

BHAARATH MEDICAL COLLEGE AND HOSPITAL



**BHAARATH
MEDI NEWS
MARCH -2026**



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BMCH IT Wing

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ACHIEVEMENTS

Dr Sheethal Joseph N, Department of Pathology has passed Part 1 exam of FRCP

The Royal College of Pathologists



By these letters make it known that

Sheethal Joseph N

*having undertaken the required training and
after having passed the Part One examination in*

Histopathology

has been awarded

Diplomateship of

The Royal College of Pathologists

*In witness where of the Seal of the College and the signatures
of the proper Officers have been affixed this ninth day
of December 2025*



London

Paul Cook

President

J. Clapham

Registrar

LAH

Member of Council

***OUTREACH
PROGRAM***

ENT CME - 03/03/2026

The IMA Selaiyur Bhaarth Medical college and hospital branch in association with Bhaarth Medical College and Hospital organized ENT CME on March 3rd 2026 commemorating WORLD HEARING DAY .In this regard hearing assessment camp was conducted nearby school and almost 254 students were benefitted. On the day of CME we had student enrichment activities like poster making and short film making competition in which Final phase part-1 MBBS students actively participated and made this event successful.



BONE DENSITY CAMP-7/03/2026

The IMA Selaiyur Bhaarith Medical college and hospital branch organized a Bone density camp in Bhaarith Super speciality Hospital Irumbuliyur Tambaramon March 7th 2026 . Around 115 patients benefitted from this camp. Basic health assessment and recoding of vitals was done along with Bone density assessment.



OBG HEALTH CAMP 28/03/2026

A OBG health camp was organized for the female residents of SSM nagar by the staff of Bhaarith medical college and hospital in association with the IMA BMCH branch. It was a one day screening camp which was conducted for the benefit of residents. Complete health screening was done by the doctors and counselling for the health condition was given. There were around 25 beneficiaries who benefitted from the camp.



PROGRAMS
AND
EVENTS

WORLD HEARING DAY CELEBRATION BY ENT DEPARTMENT

The Department of ENT enthusiastically commemorated World Hearing Day on March 3rd, aligning its activities with this year's global theme emphasizing awareness, prevention, and early intervention in hearing health.

The celebration featured a variety of engaging and educational initiatives. A model and poster competition was organized for students, encouraging them to creatively depict concepts related to hearing care, ear health, and the importance of early detection. The entries reflected both scientific understanding and artistic expression, fostering deeper awareness among participants.

Adding a dynamic element to the event, students presented a short film highlighting real-life scenarios, preventive strategies, and the impact of hearing loss on quality of life. The film effectively conveyed key messages and was well received by the audience.

A free audiology screening camp was conducted as part of community outreach, offering hearing assessments and guidance to attendees. This initiative aimed to promote early diagnosis and timely management of hearing impairments.

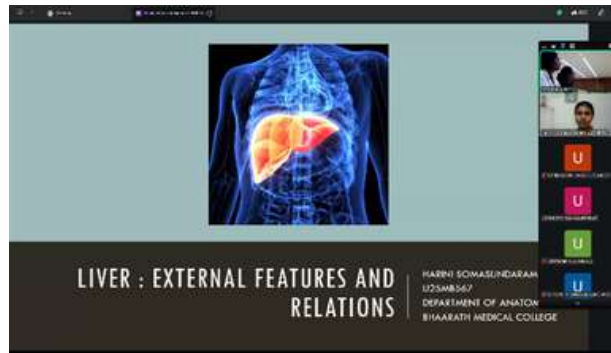
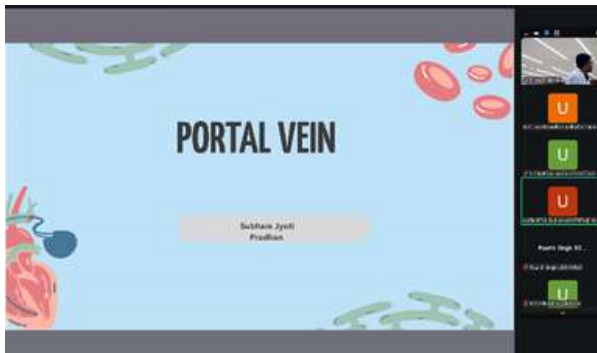
The program also included interactive sessions and expert talks, where faculty members addressed common ear-related issues, preventive measures, and advancements in hearing care. These sessions encouraged active participation and helped bridge the gap between medical knowledge and public awareness.

