



YPSM HOMOEOPATHIC MEDICAL COLLEGE

Report on 10 Days FOUNDATION PROGRAMME 2024

For the students of 1ST YEAR BHMS (2024-25)

To

COMPETENCY BASED DYNAMIC CURRICULUM

As per the guidelines of

NATIONAL COMMISSION FOR HOMOEOPATHY



INTRODUCTION:-

Homoeopathic medical education in India requires orientation of the new entrants to a basic philosophical orientation, a need to think in an integrated and holistic manner, an ability to function in a team at the bedside and a capacity to invest in a life-long learning pattern. Homoeopathy, though more than 225 years old, is relatively young as a scientific discipline and has attracted several negative community exposures due to a variety of reasons. In India, we are aware that the students who enter the portals of a homoeopathic college rarely do so out of their volition. It is often an exercise as the last choice or one which is adopted as a stepping stone to a medical degree. Hence, the mind-set of the new entrants is rarely informed, positive, and self-affirming.

However, we know that like all medical disciplines, homoeopathy training includes a wide spectrum of domains that involves exposure to human interactions and interpersonal relationships in various settings including hospital, community, clinics etc.

The training is intense and demands great commitment, resilience and lifelong learning. It is desirable to create a period of acclimatization and familiarization to the new environment. This includes an introduction to the course structure, learning methods, technology usage and peer interactions which would facilitate their smooth transition from junior college to homoeopathic college. This is planned to be achieved through a dedicated 10 days exclusive “Foundation Programme”, at the beginning of the BHMS course to orient and sensitize the students to various identified areas.

As per the guidelines of National Commission for Homoeopathy, after admission, the student shall be inducted to the Bachelor of Homoeopathic Medicine and Surgery (B.H.M.S) course through a Foundation Programme not less than ten working days/sixty hours based on the ‘Content for Foundation programme’ which intends to introduce newly admitted student to Homoeopathy system of medicine and skills required to make him well aware of the Bachelor of Homoeopathic Medicine and Surgery (B.H.M.S) course he is going to undergo for next five years and six months

So, keeping these points in mind Yuvraj Pratap Singh Memorial Homoeopathic Medical College, affiliated with Dr SR Rajasthan Ayurvedic University organized the foundation programme from during which, the students of First year BHMS learnt history of Homoeopathy, got oriented with development of homoeopathic science across the globe, understanding on improvising interpersonal communication skills, management of stress and time, basic life support and first-aid along with other subjects as per syllabus specified.

GOALS AND OBJECTIVES:-

➤ Broad goals of the Foundation Programme in Homoeopathy include:

1. Orienting the students to various aspects of homoeopathy system of medicine;
2. Creating in them the conscious awareness of the 'Mission ' as defined by Master Hahnemann;
3. Equipping them with certain basic, but important skills required for going through this professional course and taking care of patients;
4. Enhancing their communication, language, computer and learning skills;
5. Providing an opportunity for peer and faculty interactions and introducing an orientation to various learning methodologies.

TOPIC: WELCOME AND INTRODUCTION TO VISION AND MISSION OF INSTITUTE

Resource Person: Dr. V.K. Agarwal

Designation: Chairperson – IET Group of Institutions and YPSM Homoeopathic Medical College & Hospital, Alwar.

Objective:

To familiarize the newly joined students with the college campus, hostels and hospital and the Vision and Mission of the institute.

How implemented:

The college building, libraries and the Institutional Museum was shown via a PPT presentation on 21st November (on the first day) of the Foundation course. The session was taken by Dr V.K. Agarwal.

Complete building of YPSM hospital with all departments was very well elaborated. Dr Agarwal gave a motivational speech regarding importance of Time Management and its importance for the medical profession. He also emphasized about daily learning and prompt action to be taken by students to achieve success.

Photographs:



Session Photographs

TOPIC: MISSION AND ROLE OF A HOMOEOPATHY AND HOMOEOPATH IN SOCIETY INCLUDING SHOWCASING EFFECTS OF HOMOEOPATHY

Resource Person: Dr. Anjali Joshi, Asst. Prof., Deptt of Materia Medica, YPSM Homoeopathic Medical College & Hospital, Alwar.

Objectives:

- Homeopathy looks beyond the labels of disease to cure their causes rather than merely their symptoms and it stimulates the body's own natural healing powers to bring health, vitality and well-being.
- It does not treat superficially by just driving away the symptoms but heals the patient from within. It uses medicines that cover the disturbance of the whole person rather than giving different medicines for different afflicted parts of the body.
- Patients often report improvement in overall energy, mood, quality of sleep, and digestion, and the disappearance of other symptoms apparently unrelated to the condition being treated with homeopathy.

