

Other Academic Activities:

Still Model Competition:

Department organized a Still Model Competition to encourage creativity, scientific understanding, and teamwork among students. Participants presented innovative and informative models depicting various scientific concepts, demonstrating their knowledge, communication skills, and artistic abilities.

2022:



MEDNOVA Intercollegiate Academic Fest:

The Department of Physiology actively participated in *MedNova*, the intercollegiate academic fest organized by Malabar Medical College Hospital and Research Centre. As part of the event, the department conducted a Treasure Hunt, providing an engaging platform for students to apply their knowledge, teamwork, and problem-solving skills in a fun and interactive manner. The event witnessed enthusiastic student participation and fostered healthy academic competition, collaboration, and experiential learning.



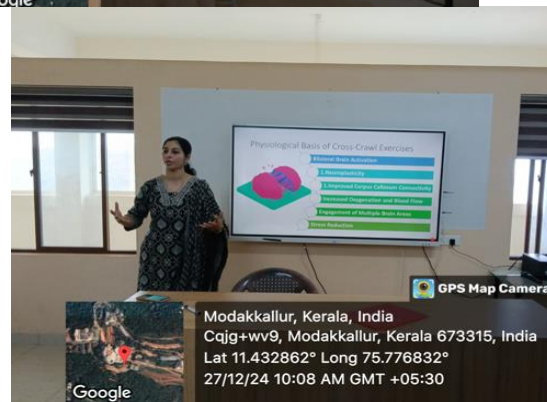
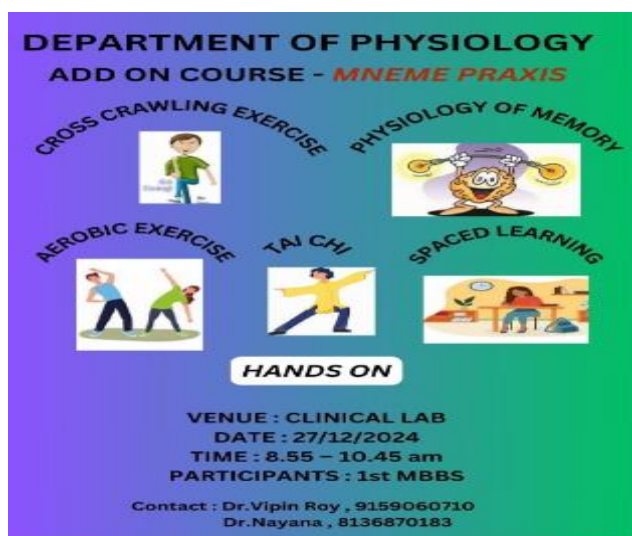
MNEMEPRAXIS – Memory in Practice

Add-on Course in Physiology | 27 December 2024

The Department of Physiology conducted **MNEMEPRAXIS – Memory in Practice**, an add-on course for **67 first-year MBBS students**, with the objective of enhancing memory, learning efficiency, and cognitive performance through evidence-based strategies.

The programme featured sessions on the **physiology of memory, CogniFit cognitive assessment and score analysis, aerobic exercise and Tai Chi, cross-crawl exercises, spaced learning, and hands-on memory training**. Pre- and post-tests were conducted to evaluate the effectiveness of the programme.

The workshop successfully combined scientific concepts with practical learning techniques, encouraging active student participation and promoting effective study habits and improved memory retention.



Celebrated **Physiology Week 2025 – Cells to Systems**

The Department of Physiology, Malabar Medical College Hospital and Research Centre, Kozhikode, celebrated **International Physiology Week** by organizing **Physiology Week 2025** from **17–22 November 2025** under the theme "**Cells to Systems – Exploring Life through the Lens of Physiology.**"

The week featured a series of engaging academic and creative competitions for first-year MBBS students, including **Roleplay (Role it Right)**, **Collage (Physio Frames)**, **Rangoli (Physio Palette)**, **Dumb Charades (Life in Action)**, and **Extempore (Life in Words)**. The celebrations concluded with the **Intercollegiate Physiology League (IPL)**, a quiz competition for MBBS students from second year to final year, promoting academic excellence and intercollegiate interaction.

