



QUARTERLY NEWSLETTER

MARCH 2025-MAY 2025

“Welcome to the quarterly edition of our college newsletter! Witness innovative projects to exciting events and fresh ideas taking root across departments. We hope this newsletter keeps you informed, inspired, and connected to the ever-evolving spirit of our college.”



What Will be **Inside Of The Newsletter**

1. **MARCH 24 : MICROBIOLOGY QUIZ**
 2. **APRIL 7 : COMMUNITY MEDICINE CME**
 3. **APRIL 8TH : PHYSIOLOGY QUIZ**
 4. **APRIL 24 ENT CME**
 5. **APRIL 30 : ANATOMY CME**
 6. **MAY 24 : OG CME**
- **HISTORY OF MEDICINE**
 - **RECENT INVENTIONS**
 - **THE BRAIN BUZZ**

SUPERNOVA'25

"A quiz on gastrointestinal physiology"

"Quiz programs are a wonderful way to discover that what you thought was a trivial piece of information actually has a moment to shine."- Dara Ó Briain, comedian and host of Blockbusters.

On the 8th of April, a grand intellectual duel unfolded among the first-phase MBBS students—a spirited tradition that has, for the past three years, tested knowledge, speed, and precision. This year, the legacy endured with a fresh focus drawn from the intricate domain of gastrointestinal physiology. Marking a milestone in its evolution, a Rolling Trophy was introduced, symbolizing the enduring nature of this academic pursuit. The event featured multiple rounds, each meticulously crafted to evaluate the depth and breadth of the participants' understanding. Emerging triumphant through this rigorous contest was the brilliant team "Vega," who proudly claimed the coveted trophy.

The inaugural function of the college's first academic and magazine committee is a moment brimming with significance, a true landmark occasion that sets the stage for a new era of intellectual and creative pursuit. It's the genesis of a vital tradition, laying the cornerstone for enriching the campus community. The newly formed Academic Committee emerges as the custodian of scholarly rigor, poised to cultivate critical thinking and elevate academic discourse, while the Magazine Committee unfurls as the vibrant canvas for student voices, ready to capture the diverse narratives and artistic expressions that define college life. Together, these committees represent a powerful synergy, promising a future where ideas flourish and stories resonate, marking a spirited beginning for intellectual discovery and unbridled creativity within the institution. This marked the conclusion of the intense and nail-biting battle that was SUPERNOVA'25.



"Informed Today, TB-Free Tomorrow." WORLD TB DAY QUIZ

World TB Day, observed annually on March 24th, serves as a powerful global platform to raise awareness about tuberculosis. Guided by the theme "Yes! We Can End TB: Commit, Invest, Deliver," the Department of Microbiology organized a quiz to educate and engage students on TB-related knowledge. Preliminary rounds, held earlier, saw enthusiastic participation from the 2022 and 2023 batches, from which five outstanding teams advanced to the finals. The event culminated in a dynamic and intellectually charged competition, where the finalists demonstrated impressive depth in TB knowledge across multiple rounds. The contest concluded with one team ~ Logeshwari, Vengeesh (3rd year MBBS) and Pugazharasi (2nd year MBBS), emerging as the well-deserved champions of this meaningful and impactful initiative.



WORLD HEALTH DAY CELEBRATION

PSM CME – "Healthy Beginnings; Hopeful Future"

The Department of Community Medicine orchestrated a vibrant and intellectually enriching celebration on April 7th, commemorating World Health Day with spirited participation from the entire campus and hospital community. The grand finale of the college-level IAPSM WHD Quiz witnessed the triumph of Yugeshpriyan M, Keerthika S, and Monesh G, who were duly felicitated for their outstanding performance. The event advanced in the esteemed presence of distinguished dignitaries and featured a scholarly address by the guest speaker, Dr. S. Srinivasan (Consultant, NHM-TN), whose eloquent lecture on Maternal and Child Care offered a comprehensive and insightful exploration of the subject, aptly honouring the theme of the day. Adding to the celebratory spirit, students from the 2021 batch were lauded for achieving Honours and Distinctions in the University Examinations. Awards were also conferred upon the winners and participants of the World TB Day Poster Presentation, recognizing their creativity and awareness advocacy



"We are what we repeatedly do. Excellence, then, is not an act, but a habit." - Aristotle



சுவைஒளி ஊருஓவை நாற்றமென ஐந்தின்
வகைதெரிவான் சுட்டே உலகு"