Key points includes:

- Homeopathic medicines are aimed at improving the level of health by stimulating the self-regulatory mechanism. Improving the level of health implies reducing any disease process as well as the susceptibility to illness and disease.
- It can often be used as a first option in certain medical conditions, keeping more costly and potentially toxic treatment as a second option.
- In many cases of chronic disease homeopathic treatment can achieve results which would be considered impossible with conventional treatment.
- It may even offer long lasting to permanent cure, treating the disease from its roots, for most of the ailments. The body of clinical evidence for the effectiveness of homeopathy continues to accumulate.
- Homeopathy is an effective alternative to antibiotics in infectious diseases, producing no toxic side effects and bringing about rapid recovery.

Photographs:



Session Photographs

TOPIC: BHMS COURSE OF STUDY AND INTRODUCING TO FIRST YEAR FACULTY

Resource Person: Dr. Sanjay Chelani, Asst. Prof., Deptt of Anatomy,
YPSM Homoeopathic Medical College & Hospital, Alwar.

Objectives:

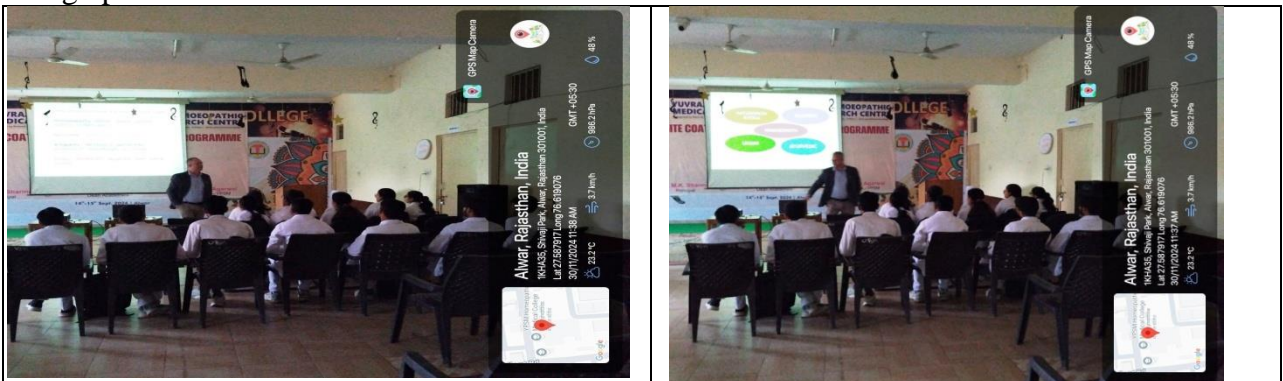
Studying a BHMS course enables individuals to gain expertise in homeopathic medicine, providing holistic healthcare solutions and addressing the growing demand for Alternative Medicine practitioners.

- **Holistic approach:** The BHMS degree focuses on treating patients holistically, considering their physical, mental, and emotional well-being.
- **Natural and non-invasive treatment:** Homeopathic medicine utilizes natural remedies derived from plants, minerals, and animals.
- **Individualized treatment:** Homeopathy emphasizes personalized treatment plans tailored to each patient's unique symptoms and constitution.
- **Growing demand:** There is a growing interest in alternative and complementary medicine worldwide, including homeopathy.
- **Career opportunities:** Graduates with BHMS degree can pursue various career paths, including private practice, working in homeopathic hospitals and clinics, research, teaching, and even entrepreneurship by starting their clinics or wellness centres.

During the BHMS course, students study various subjects such as Anatomy, Physiology, Pathology, Microbiology, Materia Medica, Organon of Medicine, Homeopathic Pharmacy, and Repertory. The BHMS course syllabus is designed to provide students with a comprehensive understanding of the human body and its diseases, as well as the principles and techniques of homeopathic treatment.

BHMS course is a rigorous and comprehensive programme that equips students with the knowledge and skills to practice homeopathy effectively. BHMS offers a holistic approach to healthcare, focusing on individualized treatment and promoting natural healing. As the popularity of alternative medicine continues to grow, BHMS course provides an opportunity for aspiring healthcare professionals to make a meaningful impact in the field of homeopathy.

Photographs:



Session Photographs

TOPIC: CONCEPT OF HOLISTIC AND POSITIVE HEALTH

Resource Person: Dr. Ajit Singh

*Designation: Professor and HOD, Deptt. Of Community Medicine, YPSM
Homoeopathic Medical College & Hospital, Alwar.*

Objectives:

1. What is holistic health care?
2. Concept of holistic health
- 3 Body, mind and spirit relationship
- 4 characteristics of holistic health
- 5 dimensions of holistic health care
6. Seven simple ideas to be healthy.
5. To analyze the significance of professionalism in enhancing the quality of education and shaping students' futures.
6. To address the challenges faced by teachers in maintaining professionalism.
7. To inspire teachers to strive for continuous growth and excellence in their profession.

