




**VELAMMAL MEDICAL COLLEGE**  
**HOSPITAL AND RESEARCH INSTITUTE**  
**MADURAI - 625009**

**1.3.2**

**Brochures and Detailed Report of Value-Added Courses offered During**  
**2017-18**

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# **VELAMMAL MEDICAL COLLEGE**

## **HOSPITAL AND RESEARCH INSTITUTE**

### **MADURAI - 625009**

**2017-18**

### **Sleep Hygiene**



**Department of Physiology**

**Velammal Medical College Hospital and Research Institute**

**Madurai**

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VMCH/Physio/VAC/2018

### **CIRCULAR**

To First MBBS students of 2017-18 batch

23.3.2018

There will be a Value added course on Sleep Hygiene for first MBBS students from 9am to 4pm on Friday & Saturday (30.3.2018 & 31.3.2018). All the students are expected to attend the course without fail.

Date: (30.3.2018 & 31.3.2018)

Friday & Saturday

Time: 9am to 4pm

Venue: Lecture Hall 1

First floor

Velammal Medical College

Dr.S.Anu

Professor and Head

Department of Physiology



# **VELAMMAL MEDICAL COLLEGE**

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**MADURAI - 625009**

**Topic Name:** Sleep Hygiene

**Introduction:** Sleep is an integral part of daily life. Almost one third of our life is spent sleeping. Yet we have understood very little about sleep and its physiological significance. Although disregarded by many people as not an important topic, sleep deprivation can lead to serious physiological changes like lack of concentration, forgetfulness, reduced responses in critical situations thus resulting in catastrophic accidents. Hence a deeper understanding of sleep and its nature along with its significance is a need of the hour.

**Objective:** To enlighten the students about the concept of sleep and sensitize them about the dire consequences of sleep deprivation and other sleep related disorders.

**Date:** 30 and 31<sup>st</sup> of March 2018

**Course Duration:** 16 hours of duration (2 days)

**Location:** Lecture Hall 1, First floor, Velammal Medical College Hospital and Research Institute, Madurai

**Organized by:** Department of Physiology

**Audience:** First year MBBS students

**Speaker:** Faculties of Physiology, Pulmonary medicine

**Method adopted:** Lecture

**Materials used:** Lecture hand-outs

*68-20mm*  
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**Course time table**

Date	Time	Topic	Speaker
30.3.2018- Friday	8.30- 9.30am	Physiology of Sleep	Dr.S.Anu Professor Department of Physiology
	9.30- 10.30am	Importance of Sleep Hygiene	Dr.John Rajpathy Professor Department of Physiology
	10.30- 11.30am	Sleep Deprivation &its effects	Dr.M.Shanthi Professor Department of Physiology
	11.30-1pm	Good Sleep Hygiene	Dr.M.Saravanan Associate Professor Department of Physiology
	1 – 2 pm		Lunch break
	2 - 3 pm	Relaxation therapy	Dr.A.S.Kanietha Priya Assistant Professor Department of Physiology
	3 – 4 pm	Circadian Rhythm & Benefits of Good	Dr.K.Rekha Associate Professor Department of Physiology
	4-5pm	Strategies to get good sleep	Dr.J.Keba Assistant Professor Department of Physiology

*6<sup>th</sup> 3<sup>rd</sup> 2018*  
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31.3.2018 – Saturday	8 - 9 am	Sleep hygiene-TIPS	Dr.S.Anu, Professor Department of Physiology
	9 - 11 am	Sleep Disorders	Dr.John Rajpathy Professor Department of Physiology
	11- 1 pm	Diagnosis & Management of Sleep disorders	Dr.Premananth Department of Pulmonary medicine
	1 - 2 pm		Lunch break
	2-3 pm	Nutrition & sleep	Dr.M.Saravanan Associate Professor Department of Physiology
	3 - 4.30 pm	Sleep hygiene practices	Dr.K.Rekha Associate Professor Department of Physiology
	4.30- 5 pm		Feedback and Valediction

**Description:** The event was conducted by the department of Physiology in collaboration with the department of pulmonary medicine. The sessions were conducted over two days. The topics of physiology of sleep, circadian rhythm, good sleep hygiene and relaxation therapy were covered on the first day. The topics of disorders of sleep and their management were covered on the second day. Relaxation therapies for a peaceful night's sleep was demonstrated.

