

BHAARATH MEDICAL COLLEGE AND HOSPITAL

**BHAARATH
MEDI NEWS
APRIL -2026**



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E.N.T



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Anatomy

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Dr.B.Karthika
BDS.,MDS
Professor & HOD
Dental Surgery

BMCH IT Wing

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ACHIEVEMENTS

FACULTY ACHIEVEMENT – NABH ASSESSMENT VISIT (APRIL 2026)

Dr K. P. Hamsadwani served as an assessor during the **NABH Assessment Visit held on 4th–5th April 2026 in Nagpur**. Her role in this prestigious national accreditation process reflects outstanding professional commitment to healthcare quality, patient safety, and institutional excellence. This achievement underscores the department's active involvement in strengthening national standards of clinical practice and quality assurance.

ACADEMIC EXCELLENCE IN ACTION: DR INDIRA JUDGES' ROLE PLAY COMPETITION

The Department of Anatomy organised a Role Play Competition to promote experiential learning. **Dr Indira, from the Department of Microbiology, served as judge, ensuring academic rigour while encouraging creativity among participants.** Her contribution reflects the institution's commitment to quality medical education and student-centred learning.





Elite

NPTEL ONLINE CERTIFICATION

(Funded by the MoE, Govt. of India)



Skill India
असतो मा सद्गमय



This certificate is awarded to

DR R VEENA

for successfully completing the course



Assessment of Student Performance

with a consolidated score of **91** %

Online Assignments	25/25	Proctored Exam	65.72/75
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Total number of candidates certified in this course: 1125

Dr. Chandrashekar Ramanathan
Chairman
Professor and Dean (Academics), IIT- Bangalore

Feb-Apr 2026

(8 week course)

Prof. L. Umanand
NPTEL Coordinator & Chair, Centre for Continuing
Education, IISc Bangalore



INTERNATIONAL INSTITUTE
OF INFORMATION TECHNOLOGY BANGALORE



Roll No: NPTEL26GE02S1450302815

To verify the certificate



No. of credits recommended: 3



NPTEL-AICTE Faculty Development Programme

(Funded by the MoE, Govt. of India)



This certificate is awarded to

KHOWSALYA SUBRJAA K

for successfully completing the course

Assessment of Student Performance

with a consolidated score of **93** %



Prof. Andrew Thangaraj
NPTEL Coordinator
IIT Madras



(Feb-Apr 2026)

Roll No: NPTEL26GE02S1450302843

Duration of NPTEL course : 8 Weeks

The candidate has studied the above course through MOOCs mode, has submitted online assignments and passed proctored exams. This certificate is therefore acceptable for promotions under CAS as per AICTE notifications dated 18th Nov, 2023, similar to other refresher / orientation courses. F.No. AICTE / RIFD / FDP through MOOCs / 2023

FACULTIES AS PARTICIPANTS IN CME



Tamil Nadu Medical Council

No. 959 & 960, Poonamallee High Road, Purasaiwakkam,
Chennai, Tamil Nadu, India - 600 084.
<https://tamilnadumedicalcouncil.org>

TNMC Reg. No:92608

Continuing Medical Education Certificate

Dr. Veena

This is to certify that above mentioned medical practitioner has participated as Participant on
24 Apr, 2026
in the topic of
CARE PARE 2026
conducted by
Chettinad Hospital & Research Institute, Kanchipuram
Chettinad Health City, Kelambakkam, Chengalpattu, Tamil Nadu, India-603103
This institute activity has been reviewed, accredited, and it has been awarded 1 credit hours.



A. Muruganathan
Dr. A. Muruganathan
DESIGNATED MEMBER

A. Senthil Vadivu
Dr. A. Senthil Vadivu
REGISTRAR

CB9173569



Please use this link to verify
<https://www.tamilnadumedicalcouncil.org/verify/CB9173569>
or Scan the QR Code

Awarded On
30 Apr, 2026



Hospital & Research Institute
Chettinad Academy
of Research and Education
(Deemed to be University)

CERTIFICATE OF PARTICIPATION

This is to certify that Dr./Mr./Ms. **Khowsalya subrajaa K** has participated as
a delegate in the National hybrid conference "**THROMBOPHILIA-CHETPATHCON 2026 in Commemoration
of LABORATORY PROFESSIONALS WEEK**" organized by Department of Pathology, CHRI on
24th April 2026.

V. Vinu Srivastava
Dr. Vinu Srivastava
MD (Path), FRCPath (UK)
Professor & Head,
Dept. of Pathology, CHRI

N. Meenakshi
Dr. N. Meenakshi



E-Certificate

Dr. Inba Raja A, Assistant Professor, Department of Community Medicine, Bhaarith Medical College & Hospital, successfully completed the 12-week NPTEL online certification course on “One Health” conducted through SWAYAM and funded by the Ministry of Education, Government of India. The course was coordinated by ICMR–Regional Medical Research Centre, Bhubaneswar, under the Department of Health Research, ICMR, and secured Elite certification with a consolidated score of 84% for the exam conducted on 18th April 2026, enhancing interdisciplinary knowledge on human, animal, and environmental health integration.



Elite

NPTEL ONLINE CERTIFICATION

(Funded by the MoE, Govt. of India)

This certificate is awarded to

DR INBA RAJA A

for successfully completing the course

One Health

with a consolidated score of **84** %

Online Assignments	23.75/25	Proctored Exam	60/75
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Total number of candidates certified in this course: **1742**
Jan - Apr 2026 (12 week Course)



Dr. Debdutta Bhattacharya
Scientist-E, Course Coordinator,
ICMR – RMRC, Bhubaneswar



Dr. Sanghamitra Pati
Director,
ICMR – RMRC, Bhubaneswar



Dr. Rajiv Bahl
Secretary DHR & Director General,
Indian Council of Medical Research, New Delhi



Prof. Andrew Thangaraj
NPTEL, Coordinator,
IIT Madras



icmr RMRCBB
INDIAN COUNCIL OF
MEDICAL RESEARCH



स्वास्थ्य अनुसंधान विभाग
Department of Health Research



FREE ONLINE EDUCATION
swayam
एनपीएल वेब - ज्ञान वेब

Roll No: NPTEL26GE39S450301941To verify the certificate No. of credits recommended: 4

***OUTREACH
PROGRAM***

Dental camp at SSM Nagar

A screening dental camp was organized for the residents of SSM Nagar by the dental department of Bharath Medical College and hospital in association with IMA Selaiyur. Around 75 residents benefitted from the camp. Screening for common dental conditions was done along with educating the general public about the importance of oral health and hygiene.



Blood Donation Camp

In order to encourage the practice of voluntary blood donation a blood donation camp was conducted by our IMA branch in association with the blood bank of Bhaarith Medical College and Hospital on 19.04.2026. Around 18 units were collected and the general public was made aware about the dos and don'ts of blood donation which are to be followed.





Spreading Awareness, Strengthening Commitment against Tuberculosis

The Department of Community Medicine, Bhaarith Medical College & Hospital, organized a World Tuberculosis Day 2026 awareness program at Sembakkam PHC with the theme “Yes! We can end TB.” Health education sessions were conducted for OPD patients focusing on TB transmission, symptoms, early diagnosis, treatment adherence, and preventive measures. Faculty members, senior residents, and CRMI interns actively participated in educating the community and administering a pledge supporting the National Tuberculosis Elimination Programme goals towards a TB-free India.



Promoting Healthy Smiles through Oral Health Awareness

The Department of Community Medicine, Bhaarith Medical College and Hospital commemorated World Oral Health Day 2026 by conducting a health education programme at the Anakaputhur Camp, Chennai. Third-year MBBS students actively educated the general public on oral hygiene, common oral diseases, risk factors, preventive measures, and the importance of regular dental check-ups. The programme emphasized healthy lifestyle practices and the role of oral health in overall well-being.



Creating Awareness on Obesity and Healthy Living

The Department of Community Medicine, Bhaarith Medical College and Hospital commemorated World Obesity Day 2026 by organizing a health education programme at the Anakaputhur Camp, Chennai. Third-year MBBS students conducted awareness sessions on obesity, its risk factors, complications, and preventive strategies. Participants were educated on the importance of balanced diet, regular physical activity, and healthy lifestyle modifications to prevent obesity and related non-communicable diseases.

Driving Community Action towards a Malaria-Free Future

The Department of Community Medicine, Bhaarith Medical College and Hospital commemorated World Malaria Day 2026 by conducting a health education programme at Kulakarai Primary Health Centre on 24th April 2026. Faculty members and CRMI interns educated patients and caregivers on malaria transmission, symptoms, early diagnosis, treatment, and preventive measures such as mosquito control and environmental sanitation. The programme emphasized the importance of community participation, personal protection, and timely healthcare seeking behaviour in preventing malaria and promoting public health awareness.





