



KAMALATMIKA

 **SRI RAMACHANDRA**
INSTITUTE OF HIGHER EDUCATION AND RESEARCH
(Category - I Deemed to be University) Porur, Chennai

SRCWA
proudly presents

KAMALATMIKA

EMPLOYEE WELLNESS PROGRAM



When?
Registration from 10th March

Where?
Contact Room no-11
G block for registration

What is KAMALATMIKA?
Health screening for women

- Hemoglobin
- Fasting blood sugar
- FT4, TSH
- Pap smear
- Sono mammogram

How much?

- A cost of concessional amount of Rs.500 will be collected in room no -11
- Kamalatkika stickers will be pasted on the top of OP registration file for identification.

Details

- After the payment employee /staff are advised to do the blood tests in the ground floor sample collection area.
- Pap smear will be done in 3rd floor OBG OPD by faculty only.
- Sonomammogram will be done based on appointments given at radiology department in ground floor and report shall be collected at the same area.
- Lab and pap smear reports shall be collected from room number-12 lab counter ground floor.

A WOMEN'S WELLNESS INITIATIVE HEALTH IS Y(OUR) RESPONSIBILITY

- Employees/staff can register under “KAMALATMIKA” women’s wellness initiative
- “KAMALATMIKA” stickers were pasted on the top of OP registration file for identification
- A cost of concessional amount of Rs.500/- was collected
- This wellness program was for registered employees/staff
- Blood tests, Sonomammogram and pap smear tests were done
- 442 employees/ staff benefitted from this program.



RELAX, REFRESH & REJUVENATE

SRI RAMACHANDRA
INSTITUTE OF HIGHER EDUCATION AND RESEARCH
(Deemed to be University)

Women's wellness initiative
Kamalatmika

Dept. of OBSTETRICS & GYNAECOLOGY & Dept. of MIND-BODY AND LIFESTYLE SCIENCES

Presents
Relax, refresh & rejuvenate

For women patients & attenders of inpatients
at G-block OBG OPD

11-12 noon
9th march 2022

- Department of Mind Body Medicine and Lifestyle Sciences (SRFAHS) along with the Department of Obstetric and Gynecology (SRMC) organized an event for women patients and attenders of inpatients as an initiative of Women's Wellness- Kamalatmika.
- The enthusiasm and curiosity shown by over 60 participants made the organizers start the event 15 mins prior the scheduled time.
- Low frequency music and aromatherapy using incense sticks was set in motion throughout the event to bring a sense of calmness and relaxation to the participants.

DEPT. OF OBSTETRICS & GYNECOLOGY AND DEPT. OF MIND BODY MEDICINE & LIFESTYLE SCIENCES
PRESENTS

RELAX, REFRESH & REJUVENATE

Date: 09. 03. 2022

Time: 11:00am- 12:00 pm

Venue: G- Block OBG OPD

No. of participants: 45- 50

Overview

The Department of Mind Body Medicine and Lifestyle Sciences along with the Department of Obstetric and Gynecology organized an event for women patients and attenders of inpatients as an initiative of Women's Wellness- Kamalatmika. The enthusiasm and curiosity shown by the participants made the organizers start the event 15 mins prior the scheduled time. Low frequency music and aromatherapy using incense sticks was set in motion throughout the event to bring a sense of calmness and relaxation to the participants.

Chief guest...

SESSION	HIGHLIGHTS
Introductory speech <ul style="list-style-type: none">- Dr. D.C. Mathangi, Prof & Head of Dept of Mind Body Medicine and Lifestyle Sciences- Dr. Srihari, Assistant Professor, Dept. of MBM & LS	Dr. Mathangi gave thought provoking insights to the audience. Audience could very well connect with the narrative given by her which was shown through their engagement throughout the speech.
Importance of handling stress in women <ul style="list-style-type: none">- Dr.D.C. Mathangi	Topics like stress management, physical and mental fitness were emphasized.

	Comparative examples of science in traditional and modern lifestyles were elaborated.
How focussed are you <ul style="list-style-type: none"> - Ms. Mahalakshmi - Dr. Arti Balakrishnan - Ms. Haritha Dhanasekar 	Reaction time activity was taken up by all the participants before and after the mind body intervention to observe the impact the mind body practices given to them during the event.
Practice of Mindfulness <ul style="list-style-type: none"> - Ms. Mahalakshmi 	Ms. Mahalakshmi demonstrated the importance of being mindful in their day-to-day activities with a simple abdominal breathing technique.
Destress with Art <ul style="list-style-type: none"> - Dr. Ashwini Maran 	Participants were provided with plain sheets and were asked to draw anything and those with sheets printed with mandala art were asked to color them. Audience thoroughly enjoyed this activity which brought out the inner child in them. This activity helps one to reduce stress, pain, BP, promotes sleep and ease depression. Separating the mixture of dal and rice needs focussed efforts which promotes mindfulness of one's actions thereby destressing them. The activities were well conducted with simplified scientific explanations by Dr. Ashwini Maran.
Acupressure <ul style="list-style-type: none"> - Dr. Srihari - Dr. Arti Balakrishnan 	Addressing the common issues faced by today's women, acupressure points to promote sleep, reduce pain, bring calmness and de-stress were demonstrated well by Dr. Arti and Dr. Srihari.
Simple guided meditation <ul style="list-style-type: none"> - Dr. Ashwini Maran 	Guided meditation using low frequency music was made to perform at the end the session to conclude the practice session with a complete peaceful setup.
Thank you speech <ul style="list-style-type: none"> - Dr. D.C.Mathangi 	The reaction time test results were announced which inferred that about 80% of the audience's reaction time was

improved proving the purpose of the event “Relax, Refresh & Rejuvenate” a successful one. Feedbacks were welcomed from the audience. The workshop was concluded with a vote of thanks by Dr.D.C. Mathangi and distribution of plant saplings as return gifts to the audience.

