



VELAMMAL MEDICAL COLLEGE HOSPITAL &
RESEARCH
INSTITUTE, MADURAI-09

2016

- Magazine Writing by Student
- Empowering Communication : Viva Voce and Answer Writing Skills
- Stress and Medical Professionalism

[Handwritten Signature]

Dean 6

Velammal Medical College Hospital

'Velammal Village'
Madurai-Tuticorin Ring Road
Anuppanadi, Madurai (TN)-625 009



VELAMMAL MEDICAL COLLEGE HOSPITAL & RESEARCH INSTITUTE, MADURAI-09

Visit to Bethany Children's Home



India is a country with largest orphan population (20 million). Various Governmental and Non – Governmental organizations are trying to protect and save these children by introducing various Programs and Acts.

Our Visit: We, the students of the Community Medicine department, visited Bethany Children's Home located in kalavasal, Madurai on 19/03/2016, Saturday. It is a home for 28 semi-orphans boys. We did medical checkup and educated them with various personal hygiene habits. We provided them medicines, hand washing soaps and first aid kits for the clinical facilities for the children. It was a nice visit and much important information on the life of children's living in a children's home was studied and reported.

P. Gownisha
II Year MBBS Student, VMCH & RI.

VISIT TO YMCA SCHOOL FOR THE MENTALLY RETARDED CHILDREN

YMCA school for the mentally retarded children is located at Elise Nagar, Madurai; We visited this school on March 15 2016. Most of the children were affected with microcephaly, Down's syndrome, cerebral palsy, etc. We, the batch of 28 students were taken to the school by the department of Community Medicine as a part of the field visit program. Brief introduction was given about the school.

We attended the morning session along with them. These children were require repeated narrating and the teachers do it so patiently. The classes of children are divided based upon their grades. Vocational activities like candle making and paper cup making is also being taught to older children. Two volunteers from Germany were staying and helping all these children as a part of their internship. To conclude, this school is providing a second life to children who are mentally retarded.

Jai Chandra Rose,
II Year MBBS Student,
VMCH & RI.




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MARIAPPAN THANGAVELU VISITS VMCH&RI

Mr. Mariappan Thangavelu represented India in the 2016 Summer Paralympic games held in Rio de Janeiro in the men's high jump, won the gold medal. He is India's first Paralympian gold medalist since 2004. Mariappan, visited VMCH&RI on 19th October 2016. The students of Velammal medical college were given an opportunity to converse with him and get inspired. The welcome speech was given by Yuvavishalini and vote of thanks by Karthika Boopathy.

During the short conversation he expressed his gratitude and emphasized that all credit goes to his mother and his coach. He also expressed that he was inspired to take part in Olympics when he was in his eighth standard and the constant support and encouragement of his coach helped him achieve this great feat. He expressed his desire that the Government of Tamil Nadu can do more to encourage various sports personalities. He mentioned that he wanted to take part in two more Olympics and win the gold medal for India and in future he has planned to spend his time in training and motivating the young talented youth. Throughout his stay in VMCH&RI, the great personality radiated humility and discipline, motivating the students of Velammal medical college.



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CRICKETER SURESH RAINA'S VISIT TO VELAMMAL MEDICAL COLLEGE HOSPITAL MADURAI



CRICKETER SURESH RAINA VISITS VMCH&RI

Motivation is the spice of life! Without celebration and motivation, life becomes monotonous and uninteresting. My first and foremost gratitude to our honorable chairman, Shri. M. V. Muthuramalingam sir, who gave us the opportunity to have a motivational session to encourage the students to focus on achieving their goals. The chief guest for the function was Mr. Suresh Raina - a successful member of the Indian cricket team. The day was celebrated with great show and pomp. Everyone was delighted to have him amidst us, despite his busy schedule. The function started at 1 PM with the welcoming of the chief guest. After felicitation, we had a short interactive session. It was very thrilling to interact with the talented Raina, who was full of fire. Few of the questions we asked were, "the happiest moment in your life?" He replied becoming a dad was an amazing feeling, a new father holding his newborn was the happiest moment in his life, he exclaimed. Many such questions were asked to which he answered patiently. It was lively, interesting and exciting. It helped us to realize our ambition and the reason to succeed. I am sure everyone went away with sweet and pleasant memories of a day, unexpected & well enjoyed!