Overall, the event successfully combined education, creativity, and service, reinforcing the importance of hearing health and the role of timely intervention in improving lives.



DEPARTMENT OF ANATOMY

The Department of Anatomy conducted an online seminar session for the first year MBBS students of batch 2025-26 from 16 th march to 27 th march 2026. The students enthusiastically took part and presented on various topics of the abdomen region. At the end of the session, feedback was given to the presenter and questions were addressed to the other students.



DEPARTMENT OF PHARMACOLOGY

PHARMACOLOGY SEMINAR SERIES – ADVANCING CARDIOVASCULAR THERAPEUTICS KNOWLEDGE

A seminar series on pharmacology topics related to the cardiovascular system (CVS) was conducted for MBBS students in the month of March 2026. The objective was to deepen students' understanding of drug mechanisms, clinical applications, and rational prescribing practices.

The seminar featured a wide range of clinically relevant topics, including drugs used in the treatment of hypertensive emergency and urgency, as well as a focused discussion on drugs indicated versus contraindicated in hypertension during pregnancy. Students explored the mechanism of action, therapeutic uses, and adverse effects of Angiotensin Receptor Blockers (ARBs) and Angiotensin-Converting Enzyme Inhibitors (ACEIs), emphasizing their role in modern cardiovascular management.

Further sessions covered the mechanism of action, uses, and adverse effects of nitrates and calcium channel blockers (CCBs), highlighting their importance in ischemic heart disease and hypertension. Comparative discussions on loop versus thiazide diuretics, along with potassium-sparing diuretics, enabled students to critically analyze differences in efficacy, safety, and clinical indications.

A key highlight of the program was the interactive and case-based discussion format, which encouraged active participation, critical thinking, and application of theoretical knowledge to clinical scenarios. Faculty guidance ensured clarity of concepts and reinforced evidence-based approaches to drug therapy.

Overall, the seminar served as an enriching academic platform that enhanced students' knowledge, prescribing confidence, and analytical skills.



DEPARTMENT OF BIOCHEMISTRY
ECE SESSION – INTERPRETATION OF ACID BASE DISORDERS



An Early Clinical Exposure (ECE) session on “Interpretation of Acid-Base Disorders” was conducted on 28th March 2026 by the Department of Biochemistry at Bharath Medical College & Hospital for first-year MBBS students. The session was delivered by Dr. Lincy from the Department of Anesthesia, offering valuable clinical insights into acid-base balance and its significance in patient care. The lecture effectively integrated basic biochemical concepts with clinical application, helping students understand diagnostic interpretation. The interactive session encouraged active participation and enhanced students’ interest in applying theory to real-world medical scenarios.

FACULTY
CORNER

Dr. Gayathri, Dept of Physiology a attended the CME program, "ALIGN 26," held by Sri Balaji Medical College and Hospital on 3rd March.



Delegate at the 20th National Congress of Diabetes in Pregnancy (DIPSI)

We are pleased to share that **Dr. E. Premalatha**, Dept of Microbiology, represented our institution as a Delegate at the 20th National Congress of Diabetes in Pregnancy, Study Group India (DIPSI), held in Chennai on 8th March 2026.



Dr. Puja Ghosh (Professor and HOD, Department of ENT) and **Dr. Asha K Joy** (Assistant Professor, Department of ENT) attended the hands on training program on Juvenile Nasopharyngeal Angiofibroma in IMMAST, Mumbai held from 13th to 14th March, 2026.



Dr.Khowsalya Subrajaa, Dept of Pathology, was External examiner for MBBS examination at Chengalpattu Medical College



Dr Rejila R of Dept of Pathology took part in editorial review of JCDR.



