



VELAMMAL MEDICAL COLLEGE
HOSPITAL AND RESEARCH INSTITUTE
MADURAI - 625009


1.3.2

Brochures and Detailed Report of Value-Added Courses offered

During 2019-20

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Prof. T. THIRUNAVUKKARASU, M.D.,D.A.,
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2019-20



VELAMMAL MEDICAL COLLEGE
HOSPITAL & RESEARCH INSTITUTE

DEPARTMENT OF RADIODIAGNOSIS

**RADIOGRAPHIC
POSITIONING & TECHNIQUE
VALUE ADDED COURSE**


Prof. T. THIRUNAVUKKARASU, M.D., D.A.,
Dean
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and Research Institute
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Madurai-Tuticorin Ring Road
Anuppanadi, Madurai-625 009, T.N.

Circular

Date: 11.10.2019

An Enrichment Course will be held on **18.10.2019 & 19.10.2019** by the **Department of Radiodiagnosis**

Topic titled: Radiographic positioning & Technique

Presenter: Dr. Kalirajan, Assistant Professor The Department of Radiodiagnosis

Radiology **2nd year & Final year MBBS students** are requested to attend and make it successful.

Head of the Department



Dr. M. Krishna Kumar
Professor & HOD
Department of Radiodiagnosis
VMCH & RI, Madurai.

Dean



Prof.R.M.Raja Muthiah, M.S., M.Ch
Dean

Copy to

1. Notice Board.
2. HODs of All departments

Activity Report

Topic Name : Radiographic positioning & Technique

Introduction: Dr. Kalirajan

Objective: Physics, Techniques, position, Pit Falls & Interpretation.

Date: 18.10.2019 & 19.10.2019

Course Duration: 8+8 Hours

Location: Lecture Hall, Department of Radiodiagnosis.

Organized by: Department of Radiodiagnosis

Audience: 2nd year & Final year MBBS Students

Speaker: Dr. Senthil

Method adopted: Power point presentation – Seminar.

Materials used: Projector & Laptop

Course time table:

Date	Time	Topic	Speaker
18.10.2019	8.45 am to 5.45 pm	Radiographic positioning & Technique	Dr. Kalirajan
19.10.2019	8.45 am to 5.45 pm	Radiographic positioning & Technique	Dr. Senthil

Description:

The program started with introduction speech about the CME regarding conventional radiology by Dr. KALIRAJAN. The program was inaugurated by our DEAN DR. RAJA MUTHAIAH. The welcome speech to the dignitary and students was delivered by Head of the Department of Radio-diagnosis DR. M. KRISHNA KUMAR.

The First lecture was started by MRS. PADHMAPRIYA, (RADIOLOGY TECHNOLOGIST) regarding X-RAY WHOLE SPINE - VIEWS & TECHNIQUES. The second guest lecture was given by MRS. PANIMARY (RADIOLOGY TECHNOLOGIST). She has started the lecture with CT-WHOLE SPINE TECHNIQUE. She has spoken about various methods & techniques used in Whole spine Techniques & Protocol. The third lecture was again given by Dr. KUMARAN and spoke about RADIATION DOSE IN CT WHOLE SPINE IMAGING & REDUCTION TECHNIQUES.


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On second day the first lecture was given by DR. YOGARAJ and spoke about X-RAY WHOLE SPINE - NORMAL & ABNORMAL. The second guest lecture was given by MR. SATHEESH, (RADIOLOGY TECHNOLOGIST). He has started the lecture with CERVICAL SPINE INDICATION PROTOCOL and spoke about various methods & techniques. The third lecture was again given by DR. DIVYA and spoke about WHOLE SPINE CASE BASED DISCUSSION.

At last vote of thanks was given by Dr. L. RUPA KUMAR. On second day the first lecture was given by DR. YOGARAJ and spoke about SKELETAL SURVEY - IMAGING & FINDINGS. The second guest lecture was given by MR. SATHEESH, (RADIOLOGY TECHNOLOGIST). He has started the lecture with X-RAY BONE AGE PREDICATION and spoke about various methods & techniques. The third lecture was again given by DR. KUMARAN and spoke about X-RAY IMAGING IN ARTHRITIS

At last vote of thanks was given by Dr. L. RUPA KUMAR.

Outcome Analysis: The team lecture made the 2nd Year & MBBS Final year students to understand and made their skill about the basic X-Ray imaging & interpretation.