Keynote points delivered during the session:

1. Traditional health system/alternative health system
2. Indigenous health systems, such as Ayurveda, Unani, Homeopathy.
3. Yoga, Meditation and Reiki— for holistic health
4. Modern medicine - reasons for the promotion of traditional medicine
5. Why people go to traditional practitioner

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Session Photographs

TOPIC: HISTORY OF MEDICINE AND HOMOEOPATHY AND STATE OF HOMOEOPATHY IN THE WORLD

Resource Person: Dr. Rupesh Soni

Reader, Deptt of Organon of Medicine and Philosophy, YPSM Homoeopathic Medical College & Hospital, Alwar.

Objectives:

- To teach general introduction about history of Medicine
- Basics about the principle, “*Similia Similibus Curentur*” or ‘let likes be treated by likes’.
- Knowledge about holistic approach and individualistic characteristics of the person.
- Homoeopathic medicines production standard method called dynamisation or potentisation

Key points include:

- Basic Knowledge of pre historic and historic era
- Discussion about pre medical science era
- Explain medical science theme of treatment of different countries
- Homoeopathic doctor does not treat in the name of disease, rather the treatment is targeted against the “patient” who is suffering from a particular disease
- The dictum “*Homoeopathy treats the patient and not the disease*”.

Photographs:



Session Photographs

TOPIC: ADULT LEARNING PRINCIPLES

Resource Person: Dr. Shivani Saini

Designation: Assistant Professor, Department of Gynae. & Obs., YPSM
Homoeopathic Medical College & Hospital, Alwar.

Objectives:

- Principles of adult learning
- Varied Learning styles
- Importance of self-directed learning
- Assess learner needs
- Problem centered approach
- Difference between adolescence and adult learning

Keynote Points Delivered during the Session:

- Autonomous and Self – directed learning
- Relevance and practicality
- Experience as a resource
- Incorporate technology
- Learning tips
- Internal motivation

Photographs:



TOPIC: HEALTH CARE SYSTEM AND DELIVERY VISIT TO URBAN PRIMARY HEALTH CENTRE (PHC)

Resource Person: Dr. Pawan Choudhary and Dr Nitish Lal

Designation: Assistant Professor, Dept. of Pathology, YPSM Homoeopathic Medical College & Hospital, Alwar,

Assistant Professor, Dept. of Homoeopathic pharmacy, YPSM Homoeopathic Medical College & Hospital, Alwar

Objectives:

- To understand various activities being conducted at PUHC.
- To know facilities provided in the PUHC to the population.

Keynote Points Delivered during the Session:

- Know the wide range of Medicines available in the pharmacy for prevention, rehabilitation and treatment of diseases.
- To know the various laboratory investigation for diagnosing different communicable and non- communicable diseases.
- To know the different types of vaccines available at PUHC.
- To know the contribution of ASHA workers and ANMs to mobilize nearby population.

Photographs of Visit:



Session Photographs

TOPIC: PRIMARY COMMUNITY CARE

Resource Person: Dr. Ajit Singh

Designation: *Professor and HOD, Deptt. of Community Medicine, YPSM Homoeopathic Medical College & Hospital, Alwar.*

Objectives:

1. Levels of Care
2. What is Primary Health Care?
- 3 Principles for PHC
- 4 Core Activities for PHC
- 5 WHO Strategies of PHC
6. The Basic Requirements for Sound PHC (the 8 A's and the 3 C's).

Primary care is an approach that:

- Focuses on the person not the disease, considers all determinants of health
- Integrates care when there is more than one problem
- Uses resources to narrow differences
- Forms the basis for other levels of health systems
- Addresses most important problems in the community by providing preventive, curative, and rehabilitative services
- Organizes deployment of resources aiming at promoting and maintaining health.
- Scope of Homoeopathy in PHC and community health problem
- It helps in integrated approach of preventive and social medicine in the rural and remote areas of the country as well as urban areas.
- To publicize homoeopathy and other preventive aspects of infective - communicable and non-communicable health problem as per direction of NCH/Ayush department.

Photographs of Session:



Session Photographs

TOPIC: BASIC LIFE SUPPORT - CPR

Resource Person: Dr Kumud Gupta, General Physician, Alwar

Objectives:

1. What is Basic Life Support (BLS)?
2. Components of Basic Life Support
3. Why is BLS Training Important?
4. Who Should Take BLS Training?

BLS focuses on maintaining a person's airway, ensuring proper breathing, and supporting circulation during medical emergencies. The American Heart Association (AHA) outlines the core principles of BLS, which include:

- Early recognition of an emergency and calling for help (activating EMS).
- High-quality Cardiopulmonary Resuscitation (CPR) to sustain blood flow and oxygen delivery.
- Use of an Automated External Defibrillator (AED) to restore normal heart rhythm in case of cardiac arrest.
- Management of airway obstruction through the Heimlich maneuver or other techniques.
- **Improves Survival Rates in Cardiac Arrest**

In cases of cardiac arrest, every second counts. A person's survival decreases by **10% with each minute** that passes without CPR. Immediate CPR combined with defibrillation can **double or triple survival rates**.