This certifies that Dr 'REJILA R' has undertaken Editorial review for Journal of Clinical and Diagnostic Research as detailed below for the time period stipulated

Start Date: 11/18/2025 6:33:17 AM

End Date: 3/13/2026 8:17:13 AM

Number of reviewing assignments completed: 2

Dr Hemant Jain
Chief Editor
Journal of Clinical and Diagnostic Research

Dr Rejila and Dr Sheethal of Dept of Pathology attended CME Collage 2026 conducted by Stanley Medical College.



Dr. R. Revathi, Associate Professor, Department of Biochemistry, Bharath Medical College & Hospital, presented an e-poster titled *‘‘Serum Vitamin B12 as a Potential Biomarker for Glycemic Variability in Patients with Diabetes mellitus’’* at a National Conference(Hybrid) A1C-CON – HBA1C & beyond redefining Diabetes care’’ hosted by the Department of Biochemistry on 12th–13th February at Sree Balaji Medical College & Hospital. Her work highlighted the emerging role of Vitamin B12 in monitoring glycemic fluctuations, offering valuable insights into diabetes management. The presentation was well received and appreciated for its clinical relevance and research significance. This achievement reflects the department’s continued commitment to academic excellence and research advancement.



Mrs. Meenakshi, dept of Anatomy successfully participated in a Continuing Medical Education (CME) program titled **‘‘Anatobotics – The New Era of Urogynecological Surgery’’** conducted on 27th March 2026. The program was organized by the Department of Anatomy at SRM Institute of Science and Technology, under the auspices of SRM Medical College Hospital and Research Centre, Kattankulathur.



Radiology & Imaging Technology Association – Faculty Development

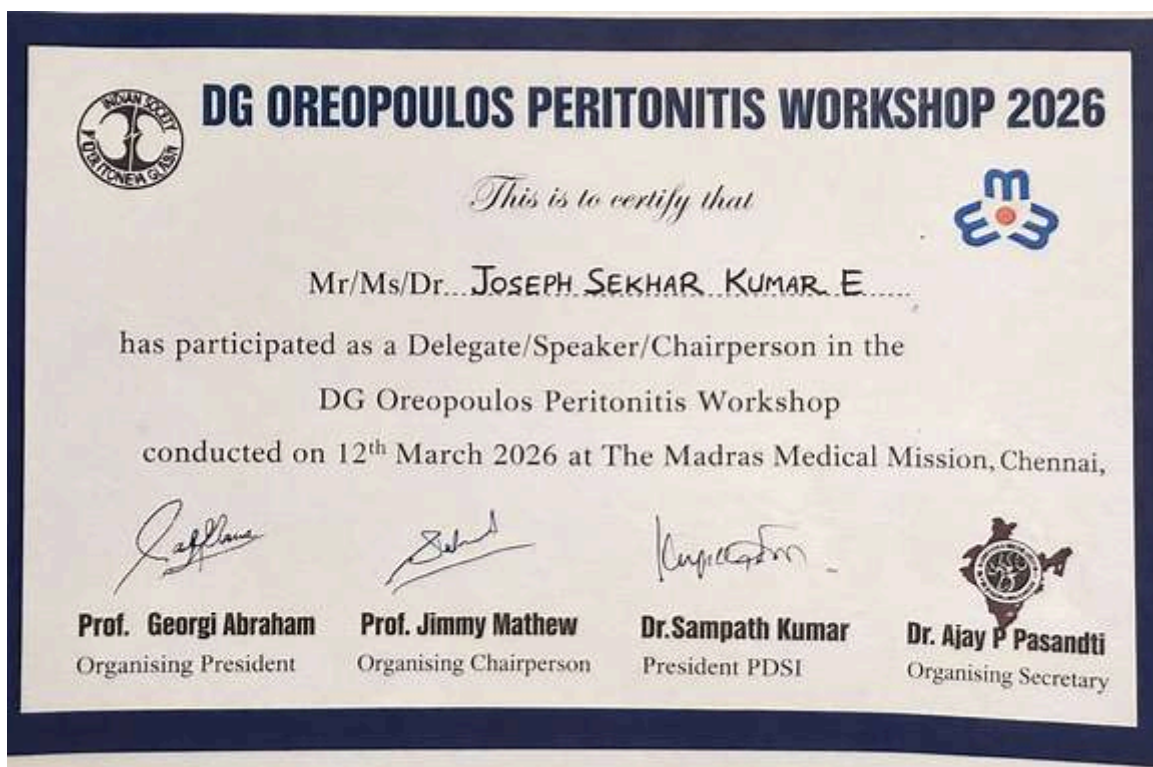
Excellence (February 2026)

Empowering Educators, Elevating Standards: The Department proudly highlights the successful NCAHP Implementation Panel Discussion & Faculty Development Program organised by RITA at SRM Medical College Hospital & Research Centre, Kattankulathur.



