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**7**  
**VOLUME**



**Excel<sup>TM</sup>**

# **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 for Naturopathy & Yoga**

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

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## Hon. Chairman's Message

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Quite a few of my old students have approached me to be given some pieces of advice. But it does not come naturally to me to give advice. I prefer to keep my eyes open and give some directions when and where it is needed. Similarly, in all my speeches on a stage I prefer to dwell upon the achievements attained so far. This is because for me the 'mantra' for achieving success is WALKING THE TALK.

I am reminded of the above maxim because, recently, some Ministers and Central Legislators came forward for a Yoga Walk, up the hill in a forest. There is no alternative for hard work. Great accomplishments were made by ordinary men by dint of their hard work late into the night, when most of their compatriots were fast asleep. And I have noticed that a spirit of hard work has to be developed by oneself; not imbibed from somebody else. My advice to you is to refrain from seeking advice: instead, look within yourself; and find some good traits within you that can be built upon. Fortune favours the brave who dare to act, rather than the mediocre ones who find time only for discussions. May you savour the sweetness of hard work and find satisfaction in doing work - expecting the ultimate reward for it from God alone...

- Prof. A.K. Natesan



On January 26, 2023 all the students of EMCNY along with faculties attended the republic day function held at the Excel Engineering College in which Honorable Chairman Prof.Dr.A.K Natesan sir hoisted the flag and delivered the presidential address. It was such a visual treat to watch the March Past and speech was delivered by our NCC team members and Excel college students. The Principal Dr.Vibhas addressed the students. An elocution competition was arranged where the students of EMCNY, gave their speech marking the importance of Republic Day and the role of youth in the country's development. The students of all batches participated and Mr. Sivanesan, Ms. Kanikha, Mr.Venmani Sadam and Ms. Vijayalakshmi bagged the prices.







Excel Medical College for Naturopathy & Yoga and Sri Ramana Ashramam, Thiruvannamalai jointly organized a one day workshop on the occasion of International Mind Body Wellness Day (03rd Jan) at Ramana Maharishi free medical dispensary in Thiruvannamalai on 29th Jan 2023. Dr.Muthu krishnan gave a health awareness talk on How our body and mind are interconnected and the importance of being with the present enhances our overall functioning. The EMCNY students' team assisted the doctor in giving reflexology, therapeutic Yoga, Partial massages and acupuncture to the participants. Around 120 participants were happy to join the Deep relaxation technique (DRT), Yoga Nidra and Laughter therapy.

A one day free Medical camp was organized at Hatsun milk and Agro Industries Limited, Salem on 31.01.23 for the employees to create awareness on preventing occupational hazards, promoting industrial hygiene. Free consultation, dietary advice and Yoga therapy were provided to the participants along with Nature cure treatments. Around 450 beneficiaries learnt the art of lifestyle modifications and importance of diet and consistent Yoga practice. Dr.Mohan Kumar and few students conducted the camp.



A One day free Medical camp was organized on 01.02.23 at Hatsun Agro products limited. A health talk was delivered on prevention of occupational diseases through Naturopathy & Yoga interventions. Few patients were eager to register and avail the inpatient facilities at Excel Medical College for Naturopathy and Yoga Hospital. They were screened for oral hand foot diseases and advised on hygiene and nutritious diet. Around 312 employees were benefitted in this camp.

An awareness program organized on "Importance of Millet in our life- SMALL BUT MIGHTY" on 04.02.23, Saturday at the Excel AYUSH Auditorium, under the co-ordinatorship of Dr Sughanya, Department of Fasting and Diet Therapy. Dr.Dhaya, Assistant Professor, Department of Nutrition & Herbology welcomed the gathering. The Principal Dr.Vibhas.K encouraged the staff and students to create awareness among public about the miracle grains. A poster presentation was given by Ms. Sughanithi of III year BNYS and by MS. Archana Lakshmi of II year BNYS on the topics "Importance of Millet" and "Nutritional and Nutraceutical properties of millet" respectively. A millet awareness song was composed by Ms.Kalaivani, and Ms. Vijayalakshmi. Ms. Mohana priya of I year BNYS gave a speech on Cultivation and significance of millets and Millet cultivation. The session ended with a vote of thanks by student Premsai of I year.