GALLERY/ MEDIA:

















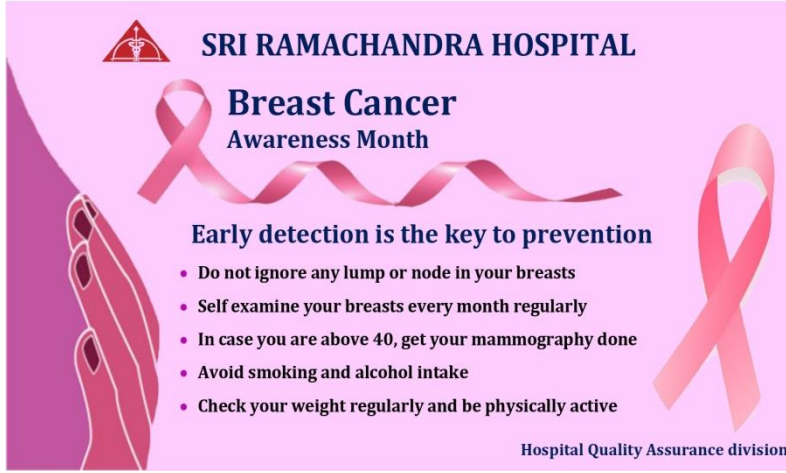




Breast cancer awareness Pink month celebration” at

Sri Ramachandra Hospital (October-2022)

Breast cancer awareness (Pink month) was organized by the Hospital Quality Assurance division at Sri Ramachandra Hospital and the following awareness programs were conducted.



Breast cancer awareness pamphlets in English and Tamil were distributed to the patients, attenders, and our staff to create awareness on breast cancer with prevention methods.

“Breast cancer self-examination program for woman employees of SRIHER”

As part of this program, breast cancer self-examination program was conducted for women employees of SRIHER with prevention methods. Around 80 women employees participated effectively and clarified their queries regarding the same. **Self-examination of breast cancer** session was conducted by Dr. R. Ramya, Professor, Department of General Surgery, Dr. T. Mohanapriya, Professor, Department of General Surgery, Dr. Priya Jovita Mary Martin Daniel, Associate Professor Department of Medical Oncology & Dr. T. Vijayashanti, Assistant Professor, Department of Obstetrics &

Gynaecology



“Public forum for patients and attenders”

A public forum for breast cancer awareness month was conducted and more than 80 patients and attenders participated. Several questions were asked to participants on breast cancer and those who answered correctly were given prizes. Following this there was an interactive session between the public and the experts and scientific address by Dr.Priya Jovita Mary Martin Daniel, Associate Professor Department of Medical Oncology







Welcome



SRI RAMACHANDRA

INSTITUTE OF HIGHER EDUCATION AND RESEARCH

(Deemed to be University)



WABA | WORLD BREASTFEEDING WEEK 2022

**DEPARTMENTS OF PEDIATRICS, NEONATOLOGY, COMMUNITY MEDICINE
OBSTETRICS AND GYNAECOLOGY,
PAEDIATRIC NURSING, CLINICAL NUTRITION and
COMMUNITY HEALTH NURSING
*JOINTLY ORGANIZES***

WORLD BREASTFEEDING WEEK- 1st- 7th August 2022

**THEME: “STEP UP FOR BREAST
FEEDING-EDUCATE AND SUPPORT”**

**RECAP - WORLD BREASTFEEDING WEEK
CELEBRATION**

PRESENTED BY

Dr Anita David

Reader & HOD

DEPARTMENT OF PAEDIATRIC NURSING

SRI RAMACHANDRA FACULTY OF NURSING

SRI RAMACHANDRA INSTITUTE OF HIGHER EDUCATION AND RESEARCH

(DEEMED TO BE UNIVERSITY)