Workshop Participation Highlight

Mr Joseph Silva Kumar E represented the Department of Microbiology as a delegate at the DG Oreopoulos Peritonitis Workshop 2026, held on 12th March 2026 at The Madras Medical Mission, Chennai. The workshop, organised by the TANKER Foundation, brought together experts in nephrology and infection management to discuss advances in peritonitis care and dialysis-related infections. Mr Joseph's participation reflects the department's continued engagement in interdisciplinary learning and clinical collaboration.



***SPECIAL CASE
REPORT***

INTERESTING CASES IN DEPARTMENT OF OBSTETRICS AND GYNAECOLOGY

OVARIAN CYST SERIES

Diagnosis: G2P1L1/ prev lscs/ Ga:37 wks+1 day/ IUGR/ borderline oligo (8.2cm)on follow up / admitted for safe confinement . Emergency lscs done in view of previous lscs in labour with fetal distress. Male baby 2.2 kg delivered.



Specimen sent for HPE evaluation.

2)

Diagnosis: Primi/ GA: 37 weeks+ 5 days/ right ovarian multilobulated cyst/left ovarian dermoid cyst/Anemia treated with 6 dose of iron sucrose/ posted for elective lscs with cyst excision.

Patient was diagnosed with bilateral cyst from her early usg evaluation in pregnancy, kept under regular follow up, planned for elective lscs with cyst removal

Surgery done: elective lscs with left oophorectomy for left side multilobulated cyst. Right side dermoid of 3.5*3.5 cm noted.



Specimen sent for HPE analysis

A CASE OF UTERINE AV MALFORMATION

30 years female, underwent mtp with lap sterilization in February, 2026. She came with complaints of bleeding pv associated with clots on 15/3/26. All routine investigation done and she was transfused with one unit prbc on 15/3/26 and second unit on 16/3/26 in view of hb:8.4 g/dl. All other investigation done and was normal. Patient c/o bleeding also reduced. Usg abdomen and pelvis was done, the following findings were noted

- ET – 25 mm
- Shows fluid filled areas in fundus and lower uterine segment of size 34*17 mm and 29*14 mm with internal vascularity present.

These features were suspicious of UTERINE AV MALFORMATION. Hence MRI abdomen and pelvis was done, which showed FEATURES SUGGESTIVE OF UTERINE AV MALFORMATION.

After reviewing all the reports patient was recommended UTERINE ARTERY EMBOLIZATION.

