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MEDICAL CAMPUS

# NEWS BULLETIN

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**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...

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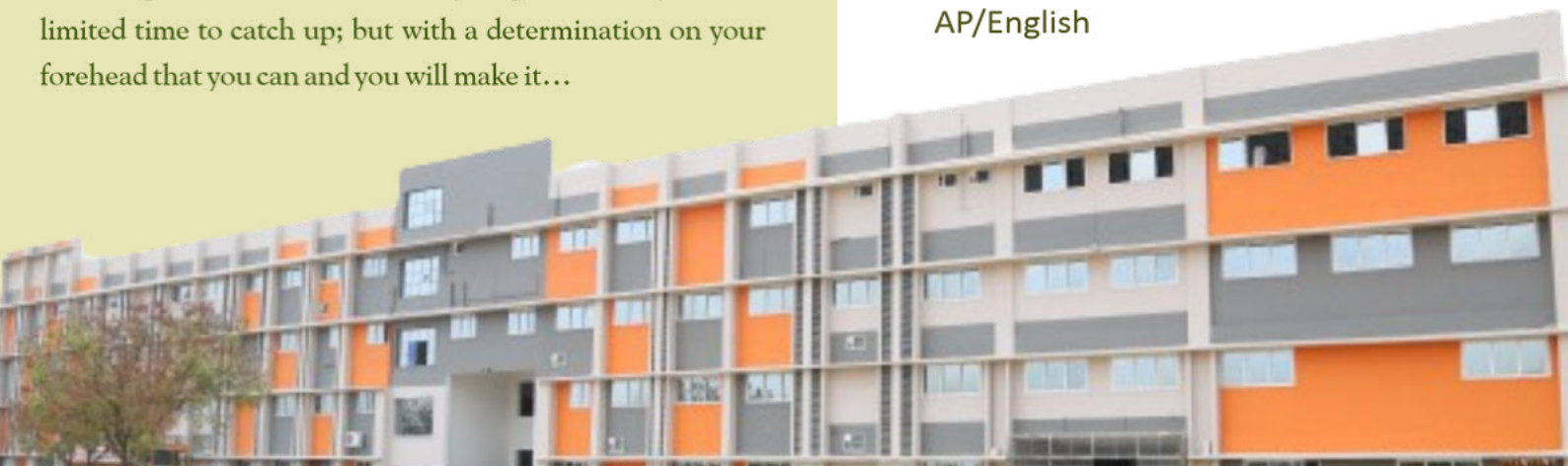
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# NATUROPATHY & YOGA

## FREE MEDICAL CAMP ON GANDHI JAYANTHI



A Free Medical Camp was organized on 2nd October 2025 at Vemankattuvalasu Village in commemoration of Gandhi Jayanthi by Dr. Muthukrishnan along with the interns of Excel Medical College for Naturopathy and Yoga. The camp emphasized Gandhian principles of natural living and self-care, offering free medical consultations, vitality check-ups, and lifestyle education to the rural community. A total of 65 beneficiaries availed the services, making the camp a meaningful outreach initiative promoting holistic health and wellness.





# NATUROPATHY & YOGA

## INDIA'S FIRST INSTITUTION TO HOST TWO CONSECUTIVE OFI-CERTIFIED OZONE THERAPY WORKSHOPS



Following the overwhelming success of its inaugural program, Excel Medical College for Naturopathy and Yoga once again hosted a three-day Basic and Advanced Ozone Therapy Workshop from 4th to 6th October 2025, in collaboration with the Ozone Forum of India (OFI). With this achievement, the institution proudly became India's first college to successfully organize a second OFI-certified dual-level training program.

The workshop attracted participants from diverse medical backgrounds, including MBBS, BSMS, BNYS, BPT, and MPT, as well as medical interns, who engaged in an intensive blend of theoretical instruction and practical clinical training. The sessions were conducted by eminent ozone therapy experts Dr. Mili Shah and Dr. Jignasha Captain, who once again delivered a comprehensive, evidence-based curriculum combining scientific insights with hands-on applications. Participants practiced a range of ozone therapy procedures such as ozonated saline infusions, ear and rectal insufflations, limb bagging, and localized ozone applications under expert supervision, enhancing their practical competence and confidence in clinical ozone therapy. A self-evaluation module at the conclusion of the program enabled attendees to reflect on their learning progress and readiness for clinical integration.

The event was coordinated by Organizing Chairperson Dr. Malathi R, supported by the organizing committee members Dr. Deebika and Dr. Sugash Abinav. Dr. Monisha managed accommodation and promotional activities, Dr. Logasudhan oversaw transportation, while technical coordination was handled by Dr. Simon Marvel Singh. The workshop's smooth execution was further ensured by the dedicated efforts of student volunteers from the 2021, 2024 batches and Interns.