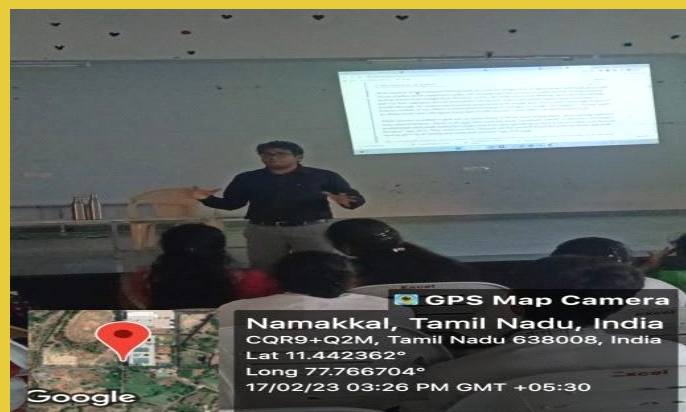
## EXCEL MEDICAL COLLEGE FOR NATUROPATHY AND YOGA



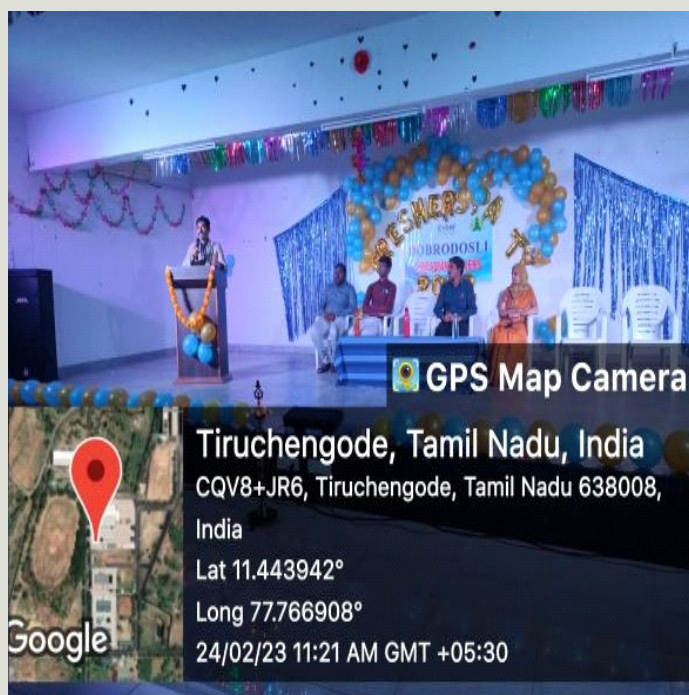
### INTERNATIONAL YEAR OF MILLETS - 2023 " SMALL BUT MIGHTY"



An orientation program was organized with a gesture of welcoming the fifth batch of EMCNY 2022-23 with a thought of setting high standards. The orientation was a beginning towards the research aptitude amongst the students of EMCNY. Dr. Pradeep. M.K. Nair, Director, IASWAR Academy of Research, Bhopal was the Guest of Honor who captivated the students with his abundant knowledge and his amazing charisma. The Faculty and the students were thankful for the Management for inviting the eminent scholars in the field of Naturopathy and Yoga.



EMCNY initiated the First JOURNAL CLUB on 18th Feb 2023 to motivate the BNYS students towards Naturopathy as evidence based Medicine. A step by step approach was taught to students and they showed immense interest to grow out of their seeds to bloom in near future.



On February 24, Freshers day (Dobrodosli) was conducted by students of 2021 batch at AYUSH Auditorium to their beloved juniors of 2022 batch. The day started with inauguration and the Guest of Honor was Dr. R. Vimal Nishant, Principal, Excel College for Commerce & Science who gave a short yet powerful message to the students on how we are glued to our mobile phones and its impact on our daily lives. His speech was insightful for all the students. Later the day was filled with happiness with colorful dance performance, games, singing, cake cutting and gift distribution. Dr. Parveen Kousar, Academic coordinator and Dr. Deepika lead the program and guided the students.



