

Dr. LALITHA SHANMUGAM

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Currently working as

- **Professor of Physiology, Department of Physiology, Vels Medical College and Hospital (VMCH),** Velan nagar, Manjakaranai, Tiruvallur District from **12/01/2021**
- **Coordinator of Medical Education Unit, VMCH** from **01/03/2022**
- **Coordinator of Curriculum Committee, VMCH** from **01/03/2022**
- **Purakkuzhu (Level 1) Board of Directors of The International Applied Tamil Team (IATT)** from **2023**
- **Member of BOS for Phase - I MBBS, VMCH** from **2023**
- **NAAC Criteria 7 in Charge, VMCH** from **2024**
- **Coordinator of First year MBBS, VMCH** from **01/01/2025**
- **Member of Disciplinary Committee, VMCH** from **2025**
- **CME Observer of TNMC** from **27/02/2026**

EDUCATION

M.B. B.S.	May 1999	IRT Perundurai Medical College & Research Centre
M.D. Physiology	April 2013	Sri Ramachandra University

TEACHING SKILLS & ACADEMIC RESPONSIBILITIES

- **Coordinator, MEU, Vels Medical College and Hospital**
- **Coordinator of Curriculum Committee - Vels Medical College and Hospital**
- **Member of Library Committee - Vels Medical College and Hospital**
- **Faculty Coordinator for events - Vels Medical College and Hospital**
- **Resource faculty for Faculty Development Programme**
- Taking Lectures and Practical classes in Physiology for **MBBS students**
- Taking Integrated lectures & ECE classes for **MBBS students**
- Taking AETCOM classes for **MBBS students**
- Taken Lectures and Practical classes in Physiology for Undergraduates - **MDS, BDS, BPT, Nursing and Allied Health Sciences**
- Faculty Member of Medical Education Unit (**MEU**) MAPIMS
- Member of **Curriculum Sub Committee** for Phase I – MAPIMS
- Member of Alignment & Integration Committee for Phase I – MAPIMS
- Member of Gender Harassment Committee - MAPIMS

TRAINING / WORKSHOPS ATTENDED

- Completed Curriculum Implementation Support Programme (**CISP-III**) at NMC Nodal centre-SRMC & RI
- Completed Advance Course in Medical Education (**ACME**) at MCI Nodal centre, CMC, Vellore
- Completed Curriculum Implementation Support Programme (**CISP-II**) in Medical Education Technologies at MAPIMS
- Completed Revised Basic Course Workshop (**RBCW**) at MCI Nodal centre, CMC, Vellore
- Completed **Diploma in Family Medicine** by university of Colombo, SriLanka
- Completed **Fellowship Certification in Diabetology** by MV Hospital and IMA
- Participated as a resource faculty for RBCW –FDP conducted by CMC, Vellore at Melmaruvathur Adhiparasakthi Institute of Medical Sciences and Research on 17th, 18th & 19th June, 2019
- Completed the E-Learning course entitled, 'Introduction to e-learning & Blended Learning concept' at Vels Medical College and Hospital from 22.11.2021- 26.11.2021
- Completed the FDP on 'Good Clinical Practice' organized by the Department of Pharmacology, Vels Medical College and Hospital from 20.12.2021- 24.12.2021
- Participated in the two days international workshop on 'Importance of Yoga therapy for Alternative Medicine in Modern Lifestyle' organized by The International Applied Tamil Team at Tamilnadu Physical Education and Sports University on 12th & 13th August, 2022
- Completed the E-Learning course entitled, 'Effective use of Multimedia in Medical Education' at Vels Medical College and Hospital from 14.11.2022- 18.11.2022
- Completed the FDP on 'Technology Training for Medical Faculty' organized by MEU, Vels Medical College and Hospital, a unit of VISTAS from 19.12.2022- 23.12.2022
- Organized and worked as a resource faculty for BCME –FDP at Vels Medical College and Hospital conducted by MEU, Vels Medical College and Hospital under the supervision of an observer from SRMC & RC on 23rd, 24th & 25th August, 2023
- Completed the E-Learning course entitled, 'Strategies and tools for integrating e-learning, blended learning and multimedia' at Vels Medical College and Hospital from 20.11.2023- 24.11.2023
- Completed the FDP on 'Research Methodology Workshop for Medical Faculty' organized by MEU, Vels Medical College and Hospital, a unit of VISTAS from 26.12.2023- 30.12.2023

