

2016 INTERNATIONAL YOGA DAY CELEBRATION

and Research Institute 'Velommal Village' Madural-Tuticotin Ping Road Anuppanadi, Madural (TN)-620 009



Department of Pharmacology

Velammal Medical College Hospital & Research Institute, Madurai

YOGA DAY PROGRAMME -REPORT

2016	18/06/2016	On International day of yoga, Velammal Medical College Hospital and Research Institute, Madurai organized a programme based on stress and yoga in two phases. In the 1 st phase on 18 th June 2016, an essay writing competition involving 2 nd and 3 rd MBBS students on topic "Stress and Medical Professionalism" was conducted in the lecture hall-3. 25 students participated in this event. Their answer scripts were coded and evaluated by our expert team comprising of Dr T Venkat Ramanaiah, Professor & Head of Forensic Medicine and Dr Samir Bele, Professor & Head of Community Medicine. In the 2 nd Phase on 21 st June 2016, a lecture session and a demonstration session was organised between 2pm to 4pm in the Hospital Auditorium, 3 rd floor, VMC Hospital. The Programme was coordinated by Dr Raj Kishore Mahato, Professor of Pharmacology and his team members. The programme was graced by our respected Vice Chairman, Dean, Director of Medical members. Medical profession of Medical Profession of Medical members. Medical programme was coordinated by Dr Raj
	202	 services, Medical superintendent and Vice principal. After the addressing of the gathering by VC sir, the result of essay writing competition was announced by Dr S Thamilarsi, Professor and Head of Pharmacology. Sowmiyaprabha S of 2nd year (1" place), C Madhan of 3nd year (2nd place), Sowmiya A of 3nd year (3nd place) were declared as winners of the Essay writing competition. VC sir appreciated their effort and distributed the prizes and certificates. Dean Sir distributed the certificate to other participants of the essay writing competition. During lecture session Dr Raj Kishore Mahato, Professor of Pharmacology and speaker of the day delivered the lecture on topic "Beating Stress and Greeting Success". He explained the relationship between stress and success, measures to control it, scientific basis of yoga, yoga in health promotion During demonstration session Dr M Brahadeesh, Assistant professor o Pharmacology demonstrated the basic asanas and highlighted their benefits Sowmiya A of 3nd year also participated in demonstration session. During the interactive session, Vice Principal sir shared the idea to have a yoga club for the welfare of students. I14 MBBS students and 25 faculty members actively participated in this programme.

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



VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE, MADURAI

YOGA CLUB – 2016 batch

Coordinators of VMC Yoga club:

- 1. Dr. Raj Kishore Mahato; Professor and HOD of Pharmacology.
- 2. Mrs. L. Vallikannu; Incharge Assistant Physical Trainer.

S.NO	ROLL NO.	NAME	EMAIL ID
1	146	srilekha	lekhaelango21@gmail.com
2	104	M.Priyanga	mercy1281yelstin@gmail.com
3	128	Santhosh.M	santhchanku@gmail.com
4	1	Guhacharan	guhacharan@gmail.com
5	149	Suryakumar	suryakumarstar@gmail.com
6	107	M.Rajamanickam	kalayarasi02@gmail.com
7	37	Bhavadharani.R	bhageethani246@gmail.com
8	80	S.A.Mohamed Mohideen Haris	sammharis195@gmail.com
9	3	M.A.Hariviknesh	hariviknesh17@gmail.com
10	48	S.Hariharasudhan	jegathavhari@gmail.com
11	158	Vijay Balaji . B	vijaybalajinkl@gmail.com
12	34	AR.K.Arunasalam	arunasalam17@gmail.com
13	129	S.Santhoshkumar	santhoshmbbs5817@gmail.com
14	47	P.Hariharan	hariharanps12@gmail.com
15	108	Ramanathan.A	ramanathan97@gmail.com
16	87	Navaneetha Krishnan	nithishmani1000@gmail.com
17	17	S.B.Abulkalam	abulkalam111111111@gmail.com

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



International day of yoga was celebrated with the theme "Beating Stress and Greeting Success" on 21st June 2016 in the Auditorium, 3^{cd} floor, VMC Hospital, Madurai.