DR. M. KRISHNAKUMAR MD, DM, DMRD
PROFESSOR & HOD

Head of the Department

Seal & Signature

TITLE : RADIOGRAPHIC POSITIONING & TECHNIQUE

DATE : 18.10.2019 & 19.10.2019

DEPARTMENT INVOLVED : RADIO DIAGNOSIS

TARGET AUDIENCE : 2ND YEAR & FINAL YEAR MBBS STUDENTS

VENUE : LECTURE HALL, DEPARTMENT OF RADIO DIAGNOSIS

RESOURCE PERSONS :

Dr. YOGARAJ (ASSOCIATE PROFESSOR)

Dr. KUMARAN (ASSISTANT PROFESSOR)

Dr. RUPAKUMAR (ASSISTANT PROFESSOR)

Dr. DIVYA (SENIOR RESIDENT)

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RADIOGRAPHIC POSITIONING & TECHNIQUE – VALUE ADDED COURSE

AGENDA

DAY – 1 (18.10.2019)

TIME	TOPIC	SPEAKER
08.30 AM to 10.30 AM	X-Ray Whole Spine – Views & Techniques	Mrs. Padhmapriya (Radiology Technologist)
TEA BREAK		
10.45 AM to 12.45 PM	CT – Whole Spine Technique	Mrs. Panimary (Radiology Technologist)
LUNCH BREAK		
01.30 PM to 03.30 PM	MRI – Whole Spine Technique & Protocol	Mr. Satheesh (Radiology Technologist)
TEA BREAK		
03.45 PM to 05.45 PM	Radiation dose in CT Whole Spine imaging & Reduction techniques	Dr. Kalirajan

DAY – 2 (19.10.2019)

TIME	TOPIC	SPEAKER
08.30 AM to 10.30 AM	X-Ray Whole Spine – Normal & Abnormal	Dr. Rupesh
TEA BREAK		
10.45 AM to 12.45 PM	MRI – Cervical spine - Indication Protocol	Mr. Satheesh (Radiology Technologist)
LUNCH BREAK		
01.30 PM to 03.30 PM	CT & MRI – Whole Spine case based Discussion	Dr. Divya
TEA BREAK		
03.45 PM to 05.45 PM	Quiz	Ms. Jasmine (Radiology Technologist)

Organised by Department of Radiodiagnosis, VMCH& RI







SIGNATURE (Dr. KALIRAJAN.K)
PERSON INCHARGE



Dr. M. KRISHNA KUMAR
HOD (DEPARTMENT OF RADIO DIAGNOSIS)



VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE
DEPARTMENT OF FORENSIC MEDICINE & TOXICOLOGY

Report on Value Added Course

Topic : Basic Computer Skills for MBBS Students

Date : 5th and 6th April 2019

Venue : Lecture Hall : 1

Resource persons:

Dr. Mahesh Krishna

Dr. Yogesh C

Dr. Surangama Chakraborty

Dr. Rajan

Department involved : Forensic Medicine & Toxicology.

Audience : First year M.B.B.S. Students.


Number of Participants : 131

Method of delivery : Lecture and group activity.

Objective for the Programme: To become a effector presenter. To minimize error during working, patient care & early diagnosis. To get updated knowledge and remain as lifelong learner. To learn easy and swift computer skills. Most important be aware of research & innovation around the world and able to collaborate various agencies.

Description:

The program was inaugurated by Dean of Velammal Medical College Hospital and Research Institute. Course introduction was done by Dr. Mahesh Krishna. Dr. Yogesh C started the session about Introduction to Computer application in medical sciences. Following it Dr. Surangama explained about Use of Microsoft word & its application, Dr. Rajan briefed on Power point presentation. Dr Yogesh C explained about the Use of media & Algorithm for PPT. Afternoon Session on Microsoft Excel, concept & analysis of data was handled by Dr Mahesh Krishna


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DEPARTMENT OF FORENSIC MEDICINE & TOXICOLOGY

Report on Value Added Course

Day 2 started with Dr Yogesh C lecture on Microsoft publisher & Posters /Banner making. Dr Surangama briefed about Use of one note following which Dr Rajan explained about its application in medical research. The session ended with a Panel discussion.

Photo:





Velammal Medical College Hospital and Research Institute

Department of Forensic Medicine & Toxicology

Invites all for

Value added Courses on Basic Computer Skills for MBBS Students

Date: 5th and 6th April 2019

Time: 8.00 AM to 5.00 PM

PATRON

Chairman:

Mr.M.V.Muthuramalingam

Advisors:

Dean: Dr. Raja Muthaiah

DR.P.K.Mohanty

Vice Principal

Professor & HOD

Department of Biochemistry

Resource persons

Dr.Mahesh Krishna

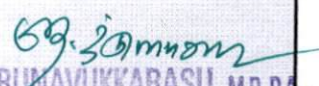
Dr.Yogesh C

Dr.Surangama

Chakraborty

Dr.Rajan

Date	Time	Topics	Resource persons
05.04.2019	8.00 - 8.30 AM	Inauguration Course introduction Pre test	Dean, MS, VP Dr. Mahesh Krishna
05.04.2019	8.30 – 9.30 AM	Introduction to Computer application in medical sciences	Dr.Yogesh.C
05.04.2019	9.30 AM - 10.30 AM	Use of Microsoft word & its application	Dr.Surangama
05.04.2019	11:00 AM - 12.15 PM	Power point presentation	Dr. Rajan
05.04.2019	12.15 PM - 01.00 PM	Use of media & Algorithm for PPT	Dr. Yogesh C
05.04.2019	2.00 – 5.00 PM	Microsoft Excel, concept & analysis of data	Dr.Mahesh Krishna