- **Minimizes Brain Damage and Organ Failure**

Without oxygen, brain cells start dying within 4-6 minutes. Proper BLS intervention ensures continuous oxygen supply to the brain and other vital organs, reducing the risk of **long-term disability**.

- **Prepares People for Everyday Emergencies**

Medical emergencies don't only happen in hospitals; they can occur at home, in workplaces, schools, or public spaces. Having more people trained in BLS increases the chance that someone nearby will act quickly to save a life.

- **Reduces Panic in Critical Situations**

Panic is a common reaction in emergencies. BLS training helps individuals stay **calm and focused**, follow protocols, and provide the necessary care without hesitation.

- **Photographs of Session:**



Session Photographs

TOPIC: BASIC LIFE SUPPORT (BLS)

Resource Person: Dr. Pawan Choudhary

Designation: Assistant Professor, Dept. of Pathology, YPSM Homoeopathic Medical College & Hospital, Alwar.

Objectives:

- To understand the role of Basic Life Support in Healthcare system.
- To recognize different ways to evaluate Vitals.

Keynote Points Delivered during the Session:

- Measurement of Vitals (Pulse, Blood pressure and Respiratory rate).
- How to conduct clinical Examination of Abdomen.
- Commonly used terminology (Tachycardia, Tachypnea, Bradycardia, Bradypnea) in Medical practice.
- Normal findings during abdominal Examination.

Photographs of Session:



Session Photographs

TOPIC: COMMUNICATION – ITS NATURE AND IMPORTANCE IN DIFFERENT SOCIAL AND PROFESSIONAL SETTINGS

Resource Person: Er. Shailesh Saini, Designation: CEO, QTNG

Objectives:

1. What is communication?
2. The target and the purpose of communication
3. **Elements of speaking:**
- 4 three levels of understanding the communication:
- 5 **Scope of communication**
- 6 **Nature of Communication**
7. Purpose of communication:

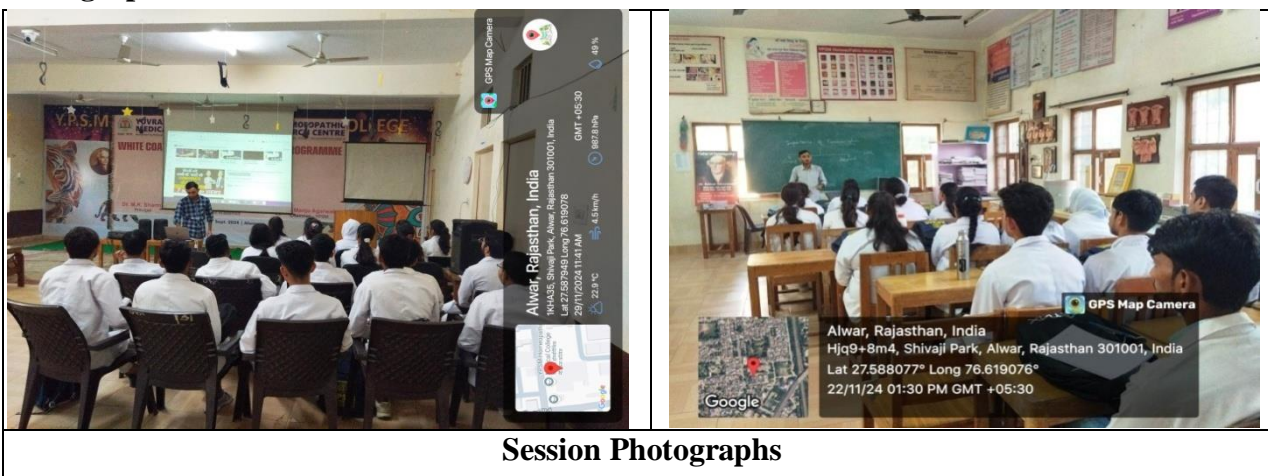
What is communication?

- Communication is about moving/passing something about conveying or sending or delivering information.
- It is a two way process in which messages are transferred from source to the receiver
- It is a conscious attempt to share information, ideas, attitudes and the like with others. Communication is a process of interaction. In a particular situation two or more individuals

Importance of Communication

- Communication is essential to all human association because our society life abounds with the communication.
- Communication is cement, which holds our society together
- People spend 78% of their active time for communication through listening, speaking, reading and writing. This reality shows great importance of communication in human life.
- To solve problems of people by giving useful information on the solutions to their problems is possible by communication.
- To bring physical, mental, social, economical and cultural changes in people, communication plays an important role.

