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Issue 02

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# **IQAC ORGANISED PROGRAMS**

Meenakshi Medical College Hospital and Research Institute has been awarded the prestigious NABH Certificate of Accreditation for Blood Bank This significant achievement is a testament to our unwavering commitment to excellence and quality patient care. Our team of highly skilled and trained professionals has worked tirelessly to achieve this milestone, implementing best practices and constantly improving our blood bank services and our blood bank adheres to the highest standards of safety, efficiency, and ethical practices.



# **AWARDS** -

The Fellowship Program in Regenerative Medicine has recognized three outstanding individuals for their contributions to the field. Dr. Protyusha Guha Biswas, Dr. Prabhu Shankar, and Dr. Velmurugan Natanasabapathy have been awarded the Fellowship Program in Regenerative Medicine at the University of Toronto's Institute of Medical Sciences for their research and expertise in regenerative medicine have earned them this prestigious recognition.



In the realm of yoga, at the International Yoga Achievers Award-2021: Yuva Shri from Patanjali College of Yoga and Research acknowledged the accomplishments of PhD scholars Sridevi K J, Dr. Parvathy S, and Sivaraman M.

## VALUE ADDED COURSES

The Department of Periodontology, Meenakshi Ammal Dental College and Hospital organized a four-day course on "Photographic Skills" (06.06.2021, 13.06.2021, 20.06.2021 and 27.06.2021). The course aimed to provide valuable insights into the significance of photography in dentistry. The resource person, Dr. U. Arunmozhi, conducted the sessions, which were attended by a total of 147 students.

### **CAMPS**

During April to June, 19 camps were conducted by all the constituent colleges of our university. Total number of 48 teaching faculties and 1405 students participated in all the camps. General health awareness camps were conducted on account of World Health Day and International Nurse's Day. Benefits of Yoga were emphasized by Meenakshi college of Nursing students on International Yoga Day. Hand Hygiene Practices were demonstrated on World Hand Hygiene Day by nursing students. Importance of preserving the Nature was emphasized by awareness programs conducted on World Environment Day and world earth day. Covid 19 Awareness Program and Kit Distribution were organized by National Service Scheme.

To create awareness among the people in and around Meenakshi Medical College and Research Institute about the COVID 19 vaccination, a vaccination drive was conducted between 11/04/2021 to 14/04/2021.





Intensified Pulse Polio Immunization was conducted in Rural Health Training Centre, Vadamavandal on 31/05/2021 by MMCHRI. Followed by the immunization, awareness talk was given by the postgraduates.





Meenakshi Ammal Dental College & Hospital conducted a Covid – 19 Kit Distribution Campaign at various places in maduravoyal area on 21.6.2021. This campaign was initiated by the Vice Chancellor, where he distributed mask, gloves, hand sanitizer kit. Along with that he also initiated the distribution of KabasuraKudineer to the Class IV workers in MADCH.





COVID-19 kit distribution by our Vice chancellor Dr. Neelakadan

Anti plastic awareness program was conducted by MADCH on 24.06.21 at Alapakkam, Maduravoyal.





Pamphlet distribution as a part of anti Plastic awareness program by MADCH

Meenakshi Ammal Dental College & Hospital conducted an awareness program about cancer on 26.6.2021 at Government High School, Maduravoyal on account of National Cancer awareness week.



Session on cancer awareness

The Awareness on Benefits of Yoga on International Yoga Day was conducted by Meenakshi College of Nursing in collaboration with Arulmigu Meenakshi Amman Public School, Alapakkam, Chennai, on 19th June, 2021.

Meenakshi College of Nursing conducted awareness on Hand Hygiene Practices on World Hand hygiene day on 22, June, 2021 in collaboration with Mangadu Public School, Chikkarayapuram, Chennai. The day was observed with the theme "Seconds save livesclean your hands". The day aims to maintain global promotion, visibility and sustainability of hand hygiene in health care and to 'bring people together' in support of hand hygiene practice around the world.







## **RESEARCH PROJECTS**

The following research projects, clinical trials, endowments, and chairs have been undertaken by various principal investigators and coinvestigators in different departments:

"Effect Of Occlusal Reduction On Postoperative Pain Following Single Visit Endodontic Treatment On Posterior Teeth - A Randomized Controlled Trial" led by Dr. Suma Ballal from the Department of Meenakshi Ammal Dental College and Hospital, Chennai. The project, funded by Mark Air-Particulate Control Systems, aims to investigate the impact of occlusal reduction on postoperative pain after endodontic treatment.

"Influence Of Integrated Yoga Program On Testosterone Among Girls Diagnosed With PCOS" conducted by Dr. V. Subbulakshmi from the Faculty of Yoga Science and Therapy. The project, funded by Easy Yoga Studioz, focuses on studying the effects of an integrated yoga program on testosterone levels in girls diagnosed with polycystic ovary syndrome (PCOS).

"Effect Of Yoga Therapy With And Without Kalari On Selected Risk Factors Among Adolescent School Obese Girls" led by Dr. Anitha Harry from Meenakshi Medical College Hospital and Research Institute. The project, funded by Narchinthanai Vattam Charitable Trust, aims to evaluate the impact of yoga therapy with and without Kalari (a traditional martial art form) on various risk factors in obese adolescent girls.

