

**Department of Physiology  
Thanjavur Medical College**

**1. About us:**

The primary mission of the Department of Physiology is to develop and maintain excellent programs of research and teaching in physiology. Training the next generation of the doctors requires a firm grounding in physiology. We have made major contributions to undergraduate and postgraduate medical students, BSc degree, pharmacy, paramedical, physiotherapy and postgraduate basic science education. We teach using a mixture of lectures / lecture demonstration, practicals, small-group discussions, tutorials, symposium and seminars with problem based and self-directed study. Regular test and assessments ensure that students stay on schedule. Although this is a quite large department we believe it is a friendly one. We encourage students to make contact with teaching staff who are always ready to help them. Post graduate (MD Physiology) course has started from 2008 April with an annual intake of 3. The department operates via fortnightly staff meeting. Students are encouraged through research activities. The research efforts of the students provide the main driving force for the scientific achievements in the Department of Physiology. The department conduct Continuing Medical Education (CME) programs and faculty members attend state and national conferences.

**Department academics:**

1. MBBS:

- a. MBBS - 150 students per year
- b. Lectures
- c. Small Group Teaching
- d. Practical & DOAP Sessions
- e. Early clinical Exposure & Bedside teaching
- f. Integrated Sessions
- g. AETCOM
- h. Symposium
- i. Home & Library Assignments
- j. SDL
- k. Assessment
- l. Quiz Programme
- m. Gold Medal Examination
- n. Feedback sessions
- o. Mentorship programme
- p. Elective posting
- q. Parents-Teachers Meeting






2. M.D.






- a. MD - 3 Students per year
  - b. Theory
  - c. Practicals(Hematology, Clinical Physiology,Human Experiments,Amphibian & Mammalian Experiments)
  - d. Quiz Programme
  - e. Case presentation and discussion
  - f. Symposium
  - g. Journal Club
  - h. Group Discussion
  - i. Guest Lectures
  - j. Assessment
  - k. Mentorship
  - l. Elective Postings
  - m. District Residential Programme
3. B.Sc Degree courses:
    - a. Theory
    - b. Practicals
    - c. Small Group Teaching
    - d. Assessment
    - e. Assignments
    - f. Mentorship programme
  4. D.Pharm & Paramedical courses:
    - a. Theory
    - b. Practicals
    - c. Small Group Teaching
    - d. Assessment
    - e. Assignments
    - f. Mentorship programme

## 2. Infrastructure

- a) Lecture hall – 1
- b) Demo room- 1 (90 sqm.) (Capacity 100 students)
- c) Seminar room-1(30 sqm.)
- d) Museum – 1(35 specimens)
- e) Library – 1 ( 512 books & 6 Journals)
- f) Research lab-1(50 sqm.)
- g) Lab -5 in numbers with adequate water supply, sinks,electric points & cupboards  
(Hematology lab-200sq.m, Clinical Physiology-90 sq.m, Research lab-50 sq.m., Amphibian lab-200 sq.m, Mammalian lab-80 sq.m.)
- h) Audio-visual equipment available

### 3. Faculty details:

S.No	Name	Designation	Qualification	TNMC registration number	email ID	Photo
1	-----	Professor	MD (Physiolgy)	----	-----	
2	Dr.S.Sudha	Associate Professor	MD (Physiolgy)	58140	sudhamaran29@gmail.com	
3	Dr.M.Mythili	Assistant Professor	MD (Physiolgy)	76915	drmythiliviswa@gamil.com	
4	Dr.S.Chandrabalan	Assistant Professor	MD (Physiolgy)	68451	balan662000@gmail.com	
5	Dr.P.Kavitha	Assistant Professor	MD (Physiolgy)	85031	daanishree2011@gmail.com	

6	Dr.J.Rose Priyadharshini	Assistant Professor	MD (Physiolgy)	82374	pprose84@gmail.com	
7	Dr.R.Anbarasi	Assistant Professor	MD (Physiolgy)	80965	dranbarasi2001@gmail.com	
8	Dr.C.Vanitha	Tutor	MBBS	88108	drcvanitha@gmail.com	
9	Dr.S.Deepika	Tutor	MBBS	94753	Deeps.vimal1@gmail.com	
10	Dr.S.Ahmed Shafiuddin	Tutor	MBBS	115704	ahmedshafiuddin1993@gmail.com	