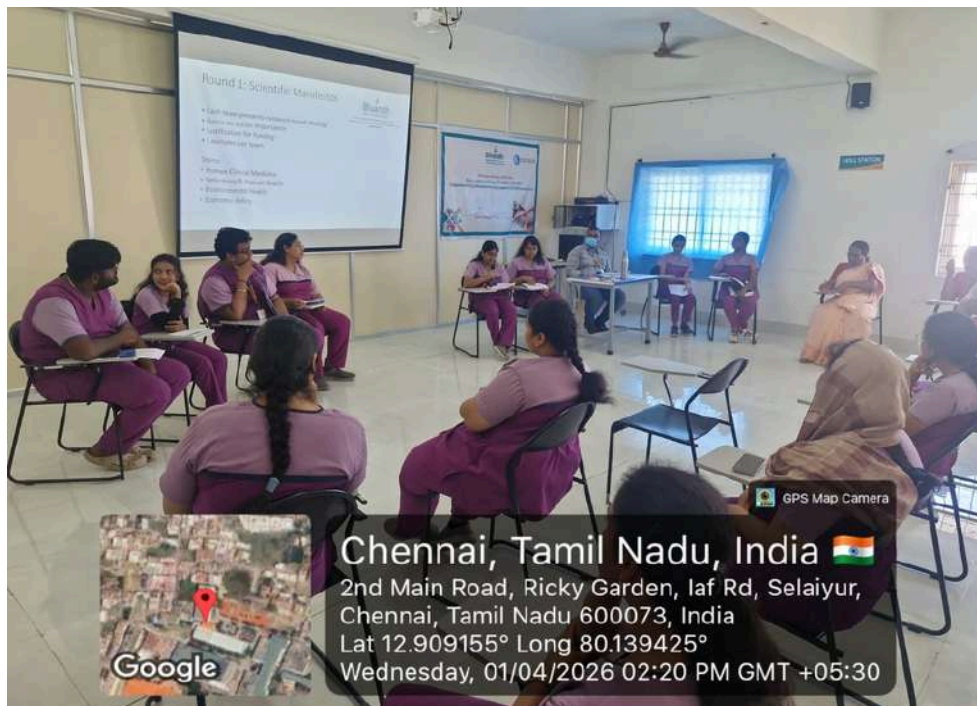
Celebrating World Health Day 2026: Together for Health, Stand with Science

The Department of Community Medicine, Bharath Medical College & Hospital, commemorated World Health Day 2026 on 17th April 2026 at the Skill Lab, BMCH, under the theme “Together for Health: Stand with Science.” The event focused on promoting the One Health Approach and encouraging scientific thinking among CRMI interns and MBBS students.

The programme featured a wide range of academic and interactive activities including awareness sessions on World Health Day and One Health, “Stand with Science” quiz competitions, short video competitions, poster presentations, and a One Health policy debate (Scientific Tribunal). These activities provided an engaging platform for students to showcase creativity, teamwork, communication skills, and critical thinking related to current public health challenges.

Faculty members of the department actively guided and coordinated the activities, making the event highly informative and participatory. The programme concluded with a collective pledge supporting evidence-based healthcare, prize distribution, and appreciation of student participation, reinforcing the commitment towards collaborative and science-driven public health practices.





Medical Camp

Medical camps were conducted by 3rd Year M.B.B.S students of BMCH under the Family Adoption Programme (FAP) in Anakkaputhur, Chennai. Around 150 students actively participated in community mobilization, NCD screening, general health assessment, and health education activities. About 49 community members benefited from services including blood pressure and blood glucose screening, ophthalmic evaluation, and physician consultation. Awareness sessions on oral hygiene, obesity prevention, women’s health, and cancer prevention were also conducted. The camp provided valuable field-based learning experiences for students while strengthening community-oriented primary healthcare services.



PROGRAMS
AND
EVENTS

INTERNATIONAL CME

An international awareness talk was delivered by Dr Melisa Ayisha Gul Cal who is a reputed member of South Asian UNESCO for the first year MBBS students of Bhaarth Medical College and hospital on 28.04.2026. Many interesting topics like leadership and its social impact, youth ideas and innovation and climatic action and education were discussed in detail. It was an enthralling interactive session.



POST GRADUATE CME PROGRAM

The department of Anesthesia at Bhaarith Medical College and Hospital in association with the IMA branch conducted a CME for the post graduates of the college (BMCH) ON 29.04.2026. It was a one day program which covered various scientific topics along with some very interactive sessions on practical aspects of medical education and practice. Lot of interesting issues like medicolegal aspects of practice, stress and burnout management in residency and effective communication including breaking the bad news was dealt with in a very interactive manner. The students were also made aware about the IMA membership drive and were encouraged to become members.






Department of Respiratory Medicine conducting a CME on role of protein supplementation in critically ill patients in the department.



Community Medicine CRMI Underwent Hospice-Based Palliative Care Training

A total of 16 CRMI students from the Department of Community Medicine underwent practical palliative care training at Mahaveer Ashray, Hospice Cancer Institute (WIA), Sriperumbudur, in three batches from 26.03.2026 to 11.04.2026. The programme helped strengthen clinical skills, compassionate patient care, and understanding of end-of-life care through real-world exposure.




Bhaarath
MEDICAL COLLEGE AND HOSPITAL

Ref No: BMCH/CM/2026/001 20.03.2026

From,
The Head of the Department,
Department of Community Medicine,
Bhaarath Medical College and Hospital, Chennai - 600073.

To,
The Medical Director / Head of Palliative Care Services,
Mahaveer Ashray, Hospice Cancer Institute (WIA),
Sriperumbudur, Kancheepuram district, Tamil Nadu.


Subject: Request for Hands-on Training in Palliative Care for CRMI's, Bhaarath Medical College

Dear Sir/Madam,

I, kindly request your esteemed institution to organize hands-on training in palliative care at your hospice facility. We are keen to provide practical exposure in palliative care to our CRMI's to enhance their clinical skills and understanding of end-of-life care and compassionate patient support. We propose to conduct the training for the duration of 3 days, divided into 3 batches of CRMI's. For your reference, the proposed schedule and participant details are as follows:

Batch	Name of CRMI's	Date	Faculty
I	Harish Aditya (U20MB437), Nowrin (U20MB886) Malavi (U20MB470), Lekhapriya (U20MB64) Jayalakshmi (U20MB45)	26.03.26 to 28.03.26	Two Faculties
II	Madhumitha A (U20MB466), Madhura Madhumitha B (U20MB468), Madhumitha B (U20MB467), Kewin kristen (U20MB459), Kaushika (U20MB457)	06.04.26 to 08.04.26	
III	Jerin (U20MB447), Jervinisha (U20MB448) Manushree (U20MB473), Kaluvani (U20MB450) Karthik (U20MB455), Kabi (U20MB452)	09.04.26 to 11.04.26	

We would be grateful if you could confirm the feasibility of these dates. Thank you for your kind consideration and support.

Regards,

Dr. Kaluvani

Bhaarath Medical College & Hospital, Chennai,
Dept. of Community Medicine
Bhaarath Medical College and Hospital
No.173, Agaram Main Road, Selaiyur,
Chennai-600 073.

Bhaarath Medical College and Hospital
(Bhaarath Super Speciality Hospitals)
173, Agaram Main Road, Selaiyur, Chennai - 600 073 Phone : 044 6111 6222, 044 6111 6333
Email : office@bmch.ac.in www.bmch.ac.in

MBBS Students Explore Siddha Healing at National Institute of Siddha

Third-year MBBS students visited the National Institute of Siddha (NIS), Chromepet on 02 March & 6th April 2026 for an experiential learning session. A total of 34 students participated under faculty supervision. The visit offered a close look at the principles of Siddha medicine, where students observed how traditional concepts translate into patient care. From pulse-based diagnosis to individualized treatment planning, they gained insight into a different yet structured approach to healing. Live demonstrations of therapies like Varmam and Thokkanam showed how musculoskeletal and neurological conditions are managed through physical techniques. A walk through the herbal garden and pharmacy units revealed how traditional medicines are sourced and prepared, while discussions on diet and lifestyle emphasized holistic care. Interactions with experts highlighted the growing role of integrative medicine, especially in managing chronic and lifestyle diseases.

The visit broadened their perspective on patient-centered, interdisciplinary healthcare.



MBBS Students Explore Siddha Healing at National Institute of Siddha

An academic visit to the Tamil Nadu Water Supply and Drainage Board laboratory, Chepauk, Chennai was organized for IIIrd Year MBBS students of Bhaarth Institute of Medical Sciences on 7th, 8th, 9th and 10th of April to provide practical exposure to the bacteriological, physical, and chemical analysis of drinking water. Students observed various laboratory procedures used to assess water quality, including tests for microbial contamination, turbidity, pH, hardness, chlorine levels, and other safety parameters essential for potable water.

Laboratory experts explained the importance of regular water quality surveillance in preventing waterborne diseases and ensuring safe drinking water for the community. The visit offered students an enriching insight into the scientific and public health aspects of water safety and environmental sanitation.



Exploring Sanitation for a Healthier Tomorrow – Visit to Sewage Treatment Plant

The Department of Community Medicine, Bhaarith Medical College & Hospital organized an educational field visit to a Sewage Treatment Plant for 3rd Year MBBS students to enhance their understanding of environmental sanitation and public health engineering. The visit provided students with practical exposure to the scientific management and treatment of wastewater, highlighting its vital role in disease prevention and environmental protection. Students observed various stages of sewage treatment including screening, sedimentation, aeration, biological treatment, filtration, and sludge disposal. Plant officials explained the importance of safe sewage disposal in controlling waterborne diseases and maintaining community hygiene. Faculty members guided the students throughout the visit and emphasized the significance of sanitation systems in building healthier and sustainable communities.



Turning Raw Water into Safe Living

An academic field visit to the Water Treatment Plants at Puzhal Water Treatment Plant and Kilpauk Water Treatment Plant was organized for III Year MBBS students of BhaarthInstitute of Medical Sciences as part of their community-based learning. The visit gave students a firsthand opportunity to observe how raw water undergoes purification through coagulation, sedimentation, filtration, and chlorination before reaching the community as safe drinking water.

Through interactions with plant officials, students gained valuable insight into water quality monitoring, treatment technologies, and the importance of safe water management in preventing waterborne diseases and promoting public health. The visit served as an engaging learning experience that connected theoretical concepts with real-world environmental sanitation practices.



Workshop on Effective Communication in Palliative Care

The Department of Community Medicine, Bharath Medical College & Hospital, organized an institutional-level workshop on “Effective Communication in Palliative Care: From Basics to Practice” on 22nd April 2026 for CRMI interns and other healthcare participants. The workshop was conducted in collaboration with the Indian Medical Association (IMA), Selaiyur BMCH Branch, with participation from over 50 attendees and six expert resource persons from various institutions.

