

ExcelTM

GROUP INSTITUTIONS MEDICAL CAMPUS

Approved by NCTE, AYUSH, NCH, NCISM, PCI, TNNMC, NCVT, New Delhi &
Affiliated to The TN Dr. M.G.R. Medical University, DPH, TNTEU, Chennai, Periyar University, Salem

NEWS BULLETIN

Vol. 9 | Issue - 6 | June - 2025



NH - 544, Salem - Coimbatore Highway
Komarapalayam
Namakkal District - 637 303
Cell : +91 98427 13789



excelinstitutions.com



PROF. Dr. A.K. NATESAN
Hon. Chairman's
MESSAGE

I have often noticed that people forget their quarrels and rivalry with the passage of time. that is something positive and appreciable. but it cannot be applied to the studies you do in various courses. once an interviewer finds out that you have majored in a particular stream, you are sure to get a generic question about that field and you are expected to be specific in your answer, if you want to impress your interviewer. all cannot excel in every field. similarly, you may not be a success in all what you do. mistakes are bound to happen. but here is where your god given memory power should be put to good use. fail in the exam, but learn the lesson. remember that each and every person who has succeeded in life has done it by learning the lesson even after the initial projects were utter failures.

I wish that this year 2024–25 be the best for you by way of having gathered experience from your mistakes, from the truancy of climatic conditions, from unexpected disasters like the pandemic and the heavy target laid on you with limited time to catch up; but with a determination on your forehead that you can and you will make it...

Chief Patron

Rtn. Prof. Dr. A.K. Natesan
Hon. Chairman

Patron

Dr. N. Mathan Karthick
Vice-Chairman

Chief Editors

Dr. N. Sengottaiyan
Director - Technical

Dr. K. Saravanan
Associate Professor / English

Editors

Dr. R. Manivannan
Principal, ECOP

Dr. T. Jayadeepa
Principal, ENC

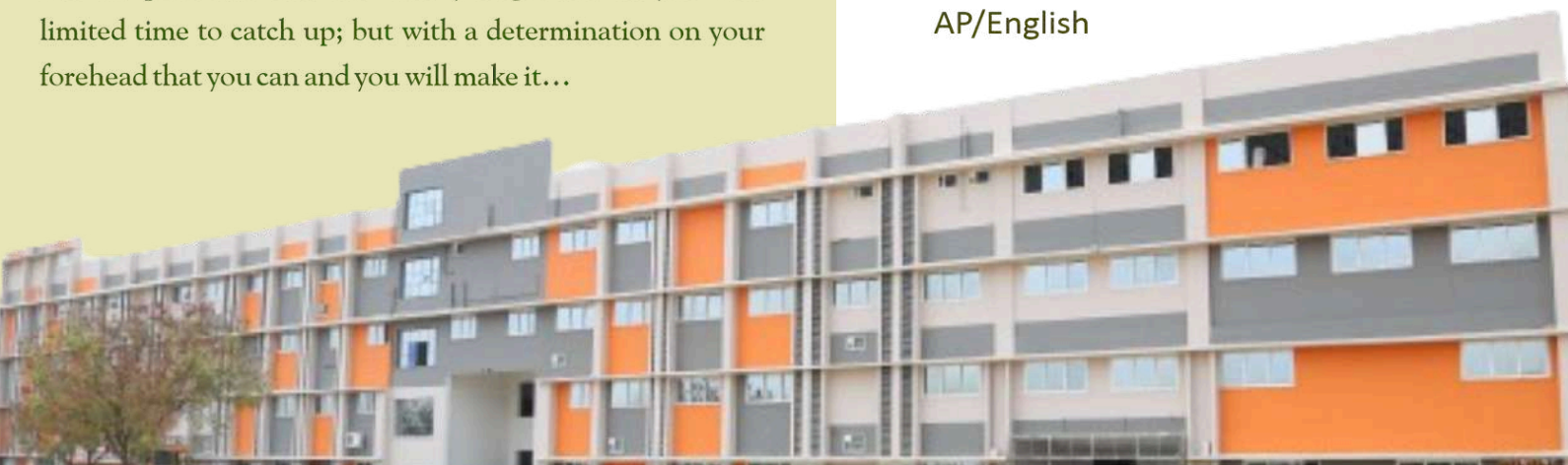
Dr. A. Ayyappan
Principal, ECOP & RC, EIHS

