 minor surgeries per day has been the trend of the surgical services in the recent times. The birth rate in our hospital has gone up from nil to 35-40 / month.

Hospital infrastructure: The Hospital campus stands on a 37 acre land within the 110 acres of Velammal village. The Hospital block consists of six floors, Medical College with four floors and the Library block with five

floors. The Hostel block consists of 276 rooms. Staff residential facilities consists of 3 individual bungalows, 28 three bed room quarters, and 56 two bed room quarters. The supporting facilities include, in-campus electrical substation with backup generators, two RO plants capable of storing 5 lakh liter each, two Sewage treatment plants, a Manifold plant to supply oxygen and one Centralized air condition with Chiller plants.

Special incentives: The anniversary of Smt. Velammal, the inspiration behind these institutions, is celebrated every year during the month of February. During this period, certain special incentives are offered to our patients. All deliveries during February of 2012 and 2013 were gifted with Rs. 10,000 each. In subsequent years all deliveries were made free of charges including LSCS all through the year. Free food is given for all inpatients and free consultation for all OP and IP patients. Medicines costing less than 3 rupees are free, and for all others drugs we offer a 8% discount. All Medical procedures cost up to 50% less and emergency care less by 20-40% when compared to other health care providers. These concessions are also extended to all Velammal sister concerns, institutions and students.

Special services: Our special services include round the clock accident, emergency and trauma care; seven state of the art fully functional operation theatres; 24 hours Intensive care; round-the-clock delivery services; 24 hours pharmacy, blood bank, central laboratory

and Radiology services. We also provide refreshment and lodging facility for patients' relatives and visitors. We have a cafeteria within the hospital building, and a full-fledged restaurant catering high quality food at subsidized rate.

Super specialty wing: We offer various super-specialty services, including Neurology, Neurosurgery, Paediatricsurgery, Cardiology, Rheumatology, Gastroenterology, surgical Gastroenterology, and Nephrology. The artificial kidney lab is equipped with 14 state of the art dialysis units serving at very nominal rates.

Transport: Government transport buses ply between hospital campus and Madurai and various other destinations about 14 trips per day.

Medical College: The First batch of medical students were admitted in the year 2013, a total of 150 students per batch of which 97 are government selected candidates. The college built facility is 2.3 lakh square feet, adorned with 4 well-furnished fully air-conditioned lecture halls with a capacity to seat 200 student each and are equipped with state of the art audio visual facilities. All departments are fully staffed. Each department is well equipped with individual laboratory, library and departmental museums. The Central library has 6,000 books with latest editions, national and international journals, and internet facility. Students are provided with spacious Hostel facilities, Playgrounds, Gym, Music club and round the clock

electricity supply with generator facilities and residential facilities for staff.

The students admitted during 2013 have shown encouraging results securing 81% in the university exams.

Students competed in the TIMS 2013 sports events held at Madurai Medical College. Excellent talent and sportsmanship was exhibited by our students during their annual sports and cultural competitions held in our campus during the month of February 2015.

Job Opportunities and staff strength: Velammal has created tremendous job opportunities for the medical fraternity and allied medical services. Currently there are 214 doctors, 262 nurses, 647 Non-teaching faculties in our institution.

Future endeavors and vision: Higher Specialty services were envisioned for the financially capable of the society. A Super specialty wing with 'A' class facilities is about to come to fruition. A 500 bed super specialty wing attached to two Cath labs, MRI, Cardiac OP ward and Mammogram will start functioning from the mid of August- 2015.

Conclusion: The vision of Velammal legacy in medical education is to provide good education resulting in service oriented empathetic medical service provider, a skilled doctor, a good citizen, and a responsible family oriented person, full of vigor for service and leadership.

A Rare Case of Face Lipoma

A 52 years old female patient from Thethor village, Trichy district, presented with a soft swelling on the right side of her face since the past 6 months duration. She had cosmetic concerns for her consultation.

On examination, a swelling of varying size, soft in consistency, was seen in right temple, cheek, and oral cavity.

Investigations performed include FNAC, MRI of face and

CT angiography. A final diagnosis of Dumb-bell shaped lipoma of the face (communicating type) was made. The patient was posted for excision biopsy.

Her hospital stay, surgery, and post-surgical period were uneventful. The patient was discharged with a smiling face.



