

REPORT ON CME PROGRAM

Department of Physiology

Topic: Metamorphosis of a Medical Mind from Rote Learning to Reflective Practice

Date: 21.11.2025

The Department of Physiology, Arunai Medical College & Hospital, organized a **Continuing Medical Education (CME) cum Student Enrichment Program (SEP)** titled “**Metamorphosis of a Medical Mind from Rote Learning to Reflective Practice**” on 21.11.2025 at Ground floor lecture hall, Arunai Medical College campus. The programme was well-attended, with **289** participants. The event was accredited by the **Tamil Nadu Medical Council (TNMC)** and awarded **1 credit hour**. The program was conducted under the guidance of the Chief Patrons, Thiru **Er. E.V. Kumaran, Vice Chairman**, and Thiru **Dr E.V.V. Kamban, Medical Director**, along with the administrative leadership of **Dr D. Gunasingh, Dean and Principal**.

The event was organized under the leadership of **Dr. Jeneth Berlin Raj T, Vice Principal cum Head of the Department of Physiology**, as the Organizing Chairman, and **Dr. Anebaracy V, Professor of Physiology**, Organizing Secretary. The program was supported by a team of faculty members from the Department of Physiology.

Programme Highlights

The **Inaugural Session** began with a warm welcome address by **Dr Jeneth Berlin Raj T, Professor & Head, Department of Physiology**, followed by the **Keynote Address** from **Dr D. Gunasingh, Dean & Principal, Arunai Medical College & Hospital**.

As part of the inaugural ceremony, the program also featured a special segment for honouring the Physiology toppers of the 2024 batch, recognizing their academic excellence and motivating other students to strive for higher achievements.

Scientific Sessions

The scientific sessions were delivered by the distinguished resource person, **Dr D.C. Mathangi, Professor and Head of the Department of Mind-Body Medicine and Lifestyle Sciences** at Sri Ramachandra Institute of Higher Education and Research, Chennai. The resource person delivered two consecutive sessions, comprising a Continuing Medical Education (CME) session followed by a Student Enrichment Program (SEP), providing a comprehensive learning experience.

Session 1 CME: Metamorphosis of a Medical Mind from Rote Learning to Reflective Practice, delivered by **Dr D.C. Mathangi**, focused on moving away from rote memorization towards better understanding in medical learning. The presenter explained how memorising is not sufficient and the need to think, understand and apply knowledge to clinical practice. Learning should not be passive instead, students should question and apply knowledge to real-life scenarios. The importance of self-study and continuous development was also emphasised. The lecture inspired students to be more efficient in their learning process.

Session 2 SEP: Dr D.C. Mathangi's second session on Map it to Master it: Building Medical concepts through Concept Mapping, highlighted the use of concept maps as an effective learning method. The speaker explained how concept mapping helps students organize and connect different topics in a clear and simple way emphasizing concept mapping promotes active learning and helps in applying knowledge in clinical practice. **Students were encouraged to create their own concept maps** to improve understanding, memory, and revision.

Feedback: Participants' feedback on the program was positive. The sessions were found to be informative, well-organised and relevant. The focus on reflection and concept mapping was seen as a valuable technique for enhancing learning and retention. The program was overall perceived as successful and a valuable academic and professional experience. Participants felt the hands on training guided them to use concept mapping technique for better learning and mastering medical subjects.

Conclusion: The CME concluded with the distribution of certificates to core committee members and participants. A group photograph of the Department of Physiology faculty and staff marked the end of the event.