# NATUROPATHY & YOGA

## INDIA'S FIRST INSTITUTION TO HOST TWO CONSECUTIVE OFI-CERTIFIED OZONE THERAPY WORKSHOPS

This second successful hosting reaffirmed Excel Medical College for Naturopathy and Yoga's pioneering role in advancing Ozone Therapy education and promoting interdisciplinary collaboration in integrative healthcare.





# NATUROPATHY & YOGA

## NATIONAL LEVEL YOGA COMPETITION – 2025



The Nandha Vibha Yogautsav 2.0, a National Level Yoga Competition, was hosted by Nandha Naturopathy and Yoga Medical College and Hospital on 9th and 10th October 2025. A total of 50 students from Excel Medical College for Naturopathy and Yoga enthusiastically participated and showcased their talents in various yoga events. The program was coordinated by Dr. Nivetha and the students were trained by Dr. Monisha, whose guidance and encouragement greatly contributed to their excellent performance. Dr. Boopathi served as one of the judges for the competition, adding prestige to the event. The participation highlighted the institution's dedication to promoting yoga excellence, discipline, and holistic wellness among students.



# ABDUL KALAM AWARDS – 2025

A photograph of two women standing indoors. The woman on the left is wearing a white lab coat over a blue top and is holding a large, framed certificate. The woman on the right is wearing a pink and white patterned sari. They are both smiling at the camera. In the background, there is a wooden cabinet with glass doors and a window with a blue frame.



# NATUROPATHY & YOGA

## NAVARATHRI CELEBRATION 2025



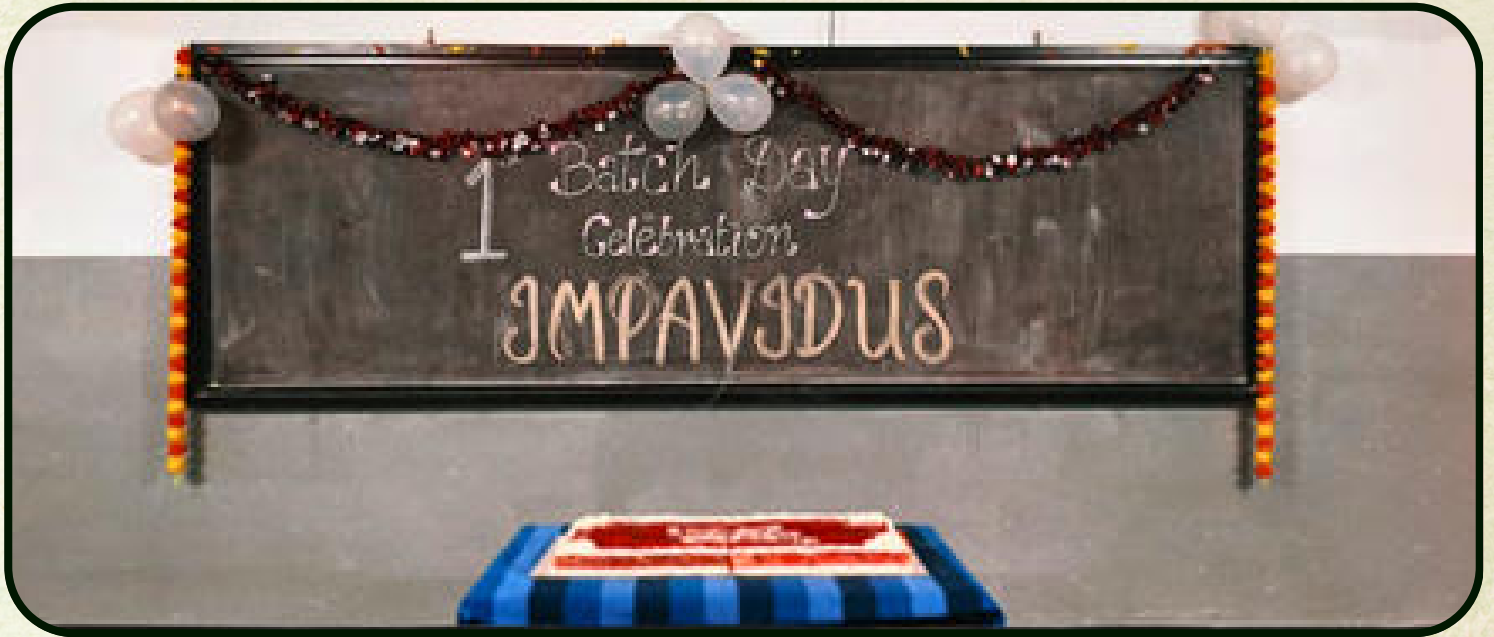
The Navarathri Celebration was joyfully organized at Excel Medical College for Naturopathy and Yoga, creating an atmosphere filled with devotion, tradition, and cultural vibrance. Students and faculty members actively participated by offering daily prayers, bhajans, and traditional poojas, celebrating the spiritual significance of Navarathri – the festival honoring the divine feminine energy (Shakti). The event served as a beautiful blend of spirituality and community engagement, reflecting the college's emphasis on holistic well-being, cultural values, and inner harmony.





