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Excel Medical Campus News Bulletin

Vol. 5; Issue: IV; Periodicity: Quarterly; Oct - Dec 2021; Date of Issue: 01.01.'22

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

VOL 5

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ExcelTM

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Hon'ble Chairman's Message



Excel Medical Institutions have proved to be a powerful conduit that leads towards perfection even amidst the most imperfect of situations. Our caring and accommodating community of professors, students and their parents has grown from strength to strength during this tough journey, thus facilitating an awakening of sorts, pertinent to our vision of holistic development, which is rooted in spiritual values. Excel Medical Institutions

during the past four years have seen a balanced blend of academic and experiential learning that I'm sure will help our students stand in good stead in times ahead. A lot of thought and collective wisdom has been invested in our teaching-learning activities, methodologies and assessments. Individual attention, regular follow ups, customised modules, relaxed interactive sessions have all contributed in celebrating the 'uniqueness' of each student. Our medical students have bloomed and blossomed fearlessly in all aspects of life - social, emotional, intellectual and spiritual. We have striven to embolden our students in body, spirit and mind so that they contribute positively and effectively to the wellness of the larger society. The entire community of Excel Medical Institutions deserve our appreciation for having accomplished this transformative endeavour.

- Prof. Dr. A.K. Natesan

Excel Homoeopathy Medical College and Hospital, Komarapalayam, conducted a Medical camp in collaboration with Sankari Rotary Club on 10/10/2021 from 9:30 am to 1 pm at Sankari Rotary Hall. Five doctors under the leadership of Dr. R. Ramagounder and 12 students attended to 72 patients suffering from various illnesses such as diabetes mellitus, hypertension, asthma, allergy, skin diseases, thyroid problem, joint disorders, renal stones, gall bladder stones, migraine, acid peptic disorder and menstrual irregularities. The camp was inaugurated by Rtn. Dr. A. K. Natesan and Rtn. Dr. N. Madhan Karthik, Chairman, and Vice Chairman, respectively, of Excel Group Institutions.



The Medical Camp mainly for Arthritis patients on 24/10/2021 was presided over and addressed by our Honourable Chief Guest Mr. E. R. Eswaran, B.E., M.L.A., Rtn. Dr. A. K. Natesan, Chairman, Excel Groups Institution Rtn. Dr. N. Madhan Karthik, Vice Chairman, Excel Groups Institution, Mrs. Sujatha Thangavel, B.Sc., Panchayat Union Committee Chairman, Dr. T. Saravanan, Principal, Excel Homoeopathy Medical College and Hospital and the Camp was coordinated by Rtn. Er. D. Helena, Sankari Rotary President 2021-22, and Devanankuruchi Amudha Vergal Amaipu.

The Department of Gunapadam (Pharmacology), ESMC&RC organized a “Pharmacovigilance Awareness Programme for AYUSH” on 05.10.2021 under the chairmanship of Dr. D. Venkatachalam M.D.(S), Project Coordinator & Asst Siddha Medical Officer, Government Hospital, Kavundapadi, Erode. Our Principal Dr. A. Rajarajeswari M.D.(S), presided over the function and spoke of Drug production and warned about Adulteration taking place.



SID/21/IV/01



HOMOEOPATHY/21/IV/03

EHMCH conducted a Medical Camp mainly for Arthritis patients on 24/10/2021 at Senkundar Thirumana Mandapam, Devanankuruchi from 9:30 AM to 1 PM. This was in unison with Sankari Rotary Club and RCC Amudha Vergal Amaipu, Devanankuruchi. The Medical Professional who contributed to the success of this camp that benefitted 202 patients were Dr. R. Ramagounder, Dr. M. Rajakumar, Dr. K. Melvin Abraham, Dr. M. Natarajan, Dr. S. Venkatesh, Dr. V. Vijay and Dr. S. Angayarkanni. Nine student volunteers from the 1st and 2nd Years assisted in the smooth conduct of the programme.