PORUR, CHENNAI - 116

WORLD BREASTFEEDING WEEK – 2022

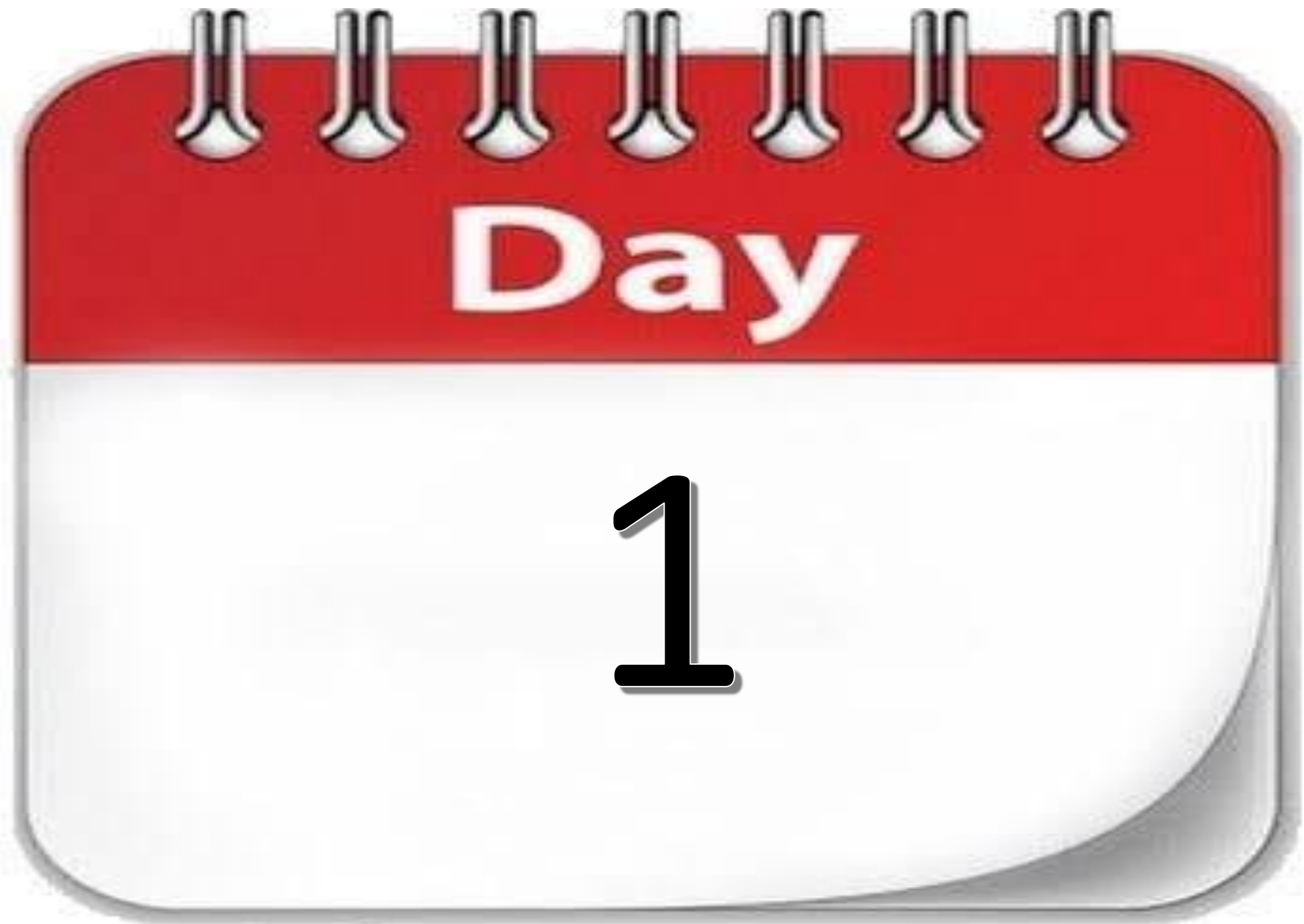
Jointly organized by

Department of Paediatrics, Neonatology, Obstetrics & Gynecology, Community Medicine,
Paediatric Nursing, Clinical Nutrition & Community Health Nursing

Theme : “Step Up for Breast Feeding – Educate and Support”

PROGRAM SCHEDULE

DATE	TIME	EVENTS	VENUE
1/8/22 Monday	2 – 3.30 pm	Inauguration Chief Guest : Dr.K.Surendhiran, MD., Surveillance Medical Officer WHO Country Officer (NPSP), Chennai	Dental Auditorium
	9 – 11 am	Lactation Support Team’s Poster Display	<ul style="list-style-type: none"> • G Block Paediatric OPD • C2 Paediatric OPD
2/8/22 Tuesday	9 – 10 am	Clinical Nutrition Awareness Program <ul style="list-style-type: none"> • Poster presentation - All UGS • Comic competition • Anganwadi Workers Quiz • Nutrition display & competition 	Dental Auditorium
	8 – 1 pm	• CNE by G Block Lactation Support Program	Central Library Auditorium
	8 – 3 pm	Community Outreach Program	Vayalalnallur, Soranchery
3/8/22 Wednesday	10 – 12 pm	Nerukkuner – Patient Interaction Program with Food display	<ul style="list-style-type: none"> • G Block Paediatric OPD • G Block antenatal & Postnatal Ward • C2 OPD
4/8/22 Thursday	9 – 12 pm	Breast Feeding Awareness Program - Paediatric Nursing Department	G Block Paediatric OPD
		Skit by Lactation Support Team	C2
	1.30 – 3.30 pm	Community Nutrition Education Program PG Symposium	Dental Auditorium
5/8/22 Friday	8 – 2 pm	Lactation Support - CNE Program	Dental Auditorium
	2 – 4 PM	CME – Dept. of Neonatology	VHS
	2 – 4 pm	You tube Live interaction on Breast Feeding Public Awareness Program	Swayam Prabha - Medical Education Unit
6/8/22 Saturday	2 – 4 pm	<ul style="list-style-type: none"> • Slogan & Poetry Competition • Valedictory Function & Prize Distribution 	Dental Auditorium



Day

1

EDUCATE • STEP UP FOR BREASTFEEDING •
AND SUPPORT.



WORLD BREASTFEEDING
WEEK 2022



SRI RAMACHANDRA
INSTITUTE OF HIGHER EDUCATION AND RESEARCH
(Category - I Deemed to be University) Porur, Chennai



Departments of Paediatric Medicine, Neonatology, Obstetrics & Gynaecology, Community Medicine, Clinical Nutrition, Pediatric Nursing & Community Health Nursing

INAUGURATION

WORLD BREASTFEEDING WEEK CELEBRATION - AUGUST 2022

with Theme Oration

THEME: Step up for Breastfeeding - Educate and Support



Date : 01.08.2022, TIME : 02:00 - 03:30 pm IST
Venue: Dental College Auditorium



02.05 pm-02.05 pm

Welcome Address

Dr. Latha Ravichandran

Prof & Head
Department of Paediatrics
Dean - Education
SRIHER (DU)



02.05 pm-02.15 pm

Presidential Address

Prof. P. V. Vijayaraghavan

Vice - Chancellor
SRIHER (DU)



02.15 pm-02.25 pm

Inaugural Address

Dr. S. Anandan

Dean - SRMC & RI



02.25 pm-02.30 pm

Introducing the chief Guest

Dr. Pankaj Shah

Prof & Head
Dept. of Community Medicine
SRIHER (DU)



02.30 pm-03.15 pm

Theme oration

Dr K Surendhiran M. D

Surveillance Medical Officer,
WHO Country Office (NPSP) Chennai.



