

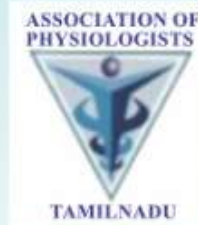


# SWAMY VIVEKANANDHA MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE



CHAIRMAN & SECRETARY

( Affiliated to the Tamil Nadu Dr. M.G.R Medical University, Chennai )  
Elayampalayam, Tiruchengode - 637 205., Namakkal Dt, Tamilnadu



## DEPARTMENT OF PHYSIOLOGY & MEDICAL EDUCATION UNIT

*Cordially invite you to attend the*

### Continuing Medical Education Programme on

## “PHYSIOLOGIA MOTUS” Exploring the Science of Health & Exercise

Date: 19.07.2025 (Saturday)

Time: 8.30 AM – 4.30 PM

Venue: Library Hall, SVMCH & RI



*All are Welcome*

## PROGRAM SCHEDULE

### “ PHYSIOLOGIA MOTUS - Exploring the Science of Health & Exercise ”

**Date:** 19.07.2025 (Saturday)

**Venue:** Library Hall

**INAUGURATION:** 1.45 P.M. to 2.15 P.M.

**Welcome Address** : **Prof. Dr. MILIND V BHUTKAR, MD., MNAMS.,**  
Vice Principal,  
Professor & HOD,  
Department of Physiology, SVMCH & RI.

**Presidential Address:** : **Prof. Dr. R. MURUGESAN, MS(Gen Surg).,**  
Dean, SVMCH & RI.

#### Scientific Sessions

**Vote of Thanks** : **Prof. Dr. M. MUHIL, MD., Ph. D., PG Dip(Bioethics).,**  
General Secretary - APT & MEU Co-ordinator,  
SVMCH & RI.

**REGISTRATION - 8.00 AM to 10.00 AM**

### STUDENTS FEST

**I Year M.B.B.S Students Activity - 8.30 AM to 11.00 AM**

#### ◆ Poster Competition ◆

***"Fit Frames: The Art of Exercise Physiology"***

#### ◆ Mind Mapping Contest ◆

***"Think Fit: Mapping the Mechanisms of Movement"***

**(Students to bring themselves the required materials for the competition)**

**Tea Break - 11.00 AM to 11.15 AM**



## SCIENTIFIC SESSIONS

Time	Topic	Speaker	Chairpersons
11.15 a.m. to 12.15 pm	"Mens Sana in Corpore Sano" – Exercise Myths and Beyond	<b>Dr. MILIND V BHUTKAR</b> , MD., MNAMS., Professor & HOD, Department of Physiology, SVMCH & RI.	<b>Dr. J. MOHAN</b> , Professor & HOD, Department of Pharmacology, SVMCH & RI.  <b>Dr. UMAPATHY SEMBIAN</b> , Professor, Department of Anatomy SVMCH & RI.
12.15 p.m. to 1.15 pm	"Aerobius Vitalis" – VO <sub>2</sub> Max Basics & Beyond	<b>Dr. M. MUHIL</b> , MD., Ph D., PG Dip (Bioethics) General Secretary - APT, Professor & MEU Co-ordinator, Department of Physiology, SVMCH & RI.	<b>Dr. S. RAVICHANDRAN</b> , Professor & HOD, Department of Biochemistry, SVMCH & RI.  <b>Dr. PRATIMA M BHUTKAR</b> , Associate Professor, Department of Physiology, SVMCH & RI.

## Lunch Break - 1.15 PM to 1.45 PM

Time	Topic	Speaker	Chairpersons
2.15 p.m. to 3.15 pm	"Stamina Science" – Decoding VO <sub>2</sub> Max & Aerobic Training Effects	<b>Dr. T.VIMAL</b> , MD (Phy), D.C.H., Department of Physiology, Government Medical College, Karur.	<b>Dr. R. GUNASEKARAN</b> , Professor, Department of Physiology, SVMCH & RI.  <b>Dr. K. VENKATESH</b> , Associate Professor Department of Physiology, SVMCH & RI
3.15 p.m. to 4.15 pm	"Vital Circuit" - Cardiorespiratory Fitness & Aerobic Exercise	<b>Dr. T.S. CHELLAKUMARASAMY</b> , MBBS., DPMR., MD (PMR) – FIPM., Managing Director, Consultant Physiatrist, URC Hospitals, Erode.	<b>Dr. S. ARTHANAREESWARAN</b> , Joint Medical Director & HOD, Department of Medicine, SVMCH & RI.  <b>Dr. K. JAYAPRAKASH</b> , Associate Professor, Department of Anesthesia, SVMCH & RI.