Excel Nursing College, Komarapalayam, took part in the SKIT COMPETITION ON AZADOrganized by TNMGRMU on 08/12/2021 the venue being Arvind College of Nursing, Namakkal. On behalf of Excel Nursing College, 2 teams participated, the boys' team with 15 students and the girls', with 14 students. The Chief Guest of the Programme was Rtn.Dr.K.Mani. Out of the 13 colleges that participated in the AZAD SKIT COMPETITION programme, the Excel Nursing College girls' team won the second prize, for staging the story of Kuyili who was an army commander during the 18th century and the first person to become a suicide bomber of India against Britishers to save Velunachiyar.



NURSING/21/IV/01



NURSING/21/IV/02

In the Skit competition conducted by The Tamilnadu Dr. MGR Medical University in connection with Azadi ka Amrit Mahotsavon 08/12/2021 at Arvind College of Nursing, Namakkal, the Boys' team from Excel Nursing College put up a skit on the life of Veera Azhagumuthu Kone (1728-1759), the first freedom fighter of India. The main role was performed by Mr. U. Rajesh Pandiyan, BSc (Nursing) Year-I.

World Heart Day was celebrated by Excel Nursing College, on 29/09/2021 by organizing a Medical camp at Pallakkapalayam Bus Stop. The programme started at 10 AM, and the people of the surrounding areas (102 in number) participated in the camp. The team was led by Dr. G. Maheswari, Principal, Excel Nursing College, and the Faculty comprising of Mrs. S. Sonia, MSc(N), Mr. V. C. Mani, MSc(N), Ms R. Kowsalya, BSc(N) and 25 students of Bsc Nursing, Year-I, made the event a success.



NURSING/21/IV/03



NURSING/21/IV/04

In the Medical camp organized at Pallakkapalayam Bus Stop on 29/09/2021 in connection with World Heart Day the nursing students of ENC collected health information such as height, weight and Blood sugar, in addition to calculating the BMI individually. All those who were detected with warning signs of heart diseases were imparted health education and the methods to prevent heart disease and promote health by watching like symptoms, and following diet plans. They were also taught first aid for heart diseases, in addition to diabetes mellitus, hypertension and the disorders connected with them. The medical camp came to a close at 4 pm.

On Dec 1, 2021 World AIDS Day Programme was held in Excel Nursing College at 10:30 am. It was organized under the patronage of the Principal Dr. G. Maheswari, and Vice Principal Mrs. P. Beulah along with the Faculty of Nursing. The programme started with the Tamil Thai Valthu, followed by the Principal's presidential address and Vice Principal's motivational speech regarding the preventive measures for AIDS. Dr. Rama Gounder and Dr. Raj Kumar from the Homeopathy Department were Special Invitees for the programme. Year-I Nursing Students and Year-I Homoeopathy Students participated in various programmes such as mime show, Speech on AIDS Awareness, Tamil & English Poetry and Role Play. Dr. Rama Gounder felicitated the gathering which ended with the National Anthem at 12.30 pm.



NURSING/21/IV/05



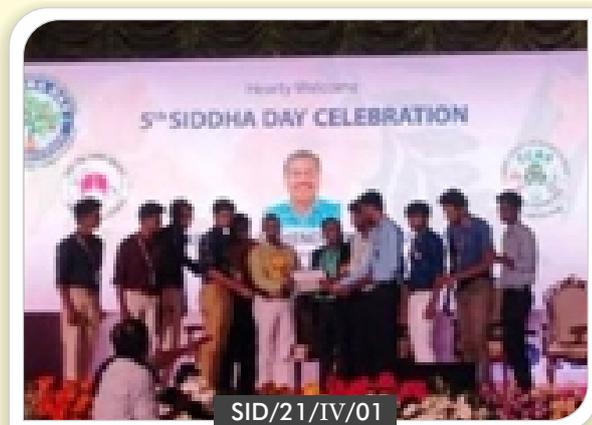
NURSING/21/IV/06

A Mega Covid19 Vaccination Camp was conducted on 04.12.2021 in our Komarapalayam Excel Medical institution premises. The camp was organized by Excel Nursing College, under the leadership of Mrs. P. Beulah, the Vice Principal. MsR. Kowsalya, nursing tutor, guided the 5 students of Bsc (Nursing) Year-I. The online registration, soon after the administration of the doses, was done by the team of students in the Covid-19 Vaccine Website. The Covidshield vaccine for 272 students and 30 faculty members belonging to other departments of Excel institutions was successfully administered in a day. This was a tremendous achievement for Excel Nursing College.