- Stress is a normal part of our life
- Stress is like shadow of our body. "No light No shadow ". Similarly "No stress, No progress".
- Perception of stress is more important than the stress itself. If it is taken as a challenge, it is a trigger for success but if it is taken as a threat it is an obstacle for success.
- Yoga is a way of life. Thought there are overlapping features in Yoga and gym, they have their own importance. Yoga dominates on balance and relaxation of both body and mind but gym dominates on calorie burn and muscle strength.
- Complex difficult body posture is not the only yoga. Rather, it is a part of it. Benefits of yoga come through making the body active, flexible and synchronizing it with breathing as well as harmonizing the relationship with surrounding.
- During yoga asana in most of the situations there is exhalation while moving the body towards gravity and inhalation while moving the body against the gravity.
- Doctors should induce smile in the face of patients and their family members without losing their own smile.
- Laughing, a part of yoga is the best medicine but laughing without reason needs medicine.

To mark the International day of yoga, Velammal Medical College Hospital and Research Institute, Madurai organized a programme based on stress and yoga in two phases. In the 1st phase on 18th June 2016, an essay writing competition was conducted for 2nd and 3rd MBBS students on the topic "Stress and Medical Professionalism" in the lecture hall-3. A total of 25students participated in this event. Their answer scripts were coded and evaluated by our expert team comprising of Dr.T.Venkat Ramanaiah, Professor & Head of Community Medicine. In the 2nd phase, on 21st June 2016, a lecture session and a demonstration session were organized between 2pm to 4pm in the hospital auditorium, 3rd floor, VMC Hospital. The programme was coordinated by Dr.Raj Kishore Mahoto, professor of Pharmacology and his team members. The programme was graced by our respected Vice Chairman, Dean and Director of Medical services, Medical Superintendent and Vice principal. After the addressing of the gathering by our respected VC, the result of essay writing competition was announced by Dr.S.Thamizharasi, Professor and Head of Pharmacology. Sowmiyaprabha S. of 2nd year(1st place), C. Madhan of 3rd year (2nd place), Sowmiya A. of 3rd year (3rd place) were declared as winners of the essay writing competition. Our Vice chairman appreciated their effort and distributed the prizes and certificates. Our respected Dean distributed the certificate to other participants of the essay writing competition.

PROFESSOR & HEAD Department of Pharmacology



During the lecture session, Dr.Raj Kishore Mahato, Professor Pharmocology and speaker of the day, elaborated on the topic "Beating Stress and Greeting Success". He explained the relationship between stress and success, measures to control it, scientific basis of yoga and in health promotion.

During demonstration session, Dr.M.Brahadeesh, Assitant Professor of Pharmacology demonstrated the basic asanas the highlighted their benefits. Sowmiya A. of 3rd year also participated in the demonstration session.

114 MBBS students and 25 faculty members actively participated in this programme.

PROFESSOR & HEAD

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





Dignitaries for the Function





Dr. Trupti Bodhare, Prof of Community Medicine welcomes the gathering





Vice Chairman addressing the gathering





HOD, Pharmacology announcing the result of essay writing competition held on 18 June 2016





Dr.Raj Kishore Mahato, Prof of Pharmacology and speaker of day explaining various phases of stress





Speaker of day explaining the Importance of Counselling





Dr.M.Brahadeesh, Assistant Prof. of Pharmacology demonstrating yoga asana





Dr.M.Brahadeesh, Assistant Prof. of Pharmacology Demons





Sowmiya .A, 3rd year MBBS student performing yoga asana





Sowmiyaprava S, 2nd year MBBS student received certificate from Vice Chairman





C.Madan, 3rd year MBBS Student receiving certificate from Vice Chairman





Dean distributing certificate to participants of essay writing competition held on 18^{th} June 2016