03.15 pm-03.30 pm

Vote of Thanks

Dr. A. J. Hemamalini

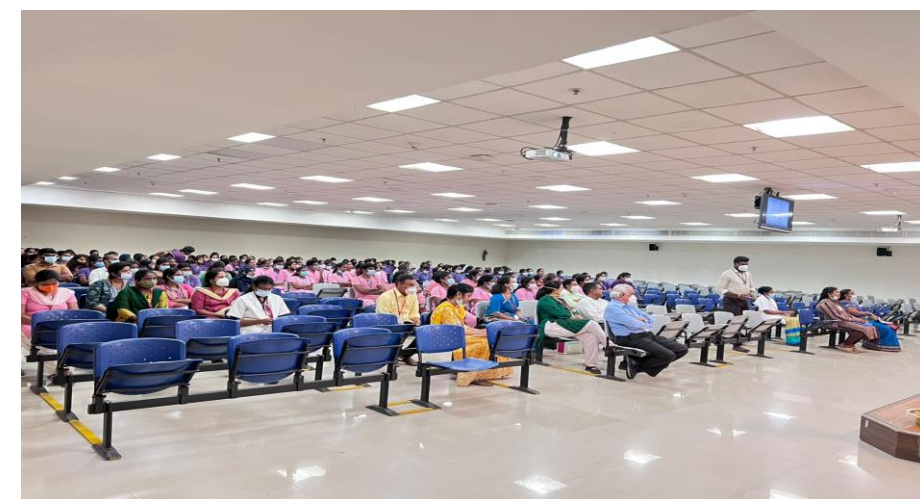
Professor and Head
Department of Clinical Nutrition
Faculty of Allied Health Sciences, SRIHER (DU)

INAUGURATION and THEME ORATION- 1st August 2021



World Breastfeeding Week Celebration was Inaugurated and Theme Oration was delivered by Dr. K Surendhiran Surveillance medical officer, WHO Country officer Chennai.

INAUGURATION and THEME ORATION- 1st August 2022



POSTER COMPETITION- 1st August 2022



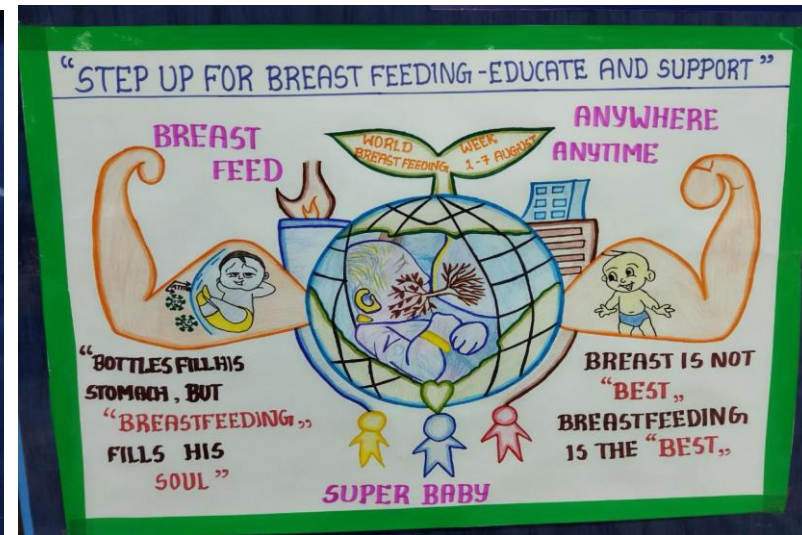
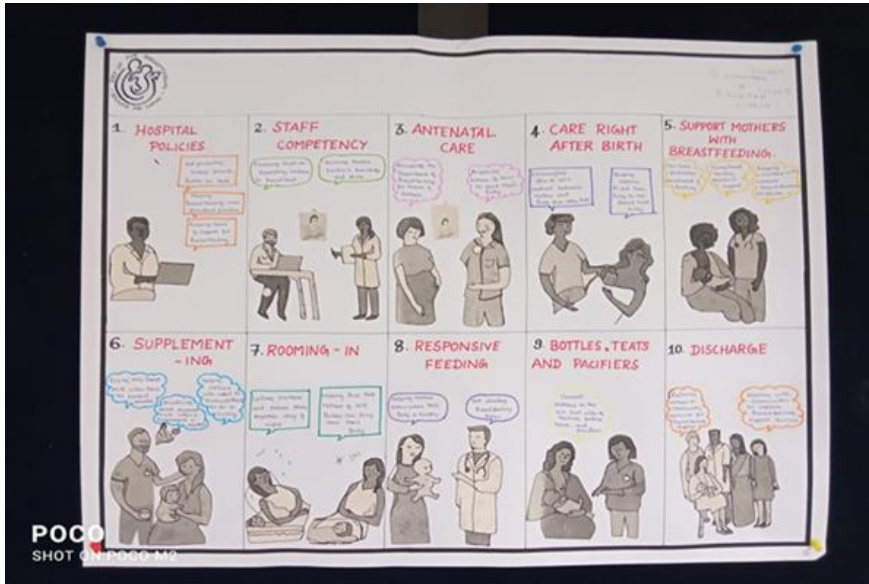
Theme: “Step up for Breast Feeding-Educate and support