# NATUROPATHY & YOGA

## IMPAVIDUS – 2024 BATCH DAY



The Batch Day Celebration for the 2024 Batch of Excel Medical College for Naturopathy and Yoga was held with great joy and enthusiasm on 16.10.2025. The event began with a cheerful cake-cutting ceremony, symbolizing togetherness and accomplishment. It was followed by heartfelt speeches from students and faculty members, sharing reflections on their experiences and memories. The Principal addressed the gathering with inspiring words, appreciating the students' efforts and wishing them success in their future endeavors. The celebration created a warm and memorable atmosphere, marking a proud milestone in the journey of the 2024 batch.





# NATUROPATHY & YOGA

## WORLD FOOD DAY CELEBRATION – 2025

The World Food Day Celebration was observed on 16th October 2025 at Excel Medical College for Naturopathy and Yoga with the theme of promoting healthy eating and food awareness. As part of the event, students actively participated in preparing nutritious and natural dishes, emphasizing the importance of balanced diets and sustainable food practices. The celebration aimed to raise awareness about the role of wholesome food in maintaining health and preventing lifestyle diseases. The event fostered learning, creativity, and community spirit, highlighting the college's commitment to promoting wellness through natural and mindful nutrition.





# NATUROPATHY & YOGA

## NATIONAL LEVEL WORKSHOP AT COIMBATORE



The students of 2021 and 2023 batches from Excel Medical College for Naturopathy and Yoga actively participated in the National Level Workshop on “Biohacking Life with Yoga: From Wellness to Longevity”, held on 15th October 2025 at Saraswati Hall, UEI Campus, Coimbatore. The program was jointly organized by Varahi’s Mystic Yoga and UIT Educational Trust, aiming to enhance awareness of yogic science and its role in achieving holistic health and longevity. The workshop provided valuable insights into the integration of yoga with modern wellness approaches, enriching the participants’ academic and practical understanding of yoga-based health optimization. The students were accompanied and guided by Faculty Coordinator Dr. Boopathi.



# NURSING COLLEGE

## WORLD MENTAL HEALTH DAY



A one-day seminar on Mental Health Well-being and the plight of homeless beggars was organized on 9th October 2025 in association with Atchayam Trust. The event was conducted in collaboration with the Erode City Municipal Corporation, District Differently Abled Welfare Department, District Social Welfare Department, and Excel Nursing College. Students from the B.Sc (N) III Year participated actively in the seminar.

The program was honored by the presence of distinguished guest Mr. Naveenkumar, who delivered a special address emphasizing the importance of mental health well-being and raising awareness about the challenges faced by homeless beggars.

As part of the program, participation certificates were distributed to the attendees. The event concluded with a formal vote of thanks.

The seminar was successfully carried out with active participation and positive feedback from all attendees.





# NURSING COLLEGE

## WORLD POLIO DAY



World Polio day was conducted by Excel Nursing College (Child Health Nursing department) on 27.10.2025. The programme was started at 3.00 pm with TamilthaiVazhthu. Ms. Manimekalai.A (Nursing Tutor) delivered a welcome address and the programme was led by Dr.T.Jayadeepa, Principal, Excel Nursing College. After inauguration, Mrs.Thilaka.P (Assist. Professor) introduced the Guest Speaker Dr.T.Nayaki, MD(Homeopathy) (Assist. Professor) explained about the THEME - END POLIO: EVERY CHILD, EVERY VACCINE, EVERYWHERE. All students have given a positive feedback about this theory session. Vote of thanks given by Mrs. Joshphine Soosai Mary. M (Nursing Tutor).Finally, the programme was ended with National Anthem at 4.00pm.





# SIDDHA MEDICAL COLLEGE AND RESEARCH CENTRE

## WORLD MENTAL HEALTH DAY SEMINAR



Our Excel Siddha Medical College and Research centre celebrated World Mental Health day on 10.10.2025 by organizing a thought-provoking seminar, supporting the global theme "Mental health is a universal Human Right". The event was designed to raise awareness, fight stigma, and promote holistic well-being among students, faculty, and the local community.