"Isolation And Identification Of Microflora In Periodontitis By Microbiological And Biochemical Methods" conducted by Dr. B. Kavitha from Meenakshi Ammal Dental College and Hospital. The project, supported by Mark Air-Particulate Control Systems, focuses on isolating and identifying microflora associated with periodontitis using microbiological and biochemical techniques.

"In Vitro Antibacterial Efficacy Of Fruit Juice Extracts On Cariogenic Micro-Organisms" led by Dr. J. Mohammed Farzan from Meenakshi Ammal Dental College and Hospital. The project, funded by Genetika, aims to assess the antibacterial effectiveness of fruit juice extracts against cariogenic microorganisms in vitro.

"Comparison Of Stress Distribution In Two Plate And Four Plate Fixation Following Le-Fort I Advancement Using Finite Element Analysis" undertaken by Dr. T. Srinivasa Prasad from Meenakshi Ammal Dental College and Hospital, with support from Genetika. This project involves utilizing finite element analysis to compare stress distribution in two-plate and four-plate fixation methods after Le-Fort I advancement surgery.

"Effect Of Yogic Practices With And Without Psychoneurobics On Selected Risk Factors Among Down Syndrome Boys" conducted by Dr. N. Muninathan from Meenakshi Medical College Hospital and Research Institute. The project, funded by Yes Fit Studio, focuses on evaluating the impact of yogic practices, with and without psychoneurobics, on various risk factors in boys with Down syndrome.

"Effect Of Yogic Practices With And Without Mantra Chanting On Selected Risk Factors Among Menopausal Women" led by Dr. R. Muthulakshmi from Meenakshi Medical College Hospital and Research Institute. This project, supported by Padmam Yoga, aims to examine the effects of yogic practices, with and without mantra chanting, on specific risk factors experienced by menopausal women.

"Effect Of Yogic Practices With And Without Diet On Selected Risk Factors Among Middle-Aged Women Suffering From Insomnia" undertaken by Dr. Rajasekar from Meenakshi Medical College Hospital and Research Institute, with funding from Padmam Yoga. The project aims to explore the impact of yogic

#### SOFT SKILL PROGRAMS

The fourth module of "Yoga for Healthy Life" scheme was held on 26.6.2021 via hybrid mode. Mr.Annadurai demonstrated the yoga and explained the importance of yoga to mental peace during pandemic. 135 students were benefitted from the module.



Meenakshi College of Nursing, MAHER conducted Language and Communication Skill Development Programme. Dr.Priscilla, Consultant, CEO Education Centre for Management Training and Professional Studies was invited as the resource person. 18 students were benefitted by the program.

Faculty of Humanities and Science, MAHER conducted "Barriers to Effective Communication" from 03.05.2021 to 07.05.2021. Mr. Vishweshar, Program Manager, Magic Bus Foundation was invited for the program. A total of 176 students attended and got benefitted from the program.

Faculty of Yoga Science and Therapy, MAHER conducted a skill training program titled "Stress Management during Covid 19 Pandemic". Director of Patanjali College of Yoga Mr.K.Ratna Sabapathy conducted this training program on 28th May 2021. Totally, 99 students and scholars benefitted by this training program.



## CAREER GUIDANCE PROGRAMS

The Institutional Placement Cell (IPC) of MMCHR&I held a career guidance program on "Recent Changes in Medical Examination of Cases of Sexual Violence" for final year MBBS students and CRRIs via online mode on 8th April 2021. There were 88 participants who attended and benefitted from the program.



The Institutional Placement Cell (IPC) of MMCHR&I held a career guidance program on "Career Opportunities in Research Agencies" via online mode on 20th April 2021. There were 251 participants who attended and benefitted from the program.

The Placement cell of FHS, MAHER organised a career development program on "Corporate training on career options" for the final year students of FHS for five days from 26.04.2021 to 30.04.2021. Students appraised that this program was very informative. A total of 196 students attended this program.



Placement Cell, Faculty of Yoga Science and Therapy, Meenakshi Academy of Higher Education and Research conducted a "NET Exam Training Program" as guidance for competitive exam. The resource persons Mrs.T.Sujatha, Mrs.K.J.Sridevi, Mrs.K.Amutha Devi, Ms.B.Shalini, Mrs.G.Nalini were UGC NET qualified yoga trainers. A total of 105 students and scholars were benefitted by this training.



### **EVENTS CONDUCTED**

Student Nurses Association of Meenakshi College of Nursing, MAHER conducted a poster designing competition on the theme "Vaccines bring us closer". 15 students participated in the competition and exhibited their talents.



Department of Visual Communication along with IQAC Cell conducted a E-poster Designing competition on 5th June, 2021. Many students from different departments actively participated. A total of 65 entries from all the departments were received and 3 best prizes were awarded. The judge was Mr.Aswin Prasanth, Journalist at The New Indian Express, English daily, Chennai division.