Diploma in Health Inspector Course observed Health Education Week and held a health education 'EXPO' jointly organized by the Health Inspector faculty and the Nursing faculty. The DHI Year-I and Year students participated in the event. The theme of the programme was "Gateway to Future: The Power of Health Education and Health Promotion". In the Expo that started at 10:00 am on 29.10.2021, mime, awareness slogans, videos related to Covid Awareness and a dance show about preventing Covid19 was staged. The chief guest was Dr. Revathi, BMO, Namakkal, and students from various departments visited the health education expo and their feedback was collected.



HS/21/IV/01



SID/21/IV/01

The students of Excel College of Siddha Medicine and Research Centre participated in a National Conference on "The Strength of Siddha Medicine for Against Communicable Diseases" on 23rd Dec. 2021, and in the Cultural Competition that followed, they won the First Prize for Group Dance (Male Category – led by Naveen Balaji). Pranes and team secured the Third Prize for the Skit Competition. In the individual category, Ms Deepika won the 2nd Prize for her Oral Presentation and the Chief Guest gave away the Prizes on the occasion of the 5th Siddha Day Celebration at Chennai Trade Centre, Nandhambakkam, Chennai.

Excel college of Pharmacy students took part enthusiastically in the Intercollegiate Meet, organized by JKKM college of Pharmacy, TN Palayam on 02.12.2021 & 03.12.2021. Various Sports and Cultural events were conducted during the two days intercollegiate fest. Around 60 boys and 10 girls from our college participated in the various events like Cricket, Throwball, Volleyball, Carrom, Chess and Variety Show. Students from more than 20 Pharmacy colleges from in and around Tamilnadu participated in the Fest.



PHARM/21/IV/01



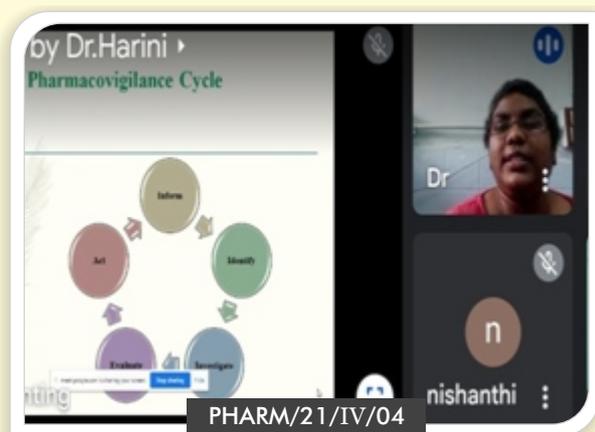
PHARM/21/IV/02

An Intercollegiate Meet, organized by JKKM college of Pharmacy, TN Palayam, on 02.12.2021 & 03.12.2021 saw on the first day the league rounds for Cricket, Throwball, Volley ball, carom and Chess. The Pharmacy students got through the semi-finals in all the events and into the finals for Carom. The Principal, Prof. Dr. R. Manivannan was honoured with a memento by the organizers for the active participation of the students and staff of Excel college of Pharmacy.

The 60th National Pharmacy Week Celebration was organized by Excel college of Pharmacy for 6 days from 15.11.2021 to 20.11.2021 with the theme, 'Pharmacist – An integral part of healthcare system'. The inaugural ceremony was conducted on 15.11.2021 at our mini auditorium with the gracious blessings of our Hon'ble Chairman, Rtn. Prof. Dr. A.K. Natesan and Vice-Chairman, Dr. N. Mathan Karthick. Prof. Dr. G. Maheswari, Principal, Excel College of Nursing felicitated the organizers and elaborated the significance of Pharmacists in the health care system.