**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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Department of Physiology, Velammal Medical College Hospital and Research Institute, Madurai, Tamilnadu in association with Department of pulmonary medicine had organised a certifiable value-added course to First Professional MBBS students (2017-18 batch) on 30 and 31<sup>ST</sup> march 2018

The program spanned for 16 hours of duration covering the salient aspects and importance of sleep hygiene. The program began with inauguration and faculty from both the departments gave talks on the concept of sleep physiology and good sleep hygiene and their clinical importance apart from what they have learnt in their regular curriculum and practical sessions. In the afternoon session of the first day, the event began with a talk on relaxation therapy. It was ensured that each student learned about the benefits of good sleep.

In the second day, after the recap , brief introduction was given about the tips for sleep hygiene, followed by which the diagnosis and management of sleep disorders were discussed by pulmonologist Dr. Premananth. Finally, the best sleep practices and correlation of nutrition with sleep are taught to students to improve their sleep hygiene.

  
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## Sleep Hygiene

### Physiology of Sleep

Sleep is naturally recurring state of mind and body, characterized by altered consciousness, relatively inhibited sensory activity, reduced muscle activity and inhibition of nearly all voluntary muscles during rapid eye movement (REM) sleep, and reduced interactions with surrounding. Quality sleep – and getting enough of it at the right times -- is as essential to survival as food and water

There are four stages of sleep: —Non-REM (NREM) sleep (Stages 1, 2, 3 &4) —REM sleep. Periods of wakefulness occur before and intermittently throughout the various sleep stages or as one shifts sleeping position.

### Importance of Sleep Hygiene

- Strengthens your immune system
- Improves concentration, memory and physical performance
- Prevents mood swings
- Gives your brain a chance to rest and repair cells/neurons
- Deep sleeps helps cell growth and repair damage from stress and ultraviolet rays

### Good Sleep Hygiene

1. Don't go to bed unless you are sleepy.
  2. If you are not asleep after 20 minutes, then get out of the bed.
  3. Begin rituals that help you relax each night before bed.
  4. Get up at the same time every morning.
  5. Get a full night's sleep on a regular basis.
  6. Avoid taking naps if you can.
  7. Keep a regular schedule.
  8. Don't read, write, eat, watch TV, talk on the phone, or play cards in bed.
  9. Do not have any caffeine after lunch.
  10. Do not have a beer, a glass of wine, or any other alcohol within six hours of your bedtime.
  11. Do not have a cigarette or any other source of nicotine before bedtime.
  12. Do not go to bed hungry, but don't eat a big meal near bedtime either.
  13. Avoid any tough exercise within six hours of your bedtime.
  14. Avoid sleeping pills, or use them cautiously.
  15. Try to get rid of or deal with things that make you worry.
- Make your bedroom quiet, dark, and a little bit cool.

69.39mm  
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# Sleep Deprivation & its effects

## memory issues

During sleep, your brain forms connections that help you process and remember new information. A lack of sleep can negatively impact both short- and long-term memory.

## trouble with thinking and concentration

Your concentration, creativity, and problem-solving skills aren't up to par when you don't get enough rest.

## mood changes

Sleep deprivation can make you moody, emotional, and quick-tempered. Chronic sleep deprivation can affect your mood and lead to anxiety or depression, which may escalate.

## accidents

Being drowsy during the day can increase your risk for car accidents and injuries from other causes.

## weakened immunity

Too little sleep weakens your immune system's defenses against viruses like those that cause the common cold and flu. You're more likely to get sick when you're exposed to these germs.

## high blood pressure

If you sleep less than five hours a night, your risk for high blood pressure increases.

## risk for diabetes

A lack of sleep affects your body's release of insulin, a blood sugar-lowering hormone. People who don't get enough sleep have higher blood sugar levels and an increased risk for type 2 diabetes.

## weight gain

With sleep deprivation, the chemicals that signal to your brain that you are full are off balance. As a result, you're more likely to overindulge even when you've had enough to eat.