Shreedher Priyan
Sports Secretary

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A FORUM FOR THE BIBLIOPHILES OF VELAMMAL MEDICAL COLLEGE

The book club at Velammal Medical College was conceived as a forum for students to communicate with fellow voracious readers, their diverse views, opinions, interests, favourite genres of books, authors, critiques and to share the joy of reading. Following an official announcement, 25 students from II and III year MBBS had enrolled as members.

The club met first on the 17th of September 2016. The meeting was co-ordinated by Mr. Prasanna RajGuru and Mr. Ranjith, III year MBBS students. The club is scheduled to meet monthly to discuss one novel and one short story- in English and Tamil/Other languages. The members had a spirited discussion on the Tamil short story 'Yaanaai Doctor' penned by Jeyamohan, the book chosen for September 2016.

The next meeting of the book club is scheduled on 22.10.16. 'The Final Diagnosis' by Arthur Hailey and 'Vaadivasal' by Si.Su. Chellapa have been chosen for discussion. Students keen to enroll as member of the club may contact Dr. Jeyashree K (Assistant Professor, Dept. of Community Medicine).

Prasanna RajGuru.P
III MBBS

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EMPOWERING COMMUNICATION: VIVA VOCE AND ANSWER WRITING SKILLS

On 5th May 2016, Thursday, between 2 p.m. to 4 p.m. in the lecture hall-4, Medical Education Unit, Velammal Medical College Hospital and research Institute, Madurai organized a workshop on communication skill titled "**Empowering Communication: Viva Voce and Answer Writing Skills**" for 2nd year MBBS students. The aim of the workshop was strengthening the communication skills of medical undergraduate students of VMCH & RI.

1. Dr. P. K. Mohanty, Vice Principal of VMCH & RI, Madurai introduced the programme topic and speaker. He emphasized the importance of communication in academics and medical profession. He welcomed the dignitaries and participants to this programme.
2. Dr. Raj Kishore Mahato, Professor of Pharmacology and speaker of the day explained the various factors influencing the learning environment in his session and discussed ways and techniques to improve both verbal and nonverbal communication.
3. Dr. John Rajpathy, Professor of Physiology, VMCH & RI, Madurai proposed the vote of thanks.
4. 149 participants attended the programme. Around 12 faculty members also joined the programme.
5. Pre-test and post test to assess usefulness of the programme was conducted for students. Post test score was more than pre-test score.

Dr. V. RAMANUJAM, M.B.D.P.M.,
Professor of Psychiatry
Velammal Medical College Hospital
and Research Institute
Madurai-625 009



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Participants of essay writing competition held on 18th June 2016



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Prize winners of essay writing competition held on 18th June 2016



Sowmiyaprabha S
1st place



C Madhan
2nd place



Sowmiya A
3rd place



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2017

- Medicos Essay Competition
- Deaddiction Role Plays at Alcohol
Deaddiction Campaign



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The Healing Touch

**Velammal Medical College Hospital & Research Institute
&
VMC Speciality Hospital**

CIRCULAR

C/Dean/2610

26 Oct 2017

All HODs (Pre and Para Clinical Departments)

MEDICOS ESSAY COMPETITION 2017

MBBS STUDENTS PARTICIPATION IN

PRIZE DISTRIBUTION FUNCTION on 28.10.2017

Velammal Educational Trust had conducted Medicos Essay Competition for Medical Undergraduates students in Tamilnadu, inviting essay writing on life of the eminent personalities and their contribution to the society.

All MBBS students are instructed to participate in the Prize Distribution Function on 28th October 2017 (Saturday) at 9.30 am in Ida Scudder Auditorium. The prizes will be given to the Winning students by the distinguished guests.

