



# Excel<sup>TM</sup>

## GROUP INSTITUTIONS

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**6**

# Excel Medical Campus News Bulletin

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- Excel College of Pharmacy
- Excel College of Physiotherapy & Research Centre
- Excel Siddha Medical College & Research Centre
- Excel Medical College of Naturopathy & Yoga

- Excel Homoeopathy Medical College
- Excel Nursing College
- Excel Institute of Health Sciences
- Excel Multispeciality Hospitals

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## Hon'ble Chairman's Message



Nature proves that growing and expanding without depth is a futile exercise. Any tree without roots growing strongly and deeply into the soil is bound to get uprooted and have a mighty fall during a storm. In this connection, it is noteworthy that the tall and giant bamboo's seeds sprout soon after germination, but no shoots are seen above the soil. For six years the roots keep on growing downwards for the amazing

upward growth this gigantic grass is going to have on a daily basis later – even to the extent of three feet per day!

It is something akin to the above that takes place in all the educative endeavours at Excel: be it in the Technical, Arts or Medical stream. Your spending 3 or 4 or 5 years in any of our institutions is meant to shoot you up in your chosen career or in the case of some, the career that God places before you. The bending of your knees and flexing of your cup and thigh muscles determine the height you are going to jump up in a high-jump competition. I wish that your educative years here in EGI be not only bookish but practical, empirical and wholesome, exploring all the channels available to you to make you reach exactly where you want to reach....

**- Prof. Dr. A.K. Natesan**

**MED/22/I/01**



The Medical Campus of Excel Group Institutions celebrated this year's Republic Day in a grand and befitting manner on 26th Jan 2022. The Guests of Honour for the celebration consisted of an array of dignitaries like the Director – EPS, the Executive Director, Principal – Physiotherapy College, Principal – Pharmacy College, Principal – EPS and other Staff of Excel Group Institutions. The National Flag was hoisted exactly at 8:00 am.

The students who gathered in an orderly manner took the pledge to work for the sovereignty and integrity of our nation and they were led by the dignitaries on the dais. The students were motivated by the inspirational speeches of the dignitaries and the patriotic songs rendered in classical tunes by a few students as well as a faculty member. Various awarded were given to

the students, individually, as well as, as a group, for their achievements in various fields and events in the recent past. The celebration came to an end at 9: 20 with the singing of the National Anthem, after which tea and snacks were served for all.

The students of the Medical Campus of Excel Group Institutions came forward under the Heads of various Departments and the Principals of the Medical Colleges to donate blood and thus save the life of their fellow human beings. The programme was organized by the Salem Blood bank and the Primary Health Centre of Elanthakkuttai on 10th March 2022 and almost all the Heads of the Paramedical Departments were present to make the occasion an impressive one.

**MED/22/I/02**







NC/22/I/01

Excel Nursing College led the Blood Donation Camp on 10/03/2022 held jointly by the Salem Blood Bank and Elanthaikuttai PHC. Excel Nursing College Principal, Dr. G. Maheshwari, and Prof. P. Beulah, the Vice Principal inaugurated the programme at 10:00 am. The Chief Guests were Dr. Revathi, the M.O of Elanthaikuttai PHC and Mr. Manikandan the Trustee of Salem Blood Bank. Around 122 Students from various Departments, such as, Excel Arts and Science, Excel Homoeopathy College, Excel Siddha College, Excel Nursing College, Excel Health Science, Naturopathy & Yoga Colleges, Excel Physiotherapy College, etc., donated blood. At the end of the programme, at 3:30 pm, Certificates were awarded to the students who participated in the programme.

Excel Medical College for Naturopathy & Yoga (EMCNY) and the Department of Agricultural Engineering, Excel Engineering college (Autonomous) jointly organized a one day 'Health Awareness Programme' on 12th March 2022 for the students of Agriculture Engineering.

Dr. Vibhas, Principal, EMCNY addressed around 200 students on Importance of health and the inevitable role of Healthy Food in maintaining a positive physical & mental health. Dr. Muthu Subramanian, CMO, gave an awareness talk on Mental Health and healthy eating. Dr. Mohan Kumar elaborated on the different Naturopathy therapies, which are drugless system of healing.

The programme also comprised of Yoga Demonstration by students from both the colleges followed by Treatment Section visit and distribution of healthy juice items. Prof. C. Manoj, AP/Agri proposed the Vote of Thanks.



EMCNY/22/I/01



EMCNY/22/I/02

Excel medical College for Naturopathy & Yoga (EMCNY) organized a One-day Free Medical Camp during the Kalamman Kovil Festival at Edappadi on 10.03.2022 from 8:00 am to 4:00 pm. The team was led by Dr. Muthu Subramaniam & Dr. Mohan Kumar. The public were given free consultation, Health check-up and awareness about Indian System of Medicine and Functioning of Integrated Ayush Hospitals at Excel Medical Campus. Around 140 members of the public benefitted from the camp.