The workshop focused on strengthening communication skills essential for palliative care, including breaking bad news, handling emotional responses, communication in pediatric settings, and interprofessional communication. Interactive lectures, group discussions, and experiential role-play sessions provided hands-on learning opportunities for interns. Participants were divided into groups and engaged in real-life clinical communication scenarios under the guidance of resource persons.

The program greatly enhanced the confidence, empathy, and patient-centered communication skills of the interns, reinforcing the importance of compassionate and holistic care in palliative medicine.



FACULTY
CORNER

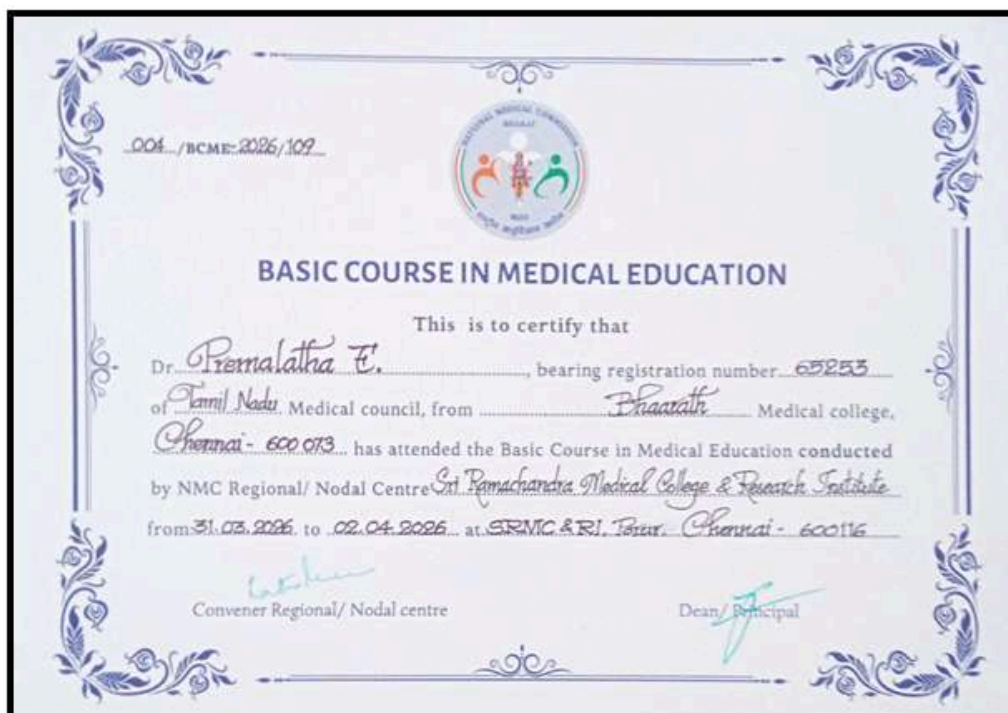
Dr. Uma Maheshwari, HOD Department of Biochemistry, Bhaarth Medical College & Hospital participated as a delegate in the Basic Course on Medical Education conducted at Sri Ramachandra Institute of Higher Education and Research from 31 March 2026 to 2 April 2026. This academic program provided valuable insights into modern teaching methodologies, curriculum planning, assessment strategies, and innovative approaches in medical education. The course enhanced her understanding of effective educational practices and strengthened her skills as a medical educator. Her participation highlights a strong commitment to academic excellence, faculty development, and continuous professional growth, contributing to improved teaching standards and quality in medical education.



Dr. Priyanka Clementina Stephen, Assistant professor, Department of Anatomy presented the paper titled "Kimmerle's Anomaly- A study on The retroarticular vertebral artery foramen in South Indian population " under Young research scholar category for faculty at the 6th international conference " BMSECON 2026" conducted at AVMC pondicherry from April 16-18th 2026.



We are proud to share that **Dr Premalatha E.**, from Bharath Medical College, has completed the Basic Course in Medical Education at Sri Ramachandra Medical College & Research Institute, that National Medical Commission (NMC) Regional/Nodal Centre at Chennai. This accomplishment reflects her dedication to professional growth and commitment to advancing teaching standards. Her achievement enriches the academic environment and strengthens the institution’s mission of shaping future healthcare professionals. Her achievement not only adds value to her personal academic journey but also enriches the learning environment at Bharath Medical College. We congratulate **Dr Premalatha** on this accomplishment and look forward to the positive impact her training will bring to students and colleagues alike.

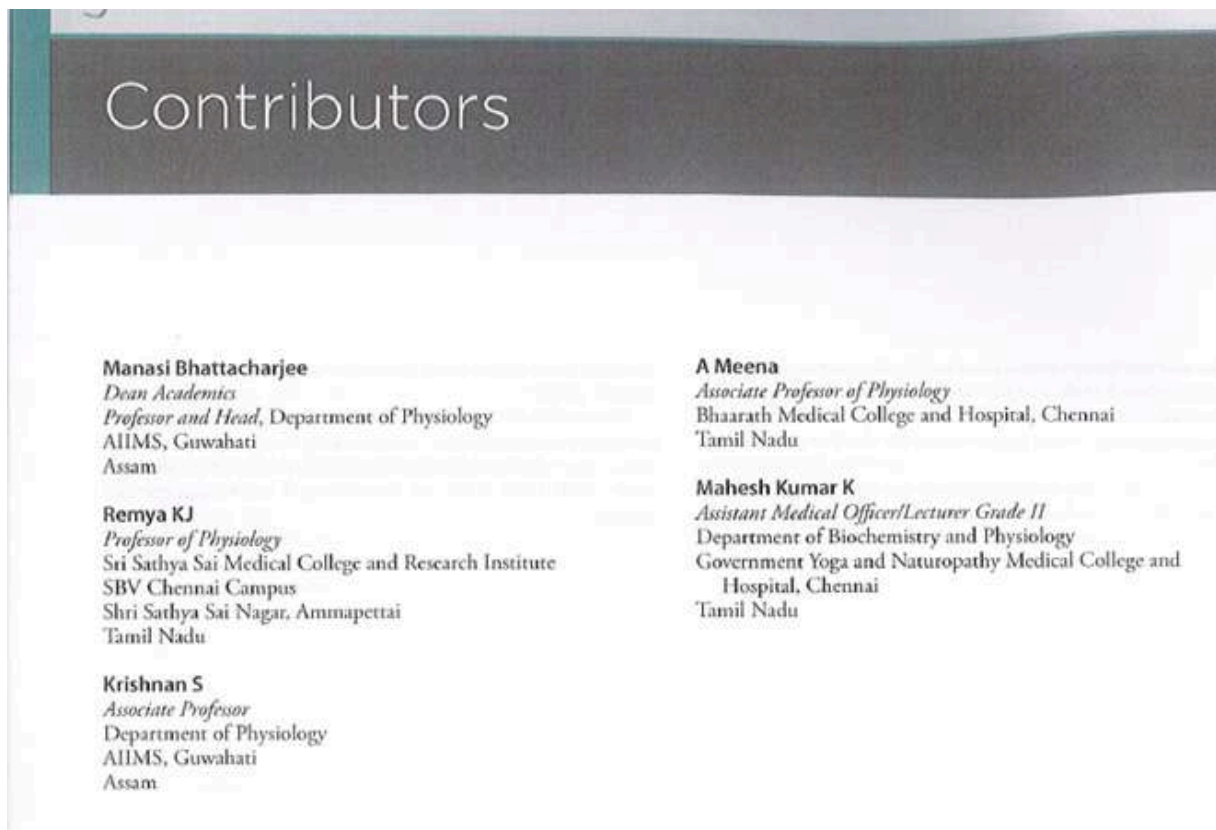
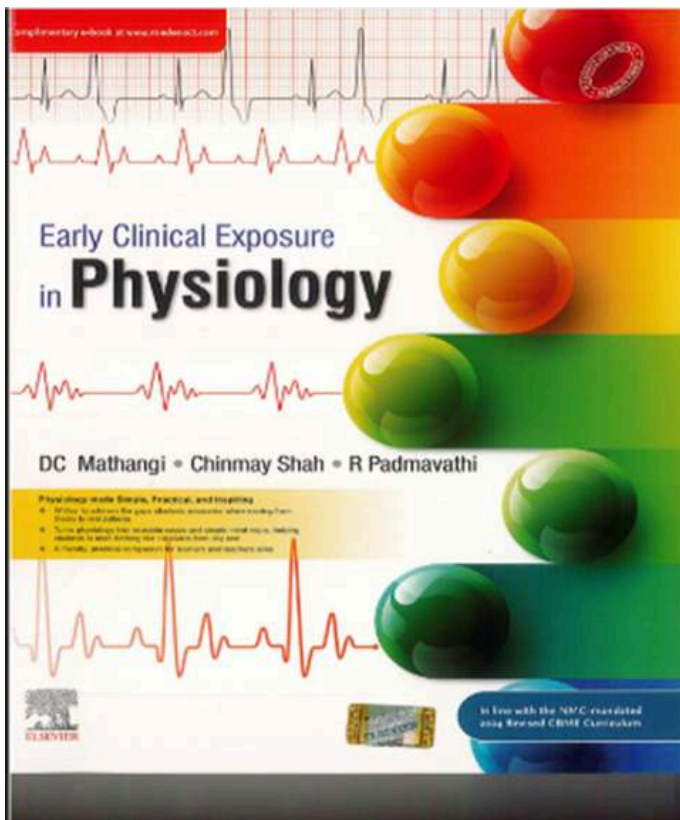


Dr. K. P. Hamsadwani proudly represented our department as a delegate at **CAHOCON 2026** – 10th Edition, held on 11–12 April at the Chennai Trade Centre. The conference, themed “**Tech. Touch. Trust – The New Healthcare Code**”, brought together national and international leaders in healthcare quality, offering a platform to engage with evolving standards and innovations. This participation reflects our continued commitment to advancing safe, patient-centred care and institutional excellence.