DEPARTMENT OF ORTHOPAEDICS

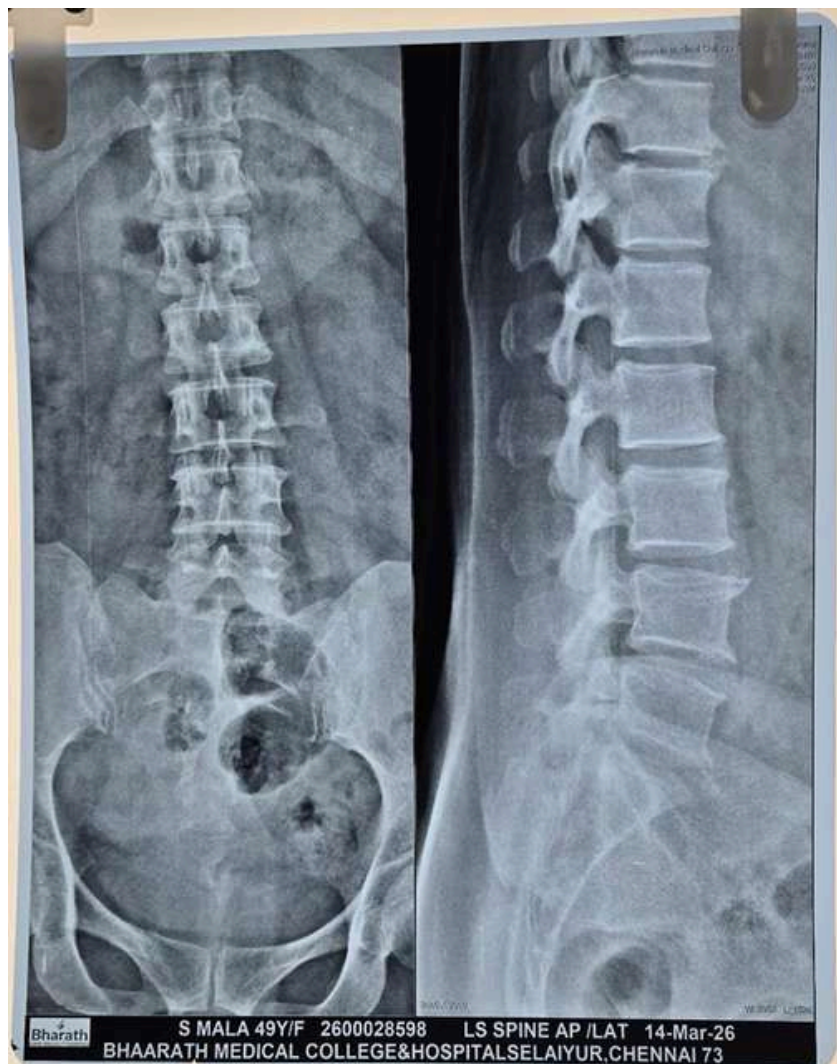
FENESTRATION LAMINECTOMY WITHOUT TOUCHING THE BONES AT BHAARATH MEDICAL COLLEGE AND HOSPITAL :

Back pain is one of the most frequent health concerns today, and a common underlying cause is Intervertebral Disc Prolapse (IVDP), often referred to as a “slipped disc.” This condition occurs when the cushioning discs between the bones of the spine bulge or rupture, putting pressure on nearby nerves. IVDP most commonly affects the lower back and can present with symptoms such as persistent back pain, pain radiating to the legs (sciatica), numbness, or weakness. It may result from age-related wear and tear, sudden strain, or injuries like falls.

What began as a persistent ache in the lower back gradually turned into a debilitating discomfort for a 40-year-old woman, affecting her daily routine. The situation worsened following a recent slip and fall, prompting her to seek medical attention. Upon the patient presenting to us in the Outpatient basis we clinically examined her and found the para spinal muscles spastic and tenderness along the L5-S1 anterior spinous process power reduced on the right side in comparison to the left side but the sensory innervations were intact this was indicative enough of an underlying dangerous pathology the next step was getting radiographic evidence X-Ray and MRI L-S spine were performed , she was diagnosed with an L5-S1 intervertebral disc prolapse—a condition where a slipped disc presses on nearby nerves, often causing pain and weakness.

With symptoms impacting her mobility and quality of life, a decision was made to proceed with a minimally invasive surgical approach.

IMAGING DONE PRE OPERATIVELY.





She underwent an L5–S1 micro lumbar discectomy, a precise procedure aimed at relieving pressure on the affected nerve.

INTRA OP FINDINGS

A midline incision given from L4-S1 skin exposed fascia exposed Paraspinal muscles retracted further the lamina was exposed up till the facet joint and furthermore we did posterior decompression following this the dura was visualised freed all around this gave us the space to free the existing nerve roots next we retracted the dura and removed the disc material followed by a thorough wound wash and debridement was done and lastly the wound was closed in layers.

Postoperatively along with the management protocols the patient was encouraged to mobilise with lumbar corset support.

The surgery was successful, and in the days that followed, her recovery was steady and encouraging. Pain subsided, mobility improved, and she was soon able to return to her routine with renewed comfort and confidence.

