



Department of Physiology,
Velammal Medical College Hospital & Research Institute, Madurai



VELAMMAL MEDICAL COLLEGE HOSPITAL AND
RESEARCH INSTITUTE
DEPARTMENT OF PHYSIOLOGY
PRESENTS

CERTIFICATE COURSE

DECODING THE TRADITIONS:
A SCIENTIFIC ANALYSIS OF ANCIENT
PRACTICES AND BELIEFS

 **VELAMMAL MEDICAL COLLEGE**
HOSPITAL AND RESEARCH INSTITUTE

Online Certificate Course

Decoding the Traditions

A Scientific Analysis of Ancient Practices & Beliefs

30 NOVEMBER 2025
08.00 AM - 05.15 PM

 **VELAMMAL MEDICAL COLLEGE**
HOSPITAL AND RESEARCH INSTITUTE

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Course Director
Dr. S. Anu
Professor & Head

Course Co-ordinator
Dr. Noel Naveen Johnson
Assistant Professor



**Department of Physiology,
Velammal Medical College Hospital & Research Institute, Madurai**



Agenda

08.00 AM - 08.15 AM	Pre-Test via Google forms	Dr. Noel Naveen Johnson Assistant Professor, Dept of Physiology VMCH & RI.
08.15 AM - 08.45 AM	Welcome Address & Introduction	Dr. S. Anu Professor & Head Dept of Physiology VMCH & RI.
08.45 AM - 10.30 AM	Student presentations of Ancient Practices & Beliefs related to CVS, RS, Renal & Blood (Session 1)	
10.30 AM - 11.30 AM	Scientific Analysis of Ancient Practices & Beliefs Review and Add On	Dr. S. Anu
11.30 AM - 12.30 PM	Student presentations of Ancient Practices & Beliefs related to GIT, Reproductive Physiology & CNS 1 (Session 2)	
12.30 PM	LUNCH BREAK	

01.30 PM - 02.30 PM	Scientific Analysis of Ancient Practices & Beliefs Review and Add On	Dr. M. Renu Meena Assistant Professor, Dept of Physiology VMCH & RI.
02.30 PM - 03.30 PM	Student presentations of Ancient Practices & Beliefs related to CNS 2, Special Senses, Muscle & Bone (Session 3)	
03.30 PM - 04.00 PM	Scientific Analysis of Ancient Practices & Beliefs Review and Add On	Dr. Noel Naveen Johnson
04.00 PM - 04.30 PM	Research Guidance	Dr. S. Anu
04.30 PM - 04.45 PM	Conclusion & Vote of Thanks	Dr. Noel Naveen Johnson
04.45 PM - 05.00 PM	Post-Test via Google forms	Dr. Noel Naveen Johnson



VELAMMAL MEDICAL COLLEGE
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Team

Video Recording

Dr. J. T. Ajit Kumar
Assistant Professor
Dept of Physiology

Dr. R. Durai Arasan
Assistant Professor
Dept of Physiology

Notes compilation

Dr. M. Renu Meena
Assistant Professor
Dept of Physiology

Dr. K. S. Sasikalarani
PG Tutor
Dept of Physiology

Dr. M. A. Hariviknesh
PG Tutor
Dept of Physiology

The Department of Physiology organized and conducted an Online Certificate Course in “Decoding the Traditions: A Scientific Analysis of Ancient Practices & Beliefs” on the 30th of November, 2025. This certificate course aimed at orienting and sensitizing the first MBBS students to different beliefs and myths prevalent in society. This course was conducted online viz ZOOM platform.



Prior to the date of the certificate course the students were divided into groups of 15 and each group was assigned a particular organ system. They were then encouraged to speak with elders in their family and search for ancient beliefs and myths prevalent in society pertaining to their assigned system. The students were asked to prepare a PowerPoint Presentation.

The program started with Pretest followed by Introduction by Dr. S. Anu, Professor and Head, Department of Physiology.

In the first session the students who were assigned CVS, RS, Renal and Blood systems presented their presentation. Dr. S. Anu moderated this session. Following the presentations Dr. Anu gave her presentation on these systems where she elaborated on the correct scientific principles and backing for the myths and beliefs.

In the second session the students who were assigned GIT, Reproductive and CNS 1 systems presented their presentation. Dr. M. Renu Meena, Assistant Professor, Dept of Physiology moderated this session. Followed by her presentation on these systems where she elaborated on the correct scientific principles and backing for the myths and beliefs.

The third session the students who were assigned CNS 2, Special Senses, Muscle & Bone systems presented their presentation. Dr. Noel Naveen Johnson, Assistant Professor, Dept of Physiology, moderated this session. Followed by his presentation on these systems where he elaborated on the correct scientific principles and backing for the myths and beliefs.

The certificate course was concluded with a session moderated by Dr. S. Anu, where research possibilities based on the topics discussed was done. The certificate course ended with vote of thanks and Post test questions.

Based on the team effort and presentations done the teams were given prizes

First Place	Reproductive System
Second Place	Gastrointestinal System
Third Place	Shared by Special Senses & Central Nervous System - 2



CERTIFICATE OF PARTICIPATION

This certificate is presented to

KANYA BHUVANESWARI SENTHILKUMAR

for participating in the Online Certificate Course on

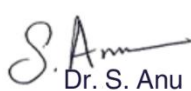
"Decoding the Traditions:

A Scientific Analysis of Ancient Practices & Beliefs"

organized by the

Department of Physiology, VMCH & RI, Madurai,
on 30.11.2025.


