



Vita Electio – Lifestyle Modifications 24'

A National Conference was conducted by the Department of Physiology, Velammal medical college, Madurai on the topic 'Vita Electio - Lifestyle modifications' on **04.04.2024 to 06.04.2024**. The name Vita Electio translates to choosing the vital habits for a healthy and mindful living. 350 Medical Students, both UG and PG from all over the country diversified our conference not just from the places they hailed from but also with their various creative ideas, and presentations.



Pre conference workshop

Yoga and its medical applications

The workshop encompassed four insightful sessions. Beginning with "Embracing the Void," participants were introduced to ancient practices such as yoga, meditation, and pranayama. This was followed by "In-depth Discourse," where interactive discussions delved into the physiological effects of various yoga postures and breathing techniques. "Ailment specific solutions" provided practical demonstrations of yoga and pranayama tailored to common ailments like back pain,



allergies, diabetes, hypertension, insomnia, and gastrointestinal disorders. Finally, in "Assessment and certification," participants were assessed on their newly acquired knowledge, receiving certification upon successful completion of the workshop. The Participants were guided by the able Dr. P. S. L. Saravanan, Director and Professor, Institute of Physiology, Madurai Medical College, Madurai.



Diet prescription

The workshop conducted by Dr. Sri Andaal, Assistant Professor, Department of Community Medicine, and Mrs. Beula, Head of Dietary Dept., VMCH&RI, comprised four informative sessions focused on enhancing participants'



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Madurai, TN, India

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Day 1 - Conference

Registration for the program started at **08.15 am on 05.04.2023** by the registration committee involving 20 undergraduate students under the guidance of Dr. R. Durai Arasan, Assistant Professor, Dept. of Physiology. MC and overall auditorium management was done by Velammal students Dr. Vishnu HARish (CRRI), Dr. Illakiya Devi (CRRI), Ms. Akshara (Student club members - Final year MBBS), and Mr. Srinath (Student club members - Final year MBBS).



The first scientific session started at 09.00 am. Chairpersons **Dr. K. Muthu Prathiba** and **Dr. Suzanne Maria D'Cruz** introduced the speaker **Dr. S. Anandhalakshmi**, Professor and Head, Dept of Physiology, AIIMS, Madurai and handed over the session. The topic was on 'Humor in Health Care: Physiology of a good laugh'. The talk commenced with a historical overview of the relationship between humor and medicine. It explored how humor, as a positive emotion, induces favorable physiological responses. Gelotology was thoroughly examined, shedding light on the physiological effects of laughter on the human body. Special attention was given to the impact of humor and laughter on vital bodily systems



such as the heart, vascular system, lungs, muscle tone, and immune system. The speech emphasized the role of laughter in enhancing conditions like coronary artery disease, hypertension, and various types of pain. Furthermore, the importance of humor in boosting student performance in medical education was also addressed.

Documentary entries were played during the interval between the first and second session.

Second session chairpersons **Dr. Meikandan Duraiswamy** and **Dr. Rekha** introduced the speaker **Dr. M. Kavitha**, Consultant and Head, Dept of Neurology, VMCHRI, Madurai and handed over the session. The topic was on ‘Cerebral Chuckles :Navigating the neurobiology of Laughter’. The presentation delved deeply into the mechanism of laughter, exploring the intricacies of how and why we laugh. It examined the involvement of specific parts of the brain and elucidated the two distinct pathways for laughter: the involuntary or emotional pathway and the voluntary pathway, highlighting their differences. The role of the laughter coordinating system and various theories surrounding laughter were also elaborated upon. Furthermore, the speech emphasized the significance of laughter in stress reduction and the elevation of happy hormones. Additionally, the talk addressed the phenomenon of pathological laughter in conditions such as epilepsy and stroke, providing insights into its underlying reasons.