In addition, she actively participated in the **CAHOCON 2026 Pre-Conference Workshop** on 6 April 2026, which focused on “Navigating the Transition – Key Changes from NABH 5th to 6th Edition”. The workshop emphasised collaboration and quality transformation, equipping delegates with practical insights into accreditation updates and healthcare improvement strategies.

Dr. Meena served as a contributing author for the book titled “Early Clinical Exposure in Physiology”, published by Elsevier in April 2026. This contribution reflects the department’s continued commitment towards innovative medical education and competency-based learning. It also reflects her dedication towards advancing innovative medical education and strengthening competency-based undergraduate teaching. The book focuses on integrating clinical relevance into the learning of physiology, thereby helping medical students bridge the gap between basic sciences and clinical practice from the early stages of their medical training.



Dr.P.Jesline Rupa, Associate Professor, Department Of Dental Surgery, attended the Hands On Course on “ Posterior Resto Game – Direct and Indirect Posterior Restorations” held at Melange, Chennai which was a highly engaging and clinically enriching programme focused on advancing skills in posterior restorative dentistry. The course provided valuable insights into modern techniques and evidence based practices, enhancing precision in restorative procedures.



Dr. Shanmugapriya M (Senior Resident, Department of ENT) and Dr.chaitanya, Dr.jayesh our First year post graduates attended “ENT CHRONICLES” at Meenakshi medical college and hospital,Kanchipuram in collaboration with AOI Chengalpettu held on 25th April 2026.

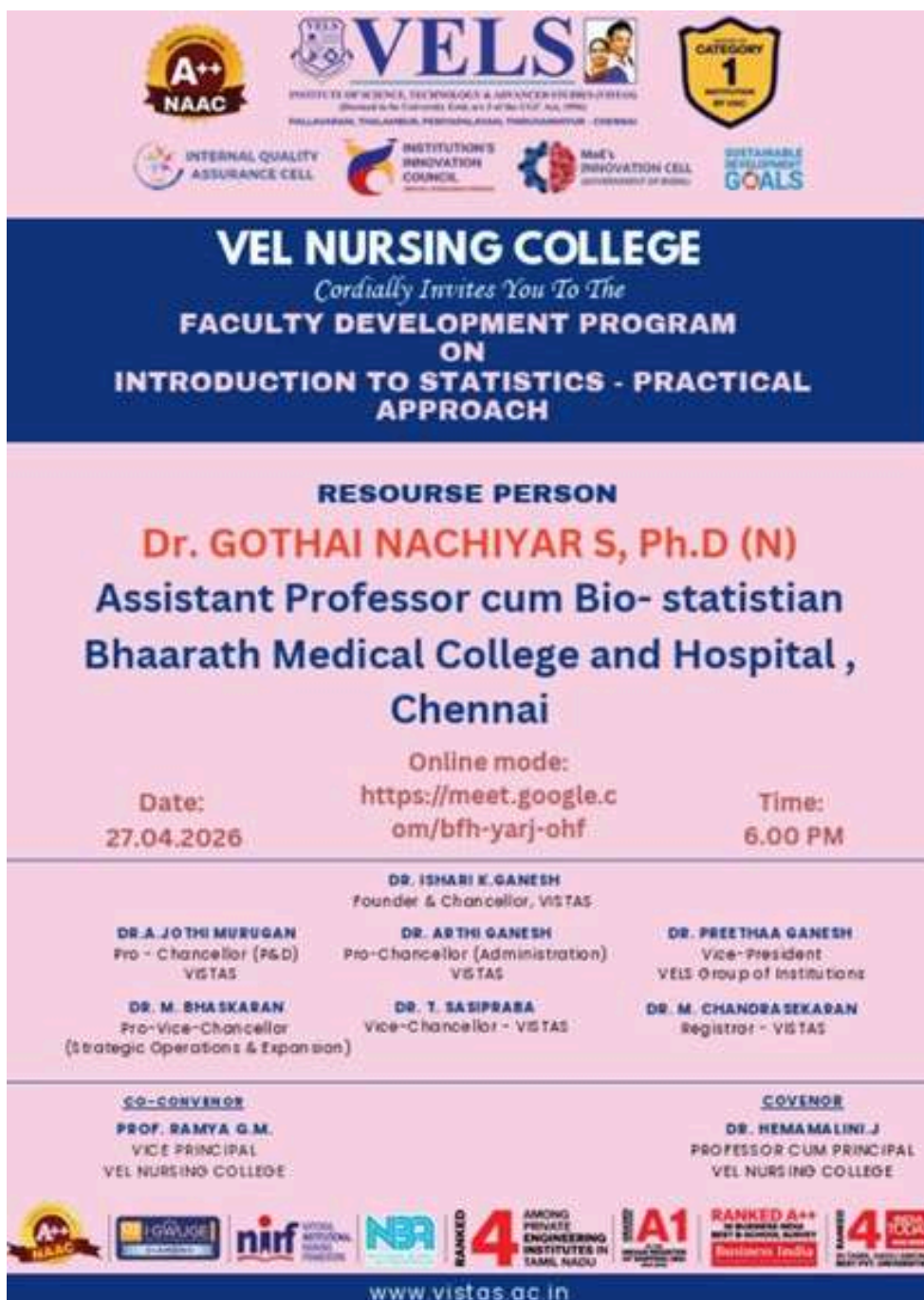


Faculty Selected for National Adolescent Health Research Scholarship

Dr. Kalaivani A, Professor & Head, Department of Community Medicine, BMCH from Bhaarath Medical College & Hospital was invited as a Resource Person by the Department of Community Medicine, Shri Sathya Sai Medical College & Research Institute for the National Conference Scientific Session. The invitation recognized her expertise and contribution to the field of Community Medicine and provided an opportunity for academic exchange and professional collaboration.



Dr. Gothai Nachiyar S, Assistant Professor cum Biostatistician at Bhaarith Medical College & Hospital, served as Co-Convener and Resource Person for the Faculty Development Program on “Introduction to Statistics – Practical Approach” organized by VEL Nursing College on 27th April 2026 through online mode. The session focused on providing participants with practical insights into statistical concepts and their application in academic research and healthcare studies. The programme witnessed active participation from faculty members and academicians, promoting research-oriented learning and statistical competency in health sciences education.



The poster features a header with logos for NAAC A++, VELS, Category 1, Internal Quality Assurance Cell, Institutions' Innovation Council, MaE's Innovation Cell, and Sustainable Development Goals. The main title reads 'VEL NURSING COLLEGE Cordially Invites You To The FACULTY DEVELOPMENT PROGRAM ON INTRODUCTION TO STATISTICS - PRACTICAL APPROACH'. The resource person is Dr. Gothai Nachiyar S, Ph.D (N), Assistant Professor cum Bio-statistian at Bhaarith Medical College and Hospital, Chennai. The program is held online on 27.04.2026 at 6.00 PM via a Google Meet link. A list of VISTAS staff members is provided, including the Co-Convener Prof. Ramya G.M. and Convener Dr. Hemamalini J. The footer includes various accreditation logos (A+, IGWUGE, nif, NEA, A1, Ranked A++ in Business School, Ranked 4 by Forbes India) and the website www.vistas.ac.in.

Dr. Vidya DC, Professor, Department of Community Medicine, Bhaarith Medical College & Hospital, participated as Chairperson for the session “Catch Them Young: Campus Initiatives for Sustainable Health” during KIMSCOMCON 2026, held at Regenta Central RS OMR, Chennai. The conference focused on “Sustainable Health for a Sustainable Planet: A Roadmap Beyond SDGs,” bringing together experts and academicians in Community Medicine.



Dr. Inba Raja A, Assistant Professor, Department of Community Medicine, Bhaarith Medical College & Hospital, served as a Resource Person for the Faculty Development Program on “AI Tools in Research” organized by Vel Nursing College, VISTAS, on 30th April 2026. The session focused on the application of artificial intelligence tools in academic research and enhanced participants’ understanding of modern research methodologies and digital innovations in healthcare education.

The poster features a pink header with logos for NAAC A++, VELS (Vellore Education & Learning Society), and Category 1. Below these are logos for the Internal Quality Assurance Cell, Institution's Innovation Council, and AIEEA's Innovation Cell. The main title 'VEL NURSING COLLEGE' is in a dark blue banner, followed by the event details: 'Cordially Invites You To The DAY 5 - FACULTY DEVELOPMENT PROGRAM ON AI TOOLS IN RESEARCH'. The Resource Person section includes a photo of Dr. Inba Raja A, his name, title, and the online meeting link: <https://meet.google.com/mx-w-bkmv-izd>. The date is 30.04.2026 and the time is 7.00 PM. A list of faculty members follows, including Dr. Ishari K. Ganesh (Founder & Chancellor, VISTAS), Dr. A. Jothi Murugan (Pro-Chancellor, P&D, VISTAS), Dr. Arthi Ganesh (Pro-Chancellor, Admin, VISTAS), Dr. Preethaa Ganesh (Vice-President, VELs Group of Institutions), Dr. M. Bhaskaran (Pro-Chancellor, SOE, VISTAS), Dr. T. Sasipraba (Vice-Chancellor, VISTAS), and Dr. M. Chandrasekaran (Registrar, VISTAS). The Co-Convenor is Prof. Ramya G.M. (Vice Principal, Vel Nursing College) and the Convenor is Dr. Hemamalini J. (Professor cum Principal, Vel Nursing College). The footer contains various accreditation logos (NAAC, EQUIS, NIRF, NBA, A1, Business India) and the website www.vistas.ac.in.