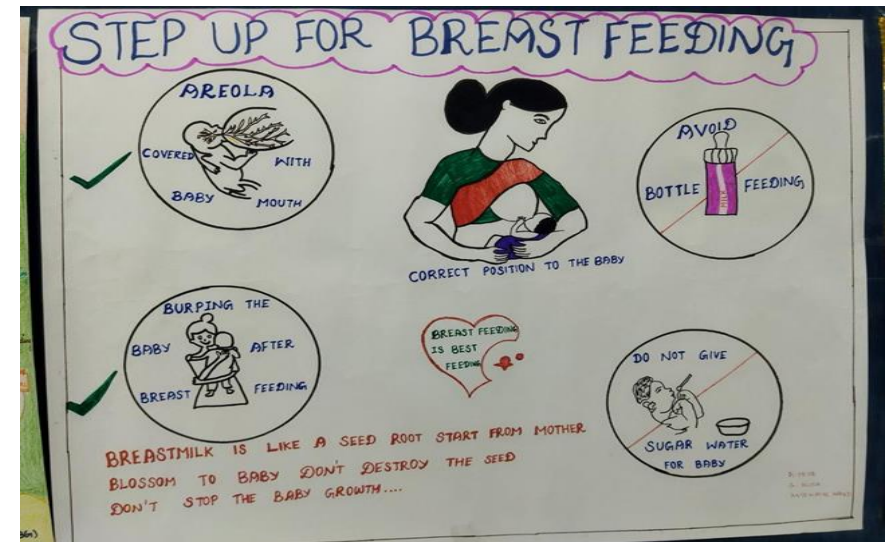
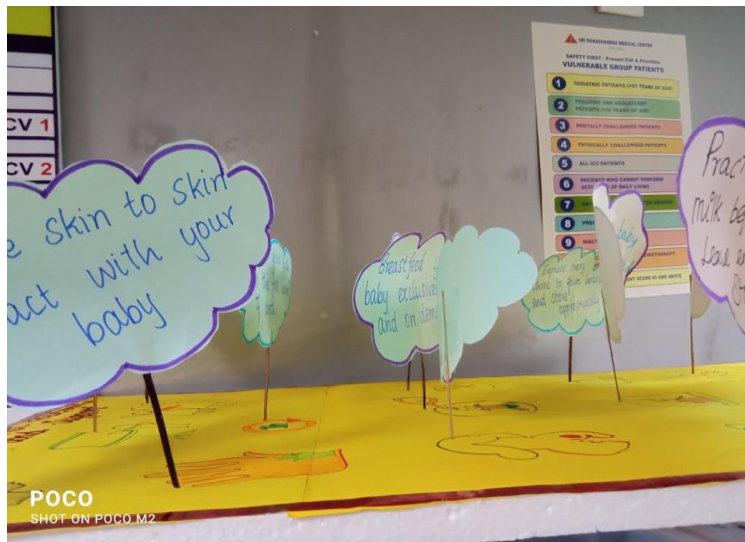
Judges:

1. Dr. Rajesh (Pediatric Medicine)
2. Dr. Bhuvana (OBG)

POSTER COMPETITION- 1st August 2022



POSTER COMPETITION- 1st August 2022





Day

2

COMICS COMPETITION- 2nd August 2022



STEP UP FOR BREAST FEEDING, EDUCATE AND SUPPORT

Hello madam, how old is your baby?
Are you breast feeding your baby?

Yes Doctor.....
My baby is 9 month old now and this month, I'm planning to quit breast feeding where i don't have enough milk

Madam, your decision is wrong....
I have three magic simple steps to increase your breast milk.....
ARE YOU READY TO FOLLOW.....

Sure Doctor....

STEP

- 1 kangaroo method, where baby is skin to skin contact to your bare chest and wrap with cloth.
- 2 breast feed the baby 5 times a day even you dont have enough milk along with complementary feeding
- 3 consume Lactogogues food like almonds,oats, fenugreek, raw papaya, nuts etc... in your diet.

You made it very simple,will definitely try this out.
Thankyou doctor.

Its my duty to help you out. where breast feeding is benefit for youself, your baby and healthier nation for better tomorrow.

With your family support you can do this madam.

STEP UP FOR BREASTFEEDING
EDUCATE AND SUPPORT
WABA | WORLD BREASTFEEDING WEEK 2022

Increased bonding

Poor bonding with mom

Breastfeeding

Bottle feeding

Increased immunity

Frequent hospitalisation

Proper growth and nutrition

Decreased Immunity

Increased IQ

Recurrent infection leading to poor weight gain and nutrition

What will you choose for your baby ?

The choice is yours

Dr. SHWETHA AMUTHAN

Judges:

1. Ms. T.H. Hema Department of Clinical Nutrition
2. Ms. A. Karthiga Department of Clinical Nutrition

POSTER COMPETITION- 2nd August 2022



Theme: "Step up for Breast Feeding-Educate and support"



Judges:

1. Dr. Uma Maheshwari, Neonatology
2. Ms. Nandita Krishnan, Lecturer, Dept of Clinical Nutrition

LACTOGOGUE BASED RECIPE COMPETITION- 2nd August 2022



Judges:

1. Ms. Sajitha, Diet Kitchen
2. Dr. Sarala, Dept of Paediatrics



Day

3

NERUKKUNER – PEDIATRIC OP- G BLOCK- 3rd August 2022



- ❖ Department of Pediatrics- Prof. Dr. P. Ramachandran
- ❖ Nursing- Dr. Anita David
- ❖ Neonatology - Dr. Safi John
- ❖ Obstetrics and Gynaecology- Ms. Priyadharshini
- ❖ Clinical Nutrition - Ms. A. Karthiga