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DAY 2
6th April 2019

06.04.2019	08:00 AM – 10:00 AM	Microsoft publisher & Posters /Banner making	Dr. Yogesh C
06.04.2019	10.30 AM – 11.30 AM	Use of one note (a personal diary)	Dr.Surangama
06.04.2019	11.30 AM – 01.00 PM	Application of one note in medical research	Dr. Rajan
06.04.2019	02.00 PM – 03.00 PM	Student's Evaluation	Dr. Surangama
06.04.2019	03.00 PM – 05.00 PM	Panel discussion	Dr. Mahesh Krishna

M. Surangama



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Exercise and Sports Physiology



Department of Physiology

Velammal Medical College Hospital and Research Institute

Madurai

VMCH/Physio/VAC/2020

CIRCULAR

To First MBBS students of 2019-2020 batch

16.3.2020

There will be a Value-added course on Exercise and Sports Physiology for first MBBS students on 20th & 21st of March 2020 between 8am-4pm for 2 days. All the students are expected to attend the course without fail.

Date: 20 & 21 March 2020

Time: 8am-4pm for - 2 days

Venue: Auditorium

Third floor

Velammal Medical College Hospital

Dr.S.Anu

Professor and Head

Department of Physiology



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Topic Name: Exercise and Sports Physiology

Introduction: Exercise has numerous health benefits. Exercising regularly can help prevent the occurrence of cardiovascular and metabolic disorders. Due to increasing popularity in sports these days, the interest in learning more about the nature of different kind of sports and the physical fitness required for each sport and the physical changes associated with them have also increased. Hence it is important to educate the medical students about the importance of exercising daily and help them getting engaged different kind of sports activities is the need of the hour.

Objective: To educate the medical students about the importance of having physical activities as a part of daily routine.

Date: 20 and 21st of March 2020

Course Duration: 16 hours of duration (2 days)

Location: Auditorium -Third floor, Velammal Medical College Hospital and Research Institute, Madurai


Organized by: Department of Physiology

Audience: first year MBBS students

Speaker: Faculties of Physiology

Method adopted: Lecture

Materials used: Lecture hand-outs


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Course time table

Date	Time	Topic	Speaker
20.3.2020 – Friday	8.30-9.30am	Basic Principles in Exercise Physiology	Dr.S.Anu Professor Department of Physiology
	9.30-10.30am	Exercise training and physiology	Dr.John Rajpathy Professor Department of Physiology
	10.30-11.30am	Role of Exercise physiology in clinical sports medicine	Dr.M.Shanthi Professor Department of Physiology
	11.30-1pm	Areas of research in exercise physiology	Dr.M.Saravanan Associate Professor Department of Physiology
	1 – 2 pm	Lunch break	
	2 - 3 pm	Aging and exercise	Dr.K.Rekha Associate Professor Department of Physiology
	3 – 4 pm	Exercise and Metabolic disorders	Dr.J.Keba Assistant Professor Department of Physiology
21.3.2020 – Saturday	8 - 9 am	Latitude of Exercise Physiology	Dr.S.Anu Professor Department of Physiology
	9 - 11 am	Rehabilitation in Sports Physiology	Dr.John Rajpathy Professor Department of Physiology
	11– 1 pm	Mental and Emotional Benefits	Dr.M.Saravanan Associate Professor Department of Physiology
	1 – 2 pm	Lunch break	


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	2-3 pm	Physical fitness & academic	Dr.K.Rekha Associate Professor Department of Physiology
	3 – 3.50 pm	Exercise & Fitness	Dr.J.Keba Assistant Professor Department of Physiology
	3.50- 4pm	Feedback and Valediction	

Description: An event was conducted for exercise and sports physiology by the department of Physiology. On the first day of the event the faculties talked about the basic physiological changes occurring during exercise, role of sports medicine in modern day sporting events and the research potential of sports physiology which the medical students can pursue after the completion of their undergraduate degree. Physiological changes occurring with ageing and the benefits of sports during the ageing process were also discussed. On the second day sessions were conducted on the topics like rehabilitative exercises, physical and mental changes occurring during exercise and fitness and exercise.

Department of Physiology, Velammal Medical College Hospital and Research Institute, Madurai, Tamilnadu had organised a certifiable value added course to First Professional MBBS students (2019-20 batch) on 20 and 21st march 2020

The program spanned for 16 hours of duration covering the salient aspects and importance of exercise and sports physiology . The program began with inauguration and faculty from the physiology department gave talks on the concept of role of Exercise physiology in clinical sports medicine and their clinical importance apart from what they have learnt in their regular curriculum and practical sessions. Each student learned about the areas of research in exercise physiology and got benefited. In the afternoon session of the first day, the event began with a talk on relation between aging and exercise. The metabolic disorders associated with exercise physiology was highlighted to the students.

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In the second day, after the recap , brief introduction was given about the Latitude of Exercise Physiology , followed by which Mental and Emotional Benefits of Sports were discussed. Finally, the Physical fitness and effect on academic performance was are taught to students. The day ended with the feedback session.