VICE PRINCIPAL

Copy to:-

DEAN



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DEADDICTION ROLE PLAYS AT ALCOHOL DEADDICTION CAMPAIGN

Alcohol is injurious not just to the health of the individual and his family but to the community as a whole. Realising the ripples of problems that alcohol addiction can create, the honourable chairman of Velammal educational trust, decided to initiate a campaign against alcohol addiction in Pappankulam village in Sivagangai district. As the first step of this campaign, a Community Health awareness programme was organised by the Department of Community Medicine, Velammal Medical College Hospital and Research Institute, Madurai on 19.11.17, between 6 PM and 8 PM. The event opened with the enthusiastic parai aatam by Indian Kalai kuzhu followed by the official inauguration of the event by the local leaders of village, Mr. Muthukamatchi and Mr. Muniyandi.

Dr. Samir Bele, Head of Department of Community Medicine, Dr. John Rajpathy, Professor of Physiology at Velammal Medical College were among the dignitaries who graced the occasion. Dr. Ramanujam, Head of Department of Psychiatry at Velammal Medical College Hospital enlightened the audience about the harmful effects of alcohol addiction. He also introduced the audience to the services and facilities available at the Nambikkai de-addiction centre at Velammal Hospital. A beneficiary of the services was present in the audience to share his story of how he successfully came free from the clutches of alcohol addiction with the help of the able team at Nambikkai de-addiction centre. Undergraduate medical students from Velammal Medical College presented a short film directed and performed by the students themselves, emphasising the fatal effects that alcohol addiction can have. They also performed a skit before the audience to stress upon how de-addiction can positively influence the health and wellbeing of the individual and the community. The event, which was attended by over 500 villagers including women and children, came to a conclusion with the soulful performance of parai aatam. This is the first of the many planned events by Velammal Medical College to target alcohol addiction problem in the community.

Dr. V. RAMANUJAM, M.D.D.P.M.,
Professor of Psychiatry
Velammal Medical College Hospital



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ALCOHOL DE-ADDICTION CAMPAIGN AT PAPPANKULAM VILLAGE, SIVAGANGAI BY VELAMMAL MEDICAL COLLEGE HOSPITAL & RESEARCH INSTITUTE



Deaddiction Role Plays

The medical students perform a skit to create awareness about Substance use and its adverse effects among the public of Papankulam in Sivagangai district as a part community psychiatry.



Role Plays to Public on Drug Abuse



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2018

- Talent show -Talk on “where do I see myself after 10 years ”
- Talk to Personal Hygiene to school Students



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Won award for Talent show (Talk on “where do I see myself after 10 years ”) from Velammal Chairman Shri M.V.Muthuramalingam (2018)



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Delivered a talk on Personal hygiene to students of Panchayath Union Middle School, Thiruparangundram, Madurai.



**VELAMMAL MEDICAL COLLEGE HOSPITAL &
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2019

• Foundation Course



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**VELAMMAL MEDICAL COLLEGE HOSPITAL & RESEARCH
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Date: 4th July 2019

From

Dr. John Rajpathy
Coordinator – MEU
VMCH&RI
Madurai

To

The Dean
VMCH&RI
Madurai

Respected Sir

Sub: Requesting- VCET staff to help with the Foundation course for the batch of 2019: reg

As per the New MBBS curriculum the foundation course is scheduled from August 1st to 31st

2019. We need help from the VCET faculty in the following topics.

1. English language and its importance in MBBS program.
2. Computer skills.

The schedule is attached. The faculty from the concerned department may be deputed with On- duty leave on the allocated days. They will be responsible for the conduct and delivery of discourses . The same may be conveyed as a request to The Honorable Vice Chairman of the Velammal Engineering College – Madurai.