Department of Management Studies of FHS conducted a Cultural Event for the students of Management studies. Many students from the department actively participated with enthusiasm through virtual mode. Rangoli, face painting and tik-tok were the events conducted by the department. Three prizes were awarded.



A competition called "Trash into Treasure" was organised to encourage creativity and promote sustainability among students. It was held on 22nd April 2021 at the auditorium of Meenakshi Ammal Dental College and Hospital. The event was open to all students of MAHER constituent colleges. A total of 63 students took part in this event. The participants came up with a wide range of innovative designs, including jewellery and home décor items made entirely from waste materials.

Faculty of Yoga Sciences and Therapy, MAHER, Chennai in association with Narchinthanai Vattam, Rotary Club of Chennai & Easy Yoga Studioz organised International Online Yoga Competition on 20th June 2021. Total number of participants were 700.



#### PROGRAMS CONDUCTED

The Department of Physiology organized a Webinar programme titled "Alteration of Physiology in GUT Microbes" on 07.04.2021 from 09:00 AM to 4:00 PM. A total of 125 faculty members took part in the programme. Dr.Go.Bharani was the resource person for the webinar.



Faculty of Physiotherapy organized a Symposium titled on "Goal Standard Scales in Neuro Rehabilitation" on 17.04.2021 from 9.00 PM and 4.00 PM at Seminar Hall FPT. A total of 27 participants attended the programme.



On April 28, 2021, from 9:00 AM to 4:30 PM, the Department of Dermatology hosted a Webinar programme titled "Bullous dermatosis in medical practice". A total of 110 faculty members participated in the programme.



The Department of Ophthalmology organized a Webinar programme titled "Uveitis in Systemic Diseases- A Clinical Scenario and Current Advances" on 05.05.2021 from 09:00 AM to 4:00 PM. A total of 136 faculty members took part in the programme.



The NABH Committee organized a training programme titled "Hospital Infection Control Practices" on 25.05.2021 from 09:00 AM to 4:00 PM. A total of 20 Non teaching staffs took part in the programme.



Faculty of Physiotherapy organized a CME titled "Strategies to Prevent Frequent Fall" on 28.05.2021 from 9.00 AM and 4.00 PM. A total of 36 faculty members attended the programme.



The Faculty of Yoga Science and Therapy organized a National Online Workshop programme titled "Yoga for Stress Management" on 28.05.2021 from 10:00 AM to 4:00 PM. A total of 17 faculty members took part in the programme. The resource person for the programme was Dr.R.Elangovan, Professor and Head, FYST, MAHER.





The Department of Pathology organized a Webinar programme titled "An Approach to Bleeding Disorders - A case based discussion" on 02.06.2021 from 9:00 AM to 4:30 PM. A total of 124 faculty members took part in the programme. Dr.Gayathri was the resource person for the webinar.



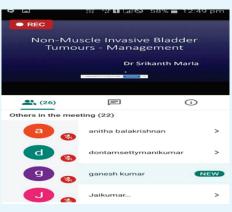
Faculty of Physiotherapy organized a symposium titled "Role of Fitness among Physiotherapy" on 09.06.2021 from 9.00 AM and 4.00 PM at Seminar Hall



Department of Medical Gastroenterology in collaboration with the International Federation for the Surgery of Obesity and Metabolic Disorders (IFSO) conducted webinar on "Lifestyle factors and Obesity" on June 10th, 2021 from 9:00 AM to 4:30 PM. A total of 43 faculty members took part in the programme



Department of Urology organized a Webinar programme titled "Bladder Carcinoma-Overview and Recent Updates" on 16.06.2021 from 9:00 AM to 4:30 PM. A total of 108 faculty members took part in the programme. The resource persons for the programme were Dr. Loya Bhardwaj and Dr. Srikanth.



Department of Commerce organized a PDP programme titled "Workshop on Branding" on 16.06.2021 from 10:00AM to 3:00 PM . A total of 28 faculty members took part in the programme. The resource persons for

the programme were Mr. Mohankumar, Director of SIMCO garments.



The Department of General Medicine organized a Webinar programme titled "Diabetes Mellitus-Update" on 23.06.2021 from 9:00 AM to 4:30 PM. A total of 74 faculty members took part in the programme.



A workshop on "Applications of Parametric test in Statistics" was conducted by the Faculty of Yoga Science and Therapy. 2 Capacity Building Programmes were conducted by Faculty of Humanities and Science and Faculty of Yoga Science and Therapy on the topics, "Digital Marketing Strategies" and "Yoga Skills required for the management of varicose veins with relevance to sales professionals" respectively.



# MEENAKSHI

ACADEMY OF HIGHER EDUCATION & RESEARCH (DEEMED TO BE UNIVERSITY U/S 3 OF UGC ACT 1956)



CONSTITUENT COLLEGES AND FACULTY

- Meenakshi Medical College Hospital & Research Institute
- Meenakshi Ammal Dental College & Hospital
- Arulmigu Meenakshi College of Nursing
- Meenakshi College of Nursing
- Faculty of Physiotherapy
- Faculty of Allied Health Sciences
- Faculty of Humanities And Science
- Faculty of Occupational Therapy
- Faculty of Yoga Science And Therapy

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