PRE OP



INTRA-OP



AT DISCHARGE

Contributed by:
Dr. R Ganesan
Dept of General Surgery



1	2				3	4
		5				
6				7		
	8	9		10		
11		12				
13			14		15	

CLUES

Left to Right (→)

1. A study of effect of Environment on the life history of an organism (7)
5. A small mass of tissue in the form of knot, either normal or pathological (4)
6. This syndrome is also called as PHC syndrome (4)
7. An opening (2)
9. Also known as 'Thimble'. Abutement for Dentures (6)
11. Stored Nutrient of an Oocyte / Ovum (4)
13. Polypeptide secreted from Atria of the heart to regulate blood sodium level (abbr) (3)
14. A Mental Phenomenon occurring during sleep in which emotions, thoughts, images are experienced with a sense of reality (5)

Up to Down (↓)

1. Developing organism from fertilization to the end of 8th week. (6)
2. Coagulum (4)
3. Also known as Oscitation (7)
4. Branch of Medicine that treats diseases, injuries and deformities by Manual or operative methods (7)
8. Degree of tension and vigor in muscle (4)
10. A place where patients are taken care after administration of anaesthetic agents (abbr) (4)
11. A form of exercise whose goal is attainment of ultimate balance of Mind and Body (4)
12. A turn or sharp curve (4)

Down to Up (↑)

14. Metabolic disorder caused by consequence of long term Diabetes Mellitus (abbr) (3)
15. Vomiting (6)



Contributed by:
A. Sowmiya
II MBBS

Answers:

M	V	E ⁵¹	R	D ¹¹	P	N	V ⁵¹
L	G	M	U	K	O	E	G
R	N	E	C	V	O	N	O
E	I	S	V	K	T ²¹	O	L ¹¹
G	N	I	P ¹⁰	O	C ⁶	T ⁸	R
R	W	S	O ⁷	K	O	O	B ⁹
U	V	E	D	O	N ⁵	L	M
S ⁷	L ⁵	G	O	T	O	C ²	E ¹

VMCHRI: White House Institute of Medicine Past, Present and Future

Past: Our esteemed Velammal Medical College Hospital & Research Institute (VMCHRI) is a 2 year old baby. On 25th February 2013, Ganapathy Homam was done in our college building which was very auspicious day for our college. Later on classes started in month of August 2013 after delivery of welcome speech by our beloved Chairman. First batch of students entered with great enthusiasm & deep interest to study Medicine. Even we too had great moment to start and take classes for our 1st batch of MBBS students.

Our college building is like the famed White House: it has a very spacious portico area with reception hall. There are 4 floors in the building including ground floor. There are 4 air-conditioned class rooms in first and second floors with latest audio-visual facilities. The Department of Anatomy has a spacious dissection theatre, cadaver tanks, latest instruments like body cutting machine, and two cold storage machines which can preserve 12 bodies at a time. The very first batch of students of our Institution passed out in flying colors in their University examinations, with 23 distinctions in Anatomy, 7 distinction in Physiology, and 3 distinctions in Biochemistry. Indeed it was great moment for our 2 year old medical institution. All the credit goes to our teaching faculties.

Present: Teaching is now going on for second batch of 150

students who are also intelligent, hardworking and enthusiastic to know and learn the subjects. There are eight fully functional departments including both pre and para clinical, well equipped with labs and museums. In forensic medicine museum, photos like hanging, road traffic accidents, weapons; specimens like snakes and scorpions; all of which carry medico legal importance, have been displayed. The Pharmacology museum has photos and specimens of medicinal plants, drugs of medicinal importance, models and charts. Now First batch of students who passed out are having their clinical postings at the Velammal Medical College Hospital which has more than 1000 outpatients every day.

Future: Our Institute has tremendous potential, both in faculties and students. Our faculties and also the students, are bubbling with desire in research field. Few students have registered their names in ICMR STS - 2015. It is our duty not only to teach but also to give proper guidance so that they come flying colours and later pursue Post Graduate studies in the subject of their choice. Regarding teachers, they are great subject experts which are ready to guide even for Post graduate students. In coming years our college will become Post Graduate Institute offering courses in broad specialty and also in Super specialty disciplines.

My Vision: We can establish a center for research in our institute, preferably in a separate block. This Institute should be well equipped with Electron Microscope which will be of great help in the field of genetics, pathology & Microbiology. Later this institute should become referral center for genetic engineering, genetic mapping, and genetic counseling. This should be managed by young budding doctors who have interest and capability in research. Later MD /DM in genetics can be started. HPLC (High Performance Liquid Chromatography) should also be provided in this lab. This is to estimate micro levels of substances (such as drugs) in blood. This will be useful for both pharmacology and biochemistry department

For diagnosing and treating congenital anomalies, a separate Anomaly Cell or an Anomaly Controlling Committee can be established. This will also function to spread awareness about anomalies and birth defects, the harmful effects of smoking and consanguinity, and also about how to prevent them. Active role can be played by health workers, voluntary organization, and the Department of Community Medicine in this direction.