Dr. M. Maignana Moorthy
Principal, ESMC&RC

Dr. R. Malathi
Principal, EMCNY

Dr. T. Saravanan
Principal, EHMC

Mrs. K. Malathi
AP/English



NATUROPATHY & YOGA

DETOX WEEK



As part of the Detox Week initiative at Excel Medical College for Naturopathy and Yoga, Principal Dr. R. Malathi distributed enema kit to students across all batches on 17th June, 2025. She also addressed the students, explaining the purpose, procedure, and health benefits of enema therapy in naturopathic detoxification. The session emphasized the importance of internal cleansing and created awareness among students about incorporating such natural practices into their wellness routine and future clinical applications. The initiative was successfully coordinated by Dr. Hemalatha, Lecturer and Medical Officer, Dept. of Naturopathy and a group of interns.



21ST JUNE 11th INTERNATIONAL DAY OF YOGA CELEBRATION – 2025

**“HARIT YOGA – YOGA FOR ONE
EARTH, ONE HEALTH”**



Excel Medical College for Naturopathy and Yoga, Komarapalayam in collaboration with the Central Council for Research in Yoga and Naturopathy (CCRYN), successfully celebrated HARIT YOGA on the occasion of 11th International Day of Yoga at Poolampatti on 18.06.2025. The event was graced by Mr. Alagudurai, President of Poolampatti, Mr. Murali, Vice Chairman of Edapadi, local counselors, and faculty from the Health Department. Highlights included the demonstration of the Common Yoga Protocol by final-year 2020 Batch students, a free health camp offering consultation, vitals check-up, yoga and diet counseling, and the distribution of college pamphlets to the public and tourists. We also contributed by providing free yoga mats and flex sheets to students of the Government Primary School, where a yoga session was conducted. Additionally, around 50 saplings were planted near the Health Department building, reinforcing the environmental theme of the event. The success of the program was driven by the dedicated involvement of our faculty members, interns, and students.

21ST JUNE 11TH INTERNATIONAL DAY OF YOGA CELEBRATION – 2025

“HARIT YOGA – YOGA FOR ONE EARTH, ONE HEALTH”



SHINE HEALTHCARE HACKATHON – 2025



The SHINE Healthcare Hackathon 2025, a national innovation initiative jointly organized by The Tamil Nadu Dr. M.G.R. Medical University, was successfully held on 18.06.2025 at Erode College of Pharmacy. The event brought together innovators from across the country to develop transformative solutions in healthcare. Representing the institution were Dr. Keertheesvar, Assistant Professor and Medical Officer from the Department of Nutrition, Dr. Patherswari, Assistant Professor and Medical Officer from the Department of Manipulative Therapy, along with a team of 10 dedicated interns, all contributing actively to the spirit of innovation and interdisciplinary collaboration.

STEEL MEETS STILLNESS – IDY CELEBRATION WITH SAIL

Excel Medical College for Naturopathy and Yoga in association with Steel Authority of India Limited (SAIL), successfully organized a Common Yoga Protocol and Demonstration program as part of the 11th International Yoga Day celebration on 21st June, 2025. The event was led by Dr. Malathi, Principal cum Medical Superintendent of EMCNY, along with a dedicated team of doctors—Dr. Sivaraman, Dr. SefinBoby, Dr. Deebika, Dr. Boopathi—and ten interns from the 2019 batch. A team of ten students delivered an impressive yoga demonstration. The event was honored by the presence of the Honorable Union Minister of Heavy Industries and Steel, Shri H.D. Kumaraswamy, who enthusiastically participated in the yoga session along with dignitaries, school students, and SAIL staff. The program was highly impactful, earning warm appreciation from the Minister and other distinguished guests.