Dr. D Vanitha, Associate Professor at BhaarithMedical College & Hospital, was awarded a Certificate of Participation for successfully completing an online workshop on AI-driven research and qualitative data analysis conducted from 20th to 24th April 2026. The workshop was organized by Resilient Foundation for Academic Innovation & Scientific Research, an organization registered with NITI Aayog, Government of India.

The programme focused on emerging applications of artificial intelligence in research methodology and qualitative data analysis, enhancing participants' understanding of modern research tools and techniques.



Dr. Ezhilarasan S, Assistant Professor, Department of Community Medicine, Bhaarith Medical College & Hospital, attended the hands-on workshops on “Regression Modelling in Health Research” and “Survival Analysis in Health Research” conducted during the 3rd Summer Epidemiology School 2026 at AIIMS Nagpur. The workshops, held from 8th to 11th April 2026, provided practical training in advanced statistical methods and their application in health research and epidemiological studies.

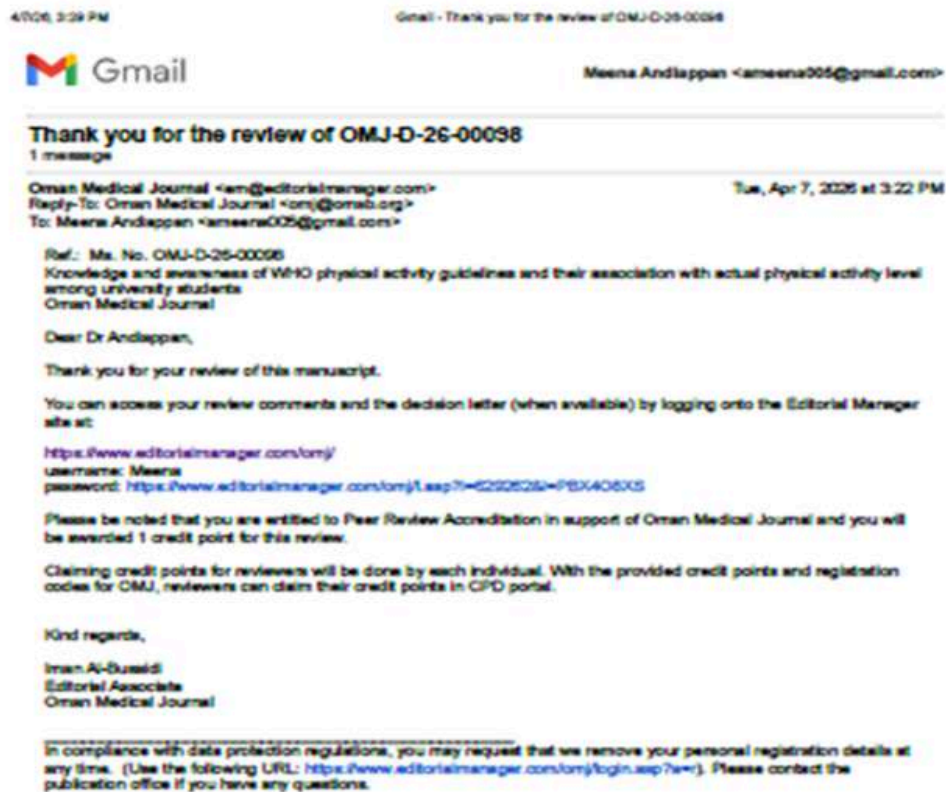


Dr. Ezhilarasan S, Assistant Professor, Department of Community Medicine, Bhaarith Medical College & Hospital, successfully completed the Online Workshop on “AI-Driven Research & Qualitative Data Analysis” organized by the Resilient Foundation for Academic Innovation & Scientific Research, New Delhi, a NITI Aayog registered organization, from 20th to 24th April 2026. The workshop enhanced participants’ knowledge and practical skills in artificial intelligence applications and qualitative research methodologies in healthcare research.



***RESEARCH
CORNER***

Dr. Meena also contributed to academic peer review activities as a reviewer for the manuscript titled “Knowledge and awareness of WHO physical activity guidelines and their association with actual physical activity level among university students” for the Oman Medical Journal. This highlights the department’s active engagement in international academic and research collaborations.



Dr. Vanathy attended the international CME “BMSeCON” organized by Arupadai Veedu Medical College and Hospital from 16th to 18th April 2026. The program provided valuable updates and insights in the field of Basic Medical Sciences.



The department congratulates the faculty members for their commendable academic achievements and wishes them continued success in their future endeavours.

A study titled “Papillary Neoplasms of the Breast: Histopathologic Diversity, Molecular Profile, and Clinical Implications – A Review with a Five-Case Series” by Dr. R. Veena published in Current Trends in Biotechnology and Pharmacy.

Current Trends in Biotechnology and Pharmacy
Vol. 20(2) 2999-3007 April 2026, ISSN 0973-8916 (Print), 2230-7303 (Online)
DOI: 10.5530/ctbp.2026.2.23

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Papillary Neoplasms of the Breast: Histopathologic Diversity, Molecular Profile, and Clinical Implications — A Review with a Five-Case Series

Dr. R. Veena, MD.,^a Dr. S. Preethi, MD.,^b Dr. Suresh Kumar Karthikeyan, MD.,^c

^aProfessor, Department of Pathology, Bhaarith Medical College and Hospital, Bharath Institute of Higher Education and Research (BIHER), Chennai – 600073, Tamil Nadu,

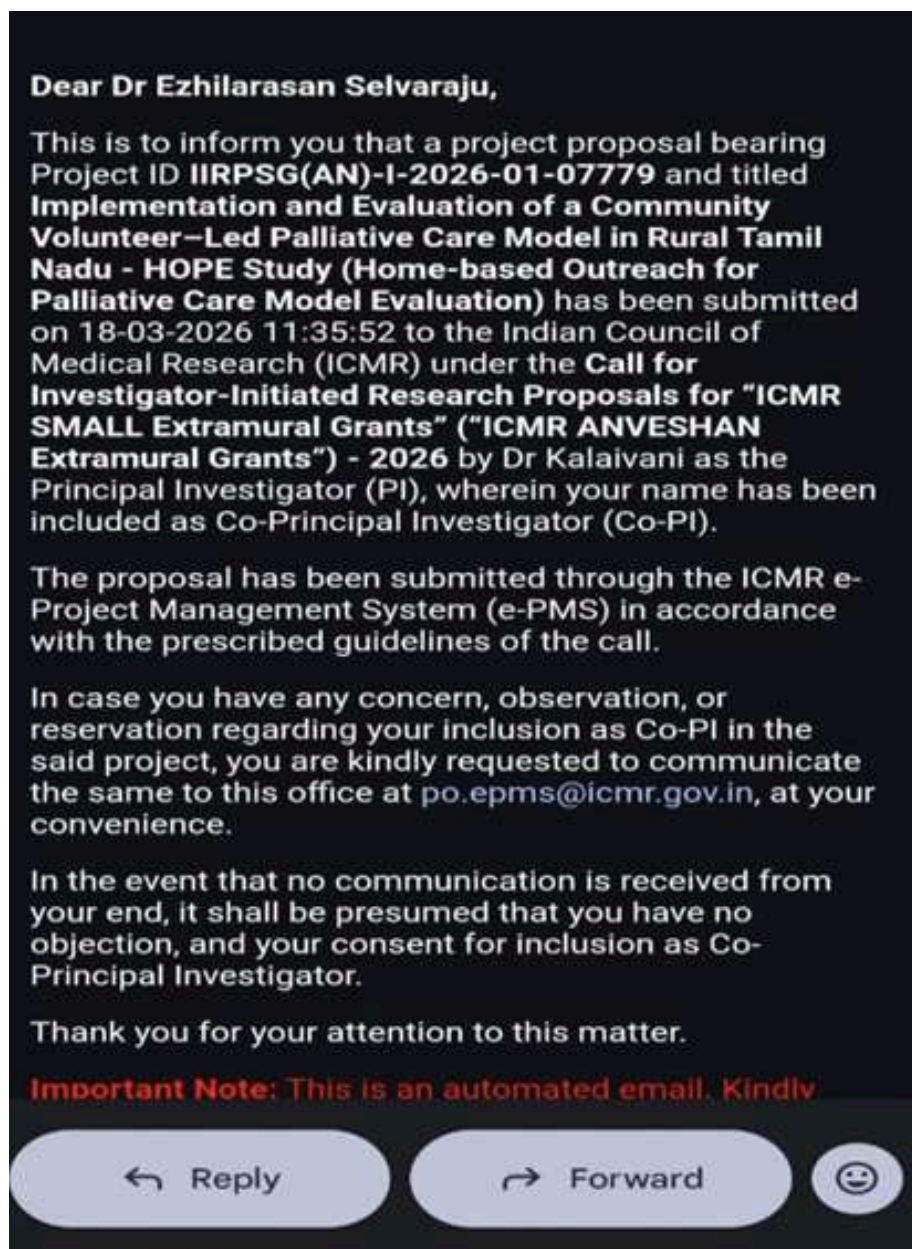
^bConsultant Pathologist, Renopath, Center for Renal and Urological Pathology, Chennai,

^cProfessor Department of Forensic Medicine, Bhaarith Medical College and Hospital, Bharath Institute of Higher Education and Research (BIHER), Chennai – 600073

*Corresponding author: drveenaraja88@gmail.com

ICMR ANVESHAN Small Extramural Grants 2026 Proposal Submitted

A research proposal titled “HOPE Study – Implementation and Evaluation of a Community Volunteer–Led Palliative Care Model in Rural Tamil Nadu” has been submitted to ICMR under the ICMR ANVESHAN Small Extramural Grants 2026 call. The study is led by Dr. Kalaivani, Professor & Head, Department of Community Medicine, BMCH as Principal Investigator, with all faculty members in the department serving as Co-Principal Investigators.