PHARM/21/IV/03



PHARM/21/IV/04

An exclusive webinar on “Scope and Careers in Pharmacovigilance” was organized by our Excel college of Pharmacy on 21.10.2021 at 10:30 am through virtual mode. The session was carried out by Dr. S. Harini, Pharmacovigilance Associate, Indian Pharmacopoeia Commission, CMCH, Coimbatore, in which the speaker elaborated on the context of Pharmacovigilance and its purpose in India and the Third and the Final Year students benefitted from the webinar.

A Free Homoeopathy Medical Camp conducted at Sankari Govt. High School on 24.11.2021 mainly focused on Arthritis and other various joint-related disorders. Moreover, patients with diseases such as Diabetes Mellitus, Hypertension, Asthma, Allergy, Skin diseases, Thyroid problem, Renal stones, Gall bladder stones, Migraine, Acid peptic disorder, Menstrual Irregularities were treated with free Homoeopathy Consultation and Medicines. The followup of the treatment was planned to be conducted in Excel Homoeopathy Medical College Hospital on every Tuesday.



HOMOE0/21/IV/04



WORLD NATUROPATHY DAY

CELEBRATION IN



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World Naturopathy Day was celebrated for the 4th consecutive year in the Velappan Hall of Excel Group Institutions, under the initiative taken by Excel College of Commerce and Science. The Hon'ble Chairman of Excel Group Institutions, Prof. Dr. A.K. Natesan, along with the Vice-Chairman, Dr. Mathan Karthick, were the Chief Guests for the occasion. The Executive Director of Excel Engineering College, Dr. Bommanna Raja, welcomed the Chief Guests and spoke of the increasing relevance of Yoga as means of curative as well as preventive measure for the overall wellbeing of the human person. He dwelt elaborately on the theme of the year: 'Rog Mukh Bharat'.

Dr. R. Vibhas, the Principal of Excel Medical College of Naturopathy and Yoga was the Guest of Honour for the event. With the help of the students of his institution, he demonstrated various yogic postures explaining along with them the medical benefits of each. He spoke of Yoga as an 'Art of Living', and demonstrated the various styles of Pranayama for a healthy living. In addition, he spoke of the job opportunities that lay before the students upon the completion of the course both in the public sector and the private sector. The graduates who clear the MRB Exams stood a chance to get govt. appointment as doctors, researchers and allied staff.

Dr. G. Kavitha, Principal of Excel Siddha Medical College and Research Centre, who spoke of the greatness of Yoga and Traditional Medicine, claimed that Excel Medical College was a full-fledged Medical College that followed the AYUSH System of Medicine.

Dr. Saravanan, Principal of Excel Homoeopathy Medical College, in his speech, spoke of Homoeopathy as a System of Medication that combined Naturopathy, Traditional Medicine and Modern Medication without any of its complexities. Homoeo medicine continues to make strides in health care through simple consultation and prescription methods. The most noteworthy point mentioned was that Excel Homoeopathy Medical College organizes free medical camps for the people living in the surrounding villages, and those suffering from various diseases are given free treatment in Excel Medical College Hospitals. The thousands of students staying in the different hostels are taught the ways to keep themselves hygienic and the those in charge of kitchen are guided to serve nutritious food to the inmates.

Dr. Ayyappan, the Principal of Excel College of Physiotherapy, mentioned in his speech that the aim of the institution was to train competent Physiotherapists and personnel who would work hand in hand with other physiotherapists. Physiotherapy combined with Yoga and Naturopathy was ideal to alleviate pain and restore functionality of the injured parts of the body. Malnutrition and loss of body weight can best be overcome by following proper diet along with natural cure which has no side effects. For obesity, the best-known treatment is Yoga along with proper diet and diet control. The programme was followed by a free Medical Camp organized by Excel Medical College of Yogic Sciences. Several Students, Faculty and Office Staff numbering more than 100 participated to make the Medical Camp a mega success. More than 400 participants benefitted from the Medical Camp and they took a resolution to go the Yoga way.