



Voice of Meenakshi



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Official News letter of Meenakshi Academy of Higher Education and Research

Issue 02

PATRON

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AWARDS

Prof. Parthasarathy R, Principal, Faculty of Physiotherapy received the Distinguished Service Award. Mrs. Sugasi Suresh Kumar was honored with the Best Academician award in the Senior category from Chettinad college of Physiotherapy. Ezhilarasi S and Kamatchi C, research scholars, were awarded the Singa Penne 2022. Sivaraman M, a research scholar received the Seva Rathna award from All India Bar Council Society High Court in 2022. The Best Yoga Teacher Award was presented to Sumitha V, Uma S, Dhanalakshmi S, Pallavi Latari Helwade, Muthukrishnan S, Navaneetha Krishnan M, Usha Devi B, Jayachitra S, and Nivetha P, all research scholars from Tamil Nadu Sports Yogasana Association.

COMMENDATION AWARDS**Details Of Faculty Members Receiving Awards & Recognitions**

Faculty members at Meenakshi Academy of Higher Education & Research and Meenakshi Ammal Dental College & Hospital have been honored with numerous awards and recognition. Dr. K V Rajasekar received the Lifetime Achievement Award, Dr. R Muthulakshmi and Dr. N Muninathan received Awards of Excellence in Research and Consultancy Projects respectively. Dr. S Senthamarai and Dr. N Velmurugan were awarded the Short Term Studentship and the Award for Highest H-Index, respectively. Various faculty members from different departments also received awards for research, academic activities, outreach activities, and consultancy projects. The awards highlight their expertise, dedication, and contributions in their respective fields.

Value Added Courses

A certificate course on “Nerve Conduction Studies” was organised by the Department of Physiology, Meenakshi Medical College, Hospital and Research Institute (MMCHRI) from 04.04.2022 to 10.04.2022. Dr. Muthulakshmi, Professor and Head, Department of Physiology, MMCHRI was the course director for this course. The course was attended by a total of 250 first-year medical students who benefited greatly from the extensive knowledge and expertise shared during the sessions.

Meenakshi Ammal Dental College and Hospital conducted a value added course on “Biotechnology” for four days (08.05.2022, 15.05.2022 22.05.2022 and 29.05.2022). A total of 155 postgraduate and undergraduate dental students attended this course. The resource person for the course was Mr. Thirugnanam.

Meenakshi Ammal Dental College and Hospital conducted a value added course on “Biotechnology” for three days (05.06.2022, 12.06.2022 and 19.06.2022). A total of 103 undergraduate dental students attended this course. The resource person for the course was Dr. Nijesh.



Meenakshi Ammal Dental College and Hospital conducted a value added course on “Biotechnology” for four days (05.05.2022, 15.05.2022 22.05.2022 and 29.05.2022). A total of 70 undergraduate dental students attended this course. The resource person for the course was Dr. Poonulakshmi.

Meenakshi Ammal Dental College and Hospital conducted a value added course on “Basic Life Support for Dentists” for three days (03.07.2022, 10.07.2022 and 17.07.2022). A total of 155 undergraduate dental students attended this course. The resource persons for the course were Dr. Veldurai and Dr. A.I.Raj.

OUTREACH CAMPS 69 camps were conducted during April to June 2022 by all the constituent colleges of MAHER. We received an active participation of 1268 students and 139 staffs from all the colleges. 8 general awareness camps and one comprehensive health care camp were conducted by MMCHRI. In view of International Nurses day, MCON organized a general healthcare awareness camp.

On the occasion of World Environment Day 2022 (05.06.2022), Tree planting program on the theme “Only One Earth” was conducted in Karai village on 07.06.2022 by the National Service Scheme.



Unnat Bharath Abhiyaan & NSS of MMCHRI conducted an awareness program and yoga session on the occasion of International Yoga Day 2022 (21.06.2022), with the theme “Yoga for humanity”.



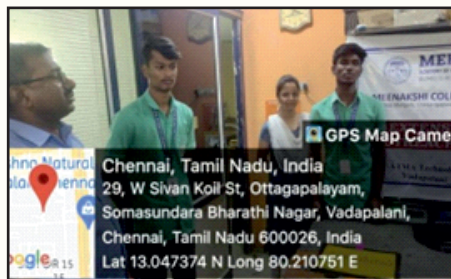
Awareness program to rescue nature on account of world earth day was conducted on 22/4/2022 at DRBCC Hindu College, Poonamalle, Chennai by Meenakshi Ammal Dental College & Hospital.