Third session chairpersons **Dr. Naveen Rajaratnam** and **Dr. Varun Ramamoorthy** introduced the speaker **Dr. N. R. Vikram Gowda**, Vice Principal and Professor, Department of Physiology, Pushpagiri Institute of Medical Sciences & RC, Thiruvalla, Kerala. The topic was on 'Digital Dilemma : Navigating Screen time and lifestyle for Optimal Health'. The presentation delved into our heavy reliance on technology in our daily lives, highlighting its dual nature. While technology offers numerous benefits such as instant access to information and communication, it also carries potential downsides for our well-being. On the physical side, excessive screen time can lead to harmful effects on our eyes, including exposure to infrared radiation, eye dryness, and refractive errors. Behaviourally, technology's instant gratification can diminish our tolerance for delayed rewards, resulting in unhealthy habits like excessive screen time and neglect of real-world interactions or disrupted sleep patterns.



Continuing into the second part of the discussion, strategies were presented for combating excessive screen time and procrastination in today's digital world. Suggestions included being mindful of screen time and setting realistic reduction goals, tracking usage, disabling notifications, establishing screen-free zones, and prioritizing physical and social activities. Emphasizing delayed gratification through engaging activities requiring effort and focus, and using technology purposefully rather than aimless browsing, were identified as vital steps toward achieving balance in the digital age. For those struggling with digital procrastination, seeking support from friends, family, or a therapist was encouraged as a means to manage effectively.

Fourth Session chairpersons **Dr. V. Suganthi** and **Dr. P. Prem Ananth** introduced the speaker **Dr. P. N. Ravindra**, Professor, Centre for Consciousness Studies, NIMHANS. The topic was on 'The Breath of Life: Breathing Techniques as Effective Medicine'. The session underscored the vital role of breathing in life itself, emphasizing its essence. It delved into various types of breathing techniques, such as thoracic, abdominal, and diaphragmatic breathing, elucidating the physiological foundations of each. Furthermore, the importance of breath control was highlighted, emphasizing its essential role in maintaining overall well-being.



The prelunch session started with a skit performed by the first year medical students of 2023-2024 batch. The speaker for this session was **Dr. S. Gokila Rani**, Senior Resident, Department of Psychiatry, VMCHRI, Madurai. The session was on 'Therapeutic Laughter Workshop'. The session addressed findings from a recent stress survey in India, revealing a staggering 77% of Indians experiencing regular stress. While pharmacological treatments are readily available, they pose risks of drug tolerance and dependence. Conversely, non-pharmacological treatments abound, yet remain largely unknown. Laughter emerged as a readily accessible and cost-effective supplementary therapy, with proven physiological benefits in reducing stress and other mental health burdens. Participants were guided through simple steps to enhance their mood, exploring various laughter techniques such as Hearty Laughter and Imitation Laughter. Live demonstrations showcased proper execution of these techniques. The session emphasized the timeless truth that "laughter is and always will be the best form of therapy," underscoring the power of laughter as a tool for mental well-being.



DAY 2 - Conference

The inauguration program on 06.04.2024 started with Tamizh Thai Vazhthu by Mr. M. R. Shanmuga Sundaram (Final year MBBS student) and Classical dance fiesta by Ms. V. Oviya, Ms. Poorvika (CRRI) and Ms. Rakshita. A wonderful violin performance was done by Dr. Amruthavarshini (CRRI). This was followed by lighting of Kuthuvilakku and following the lighting ceremony, Dr. S. Anu, Professor and Head, Department of Physiology, VMCH&RI gave welcome address to the faculties, undergraduates and postgraduate students who attended the program. Inaugural address was given by Dr. T. Thirunavukkarasu, Dean, VMCH&RI. Presidential address was given by Dr. Dilara Kamaldeen, President, Association of Physiologists of Tamil Nadu. Vote of thanks was given by Dr. J. T. Ajit Kumar, Assistant Professor, Department of Physiology, VMCH&RI.