NERUKKUNER – PEDIATRIC OP- C₂- UDAYAR BLOCK- 3rd August 2022



- ❖ Department of Pediatrics- Dr. Sarala Premkumar
- ❖ Neonatology – Dr. Mohammed Asiff
- ❖ Obstetrics and Gynaecology- Dr Geetha
- ❖ Nursing- Ms. P. Vijayasamundeeswari
- ❖ Clinical Nutrition – Ms. Poornima

NERUKKUNER – ANTENATAL/POSTNATAL WARD- 3rd August 2022



POCO
SHOT ON POCO M2



POCO
SHOT ON POCO M2

- ❖ Department of Pediatrics- Dr. Umasharma
- ❖ Neonatology – Dr. Mohammed Asiff
- ❖ Obstetrics and Gynaecology- Dr. Bhavanisree
- ❖ Nursing- Ms. Durgadevi
- ❖ Clinical Nutrition – Dr. Preetha

FOOD DISPLAY BY THE DEPARTMENT OF CLINICAL NUTRITION

- 3rd August 2022





Day

4



SRI RAMACHANDRA

INSTITUTE OF HIGHER EDUCATION AND RESEARCH

Category: 1 (Eligible for University/Post-Graduate)



Sri Ramachandra Faculty of Nursing
Department of Paediatric Nursing

Cordially Invites you for the

WORLD BREASTFEEDING WEEK CELEBRATION -2022

THEME

**“STEP UP FOR BREASTFEEDING -
EDUCATE & SUPPORT”**



August **4th** 2022

Time : 09:00 am to 01:00 pm
at Paediatric OPD G-Block, SRH

PROGRAMME

Welcome Address	Ms. D. Geetha Lecturer SRFON, SRIHER (DU)
Special Address	Dr. Anita David Reader & HOD Department of Paediatric Nursing SRFON, SRIHER(DU)
Key Note Address	Dr. S. Santhi Professor & Vice Principal SRFON, SRIHER(DU)
Inaugural Address	Dr. Latha Ravichandran Dean Education HOD- Paediatric Medicine, SRIHER(DU)
BreastFeeding Awareness Program	B. Sc N(Basic) III Year Students, SRFON
Vote of Thanks	Mrs. P. Vijayasamundeeswari Lecturer, SRFON, SRIHER(DU) MC: Ms. Blessy & Ms. Abinaya M. Sc Nursing II Year Students, SRFON, SRIHER(DU)

BREASTFEEDING AWARENESS PROGRAMME IN PEDIATRIC OP BY NURSING DEPARTMENT - 4th August 2022

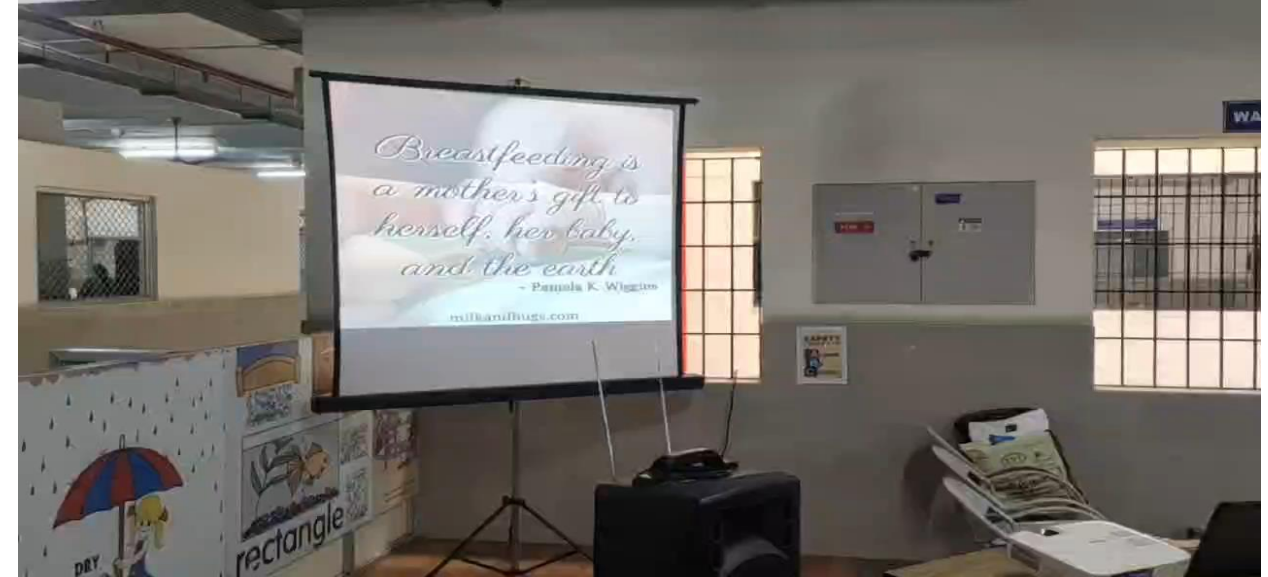


- ❖ Awareness Skit and video by Students
- ❖ Dance by Students
- ❖ Song, Kavithai
- ❖ Quiz for Patients
- ❖ Interaction with the Patients

