



VINAYAKA MISSION'S
RESEARCH FOUNDATION
(Deemed to be University under section 3 of the UGC Act 1956)



AVMC
AARUPADAI VEEDU MEDICAL COLLEGE

“FOUNDATION COURSE FOR FIRST MBBS 2019-20 BATCH STUDENTS”

Goal of the Foundation Course: To prepare a student to study medicine effectively.

The objectives were to:

a. Orient the student to the medical profession and the physician's role in society, the MBBS programme, Medical ethics, attitudes and professionalism, Medical college and hospital and examination

b. Enable the student to acquire enhanced skills in: i) Language, ii) Interpersonal relationships, iii) Communication, iv) Learning including self-directed learning, v) Time management, vi) Stress management, vii) Use of information technology.

A full month foundation course was planned by Dean HPE, MEU and Curriculum committee members of our college. As per the MCI, the various modules such as orientation module, skill module, community module, Professionalism and ethics module, enhancement of language and computer skills module, and sports and extracurricular activities were successfully conducted for a month between 1st August 2019 and 31st August 2019.

Organising the foundation course for a continuous month was not at all an easy task. Dean of our esteemed institution, **Dr. Rammachandra Reddy** supported the sessions. Dean HPE **Dr. V.N. Mahalakshmi** was the guiding and driving force behind the whole process of the foundation course. Respectable Vice-Principal **Dr. T. Rajan** and Medical Superintendent **Dr. K. Jayasingh** provided all support needed throughout the program. The foundation course was successfully conducted by the Foundation course Co-ordinator, **Dr. Sasmita Mishra**, Professor & HOD, Department of Biochemistry along with the foundation course organizing team which included all the first MBBS faculties of AVMC & H.

On 31st of July a **course commencement ceremony** was conducted by the organizing team for the freshers and their parents. Students were shown the different blocks of the campus and were updated about the institutional rules and regulations to follow during their stay. The sessions were conducted consecutively as per the Foundation Course schedule from 1st August onwards.

In the **Orientation module** the students were introduced to the MBBS course, subjects covered in each year from first to final year, the campus and to all the departments. The introduction to the institution was planned and executed in phases. The students were divided into small groups accompanied by one faculty and were taken to different parts of the campus. In this session students were oriented to locations of different departments in the hospital block and the college block. The students visited museums of different departments, central library and central research lab in the college block. They were introduced to all departments and their faculties. During the campus walk the students were instructed to do geotagging. The students were also taken around different cultural and sports facilities of the campus.

The history of medicine was taken elaborately. These sessions aimed at providing students a glimpse of the past about medicine. Audio visual aids were used to help students understand the history of medicine. An overview of MBBS curriculum, its structure and outcomes and its relation to the career pathways were taken. Principles of Family practice was also emphasized during the orientation module. Students were instructed about Students' Support & wellbeing at AVMC & H including Anti – Ragging Measures.

In the professionalism and ethics module the first session was an interactive session about “why did you choose to become a doctor.” The students shared their ideas. Other sessions were aimed at orienting students about their roles as doctors in the society. The students were explained about the seriousness of the profession as they would be dealing with the lives of the patients and they were also explained that there was no room for mistake. They were also explained about the consequences of medical negligence and judgmental errors by the doctors. The students were taught with the help of audio visual aids, role plays & inter-active sessions. The students were given certain cases to study and allowed to analyse the mistake and problems in the case. They were shown the Patch Adams Movie to understand Humanism in medicine. The principles of the medical ethics were also explained in detail in one of the sessions it was highlighted about the importance of confidentiality and consent form. The different types of ethical codes were explained to students. The duties and responsibilities of a doctor after pursuing a degree were also discussed. There was an interactive session on unethical and unprofessional behaviour. Importance of documentation in patient care and how to document properly was taken. Immunization requirements of health care professionals were explained.

Students went for a **Community Visit** to community health centre and primary health centres to know “What does it mean to be a patient” and what are the social needs accompanied by community medicine team.

During the **skills module**, sessions on first aid were conducted emphasizing the importance of timely first aid and the correct methods of providing the first aid. The students were oriented to skill training and simulation based learning. During the sessions of skill training of first aid, students were divided into 3 groups and were taken to the skill lab where they were taught how to provide first aid and Basic Life Support. In the skill module, sessions on lab safety, universal precautions, blood spill management, proper hand washing techniques, immunization, documentation and biomedical waste management were conducted to orient students to these essential components of health profession.

In one of the sessions, the students were made aware of the definition of Disability competencies according to WHO and the discrepancies related to it. The lack of facilities that the disable people face in the society and how students can work to make their life easier was emphasized. Yoga and aerobic classes were taken by the yoga team. Our institute physical instructor took care of the sport part. Also we conducted zumba classes for relaxation.

A full day session was taken by an **external expert team from Chennai**, on topics like stress management, time management and team building followed by some relaxing exercises.

Communication module was introduced to the students. Classes were conducted to teach local language. The instructors held interactive sessions with students to teach them vocabulary and correct pronunciations of word and sentences used in day to day in addition of those used during history taking and medical examination of a patient. Further they were shown videos on healthy patient-doctor interaction with the objective of helping them learn the appropriate language, expression, body language and caring touch to be employed while treating the patient. Students were exposed to VARK Educational counselling. Basic Research skills for medical students were also taken.

Through the Computer skills module, the students were instructed about the basic IT skills. The students were acquainted with the basic software of MS Office (MS Word, MS Excel and Power point). The basic data processing in excel spread sheet was explained and demonstrated to the students.

The foundation course was concluded by the **WHITE COAT CEREMONY**. White coat is a symbol of authority and professionalism, caring and trust, which they must earn from patients. During this ceremony the white coat was conferred on new students by senior professors. All the students took academic oath. The ceremony signifies the beginning of students' journey to achieve the long white coat, when they are physicians

Course commencement Ceremony



Students taking academic oath



Students with external team from Chennai for team building



Students after campus visit preparing the chart



Students in BLS Training



VARK Educational Counselling by MEU



Panel discussion on Mentoring & Carrier Advancement



Design thinking for the session on why I choose to become a doctor



Zumba Class



Yoga Training



Hand Washing Techniques



Psychiatric team taking the communication skill



Group work by 1st year students



Road Safety Measures



Transport facilities for AVMCians



Interactive session on Doctor patient relationship



Team building activities by the students



White coat ceremony



Students taking oath in White coat ceremony



Campus Walk



Tree Plantation



Certificate distribution to the organizing team