Dr Ezhilarasan S, Assistant Professor, Department of Community Medicine

1. **Selvaraju Ezhilarasan.** Child index cases of leprosy: clarifying the pathway for contact investigation; Leprosy Review. 2026; 97(2): e2026023.

DOI: 10.47276/lr.97.2.2026023. **(Scopus Indexed).**

2. **Selvaraju Ezhilarasan.** The rise of food delivery apps among medical college students in India: Stress, dietary behavior, and public health policy implications. International Journal of Noncommunicable Diseases. April 21, 2026.

DOI: 10.4103/jncd.jncd_56_26. **(Scopus Indexed Published Ahead of print).**

***SPECIAL CASE
REPORT***

DEPARTMENT OF PAEDIATRICS

A term, appropriate-for-gestational-age male neonate born via lower segment caesarean section (LSCS) on 02 May 2026 at 11:00 AM developed jaundice within the first 24 hours of life. Serum bilirubin levels were found to be in the exchange transfusion range, and the neonate was immediately initiated on intensive phototherapy.

Initial evaluation for hemolytic disease revealed a negative direct Coombs test (DCT) in the neonate and a negative indirect Coombs test (ICT) in the mother. Peripheral smear examination at presentation was reported as normal. However, elevated mean corpuscular volume (MCV) and reticulocyte count suggested an underlying hemolytic process, making inherited disorders of bilirubin conjugation such as Crigler–Najjar syndrome and Gilbert syndrome less likely.

Repeat DCT in the neonate and ICT in the mother remained negative. A repeat peripheral smear performed on the second day of life demonstrated features of hemolytic anemia with the presence of microspherocytes, schistocytes, and target cells. Absence of macrospherocytes made Hereditary spherocytosis less likely.

In view of the early onset severe hyperbilirubinemia and evolving hematological evidence of hemolysis, the neonate was diagnosed with isoimmune hemolytic disease secondary to ABO incompatibility. The infant was managed with intensive phototherapy and showed good clinical and biochemical response, following which phototherapy was successfully discontinued.

DEPARTMENT OF OBSTETRICS AND GYNAECOLOGY

Mrs. E. Ramya aged 25 years G2P1L1/prev lscs/34 weeks + 5 days was admitted on 18/4/26 in view of pruritis and decreased perception of fetal movements. Patient was admitted all routine investigation done. Ctg monitoring was done and was normal. She was able to perceive fetal movements well. Her urine bile salts and bile pigment were negative. Serum bile acids were elevated. Lft done was normal. Diagnosis of intrahepatic cholestasis of pregnancy was made. Patient was kept under observation. Steroids cover were given.

Patient also has previous history of Intrahepatic cholestasis of pregnancy with Ghtn in previous pregnancy in view of which she underwent Cesarean section.

On 20/4/26 at 35 weeks+1 day she again complained of decreased perception of fetal movements . So in view of fetal alarm signal with IHCP she was taken up for emergency lscs and delivered an alive preterm girl baby at 3.17 pm, birth weight: 2.4 kg.

On post-op day 2 patient had increased bp diagnosis of GHTN was made and she was started on anti hypertensive medication. She was stable and well and was discharged

This indicates the recurrence of IHCP in pregnancies, and incidence of IHCP WITH GESTATION HYPERTENSION. And need for early diagnosis and management of the same.

Localized Mophea in an Adolescent Female : A Case Report

Case presentation

An 18-year-old female presented to the dermatology outpatient department with gradually progressive hyperpigmented and hypopigmented lesions over the right lower limb since 5 years back . The lesions initially appeared as a small hyperpigmented patch over the right leg and progressively increased in size with associated skin tightening and induration. Similar lesions later developed over the dorsum of the right foot. There was no history of pain, itching, sensory loss, discharge, trauma, fever, Raynaud phenomenon, dysphagia, joint pain or respiratory complaints. There was no significant past medical, family or drug history.

Cutaneous examination revealed multiple hyperpigmented to hypopigmented indurated plaques over the anterior aspect of the right leg and dorsum of the right foot. The lesions measured approximately 2 × 2 cm to 8 × 6 cm, were irregular to oval in shape and showed well-defined to ill-defined margins. Few lesions demonstrated central hypopigmentation with peripheral hyperpigmentation and violaceous discoloration suggestive of lilac ring. The surface appeared shiny and bound down with mild scaling in few areas. Induration was present on palpation. No sensory loss or peripheral nerve thickening was noted. Systemic examination was unremarkable.



Routine laboratory investigations were within normal limits. Skin biopsy showed thickened densely packed collagen bundles in the dermis with adnexal loss and mild perivascular lymphocytic infiltrate, consistent with morphea. Based on clinical and histopathological findings, a diagnosis of localized plaque morphea was made.

The patient was started on topical corticosteroids, tacrolimus ointment and emollients. Considering progressive lesions, systemic therapy with methotrexate and oral corticosteroids was advised along with regular follow-up and physiotherapy to prevent progression and contractures.

CASE STUDY HIGHLIGHT: NEONATAL SEPSIS MANAGEMENT AT BHAARATH MEDICAL COLLEGE & HOSPITAL

A 15-day-old neonate at Bhaarith Medical College & Hospital was diagnosed with carbapenem-resistant *Klebsiella pneumoniae* sepsis, confirmed by two blood cultures and a highly elevated CRP (135 mg/L). The baby was treated with IV colistin and levofloxacin, resulting in marked clinical improvement. This case highlights the importance of early microbiological detection and tailored therapy in multidrug-resistant infections.

DEPARTMENT OF MICROBIOLOGY



- 🍷 April – a month of breakthroughs that shaped the science of healing.
- 🔬 From penicillin to polio, each April reminds us how microbiology transforms lives.
- 🌍 Celebrating historic discoveries that continue to inspire innovation in infection control.
- 💡 April stands as a tribute to scientific curiosity and global health progress.

DEPARTMENT OF PSYCHIATRY

April 2026

The Transgender Bill 2026: A Critical
Turning Point in India's Gender Rights
Debate

India has long been recognized for its complex cultural understanding of gender diversity, with communities such as hijras, aravanis, kinnars, and jogtas holding historical and social significance. The landmark 2014 Supreme Court judgment in the NALSA v. Union of India affirmed the right of transgender persons to self-identify their gender and recognized gender identity as an integral part of dignity, autonomy, and constitutional freedom. However, the recently enacted Transgender Persons (Protection of Rights) Amendment Bill, 2026 has reignited national debate regarding identity, autonomy, and state control. The Transgender Bill 2026 amends the existing 2019 law governing transgender rights in India. According to reports, the amendment introduces stricter procedures for legal gender recognition, narrows the definition of "transgender," and replaces self-identification with a mandatory certification process involving medical boards and district authorities.

One of the most controversial aspects of the bill is the removal of the principle of self-perceived gender identity. Under the earlier legal framework, transgender individuals could identify their gender without undergoing compulsory medical procedures. The new amendment reportedly requires medical verification and government approval before legal recognition can be granted. Critics argue that this undermines the constitutional protections laid down in the NALSA judgment and shifts the power of identity determination from the individual to the state. Another major concern is the narrowing of the legal definition of transgender persons. Activists and human rights organizations claim that the revised definition excludes several gender-diverse individuals, particularly trans men, trans women, and non-binary persons who do not belong to recognized socio-cultural communities or biological classifications.

The bill has also generated anxiety regarding privacy and healthcare. Reports indicate that medical institutions may be required to report gender-affirming procedures to authorities, raising fears of surveillance, discrimination, and reduced access to healthcare services. Human rights groups have warned that such measures may discourage transgender individuals from seeking essential medical and psychological support. Across India, protests and public demonstrations emerged following the passage of the bill in Parliament. Members of the LGBTQIA+ community, legal experts, mental health professionals, and activists described the amendment as regressive and exclusionary. Many expressed concern that the legislation could worsen stigma, social isolation, and mental health distress among transgender individuals. Supporters of the amendment, however, argue that the bill seeks to create clearer legal definitions and prevent misuse of welfare benefits intended for marginalized communities. Government representatives have stated that the law is designed to protect those facing severe discrimination and ensure more structured implementation of welfare measures.

The debate surrounding the Transgender Bill 2026 extends beyond legal policy. It reflects larger questions about identity, bodily autonomy, mental health, and human dignity in modern India. Mental health professionals have emphasized that affirmation, acceptance, and social inclusion are crucial for the psychological well-being of transgender individuals. Restrictive legal recognition systems may contribute to increased anxiety, depression, and minority stress among vulnerable populations.

At the same time, cultural spaces such as the Koovagam Festival continue to symbolize resilience, community, and affirmation for transgender persons in India. Despite ongoing legal and social challenges, these spaces reinforce the importance of visibility, belonging, and dignity.

In conclusion, the Transgender Bill 2026 represents a significant and controversial shift in India's approach to gender identity and legal recognition. While supporters view it as an administrative reform, critics regard it as a rollback of hard-earned constitutional protections. The future of transgender rights in India may ultimately depend on judicial review, public discourse, and continued advocacy for equality, inclusion, and human dignity.

DEPARTMENT OF ORTHOPEDICS

Walking Back to Independence: Successful Surgical Management of Cervical Compressive Myelopathy at Bhaarath Medical College and Hospital

Introduction

Difficulty in walking, numbness of limbs, and loss of hand coordination are symptoms that clinicians across specialties encounter in daily practice. While these complaints may appear subtle initially, they can often indicate a serious underlying neurological condition. Cervical compressive myelopathy is one such progressive disorder that, if left untreated, can significantly impair mobility and independence.