FROM CLASSROOMS TO CALM: CELEBRATING IDY 2025 WITH STUDENTS



The 11th International Day of Yoga program was conducted at Sri Palaniappa Matriculation School, Suramangalam, Salem, on 21st June, 2025. The event was inaugurated by our Principal cum Medical Superintendent, Dr. Malathi, who also delivered an insightful health talk on the importance of yoga in daily life. Following this, our yoga team demonstrated various yoga asanas, which were enthusiastically practiced by the students. The celebration was marked by active participation and a vibrant atmosphere, making it a memorable and impactful event.

YOUNG HEARTS, YOGIC STARTS

Excel Medical College for Naturopathy and Yoga in association with Steel Authority of India Limited (SAIL), successfully organized a Common Yoga Protocol and Demonstration program as part of the 11th International Yoga Day celebration on 21st June, 2025. The event was led by Dr. Malathi, Principal cum Medical Superintendent of EMCNY, along with a dedicated team of doctors—Dr. Sivaraman, Dr. SefinBoby, Dr. Deebika, Dr. Boopathi—and ten interns from the 2019 batch. A team of ten students delivered an impressive yoga demonstration. The event was honored by the presence of the Honorable Union Minister of Heavy Industries and Steel, Shri H.D. Kumaraswamy, who enthusiastically participated in the yoga session along with dignitaries, school students, and SAIL staff. The program was highly impactful, earning warm appreciation from the Minister and other distinguished guests.



NATURE HEALS: YOGA EMPOWERS

Excel Medical College for Naturopathy and Yoga celebrated 11th International Day of Yoga 2025 with great enthusiasm and active participation from over 450+ students from all the batches, on 20th June, 2025 at Excel Convention Center. The event was inaugurated by Dr. R. Vimal Nishant, Principal of Excel College for Commerce and Science, who delivered an inspiring address on the relevance of yoga in modern life. The welcome address was given by our principal Dr. R. Malathi. Students demonstrated the Common Yoga Protocol, promoting the values of health, balance, and mindfulness. The event was smoothly hosted by Mr. James and Ms. Alexin Swarna from II Year (2022 Batch) and was effectively coordinated by Dr. Monisha, Lecturer and Medical Officer, Dept. of Yoga. The celebration reflected the ongoing commitment to fostering holistic wellness in alignment with national health initiatives.



FROM TESTS TO TRANQUILITY: HEALING WITH YOGA



The Department of Allied Health Sciences (AHS) in association with Excel Medical College for Naturopathy and Yoga successfully organized the IDY Celebration on 21st June, 2025, with active participation of totaling 90 students and 5 faculty members. The event featured a vibrant demonstration of yoga asanas and breathing techniques including pranayama, emphasizing the importance of integrating yoga into daily life for physical, mental, and emotional well-being. The program was efficiently coordinated by Dr. Keertheesvar, Assistant Professor cum Medical Officer, Dept. of Nutrition and Dr. Nivetha, Lecturer cum Medical Officer, Dept. of Yoga, reflected the department's commitment to promoting holistic health among future healthcare professionals.

MOBILITY MADE SIMPLE



Excel College of Physiotherapy and Research Center, in collaboration with Excel Medical College for Naturopathy and Yoga, successfully celebrated the International Day of Yoga (IDY) on 21st June, 2025. The event saw enthusiastic participation from 90 students and 3 faculty members, featuring a dynamic demonstration of yoga asanas and breathing techniques, including pranayama. The session emphasized the profound benefits of integrating yoga into daily life to enhance physical, mental, and emotional well-being. The program was seamlessly coordinated by Dr. Keertheesvar, Assistant Professor cum Medical Officer, Department of Nutrition, and Dr. Nivetha, Lecturer cum Medical Officer, Department of Yoga, exemplifying the department's commitment to fostering holistic health among future healthcare professionals.