Outcome Analysis: A feedback session was conducted at the end of the second day's session.

Head of the Department

Seal & Signature


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Exercise & Sports physiology

Exercise Physiology is the study of anatomy and physiology, and examines how the body's structures and functions are altered when exposed to acute and chronic bouts of exercise. It is primarily the study of how the body adapts physiologically to the acute or short-term stress of exercise, and the chronic or long-term stress of physical training. Sports physiology further applies these concepts from exercise physiology specifically to training the athlete and enhancing athlete performance within a specific sport.

Exercise and sport physiology is about improving performance, by knowing how the body functions during exercise, and using scientific principles to allow your body to train better, perform better and recover quicker. Studies in exercise physiology help athletes achieve greatness e.g. it is now known that Olympic weightlifting and plyometric training are two methods to increase vertical jump height. The physiological response to exercise is dependent on the intensity, duration and frequency of the exercise as well as the environmental conditions. During physical exercise, requirements for oxygen and substrate in skeletal muscle are increased, as are the removal of metabolites and carbon dioxide. Chemical, mechanical and thermal stimuli affect alterations in metabolic, cardiovascular and ventilatory function in order to meet these increased demands


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Basic Principles in Exercise Physiology

7 Principles of Exercise and Sport Training

Individuality

This is based on a combination of factors like genetic ability, predominance of muscle fiber types, other factors in your life, chronological or athletic age, and mental state.

Specificity

Improving the ability in a sport is very specific. If one wants to be a great pitcher, running laps will help in overall conditioning but won't develop the skills at throwing or the power and muscular endurance required to throw a fastball fifty times in a game. Swimming will help improve the aerobic endurance but won't develop tissue resiliency and muscular endurance for the running legs.

Progression

One need to be able to maintain the body position and breathing pattern well enough to complete the distance. In order to swim the 500 free styles, need to build the muscular endurance well enough to repeat the necessary motions enough times to finish.

Overload

To increase strength and endurance, one need to add new resistance or time/intensity to the efforts. This principle works in concert with progression.

Adaptation

Over time the body becomes accustomed to exercising at a given level. This adaptation results in improved efficiency, less effort and less muscle breakdown at that level.


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Recovery

The body cannot repair itself without rest and time to recover. Both short periods like hours between multiple sessions in a day and longer periods like days or weeks to recover from a long season are necessary to ensure the body does not suffer from exhaustion or overuse injuries.

Reversibility

If one discontinues application of a particular exercise, they will lose the ability to successfully complete that exercise, as the muscles will atrophy and the cellular adaptations like increased capillaries (blood flow to the muscles) and mitochondria density will reverse. The principles of specificity, progression, overload, adaptation, and reversibility are why practicing frequently and consistently are so important if one want to improve your performance.


Areas of research in exercise physiology

Research areas include aging, cardiovascular disease, muscle growth and atrophy, bone health and reproductive function. Our multidisciplinary approach to health and the biology of physical activity utilizes methods ranging from molecular and cellular to human integrative biology.

Aging and exercise

Endurance training is the best way to improve cardiovascular function. It helps keep the heart muscle supple and the arteries flexible, lowers the resting heart rate, and boosts the heart's peak ability to deliver oxygen-rich blood to the body's tissues. A related benefit is a fall in blood pressure.

Endurance exercise is also the best way to protect the body's metabolism from the effects of age. It reduces body fat, sensitizes the body's tissues to insulin, and lowers blood sugar levels. Exercise boosts the HDL ("good") cholesterol and lowers levels of LDL ("bad") cholesterol and triglycerides. And the same types of activity will fight some of the neurological and psychological changes of aging.


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Endurance exercise boosts mood and improves sleep, countering anxiety and depression. In addition, it improves reflex time and helps stave off age-related memory loss. All in all, many of the changes that physiologists attribute to aging are actually caused by disuse. Using your body will keep it young

Exercise and Metabolic disorders

Regular physical activity practice has been recommended for the prevention and rehabilitation of cardiovascular diseases and other chronic diseases by different health care associations worldwide. Epidemiologic studies have shown a direct relation between lack of physical activity and the presence of multiple risk factors such as those found in the metabolic syndrome. The regular practice of physical exercise has been shown to have beneficial effects in the prevention and treatment of blood hypertension, insulin resistance, diabetes, dyslipidemia, and obesity.

Latitude of Exercise Physiology

Exercise Physiologists provide lifestyle modification using behavioral change strategies with the aim of optimizing function, health and wellness, and empowering the client to self-manage their condition through regular and appropriate exercise. As part of a multidisciplinary team, Exercise Physiologists work with clients with a range of medical conditions for which there is an evidence base for the use of exercise as a treatment modality.

Rehabilitation in Sports Physiology

Rehabilitation is the restoration of optimal form (anatomy) and function (physiology). Musculoskeletal injuries can have immediate and significant detrimental effects on function. When an individual experiences or is likely to experience limitations in everyday functioning due to ageing or a health condition, including chronic diseases or disorders, injuries or traumas, a set of interventions is needed. "Rehabilitation enables individuals of all ages to maintain or return to their daily life activities, fulfill meaningful life roles and maximize their well-being".