GUEST LECTURES

- Contributed as a panelist in the panel discussion on 'Exploring the impact of Guyton on the versatility of a Physiologist – As an UG teacher' in the International CME on 'A Physiologist's day out – an Alumini Activity' conducted by Department of Physiology, SRMC & RI, SRIHER on 9th September, 2024
- Guest lecture on 'Role of inflammatory markers in CVD risk prediction' in the CME titled, 'CORONARY CROSSROADS- Basics to Bedside' at Vels Medical College and Hospital on 30.08.2024
- Guest lecture on 'Benefits of Yoga in health' in International Yoga Day 2023 at Vels Medical College and Hospital on 21.06.2023
- Guest lecture on 'Effect of Yoga on various physiological parameters' in a CME cum Workshop on 'Yoga for Humanity' at Sri Lalithambigai Medical College and Hospital on 20.06.2023
- Guest lecture in the Sensitization Education Program conducted by DEU & MEU, MAPIMS at Adhiparasakthi Dental College & Hospital on 5th, 6th & 7th December, 2017

CONFERENCES

- Presented a paper titled, 'Truth about Oxytocin' in a national conference conducted by Quaid e millath govt. women's college and New century book house at Quaid e millath govt. women's college on 24.02.2012
- Presented a paper titled, 'Psychophysiological significance of digit ratio in sports' in an international conference on 'Innovative Technology in sports and Allied Sciences' organized by the Department of Physical Education and Health Sciences, Alagappa University at L.C.T.L. Palaniappa Chettiyar Memorial Auditorium on 19th & 20th October 2012
- Presented a paper titled, 'The World of Muscle Proteins – Untraveling The Physiological' in an UGC sponsored national seminar on 'Innovative Concepts in Physical Education and Yoga' organized by the Department of Physical Education, Arul Anandar College on at Arul Anandar College on 1st & 2nd February, 2013
- Participated as delegate in a CME Programme on 'Current concepts in the management of Acid Peptic Disease' organized by Department of Physiology, SRM Medical College Hospital & Research Centre in association with APT on 04.11.2015
- Participated as delegate in a national conference CONNEXION 2016 organized by Department of Physiology and Anatomy, Sree Balaji Medical College and Hospital on 28.01.2016
- Participated as delegate in a CME Cum National level Physiology Postgraduate Quiz organized by Department of Physiology, Stanley Medical College on 24.06.2016
- Participated as delegate in an International conference on Environment and Occupational Health ENVOCCON 2016 organized by Department of Physiology, Sree Balaji Medical College and Hospital in association with APT on 10th & 11th September, 2016
- Participated as delegate in an International conference on 'Stress, Yoga and Mind Body Medicine' SYMMEDCON 2017 organized by Department of Physiology, Sri Ramachandra Medical College & Research Institute on 04.01.2017
- Worked as an organizing secretary for a CME on 'GUT HEART CONNECT' at Vels Medical College and Hospital organized by Department of Physiology, Vels Medical College and Hospital on 10.08.2023
- Worked as an organizing secretary for a 'CME titled, 'CORONARY CROSSROADS- Basics to Bedside' at Vels Medical College and Hospital organized by Department of Physiology, Vels Medical College and Hospital on 30.08.2024

PROFESSIONAL MEMBERSHIP

- Life member of Association of Physiologists, TamilNadu
- Life member of Indian Medical Association

AWARD & RECOGNITION

- AASAAN' 24 Award by IMA
- Received Medical Professionalism award from Vels Medical College and Hospital for the year 2023-2024
- Received Second prize in the Intercollege Postgraduate Quiz Program conducted by the Department of Physiology, Kilpauk Medical College and Hospital in association with APT on 'Endocrine Physiology' at Kilpauk Medical College and Hospital on June, 2012