The first session on the second day of the conference was chaired by **Dr. M. Virgin Joena, Dr. M. Shanthi and Dr. S. Abeetha**. They introduced the speaker **Dr. Milind V. Bhutkar**, Vice-Principal, Professor and HOD, Department of Physiology of Physiology, Swamy Vivekanandha Medical College and Research Institute, Tiruchengode, Nammakal and handed over the session. The talk commences by outlining the array of unhealthy lifestyle habits prevalent in today's fast-paced society, characterized by extended working hours and minimal physical activity. These habits have fostered a concerning surge in lifestyle disorders, including obesity, diabetes, and heart disease, imposing a substantial burden on healthcare systems worldwide. However, amidst this health crisis, the talk asserts that the solution does not solely lie in medication but rather in the natural remedy of exercise.

Regular physical activity emerges as a potent tool for both preventing and treating lifestyle disorders, as it facilitates weight management, enhances circulation, regulates hormones, and accelerates metabolism, thereby yielding a cascade of positive health effects. Acknowledging the pivotal role of exercise in combating these ailments, the talk underscores the significance of exercise prescription as a vital modality for patient treatment. This personalized approach involves tailoring exercise programs to individual needs, considering factors such as age, fitness levels, and specific requirements. By prescribing suitable types and durations of physical activity, exercise prescription empowers individuals to proactively manage their health and cultivate a platform for a healthier and more active lifestyle.

Reels that were collected for the competition was played in-between the sessions

Chairpersons **Dr. Dilara Kamaldeen** and **Dr. Jeya Jancy Selvi Ratnam** introduced the speaker **Dr. Navin Rajaratnam**, Professor and HOD, Department of Physiology of Physiology, Tagore Medical College and Hospital, Chennai. The speaker started addressing the crowd right from the start as diet was the most relatable and most modifiable lifestyle habit. He broke down lots of myth about Intermittent fasting and enlightened the correct interval for fast enthusiasts. The talk covered various aspects of promoting a healthy gut microbiome through holistic practices and their underlying physiology. It emphasized the importance of nutrition, exercise, relaxation, and sleep in maintaining overall well-being, with a focus on mindful eating to enhance awareness of food sources and preparation methods. Discussions highlighted the influence of posture and the chews during meals on digestive health and taste perception, as well as the significance of meal timing, particularly with intermittent fasting, in supporting gut microbiota and



reducing gastrointestinal inflammation. Additionally, he explored the beneficial effects of exercise and meditation in mitigating stress and promoting gut microbiome health. Overall, participants gained insights into holistic approaches for optimizing gut microbiome health and improving overall physiological well-being.

The penultimate session of the conference - Smart Eating: A Comprehensive Analysis of Food Labelling and Nutrition was a power packed interactive session by **Dr. Jeyashree Kathiresan** MD, Scientist E, ICMR, National Epidemiology, Chennai. The chairpersons for the session were **Dr. P. S. L. Saravanan**, Director and Professor, Institute of Physiology, Madurai Medical College, Madurai, **Dr. P. Josephine Latha** MD, HOD and Professor, Department of Biochemistry, VMCHRI and **Dr. A. Chandrabose**, Dean, Nandha Medical College, Erode. The speaker started her topic with a bit of small online assessment and feedback from the audience, having asked them to fill out an online form and then lead onto her topic proper from it, disclosing how our mind works and how often we negate the food labelling and emphasized it is a crucial tool for promoting public health by providing information to facilitate informed dietary choices. Various health aspects associated with food labelling were addressed during the session. This included nutritional information, guiding individuals on calorie intake, macronutrients, micronutrients, and portion sizes to prevent overconsumption. The speaker highlighted the importance of ingredients lists in identifying and avoiding harmful additives or allergens, as well as monitoring added sugars to prevent health issues like obesity and diabetes. Regulated health claims were discussed to inform consumers about potential health benefits, while front-of-pack labels like traffic light systems offered quick overviews for healthier choices. Understanding the origin of food products was emphasized for health-related concerns such as safety standards and pesticide use. Labels indicating dietary preferences or special diets aided individuals in adhering to their lifestyle or managing health conditions. Food labelling also served as a tool for nutrition education, helping consumers make informed decisions about nutritional content. Government regulations and standards were highlighted to ensure the accuracy and consistency of food labels, fostering trust and promoting healthier food choices. The session ended with a wonderful suggestion by first year MBBS student, stating that "It could be of increased perception to the consumers, if the food was listed on an increasing caloric order in the menu". The speaker congratulated the student and did ensure that she would start integrating the idea in her future research works and this was greeted with a thunderous reception from the audience.