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Mental and Emotional Benefits of Sports

Exercise has been shown to have many health benefits. Through functional exercise, we can see benefits in but not limited to-

- Cognition: Studies have shown exercising subjects to have higher concentration scores than non-exercising subjects.
- Flexibility and mobility
- Cardiovascular health
- Improved glycemic control and insulin sensitivity
- Mood elevation
- Lower risks of cancer
- Increased bone mineral density

Through a properly executed exercise program, the body adapts and becomes more efficient at performing various exercises

Physical fitness & academic performance

Physical activity is not only essential for healthy growth and development, it's also important to learning. Research shows that physical activity has positive effects on the brain and on school performance.

Exercise & Fitness

Exercising regularly, every day, if possible, is the single most important thing you can do for your health. In the short term, exercise helps to control appetite, boost mood, and improve sleep. In the long term, it reduces the risk of heart disease, stroke, diabetes, dementia, depression etc.

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Communication Skills and Personality Development

Introduction:

Like many other people-based professions, communication skills are essential for medical practice. I am a back bone over which lot of areas of patient care rests such as, First contact patient interviews, probing for associated and additional problems, counseling the patient, explaining treatment options, its complications and advising follow-up. It is also necessary for explaining risks to the patient, counseling in case of bereavement or mishap, providing information about a surgical procedure its complications, taking an informed consent, and lot more other areas of patient care.

Traditional medical teaching imparts students with theoretical and practical knowledge of diseases processes and gives them education about diagnostic and treatment modalities, but does not address communication skills which are most essential in dealing with patients. Good communications and counseling techniques can be taught and practiced to increase clinical competence. Physician's interpersonal and communication skills have a significant impact on patient care and correlate with improved healthcare outcomes.

The ability to communicate effectively and sensitively is the central dogma to all medical activities. There is evidence that good communication improves history taking skills that lead to accurate diagnosis. Patient's compliance with their treatment plan and patient's satisfaction with the care they receive also bears a direct relationship with good communication, so it is imperative that medical professionals possess good communication skills to deliver their professional duties to the fullest extent

Course outline:

To teach basic communication and counseling skills to second-year undergraduate students to improve their overall clinical competence, performance on clinical patient examination (CPX) and patient interview skills as directed by Calgary-Cambridge model.


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Course duration: 2 days

Course date: 22nd and 23rd June 2019

Venue: Lecture hall 2, first floor, Velammal medical college

Course fees: free

Course Schedule:

Date	Time	Topic
22/06/2019	9 am to 10 am	What is communication and importance of it?
	10.15 am to 11.00am	Barriers of communication
	11.00 am to 12.30pm	Various ways of communication
	1.30 pm to 2.30 pm	Benefits of effective communication
	2.30 pm to 4 pm	Basic counseling skill
23/06/2019	9 am to 12 pm	Patient interview skill (Calgary-Cambridge model)
	12.15 pm to 1.30 pm	Informed consent
	2.30 pm to 4.30 pm	Bereavement counseling
	4.45 pm to 5.30 pm	Breaking bad news

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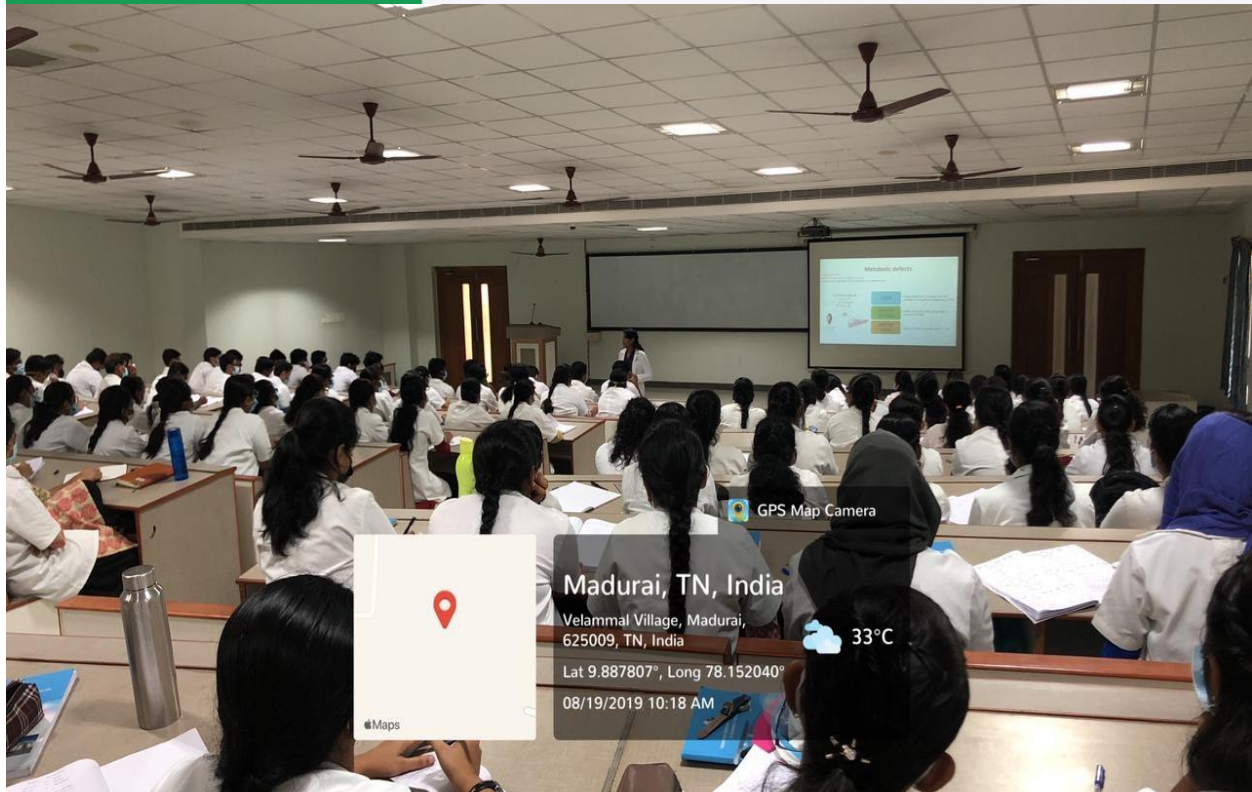