Thank you for your guidance

Sincerely

Dr. John Rajpathy





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Madurai-09

CBME CURRICULUM: 2019 - 2020

FOUNDATION COURSE

Date	Day	Group A	Group B	Group C	Faculty/Organizers
Aug-10	Sat	Inauguration program (students with parents)			MEU/Dr. John Rajpathy/Dr.Trupiti / Dr. Rekha
Aug-11	Sun				
Aug-12	Mon	Bakrid - Holiday			
Aug-13	Tue	Students interaction introduction, Ice breaking, Dreams and visions			MEU/Dr. Rena/Dr. Yegu
		The MBBS Program and how to approach it from coordinators and students.			Dr. Trupiti / MSAI
Aug-14	Wed	The Medical profession and the Physicians role in the society			Dr. Manivanan/ Dr.Muthuramalingham
		Orientation to the First year Subjects Anatomy			Dr. Sumana
Aug-15	Thu	Independence Day - Holiday			
Aug-16	Fri	The history of Medicine	The MBBS program	Team work, Discipline, Self-motivation and empathy	Dr. Mahesh/Dr Mohanty/CEO Mr. Venkata Phanidhar
		Orientation to the First year Subjects Physiology			Dr. Anu
Aug-17	Sat	Sports			Dept of Physical Education
Aug-18	Sun	Holiday			

Aug-19	Mon	Alternate health care systems	Health care system and its delivery	National Health priorities and policies	Dr. Sudhir Nelson/ Dr Samir Bele/Dr. Trupiti
		Orientation to the First year Subjects Biochemistry			Dr. Mohanthy
Aug-20	Tue	Medical ethics, attitudes and Professionalism	Interpersonal relationships	Post-graduation planning / NEXT exams. Planning for future.	Dr.Ramanujam/Dr. Yegu /Dr. Navneeth
		Visit to hospital block			CEO Mr. Venkata Phanidhar
Aug-21	Wed	Universal precaution and vaccination	Patient safety and biohazard safety	Principles of family practice	Dr. Jhansi Charles/Dr. Ramesh (micro)/ Dr.Saravanan
		Visit to community Health care and centers			Community Medicine
Aug-22	Thu	Communication skills	Time management	Learning including self-directed learning	Dr. Rena/Dr. Joena/ Dr.Suganthi
		AETCOM Module I			Dr. Raj Kishore
Aug-23	Fri	Documents Pertaining to MBBS	English Language - Importance in MBBS program	Stress management	Dr.Sasikala/Dr. Mohanty/Dr Rena
		AETCOM Module II			Dr. Raj Kishore
Aug-24	Sat	Sports			Dept of Physical education
Aug-25	Sun	Holiday			
Aug-26	Mon	Campus life, Sports facilities, Velammal trophy, intramural sports/Cultural/ The hand book	Portfolio management	Research and Ethics committee.	Dr. John Rajpathy/ Dr. Trupiti / Dr. Raj Kishore
		Computer Skills I			VCET
Aug-27	Tue	Infection control and Biomedical waste management	Anti-Ragging policy	Mentorship program	HICC/ Dr. John Rajpathy/Dr. Mahesh/



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		Computer Skills II	VCET
Aug-28	Wed	Exercise, Yoga and Healthy life style	Shivanandh Yoga Center
		Library facilities and the use of it	Dr. Mahesh
Aug-29	Thu	First Aid / Basic Life support	Dr. Yuvaraj and Team
		Visit to STP, Biomedical waste storage sites	Community Medicine
Aug-30	Fri	Computer Skills III	VCET
		White coat ceremony / feedback /Students talent show- First year faculty	MEU/Dr. John Rajpathy / Dr. Trupti
Aug-31	Sat	Sports	Dept of Physical education

Time

1. Forenoon:
 - Session 1 9:00 to 10:00 am
 - Session 2 10:00 am to 11:00 am
 - Session 3 11:00 am to 12:00 noon
2. Afternoon:
 - 2:00 pm to 4:00 pm

Venue:

- College Building Lecture hall - I





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SHORT REPORT FOUNDATION COURSE

- **College Name:** Velammal Medical College Hospital and Research Institute. Madurai-09
- **MEU Coordinator**
Dr. John Rajpathy
Professor, Dept. of physiology
VMCH&RI Madurai-09
Mob: 9894391012
Email: Johnrajpathy49@gmail.com

It was grandeur and pride the 6th batch of batch of MBBS students were welcomed into the Velammal family. On August 10th 2019 the Inauguration program started at 10:35 am. All students with their parents were present. Following welcome address by the Dean a short discourse on the Vision of the Velammal institutions was rendered by the CEO and all the Heads of the departments were introduced by the MS. The Honorable Chairman of the Velammal educations trust gave the presidential address following which they were interactions with the parents.