## VALEDICTORY FUNCTION - 4.15 PM to 4.30 PM

## ORGANIZING CHAIRPERSONS

**Dr. MILIND V BHUTKAR**, MD., MNAMS.,

Vice Principal,  
Professor & HOD,  
Department of Physiology,  
SVMCH & RI.

**Dr. M. MUHIL**, MD., Ph.D., PG Dip(BE)

General Secretary - APT,  
Professor & MEU Co-ordinator,  
Department of Physiology,  
SVMCH & RI.

## ORGANIZING COMMITTEE MEMBERS

### Department of Physiology

**DR. R. Gunasekaran, Ph.D.**, Professor.

**DR. Pratima M Bhutkar, Ph.D.**, Associate Professor.

**Dr. K. Venkatesh, MD., DNB.**, Associate Professor.

**Dr. S. Selvapriya, MD.**, Assistant Professor.

**Dr. Yuvashree Narayan, MD.**, Assistant Professor.

**Dr. S. Kokila Vani, MBBS.**, Tutor.

**Dr. N. Jothimani, MBBS.**, Tutor.

## FOR REGISTRATION CONTACT

**Dr. S. KOKILA VANI**

Contact: 9566306319

**Dr. N. JOTHIMANI**

Contact: 8220760632

## Scan to Register



The CME has been awarded with 2 credit hours by  
the "The Tamilnadu Medical Council", Chennai.

## Scan to Pay



## Registration Fees

**Rs.100/-** (For TNMC Credit Hours Only)

**Rs.500/-** ( TNMC Credit Hours

+ Lunch & Refreshments)

Last Date for Registration - 17.07.2025, 5 P.M.





## SWAMY VIVEKANANDHA MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE Continuing Medical Education Programme on

**“PHYSIOLOGIA MOTUS” -Exploring the Science of Health & Exercise**

### STUDENTS FEST

**I Year M.B.B.S Students Activity - 8.30 AM to 11.00 AM**

#### **1. Poster Competition**

**Title:** Fit Frames: The Art of Exercise Physiology

**Duration:** 60 Minutes

**Theme:** Health, Fitness, and Exercise Physiology

##### **Guidelines for Participants**

Participation is individual.

Only A2-size chart paper (42 x 59.4 cm) will be permitted.

Students must bring their own stationery (colours, markers, rulers, etc.).

Posters should be created on the spot within the given 60-minute duration.

The poster must be original, created during the event, and must reflect scientific accuracy.

Text should be in English only.

No pre-printed material, digital printing, or pre-drawn content allowed.

The participant/team must write their names on the back of the sheet only.

##### **Judging Criteria**

Scientific relevance and accuracy

Creativity and visual impact

Clarity of message

Relevance to the theme

Overall presentation

**SCAN TO REGISTER**



**CME REGISTRATION FOR STUDENT IS FREE BUT MANDATORY;  
LUNCH & REFRESHMENTS CHARGES EXTRA IF NEEDED**

#### **2. Mind Mapping Competition**

**Title:** Think Fit: Mapping the Mechanics of Movement

**Duration:** 60 Minutes

**Theme:** Health, Fitness, and Exercise Physiology

##### **Guidelines for Participants**

Individual participation only.

A3-size sheet (29.7 x 42 cm)

Participants are expected to depict conceptual understanding of the topic using a structured mind map.

Mind maps should include: central idea, main branches, sub-branches, keywords, and visual cues where needed.

Use of colour coding, arrows, flow, hierarchy, and symbols is encouraged for clarity and recall.

All content must be student-created during the 60-minute competition time.

No use of electronic devices or printed material allowed.

Participants should write their name on the back of the sheet.

##### **Judging Criteria**

Depth of understanding concepts and scientific accuracy

Structure and logical flow

Visual appeal and clarity

Creativity and engagement

Relevance to the theme