## low sex drive

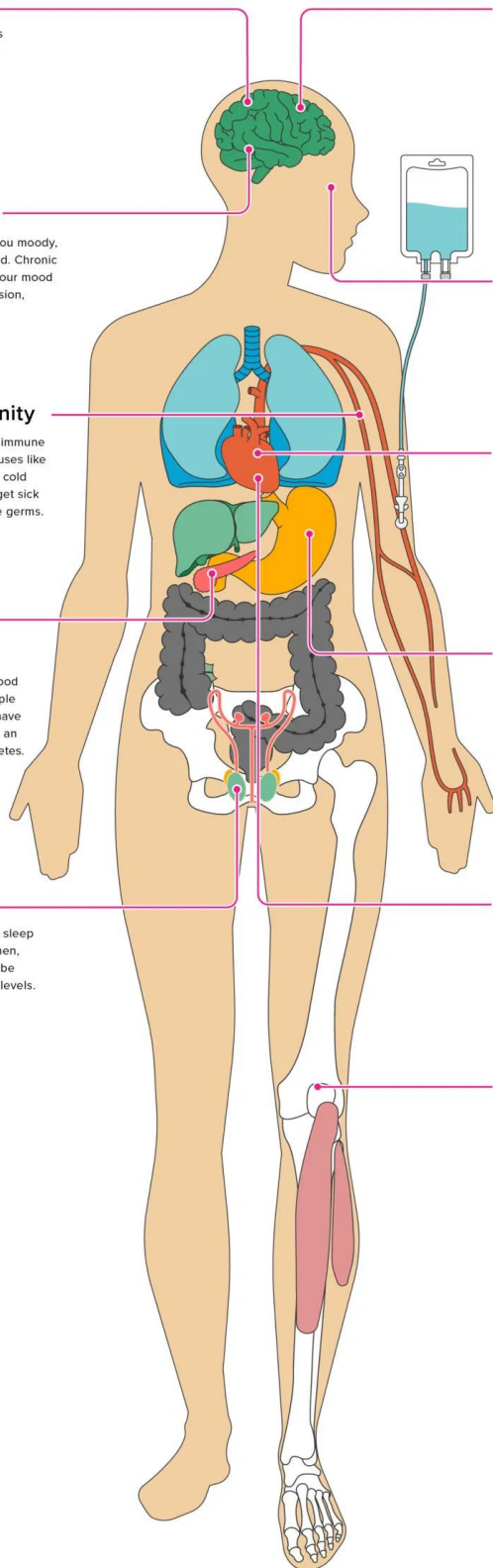
People who don't get enough sleep often have a lower libido. In men, this decreased sex drive may be due to a drop in testosterone levels.

## risk of heart disease

Sleep deprivation may lead to increased blood pressure and higher levels of chemicals linked to inflammation, both of which play roles in heart disease.

## poor balance

Lack of sleep can affect your balance and coordination, making you more prone to falls and other physical accidents.



## Relaxation therapy

- In a quiet place, sit or lie down in a comfortable position.
- Take a few gentle breaths, in and out.
- Begin tensing groups of muscles one at a time as you breathe. ...
- Start with the muscles in your head, neck and face. ...
- Repeat for any areas that are still tense.

## Circadian Rhythm & Benefits of Good sleep

Circadian rhythm is your internal body clock, a roughly 24-hour cycle that dictates when you feel drowsy and when you feel alert. According to Dr. Rolando Sanchez, "the circadian rhythm is a cycle of hormones that tells you when to sleep"

## Sleep hygiene-TIPS


- Get up at the same time every morning.
- Get a full night's sleep on a regular basis.
- Avoid taking naps if you can.
- Keep a regular schedule

## Sleep Disorders

- Restless Legs Syndrome (RLS)
- Insomnia
- REM Sleep Behavior Disorder (RBD)
- Sleep Apnea
- Narcolepsy

## Diagnosis & Management of Sleep disorders

The diagnosis of sleep disorders requires careful history taking, examination, and laboratory testing. Although general guidelines in management for the more common and important sleep disorders have been discussed, treatment needs to be tailored to the individual patient.

  
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# **VELAMMAL MEDICAL COLLEGE**

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#### **Basic Computer skills for MBBS students**

#### **Introduction:**

The introduction of the Basic Computer Skills Program for MBBS students, which was organized by the Department of Medicine, embodied the significance of computer literacy skills in the healthcare profession. The program that lasted for two days was inaugurated by the Dean, and Head of the Department of Medicine gave an overview of the program.

The program was aimed at equipping MBBS students with the basic computer skills necessary for their careers as healthcare professionals. The introduction emphasized the importance of computer skills in a world that is fast becoming technology-driven.