WHEN NURSING MEETS NAMASTE



Excel Nursing College, in association with Excel Medical College for Naturopathy and Yoga, celebrated International Day of Yoga 2025 on 21st June, 2025 with great spirit and participation. Recognizing the importance of yoga in promoting wellness and holistic health, around 60 students and 5 dedicated staff members enthusiastically took part in the event. The program was skillfully coordinated by Prof. Dr. R. Sughanya, Dept. of Yoga, along with passionate interns Ms. Haripriya and Ms. Harini from 2019 Batch. A special appreciation goes to Ms. Sharmila and Ms. Sangeetha, final-year students (2020 Batch), for their outstanding yoga demonstration, which truly brought the essence of the celebration to life.



SIDDHA SOULS, YOGIC GOALS



Excel Siddha Medical College and Research Centre, in collaboration with Excel Medical College for Naturopathy and Yoga, celebrated the International Day of Yoga with active participation and enthusiasm on 21st June, 2025 at AYUSH Auditorium. Around 90 BSMS students and five dedicated faculty members took part in the celebration, engaging in guided sessions of yoga asanas and breathing practices that highlighted the physical, mental, and emotional benefits of yoga. The event was effectively coordinated by Professor Dr. Parveen Kousar, Department of Physiology, whose leadership ensured a smooth and impactful experience. The program emphasized the role of yoga in preventive healthcare and holistic well-being, aligning with the vision of integrating traditional practices into modern health education.

HEALTH IN HARMONY – IDY FREE MEDICAL CAMP

As part of the International Day of Yoga celebrations, Excel Medical College for Naturopathy and Yoga Hospital, organized a free medical camp and yoga session at SRV Higher Secondary School, Rasipuram and at Kasi Vinayagar Hospital, Rasipuram on 21st June, 2025. The event offered a variety of wellness services, including Yoga Therapy, Massage Therapy, Diet Consultation, IRR Light Therapy, Facial Steam, and Pranayama practices, aiming to promote holistic health and natural healing among students and staff. The camp was efficiently managed by Duty Doctor Dr. Yuvaraj, along with dedicated interns Mr. Sri Kamesh, Mr. Devarayan, Ms. Mahalakshmi, and Ms. Jebilin, whose active participation and service contributed significantly to the success of the event. Around 35 patients and 150+ students were benefitted through this camp.



YOGA – THE NEW LAB OF LIFE



Excel Polytechnic College, in association with Excel Medical College for Naturopathy and Yoga, celebrated International Day of Yoga on 21st June, 2025; with the aim of promoting physical, mental, and spiritual well-being. The event saw enthusiastic participation from around 90 students and 15 staff members, who came together to embrace the holistic benefits of yoga. A health talk was delivered by Dr. Sugash Abinav, Lecturer and Medical Officer, Department of Human Anatomy, highlighting the significance of integrating yoga into everyday life. The Common IDY Yoga Protocol was demonstrated by student leaders from the 2022 batch – Mr. Aakash, Mr. Basetti Chandrasekhar, Ms. Magitha, Ms. Raja Sri, and Ms. Rithika – under the instruction of Dr Sugash, ensuring both precision and purpose in practice. The event served as a meaningful initiative in raising awareness about preventive healthcare through yoga.



FROM DILUTIONS TO DEEP BREATHS



Excel Homeopathy Medical College and Research Centre, in collaboration with Excel Medical College for Naturopathy and Yoga, enthusiastically celebrated the International Day of Yoga on 21st June 2025, with around 100+ students actively participating in guided sessions of yoga asanas and breathing practices. Additionally, a special session was conducted for over 25 NCC students to promote the benefits of yoga for physical and mental resilience. The event, coordinated by Professor Dr. Muthukrishnan, Senior Medical Officer of the Department of Acupuncture, highlighted the physical, mental, and emotional benefits of yoga while emphasizing its role in preventive healthcare and holistic well-being, reflecting the shared vision of integrating traditional healing systems such as Homeopathy, Naturopathy, and Yoga into contemporary medical education.