Awareness campaigns about ill Effects of Tobacco were conducted by MMCHRI and MADCH on World No Tobacco Day (31.05.2022)



Awareness about promoting health on WHO day was conducted by Meenakshi College of Nursing, Mangadu in collaboration with ATMA technologies, Chennai on 8th, April, 2022.



To create awareness among the public about physiotherapy, a free camp was conducted at K1 Sembium police station – Perambur on 14.05.2022



Faculty of Humanities and Science, Meenakshi Academy of Higher Education and Research, in collaboration with ECO Society organized an Awareness program on “Preserving Our Environment” on 22nd April 2022 for the occasion of “World Earth Day”.



In association with Environment Foundation of India, 4 beach cleaning activities were done at various areas by the staffs and students of MADCH, MCON, FHS and FOT Colleges on world environment day (05.06.2022).



NSS in association with MAHER-FHS organized “World Water Day” on 21st and 22nd March 2022. The Resource person from Eco Club Mr. Suresh delivered a talk

on “Rain water Harvesting”, mentioned the need of water and steps for preservation and conservation of wter



The Faculty of Yoga Sciences and Therapy conducted a Yoga Camp at Thiyagaraja Higher Secondary School, Srivilliputhur on 2.4.2022.



Faculty of Yoga Sciences and Therapy, MAHER in collaboration with Kaatupakkam Panchayat conducted the Village Placement Program for five days from 25th th to 29th th April 2022. With the permission from Zonal officer, Ayapakkam Panchayat, Yoga, Naturopathy, Physiotherapy, Varma therapy were given to all age groups of the area under the panchayat including Women, Old age People and Children. The students of FYST involved in cleaning the village to bring awareness to the village people about the clean and green environment. They also educated the villagers about the waste disposal and management. Two government schools in Ayapakkam were adopted and were given yogic practices.



Our Faculty of Yoga Science and Therapy was selected one among the 100 organizations across the globe to organize Yoga Mahotsav on 28.4.2022. The session was conducted in Kailasanathar temple premise, Kancheepuram.



RESEARCH PROJECTS The Meenakshi Academy of Higher Education & Research and Meenakshi Ammal Dental College & Hospital have undertaken several research projects and clinical trials across various departments, covering a wide range of topics. These projects aim to explore areas such as neurocognitive changes induced by yoga practice and aerobic exercise, the effect of yogic practices on lipid profiles in obese women, the impact of yoga therapy on infertility and pain management, and genetic contributions to recurrent pregnancy loss.

The projects involve different principal investigators, including Dr. Shankar, Dr. V. Eswari, Dr. Punitha.C, Dr. A. Suresh, and Dr. R. Jayasree. Funding agencies such as Yes Fit Studio, Ragavendra Yogic Science Centre, and Mashirr Systems have provided financial support for these projects. The departments involved primarily include the Meenakshi Medical College Hospital and Research Institute, as

well as the Meenakshi Ammal Dental College and Hospital.

The project durations range from 3 to 24 months, depending on the nature of the research, with funding provided ranging from INR 0.05 Lakhs to INR 2.93 Lakhs. The projects showcase the institution's commitment to interdisciplinary research, collaboration with external organizations, and the advancement of knowledge in fields such as yoga therapy, genetic contributions, and dental health. Through these endeavors, the Meenakshi Academy of Higher Education & Research and Meenakshi Ammal Dental College & Hospital demonstrate their dedication to conducting meaningful research, addressing various health-related issues, and creating impactful outcomes that contribute to the broader scientific community.

SKILL DEVELOPMENT PROGRAMS The module of 'Yoga for Healthy Life' scheme was held on 24.06.2022 in the new CME hall, MMCHR&I. Mr.Ramalingeswara Rao demonstrated the yoga and explained the importance of yoga. 241 students were benefitted from this module.

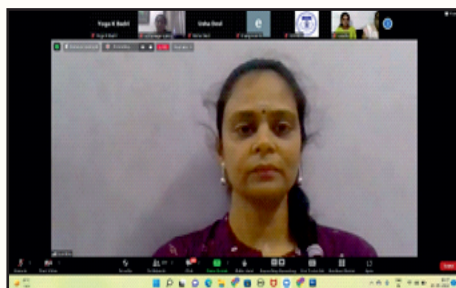


Student Welfare Committee organized Yoga skill development scheme on 21.06.2022. the resource person Ms.Rajeshwari, From Prajapita Brahma Kumaris Ishwarya Vishwa Vidyalaya, Chennai. She elaborated on the need for yoga skill development along with its importance among students.