Furthermore, the Dean expressed his gratitude to the Head of the Department of Medicine for taking the initiative to organize the program for the students. The Dean also expressed his confidence that under the guidance of the department head, the program would be a success and would help the students develop competent skills to prepare them for the future.


**Course title** : Basic computer skills for MBBS students  
**Date** : 13. 06.2018 and 14.06.2018  
**Venue** : Lecture Hall: 2, Velammal Medical College.

#### **2 Day Program for Basic Computer Skills for MBBS Students**

**Day 1:** 13.06.2018

**Session 1** (Duration: 8.00 am to 10.am)

**Topic:** Introduction to Computers.

  
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**Speakers:** Dr.S. Chandrasekaran, HOD

- Overview of the program
- Understanding the Operating System

**Break for tea**

**Session 2 (Duration: 10.15am to 12.15am)**

**Topic: Basic Familiarization with Computer Applications.**

**Speakers:** Dr.S. Vadivel Murugan

- Types of applications and their uses
- Creating and editing documents in MS Word
- Creating spreadsheets in MS Excel

**Break for Lunch**

**Session 3 (Duration: 1.30pm to 2.30pm)**

**Topic:** Internet and Email.

**Speakers:** Dr. M. Ranisolai

- Overview of internet technology
- Email etiquette
- Security considerations while using the internet

**Session 4 (Duration: 2.30pm - 4 pm)**

**Topic:** Managing Data

**Speakers:** Dr. M. Anguvijayam

- Basic techniques for managing data on a computer

*628.30 mnmm*  
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- Creating backups
- Organizing files

**Day 2: 14.06.2018**

**Session 1 (Duration: 8.00am – 10.00 am)**

**Topic:** Microsoft PowerPoint

**Speakers:** Dr. R. Ramesh

- Familiarization with PowerPoint
- Creating and editing presentations

**Break for Tea**

**Session 2 (Duration: 10.15pm – 12.45pm)**

**Topic:** Keyboard Shortcuts and File Management

**Speakers:** Dr. S. Kasipandian

- Introduction to keyboard shortcuts
- Basic file management practices
- Understanding Storage devices

**Break for Lunch**

**Session 3 (Duration: 1.30pm – 2.30pm)**

**Topic:** Online Research and Medical Software.

**Speakers:** Dr. P. Yuri Gagarin

- Effective search techniques using the internet
- Overview of medical software for healthcare professionals

  
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**Session 4 (Duration: 2.30pm -4pm)**

**Topic:** Summary and Review


**Speakers:** Dr. M. Virgin Joena

- Recap of the program highlights
- Evaluation of participants
- Certificate distribution

### **Summary of the Program:**

This program was designed to provide MBBS students with the basic computer skills required for their medical careers. The 16-hour course covered topics like computer components, basic computer terminology, familiarization with computer applications like MS Office, Microsoft PowerPoint, internet and email etiquette, keyboards shortcuts and file management, managing data, online research techniques, and medical software used for healthcare professionals. The program enables students to enhance their computer literacy skill, improve research skills and also acquaint themselves with existing medical software that is very helpful to healthcare professionals. The program concluded with the evaluation of participants, review, and distribution of certificates.

The report highlights the importance of computer skills in the healthcare profession and the efforts of the Department of Medicine in building an innovative and technology-focused curriculum.

  
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**DEPARTMENT OF RADIODIAGNOSIS**

**CROSS SECTIONAL  
ANATOMY COURSE**

**VALUE ADDED COURSE**

**Circular**

**Date: 10.03.2018**

An Enrichment Course will be held on **16.03.2018 & on 17.03.2018** by the **Department of Radiodiagnosis**

**Topic titled: Cross Sectional Anatomy Course**

**Presenter: Dr. Kumaran, Assistant Professor The Department of Radiodiagnosis**

Radiology **2<sup>nd</sup> year and 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 :** Cross Sectional Anatomy Course

**Introduction:** Dr. Kumaran

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

**Date:** 16.03.2018 & 17.03.2018

**Course Duration:** 8+8 Hours

**Location:** Lecture Hall, Department of Radiodiagnosis.

**Organized by:** Department of Radiodiagnosis

**Audience:** 2<sup>nd</sup> year & Final year MBBS Students

**Speaker:** Dr. Yogaraj

**Method adopted:** Power point presentation – Seminar.

**Materials used:** Projector & Laptop

**Course time table:**

Date	Time	Topic	Speaker
16.03.2018	8.45 am to 5.45 pm	Cross Sectional anatomy course	Dr. Kumaran
17.03.2018	8.45 am to 5.45 pm	Cross Sectional anatomy course	Dr. Yogaraj

**Description:** The program started with introduction speech about the CME regarding conventional radiology by Dr. YOGARAJ Assistant Professor. 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. KRISHNA KUMAR.