The last session for the day and conference was “Gut Matters Everywhere: A multisystemic approach to digestive health disorders” by **Dr. R. T. Narendran** MD, DM, Consultant Gastroenterologist, VMCH&RI. The chairpersons for the session were **Dr. T. Rajendran**, Professor and Head, Department of Microbiology, VMCH&RI and **Dr. R. Ramesh** MD, Professor, Department of Medicine, VMCH&RI. In this session, the critical importance of gut health and its far-reaching impact on the entire body was explored. He began by examining the structure and functions of the gastrointestinal (GI) tract, highlighting its role in digestion, nutrient absorption, and waste elimination. The session delved into the gut microbiome, explaining its composition and significant influence on digestion, immunity, and overall health, while considering factors such as diet, antibiotics, probiotics, and lifestyle that affect its balance. Additionally, we discussed the interconnectedness between digestive disorders and other bodily systems, emphasizing how gut health can influence immune function and overall well-being. This comprehensive approach underscored the need for integrated care models in diagnosing and managing digestive health issues, advocating for a holistic perspective in medical practice.



The Second day of the conference concluded with the prize distribution ceremony and Vote of Thanks by Dr. S. Anu.

Competitions

Various competitions were conducted for UG, PG and faculty from outside colleges and from Velammal as well. Prizes were allotted separately for the outside college participants and Velammal College participants so that bias is negated and made sure that every participant is rewarded for their efforts.

Journal Club Competition :







Journal Club Competition winners :

Judges	Dr. M. Muthu Prathiba & Dr. Suzanne Maria D'Cruz
Number of participants	13
Winners	First – Dr. Krishnapriya, Government Medical College, Bhavnagar, Gujarat
	Second – Dr. Darshni, PSG IMSR
	Third – Dr. Meenu Vaishali, PSG IMSR

Model Making Competition

Model Making – Other colleges

Session number	1
Judges	Dr. V. Suganthi & Dr. Navin Rajaratnam
Number of participants	13 teams
Winners	First – Judith Sneha N and team, Venkateshwara Medical College
	Second – Charul Yadav & Team, MOCS Medical College
	Third – M Paarniga Shree & Team, Meenakshi Medical College



Session number	2
Judges	Dr. Sathya & Dr. Pratima Bhutkar
Number of participants	14 teams
Winners	First – Mohammed Samin & team, Kallakkurichi Government Medical College
	Second – Erick Biju & Team, MOCS Medical College
	Third – Ganganashree K & Team, Ramnad Government Medical College