The Year-I students of Excel Medical College for Naturopathy & Yoga participated in the 10th State Level Yoga Championship Competition organized by Alpha Yoga Association, Coimbatore on 26.03.22. Our students won more than ten prizes in different categories at the event. The students Mr. Sudeen Azad and Ms. Harini won the first prize in the General Category. All the students were congratulated by the Hon'ble Chairman, Dr. A.K. Natesan, and Vice-Chairman, Dr. Mathan Karthick of Excel Group Institutions. Dr. Vibhas K., Principal, EMCNY, congratulated the students and more especially the staff, Dr. Sujay Kumar Roy & Dr. Satheesh, for training and making the students participate in the event.



EMCMY/22/I/03



EMCNY/22/I/05

Excel medical college for Naturopathy & Yoga organized a one-day Free Reflexology Camp for the public on 7th March 2022. Reflexology is a therapy that involves applying different therapeutic pressure onto the different zones of feet, hands and ears. It has a positive impact on the circulatory, respiratory and endocrine systems of your body, helps ease stress and improve immune mechanism in the body.

Around 50 patients participated in the camp. They were given free Medical health checkup, Health consultation, Naturopathy treatments such as Reflexology, hydrotherapy and mud therapy treatments in purview of treating various disorders which included High blood pressure, Migraine, Arthritis, sleeplessness, Digestive disorders and many other illnesses.

Fresh green juice (made of curry leaf, coriander and mint) was distributed for all the participants. The camp went on as planned and the students received exposure by assisting the doctors at the camp.

Excel Medical College for Naturopathy & Yoga observed the Patanjali day on March 25th 2022, and offered salutations to Guru Patanjali. Dr. Vibhas K., Principal, gave a brief talk on Sage Patanjali and about his contributions. The students were eager to learn about the great sage and celebrated the event with traditional dance, mantra chanting and motivational talks. They were also shown a Documentary video on sage Patanjali and his contributions. Towards the end, healthy snacks were served to all. Patanjali is also known as Gonikaputra, and was a sage in ancient India. He is considered to be the compiler of Yoga sutras and the author of the commentary MAHABHASYA.



EMCNY/22/I/06



EMCNY/22/I/07

International Women's Day was celebrated by the students of Excel Medical College for Naturopathy & Yoga on 8th March 2022. They invited their sister-students from Excel Siddha Medical College & Research Centre.

Dr. Vibhas K., Principal, EMCNY, addressed the gathering and spoke about women empowerment. The students together celebrated with various cultural events, yoga dance demonstration along with Diet Exhibition for Anemia and Herbal beauty-enhancing cosmetics. They also distributed healthy snacks and juice preparations to improve women's health.

About 40 students of Excel Pharmacy College took part in the BLOOD DONATION CAMP organized in EXCEL MEDICAL COLLEGE on 10th March, 2022. Dr. R. Manivannan, Principal, welcomed the gathering and delivered his Key Note Address. In his speech, he expressed his gratitude and appreciation to the Management & especially our Chairman. Dr. A. K. Natesan, and Vice-Chairman, Dr. N. Mathan Karthick, who were the motivating force behind all such tasks. He elaborated about the importance of the day. The participating volunteer-students were encouraged and cheered with certificates and shields. The Principal distributed the certificates and congratulated the students. The camp concluded with an assurance to the society's health taken up by every participant.



ECP/22/I/01





NC/22/I/02



International Women's Day was celebrated in Excel Mini Auditorium by Excel Nursing College on 08/03/2022. Dr. N. Dhivya, Medical Officer, Padaiveedu PHC, was the Chief Guest. The celebration began at 1:00 pm with the lighting of the Kuthuvilakku. The Principal, Dr.G. Maheswari, delivered the presidential address and the Vice Principal, Prof.P.Beulah, honoured the chief guest. In her speech the Chief Guest stressed the importance of getting empowered than waiting for someone else to lift you up.

The Students from Excel Nursing College; Excel College of Physiotherapy and Research Centre; Excel Homeopathy Medical College; Excel College of Naturopathy and Yoga; and Excel Siddha Medical College participated in various cultural programmes related to women's day such as Dance, English Speech, Tamil Speech, Mime and Kavithai Recitation. The celebration ended with the National Anthem at 4:00 pm.



MED/22/I/04



A grand and wonderful PAINTING CONTEST was organized between the two Campuses of EXCEL GROUP INSTITUTIONS on 26th March 2022. This year the competition was in connection with the world Theatre Day, and the theme came out on two giant canvasses. The event was well organized by the Fine Arts Club Coordinators, Dr. THOMAS MATHEW D., ASP/Eng & Dr. VENKATESAN, HOD/Aero, along with other campus co-coordinators.

In the gathering to felicitate the Winners from the Medical Campus Team, Dr. R. MANIVANNAN, Principal/ECP welcomed the gathering and delivered the Key Note Address. In his speech, he extended his gratitude and appreciation to the Management, especially our Chairman, Dr. Prof.A. K. NATESAN and Vice-Chairman, Dr. MATHAN KARTHICK, who are always supportive of and promote all our activities.