Photographs of Session:



TOPIC: MEDICAL ETHICS - ROLE IN ENHANCING PATIENT CARE

Resource Person: Dr. Ashok Pathak

Designation: Professor & HOD -Deptt. Of FMT,

YPSM Homoeopathic Medical College & Hospital, Alwar.

Objectives:

- The rights and privileges of Registered Medical Practitioner.
- Important Offences that can be described as 6As
- To impart knowledge about professional misconduct (infamous conduct)
- Medical malpractices

Keynote Points Delivered during the Session:

- What are Unethical acts
- Code of Medical Ethics
- Duties of a doctor explained using a flowchart.
- Disciplinary functions of State Medical Council
- Duties of Doctors towards state, patients, constitution
- Insight about Geneva Convention

Photographs of Session:



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TOPIC: WHO IS PROFESSIONAL PERSON?

Resource Person: Dr. Neelima Singh

*Designation: Assistant Professor, Deptt of Organon and Philosophy, YPSM
Homoeopathic Medical College & Hospital, Alwar*

Objectives:

1. To define the concept of professionalism in the context of teaching.
2. To identify and explain the key characteristics of a professional teacher.
3. To highlight the roles and responsibilities of teachers as professionals.
4. To emphasize the importance of professional ethics in the teaching profession.
5. To analyze the significance of professionalism in enhancing the quality of education and shaping students' futures.
6. To address the challenges faced by teachers in maintaining professionalism.
7. To inspire teachers to strive for continuous growth and excellence in their profession.

Keynote Points Delivered during the Session:

1. Introduction
2. Characteristics of a Professional Teacher
3. Roles and Responsibilities of a Professional Teacher
4. Professional Ethics in Teaching
5. Importance of Professionalism in Teaching
6. Challenges Faced by Teachers as Professionals

Photographs of Session:



Session Photographs

TOPIC: TIME MANAGEMENT

Resource Person: Dr. M.K. Sharma

Designation: Principal and Professor & HOD - Deptt. Of Anatomy,
YPSM Homoeopathic Medical College & Hospital, Alwar.

Objectives:

- To make students realize that “How Do You Spend your 24 Hours?”
- Procrastination
- *To Realize the Value of : from millisecond to a year*

Keynote Points Delivered during the Session:

Time Management Will Help You

- Increase your productivity
- Reduce your stress
- Improve your self-esteem
- Achieve a sense of balance
- Establish an important

Benefits of time management

Obstacles to effective time management

How to use your waiting time

Concentrate on the task at hand

How to plan your day

Problems and Solutions for Proper Time Management

Tips for Successful Time Management

Photographs of Session:



Session Photographs

TOPIC : FIRST AID–PRINCIPLES AND TECHNIQUES

Resource Person: Dr. Nilanjana Guha

Designation: Assistant Professor, Dept of Surgery, YPSM Homoeopathic Medical College & Hospital, Alwar.

Objectives:

- Preserving life
- Preventing injury from getting worse till the medical facility arrives,
- Aiding recovery,
- Relieving pain,
- Protecting the unconscious.
- Minimize complications or long-term damage through prompt and effective treatment.
- Comply with safety regulations and be prepared for work place injuries or emergencies.
- Support Community Preparedness
- Improve Situational Awareness

Points Delivered during the Session:

- Principles of First Aid
- First aid kit
- Different bandaging procedure
- First Aid indifferent emergencies - Injury, hemorrhage, Burn, fracture, asphyxia, choking, poisoning etc

Photographs of Session:



TOPIC: FIRST-AID PRINCIPLES AND TECHNIQUES (DRUG ADMINISTRATION)

Resource Person: Dr. Nitish Lal

Designation: Assistant Professor, Dept. of Homoeopathic Pharmacy,
YPSM Homoeopathic Medical College & Hospital, Alwar.

Objectives:

- To increase awareness among students regarding Drug Administration.
- Understanding principal routes of Drug administration used in Homoeopathy.
- Understanding principal routes of Drug administration used in Conventional mode of Treatment.

Keynote Points Delivered during the Session:

- Role of Drug administration in Homoeopathic Context.
- Different routes of administration of Drugs in Homoeopathy.
- Use of Parenteral routes in Conventional treatment method.
- Advantages of parenteral approach for administering drugs in emergency condition.

Photographs of Session:



Session Photographs

TOPIC: NATIONAL HEALTH PRIORITIES AND POLICIES

Resource Person: Dr. Nilanjana Guha,

Designation: Assistant Professor, Dept of Surgery, YPSM Homoeopathic Medical College & Hospital, Alwar.

Objectives:

To inform and clarify strengthen and prioritize the role of the Government in shaping health systems in all its dimensions- investments in health, organization of healthcare services, prevention of diseases and promotion of good health through cross sectoral actions.