BREASTFEEDING AWARENESS PROGRAMME IN PEDIATRIC OP BY NURSING DEPARTMENT - 4th August 2022



BREASTFEEDING AWARENESS PROGRAMME IN PEDIATRIC OP BY NURSING DEPARTMENT - 4th August 2022



SKIT BY LACTATION SUPPORT TEAM C2



COMMUNITY NUTRITION EDUCATION – KATCHUR, TIRUVALLUR



PG Symposium

Time – 1.30 pm -3.30 pm

Venue – Dental basement auditorium

Time	Department	Presentor	Topic	Moderator
1.30 pm – 1.45 pm	Obstetrics & Gynaecology	Dr. Lakshmi Aishwarya	Physiology & Practical aspects of Breastfeeding	Dr Alka
1.45 pm – 1.50 pm	Q & A			
1.50 pm – 2.05 pm	Clinical Nutrition	Ms. Sanjana	Effectiveness of structured nutrition education on maternal breastfeeding self efficacy & exclusive breastfeeding duration.	Ms. Nandita Krishnan
2.05 pm – 2.10 pm	Q & A			
2.10 pm – 2.25 pm	Pediatrics	Dr Swetha	Low milk production detective work – Assessment & Care plan.	Dr. Ilayaraja
2.25 pm – 2.30 pm	Q & A			
2.30 pm – 2.45 pm	Neonatology	Dr Mamta	Promoting human milk and breastfeeding in very low birth weight	Dr Rabindran



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2.45 pm – 2.50 pm	Q & A		infants	
2.50 pm – 3.05 pm	Paediatric nursing	Ms Rukmanid evi. V	Evidence based practice – support breastfeeding	Dr Anita David
3.05 pm – 3.10pm	Q & A			
3.10 pm – 3.25 pm	Community Medicine	Dr Aishwarya Dr Kartik	Journey of breastfeeding to complementary feeding	Dr Suresh. V
3.25 pm – 3.30 pm	Q & A			

PG SYMPOSIUM





“LACTATION CNE PROGRAMME” BY DENTAL BASEMENT

AUDITORIUM CONDUCTED BY LSP TEAM SRMC - 5TH AUGUST 2022



CME IN VHS , ADYAR BY NEONATOLOGY DEPARTMENT

- 5th August 2022



LIVE INTERACTION WITH PUBLIC- YOUTUBE LIVE- 5th August 2022



SRI RAMACHANDRA
MEDICAL CENTRE



AUGUST
5
2022

STEP UP FOR BREASTFEEDING EDUCATE AND SUPPORT

Join our youtube LIVE session
on **Breast feeding benefits.**



Talk to our experts **who will be answering**
all your queries on Breast Milk-the magic ingredient
Time: 2PM -4PM

<https://youtu.be/6aAXkpShTgU>

SRI RAMACHANDRA MEDICAL CENTRE

interact with us
63827 93968



Dr.Usha Vishwanath
Sr.consultant &
Professor & HOD of OBGYN



Dr.Latha Ravichandran
Sr.consultant &
Prof & HOD of Paediatrics



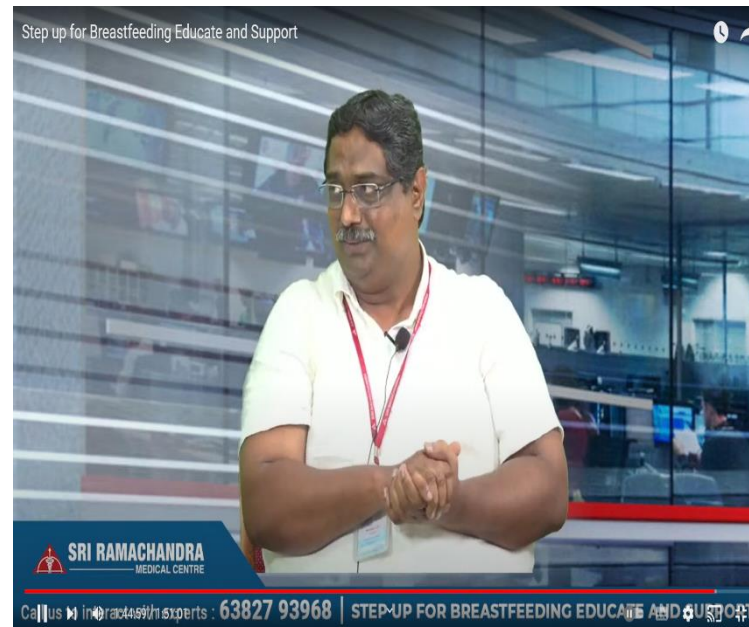
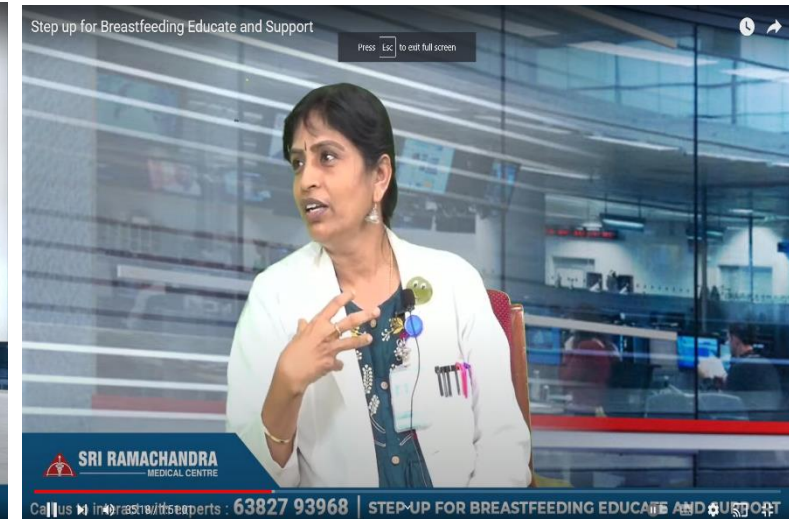
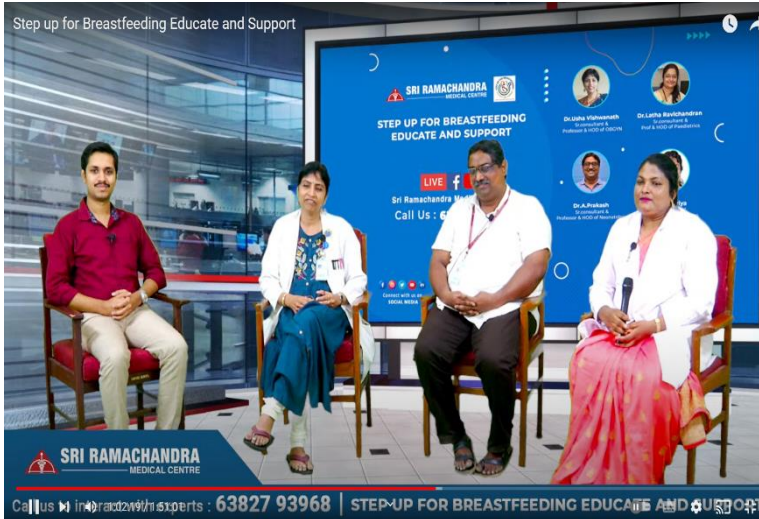
Dr.A.Prakash
Sr.consultant &
Professor & HOD of Neonatology