COMBINED MEDICAL CAMP AT NERUNJI PETTAI



On the event of Sri Venugopala Krishna Swamy Temple Samprokshanam, A free Naturopathy & Yoga Medical camp is organized in association with Excel Physiotherapy team at Nerunjipettai on 27.06.2025. Around 100+ public were screened, checked their vitals and also prescribed free Yoga and Diet counselling. Dr Raja Salomon, Chief Medical Officer along with our internees conducted the camp successfully. The event was graced by the presence of our Technical Director – Dr. Sengottaiyan sir.



NURSING COLLEGE

WORLD BLOOD DONOR DAY



The World Blood Donor Day mime awareness programme was conducted by Excel Nursing College on 16/06/25 and the programme lead by Dr. T. Jayadeepa, Principal Excel Nursing College.. The actual date was 14/06/25, but due to council inspection, it was not able to be conducted on that day. The programme started at 2:30 pm with a welcome address delivered by Mrs. Vasantha Priya. K (Associate Professor). It was lead by Dr. T. Jayadeepa, Principal Excel Nursing College. The programme was conducted based on the theme "Give Blood, Give hope; Together we Save lives." The mime programme was evaluated by Mrs. Punitha. K (Assistant Professor) and Mrs. Thilaga (Assistant Professor). Around 5 groups participated in the competition, and students won the 1st, 2nd, and 3rd prizes. A total of 160 students benefited from this programme. The programme was successfully completed at 4:00 pm with the National Anthem.



COLLEGE OF PHARMACY

INTERNATIONAL YOGA DAY 19.06.2025 TO 21.06.2025



International Yoga Day was celebrated in Excel College of Pharmacy from 19th to 21st June to raise global awareness about the benefits of practicing yoga for health, mental well-being, and spiritual growth. The Chief guests were invited from "Heartfulness Meditation Centre", and conducted yoga for 3 days as different sessions. 1. Mr. G J. Badhree narayanan (Senior Trainer, Erode) 2. Mr. P. Thangavel (Senior Trainer, Komarapalayam) 3. Mr. S. Subramani (Senior Trainer, Sankagiri). The trainers emphasized the importance of correct breathing techniques (pranayama) and its role in boosting immunity and overall mental well-being. The practice of gentle asanas catered to participants of all fitness levels, making it inclusive and welcoming for all. The Heartfulness Relaxation Technique was introduced as a simple yet profound method for releasing tension and achieving deep relaxation within moments. The trainers spoke about the benefits of starting the day with yoga and meditation, highlighting its ability to enhance focus, reduce stress, and foster emotional resilience. A special talk was delivered by a guest Mr. G.J.BadhreevNarayanan,(Senior Trainer) focusing on the theme "Yoga for One Earth One Health". The speaker emphasized the significance of yoga and Heartfulness Meditation in nurturing inner peace and promoting harmony within families and communities. Throughout the practice, trainers emphasized the integration of breath and movement, making sure that every asana was performed with conscious breathing. Techniques such as Anulom Vilom and Bhramari Pranayama were included between asanas for relaxation and deepening focus.



WORLD BLOOD DONOR'S DAY

21.06.2025



The blood donation camp organized at Excel College of Pharmacy on 21.06.2025 was a collaborative effort between the college and the Tamilnadu Voluntary Blood Bank and Research Centre. THEME: "Give Blood, Give Hope: Together We Save Lives". The event was aimed at encouraging blood donation and fostering community spirit while supporting local hospitals with much-needed blood supplies.



INTERNATIONAL OLYMPIC DAY

23.06.2025



The Sports club of Excel college of pharmacy organized the International Olympic day on 23.06.2025. Olympic Day outcomes focus on promoting awareness of Olympic values such as excellence, friendship, and respect. It encourages participation in sports, fosters community engagement, and inspires healthy lifestyles. The event aims to unite people of all ages and backgrounds, promoting inclusivity, physical activity, and global harmony through the spirit of the Olympics.



INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING 26.06.2025



On June 26th, 2025, Excel College of Pharmacy observed "International Day Against Drug Abuse and Illicit Trafficking" and "Road Safety Awareness Day" with the theme: "Breaking the Chains: Prevention, Treatment, and Recovery for All." The program was conducted by the Anti-Drug abuse committee Club in front of the Pharmacy Block, aiming to raise awareness about the dangers of drug abuse and the importance of road safety among students and the public.



WORLD MUSIC DAY - 26.06.2025



The Cultural club of Excel college of Pharmacy organized World Music Day on 26.06.2025. Theme: " Healing through Harmony". Students become more involved in cultural activities, boosting morale and creating a vibrant campus atmosphere. Music-based events offer students a break from academic pressure, supporting emotional and mental health. Encourages collaboration among students, faculty, and staff, fostering unity and a sense of belonging. Students from diverse backgrounds get the opportunity to express themselves freely, promoting self-esteem and individuality.



HOMOEOPATHY MEDICAL COLLEGE AND HOSPITAL

WORLD ENVIRONMENT DAY

World Environment Day June 5, 2025 celebrated in Excel Homoeopathy Medical College and Hospital, to create awareness among the students about global warming, climate changes and encourage efforts to protect the environment. Plant sapling and awareness programme organised by the department of Community medicine.



WORLD BLOOD DONOR DAY

On the occasion of world blood donor day webinar session collaboration with "The madras voluntary blood bureau, Chennai, conducted by Dept. of Community Medicine on June 14, 2025 and our speaker given awareness speech about "BENEFIT OF BLOOD DONATION" by Dr Santharam, Secretary, Association of voluntary blood donation, Chennai.



INTERNATIONAL YOGA DAY 2025



On behalf of International Yoga Day celebrations 2025, Excel homoeopathy medical college organised a Yoga session for students in college campus on 21.06.2025. The chief guest Dr Muthukrsihnan., BNYS, has given speech about importance of Yoga Asanas. And Yoga instructor final year student Ms Agnimaragathavarshini has given demonstrsation. The students were taught various aasanas for improving and maintaining their health.



DRUG AWARENESS PROGRAM



Excel Homoeopathy Medical College conducted drug awareness program, organised by department of Community Medicine Dr V Karmegam and Dr K Balaragunathan in college campus along with our principal Dr..T. Saravanan, Faculties, Medical Officer, Interns and students were taken pledge against drug usage.



SIDDHA MEDICAL COLLEGE AND RESEARCH CENTRE

WORLD ALBINISM DAY – JUNE 13,2025



On observance of World Albinism Day, our Excel Siddha Medical College and Research Centre, conducted a seminar to provide deep insight about Albinism and its challenges.

The day is observed annually to raise awareness about the challenges and human rights issues faced by people with albinism. The theme for 2025 is "Demanding our rights: Protecting our skin, Preserving our lives".

Under the guidance of our respected Principal Prof.Dr.M.Maignanammoorthy,M.D(s), the seminar was conducted on 13.06.2025.

Dr.A.Rajarajeswari,MD(S). Professor,Department of Aruvai Maruthuvam presented a seminar on the topic of "Albinism - Demanding our rights: Protecting our skin, Preserving our lives". Faculty members and Final BSMS Students participated in this seminar.



INTERNATIONAL DAY OF YOGA – 21 JUNE 2025



Excel Siddha Medical College and Research Centre celebrated the International Day of Yoga on 21.06.2025. The event was organized by the Sirappu Maruthuvam (SPM) Department, showcasing the college's commitment to holistic wellness.

Yoga Asanas and Breathing Techniques was demonstrated by Dr. Parveen Kousar, Assistant Professor. She explained each pose and its benefits for physical and mental well-being. Students learned about the importance of proper alignment, breathing techniques, and mindfulness in yoga practice.

The International Day was celebrated in the Theme of "Yoga for one Earth, One Health"

The IDY 2025 was Organized by : Dr. S. P. Radha, Professor & Dr. K. Pavithra, Assistant professor, Department of sirappu maruthuvam.