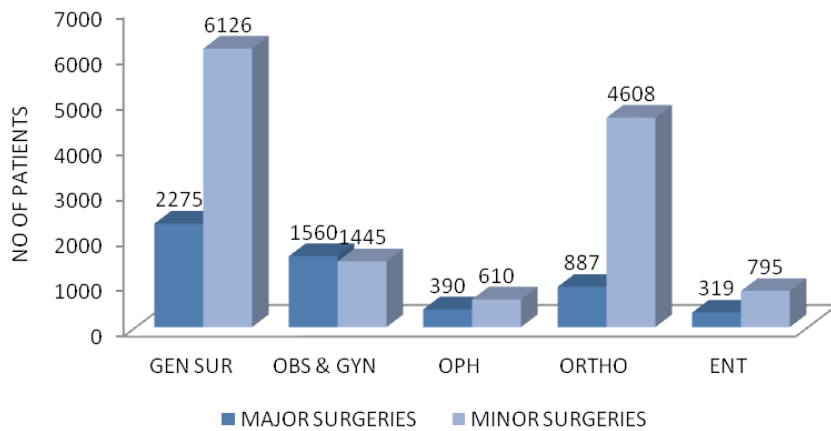


Contributed by:
Dr. Arun Kumar Bilodi
Prof and Head,
Department of Anatomy

Surgery Statistics in VMCH &RI

Department-wise Major and Minor Surgeries: March 2014 – February 2015

Surgeries	General surgery	OG	Ophthalmology	Orthopedics	ENT	Total
Major	2275	1560	390	887	319	5431
Minor	6126	1445	610	4608	795	13584
Total	8401	3005	1000	5495	1114	19015



Compiled by:
Mr. Denesh Kumar. V
Statistician
Dept of Community
Medicine

ICMR Sponsored Workshop on "Bioethics" at JIPMER, Puducherry

An ICMR workshop on Bioethics was conducted by JIPMER on 24th January 2015. I attended the workshop along with Dr. S Thamarasi, Prof & Head, Dept of Pharmacology. This workshop enlightened us regarding ethical issues in clinical trials. The topics covered by eminent speakers included Responsibilities of ethical committee, its composition and functions, serious adverse event, regulation of clinical trial, Calculation of Compensation of adverse event, Special principles regarding vaccine trials, use of traditional plants and traditional medicines. It was a good experience for us to enrich our knowledge in clinical trials.

Certain Key notes among the lecture are:

- Clinical trial records are to be maintained for a period of 5 yrs.
- Audio visual recording of informed consent should be there in the investigator site.
- The Principal investigator should be trained in GCP (Good Clinical Practices) to be eligible to participate in clinical trial
- The investigator should report SAE (Serious Adverse Event) within 24 hrs or its occurrence to the sponsor and to the ethics committee chairman.
- Central Drug Standard

Control Organisation (CDSCO) should finalise the decision Regarding Compensation to sponsor within 150 days of the SAE

- The sponsor should pay money to the patient's relative within 30 days of receipt from regarding compensation amount

We need to be pioneers in conducting clinical research in our institution for getting recognition throughout the country as a standard research institute. In this regard, we need to take necessary steps to initiate clinical trials in our institute.



Contributed by:
Dr M. Brahadeesh,
Asst professor,
Dept of Pharmacology



NEWS SNIPPETS

► **Best Poster Award:** Two of our faculty members were awarded best poster awards in a CME organized by Dhanalakshmi Srinivasan Medical College & Hospital, Siruvachur, Perambalur on 3rd April 2015.

Dr. Raj Kishore Mahato, professor and Dr. M Brahadeesh, Assistant Professor from department of Pharmacology presented posters on antibiotic resistance and use of antibiotics in neonatal ICUs, and were awarded 1st and 2nd prizes respectively. Dr. Mahato was also invited to chair a scientific session in the CME.

Team VelNews congratulates both the faculties for their achievement!

► **ICMR STS-2015:** The research proposals sent for the ICMR Short term studentship project by five of our students was selected by ICMR. Their names were selected as follows:

1. Ms. Anita Priyadarshini J (Guide: Dr. Sangeeta)
2. Ms. Inimai Mercilin (Guide: Dr. Raj Kishore Mahato)
3. Mr. Prasanna Rajguru (Guide: Dr. Sudhakar)
4. Mr. Shreedher Priyan (Guide: Dr. B N Vallish)
5. Mr. Surjeet Acharya (Guide: Dr. Anand B Janagond)

Team VelNews congratulates all the students and their guides for their achievement!

► **Resource Person:** Dr. S Thamilarasi, Prof & Head, Dept of Pharmacology was invited as a resource person to deliver a guest lecture on ‘*Probiotics in Infant Feeding Formulae*’ in a National Seminar organised by Government Meenakshi Arts College for Women, Madurai on 6th February 2015.