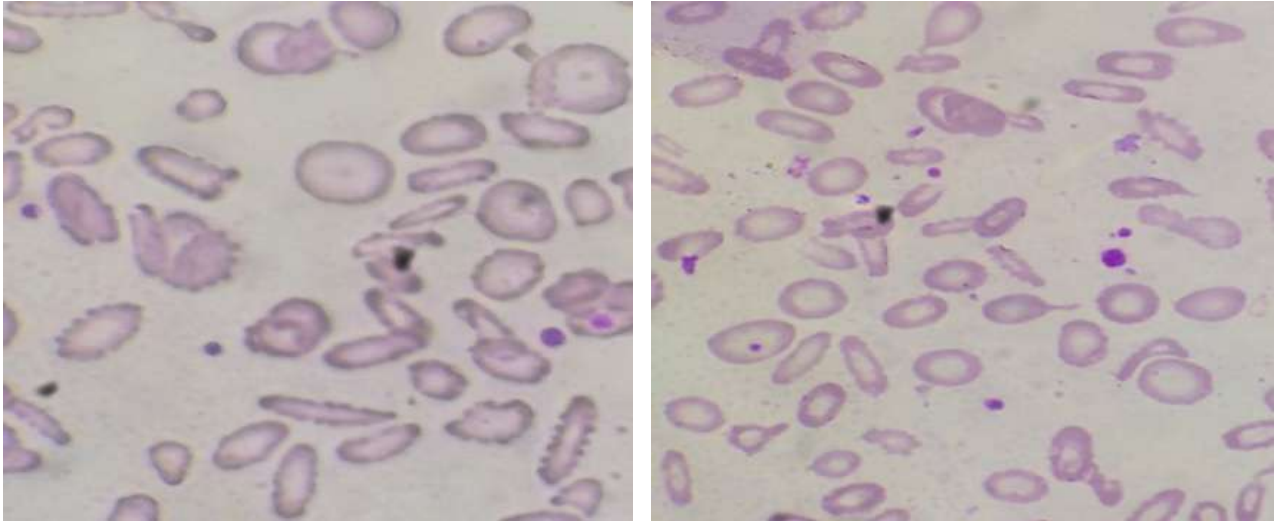
This case reflects not just a clinical success, but a patient's journey—from discomfort and limitation to relief and recovery—highlighting the importance of timely intervention and expert care in spine health. This case demonstrates the importance of timely diagnosis and appropriate intervention in managing lumbar disc prolapse. With a well-executed microdiscectomy and comprehensive postoperative care, the patient experienced significant relief from symptoms and a smooth recovery. It highlights how a multidisciplinary approach, combined with patient compliance and early mobilization, can lead to excellent functional outcomes and an improved quality of life.

INTERESTING CASES AND EVENTS IN PATHOLOGY

1.HAEMATOLOGY

CLINICAL DIAGNOSIS : 50/M, Anaemia under evaluation

Lab details: Reduced Haemoglobin, Normal MCV, Increased RDW



Microscopic Examination :

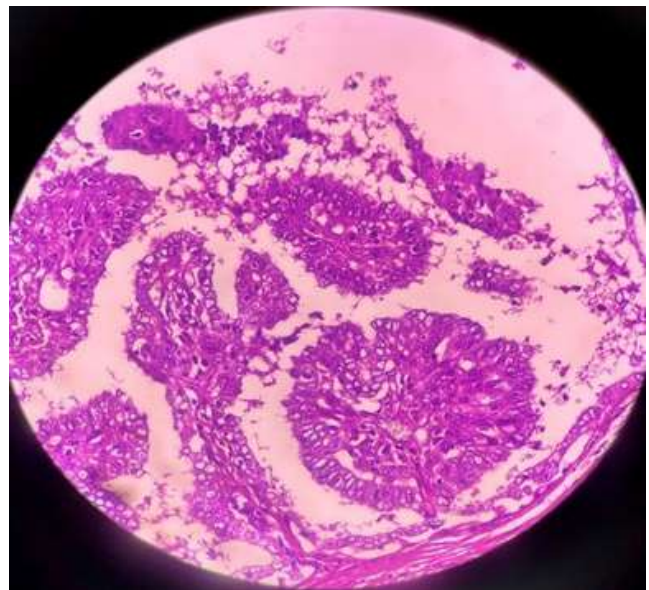
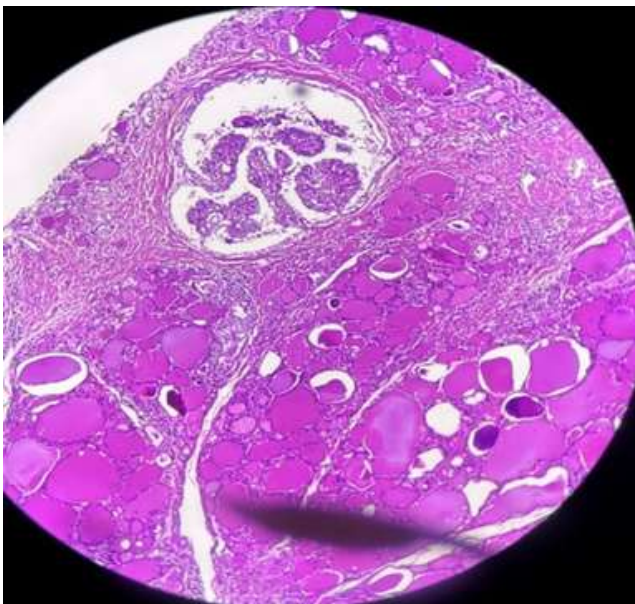
The peripheral smear examination showed dual population of RBCs, both microcytic hypochromic cells as well as macrocytic RBCs. The WBC and platelet morphology and counts were normal. Based on the peripheral smear examination findings a diagnosis of DIMORPHIC ANEMIA was made and advised for iron, vitamin B12 and folic acid studies for further evaluation and management.