RESEARCH PAPERS PUBLISHED

■ Published 9 articles in various National and international journals

S. No	Name of the Authors	Title of the Paper	Name of the Journal	Volume	Year of Publication	Indexed by
1	Lalitha Shanmugam, Prince J Samuel	Medical Student's Perception of Roleplay as a Learning Methodology	International Journal of Current Pharmaceutical Research	18 (4)	2026	Embase
2	Lalitha Shanmugam, Kannan N	Assessment of communication nd skills in the 2 year MBBS students of a tertiary medical center in Melmaruvathur	National Journal of Physiology, Pharmacy and Pharmacology	10 (10)	2020	Embase, Index Copernicus, Google Scholar
3	Lalitha Shanmugam, S.Sathya sheela, N.Kannan, B.Ashok	Correlation of Red Cell Distribution Width with the parameters of severity of kidney disease in patients undergoing Haemodialysis	Biomedicine	40 (1)	2020	Scopus, Excerpta Medica, Elsevier Indian Citation Index, Indmed
4	Bhaskaran S, Sakthidasan S, Lalitha Shanmugam, Suthakaran C.	Thyroid status in patients undergoing maintenance haemodialysis: a South Indian cohort study	International Journal of Advances in Medicine	6	2019	Index Copernicus
5	D.Gajenthiran, Lalitha Shanmugam	Evaluation of Intra Ocular Pressure after Leg Press Test in Young Males- A Comparative Study	Journal of Clinical and Diagnostic Research	13	2019	Index Copernicus

6	Sudha D, Lalitha Shanmugam , R Surya	Three Sites Semmes Weinstein Monofilament Test for Detecting Diabetic Peripheral Neuropathy	Biomedicine	37	2017	Scopus, Excerpta Medica, Elsevier Indian Citation Index, Indmed
7	Lalitha Shanmugam, S SheelaRavinder, Priscilla Johnson, R Padmavathi, B Rajagopalan, AnupmaJyotiKindo	Assessment of phagocytic activity of neutrophils in chronic obstructive pulmonary disease	Lung India	32	2015	Pubmed
8	R Surya, M Sathish Kumar, Lalitha Shanmugam, R Harisudha, A Rajalakshmi and R Mahalakshmi	Comparison of pulmonary function test on acute exposure to formalin vapours between MBBS and BDS students	Biomedicine	35	2015	Scopus, Excerpta Medica, Elsevier Indian Citation Index, Indmed
9	V.MadhusudhanRao, Lalitha Shanmugam, R Surya, M Sathish Kumar, M Arifath, T Bhuvaneshwari, P Ramaprabha, R Arvind Kumar, M Viyalakshmi and S Kannamma	Difference in degree of activation of sympathetic, adaptation and recruitment of sympathetic activity is the cause of variable vasoconstrict or response in inspiratory gasp reflex	Biomedicine	34	2014	Scopus, Excerpta Medica, Elsevier Indian Citation Index, Indmed

10	R Surya, Lalitha Shanmugam, M Sathish Kumar, I Anand Shaker	Importance of Exercise needs in Diabetic patients for oral Immunity	American Journal of Pharmacy and Health Research	2	2014	Index Copernicus
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- Published **3 chapters** in a book titled, ‘**Therapeutic proteins against Human Diseases**’, **2022**
- Published **a chapter** in a book titled, ‘**Developments in Epigenetic Cancer Therapeutics**’, **2023**

ORGANIZATIONS WORKED

➤ **Melmaruvathur Adhiparasakthi Institute of Medical Sciences & Research (MAPIMS), Melmaruvathur**

Period : 05th Oct 2020 – 11th Jan 2021
Designation : Professor – Physiology Department

➤ **Melmaruvathur Adhiparasakthi Institute of Medical Sciences & Research (MAPIMS), Melmaruvathur**

Period : 13th Sep 2017 – 04th Oct 2020
Designation : Associate Professor – Physiology Department

➤ **Melmaruvathur Adhiparasakthi Institute of Medical Sciences & Research (MAPIMS), Melmaruvathur**

Period : 11th Sep 2013 – 12th Sep 2017
Designation : Assistant Professor – Physiology Department

➤ **Sri Ramachandra University, Porur**

Period : Apr 2010 – Apr 2013
Designation : Post graduate / Tutor / Demonstrator – Physiology

➤ **Stanley Medical College, Chennai**

Period : Nov 2006 – Mar 2008
Designation : Tutor – Pathology Department, SMCH

➤ **Stanley Medical College, Chennai**

Period : Mar 2005 – Oct 2006
Designation : Contract Medical Consultant, Pathology Department, SMCH

➤ **GG Hospital, Chennai**

Period : June 1999 – Nov 1999
Designation : Duty Doctor – Emergency Ward

