



Department of Physiology
Government Sivagangai Medical College, Sivagangai

*"Stress is Simply the Adaptation of our
Bodies and Mind to Change"*

We cordially invite you to

STRINGERE - 2025

**CONTINUING EDUCATION PROGRAMME
STRESS PHYSIOLOGY**

Under the auspices of
The Tamilnadu **Dr. MGR Medical University**, Chennai.
and under the aegis of
The Association of Physiologists of Tamilnadu

**On 7th April 2025, Monday
Between 8.30 am and 5.00pm
At Auditorium, GSMC, Sivagangai.**

Presided by **Dr. K. Sathyabama**, MS. Dean, GSMC, Sivagangai

&

Dr. P. Visalakshi, MD, Vice Principal, GSMC, Sivagangai

Guest of Honour. **Dr. M. Tamilkodi** MD,
(Retd. Dean, Govt Kanyakumari Medical College)

The Tamilnadu Dr. M.G.R. Medical University, Chennai has awarded 10 credit points under category IV
The Tamilnadu Medical Council has awarded 1 credit hours

Dr. K. Muthuselvi, M.D. DGO
Organising Secretary

Organising Committee

Dr. K. Kanchana, MD. DGO

Dr. K. Selvamari, MD

Dr. V. Petchiammal, MD

Dr. Gomathi Sivakumar MD

Dr. M. Vidyasri MD

PROGRAMME SCHEDULE

8.30am : Registration

9.00-10.00 am : Scientific Session I
'Physiology of stress'

Dr. A. Precilla Catherine MD

Professor & HOD

Department of Physiology, Govt. Thiruvannamalai Medical College

10.00-10.30 am : Inaugural function

Tamilthai Vazhthu and Lighting of kuthuvilakku

Welcome address: **Dr.K. Muthuselvi, MD, DGO**
Professor & HOD, Dept. of Physiology, GSMC

Inaugural address: **Dr.K. Sathyabama, MS**
Dean, GSMC, Sivgangai

Special address : **Dr.M. Tamilkodi, MD,**
(Retd. Dean, Govt Kanyakumari Medical College)

Vote of thanks : **Dr. K. Kanchana, MD, DGO**
Associate Professor, Dept. of Physiology, GSMC

10.30-11.00 am : High Tea

11.00-11.45 am : Scientific Session II

Psychology of stress

Dr. Asma JA Batcha MD

Assistant Professor - Department of Psychiatry, Madurai Medical College

12.00-12.45pm : Scientific Session III

Stress Vs Cancer

Dr. J.S. Malliga MD

Associate Professor- Gynecological Oncology
Adyar Cancer Institute (WIA), Chennai

12.45-01.15pm: Scientific Session IV

Stress Relaxation Techniques

Dr. S. Ramu MD DM

Assistant Professor, Department of Neurology GRH, Madurai.

1.15-2.00pm : Lunch

2.00 - 4.30 pm : Poster presentation Competition for Phase I
MBBS Students

4.30 to 5.00 pm : Prize distribution and valedictory function