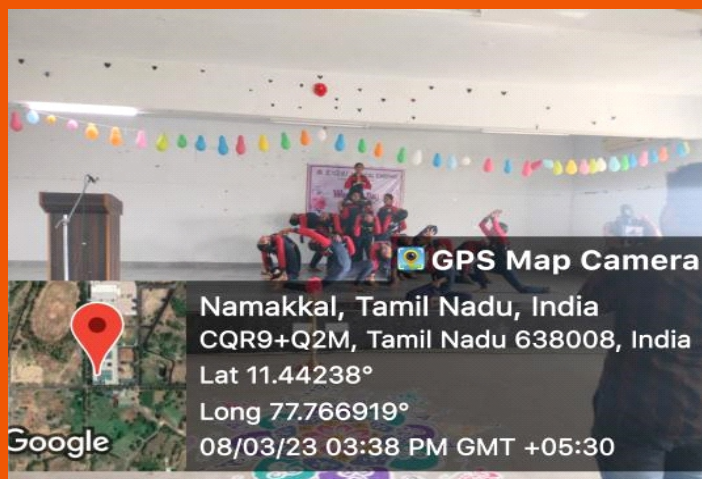


Excel Medical college for Naturopathy & Yoga along with Excel Nursing College conducted an awareness program on the Health benefits of millet on 04.03.23 as part of conducting a series of events on the occasion of International year of Millet 2023! Prof. Dr.G. Maheswari, Principal, Excel Nursing College delivered the chief guest address with valuable firsthand experience of using millet from her own life. Dr. Suganya and Dr. Dhaya, Assistant professors of Department of Nutrition and Diet therapy coordinated the program. Ms. Kanikha and Ms. Viswathasree of II year BNYS presented informative speech on millets along with its recipes in a power point presentation. Around 200 students benefitted from this program.

On March 5, 2023, Kids Carnival was organized at Excel Public School in which a Medical camp was conducted by EMCNY Hospital. Dr. Janani along with students participated in the camp. Vital data's of various patients were checked along with the Naturopathy recommendation like diet advice and yoga prescription were given to the patients based on their condition and awareness was given on how lifestyle changes can improve one's health.



On the occasion of women's day, EMCNY organised a celebration at Excel medical campus in association with other departments. Yoga demonstration was done by students which were greatly appreciated by the chief guest Mrs. Mahalakshmi, Deputy Superintendent of Police. She delivered a speech on women's confidence and motivated the students on How to work towards succeeding in competitive exams.







1. On the occasion of Women's day, a free medical camp on Naturopathy & Yoga was conducted at Kuppichipalayam village at Chennimalai on 08.03.23 around 89 females benefited in the camp, out of which 30 were school students. Dr. Mohan Kumar and Dr. Jayalakshmi organized the camp and delivered the health talks on women's health.



2. A free medical camp was organized at Mother's school at Kalingarayanpalayam on account of National Vaccination Day on 15.03.23. Around 56 people benefited in the camp which included free consultation, Yoga therapy, Diet advice and reflexology.



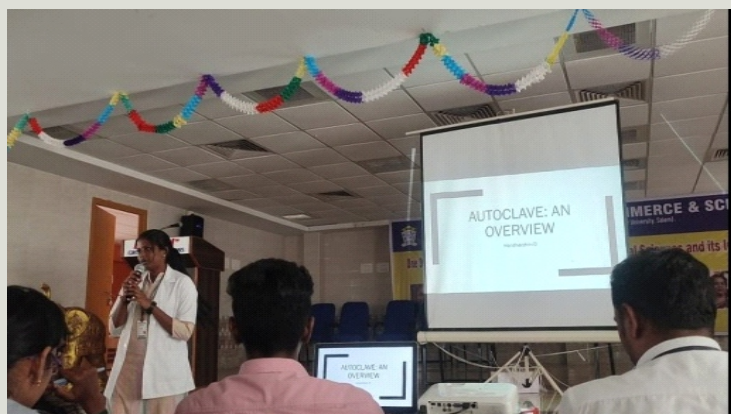
Hearty congratulations to Ms. Haridharshini, II year BNYS student of EMCNY who took an effort to present a paper on "Review on water birth - A hydrotherapy treatment for pain management" during the International AYUSH SUMMIT at Kanyakumari. She had also bagged third prize in a National Essay writing which was organised as part of this same event, competing with senior UG and PG doctors of all AYUSH streams.