After giving away the prizes to the Winners and Runners, the Chairman Sir encouraged the participants to serve mankind with their fullest effort. Thus, after such a happy and eventful day, the participants were encouraged and cheered with the certificates and shields they received. The Principal thanked the Chief Guest and congratulated the students, who made such stupendous artifacts.

# Tragedy of Commons

- Dr. Thomas Mathew Devdan

The Tragedy of Commons is nothing but a Tragedy of Errors; it is never a 'Comedy of Errors' [ref. to William Shakespeare's play] for the people affected. It is a tragedy enacted on the world stage by the Upper and Upper Middle Class for which the common people have to pay the price. This tragic play is orchestrated and made to occur in a systematic pattern leading to the labyrinthine by-lanes of a vicious circle, vitiating the perpetrator as well as the victims. The expression 'Tragedy of Commons' directly refers to the sociological problems besetting our nation, not only after attaining independence but even before that. Governments change and policies change but the plight and the lot of the common people are sealed forever by the powers that be. Without delving deep into the dialectic materialism of Karl Marx, we can say that the poor are born to be poor and the rich, born to be rich because not only the social system and the economic system but even the scientific system which is supposed to be empirical in its base and tenets, seems to be contributing to the common people remaining outside the purview of common facilities and basic amenities. 'Survival of the fittest' is something occurring in nature, we claim. But we forget that clumsy animals like the hippopotamus and clumsy birds like the peacock have not neared extinction; instead, they seem to thrive. But when it comes to human beings, the homo-sapiens, with free will and rationality, there seems to be no escape. If at all, some escape to higher echelons of the society, they get absorbed and attracted by the higher state and they lose their inclination to lift others up. The majority of the common people are destined to live the life of a commoner not as the British etymology of the word would have it, but instead as the Indian reality of the word would thrust its connotation and denotation on it. Once bitten forever shy; once smitten, a commoner is smashed to the third generation and beyond.

The above two paragraphs need not make one think that we are going off the track. We are very much aware of where we are heading, just as sure as a commoner knows that he or she cannot come out of the cesspool of social compulsion, which ultimately is the culmination of years and years of psychological and environmental enslavement. Here we have struck the right note. Yes, it is environmental enslavement that is pushing him down into the abyss of distressful darkness. At the end of all that is said and done, a poor man is a poor man is a poor man, just as a rose is a rose is a rose. Coming closer to the crux of the problem, the environment in which a commoner of India or Brazil or other Latin American countries live is a ghetto created by the elite of the world. This elite class is not living somewhere in Switzerland, but the pathetic fact is that the bourgeois class is his next-door neighbour. So long as this happens and when he does not get his elbow room or his breathing space, he is bound to get suffocated, live on less oxygen –metaphorically – and become a human bonsai. This is the tragedy of commons.

The fact that 85% of the Indian population have only 15% of the resources of the country to live on, and the other 15% of the Indian population have 85% of the resources of the nation to revel in. And the equation never changes. This is the tragedy of commons. The common people of India become poor citizens of a rich nation with vast reserves of resources. People get enslaved in their own country, in their own community, in their own religion and in their own locality. The woes of the common man continue to prolong and increase in number because of his sheer inability to come out of the bog that engulfs him. We call it the Tragedy of Commons, like the tragedy of errors because the very people claiming to salvage this sinking class seem to be kicking them down into the quagmire of desperation.

First and foremost, let us take the case of education. Even if a commoner youth struggles to climb up the rungs of the ladder of preferment, there are so many ready to look down on him, frown on him – even if belonging to the same community. The base nature in man or as Freud would call, the Id or the Ego of man is such that a sublimation or transcendence is a rare thing. Even if it occurs, it is the case of the dragon fly that would not like to go back to his old peers who are at the larva stage in the dirty water. The real tragedy of the commons is that even the government and its policies do not allow him to hold the reins; instead, he or she will be compelled to be under the clutches of the elite.

When it comes to sharing the environmental pie, the common man is restricted to his tiny corner and tiny bits. He lives in slums and though the commoners form the majority, the voice they have in the political and legislative system is less than feeble. Whether a commoner had voted for the ruling party or the opposition, his lot is the same. The tragedy of commons is that within a month, his witnesses turn hostile and finally he becomes a laughing stock of the offender himself. Does the educational system of today really help a common man to stand on his feet, or is he compelled to ape the west and his seniors? The real tragedy of the commoner lies in his inability to come out the trap that he has got into as the only choice that lay before him. The final tragedy of commons can be summed in the fact that they have reached such a state when they no longer want to come out of it. They have developed a complacency that they find it a comfort zone, though their brain tends to the contrary and yet, they don't want to be brainwashed to the right or to the wrong. What a tragedy, my countrymen!