WORLD SOCIAL MEDIA DAY-30 JUNE 2025



On observance of World Social Media Day, our Excel Siddha Medical College and Research Centre, conducted a seminar about Social media influence and benefits in Siddha system.

The day is observed in this year's theme for World Social Media Day is 'empowering voices and building communities,' Under the guidance of our respected Principal Prof.Dr.M.Maignanamoorthy,M.D(s), the seminar was conducted on 30.06.2025.

Final year BSMS Student S.Karthikeyan presented a seminar on the topic of "UNLOCKING SIDDHA WISDOM IN THE DIGITAL AGE". He Highlighted the titles of Siddha Medicine in the Digital Era, Role of Siddha Students in the Digital Movement, Institutional Platforms and Digital Resources, Institutional Platforms and Digital Resources, 1. TNMGRMU – Tamil Nadu Dr. M.G.R. Medical University, 2. CCRS – Central Council for Research in Siddha, 3. AYUSH Research Portal, 4. A-HMIS – Ayush Health Management Information System, 5. NCISM – National Commission for Indian System of Medicine, 6. NIS – National Institute of Siddha, Chennai, 7. PCIM&H – Pharmacopoeia Commission for Indian Medicine and Homoeopathy, 8. SEARCHi – Siddha E-Resource and Centre for Heritage Initiative, 9. JAFFNA FSM – Faculty of Siddha Medicine, University of Jaffna, Sri Lanka, 10. Global Centre for Siddha (GCS), 11. Tamil Digital Library (TDL), 12. TNSMC – Tamil Nadu Siddha Medical Council, 13. WHO Siddha ,

The seminar ended with a reminder that the digital age is not a threat to Siddha medicine it is an opportunity. But to use it wisely, Students must help in bridging the past with the present, and preserving authenticity in a fast-paced world of information. Final BSMS Students and Faculty members participated in this seminar.



AICTE
APPROVED



UGC Graded
Autonomy



NAAC
ACCREDITED
A+ GRADE (3.26)



NATIONAL BOARD
OF ACCREDITATION
B.E. - AERO,
MECH, CSE, ECE
AGRI, CIVIL, BME



The Institution Of
Engineers
(India)



N.S.D.C
Skill
Development



StartupTN
Innovation
Council

Digital smart campus initiative Multi disciplinary approach
Macro and micro credit systems Holistic development

12.5 LPA
Highest Salary Package

900+
Training Hrs

1084
Internship

4.1 LPA
Average Salary Package

» EXCEL PUBLIC SCHOOL - CBSE TECHNICAL CAMPUS

- » EXCEL ENGINEERING, ARCHITECTURE & BUSINESS SCHOOL - AUTONOMOUS
- » EXCEL COLLEGE FOR COMMERCE & SCIENCE
- » EXCEL POLYTECHNIC COLLEGE & ITI
- » EXCEL COLLEGE OF EDUCATION
- » KANDHASWAMY COLLEGE OF EDUCATION
- » EXCEL FITNESS & SPORTS ACADEMY

MEDICAL CAMPUS

- » EXCEL HOMOEOPATHY MEDICAL COLLEGE
- » EXCEL SIDDHA MEDICAL COLLEGE & RESEARCH CENTRE
- » EXCEL MEDICAL COLLEGE FOR NATUROPATHY & YOGA
- » EXCEL COLLEGE OF PHARMACY » EXCEL NURSING COLLEGE
- » EXCEL COLLEGE OF PHYSIOTHERAPY & RESEARCH CENTRE
- » EXCEL COLLEGE OF OCCUPATIONAL THERAPY
- » EXCEL INSTITUTE OF HEALTH SCIENCE
- » EXCEL MULTISPECIALITY HOSPITALS
- » EXCEL PHYSIOTHERAPY, HOMOEOPATHY, SIDDHA, NATUROPATHY & AYUSH HOSPITALS