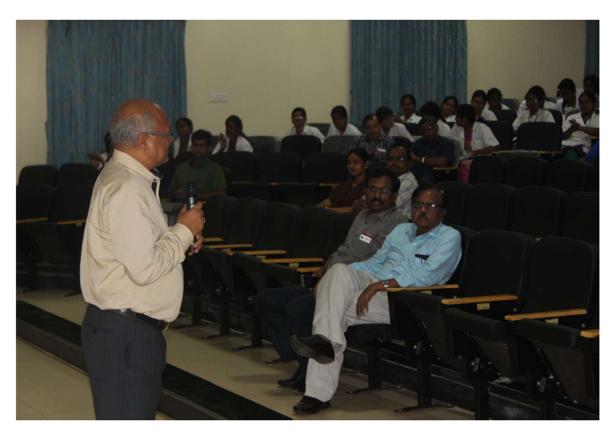
Sowmiya .A, 3rd year MBBS student receiving certificate from Medical Superintendent





Participants of the programme held on 21st June 2016





Vice Principal sharing the idea to have a yoga club for the welfare of students





Dr.J.Mohan Assoc.Prof. of Pharmacology proposing the vote of thanks.





Participants of essay writing competition held on 18th June 2016



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



Sowmiyaprabha S 1st place



C Madhan 2nd place



Sowmiya A 3rd place



2017 NATIONAL LEVEL YOGA CHAMPIONSHIP



Department of Pharmacology

Velammal Medical College Hospital & Research Institute, Madurai <u>YOGA DAY PROGRAMME -REPORT</u>

2017	21/06/2017	On the eve of International day of yoga, Velammal Medical College Hospital and Research Institute, Madurai organised a programme on 21 st June 2017, conducted in the lecture hall-3. 25 students participated in this event. During the Yoga day celebrations, a lecture session and a demonstration session was organised between 2pm to 4pm in the Hospital Auditorium, 3 rd floor, VMC Hospital. The Programme was coordinated by Dr Raj Kishore Mahato, Professor of Pharmacology and his team members. The programme was graced by our respected Vice Chairman, Dean, Director of Medical services, Medical superintendent and Vice principal.
		During lecture session Dr Raj Kishore Mahato, Professor of Pharmacology and speaker of the day delivered the lecture on topic "Yoga and health". He explained the relationship between stress and success, measures to control it, scientific basis of yoga, yoga in health promotion. During demonstration session, the basic asanas were demonstrated by Ms. Sowmiya A of Final MBBS. 134 MBBS students and 20 faculty members actively participated in this programme.

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



VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE, MADURAI

YOGA CLUB – 2017 batch

Coordinators of VMC Yoga club:

1. Dr. Raj Kishore Mahato; Professor and HOD of Pharmacology.

2. Mrs. L. Vallikannu; Incharge Assistant Physical Trainer.

S.NO	ROLL	NAME	EMAIL ID	PHONE NO.
	NO.		aniruth1112@gmail.com	9884292494
1	105	B. RENGAPADMANATHAN	muthuvijay0903@gmail.com	7904215761
2	155	MUTHU VIJAY KUMAR	sicu5995@gmail.com	8825741228
3	17	ASHWIN	sicus995@gmail.com	9840735148
4	46	T JAYASURYA	tjsurya148@gmail.com	8754780584
5	114	SANJAY ARAVIND KRISHNA	sak26111998@gmail.com	
6	108	ROHIT PAUL	rohitpaul1999@gmail.com	9176910140
7	60	KISHORE	skkishorre@gmail.com	9944824441
-	7	AJAY SHANKAR	ajayshanjar1504@gmail.com	9952588026
8		GOKUL PRAKASH	gokulprakash20@gmail.com	9500773643
9	30		riyavannan@gmail.com	8098004484
10	107	M.RIYA	maanusubburam@gmail.com	9962301240
11	67	MAANUSHRI S	darshinibaskaran8@gmail.com	7339105499
12	21	DARSHINI BHASKARAN		9840399222
13	19	BHARGAVI	bharigopal03@gmail.com	9884909524
14	146	SWATHI G. R	swathiraja.0101@gmail.com	
15	138	SURAKSHASUJI	surakshasuji@gmail.com	7708137383