**Publication details by the faculty**

S. No	Name	Designation	Title	Journal name	Month year of publication	Order of author	Type of article
1	---	Professor &HOD					
2	Dr.S.Sudha	Associate Professor	1.The influence of cigarette smoking on Lipid profile.	International Journal of Current Research	June 2015,	First Author	Original research article
			2. Effect of Yoga on Pulmonary function test	International Journal Of Physiology.	July-Dec 2016	First Author	Original research article
			3. Effect of Kriya yoga on certain cardio respiratory variables.	International journal of physiology,	July-Dec 2016	Second Author	Original research article
			4. Effect of music on aerobic exercises.	International journal of physiology	July-2017	Second Author	Original research article
3	Dr.M.Mythili	Assistant Professor	1. Electrocardiographic analysis of early repolarization as a benign variant in athletes.	. International journal of Current Research	August2015	First Author	Original research article
			2. Effect of music on aerobic exercises.	International journal of physiology	July-2017	First Author	Original research article
4.	Dr.S.Chandrabalan	Assistant Professor	Nil				
5	Dr.P.Kavitha	Assistant Professor	1.An observation into the conduction of nerve fibers and goniometry in women with hypothyroidism	Asian Journal Of Medical Science	April-2024	Second Author	Original research article
6	Dr.J.Rose Priyadharshini	Assistant Professor	1.Effect of Obesity on Blood pressure.	International Journal of Physiology.	July 2019	First Author	Original research article
7	Dr.R.Anbarasi	Assistant Professor	1.Serum uric acid levelin post menopausal women having non alcoholic fatty liver disease- A comparative study	Indian journal of Clinical Anatomy and Physiology	Aug 2019	Second and correspondi ng author	Original research article

			2. Evaluation of effect of yoga on body mass index and serum Adiponectin levels in obese individuals	International journal of medical sciences and current research	Sep-oct 2021	First author	Original research article
			3.A comparative study to assess the acute effects of music and noise on heart rate variability in young healthy adults	International journal of medical sciences and current research	Sep-oct 2021	Third author	Original research article
			4.study of serum adiponectin levels and its coorelation with BMI and waist hip ratio in obese women	International journal of Academic medicine and pharmacy	Feb 2024	First author	Original research article

**1. CME/workshop details from 2022 to till date**

S. No	Department	Title of CME/Workshop	Date of CME	TNMC accreditation points	TNMGRMU accreditation points	other accreditation
1	Physiology	Health Risks of being Overweight and Obese	8.12.2023	----	-----	--
2	Physiology	Cardio Pulmonary Changes during exercise and Yoga	29.5.2024	-----	----	----

## 2. Awards and achievement by department and faculty:

- MGR university exam -2010-2013-university 1<sup>st</sup> student-Dr.M.Jayanthi
- MGR university exam -2009-2012-university 2<sup>nd</sup> student-Dr.A.Precilla Catherine,Thanjavur medical college.
- APTCON 2010-All India PG QUIZ competition on CNS&SPECIAL SENSES at Coimbatore.Thanjavur medical college post graduates won the II prize [Dr.S.Arrthy &Dr.A.Precilla Catherine.
- APTCON 2011-10.6.11- 2<sup>nd</sup> year Thanjavur medical college postgraduates won the rolling trophy in the Intercollegiate State level PG quiz programme conducted at Madurai Medical College. [CVS]Dr.A.Precilla Catherine & Dr.S.Aarthy
- PG-Quiz-sangreal stan 16.Hematology National quiz at Stanley.Thanjavur medical college has secured 4<sup>th</sup> place .[Dr.R.G.Indumathy &Dr.A Mahaithaa]
- APTCON 2014-BEST PAPER-Thanjavur medical college.[Dr.Sathish,Dr.R.Vinodha]Topic: A study of Body mass index in adults and its relationship to random blood sugar-APTCON-Oct 2014
- Sangreal Stan 16-National physiology Quiz for post graduates at Stanley medical college on 24/6/16:1<sup>st</sup> year PGs of Thanjavur medical college,[Dr.A.Mahaithaa and R.G.Indumathy] secured 4<sup>th</sup> place.
- SHESHMU 2022 - State Level Quiz for postgraduates at Madras Medical College, Chennai on 17.09.2022– 2nd Year PGs of Thanjavur Medical College (Dr.S.Mohamed Azaarudeen ) secured 4<sup>th</sup> place.
- APTCARECON 2022 – National Conference Paper presentation for Postgraduates at Chettinad Hospital & Research Institute, Chennai on 14.10.2022 - 2nd Year Postgraduate of Thanjavur Medical College (Dr.R.Jemy Adalin) secured 2<sup>nd</sup> Place.
- SLEEP 2023 CME & State Level Case presentation for Postgraduates at Velammal Medical College & Research Institute, Madurai on 18.03.2023 – 3<sup>rd</sup> year Postgraduate of Thanjavur Medical College (Dr.R.Jemy Adalin) Secured 1<sup>st</sup> place
- SLEEP 2023 CME & State Level Case presentation for Postgraduates at Velammal Medical College & Research Institute, Madurai on 18.03.2023 – 3<sup>rd</sup> year Postgraduate of Thanjavur Medical College (Dr.S.Mohamed Azaarudeen) Secured 3rd place.
- REAPTROCON2023 – Poster Presentation National Level for Postgraduates at SRM Medical College Trichy on 17.10.2023 – 2<sup>nd</sup> year Postgraduate of Thanjavur Medical College (Dr.C.Vanitha) secured 2<sup>nd</sup> place.