YOGA A NEED OR DILEMMA (Part-2)

Yoga practices like *asana*, slow breathing, and meditation lead to mental relaxation. The key to success in yoga is dedicated, uninterrupted practice over a long period of time. Active practices followed by relaxation lead to deeper relaxation than relaxing practices alone.

Points to be noted for yoga practice:

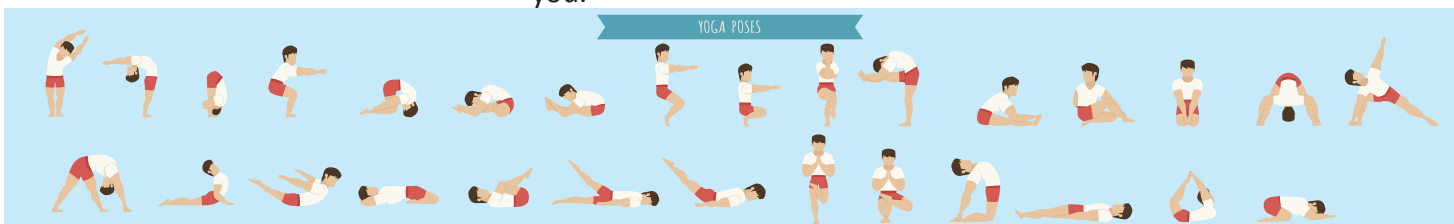
- Best time is early morning or evening (during sunrise or sunset).

- Do on empty stomach or two hours after a meal
- Make your body flexible (warm-up exercise) before the yoga session
- Feel happy while practicing Yoga. Do it without pain.
- Do not do when fatigue, sleepy or hungry
- Do not drink or eat anything immediately after the yoga session (always better to have after 15 to 30 minutes).
- Best to practice in a well-aired place, which is convenient to you.

- Have a warm bath before yoga for better outcomes
 - Wear comfortable, light, loose clothing, preferably made of natural fibres. Your clothes should not restrict your movements.
 - Practiced with bare feet
- The right yoga practice works to help you become the best you.



Contributed by:
Dr. Raj Kishore Mahato
Dept of Pharmacology



The First Annual day Celebrations Report

Velammal Medical College Hospital and Research Institute celebrated its **First Annual Day - Xperanza- 2015** on 8th March 2015. It brought out the essence of cultural diversity and rich heritage of this state and our country. Students, Parents, faculty and luminaries from the media graced the occasion.

Dr. R. Surendran, MS, MNAMS, M.Ch; Director, Hepatobiliary and Pancreatic Unit MIOT Hospital Chennai was the guest of Honor. He expressed his vision for the students who would in the future graduate from this institution. His experience in Academic excellence born of hard work and dream is the pathway he cut out for these students and stressed on emulating great scholars and achievers of our country including our chairman Shri M V Muthuramalingam.

The achievements and accolades of this institution received since its inception, the Staff strength, the annual expenditures, future plans and goals of the Hospital and College were presented as a multimedia annual report. Staff members of the institution were felicitated on the annual day for their honesty, innovations and

regularity. Students were awarded and recognized for academic excellence and regularity.

A variety of cultural events captivated the audience with histrionic talents and riveting performances by our students. A mime with a social message stole the show. Western dance, integrated dance with a national message, Solo performances, and Fisherman's dance were all a feast to the eyes and received a huge applause. Musical talents in group performances carried the audience to nostalgic heights.

The first annual sports day was celebrated on 28th February 2015. It was a grand culmination of a month long sports activities. **The chief guest was Mr. Thulasiraj D. Ravilla, Executive Director, Lions Aravind Institute of Community Ophthalmology, Madurai.** After inspecting the March past and Oath Taking Ceremony and the Torch run, he hoisted the flag and declared the meet open. The competing student groups 'Cruziens' and 'Galacticos' showcased their unity, understanding and will-power in the various forms of sports activities, cricket, volleyball, football, throw ball to name

a few. Track and field events filled the rest of the day. The winners were given trophies medals and certificates. Apart from commemorating victories, sports meet also aimed at imparting lessons on sportsman spirit and camaraderie to our students.

Many looked forward to the events of that day's evening and undoubtedly appreciated amongst the many students and staff an evening of frolic and fun - **"The first annual cultural competitions"**. The competitions which began a week earlier saw the culinary skills of our students in flameless cooking, other competitions included face painting, hair styling, debates, art, Rangoli and photography. Onstage competitions saw exuberant talents displayed in solo, group dances and music performances. All of these events were graced with the presence of our hospital dignitaries. It concluded with sense of satisfaction and joy.

We express our thanks to the Overall coordinator Dr. John Rajpathy and the various committees who spent several days of hard work, planning and preparing for all the events and for making this an astounding memorabilia.

Xperanza 2015: First annual day celebrations held on 8th March 2015



Glimpses of the cultural activities and sports organized over the month of February 2015.