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COMMUNICATION
SKILL AND
PERSONALITY
DEVELOPMENT



GPS Map Camera

Madurai, TN, India

Velammal Village, Madurai,
625009, TN, India

Lat 9.887807°, Long 78.152040°

08/19/2019 10:18 AM

33°C

Apple Maps



Value Added Courses (VACs)

29.8.2019

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HOSPITAL AND RESEARCH INSTITUTE
MADURAI - 625009.

Circular

Velammal Hospital/Dept of Psychiatry/VAC 1

Date: 09.09.2019

An Enrichment Course will be held on 20th and 21st September, 2019 By
The Department of Psychiatry.

Topic Titled: Dementia- Travelling Back Down The Memory Lane

Presenter: Dr. Ramanujam.V, Professor and HOD, Department of
psychiatry and team

All the Prefinal Year MBBS students and staff are requested to attend and
make it successful.

Head of the Department

Copy to

1. Notice Board.
2. HODs of All departments

m. S. Srinivasan
Principal
Prof. T. THIRUNAVUKKARASU, M.D.,D.A.
Dean
Velammal Medical College Hospital
and Research Institute
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Activity Report

Dementia- Travelling Back Down The Memory Lane

Introduction:

Dementia is a syndrome characterized by progressive decline in cognitive function, beyond what may be attributed to normal ageing. Currently more than 55 million people live with dementia worldwide, and there are nearly 10 million new cases every year. Dementia is currently the seventh leading cause of death among all diseases and one of the major causes of disability and dependency among older people globally.

Dementia results from a variety of diseases and injuries that primarily or secondarily affect the brain. Alzheimer's disease is the most common form of dementia and may contribute to 60-70% of cases.

Dementia has physical, psychological, social and economic impacts, not only for people living with dementia, but also for their caregivers, families and society at large.

Given that the burden of dementia is so great, it is of paramount importance to enhance an understanding regarding the prevention/ cause and management of dementias amongst students and the medical fraternity.

Objective:

1. The course aims at creating awareness among the medical students about the burden, course and complications and management of dementias.
2. At the end of the course the students are able to possess knowledge regarding the diagnosis and management of dementias.


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Date: 20.09.2019 and 21.09.2019

Course Duration: 16 HRS

Location: Velammal Medical College Hospital, 3rd floor auditorium,
Madurai

Organized by: Department of Psychiatry

Audience: Pre- Final year MBBS students and Faculty members

Speaker: Faculties from Dept of Psychiatry/ Physiology/Pathology/
General Medicine/ Radiology and Neurology

Method adopted: Constructivist Student centered approach.

Materials used: PowerPoint.


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Curriculum and Programme Agenda

DAY 1

Inauguration Pre Test

Session	Time	Topic	Speaker
Session 1:	8.30 am to 9.15 am	Introduction To Dementia	Dr. Rena Rosalind Dept Of Psychiatry
Session 2:	9.15 am to 10.15 am	Normal Ageing	Dr. Anu, Dept Of Physiology
10.15 am to 10.30 am Tea Break			
Session 3:	10.30 am to 11.30 am	Mild Cognitive Impairment	Dr. V. Ramanujam Dept Of Psychiatry
Session 4	11.30am to 12.30pm	Alzheimer's Dementia	Dr. Praisie, Dept Of Medicine
12.30 pm To 1.00 pm Lunch Break			
Session 4:	1.00 to 2.00 pm	Fronto-Temporal Lobar Dementia	Dr. Kavitha Ganesh, Dept. Of Neurology
Session 5:	2.00 pm to 3.00 pm	Lewy Body Dementia	Dr. Sugaparanetheetharan, Dept. of Psychiatry
Session 6:	3.00 pm to 4.00pm	Other Dementias	Dr. Ganesa Pandian, Dept Of Neurology