Dr. Noel Naveen Johnson
Course Co-Ordinator
VMCH & RI


Dr. S. Anu
Professor & Head
Department of Physiology
VMCH & RI


Dr. T. Thirunavukkarasu
Dean
VMCH & RI

Roll No	Topic
01 to 15	Muscle & Bone
16 - 30	Renal System
31 - 45	Gastrointestinal System
46 - 60	Special Senses
61 - 75	Blood
76 - 90	Central Nervous System - 2
91 - 105	Central Nervous System 1
106 - 120	Respiratory System
121 - 135	Cardiovascular System
136 - 148	Reproductive System



Decoding the traditions: a scientific analysis of ancient practices & beliefs

Reproductive System

TEAM MEMBERS:

THARUNRAJ R	VISHNU PRIYA R
UMA DEEPIKA R	VISHNUPRIYA M
VJAYARAGAVAN	VISHVESH
VJULA TAGORE K	YOKITH V
VINAY RANJITH R J	ZAARA SYED
VISHAL DHARRSHAN	ZAHRAA MARYAM
VISHALI S	VISHRUTHI

FETAL TALKING!!



- Around 24 weeks of pregnancy, a child develops hearing and can hear their mother's voice.
- Studies show that the child's heartbeat and movements appear calm upon hearing their mother's voice
- It is something that is ingrained into the child's memory and in fact a child recognises their mother's voice even after birth.
- It goes same with unborn child scenario too...

- It is also found that children can recognise the music that they've listened to while in the womb and uncannily remember the stories that had been repeated to them while in the womb.
- They even made up words spoke to them while in the womb.



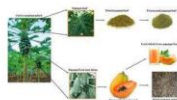
- A child growing in the womb does actively learn through the sounds they hear especially when their mothers speak to them or sing and narrate stories.
- This may hold true for others who talk to the child as well, however the mother's voice is the one that resonates most with the growing child.
- It is a source of comfort to him/her right after birth.

PAPAYA CONSUMPTION:

- One of the most widespread pregnancy-related food beliefs in Tamil Nadu is that eating papaya-especially unripe or semi ripe-causes miscarriage.
- As a result, most pregnant woman strictly avoid papaya throughout pregnancy.

Why is it so?

Unripe fruit contains high latex levels, which includes enzymes under proteases such as papain and chymopapain..



- The belief that papaya causes abortion is widespread but only partially accurate
- Unripe papaya may pose risk, but ripe papayas are completely safe and nutritious
- Modern medical guidances emphasizes balanced nutrition over traditional hot-cold categorizations, encouraging evidence-based decision-making during pregnancy.



BANGLES & PREGNANCY:
CULTURE, COMFORT, WELL - BEING

This is a traditional practice followed by people in many cultures in India since many generations, following a belief that it is auspicious and protects the mother and the child.

Traditional beliefs are such that it promotes good health and provides protection from negative energy.

It is just a traditional practice followed by our grandparents, which is passed on to us.

Stimulation of sounds:

- The sound of bangles is believed to help in the development of the baby's brain and senses, as it becomes aware of sounds around the seven-month mark of pregnancy.
- It promotes blood circulation in the wrists; friction from bangles provides accupressure points.
- During sudden increase in blood pressure, swelling or edema might occur which can be relieved when the bangles become uncomfortably tight.



- This traditional practice has no harm whatsoever.
- This cultural tradition helps create social support and improves maternal mental health.

BIBLIOGRAPHY

Guha Mazumdar P, Gupta K. Indian system of medicine and women's health: a clients' perspective. J Biosoc Sci. 2007 Nov;39(6):819-41. doi: 10.1017/S0021932007002106. Epub 2007 May 31. PMID: 17537277.

Birje S, Patil AD, Munne KR, Chavan V, Joshi BN, Akula A, Salvi N, Nair S, Valawalkar SP, Tandon D, Chauhan S, Patil D, Babu BV. Enablers & challenges of tribal women & health system for implementation of screening of non-communicable diseases & common cancers: A mixed-methods study in Palghar district of Maharashtra, India. Indian J Med Res. 2022 Aug;156(2):319-329. doi: 10.4103/ijmr.ijmr_3240_21. PMID: 36629192; PMCID: PMC10057353. Maynard-

Tucker G. Knowledge of reproductive physiology and modern contraceptives in rural Peru. Stud Fam Plann. 1989

Program Outcome

The following are some of the research topics which were brought forward by some students, and these research proposals are being implemented by the students under guidance of the faculty from the department of Physiology.

1. SHREYA PACKIRISAMY & SIVARAJ DHEEPAA THARSHINI – Effectiveness of steam inhalation during COVID pandemic – A retrospective study.
2. SWETHA M & TANISHA ANBU KUGANESH – Ashwagandha supplementation beneficial for strength training or endurance training
3. DARSHAN K & PAVAN RAVINDRAN – Barley water as adjuvant therapy in prehypertensive patients.