Degenerative changes in the cervical spine, including disc osteophyte complexes and ossification of the posterior longitudinal ligament (OPLL), are common in elderly patients. These changes gradually narrow the spinal canal and compress the spinal cord, leading to worsening neurological deficits.

At Bhaarath Medical College and Hospital, we recently managed a case of advanced cervical compressive myelopathy in a 62-year-old male. With timely surgical intervention and multidisciplinary care, the patient experienced

remarkable neurological recovery. This newsletter highlights the clinical journey, surgical management, and outcome of this case, emphasizing the importance of early recognition and referral.

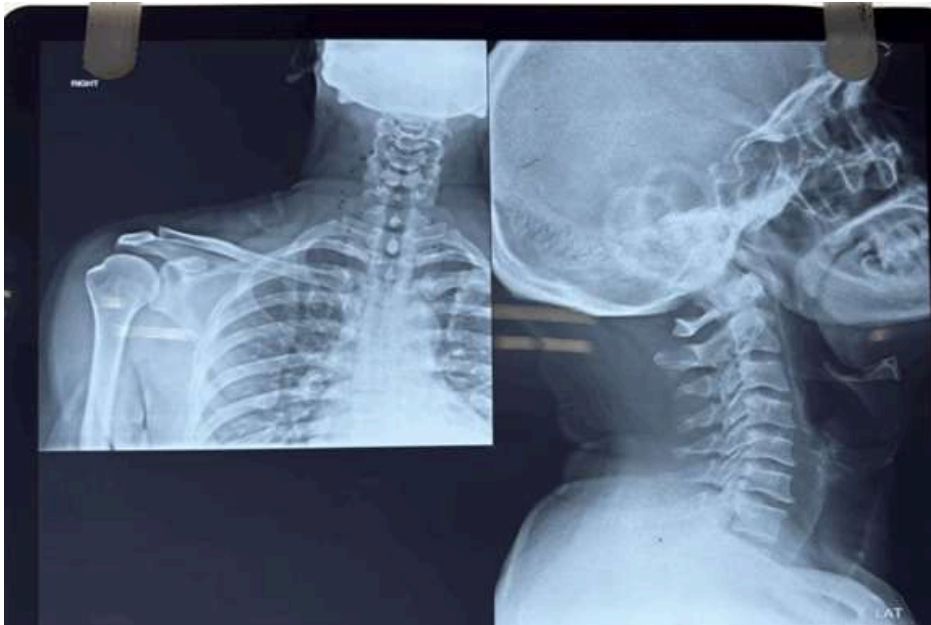
Patient Presentation: When Walking Becomes a Challenge

A 62-year-old gentleman presented to our Orthopaedics outpatient department with progressive difficulty in walking for six months. He also complained of numbness involving all four limbs and increasing unsteadiness while ambulating. Over time, he noticed reduced grip strength and difficulty performing fine motor tasks.

There was no history of trauma or acute illness.

Clinical examination revealed features typical of cervical myelopathy. The patient had a spastic gait, brisk reflexes in all limbs, and positive Hoffmann's sign. Sensory deficits were noted in both upper and lower extremities, with mild weakness in limb muscles.

For clinicians across specialties, such symptoms—especially gait disturbance combined with upper limb numbness—should always raise suspicion of cervical cord involvement and prompt further evaluation



Imaging: Revealing the Cause

Magnetic Resonance Imaging (MRI) of the cervical spine provided crucial diagnostic clarity. The scan demonstrated a disc osteophyte complex at the level C5–C6, contributing to significant anterior compression of the spinal cord.

The most severe compression was seen at the C5–C6 level.

Given the progressive symptoms and radiological evidence of cord compromise, surgical decompression was advised without delay.



Surgical Strategy: Precision with Protection

After thorough counselling of the patient and family regarding the nature of the condition, treatment options, and potential risks, informed consent was obtained.

Considering that the compression was predominantly from the front of the spinal cord, an anterior surgical approach was selected. The patient underwent C5-C6 corpectomy and fusion under intraoperative neuromonitoring guidance.

Neuromonitoring, including somatosensory and motor evoked potentials, was employed throughout the procedure to continuously assess spinal cord function. This technology enhances surgical safety by providing real-time feedback and allowing immediate correction if any neurological compromise is detected.

Using a standard anterior cervical approach, the affected vertebral body and compressive osteophytes were carefully removed, achieving direct decompression of the spinal cord. Reconstruction was performed using an interbody cage packed with bone graft, followed by anterior cervical plate fixation to restore stability.

Importantly, neuromonitoring signals remained stable throughout the surgery, indicating preserved neural function.

The procedure was completed without complications, and the patient was transferred to recovery in stable condition.

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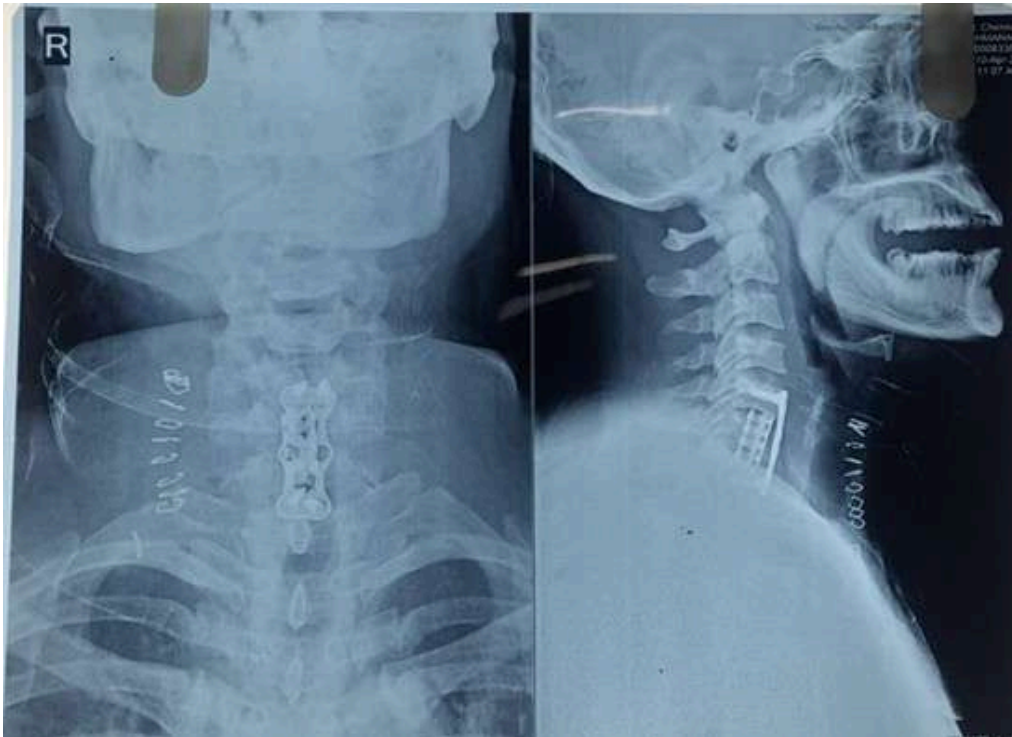


Fig: Post-op xray showing good restoration of lordosis with stable fixation

Recovery and Rehabilitation: Small Steps, Big Gains

Postoperatively, the patient was closely monitored for neurological status and airway safety. He was mobilized with cervical support from the second postoperative day.

Over the following days, gradual but definite improvement was observed. The patient reported reduced numbness in all four limbs and increasing confidence while walking. By discharge, his gait had noticeably improved.

At subsequent follow-up visits, the progress was even more encouraging. He was able to walk independently with good balance, and upper limb coordination showed clear recovery. Objective assessment demonstrated significant improvement in his mJOA score compared to preoperative values.

Follow-up imaging confirmed good implant positioning and effective spinal cord decompression.

For the patient, this translated into regained independence and improved quality of life.

Why This Case Matters to All Clinicians

Cervical myelopathy is often under-recognized, especially in its early stages. Patients may initially present to physicians, neurologists, diabetologists, or geriatric specialists with nonspecific complaints such as imbalance, numbness, or hand clumsiness.

Key Red Flags include:

- Progressive gait disturbance
- Numbness or weakness in multiple limbs
- Loss of fine motor skills
- Hyperreflexia or spasticity

Early MRI evaluation and timely referral to spine specialists can dramatically alter outcomes.

This case also highlights the role of modern surgical techniques and neuromonitoring in managing complex spinal conditions safely. Even in the presence of cord signal changes, meaningful neurological recovery is possible when decompression is performed at the right time.

Team-Based Care at Bhaarith Medical College and Hospital. The successful outcome in this case reflects coordinated teamwork involving

spine surgeons, anesthesiologists, neuromonitoring specialists, nursing staff, and physiotherapists.

Comprehensive perioperative care and structured rehabilitation played a vital role in maximizing recovery.

At Bhaarith Medical College and Hospital, the Department of Orthopaedics continues to expand its capabilities in advanced spine surgery, focusing on patient safety, evidence-based practice, and functional outcomes.

Conclusion

Cervical compressive myelopathy is a potentially disabling condition, but timely diagnosis and appropriate surgical management can restore mobility and independence. Anterior cervical corpectomy and fusion, supported by intraoperative neuromonitoring, offers effective decompression in selected patients with anterior cord compression.