This programme was conducted under the guidance of our respected Principal Prof.Dr.M.Maignana Moorthy., M.D(S),

Dr. Kathirvel MD (S)., Associate Professor, Department of Udal Koorugal, presented a seminar on the occasion of World Mental Health Day.

### KEY HIGHLIGHTS OF PRESENTATION:

- The importance of recognizing mental health as a fundamental right for all individuals
- Common mental health challenges faced by youth and healthcare students, such as stress, anxiety, and depression
- Effective coping strategies, self-care techniques, and wellness routines
- Destigmatizing mental illness and encouraging open conversations within families and campus settings
- Available resources, campus counseling support, and helplines

Final Professional students and faculty members attended this seminar programme.

This Seminar Organized by: Dr. K. Pavithra, Assistant Professor, Department of Sirappu Maruthuvam.





# SIDDHA MEDICAL COLLEGE AND RESEARCH CENTRE

## BREAST CANCER AWARENESS SEMINAR



In observance of BREAST CANCER AWARENESS MONTH, Our Excel Siddha Medical College and Research Centre organised an enlightening Seminar on 23.10.2025.

This programme was conducted under the guidance of our respected Principal Prof.Dr.M.Maignana Moorthy., M.D(S),

Dr.K.Vithya,MD (s)., Associate Professor, Department of Sool & Magalir Maruthuvam delivered an inspiring talk on aimed at spreading knowledge on early detection, prevention and treatment of Breast Cancer.

The session featured the importance of Breast self-examination, regular screening and adopting a healthy lifestyle. Faculties and students actively participated in this event.

- Breast cancer statistics and rising incidence worldwide and in India
- Risk factors such as genetics, lifestyle, and environmental exposures Screening techniques including the significance of Breast Self-Examination (BSE), mammography, ultrasound, and biopsy
- Early signs and symptoms to be vigilant about
- Advances in diagnostic imaging and treatment modalities
- Psychosocial aspects and support resources for patients and families

Final Professional students and faculty members attended this seminar programme. This Seminar programme was organized by the Department of Sool & Magalir Maruthuvam.





# SIDDHA MEDICAL COLLEGE AND RESEARCH CENTRE

## WORLD POLIO DAY SEMINAR



In observance of World Polio day. Global Health Awareness Day event celebrations 2025, Our Excel Siddha Medical College and Research Centre organised an enlightening Seminar in the theme of “End Polio: Every Child, Every Vaccine, Everywhere” on 24.10.2025.

This programme was conducted under the guidance of our respected Principal Prof.Dr.M.Maignana Moorthy., M.D(S),

Dr.S.Mahalakshmi,MD (s)., Assistant Professor, Department of Kuzhanthai Maruthuvam delivered an inspiring talk on about awareness of WORLD POLIO DAY

The seminar reminded everyone that maintaining high immunization coverage is crucial, and called on students, staff, and families to act as ambassadors for polio awareness. Together, our efforts will ensure that no child is left behind in the quest for a polio-free world.

Final Professional students and faculty members attended this seminar programme.

This Seminar programme was organized by the Department of Kuzhanthai Maruthuvam





# INSTITUTE OF HEALTH SCIENCE INTERNATIONAL CONFERENCE



Students from our AHS (RIT 2025 BATCH & MLT 2021 BATCH ) department proudly participated in the International Conference “Excel & Educate”, held at Chennai on October 16, 17, and 18. The prestigious event was organized by The Tamil Nadu Dr. M.G.R. Medical University in collaboration with the Government of Tamil Nadu. The conference brought together leading experts, educators, researchers, and students from across the globe to share innovative ideas and advancements in the field of healthcare and allied sciences. Our AHS students had a remarkable opportunity to engage with professionals, attend keynote lectures, participate in workshops, and gain exposure to cutting-edge developments in clinical practice, research methodologies, and emerging healthcare technologies.

Their active participation not only enhanced their academic insight but also strengthened their confidence, professionalism, and global outlook. It was a proud moment to see our students interact, collaborate, and represent our institution at an international platform. We congratulate our AHS students for their enthusiastic involvement and for upholding the values of learning, excellence, and innovation. Their experience at “Excel & Educate” will undoubtedly contribute to their growth as future healthcare leaders.







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Autonomy



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### MEDICAL CAMPUS

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- » EXCEL SIDDHA MEDICAL COLLEGE & RESEARCH CENTRE
- » EXCEL MEDICAL COLLEGE FOR NATUROPATHY & YOGA
- » EXCEL COLLEGE OF PHARMACY » EXCEL NURSING COLLEGE
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