The event successfully integrated scientific learning with creativity, communication, and teamwork, reinforcing the importance of physiology in medical education while fostering enthusiasm and collaborative learning among students.

Day 1 :17-11-25: Roleplay Competition – “Role it Right

Students presented short roleplays depicting physiological processes, clinical correlations, and system-based functions in an engaging and relatable manner. Complex physiological mechanisms were simplified through dramatization, making learning enjoyable and impactful. The event successfully set the tone for the week by combining academic content with performance art.

Day 2 :18-11-2025 “Physio Frames” :

Provided students an opportunity to express physiological concepts through visual storytelling. Participants created collages using charts, drawings, and images to depict themes ranging from cellular functions to integrated system physiology



Day 3 – 19-11- 2025 Rangoli Competition – “Physio Palette” :

The Rangoli Competition, “Physio Palette”, brought together traditional art and modern medical science. Students designed colorful rangoli patterns illustrating physiological pathways, organs, and system interactions. This event drew enthusiastic participation and added a festive atmosphere to the department..



Day 4 – 20-11- 2025 (Thursday) Dumb Charades – “Life in Action” :

The Dumb Charades event, titled “Life in Action”, focused on physiology-related terms, diseases, processes, and scientists. Participants demonstrated quick thinking, non-verbal communication skills, and strong conceptual clarity while making the session lively and interactive

Extempore – “Life in Words” :

Provided a platform for students to articulate their thoughts on various physiology-related topics. The event assessed spontaneity, subject knowledge, clarity of expression, and confidence. Both events encouraged critical thinking and effective communication—essential competencies for future medical professionals

PHYSIOLOGY QUIZ COMPETITION

Intercollegiate Physiology League (IPL) – Physiology Week 2025

The Department of Physiology, Malabar Medical College Hospital and Research Centre, successfully conducted the Intercollegiate Physiology League (IPL)—the Intercollegiate Physiology Quiz—as the Grand Finale of Physiology Week 2025. The event was organized with the objective of promoting academic excellence, fostering scientific curiosity, and strengthening intercollegiate collaboration among undergraduate medical students. The quiz competition was held on 22nd November 2025 (Saturday) from 11:00 am to 4:00 pm at Sapphire Hall, Malabar Medical College Hospital & Research Centre, Kozhikode. The event brought together enthusiastic MBBS students from various medical colleges, creating a vibrant platform to celebrate the fascinating science of physiology through healthy competition.. The quiz was open to second-year to final-year MBBS students, with each participating college permitted to nominate two teams, each comprising two participants. The topics covered were based on the undergraduate Physiology curriculum for Phase I MBBS, ensuring relevance and academic rigor

"Exploring Life through the Lens of Physiology"

Department of Physiology



Malabar Medical College celebrates **International PHYSIOLOGY WEEK 2025**
"CELLS TO SYSTEMS"

17th – 22nd November 2025 | 03:00 – 04:00 PM (Competitions)
Venue: Department of Physiology, Malabar Medical College

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A celebration of curiosity, creativity and collaboration - Physiology Week 2025 brings together students to explore the wonders of the human body through art, intellect and interaction.

EVENT SCHEDULE

- Day 1 – 17 November 2025 (Monday)
Roleplay Competition – "Role it Right"
- Day 2 – 18 November 2025 (Tuesday)
Collage Competition – "Physio Frames"
- Day 3 – 19 November 2025 (Wednesday)
Rangoli Competition – "Physio Palette"
- Day 4 – 20 November 2025 (Thursday)
Dumb Charades – "Life in Action"
Extempore – "Life in Words"
- Day 5 – 22 November 2025 (Saturday)
GRAND FINALE – Intercollegiate Physiology League (IPL) Quiz Competition in Physiology for 2nd to Final Year MBBS Students.