DIAGNOSIS : DIMORPHIC ANEMIA

2.HISTOPATHOLOGY

PAPILLARY THYROID CARCINOMA - CLASSIC SUBTYPE (MICROCARCINOMA WITH TUMOR FOCI < 1CM) pT1a(m), (MULTIFOCAL), IN THE BACKGROUND OF HASHIMOTOS THYROIDITIS- TOTAL THYROIDECTOMY

A 51 year old female presented with multinodular goitre and underwent total thyroidectomy. Histopathological examination revealed multifocal thyroid microcarcinoma (tumor foci <1cm) involving both the lobes and isthmus. The tumor showed classical nuclear features with no evidence of Lymphovascular, perineural invasion or extra thyroidal extension and all surgical margins free of tumor. Background thyroid showed features of Hashimoto's thyroiditis.



***STUDENT
CORNER***

VALERIA SPORTS FEST 2026 – A DAY THAT REDEFINED SPIRIT AT BMCH

There are some days in college that quietly pass, and then there are days that leave behind a feeling of something you carry along after the noise fades. Valeria 2026, the first ever sports feast of BMCH, was one of those rare days.

From the very beginning, the atmosphere felt different. The ground wasn't just a venue – it was ALIVE. Groups of students gathered in their colours, with laughter excitement.

What stood out most was the sense of unity. Whether it was juniors entering a new environment or seniors enjoying their final college events, everyone seemed connected by the same energy.

The idea of giving each batch its own identity added excitement to the day.

There was Pride that brought people together, rather than dividing them. As the day unfolded, moments of discipline and celebration blended effortlessly. The march past, in particular, was more than just synchronized steps; it was confidence on display.

But beyond the formal events what truly defined the day were the 'in-between moments'. Friends shouting from the sidelines, last-minute pep talks before races, laughter after near wins and losses. These unplanned moments became the most memorable parts of the day.

Every sprints should weeks of preparation, every baton pass showed trust, and every finish line told a story of effort and determination. Balancing academics, clinical postings, and personal struggles is no small task and yet, here they were, running, competing, and cheering with full enthusiasm.

It wasn't just about who won or lost. It was about what had been created – a sense of belonging, a shared memory, and a tradition that felt like it had always existed, even though it had just begun.

Valeria 2026 didn't just showcase talent. It revealed the heart of BMCH – resilient, united, and full of life.

And if this was the first chapter, the story ahead promises to be even more exciting.

























MEDICAL LABORATORY TECHNOLOGY (MLT)

DG OREPOLOUS PERITONITIS WORKSHOP – MMM HOSPITAL CHENNAI

On 12TH March 2026, MMM Hospital organized a workshop on the topic of DG OREPOLOUS – PERITONITIS.