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



SAVEETH SCHOOL OF ENGINEE		SAVEETHA UNIVERSITY Declared U/S 3 of the UGC Act 1956
	Certificate of Merit	NE POORVIN
This is to certify that 🛶 /Ms	YUVA VISHALINI of	VELAMMAL MEDICAL COLI
participated in the NATIONAL I	YUVA VISHALINI of LEVEL YOGA CHAMPIONSHIP - 2017 held at Save 23.07.2017. He / She secured WINNER / RUNNER. /	etha School of Engineering .
participated in the NATIONAL I Saveetha University, Chennal on	LEVEL YOGA CHAMPIONSHIP - 2017 held at Save	etha School of Engineering . THIRD / FOURTH Position In
participated in the NATIONAL I Saveetha University, Chennal on	LEVEL YOGA CHAMPIONSHIP - 2017 held at Save 23.07.2017. He / She secured WINNER / RUNNER /	etha School of Engineering . THIRD / FOURTH Position In

National Level Yoga Championship was conducted by Saveetha University on 23.07.2017. Ms.Yuva Vishalini was the winner of this National Level Yoga Championship. She had the training in the Yoga Centre of Velammal Medical College.



2018

INTERNATIONAL YOGA DAY CELEBRATION



	Department of Pharmacology Velammal Medical College Hospital & Research Institute, Madurai <u>YOGA DAY PROGRAMME -REPORT</u>					
2018		 Velammal Yoga Club, in association with Department of Pharmacology, Velammal Medical College Hospital and Research Institute, Madurai celebrated Yoga Day on 21^a June 2018, Thursday, between 2.00 pm to 4.00 pm in the Hospital Auditorium. The function was headed by Dean of VMCHRI, Dr R M Raja Muthaiah, Medical Superintendent Dr Somasundaram, and Vice Principal Dr P K Mohanty. Dr. Raj Kishore Mahato, Professor and Head of Department of Pharmacology, VMCHRI delivered a lecture on Stress and Yoga, and explained the scientific basis for Yoga. This was followed by a demonstration session of Yoga postures, coordinated by Mrs Vallikannu, Department of Physical Education. These students were handed out certificates by Dean and MS. The programme concluded with a meditation session guided by Dr Raj Kishore Mahato. Around 200 participants including faculty and students of Velammal Medical College, Velammal College of Allied Health Sciences, and Velammal College of Nursing attended the function. After the completion of the Yoga Day celebrations, the report of the same, along with relevant photos, was uploaded in the UGC website using Google Forms, as per the circular received previously. 				

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YOGA CLUB - 2018 batch

Coordinators of VMC Yoga club:

- 1. Dr. Raj Kishore Mahato; Professor and HOD of Pharmacology.
- 2. Mrs. L. Vallikannu; Incharge Assistant Physical Trainer.

s	ROLL	NAME	GMAIL ID	CONTACT
NO	NO	Aditya Rahul R	superadityarahul@gmail.com	9594911555
1	-	Archana V S	archana28062000@gmail.com	6374354229
2	23	Abitha Barveen	dhiwan786@gmail.com	6369495564
3	8	Barath Kumar G	barath2001kumar@gmail.com	8300307128
4	27		sarayu.darisi@gmail.com	9948122242
5	30	Darisi Sarayu Fasiha Balkees P	bashafatima2000@gmail.com	9487636123
6	39	Haafila Hashimi A.H	haafilahashim001@gmail.com	9944073260
7	43	Harini E	harinieashwar15@gmail.com	8111087888
8	47	Jelin Joshna J	jelinjohn2709@gmail.com	9384458011
9	-	Jayakamali Y	jayakamali2000@gmail.com	9944497929
10	53	Mohammed Issaq Ismail	reshaf8@gmail.com	8973362792
11	98	Pratibha Bharathi S	pratibhasvks1999@gmail.com	7904488642
12	104	Riya Joseph	josephriya22@gmail.com	9820994530
13 14	104	Riya Varsha J	jairiya23@gmail.com	8072884712
14	113	Sarvesh G S	gssarvesh246@gmail.com	9442040792
16	113	Soundharrya Meenakshi K	soundhu.k.2001@gmail.com	8754039550
16	132	Srinandhini K	srinandhiniprintographs@gmail.com	9489743028
18	135	Sudheeksha G	gsudheeksha16@gmail.com	6379859656
18	135	Sukheshni S	drsukeshnishanmugam@gmail.com	9962735833
20	115	Shanmathy P M	pmshanmathy@gmail.com	6381156703
20	145	Vaan Mukilan V S	vaanajith@gmail.com	9865523724
21	145	Vishwak Shena B	vishwak0023@gmail.com	8870279495
22	155	Yuveda T	yuveda1999@gmail.com	7339048712

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



Velammal Yoga Club, in association with Department of Pharmacology, Velammal Medical College Hospital and Research Institute, Madurai celebrated Yoga Day on 21st June 2018, Thursday, between 2.00 PM to 4.00 PM in the Hospital Auditorium, as a part of the International Day of Yoga.