The First lecture was started by MR. SATHEESH, (RADIOLOGY MRI TECHNOLOGIST) regarding CT ANATOMY OF CHEST. The second guest lecture was given by MS. JEBA (RADIOLOGY MRI TECHNOLOGIST). She has started the lecture with CROSS SECTIONAL ANATOMY OF NECK. She has spoken about various methods & techniques used in CT Anatomy of Neck imaging. The third lecture was again given by Dr. KUMARAN and spoke about MRI ANATOMY OF BRAIN. On second day the first lecture was given by DR. YOGARAJ and spoke about VASCULAR ANATOMY OF BRAIN. The second guest lecture was given by MR. SATHEESH, (RADIOLOGY TECHNOLOGIST). He has started the lecture with TEMPORAL BONE ANATOMY and spoke about various methods & techniques. The third lecture was again given by DR. KUMARAN and spoke about ORBIT ANATOMY.

  
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## CROSS SECTIONAL ANATOMY COURSE – VALUE ADDED COURSE

# AGENDA

### DAY – 1 (16.03.2018)

TIME	TOPIC	SPEAKER
08.30 AM to 10.30 AM	CT Anatomy of Chest	Mr. Satheesh (Radiology Technologist)
<b>TEA BREAK</b>		
10.45 AM to 12.45 PM	Cross Sectional Anatomy of Neck	Ms. Jeba (Radiology Technologist)
<b>LUNCH BREAK</b>		
01.30 PM to 03.30 PM	Retroperitoneal Anatomy	Mr. Satheesh (Radiology Technologist)
<b>TEA BREAK</b>		
03.45 PM to 05.45 PM	MRI Anatomy of Brain	Dr.Kumaran

### DAY – 2 (17.03.2018)

TIME	TOPIC	SPEAKER
08.30 AM to 10.30 AM	Vascular Anatomy of Brain	Dr.Yogaraj
<b>TEA BREAK</b>		
10.45 AM to 12.45 PM	Temporal bone Anatomy	Mr. Satheesh (Radiology Technologist)
<b>LUNCH BREAK</b>		
01.30 PM to 03.30 PM	ORBIN anatomy	Dr. Kumaran
<b>TEA BREAK</b>		
03.45 PM to 05.45 PM	Quiz	Ms. Jeba (Radiology Technologist)

Organised by Department of Radiodiagnosis, VMCH& RI

**TITLE** : CROSS SECTIONAL ANATOMY COURSE

**DATE** : 16.03.2018 & 17.03.2018

**DEPARTMENT INVOLVED** : RADIO DIAGNOSIS

**TARGET AUDIENCE** : 2<sup>nd</sup> 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)

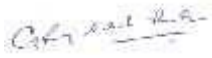
Dr. SENTHIL (SENIOR RESIDENT)







**SIGNATURE:**



**Dr.G.RAJALAKSHMI PREETHI**  
**PERSON INCHARGE**



**Dr. M. KRISHNA KUMAR**  
**HOD (DEPARTMENT OF RADIODIAGNOSIS)**



# **VELAMMAL MEDICAL COLLEGE**

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### **MADURAI - 625009**

#### **Communication Skill and Personality Development**

##### **Course Details: -**

**Course Title** : Communication Skill and Personality Development

**Date** : 8. 02. 2018 and 9.02.2018 (16 hours)

**Venue** : Lecture Hall - 2

**Target Audience** : Final year MBBS students

**Number of participants** : 150

**Conducting department** : Department of General surgery

##### **Introduction: -**

The Communication Skill and Personality Development Program was held for MBBS students to equip them with essential communication skills and personality traits crucial to their success as medical professionals. The program was introduced with much enthusiasm by the organizers and inaugurated by the Dean. The Head of the Department of Surgery gave an overview of the program, highlighting its core objectives and focus areas.