Ms. Kanikha, student of Second BNYS participated in the National Conference on “Emerging trends in biological sciences and its impact” on 25th March 2023 held at Excel Group of Institutions. She presented a paper on Bacterial vaginosis and its treatment with lactic acid and was awarded third prize. Ms. Haridharshini, student of second BNYS also participated and gave an oral presentation on Autoclave: An overview”.



Excel College of Physiotherapy students won the overall 1st prize in National level Intercollege sports meet conducted by Nehru college of Physiotherapy, on 29/04/23 & 30/04/23 Coimbatore. Congrats to the Participants & attendees.



Mr. Jayakumar, Final year Physiotherapy student, has won the 1st prize in Solo Dance competition on KRIVVAS '23, National level Fest, held on 8th & 9th May'23, organized by Sona Modern Theatre, Sona College of Technology, Salem. Congrats Mr. Jayakumar.







Institution Innovation Council and Excel College of Pharmacy Organized an Awareness Programme on Energy Conservation Day observed by I - B.Pharm students on 14.12.2022 at Seminar Hall.

Excel college of Pharmacy organized the Inaugural ceremony for the first batch of Pharm.D Course (2022-23 batch) in a grand manner. Rtn.Hon.Prof.Dr.A.K.Natesan, Chairman & Founder presided over the function. Dr.N.Mathan Karthick, Vice-Chairman felicitated the students.



An exclusive Placement drive was conducted by Excel College of Pharmacy for the D.Pharm students on 07.01.2023 in association with the Apollo Pharmacy Inc., Prof.Dr.R.Manivannan, Principal welcomed the gathering and hosted the event. Special address was given by Mr.Solomon, HR Manager, Apollo Pharmacy. Out of the 56 D.Pharm students participated, 50 students were selected for placement by the organization.



NSS Unit, Excel College of Pharmacy organized Road Safety Awareness Programme on 11.01.2023 at Excel Seminar Hall. Mr.M. Sivakumar, Motor Vehicles Inspector (Grade-I), Regional Transport Office, Komarapalayam graced the occasion and enlightened the students regarding the various road safety measures.





TN Dr.M.G.R. Medical University sponsored One day National-level Seminar on "CRITICAL THINKING IN PHARMACEUTICAL CARE - PHARMACIST'S ROLE", was conducted on 28.02.2023. Around 750 Pharmacy students from 10 colleges had actively participated in the seminar.

An exclusive Placement drive was conducted for the B.Pharm students on 22.02.2023 in association with Vee Technologies Ltd. Prof.Dr.R.Manivannan, Principal welcomed the gathering and hosted the event. Special address was given by Mr.Gokul, HR Manager, and Mr.Ramesh, Senior Team Lead HR about the company profile. Mr.Soundarrajan and Mr.Aravind, Team coach operations, Vee Technologies Ltd briefed the scope of the Medical coding job nature.



National Girl Child Day awareness skit programme was conducted on January 24th 2023, in Komarapalayam Government Hospital. The Programme was organized by Excel Nursing students. The students created the awareness with Skit & Speech on the theme of "Empowering Girls for a Brighter Tomorrow" to the public.







On behalf of Muniyappan Kovil Festival Excel Nursing College accompanied with Excel Homeopathy College and Excel Naturopathy College organized COVID screening Medical camp from 07.01.2023 & 08.01.2023 from 09.30am to 04.30 pm. 4 Doctors, 2 Nurses and 15 Students took part in the Medical Camp. In the camp Vitals and body weight checked based on that basic treatment, awareness & follow up done for maximum 200 people.



The World Cancer Day was celebrated by Excel Nursing college, Pallakkapalayam. The II-nd year B.Sc (N) Students (2020-2024) of Excel nursing college organized health awareness camp on prevention of cancer, for patients attending Outpatient department.



A Medical camp was organized at Komarapalayam Kaliyammann Kovil on 28.02.2023. A team of Nursing including 1 staff and 7 students of II year B.Sc (Nursing) conducted the Medical camp, for "Thee Mithi Thiruvizha" and First Aid burn care was given for 27 cases effectively.