The second day the session started at 8:00 am with ice breaking. Dr. John Rajpathy the MEU coordinator introduced the concept of foundation course, the vice principal set the tone for the course. Dr. Rena Assc prof. Psychiatry and Dr.Yegu.Assc.ProfPathology engaged the students with introductions and Team building exercises. Teams were formed and were given model building tasks with paper. All the teams did an excellent Job and all their models are on display even to this day. The Session ended with a feedback from the students. During the afternoon sessions the "Medical Student Association of India" and senior students present their view on "The MBBS Program and how to approach it". Testimonies on how they have overcome difficulties during the course were presented winsomely. There was much interaction and other student oriented bodies were introduced such as Student Bioethics wing, MSAI, Red Cross Society, Blood Donors Club etc. These sessions were headed by Dr. TruptiBhodhare Prof of community Medicine.

The second day started out with plenary session. Student volunteers reflected on the previous day's program.Dr, Muthuralmalingham the HOD ophthalmology and MEU Co-



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coordinator presented a session on "The Medical profession and the Physicians role in the society". Dr. Selva Chidambaram, Prof Dept. of Surgery and Dr. Rajashekar HOD dept. of ENT shared their life time experiences. It was an active interactive session with video demonstration. The session ended with a feedback from students. During the afternoon sessions the students were engaged by the department of Anatomy Headed by Dr. Sumana HOD of Anatomy. The concept and department discipline and expectations were laid down before the students. Following Feedback from students the sessions ended.

The third day's morning session started with announcements and plenary session. Dr. Mahesh Krishnan HOD forensic Medicine, expounded on "The history of Medicine" using audio visual aids. Dr. Mohanty vice Principal talked about the "The MBBS program" where the curricular changes as per GMER 2019 were highlighted. The CEO Mr. Venkat Phanidhar encouraged the student on the importance of "Team work, Discipline, Self-motivation and empathy". Sessions ended with feedback from the students. During the afternoon session the department of physiology oriented the students to the importance of Physiology in medicine, the department activities in the past. Research, Discipline. The session ended with student feedback.

The fourth day's morning sessions were dedicated for sports. The physical education department gave introduction to students regarding importance of Physical education and the facilities available at Velammal for Physical activity. Students were engaged in indoor games, the session ended with student feedback.

Thus far the students feed on all the session are positive and very encouraging in terms of organization and content delivery and understanding. It is unfortunate that the Tamilnadu government counseling for the medical students was delayed. There is not much direction given by the MCI on when to start the foundation course in such scenarios and remedial measures. We have started the foundation course at the earliest date following the final counseling. Over all, the faculty and students have welcomed the concept of foundation course and have enjoyed the session thus far.





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YOGA AND WELLNESS


1. INTERNATIONAL YOGA DAY CELEBRATIONS:

International Yoga Day is celebrated every year by the Department of Pharmacology in the month of June. Scientific basis of yoga, effects of yoga on general health and improvement of stress are discussed in these celebrations. Basic yoga demonstrations are also done with emphasis on their effect on good health and posture.

2. FOUNDATION COURSE:

Foundation course is carried out for all the newly joined MBBS students to orient them with the college and the curriculum. As a part of the course, the students are also briefed about the wellness programmes available and yoga techniques to improve their health and in stress management.


PROFESSOR & HEAD
Department of Pharmacology
Velammal Medical College Hospital
and Research Institute
Madurai-625 009


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