Communication is vital in the healthcare industry, and the program aims to develop necessary communication skills, including active listening, body language, conflict resolution, and assertiveness. Students also received development in emotional intelligence, leadership skills, time management, and goal setting. A special emphasis was placed on personal development planning.

  
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The inauguration by the Dean highlighted the importance of communication in medicine and healthcare and impressed upon students the value of the program. The Head of the Department of Surgery Dr. S. Somasundaram, provided a concise overview of what the program involved, emphasizing its potential to develop practical skills to improve the students' performance as medical professionals.

### **Schedule of two-day value-added course - The Communication Skill and Personality Development Program for MBBS students dated 8.2.2018 and 9.2.2018 by department of General Surgery.**

#### **Day 1: 8.2.2018**

<b>TIME</b>	<b>SESSION</b>	<b>ACTIVITY</b>	<b>SPEAKERS</b>
8:00 am - 8:30 am		Inauguration of the program by the Dean	
8:30 am - 9:00 am		Introduction to the program	Dr.S.Somasundaram
9:00 am - 10:00 am	Session 1	Introduction to effective communication skills	Dr.M.Gobinath
10:00 am - 11:00 am	Session 2	Types of communication	Dr.R.Ganesan
11:00 am - 11:15 am		Tea break	
11:15 am - 12:15 pm	Session 3	Barriers to effective communication	Dr.R.M.Sathish Kumar
12:15 pm - 1:15 pm		Lunch break	
1:15 pm - 2:15 pm	Session 4	Active listening	Dr.S.Selva Chidambaram
2:15 pm - 3:15 pm	Session 5	Body language and non-verbal communication	Dr.V.Rajagopalan
3:15 pm - 3:30 pm		Tea break	
3:30 pm - 4:30 pm	Session 6	Assertiveness and conflict resolution	Dr.G.Ganesh Prabhu



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**Day 2: 9.2.2018**

TIME	SESSIONS	ACTIVITY	SPEAKERS
8:00 am - 8:30 am:		Recap	Dr.R.M.Sathish Kumar
8:30 am - 9:30 am	Session 1	Introduction to personality development	Dr.A.Alwarramanujam
9:30 am - 10:30 am	Session 2	Factors affecting personality	Dr.S.Venkatesh
10:30 am - 10:45 am		Tea break	
10:45 am - 11:45 am	Session 3	Communication and personality development	Dr.P.Thangapparakasam
11:45 am - 12:45 pm	Session 4	Emotional intelligence	Dr.M.Arun Kumar
12:45 pm - 1:45 pm		Lunch break	
1:45 pm - 2:45 pm	Session 5	Leadership skills	Dr.P.Thangapparakasam
2:45 pm - 3:45 pm	Session 6	Time management and stress management	Dr V. Meenakshi Sundaram
3:45 pm - 4:00 pm		Tea break	
4:00 pm - 5:00 pm	Session 7	Goal setting and personal development planning	Dr.A.Karpagaraj

**Note:** The timings and sessions can be adjusted as per the requirement and relevance to the students' needs and the availability of the speakers.



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**Report:**

Throughout the two-day program, the students were enthusiastic and engaged. The students actively participated in every session, and the speakers were impressed by their enthusiasm and motivation.

The program concluded on a positive note, with students expressing their gratitude for the opportunity to learn and develop their skills.

In conclusion, the Communication Skill and Personality Development Program were an immense success, with the Dean and the Head of the Department of Surgery playing a key role in its introduction. The program provided MBBS students with the necessary tools to foster confident and effective communication, develop strong personality traits, and enhance their overall performance. The program ended with certificate distribution for the participants.

  
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**VELAMMAL MEDICAL COLLEGE**  
**HOSPITAL AND RESEARCH INSTITUTE**  
**MADURAI - 625009**

**Department of Psychiatry**

**Value Added Courses (VACs)**

Academic Year	Dates	Topic
2017-18	9th-10th, October, 2017	Depression- The Masquerade

*6.9.30mna'm*  
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**Circular**

**Velammal Hospital/Dept of Psychiatry/VAC 1**

**Date:** 26.09.2017

An Enrichment Course will be held on 9th-10th, October, 2017 by the Department of Psychiatry.