The function was headed by Dean of VMCHRI, Dr. R M Raja Muthaiah, Medical Superintendent Dr. Somasundaram, and Vice Principal Dr. P K Mohanty. Dr. Raj Kishore Mahato, Professor and Head of Department of Pharmacology, VMCHRI delivered a lecture on Stress and Yoga, and explained the scientific basis for Yoga. This was followed by a demonstration session of Yoga postures, coordinated by Mrs. Vallikannu, Department of Physical Education. Certificates were distributed to the students by Dean and Medical Superintendent. The programme concluded with a meditation session guided by Dr. Raj Kishore Mahato.

Around 200 participants including faculty and students of Velammal Medical College, Velammal College of Allied Health Sciences, and Velammal College of Nursing attended the function.

























International Yoga Day Celebration 2018



2019

INTERNATIONAL YOGA DAY CELEBRATION



Department of Pharmacology

Velammal Medical College Hospital & Research Institute, Madurai

YOGA DAY PROGRAMME -REPORT

2019	21/06/2019	The International Yoga celebration was conducted by the Department of Pharmacology in association with the Velammal yoga club, Department of Physical Education and Academic Council Centre on the theme- "Yoga and Health promotion" in two phases:
		First Phase: On 20 th June 2019, a poster making competition involving students of MBBS, Nursing and Allied Health Sciences on topic "Yoga and Health promotion".
		Second Phase: On 21 st June 2019, a lecture session, demonstration and interactive session were organised between 2pm to 4pm in the Hospital Auditorium, 3 rd floor, VMC Hospital. The Programme was coordinated by Dr Raj Kishore Mahato, Professor of Pharmacology and his team members. The programme was graced by our respected Medical superintendent and Vice principal. After lamp lighting and inauguration ¢eremony, the winners of poster making competition were distributed medals and certificates. The first prize was given to Miss. Anandhi, 2 rd year B.Sc. Critical care, Allied Health Sciences and the 2 rd place was given to Miss. G Nandhini, 2 rd year, B.Sc. nursing, and the third place was shared between two: Miss. K. Subhashini, 2 rd year, B.Sc. nursing and Miss.T. Aarthi 2 rd year B.Sc. Cardiac care. This was followed by a lecture session on topic "Yoga: A Tonic for Weak and Cure for Sick" by Dr. Raj Kishore Mahato, Professor and Head of the Department of Pharmacology. Then a Demonstration session of various Yogasanas by students of various disciplines (MBBS, Allied Health Sciences and
		Nursing college) was coordinated by Mrs. Vallikannu, Department of Physical education. About 143 MBBS students, 12 CRRIs, 70 AHS students, 60 nursing college students and 30 faculty members actively participated in this programme. The Yoga day celebrations went on well.

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



VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE, MADURAI

YOGA CLUB - 2019 batch

Coordinators of VMC Yoga club:

- 1. Dr. Raj Kishore Mahato; Professor and HOD of Pharmacology.
- 2. Mrs. L. Vallikannu; Incharge Assistant Physical Trainer.

S NO.	ROLL NUMBER	NAME	PHONE NUMBER	EMAIL ID
1	133	Sushma JBS	9384644886	jbssushma@gmail.com
2	001	Aarthi	9025296081	aarthyrudra@gmail.com
3	081	Mirthanya	9600128688	mirthanyamugilnila@gmail.com
4	109	Rathna	9789111721	rathnanatarajan@gmail.com
5	090	Pooja K.S	8925280346	kspooja28@gmail.com
6	134	Suvesha	9003881889	suvesha.raj19@gmail.com
7	149	Yamini	9150531299	yaminiramasubramanian@gmail.com
8	130	Subaharini	9789184858	harinisuba19@gmail.com
9	106	Rameya	9677324824	rameyarameya11@gmail.com
10	122	Sadhana	7397645111	sathanajenifer04@gmail.com
11	110	Ravina	9655656383	ravinaramalingam0109@gmail.com
12	142	Varshini	8489569829	Kabilann1164@gmail.com
13	123	Shalini	9344474441	shaalinilogu@gmail.com
14	033	Devipriya	7708788610	devipriya00118@gmail.com
15	039	Gokulanandana	6369380689	gokulanandanarajendran@gmail.co