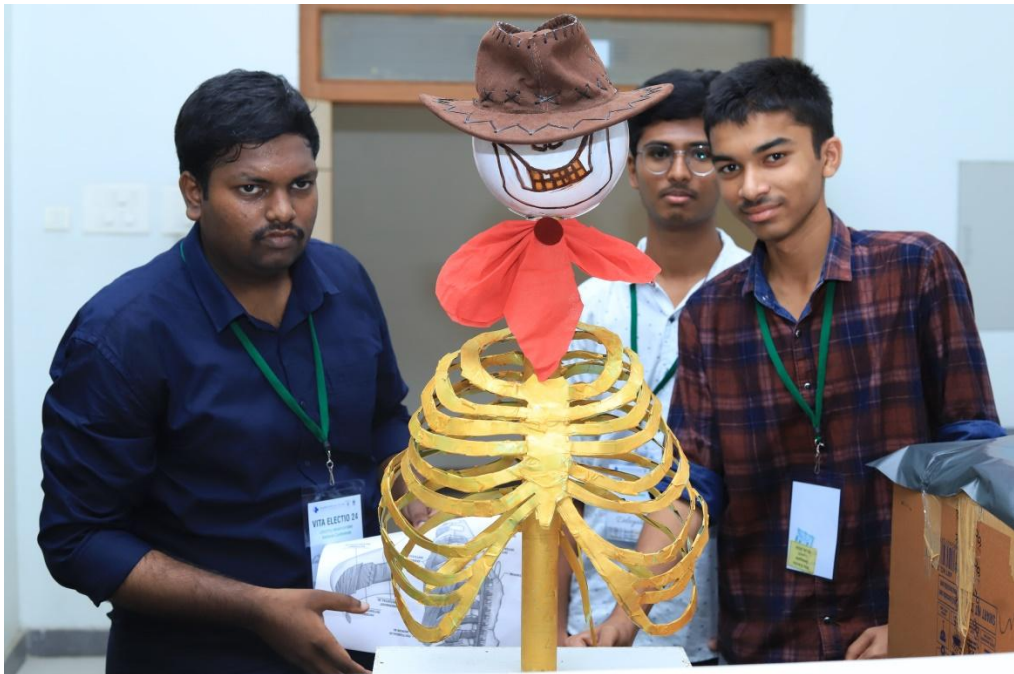
Model Making – VMC

Session number	3
Judges	Dr. Jothi Feulcia & Dr. E. Kayalvizhi
Number of participants	7 teams
Winners	First – Meenakshi & team, Velammal Medical College
	Second – Gayathri & Team, Velammal Medical College
	Third – Bertina & Team, Velammal Medical College

Session number	4
Judges	Dr. Rekha & Dr. Subha
Number of participants	8 teams
Winners	First – Manishankar & team, Velammal Medical College
	Second – Madhunisha & Team, Velammal Medical College
	Third – Mithun Darshan & Team, Velammal Medical College



Faculty of Physiology department would like to thank **Mr. Rajan**, HOD, Biomedical Engineering Department, Velammal Medical College for guiding the students and instilling his wonderful insights for model preparation of our college students





E- Poster Competition

E poster - Physiology PG

Session	1
Judges	Dr. Suzanne Maria D'Cruz & Dr. Jeya Jancy Rathinam
Number of participants	06
Winners	First –Dr. Mithun Chander, Chettinad Institute of Research and Health
	Second – Dr. Shama Anzum, Government Medical College, Mehabubnagar

Session	2
Judges	Dr. Suzanne Maria D'Cruz & Dr. Jeya Jancy Rathinam
Number of participants	06
Winners	First –Dr. Pamela, Christian Medical College
	Second – Dr. KrishnaPriya, Government Medical College, Bhavnagar

E poster – Other specialities PG

Judges	Dr. M. Joena & Dr. R. Vadivelu
Number of participants	03
Winners	First –Dr. Gowri Prasana, Sri Annapoorna Medical College
	Second – Dr. Aarthi, Velammal Medical College



E poster - Physiology faculty

Judges	Dr. Dilara Kamaldeen & Dr. S. Ananthalakshmi
Number of participants	08
Winners	First –Dr. Pratima Bhutkar, Swamy Vivekanadha Medical College
	Second – Dr. Suma S, Saveetha Medical College

E poster other department faculty

Judges	Dr. M Joena & Dr. R. Vadivelu
Number of participants	05
Winners	First –Dr. Jagadish, Velammal Medical College
	Second – Dr. Viveka, Velammal Medical College
	Third – Dr. Hariharan, Velammal Medical College



Documentary and Reels Competition

Documentary competition

Judges	Dr. A. Hariharan & Dr. R. Jagadish
Number of participants	10 teams
Winners	First –Hariharan and team, Dhanalakshmi Srinivasan Medical College
	Second – Vritika A V & Team, Virudhunagar Government Medical College
	Third – Jaiyogeshwar & Team, Srinivasan Medical College