**Topic Titled:** Depression- The Masquerade

**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

  
Principal

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# **VELAMMAL MEDICAL COLLEGE**

## **HOSPITAL AND RESEARCH INSTITUTE**

### **MADURAI - 625009**

#### **Activity Report**

#### **Depression- The Masquerade**

##### **Introduction:**

Depression has been known to mankind since time immemorial – as melancholia. History is replete with various popular figures who experienced depression. More recently, the media has highlighted this illness with many celebrities world over talking about their experience with the illness.

From a health perspective, depression is a chronic and often debilitating illness. The disability associated life years (DALY) of depression, is often amongst the top five of any chronic illness. Further, from a socio-economic perspective, depression is hard on the community as it affects both young adults as well as the elderly.

Despite the magnitude of the burden of depression, it's not talked about as often as some of the other NCDs. The diagnosis and treatment of depression is further limited.

One of the main reasons for this is the Depression tends to get masked by symptoms of other disorders and itself may have a wide and varied presentation. Co-morbidity is often a rule rather than an exception.

This session aims to highlight these varied presentations and overlap syndromes associated with depression, so that the medical community can be sensitized and help improve care to those in need.

##### **Objective:**

1. The course aims at creating awareness among the medical students about the burden, course and complications of depression.
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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# **VELAMMAL MEDICAL COLLEGE**

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**Date:** 9.10.2017 and 10.10.2017

**Course Duration:** 16 HRS

**Location:** Velammal Medical College Hospital, 3<sup>rd</sup> floor auditorium,  
Madurai

**Organized by:** Department of Psychiatry

**Audience:** Pre- Final year MBBS students and Faculty members

**Speaker:** Faculties from Dept of Psychiatry/ Community Medicine/  
General Medicine/ and Neurology

**Method adopted:** Constructivist Student centered approach.

**Materials used:** PowerPoint.

*69.2.0mm 21 m*  
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# **VELAMMAL MEDICAL COLLEGE**

## **HOSPITAL AND RESEARCH INSTITUTE**


### **MADURAI - 625009**

#### **Curriculum and Programme Agenda**

#### **DAY 1**

#### **Inauguration Pre Test**

<b>Session</b>	<b>Time</b>	<b>Topic</b>	<b>Speaker</b>
Session 1:	8.30 Am To 9.15 Am	Introduction – Depression, Masquerade	Dr. V. Ramanujam, Dept Of Psychiatry
Session 2:	9.15 Am To 10.15 Am	Burden Of Depression In Society- The Epidemiological Picture	Dr. Samir Bele Dept Of Community Medicine
	10.15am To 10.30 Am	Tea Break	
Session 3:	10.30 Am To 11.30 Am	Masked Depression	Dr. Rena Rosalind Dept Of Psychiatry
Session 4	11.30am To 12.30pm	Depression – A Physician's Perspective	Dr. Virgin Joena, Dept Of Medicine
12.30pm To 1.00pm Lunch Break			
Session 4:	1.00 To 2.00 Pm	Neurological Disorders And Depression	Dr. Kavitha Ganesh, Dept. Of Neurology
Session 5:	2.00 Pm To 3.00 Pm	Auto Immune Conditions And Depression	Dr. Praisie , Dept Of Medicine
Session 6:	3.00 PM TO 4.00PM	Endocrine Dysfunction And Depression	Dr. Sangeetha, Dept Of Medicine

  
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**DAY 2**

Session	Time	Topic	Speaker
Session 1:	8.00 am To 9.00 am	Childhood And Adolescent Depression	Dr. Nataraj Rathinam, Dept Of Paediatrics
Session 2:	9.00 am To 10.00 am	Assessment Of Depression	Ms. Suvetha Vasu, Dept Of Psychiatry
10.00 Am To 11.00 am Tea Break			
Session 3:	11.30 Am To 12.30 Pm	Interviewing A Patient With Depression	Dr. Sugaparaneetharan, Dept Of Psychiatry
12.30 pm To 1.30 pm Lunch Break			
Session 4:	1.30 pm To 2.30 pm	Approach To Management Of Cases Of Depression	Dr. Sangeetha-Dept Of Medicine, Dr. Jai Ganesh- Dept. Of Psychiatry
Session 5:	2.30 pm To 3.30 pm	Depression In Elderly	Dr. Ramanujam , Dept Of Psychiatry
Session 6:	3.30 pm To 4.30 pm	Neuro Modulation Techniques	Dr. Sukaparaneetharan, Dept Of Psychiatry