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Day 2

Session	Time	Topic	Speaker
Session 1:	8.00 am to 9.00 am	Behavioral And Psychiatric Symptoms Of Dementia	Dr. Rena Rosalind, Dept Of Psychiatry
Session 2:	9.00 am to 10.00 am	Neurocognitive Assessment	Ms. Suvetha Vasu, Dept Of Psychiatry
10.00 am to 11.00 am tea break			
Session 3:	11.30 Am To 12.30 Pm	Neuroimaging In Dementia	Dr. Mariappan, Dept Of Radiology
12.30 pm To 1.30 pm Lunch Break			
Session 4:	1.30 pm to 2.30pm	Clinical Approach To Management Of Dementia	Dr. Sangeetha- Dept Of Medicine, Dr. V. Ramanujam - Dept. Of Psychiatry
Session 5:	2.30 pm to 3.30 pm	Newer Advances In Dementia – An Overview	Dr. Kavitha Ganesh, Dept Of Neurology
Session 6:	3.30 pm to 4.30 pm	Interesting Case Scenarios And Lab Findings	Dr. Vidhya, Dept Of Psychiatry

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Certificate Distribution

Description: The value added course on Dementias acts as an opportunity for creating awareness among the students. Integrating departments outside Psychiatry will help the students understand the impact of the problem on the community and the varied symptom presentation of this globally disabling condition.

Outcome Analysis : At the end of this session students will have better understanding on the types/presentation/course and management of the different types of dementias. The outcome is subjectively assessed by feedback questionnaire rated by the students and pre-test and post test questions.

Head of the Department

Seal & Signature


Prof. T. THIRUNAVUKKARASU, M.D., D.A.,
Dean

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VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Problem Solving Methodologies and Decision Making



VELAMMAL MEDICAL COLLEGE HOSPITAL & RESEARCH INSTITUTE
DEPARTMENT OF PAEDIATRICS

From

Prof. Dr. G. Mathevan HOD
Head of Department
Department of Paediatrics
Velammal Medical College Hospital and Research Institute,
Madurai.


Prof. R.M. RAJA MUTHIAH, M.S.M.D.
Dean
Velammal Medical College Hospital
and Research Institute
"Velammal Village"
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To

The Dean
Velammal Medical College Hospital and Research Institute,
Madurai

Respected Sir,

We from the department of paediatrics are planning to conduct a Value added course – "PROBLEM SOLVING METHODOLOGY AND DECISION MAKING IN PAEDIATRICS" on 29.11.2019 involving MBBS Students. We kindly request you to give permission to IT department and Training Hall. Kindly do the needful.

Thanking You

Date: 29.11.2019

Place: Madurai

Yours faithfully,


Dr. G. MATHEVAN, MD.DCH.
Professor and HOD
Department of Paediatrics
VMCH & RI
Madurai



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Introduction:

Decision making and problem solving are the life skills which will help through at every stage of life. Every problem will be solved in one's life by taking effective decision. In simplest sense, decision making is the act of choosing between two or more course of action. Decision comes in each and every activity of life on what to do, when to do, where to do. Small decisions which we take in day-to-day life are what to eat in breakfast, what to wear, what to do today, where to go. Decisions are the steps that direct you towards your goal or wish in life. In case of an obese person, his/her decision of what to eat, either more carbohydrates or proteins, what exercise and how long his/her exercise will direct his health. In case of a student this decision of spending time with mobile or books will direct the future of a student. Decision can be made through either an intuitive pre- reasoned process, or a combination of both. Problem solving skills is required for everybody, who will help you determine the source of problem and helps in finding the effective solution. The main mistake done in problem solving will be jumping to solutions before understanding the real cause of problem.

Course Objective:

- To understand the decision-making process and analyze the consequences
- To understand the better utilization of resources
- To identify different problem-solving methods and applying appropriate method

Course date: 29.11.2019

Venue: Velammal Medical College

Course fees: Free

69-30mm
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Course Schedule:

Day 1	Topic	Timing	Speaker
1	Welcome Address	9.00 –9.10	Dr. JenishRajma
2	What is decision making?	9.10 –9.50 AM	Dr. T. Karthikraj
3	Process of decision making	10–10.40 am	Dr. Sri dhurga
4	Tea break	10.50-11	
5	The elements of decision making	11.00 –11.40 AM	Dr. Azar
6	Problem solving –What is this?	11.50 –12.30	Dr. R. V. Jeyabalaji
7	Lunch break	12.30 –1.00 pm	
8	Seven steps for effective problem solving –Part I	1.00 –1.40 pm	Dr. Pradeep
9	Seven steps for effective problem solving –Part II	1.50 –2.50 pm	Dr. Krithika
10	Q& A session	3.00 –4.00 pm	

Sg. S. Anandaram
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Problem solving methodology and decision making in Pediatrics – 29/11/2019.