Dr.V Supriya
Associate prof,
Dept. of clinical Nutrition



Dr.Anita David
HOD of Paediatric Nursing



BREASTFEEDING AWARENESS PROGRAMME IN NEMAM PHC BY COMMUNITY HEALTH NURSING DEPARTMENT - 5th August 2022



- ❖ Awareness Skit, Villu pattu by Students
- ❖ Quiz for Patients
- ❖ Interaction with Public on Significance of Breastfeeding



VALEDICTORY FUNCTION- 6th August 2022



SRI RAMACHANDRA
INSTITUTE OF HIGHER EDUCATION AND RESEARCH
(Category - I Deemed to be University) Pondicherry, Chennai



Departments of Paediatric Medicine, Neonatology,
Obstetrics & Gynaecology, Community Medicine, Paediatric Nursing,
Clinical Nutrition and Community Health Nursing

Cordially Invites you for the
**VALEDICTORY FUNCTION OF WORLDBREASTFEEDING
WEEK- 2022**

with the
**THEME: "STEP UP FOR BREASTFEEDING -
EDUCATE & SUPPORT"**



August 6th 2022
Time : 02:00 pm to 03:30 pm

PROGRAMME

02.00 pm - 02.05 pm
Invocation Song & SRIHER Anthem

02.06 pm - 02.10 pm
Welcoming the Gathering



Mrs. P. Vijayasamundeeswari
Lecturer
SRFON, SRIHER (DU)

02.11 pm - 02.25 pm
Special Address



Dr. S. J. Nalini
Professor and Principal
RFON, SRIHER (DU)

02.26 pm - 02.45 pm
Recap of the Week



Dr. Anita David
Reader & HOD
SRFON, SRIHER (DU)

02.46 pm - 03.10 pm
Valedictory Address



Dr. Latha Ravichandran
Dean Education &
Professor & HOD of Paediatrics
SRIHER (DU)

03.11 pm - 03.20 pm
Vote of Thanks



Dr. P. Anitha
Assistant Professor of Paediatrics
SRIHER (DU)



MC : Mrs. D. Geetha
Lecturer
SRFON, SRIHER (DU)

SRI RAMACHANDRA
INSTITUTE OF HIGHER EDUCATION AND RESEARCH
(Category - I Deemed to be University Post Office)

WORLD BREASTFEEDING WEEK - 2022

Organized By

- DEPARTMENTS OF PAEDIATRIC MEDICINE
- NEONATOLOGY
- OBSTETRICS AND GYNAECOLOGY
- PAEDIATRIC AND COMMUNITY HEALTH NURSING
- CLINICAL NUTRITION
- COMMUNITY MEDICINE

Theme : **'STEP UP FOR BREASTFEEDING - EDUCATE AND SUPPORT'**

Date : 01-08-2022 to 07-08-2022

DATE	TOPIC	SPEAKER
01-08-2022	Breastfeeding: A Guide for the Modern Family	Dr. Anand Kumar
02-08-2022	Breastfeeding: A Guide for the Modern Family - Part 2	Dr. Anand Kumar
03-08-2022	Breastfeeding: A Guide for the Modern Family - Part 3	Dr. Anand Kumar
04-08-2022	Breastfeeding: A Guide for the Modern Family - Part 4	Dr. Anand Kumar
05-08-2022	Breastfeeding: A Guide for the Modern Family - Part 5	Dr. Anand Kumar
06-08-2022	Breastfeeding: A Guide for the Modern Family - Part 6	Dr. Anand Kumar
07-08-2022	Breastfeeding: A Guide for the Modern Family - Part 7	Dr. Anand Kumar

A woman in a pink shirt and glasses is speaking at a wooden podium on a stage. She is wearing a face mask and has a microphone in front of her. A laptop is open on the podium.

Four women are seated on a stage behind the speaker. They are wearing sarees in yellow, light blue, purple, and pink. They are also wearing face masks. There are water bottles and papers on a table in front of them.

An audience member is visible in the foreground, wearing a white patterned top and a black face mask, looking towards the stage.









THANK YOU ALL



A handwritten signature in green ink, appearing to read "V. V. Vijayaraghavan".

Dr. P.V. VIJAYARAGHAVAN
Vice-Chancellor
SRI RAMACHANDRA
INSTITUTE OF HIGHER EDUCATION & RESEARCH
(Deemed to be University)
Porur, Chennai-600 116