Reels competition

Judges	Dr. A. Hariharan & Dr. R. Jagadish
Number of participants	8 teams
Winners	First –Dr. Kaviya S, Madurai Medical College
	Second – Kowsalya & Team, Sri Venkateshwara Medical College
	Third – Sathya Seelan & Team, PSP Medical College



Stand-up Competition

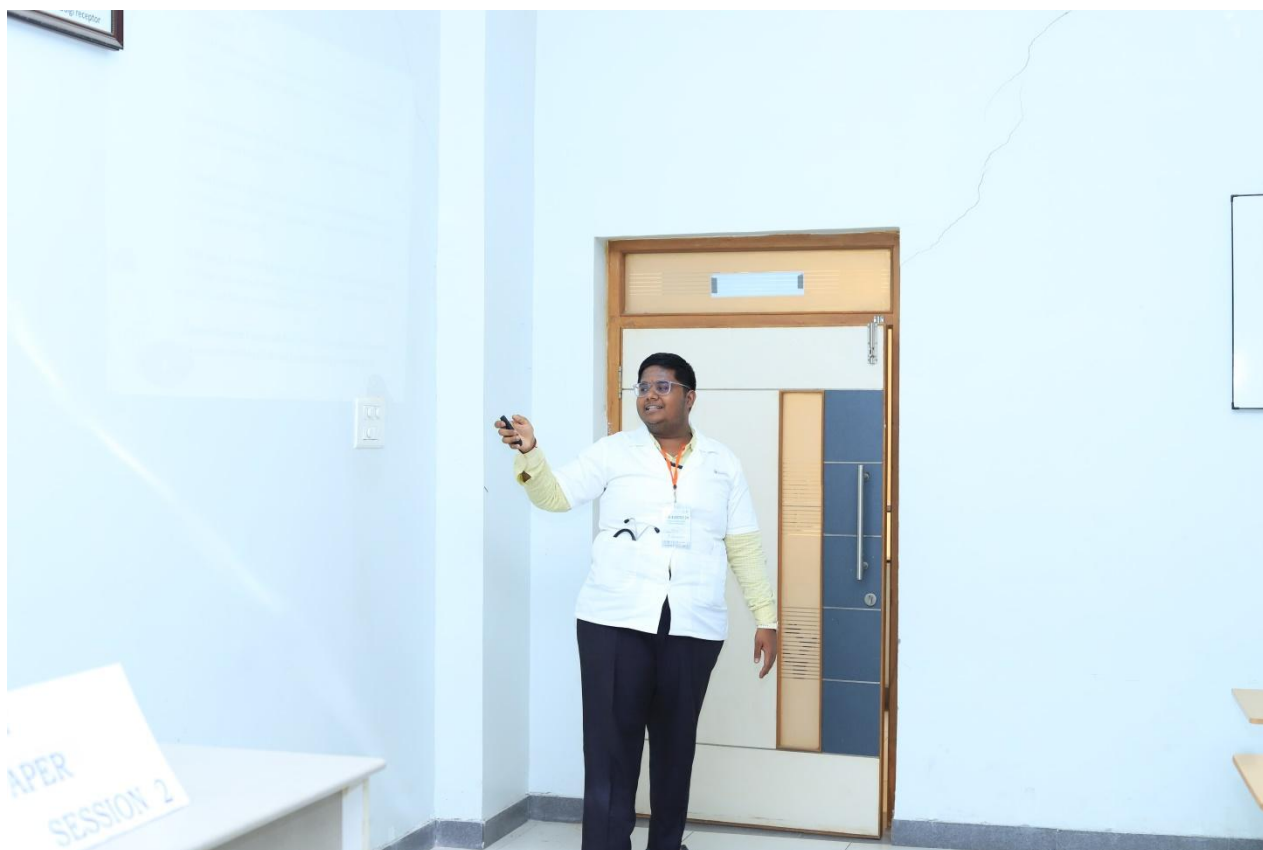
Judges	Dr. S. P. Kausikan & Dr. J. T. Ajit Kumar
Number of participants	5
Winners	First –Mr. Parkavan, 2 nd year MBBS Sri Venkateshwara Medical College, Chennai
	Second –Mr. Mohammed Mansoor, 2 nd year MBBS Sri Venkateshwara Medical College, Chennai