The World Tuberculosis Day at Excel Nursing College, was celebrated on 24th of March, 2023. The Chief Guest was Mrs. L. Priya Dharshini, (Assistant Professor) of Excel College of Physiotherapy and Research Center. Dr. G. Maheshwari, Excel Nursing College's Principal, and Prof. P. Beulah, Vice-Principal, lead the programme, at 10:30 a.m. "Tuberculosis Signs, Nursing Management, & Its Preventions" was the focus of the presentation. 150 Students participated in the programme and learned about tuberculosis. Faculty from Excel Nursing College took part in the awareness campaign as well. Around 12.30 pm, the momentous event was effectively concluded.



Excel Nursing College observed International Women's Day at the Excel AYUSH Hall. The chief guest was Dr. Mahalakshmi, Deputy Superintendent of Police, Tiruchengodu. Dr.G.Maheshwari, Principal Excel Nursing College, welcomed everyone, and the guest delivered the keynote address. The special speech was delivered by Dr.A.Iyyappan, Principal of Excel Physiotherapy College, Excel Medical College for Naturopathy and Yogic Science, and Prof.P.Beulah, Vice Principal of Excel Nursing College. Women's Day Motivational Speech, Social drama and Yoga done by students of Excel Nursing College and Excel Medical College for Naturopathy and Yogic Science.





Every year Road Safety Awareness Week is observed in the second week of January as per the guidelines of Indian Transport Department and Ministry of Highways and World Health Organization (WHO). In this rally, more than 100 medical students and teachers gathered for bike rally with helmets on the road behalf of Excel Homeopathic Medical College & Polytechnic to create awareness among the general public on 10.01.2023. Important dignitaries of Komarapalayam Rotary Association and officers of Police Department and Traffic Police Department also participated in the rally.



Camp was Inaugurated by: Mr. S. M. Mathura Senthil, B.A., District Secretary, Namakkal North DMK, Er. S. Nalini Suresh Babu B.E., Thiruchengodu Municipality Chairman, Dr. N. Madhan Karthik, Vice Chairman and Secretary, Excel Group Institutions, Dr. T. Saravanan, Principal, Excel Homoeopathy Medical College and Hospital, Rtn. S. Jai Ganesh, Asst Governor 2022-23, Zone -4, District - 2982. We divided into four Homoeo units to consult a patient and 147 patients benefited from this camp.



Excel homeopathy medical college & hospital and Amuthavergal NGO jointly conducted a special event to create awareness on "world girl child day" at Devanankurichi Government Girl's High School on 24.01.2023. Dr.Santhoshkumar, Dr. Akshayatharangini and Mr.Thirunavukarasu had participated in the event along with homeopathy medical students.





World Leprosy Day is observed on the last Sunday of January each year. In India, World Leprosy Day is celebrated on 30 January 2023, the anniversary of Mahatma Gandhi's death. Participated The Principal Dr. T. Saravanan along with all faculties and students taken oath for Leprosy Day in college campus of EHMC.



Excel Homoeopathy Medical College and Hospital organized a free Medical Camp at Chennimalai Murugan Temple in Erode. Participated doctor is Dr S Venkatesh and students. 85 peoples are benefited from this camp.

Excel Homoeopathy Medical College and Hospital and Bharath Nanbargal Kuzhu, Alamedu, Pallipalayam jointly organised a medical camp on 19.20.2023. Camp was Inaugurated by: Mr. Parameshwaran, Mr. Gopalakrishnan, Mr. Nallasamy and Mr. Murugan, Bharath Nanbargal Kuzhu, Alamedu Pallipalayam. Totally three Homoeopathy units divided and consulted the patients, total number of patients benefited from this camp is 110.



The inauguration programme of I BHMS students of 2022-2023 academic year conducted at Dr APJ Abdul Kalam Auditorium with the presence of Technical Director, Nursing Principal, Our Principal, along with Teaching Staffs, Medical Officers, Non-teaching staffs Students and Parents are Participated. In the support of management successfully inaugurated the function and Enlightened the students.