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

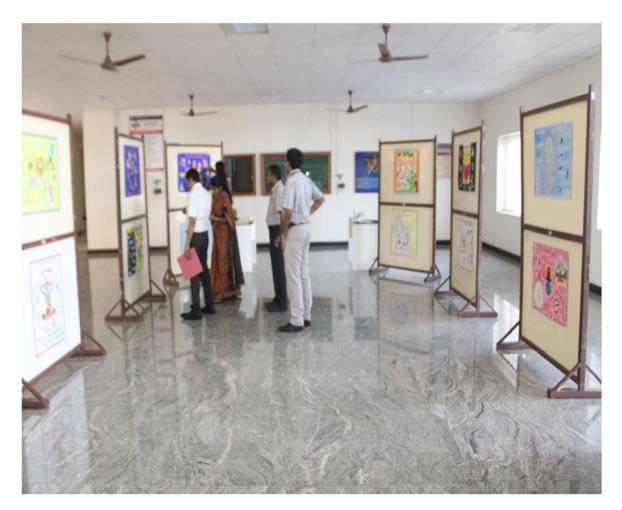
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International Yoga Day Celebration 2019 - Posters





International Yoga Day Celebration 2019 - Posters





International Yoga Day Celebration 2019 - Posters



Yoga Centre

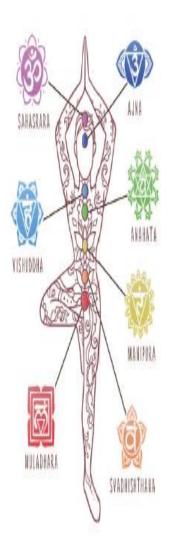






Yoga and Wellness

INTERNATIONAL YOGA DAY





April - June 2021 Quarterly Publication



Theme of this year was Yoga for Well- : management and IT support. Being'.

for 1* & 2** MBBS students. THE https://youtu.be/cfnlNyrWsUB TRADITIONAL INDIAN EXERCISE : FEEDBACKFORM -Google form Link attangaogapeedam, Bogar Oga Mayam, Kishore Mahato, HOD Pharmacology. Ambasannıdram. years ago, as a gift to the world.

the future generations.

requested to encourage their parents, program with the Management support. relatives and friends also to watch the. This was followed by an interactive session and make them to do this simple : session, of students with the yoga Garaji



Yoga day on June 21*- 2021 in Velammal 🛛 them immensely. Total of 289 1* 🎄 2** Medical College Hospital & Research : year MBBS students participated in Zoom : recommanded, "12 minutes of yoga -Institute. Inaugural address was given platform. More than 500 participants to all students in the presence of have watched (including VCON, VSN, i Dr. T. Thirunavukkarasa (Dean), Dr. S.R. : VAHS students) the live video streamed : Dhamotharan (MS), and Dr. P.K. Mohanty in YouTube (more than 1000 views (Vice Principal). The session was were registered in 1 day in You Tube). organized by Biochemistry department. The program was live streamed in You. in association with Velammal Yoga Club. : Tube, Velammal Hospital web site by the

International Yoga day 2021 (sparage We have conducted online session Gamer glasts 2021) Velammal Hospital