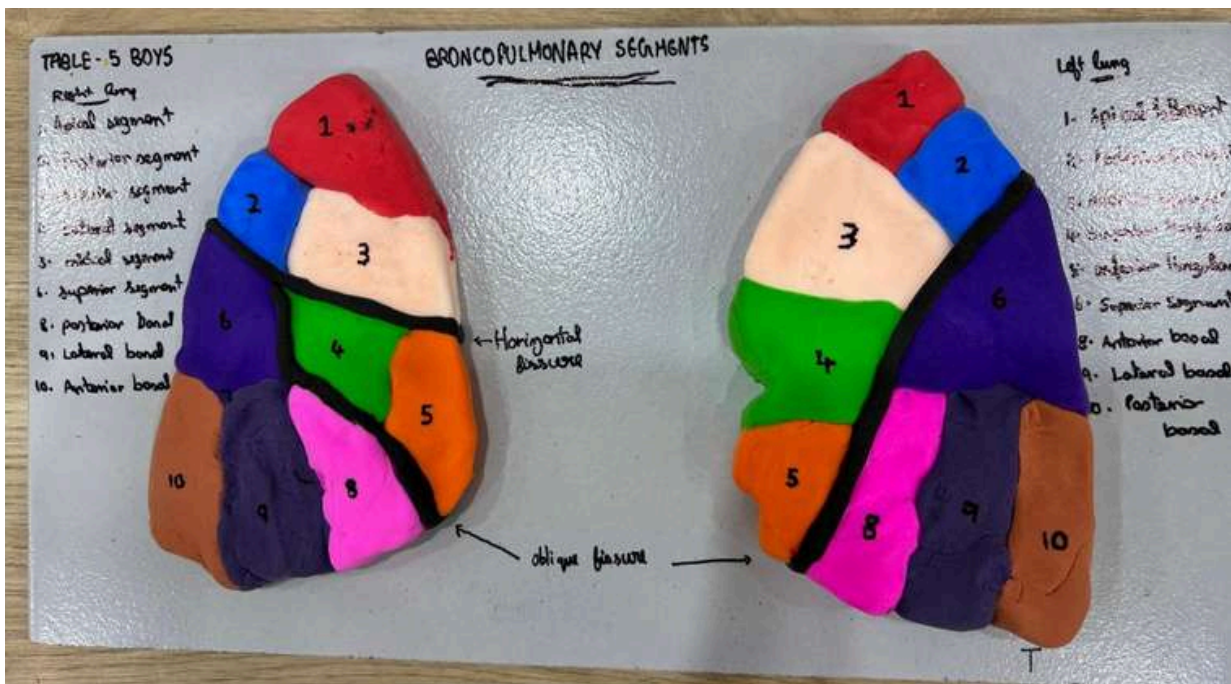
This case demonstrates that even patients with moderate to advanced myelopathy can experience significant improvement in gait and neurological function when treated promptly.

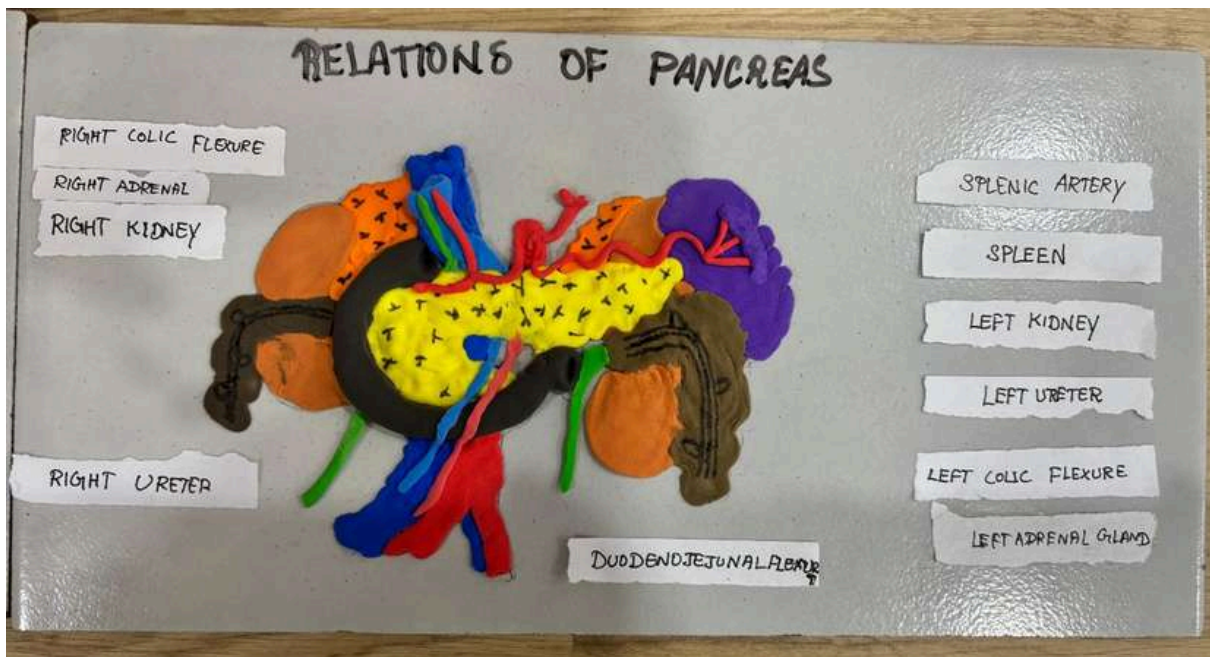
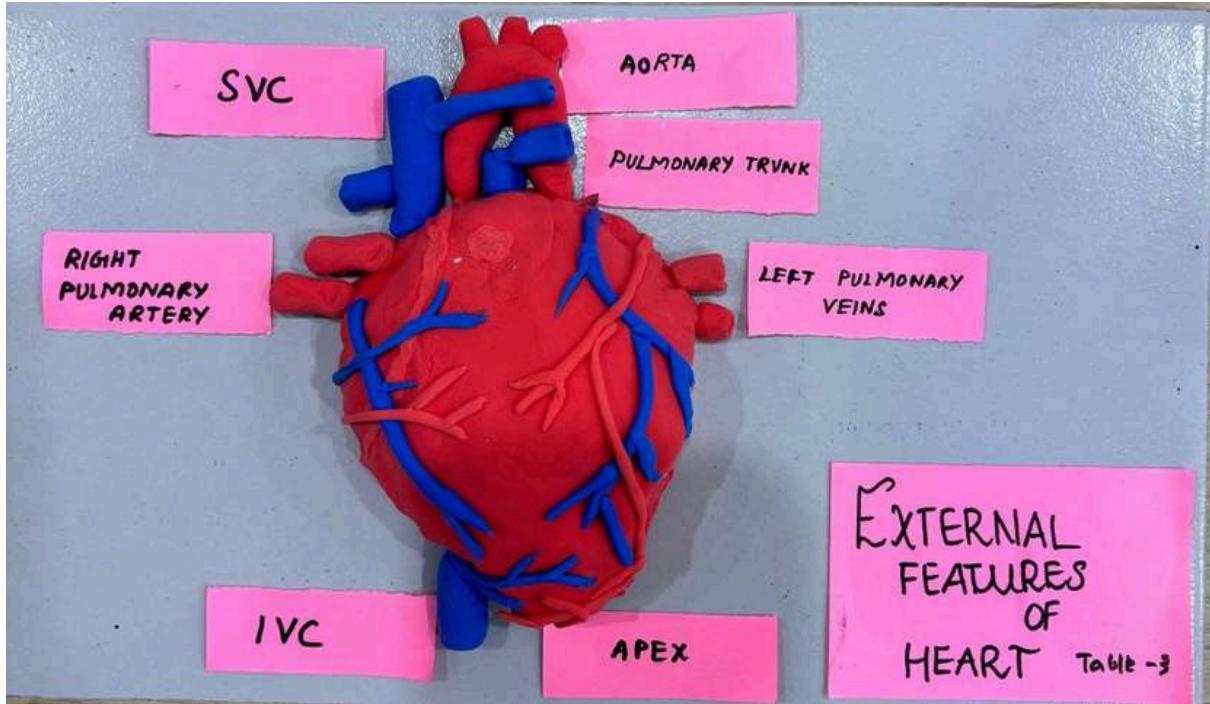
For clinicians across all specialties, recognizing early symptoms and facilitating timely referral remains the first and most crucial step toward successful outcomes.

***STUDENT
CORNER***

STUDENT ENRICHMENT PROGRAMME – EXPERIENTIAL ANATOMY SERIES – MODEL MAKING COMPETITION

The Department of Anatomy conducted a Student enrichment programme on clay model making for the first year MBBS students of batch 2025-26 from 6th April 2026. The students were given two topics per table. The students enthusiastically took part in the activity and made clay models on various topics which were listed out. At the end of the session, the groups were asked to explain their model and constructive feedback was given by the other teams which made it a fun and learning experience.





The Department of Anatomy conducted a Student enrichment programme "ROLE PLAY COMPETITION ON VARIOUS CLINICAL CASES" for the first year MBBS students of batch 2025-26 on 13th April 2026. The students were given one topic per table before the competition and asked to stage a role play for a period of 15 minutes. At the end of the competition, the winners were announced by the judges and certificates and prizes were awarded.



The Department of Microbiology conducted an insightful case presentation on **Scrub Typhus in a Post-Tuberculosis, Hepatitis B-Positive Patient** as part of the *Microbe Masters: Student Enrichment Series*. The session emphasised the clinical complexity of co-infections and the vital role of microbiological diagnosis in guiding effective management. Students actively discussed diagnostic approaches, serological confirmation, and therapeutic strategies, reinforcing the importance of integrated clinical-laboratory collaboration in infectious disease care.

Scrub Typhus Case Presentation

Student Enrichment Programme - 17th April





Bhaarath

MEDICAL COLLEGE & HOSPITAL



Bhaarath Medical College and Hospital

A constituent institution of Bharath Institute of
Higher Education and Research (BIHER)

(Declared as Deemed-to-be University under section 3 of UGC Act, 1956)

- 📍 173, Agaram Main Rd, Selaiyur, Tambaram, Chennai, Tamil Nadu 600073
- ☎ 044-61116222 Toll Free: 1800 123 444 447
- ✉ office@bmch.ac.in 🌐 www.bmch.ac.in