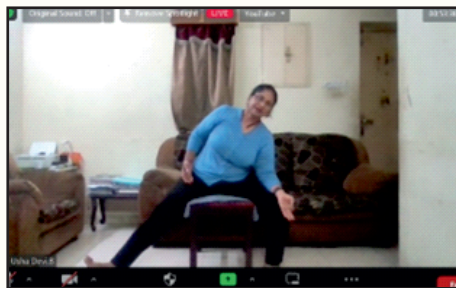


Faculty of Humanities and Science, MAHER conducted “Emotional Intelligence and Assertiveness skills” on 9.04.2022. Dr. Yamuna and Dr.R.Meenakumari were invited for the program. A total of 321 students attended and got benefited.

Faculty of Yoga Science and Therapy, MAHER conducted a skill training program titled “Face Yoga”. Mrs.V.Sumitha, Director of Ragavendra Yogic Centre, conducted this program on 26th May 2022 in view of International Day of Yoga 2022. A total of 78 students and scholars attended and benefited by this programme.



Faculty of Yoga Science and Therapy, MAHER conducted a skill training program titled “Chair Yoga” on 8th June 2022. Director of Usha's Wellness Yoga centre, Mrs.B.Usha Devi was the resource person for the program. A total of 127 students and scholars were trained by this skill training programme.



CAREER ADVANCEMENT PROGRAM

Institutional Placement Cell, along with Meenakshi Ammal Dental College Alumni Association (MADCAA) conducted a program on 22.04.2022 between 10.00AM to 3.00PM under the topic “Study or Practice Dentistry – Options for BDS students in Canada and USA” by Dr.Naveen Raj, CEO of Vittal's paediatric dentistry in which around 100 students were benefited from this program.

Faculty of Physiotherapy organised “Career Guidance Program in Physiotherapy” on 27th May 2022. Guest speaker Prof.Balamurugan.J explained about the importance of entrepreneur skills among students. A total of 63 students got benefited through this session.



Faculty of Occupational Therapy conducted a Career Guidance Program on title “Entrepreneurship in Occupational Therapy” on 8th April, 2022 from 9.30AM to 3PM. A total of 77 students attended and got benefited by the program.

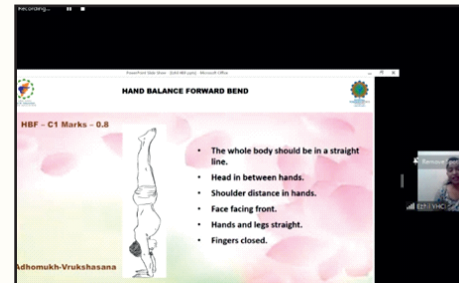


A Career Development Program on “UPSC – Civil service exam walk through” was organised by the Placement Cell of FHS for the final year students. This program helped students gain knowledge on essential qualities and techniques required to clear civil service examination. A total of 237 students attended this program.

A Career Development Program was organised by the Placement Cell of FHS on “Opportunities in Civil Service” via virtual mode for the first year and second year students. This programme assisted students in learning about the essential qualities and skills required to pass the civil service examination. A total of 234 students attended this program.

Placement Cell, FYST, MAHER organised a “National Level Yogasana Judges Training Program” as a career guidance program. The training was conducted from 25.3.2022 to 1st April 2022 from 10AM to

3PM. The resource persons for the program K.Kaushik Rangarajan and S.Ezhilarasi were qualified yoga judges. A total of 139 students and scholars benefitted through this program.



EVENTS ORGANISED Student CULTURAL EVENTS

Student Council, MMCHR&I organised the Sayonara – Dance competition on 11th May 2022 in the College Auditorium, MMCHR&I. Zeristos were asked to share their favourite college recollections as well as participate in the cultural events. Juniors wished their seniors good luck for their next big adventures in various forms like speech, singing, dance competition and games. To conclude this programme, a vote of thanks was given by the juniors.



Student Council, MMCHR&I organised the Poster designing competition – Only one Earth on 6th June 2022 in the Athletic field, MMCHR&I. The theme of the competition was 'Living Sustainably in Harmony with Nature'. Prof.Dr.K.V.Rajasekhar inaugurated the programme and welcomed the gathering. The students expressed their views and thoughts about Earth by drawing, writing slogans and quotes.