ORGANIZING COMMITTEE

Department of Physiology	Dr. Smruthi V.
Organizing Chairperson	Dr. Jean Mallekall Dr. Geetha N.
Organizing Secretary	Dr. Mitha Mukundan Dr. Meenu Gopalakrishnan
Faculty Coordinators	Dr. Smriti Salim Dr. Vipin Roy Dr. Muhsina C. P.
Event Coordinators	Ms. Pibini Paul Ms. Shamna Moopan
Student Coordinators	Ms. Anjana Jose Ms. Raimi George
	Devanarayanan S. D.



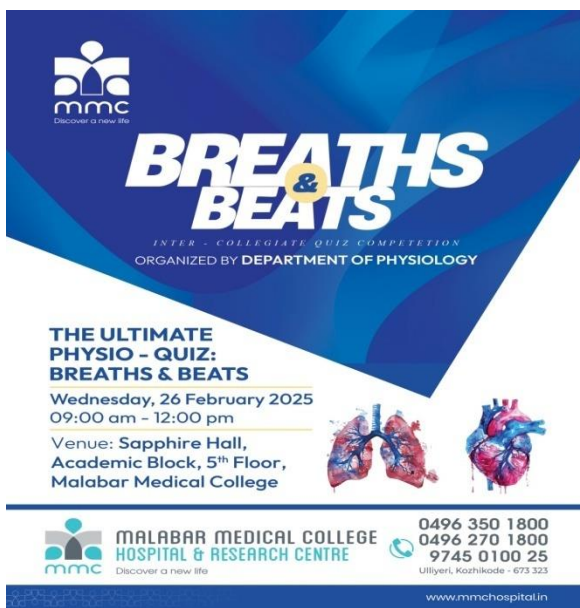
Breaths and Beats” – Intercollegiate Physiology Quiz Competition
Organized at Malabar Medical College Hospital and Research Centre, Ulliyeri
Date: 26th February 2025

The Department of Physiology, Malabar Medical College Hospital and Research Centre, successfully organized the **Intercollegiate Physiology Quiz Programme, "Breaths and Beats,"** on **26 February 2025** at **Sapphire Hall, Academic Block.**

The event brought together **35 teams** from medical colleges across Kerala and other states, providing a vibrant platform for academic excellence and healthy competition. The programme was inaugurated by **Mr. Anil Kumar, Chairman**, followed by a traditional lamp-lighting ceremony.

The quiz was conducted by **Dr. Bishara Pushkaran, Assistant Professor, Government Medical College, Kozhikode**, and **Dr. Vinitha V, Assistant Professor, Government Medical College, Kozhikode**. The competition consisted of three preliminary elimination rounds, followed by a seven-round grand finale featuring the top five teams. The questions covered a wide range of physiological concepts, clinical applications, and rapid-fire segments, encouraging critical thinking and teamwork.

The event successfully fostered academic interaction, strengthened students' understanding of physiology, and promoted a spirit of collaborative learning among future medical professionals, reflecting the department's commitment to excellence in medical education.



Mind–Brain Training:Yoga and breathing Techniques to Improve Memory and Focus

**Add-on course Dept of Physiology Wed,
28/01/2026**

The Department of Physiology conducted an add-on course titled "**Mind–Brain Training: Yoga and Breathing Techniques to Improve Memory and Focus**" for **78 First Phase MBBS students** in **January 2026**. The programme aimed to enhance students' memory, concentration, stress management, and overall well-being through scientifically based yoga and breathing practices.

The programme included expert talks on the **Neurophysiology of Memory** and the **health benefits of yoga**, followed by practical training in breathing techniques, yoga asanas, and guided meditation. Pre- and post-training assessments, including a word recall test, were conducted to evaluate the effectiveness of the intervention.

The activity reflected the department's commitment to promoting holistic medical education by integrating evidence-based lifestyle practices with conventional medical teaching, thereby fostering both academic excellence and student well-being