Renowned faculty members shared insights on early diagnosis, evidence-based treatment protocols, and the latest surgical techniques aimed at improving patient outcomes in cases of peritonitis.



Renowned faculty members shared insights on early diagnosis, evidence-based treatment protocols, and the latest surgical techniques aimed at improving patient outcomes in cases of peritonitis.

RENAL DIALYSIS TECHNOLOGY (RDT)

KIDNEYTECH 2.0 A NATIONAL CONFERENCE – YENEPOYA UNIVERSITY, MANGALORE

On 28TH March 2026, YENEPOYA UNIVERSITY (SCHOOL OF ALLIED HEALTH SCIENCES) organized a conference on the topic of KIDNEYTECH 2.0.



KIDNEYTECH 2.0, a prestigious national conference hosted by Yenepoya University, Mangalore, brought together eminent nephrologists, urologists, researchers, and healthcare professionals from across the country to explore the latest innovations and advancements in kidney care.

OPTOMETRY

OATN WALKATHON FOR WORLD OPTOMETRY DAY 2026

In commemoration of World Optometry Day 2026, the Optometric Association of Tamil Nanbargal (OATN) organized a Walkathon at Esslliot's Beach, Chennai, on 1st March 2026 from 6:00 AM to 8:00 AM. The event was conducted with the theme "Eye Health and Care and the Role of Optometrists", aiming to create awareness about the importance of eye care and the contribution of optometrists in community eye health.

Students from 2nd semester, 4th semester, and 6th semester actively participated in this awareness walkathon. A total of 12 students represented the institution and took part in the event enthusiastically. The walkathon route extended along the Dindigul Thalappakatti – Murugan Idli Shop stretch at Elliot's Beach



OPTORA 2K26-WHERE VISION MEETS VICTORY

SRI RAMACHANDRA INSTITUTE OF HIGHER EDUCATION AND RESEARCH

OPTORA 2K26 – Where Vision Meets Victory, the much-anticipated annual intercollegiate fest, was conducted at Sri Ramachandra Institute of Higher Education and Research for Optometrist from 11th March to 13th March 2026. The three-day event brought together students in a vibrant celebration of sports, talent, teamwork, and cultural excellence.

The competitions were conducted among 10 Optometry Colleges, creating a highly competitive and energetic atmosphere. For selected team events such as Kho Kho, Football, Throw Ball, and Volleyball, each college participated with Team A and Team B, encouraging wider student participation and promoting teamwork among students.

SPORTS ACHIEVEMENTS

- Kho- Kho – 1st Runner-up
- Throw Ball – 1st Runner-up
- Kabaddi – 1st Runner-up
- Volleyball – 1st Runner-up
- Boys Relay – 1st Runner-up
- 100 & 200 Meter (Boys) – 3rd Prize (Arikaran, 3rd Year)
- 1400 Meter (Boys) – 3rd Prize (Hariharan, 1st Year)
- Disc Throw (Girls) – 3rd Prize (Sharmila, 2nd Year)
- Disc Throw (Boys) – 3rd Prize (Jayan Prasana, 2nd Year)





The fest concluded on 13th March 2026 with a grand cultural finale, where students delivered spectacular performances, making the closing ceremony memorable and vibrant. The event successfully highlighted the spirit of unity, creativity, and excellence among students.

CULTURAL EVENT PARTICIPATION

- Fashion Frenzy
- Group Dance
- Fusion Relay Dance
- Group Singing
- Mr & Mrs OPTORA
- Mehandi
- Rangoli
- Advertisement
- Reels Making
- Photography
- Individual Singing
- Individual Dance

CULTURAL ACHIEVEMENTS

- Group Singing – 1st Prize
- Fusion Relay Dance – 2nd Prize



In recognition of continuous guidance and encouragement, faculty members **Ms.Nivya Fabi** and **Ms.Renos Banu** were honoured with an Appreciation Shield, acknowledging their valuable support and contribution toward student participation and success.



OPTORA 2K26 served as an excellent platform for students to showcase their talents, build confidence, and foster teamwork. The event concluded successfully, leaving behind memorable experiences, achievements, and the true spirit of “Where Vision Meets Victory.”





Bhaarith

MEDICAL COLLEGE & HOSPITAL



Bhaarith 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)

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