“Navarasa-Astra 2k22 – Annual Cultural Fest” was organised by the Student Council, MADC on 24th March 2022 at the College Auditorium. Events like solo dance, group dance, singing, debate and variety show and fine arts like nail painting and cooking were conducted in the auditorium. About 120 students participated in various events.

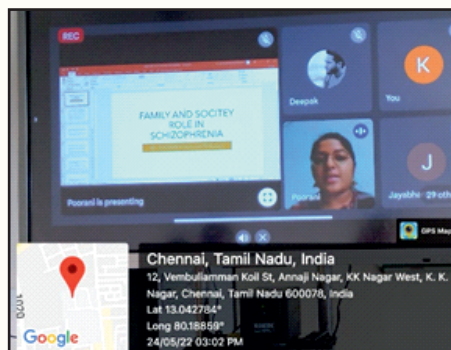
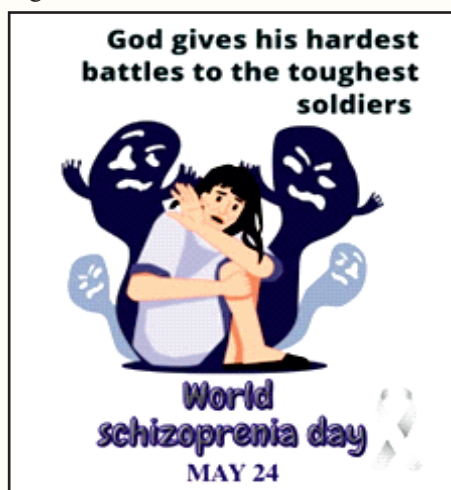


Student Nurses Association of Meenakshi College of Nursing, Meenakshi Academy of Higher Education and Research conducted Rangoli Competition on the theme “Drug abuse and illicit trafficking” on 27th June, 2022 in MCON first floor corridor between 2.00PM – 4.00PM. 25 students participated very enthusiastically in the competition and got prizes.

Faculty of Physiotherapy celebrated Physio (4S) Fiesta on 16th May 2022 between 10AM to 5PM. Onstage events were conducted and a few faculties also gave a guest performance. The session ended with a 20-minute DJ music and dance.



The Student Council of Faculty of Occupational Therapy organised a e-poster designing competition on May 24, 2022 from 2.00PM to 4.00PM. The theme of the competition is “Connecting with Hope”. A total of 20 students participated in the competition and presented their poster. Among the participants Ms.Sridevi from second year BOT secured first place. Mrs.Jayabharathi.G was the programme organiser for the event.



Students' council of FHS conducted “Photography Contest” along with IQAC FHS on 28th April 2022 from 11.00AM to 1.30 PM. Many students from different departments actively participated and two best photographs were awarded among 87 students. The judge was Mr.Guruswami.V, empanelled as external faculty, TVS Training and Services, Chennai.

A competition “Accident Alchemy: Creating Art from Junk to Highlight Road Safety” was organised for students to raise awareness about the dangers of road accidents. This event was conducted for all the students of MAHER constituent colleges. A total of 59 students participated in this competition. The winners were

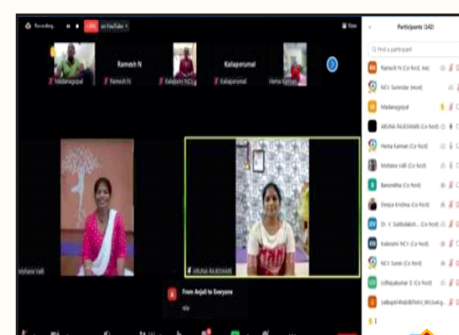
recognised for their exceptional work with trophies, and all participants received participation certificates as a token of appreciation for their hard work and dedication.

The Students' Council of MAHER organised one of the biggest online events throughout India. Invitation was extended to the students of various colleges all over India. The students were made to enrol under 6 different categories. More than 100 entries in various categories from around 30 colleges from all over the country were received. Cash prizes were awarded to the prize winners and certain consolation prizes were also given to encourage the participants.

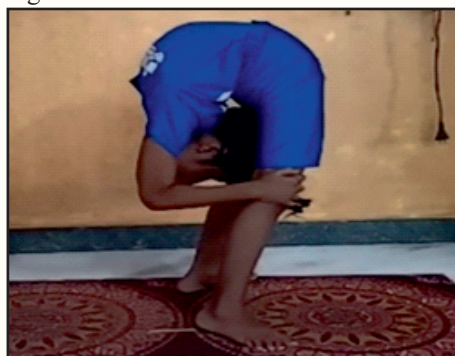
SPORTS EVENTS Sports event 4S Fiesta was organised by the Faculty of Physiotherapy from 10th to 16th May 2022. Events like Throwball, Tennikoit, Chess, Carrom, Badminton were held for girls and events like Football, Volleyball, Chess, Carrom, Tug of War and Badminton were conducted for boys. For faculties events like Badminton, Tennikoit, Tug of war were conducted.



