

Highlights of 4th week of Foundation Course

In the fourth week of foundation course, following sessions were conducted.

Session -1: Ethics in research

Students made aware of ethical guidelines given by Indian council of Medical research. Also they knew animal ethical guidelines and standard operating procedure for using animal in research. One should consider all the ethical aspects while doing research either on human or animal.

Session -2: Mentorship program

Ananta institute of Medical sciences & Research centre runs mentorship program for all the students. Students came to know importance of mentor in their life and roles and responsibilities of both mentor and mentee. Through this program mentor address all the issues of mentee either it is academic or personal and can keep track record throughout the MBBS program.

Session -3: Mentor-mentee meeting

Introductory meeting was arranged between mentor and their mentees. Mentees filed forms of mentorship program and handed over to their mentors. Regular meeting will be held on every month between mentor and mentee in which mentor will discuss academic performance of mentee, problems in any subject or any other issues.

Session -4: Field visit to Aanganwadi

Visit to Aanganwadi in delwara was arranged by department of community medicine. Students have checked nutritional status, anthropometric measurement of children.



Session -5: College library: importance and how to use

Orientation of the college library was done by the chief librarian of the institute. Students knew about rule & regulations of the library, books available, how to issue a book and importance of using college library for reading and other activities.

Session -6: Cadaveric ceremony

Department of anatomy has organized cadaveric ceremony. Students were exposed to the cadaver for the first time which is the first teacher for any medical student. They learnt about the importance and protocols of body donation, process of embalming and how to pay respect to the cadaver while doing dissection.

Session -7: Statistics in Medicine

Statistics is a part of research in medicine. Student learnt about how to collect statistical data for any study and how to do analysis of this data to get results.

Session -8: BLS training

The most important technique which should be known to each and every individual is to give cardio-pulmonary resuscitation to the required person. Students have undergone training for the same on the manikins and learnt importance of knowing this technique.



Session -9: Physician's role & expectation by society

This session was a part of professionalism & ethics module of foundation course. Student knew what patient, family and society expect from them when they will be medical professionals and what the roles they have to play for being a good doctor.

Session -10: Introduction to IEC of institute

Every institute has 'Institutional ethical committee' who monitors ethical aspects of research projects carried in institute. Students were encouraged to involve in research activities from their under-graduate life and also ethical guideline they have to consider while doing research.

Session- 11: Evidence based medicine

Objective of this session was to impart knowledge on importance of evidence in health care and medical education, how to get data related to evidence from well designed and well conducted research and how to apply this data in clinical scenario.

Session -12: Time & stress management

Department of psychiatry has taken this session on better management of stressful situation and importance of time management for different aspects of life to reduce stress.

Session -13: Maintaining confidentiality

Confidentiality is one of the important aspects of medical ethics. Students were known how to maintain confidentiality and importance of the same on ethical and legal aspects.

Session -14: Bi-safety/Needle prick injury

This important session was carried out to learn measures of bio-safety and what precautions should be taken while using needle. Also measures to be taken when one get needle prick injury while handling patient.

Session -15: Proper hand washing technique

Proper hand washing technique includes various steps that one should follow. Students were given demonstration of steps of hand washing technique and also scrubbing technique before entering operation theatre.

Session -16: Doctor-patient relationship

Student learnt this session by doing role play to show various aspects of doctor-patient relationship like communication, empathy, ethics and attitude.



Session -17: Medical terminology

Medical language contains various terminologies which are not used during normal conversations. This session was to aware students about all these terminologies they are going to use in their curriculum.

Session -18: Language (English)

This session mainly focused on application of English skills in routine life like writing application, writing letter etc.

Session -19: Computer skills

Students learnt about how to use e learning tools to access medical books, journals, documents etc.

Session -20: Feedback of core foundation course and reflective writing

On the last day of foundation course, feedback for the same was taken by program evaluation questionnaires and reflective writing on foundation course. Feedback will be evaluated statistically in detail to do study of positive and negative aspects of foundation course.

Session -21: Closing ceremony and prize distribution ceremony

This was the last session of core foundation course to close the program. Principal & controller Dr. Pramila Bajaj has briefed the summary of the foundation course and winners in various extra-curricular activities were felicitated with mementos.