

**Student Pilot Research Projects done in the Department**

<b>Sl No.</b>	<b>Roll No.</b>	<b>Study Titles – Batch of 2023</b>
1	1 – 5	Research Based on the Effect of a Particular Genre of Dance Movements on Newly Diagnosed Parkinson's Disease Patients
2	6 – 10	The Effect of Regular Consumption of Hot Water on Reducing Blood Cholesterol Levels in Individuals
3	11 – 15	Comparison Of Response Time of the Brain in Left and Right-Handed College Students
4	16 – 20	Effects Of Gadgets on Posture and Ergonomics in 1st Year MBBS Students in Velammal Medical College
5	21 – 25	Age Of Menarche in Modern Generation
6	26 – 30	Effect of Sleep on Smell and Taste Sensations in a Selected Group of First Year Medical Students
7	31 – 35	Effect Of Music on Exercise-Induced Sympathetic Dominance by Heart Rate Variability
8	36 – 40	Effects on Brain Functions Due to Social Media Addiction Vs Game Addiction
9	41 – 45	Impact of Physical Activity Among Vegetarians and Non-Vegetarians
10	46 – 50	Effect of Heavy Exercise on Appetite
11	51 – 55	Investigating the Impact of Learning Mindsets on Academic Performance: A Comparative Study of Consistent Learners Vs Last Minute Learners
12	56 – 60	Which Serves as a Better Tool for Learning – Reading or Visual Presentation
13	61 – 65	Effect of Screen Time of Phone on Visual Memory

14	66 – 70	Observational Study - Introduction of a Prototype for Recapping Needle and its Effect on Reducing Needle Stick Injury in a Tertiary Care Hospital
15	71 – 75	Effect of Prolonged Use of Headphones on Auditory Reception
16	76 – 80	Assessing Preferred Learning Styles of First Year Medical Students Using "VARK" Model
17	81 – 85	Effect of Body Posture on Respiratory Volumes
18	86 – 90	Benefits of Using Pomodoro Technique During Internal Assessment
19	91 – 95	Effect Of Skipping Breakfast on Mood and Health of Students
20	96 – 100	Relation Between Sleep Cycle and Gastric Secretions
21	101 – 105	From Textbook to Experience “Navigating Medical Student Syndrome
22	106 – 110	Effect of Virtual Reality on Pain Management
23	111 – 115	Effect of Regular Meditation on Cognitive Performance and Focus of College Students
24	116 – 120	Effect of ASMR on Satiety Center of Stressed Individuals
25	121 – 125	Impact of Social Media on Body Image Perception and Eating Behaviors.
26	126 – 130	Effect of Brushing Teeth on Appetite in a Selected Group of First-Year Medical Students.
27	131 – 135	Effects of Lemon-Flavored Beverages Vs Natural Lemon Drinks on Anxiety in College Students
28	136 – 140	Effects of Voluntary Breathing Technique on Vascular Tone
29	141 – 145	Effect of Usage of Different Colors of Highlighters on Learning Efficiency and Memory
30	146 – 150	To Compare the Effect of Self Reading and Group Study in Students Marks in 1st Year Medical Students for A Period of Six Months



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## Department of Physiology

### Velammal Medical College Hospital & Research Institute, Madurai



Sl No.	Roll No.	Study Titles – Batch of 2021
1	1 – 5	Long Term Usage of Tight Fit Clothing and Its Effect on Human Health
2	6 – 10	Benefits of Physical Exposure to External Environment and Travel on Education
3	11 – 15	Survey on Factors Demotivating College Students
4	16 – 20	Assessment of the Impact of Background Music on Learning
5	21 – 25	Attitude Towards Research in Medical School
6	26 – 30	Problems with Time Management Before and During Exams Among Medical Students
7	31 – 35	Awareness of Dehydration and Fluid Intake Practices Among Medical Students
8	36 – 40	Face Masks in the Protection of Health Care Workers in Resource Poor Settings
9	41 – 45	Awareness of Types of Addiction Among Medical Students
10	46 – 50	Students Perspective Towards Medical Education and Entrance Exam
11	51 – 55	Effect of Postprandial Sleep on Body Weight
12	56 – 60	An Analysis on The Frequency of Incidence of Suicidal Ideation Among Students
13	61 – 65	Perception of Alternative Medicine Among Allopathic Medical Students
14	66 – 70	A Survey on Usage of Cosmetic Products Among Medical College Students
15	71 – 75	A Survey on Assessing and Development of Communication Skill Among Medical Students



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### Velammal Medical College Hospital & Research Institute, Madurai



16	76 – 80	Cadaveric Dissection and The Associated Practice of Medicine
17	81 – 85	Students Perception on the Effectiveness of Teaching Learning Methods
18	86 – 90	Respiratory Effects on Chronic Usage of Masks
19	91 – 95	Survey on Food Habits of Medical Students
20	96 – 100	Effects of OTT Platform/Media Streaming Services on Medical Students
21	101 – 105	Self-Care in Students Life
22	106 – 110	Telemedicine And It's Acceptance Among Young People
23	111 – 115	Awareness of Medical Insurance Policies and Claims Among Medical Students
24	116 – 120	Awareness of Family Medicine Among Public
25	121 – 125	Societies Vision on LGBT
26	126 – 130	Prevalence of Visual Disorders Among Medical College Students Due to Internet Usage
27	131 – 135	Musculoskeletal Skeletal and Postural Problems Among Medical Students During COVID Pandemic
28	136 – 140	Thought of Common People for and Against Organ Donation
29	141 – 145	Prevalence of Intern Syndrome Among Medical Students
30	146 – 150	Blood Donation Knowledge and Attitude Among Allied Health Science Students