Undergraduate Concept Paper Presentation Competition

Session – 1 (For VMC students)	
Judges	Dr. M. Saravanan, Physiology, AIIMS, Madurai. Dr. Jothi Feulcia, Physiology, AIIMS, Madurai.
Place	Name
First	R Ovviya Vallabi
Second	A A R Vimal
Third	A Mukisha



Session – 2 (For VMC students)	
Judges	Dr. Senthil Kumaran, General Medicine, VMCH&RI Dr. Vadivelu, General Medicine, VMCH&RI.
Place	Name
First	Vikaash Annamalai B K
Second	Thanushri V S
Third	Haresh Kumar V S S





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Session - 3		
Judges	Dr. Jothi Feulcia, Physiology, AIIMS, Madurai. Dr. Subha, Physiology, ACS medical college.	
Place	Name	College
First	Vishaal saravanan	Government medical College Thiruvallur
Second	N.Gowthaman	Dhanalakshmi Srinivasan Medical College and Hospital
Third	Akalya Elango	Dhanalakshmi Srinivasan Medical College and Hospital



Session - 4		
Judges	Dr. Karthick Raj, Paediatrics, VMCH&RI. Dr. Suma, Physiology, Saveetha medical college.	
Place	Name	College
First	Sahitya R	Dhanalakshmi Srinivasan Medical College and Hospital
Second	Shruthi Sivakumar	Srinivasan Medical College and Hospital



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Third	Kousalya K	Sri Venkateswaraa Medical College, Hospital & Research Institute
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Session - 5		
Judges	Dr. M. Saravanan, Physiology, AIIMS, Madurai. Dr. R. Ramesh, General Medicine, VMCH&RI.	
Place	Name	College
First	Thiruvalluvan S	Sri Venkateswara Medical College Hospital & Research Institute
Second	Gokula Kannan	Government Theni Medical College
Third	Paarniga Shree. M	Meenakshi Medical College

Postgraduate Pedagogy Presentation Competition

Session - 1		
Judges	Dr. S. Anandhalakshmi S, AIIMS, Madurai Dr. P. N. Ravindra, Neurophysiology, NIMHANS, Bengaluru.	
Place	Name	College



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First	Dr. S.Nishanthini	Dhanalakshmi Srinivasan Medical College and Hospital
Second	Dr. S.Kaviya	Madurai Medical College
Third	Dr.S.Hemamalini Dr.M.Sai Priya	Madras Medical College Coimbatore Medical College

Session - 2		
Judges	Dr. Suzanne Maria D’cruz, Physiology, Sri Muthukumaran Medical College Hospital and Research Institute Dr. Vikram Gowda, Physiology, Pushpagiri Institute of Medical Sciences & RC, Thiruvalla	
Place	Name	College
First	Dr. S.Gunavathi	Tirunelveli Medical College
Second	Dr. S.Anand	Madras Medical College
Third	Dr.B.R.Sudha	Coimbatore Medical College

Session - 3		
Judges	Dr.P. S. L.Saravanan, Physiology, Madurai medical college. Dr. V. Milind Bhutkar, Physiology, Swamy Vivekanandha Medical College Hospital and Research Institute	
Place	Name	Title



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First	Dr. K Vijay Manovee	Madras Medical College
Second	Dr. K Niveditha	Madras Medical College
Third	Dr.Shama Anzum	Government Medical College, Mahabubnagar, Telangana