Faculty of Yoga Sciences and Therapy in association with Narchinthanai Vattam, Rotary Club of Chennai & Easy Yoga Studioz organised International Online Yoga Competition on 21st June 2022. Total number of participants were 205.



Yogasana Video Contest, on the occasion of 8th International Yoga Day, was organised by the Faculty of Yoga Sciences and Therapy, MAHER on 25.5.2022 through online mode at 10.00AM to 3.00PM. Students from various institutes registered for this contest. Best three winners in different categories received cash prizes. Total of 685 participants registered in the contest.



YOGASANA VIDEO CONTEST
ON THE EVE OF INTERNATIONAL DAY OF YOGA 2022
 To be organized by
FACULTY OF YOGA SCIENCES AND THERAPY
MEENAKSHI ACADEMY OF HIGHER EDUCATION AND RESEARCH
(DEEMED TO BE UNIVERSITY), CHENNAI - 600078
 No registration fee.
 Certificate for all participants.
 Register...
<https://forms.gle/3J2T2pkasv8N8SA1Z>
FREE
 First Prize - 2000 rs !!!
 Second Prize - 1000 rs !!!
 Third Prize - 500 rs !!!
All are welcome!
 Coordinated by
 Ashwinkumar C S
 BE, MSc, PGDYT,
 Ph.D scholar
 (MAHER)
 Kindly whatsapp yogasana video of not more than 1 minute to - 6369875336, on or before the date 25.05.2022

The Students' Council of MAHER had organised an intramural Chess competition – “Chess master-MAHER” on 11th February 2022 for the students from all the constituent colleges under MAHER. The competition included prelims round followed by league and knockout rounds. Winners from knockout rounds were selected at random for semifinals and then finals. The winners were given trophies and

certificated.

An Intercollegiate Doctors' badminton tournament for Medical and Dental Staff and Students was organised by MAHER Student Council in association with Tamil Nadu Badminton Court Owners Association on May 15th 2022 at TT Sports Academy, Pallavaram, Chennai. The tournament was an enormous success and saw participation of around 80 male and female doctors from various Medical and Dental Colleges across the state.

MOUs Optimal Oncology Private Limited has entered into an MOU with our institute for on-the-job training. The collaboration aims to provide practical training opportunities in the field of oncology. The duration of the MOU is from 12.04.2022 to 12.04.2023.

WORKSHOPS Optimal Oncology Private Limited has entered into an MOU with our institute for on-the-job training. The collaboration aims to provide practical training opportunities in the field of oncology. The duration of the MOU is from 12.04.2022 to 12.04.2023.

MAHER has been actively organizing a series of events, seminars, and workshops aimed at fostering intellectual growth and capacity building. These initiatives cover a wide range of topics such as grant writing, IPR, research methodology, problem-solving techniques, and more. One of the events, "Breaking the Myth: Grant Writing and IPR," focused on debunking misconceptions surrounding grant writing and providing participants

with a comprehensive understanding of IPR. The Faculty of Nursing organized a capacity building programme focused on developing skills in preparing and validating research tools, aiming to enhance participants' abilities in designing and validating research instruments.

At Meenakshi Ammal Dental College and Hospital, a capacity building programme on "Immunohistochemistry" was conducted to familiarize participants with the principles and techniques of analyzing tissue samples. Another event, "Intellectual Property Rights – Made Easy," aimed to simplify the complex aspects of IPR and make it more accessible to a wider audience.

Meenakshi Academy of Higher Education and Research also organized an event targeted at start-up ventures, providing guidance on intellectual property rights and management strategies to safeguard their intellectual assets. Meenakshi Medical College and Research Institute focused on establishing a code of conduct for faculty members, emphasizing the importance of responsible approaches to intellectual property on Intellectual Property Rights Day.

Other events included seminars on out-of-the-box thinking for problem-solving, good clinical practice in healthcare research, legal aspects of intellectual property rights, and statistical methods in health research. These events aimed to inspire innovation, ethical research practices, legal awareness, and enhanced statistical analysis skills specific to health research.



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



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CONSTITUENT COLLEGES AND FACULTY

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- 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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