Keynote Points Delivered during the Session:

- Prioritizing the government's role: The NHP aims to strengthen the government's role in shaping health systems, including investments in health, disease prevention, and healthcare services.
- Universal access to healthcare: The NHP aims to provide high-quality healthcare services to everyone at an affordable cost.
- Reducing premature mortality: The NHP aims to reduce deaths from cancer, heart disease, chronic respiratory diseases, and diabetes by 25% by 2025.
- Improving life expectancy: The NHP aims to increase life expectancy at birth from 67.5 years to 70 years by 2025.
- Reducing infant mortality: The NHP aims to reduce infant mortality to 28 by 2018.
- Eliminating diseases: The NHP aims to eliminate leprosy, kala azar, and filariasis by 2017-18.
- Promoting equity: The NHP aims to reduce inequity by taking affirmative action to reach the poorest.
- Promoting community participation: The NHP aims to promote community participation along with health planning processes.
- Using digital tools: The NHP aims to use digital tools to improve the efficiency and outcome of the healthcare system.

Photograph:



Session Photographs

TOPIC: CONCEPT AND PRACTICE OF MENTORING:

By Er. Harpreet Singh, Designation: Asso. Prof. and Academic Advisor

Objectives:

What is mentoring?

- A professional relationship , Support for professional development
- Personal support, A partnership lasting over a pre-determined and fixed time-scale
- A significant process over an individual's career

Benefits to mentees

- An insight into your work and career
- Practical tips on planning a successful job search strategy
- Advice and guidance with their career thinking and their transition from undergraduate to young professional
- Developing understanding, skills and problem-solving
- Encouraging reflection and recognizing/celebrating effective practice
- Identifying areas for development and improving self confidence
- An informal network of business contacts

Keynote Points Delivered during the Session:

- Mentorship Learning , Two types of mentoring functions
- Different Stages of Mentoring , Advantages and Disadvantages of Mentoring
- Problems With Cross-Gender Mentoring
- Advice for Same-Gender and Cross-Gender Mentoring

Photographs of Session:



Session Photographs

TOPIC: IMPORTANCE OF MENTAL HEALTH AND HYGIENE – STRESS MANAGEMENT- MIND GAMES/ YOGA AND MEDITATION

By Er. Harpreet Singh, **Designation:** Asso. Prof. and Academic Advisor and Dr Anjali Joshi – **Asst. Professor**, Deptt. Of Materia Medica and Yogacharya – Acharya Manoj Yadav

Objectives:

- Important of team games in improving mental health.
- Game based activities for relieving stress and build traits like team leadership, out of box thinking amongst students.
- Yoga Asana for perfect mind and body relaxing

Different mind games were performed by the students keeping in mind the importance of

- Application of mind and body
- Importance of a team and benefits which can be derived out of it.
- Cohesion needed in day to day life
- Sense of duty amongst team members

Different Yoga Asana was performed by the Yogacharya with the students
Photographs of Session:



Session Photographs

TOPIC: CONSTITUTIONAL VALUES, EQUALITY, GENDER SENSITIZATION, AND RAGGING POLICY

Resource person: Dr Vidhi Vashishth

Designation: Assistant professor, Department of Repertory, YPSM Homeopathic medical college & Hospital, Alwar.

Objectives:

The session aimed to:

1. Educate students about the fundamental Constitutional Values enshrined in the Indian Constitution.
2. Highlight the importance of Equality in a democratic society.
3. Create awareness about Gender Sensitization to promote inclusivity and respect.
4. Familiarize students with the institution's Anti-Ragging Policy and its significance in fostering a safe academic environment.

Session Outline

1. Constitutional Values

- Discussed the meanings and importance of Sovereignty, Secularism, Democracy, Republic, Liberty, Equality, Justice, and Fraternity.
- Explained the relevance of the Preamble in defining the values of the Constitution.
- Highlighted how these values guide the governance and rights of citizens.

2. Equality

- Emphasized the constitutional provisions for equality under Articles 14-18.
- Discussed social, economic, and gender equality.
- Explained real-life implications, such as addressing discrimination and ensuring equal opportunities.

3. Gender Sensitization

- Defined gender sensitivity and its importance in combating stereotypes and biases.
- Conducted interactive activities to encourage discussions on gender roles, rights, and respect.
- Highlighted legal frameworks like The Sexual Harassment of Women at Workplace Act (2013) and gender-neutral policies.

4. Ragging Policy

- Explained the institution's zero-tolerance policy towards ragging.
- Discussed the legal consequences under the UGC Regulations on Curbing the Menace of Ragging in Higher Educational Institutions (2009).
- Encouraged students to report incidents without fear of retaliation.



Session Photographs

TOPIC: EQUALITY AND GENDER SENSITIZATION

Resource Person: Dr. Nitish Lal

Designation: Assistant Professor, Dept. of Homoeopathic Pharmacy, YPSM
Homoeopathic Medical College & Hospital, Alwar.