A Session focusing on OTORHINOLARYNGOLOGY

With great pride and academic intent, the Department of ENT (Ear, Nose, and Throat) at Government Medical College and Hospital, Thiruvallur curated a scholarly conclave in Otorhinolaryngology, illuminating two clinically pivotal subjects—Allergic Rhinitis and Otosclerosis—both of which bear immense significance in diagnostic acumen, clinical approach, and surgical intervention. This intellectually stimulating event was honoured by the gracious presence of distinguished dignitaries including Dean Dr. Revathy, M.D., the Vice Principal, Resident Medical Officer, Medical Superintendent, and the esteemed Head of the ENT Department. The chief beneficiaries of this CME were the pre-final and final-year undergraduates, who gained invaluable insights through enlightening lectures by renowned guest speakers, Dr. M. N. Shankar and Dr. R. Thalopathy Ramkumar. The session culminated with minds enriched and perspectives broadened, leaving all attendees intellectually empowered and profoundly inspired.

"The heart, though silent in voice, speaks volumes in its rhythm"

ANATOMY CME

On 30th April 2025, the Department of Anatomy at GMCH Thiruvallur orchestrated an intellectually enriching Continuing Medical Education programme titled "The Enamoured Circulatio Coronariae". The scholarly event was graced by erudite speakers including Dr. R. Senthamizhselvi (Government Chengalpattu Medical College), alongside Dr. M. Prabha, Dr. D. S. Dhanalakshmi, and Dr. R. Sumithra from GMCH Thiruvallur. A profound and insightful discourse on the management of Acute Coronary Syndrome was delivered by the esteemed Dr. T.V. Harikumar. To nurture artistic expression among budding medicos, a vibrant Rangoli competition was conducted for undergraduate students. The day also witnessed a moment of pride as academic luminaries from the 2023 batch were felicitated in recognition of their exceptional achievements in securing Honors and Distinctions.





*“ No storm can steal the flame you hold,
No night can dim a heart that's bold.
Though winds may howl and trials test,
Your burning will outshines the rest“*



“Awareness today is protection tomorrow”

MENOPAUSE AND HPV VACCINATION

The Continuing Medical Education (CME) programme on Menopause and HPV Vaccination, held on 24th May 2025 by the Department of Obstetrics and Gynaecology, underscored the clinical relevance of midlife health and the vital role of HPV vaccination in cancer prevention. Jointly hosted with the OGSSI – Midlife Committee and the Chennai Menopausal Society, the event brought together a panel of eminent speakers – Dr. Shanthi Gunasingh, Dr. Sampathkumari, and Dr. Dhanalakshmi – under the dynamic leadership of the ever-spirited HOD, Dr. Fathima Hassan. The day's highlights included a compelling panel discussion on osteoporosis and a vibrant e-poster competition for undergraduate students. Reya and Shaynaz Fathima of the Pre-final year emerged as winners, clinching the first prize. The CME concluded with an engaging quiz on HPV vaccination, a warm vote of thanks, and a heartfelt rendition of the National Anthem.

FUTURISTIC MEDICINE

Xenobots — the world's first living robots!

*These microscopic marvels are built from frog stem cells - specifically *Xenopus laevis* and were first developed in 2020 by researchers from Tufts University and the University of Vermont. They're designed by artificial intelligence, carefully sculpted in the lab, and brought to life with real biological tissue.*

Artificial Intelligence then "evolves" the shapes and patterns to build successful designs. They can walk, swim, push tiny objects, herd cells into piles and heal themselves in minutes (self healing). What's more?

Scientists have added RNA-based "flip-flop" sensors that can store simple memory and in some experiments, Pac-Man-shaped Xenobots gathered loose cells and assembled them into new bots, essentially creating "offspring" without any genetic engineering. They could one day help clean up microplastics, deliver medicine, repair damaged tissues, or even clean up the environment- all using the building blocks of life.



We exercise at least 36 muscles when we smile

RECENT INVENTIONS

1.Glow-in-the-Dark Plants

Inventors: MIT & Light Bio

Impact: Plants that glow using bioluminescent genes from fireflies or mushrooms—could replace some light

2.Kara pod-innovative air-to-water technology

*Inventors : Cody Soodeen and Michael Di Giovanna
The World's 1st Self-Refilling Coffee Machine turn atmospheric humidity into drinking water into Coffee .*

The machine is fitted with a ultraviolet filter to clean the water and uses plant-based coffee pods to brew its contents



“ 247 தமிழ் எழுத்துக்களில், 37 எழுத்துக்கள் மட்டுமே திருக்குறளில் பயன்படுத்தப்பட்டுள்ளன “

HISTORIC EVENTS



Morton, Letheon and Anesthesia.