A Value-added course on “Problem solving methodology and decision making in Pediatrics” was conducted in ‘Velammal Medical College and Hospital’ 29/11/2019. As a part of this celebration, a talk on approach to common pediatric symptoms was given by our faculties. The topics addressed included the diagnostic approach to the same. Power point presentation and interesting videos were presented. The Chairman Thiru. Muthuramalingam, The Dean Dr.R.M.Raja Muthiah, The Medical Superintendent Dr.S.Somasundaram honoured the inauguration of the VAC. Pediatric HOD Prof.Dr.G.Mathevan, welcomed the gathering. A total of 100 delegates including UG students, Nursing students, Faculties from department of pediatrics, community medicine attended the program. Finally, a quiz programme was held for the MBBS students and prizes were awarded to the winners. The programme ended with vote of thanks.



VELAMMAL MEDICAL COLLEGE HOSPITAL & RESEARCH INSTITUTE

Department of Paediatrics

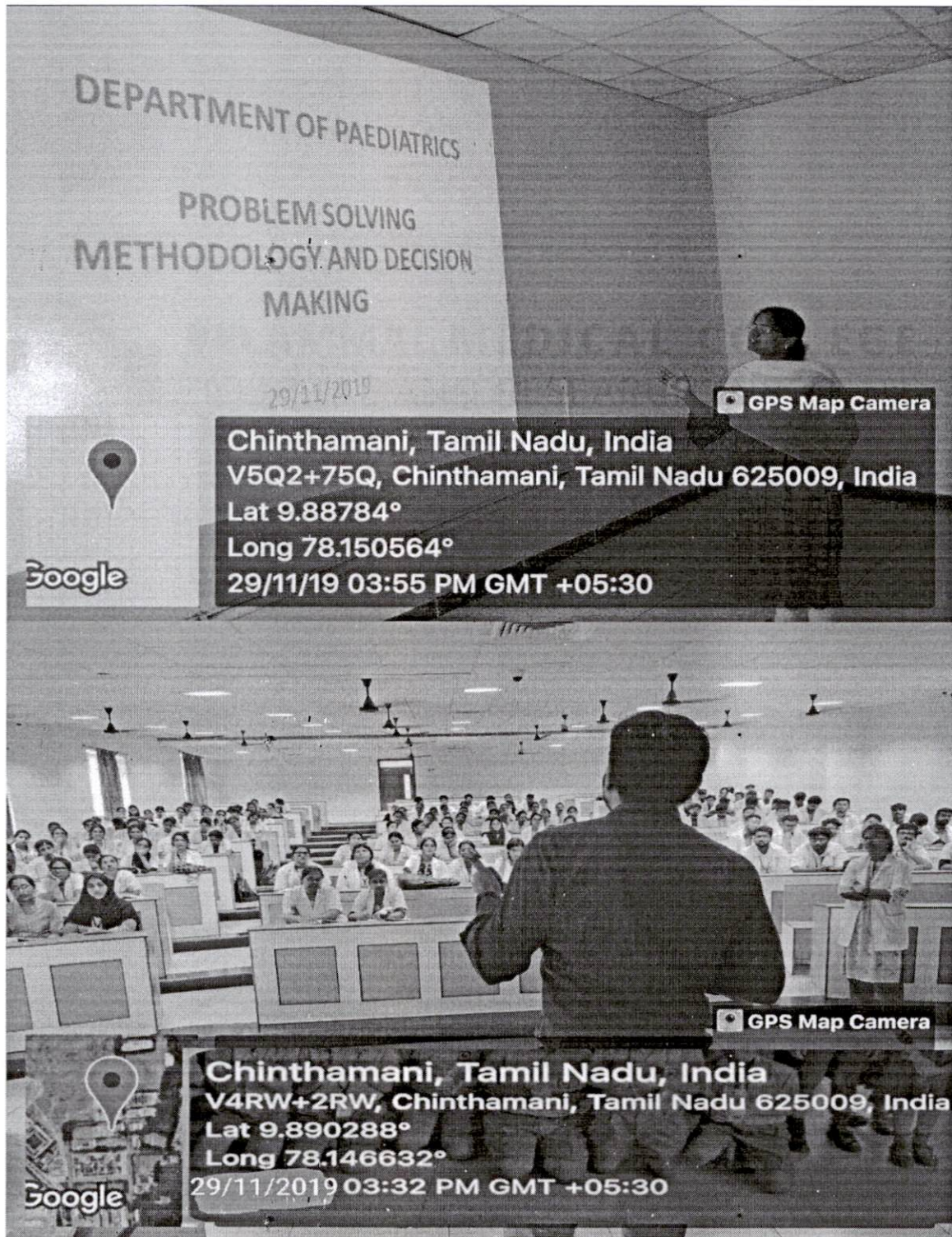
PROBLEM SOLVING METHODOLOGY AND DECISION MAKING



Date: 29.11.2019
Venue: Training hall
near 3rd floor
Auditorium



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