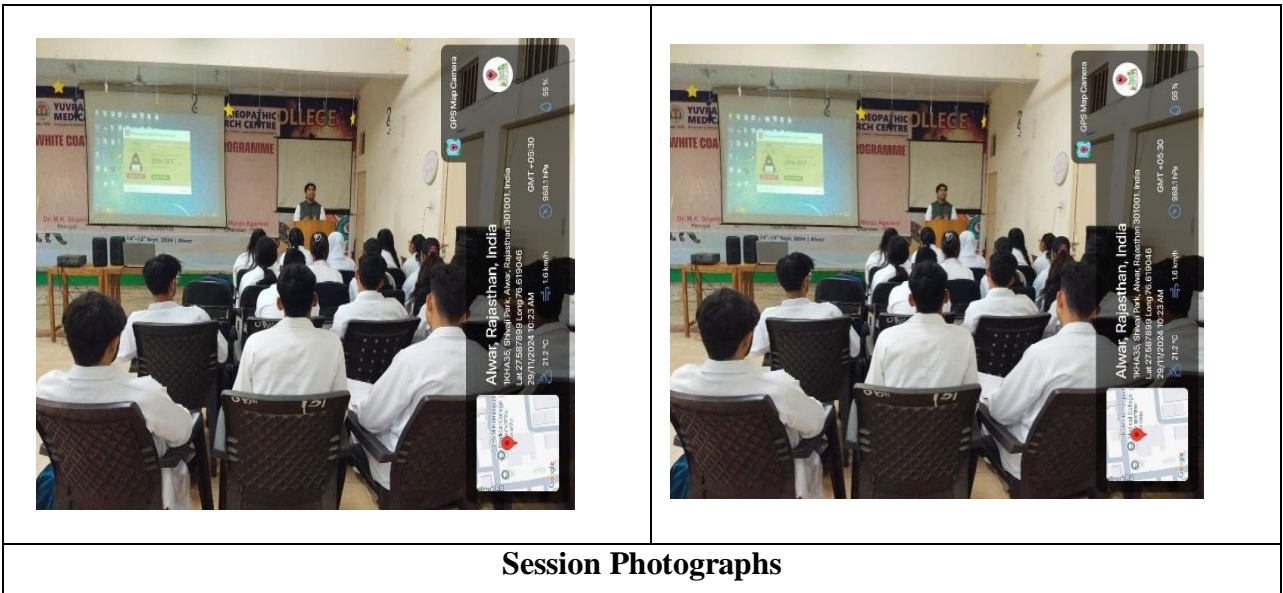
Objectives:

- To inculcate idea of Equality across all domain.
- To recognize different types of Orientation in relation to Gender identity.

Keynote Points Delivered during the Session:

- To understand various aspect (Political, Economical, Social, Legal) of Equality.
- Conditions where inequality prevails in the society.
- Different types of Gender Identity.
- Rights and privileges for persons with different orientation in terms of Gender.

Photographs of Session:



Session Photographs

TOPIC: UNIVERSAL PRECAUTIONS AND VACCINATION

Resource Person: Dr. Aditendra Vijay

Designation : Reader, Deptt. of Physiology, , YPSM Homoeopathic Medical College & Hospital, Alwar.

Objectives:

- Review the types of universal precautions.
- Describe standard precautions.
- Summarize airborne precautions.
- Outline how an interprofessional team can work together to apply universal precautions to achieve better patient outcomes.

Key elements of *standard precautions* include:

- Risk Assessment
- Hand Hygiene
- Respiratory Hygiene And Cough Etiquette
- Patient Placement
- Personal Protective Equipment
- Aseptic Technique
- Safe Injections And Sharps Injury Prevention
- Environmental Cleaning
- Handling Of Laundry And Linen
- Waste Management
- Decontamination And Reprocessing Of Reusable Patient
- Care Items and Equipment.

Photographs of Session:



Session Photographs

TOPIC: IMPORTANCE OF OBSERVATION AND DOCUMENT

Resource Person: Dr. Anjali Joshi, Asst. Professor, Deptt. of Materia Medica,
YPSM Homoeopathic Medical College & Hospital, Alwar.