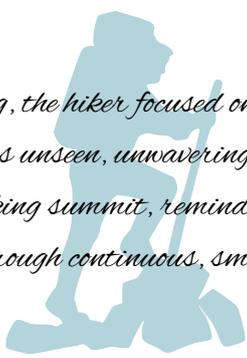
On Oct. 16, 1846, a dentist named William T.G. Morton administered an effective anesthetic to a surgical patient at Boston's Massachusetts General Hospital. Morton named his "creation" Letheon, after the Lethe River of Greek mythology, whose waters erased painful memories. The elixir was, in fact, sulfuric ether. In 1846, Morton purchased bottles of the stuff from his local chemist and began exposing himself and a menagerie of pets to ether fumes. Satisfied with its safety and reliability, he began using ether on his dental patients. Morton was the first to develop a novel delivery instrument to enable ether inhalation during an operation. Morton's search to 'erase painful memories' was an outstanding contribution to medicine, anesthesiology and human health!

Before alarm clocks, there were "knocker-uppers" in industrial Britain who used long sticks or pea-shooters to tap on windows and wake people for work



“ The dot over the letters 'i' and 'j' is called a tittle ”

“ Lost in the dense fog, the hiker focused on one step, then another. Though the path was unseen, unwavering resolve eventually led them to the breathtaking summit, reminding us that progress is made through continuous, small effort. ”



Myth : Charging your phone overnight ruins the battery.

Fact: Modern smartphones have smart charging circuits that stop charging once full. However, constant trickle charging can generate heat, which over time may reduce battery health slightly.



Logophile's lounge
Floccinaucinihilipilification
 Note : The names of First 10 members answering the meaning through mail will be mentioned in next newsletter

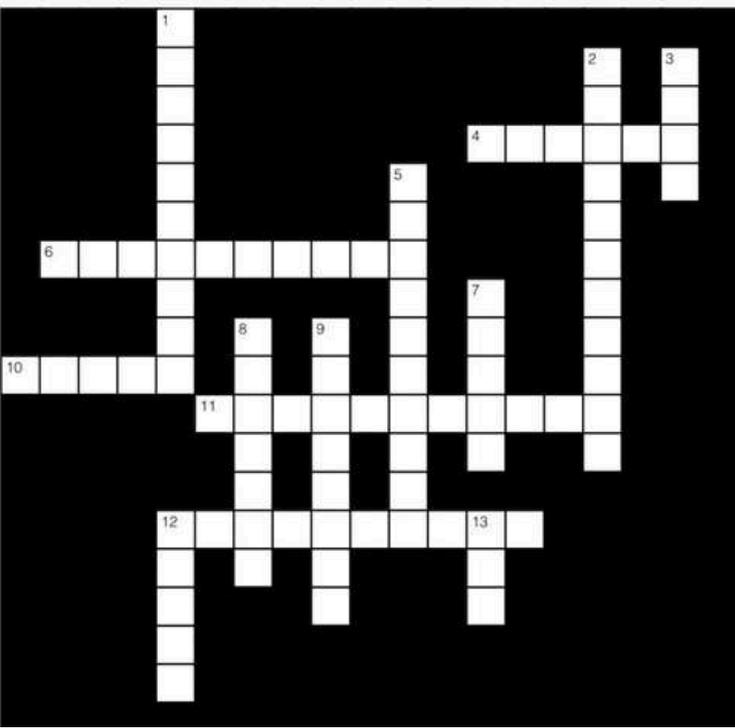
The only letter not found on the periodic table is J.

உன் சிறகு விரி; வானம் உன் எல்லை;
 நம்பிக்கை கொண்டால் முடியாதது இல்லை.

Meaning:
 Spread your wings; the sky is your limit; If you have belief, nothing is impossible.



BRAIN BUZZ



- Across**
- 4 type of PPE (6)
 - 6 used to slow infection rate (10)
 - 10 SARS-CoV2 is a ___ (5)
 - 11 family of viruses (11)
 - 12 ___ in place (10)
- Down**
- 1 can pass disease to another (10)
 - 2 PCR (5-2,4)
 - 3 N95 respirator (4)
 - 5 helps with breathing (10)
 - 7 disease: ___ -19 (5)
 - 8 produced by a cough or sneeze (7)
 - 9 animal to human (8)
 - 12 spreads disease to many others:

*I look through your skin, bones, and all,
 Without me, fractures could make you fall.
 What am I?*

*I'm not the heart, but I beat like a drum,
 Inside your head, deep I hum. When pressure rises, I might complain ,But mostly I help you stay awake and sane.
 What am I?*

Warning signs of stroke mnemonic: F.A.S.T
F - face drooping
A- arm weakness
S- speech difficulties
T- time to call hospital