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(YOGA / ATHANAM) was originated https://forms.gla/EauUHSZuQ15Mx1wi7 from "ATTANGAOGAM". Attangaogam : We had a scientific lecture on Yoga - "A : introductory session was conducted by tool for life-long Immunity & Global Garuji Vishma Shankar, managing trustee . Integrity" presented by Pof. Dr. Raj Attangaogam was Also highlighted, "Yogasana (Aathanam) presented by Tamil Siddhars thousands of and Pranayamam training program" conducted successfully in 120 Live online videos from PAAR TV, was Examination Hall, Velammal College streamed. The series of ATTANGOGA. Building from 3.06.2021 to 7.06.2021 / ATHANAM - Golden yogasanas (89 CRRI & 54 Nursing staffs posted in and PRANAYAMAM sessions were COVID ward were trained first) under the damonstrated by Yoga acharya Sri directions and support of Dean, MS, VP& Veerabaga sir, aged 86 years, to encourage : Advisory Board members. Guruji Vishma Shankar conducted the training session "Yoga at Home and Yoga with Family" for our CRRI students and Nursing staff was emphasized and student community with CAB. Dr. Raj Kishere Mahato and (MBBS, Nursing & Allied students) was Dr. K. Sugarithy organized the training Yoga for wellbeing. The program was who gave them the right directions

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We have celebrated the International ; appreciated by the students and it inspired ; to practice yoga. Nobel prize winner (2009), Dr. Elizabeth Blackburn had meditation practice decreases aging by avoiding Telomerase shortening", giving a strong scientific evidence. Yoga Guruji emphasized that it is a divine blessing to practice attangaogam, at least 21 minutes every day (12 min yoga + 9 min Pranzyamam). Also students were requested to make a lifelong commitment of these 21minutes/day on this anspicious day, 21.06.21.

> Program was completed with vote of thanks to one and all by Dr. K. Suganthy Prof. Biochemistry. The organizers mention a special thanks to honorable Chairman Shri, M. V. Muthuramalingam, Volammal Educational Trust for. promoting his vision of "Healing Touch, Happy married Disciplined life (vasudeva Kudambam - Yadhum Oore Yavarum Kalir)" for future younger student generations, with a deep understanding of 8 limbs of Attangaogam/Ashtanga yoga (Yamam, Niyamam, Athanam, Pranayamam) and Traditional Tamilian Art.





Clinical Society Meetings

Clinical Society Meetings are conducted every month since 2012. The meetings are conducted between 2-3 pm on the third Wednesday of every month. The venue of the meeting is in the Hospital Auditorium. 12 meetings are conducted every year.

Every month two interesting case reports are presented by the faculties who treated the patients. CRRIs (Internship) started presenting the case reports from April 2018 onwards, as the first batch of this Institution joined Internship in April 2018. Postgraduates started presenting the case reports from August 2020, as the first batch of Postgraduates joined this Institution in 2020.

Professors, Associate Professors, Assistant Professors, Senior Residents, Junior Residents from all the clinical, paraclinical and preelinical departments, Consultants from Superspecialty departments, Post graduates and CRRIs attend the meeting.

Every month two cases are presented. Every year atleast twenty four cases are presented.

Case discussions give good opportunities to improve the clinical reasoning skills and analytical skills. When the faculties present the cases, it forms a role modelling for the Interns. When the Interns present cases, it helps them to develop their professional skills.

This meeting is conducted by the Convenor. Dr.M.S.Somasundaram, MS, Professor of Surgery was the Convenor upto March, 2016. Dr.S.Nataraja Rathinam, MD, DCH, DNB, Professor of Paediatrics is the Convenor from April 2016 to till date.

In August, September and October 2020, these meetings are conducted online with Zoom Meeting. This is in order to maintain social distancing during the Covid pandemic.

November 2020 onwards, there will be two Clinical Society Meetings every month. One will be by the Medical and Medical Specialties. The second will be by the Surgery and Surgical Specialties. Professor Dr.L.Jerald Majellah,MD and Professor Dr. S.R.Dhamotharan,MS will be the Coordinators respectively. This will enable four case presentations every month and participation by the postgraduates.

Prof.Dr.S.Nataraja Rathinam, MD, DCH, DNB

Convenor,

Clinical Society Meetings of VMCH&R1

Dr.S.Nataraja Rathinam MD.DCH.DNB

Professor of Pediatries, VELAMMAL Medical College Hospital, Madurai

Sam

Dean Velammal Medical College Hospital and Research Institute 'Velammal Village' Madurai-Tuticorin Ring Road Anuppanadi, Madurai (TN)-825 009