*Dr. S. S. Srinivasan*  
Prof. T. THIRUNAVUKKARASU, M.D., D.A.,  
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### **Certificate Distribution**

**Description:** The value added course on Depression 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 variable presentation of depression in different age groups and its management. 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.,  
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# **VELAMMAL MEDICAL COLLEGE**

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### **Problem Solving and Decision Making**

#### **Introduction: -**

Problem solving and decision-making skills are essential for MBBS students to become competent and successful healthcare professionals. It is essential to understand complex medical issues, evaluate patient complaints and determine a proper course of treatment. They need to employ a logical and analytical approach to solving medical problems accurately. Problem-solving skills also help them to collaborate effectively with other members of the medical team, such as nurses, physicians, and other healthcare workers.

Decision making skills are important for MBBS students to determine the most appropriate course of treatment for their patients, considering many factors such as patient history, symptoms, treatment options, cost, and ethical considerations. They need to be able to make effective and timely decisions that ensure the wellbeing of their patients.

The ability to employ effective problem solving and decision-making skills also helps MBBS students to take a proactive approach to patient care, develop innovative treatment plans, and provide better outcomes for patients. It ultimately contributes to the professionalism, effectiveness, and success of healthcare professionals.

  
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**VELAMMAL MEDICAL COLLEGE**  
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**Course title:** Problem solving and decision making for MBBS students

**Venue:** Lecture Hall II, Velammal Medical College and Research Institution

**Date:** 19.10.2017 and 20.10.2017

**Conducted by:** Department of Obstetrics and Gynecology

**Course fee:** Free

  
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**Day One (19.10.2017)**

Time	Topic	Faculty
8.00AM – 10.15am	Overview on Problem Solving Methodology	Dr.S.Raja Rajeswari, Prof&HOD
10.15AM – 10.30am	Break for high tea	
10.30am – 11.30am	Interactive session on identifying problems and various tools to analyze them	Dr.R.Rathna
11.30am – 12.30pm	Introduction to different problem-solving methods	Dr.G.Kavitha
12.30pm – 1.30pm	Lunch	
1.30pm – 2.00pm	Interactive session on understanding different decision-making styles	Dr.B.Renuka Devi
2.00pm – 3.00pm	Case studies on different practical scenarios and analyzing them using the various decision-making tools	Dr.P.Devaki
3.00pm – 4.00pm	Break-out session on applying decision making techniques to specific cases	Dr. V. Jothilakshmi

  
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**Day Two (20.10.2017)**

Time	Topic	Faculty
8.00AM – 10.15am	Interactive session on the stages of the decision-making	Dr.M.Swathika
10.15AM – 10.30am	Break for high tea	
10.30am – 11.30am	Group discussions on different healthcare-related scenarios	Dr.C.Sivagami Sundari
11.30am – 12.30pm	Ethical and moral considerations	Dr.K.Sasikala
12.30pm – 1.30pm	Lunch	
1.30pm – 2.00pm	Effective communication and its role in problem solving	Dr.T.Kabila Rajee
2.00pm – 3.00pm	Utilization of technology in problem solving and decision making	Dr.G.Deepeka

6.8.2017  
Prof. T. THIRUNAVUKKARASU, M.D., D.A.,  
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# **VELAMMAL MEDICAL COLLEGE**

## **HOSPITAL AND RESEARCH INSTITUTE**

### **MADURAI - 625009**

#### **Summary: -**

The two-day program was conducted by the Obstetrics and Gynecology Department of the institution with the aim of improving problem-solving methodology and decision-making skills among MBBS students. The program was chaired by the Dean of the institution and Dr.S.Raja Rajeswari, HOD from the Obstetrics and Gynecology Department.

On Day one, introduction to the program and objectives was given by the Dean of the institution and by Dr.R.Rathna, from Obstetrics and Gynecology Department. On Day two, Recap and overview of the previous day was given by Dr.S.Raja Rajeswari, HOD, from the Obstetrics and Gynecology Department.

It covered various topics such as problem-solving methodologies, different tools for decision making, and technology as well as ethical and moral considerations in healthcare decision making. The program was designed to have a mix of interactive sessions, panel discussions and case studies to make it practical and relevant to the students. At the end of the program, certificates were distributed to the participants by the Dean of the institution.

  
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