Objectives:

- Observation is constantly using sight, hearing, smell and touch combined with your knowledge of the older adult to monitor any changes to their health or social wellbeing.
- Objective observation **is visible and measurable signs that are usually factual.**
- Subjective observations **are signs that cannot be measured, and are usually verbal communications from the older adult on how they feel, such as nausea, an upset stomach, sore muscles and headaches.**

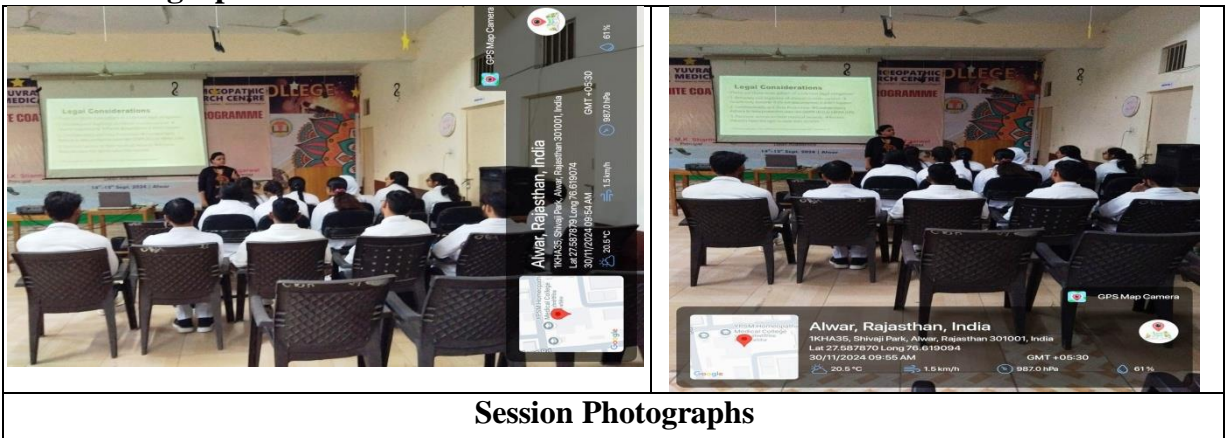
Good observation skills are essential to:

- complete baseline observations to know what is normal for the older adult
- identify any patterns of behavior that is normal for the older adult
- establish a detailed and accurate treatment plan that provides the best care for the older adult
- identify any changes to an older adult's health conditions or patterns of behavior
- report any symptoms which indicate a new health condition or any deterioration in current health conditions
- provide care tailored to the older adults' needs

Importance of Documentation in Healthcare

- Documentation in the healthcare industry is not just nice to have, it's a necessity.
- The importance of documentation in healthcare directly relates to the quality of patient care. It would be impossible to provide exceptional patient care without proper documentation of the patient's current and past medical history. It also has a major impact on billing, insurance, and the finances of both the hospital and patient.
- While nearly all medical professionals understand the importance of documentation in the medical industry, the process of keeping medical records accurate and up to date can be cumbersome, to say the least.

Photographs of Session:



TOPIC: TEAM WORKING AND MENTORING

Resource Person: Er. Harpreet Singh, Designation: Asso. Prof. and Academic Advisor

Objectives:

Activities were performed with the students individually and in groups with the aim of overall personality development buildup in medical students as it have become very important now days. Also mind puzzles were also solved first by giving examples.

Activities performed during the Session:

- One Minute Extempore: Every Student was given a random topic and was asked to speak on the topic for one minute. This has in a way improved their communication skills.
- After the activity most of them have felt more confident in public speaking.
- Group Discussion was also conducted on the topic of “wearable gadgets leading to health complication?”
- Two groups were formed and they were given five minutes to ponder on the topic (one for and one against). After the stipulated time they were asked to discuss between themselves.

Photographs of Session:



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TOPIC: PATENT SAFETY AND BIO MEDICAL HAZARD

Resource Person: Dr A. Vijay, Designation: Asst. Prof. – Deptt. Of Physiology and Biochemistry

Objectives:

Patient safety is a global public health concern that involves preventing and reducing injuries and adverse events that occur during healthcare. Patient safety is a key component of quality healthcare and is an integral part of health systems.

Some factors that can lead to patient harm include:

- **Communication**

Breakdown in communication between patients, families, and healthcare workers

- **Technology**

Issues with electronic health records, medication administration systems, and misuse of technology

- **Radiation**

Inappropriate use of medical radiation can lead to health hazards for patients and healthcare professionals

- **Healthcare waste**

Unsafe handling of healthcare waste can lead to exposure to toxic or infectious materials

Some ways to improve patient safety include:

- **Hand washing:** An important action to prevent the spread of infections

- **Effective communication:** Treating patients with respect, practicing active listening, and being sensitive to cultural diversity

- **Open discussions:** Informal discussions between patients, families, and healthcare professionals can help increase awareness and health literacy

Photographs of Session:



Session Photographs

TOPIC: Computer skills Demonstration and Practice of basic use of word, Excel and PPT

Resource Person: Er. Shailesh Saini, Designation: CEO, QTNG

Objective:

To introduce and practice basic skills in Microsoft Word, Excel, and PowerPoint, enhancing participants' proficiency with essential computer tools.

Session Overview:

- 1. Microsoft Word:**
 - **Key Skills:** Creating, formatting, and saving documents; inserting images, tables, and hyperlinks.
 - **Practice:** Participants created a document with basic formatting and inserted a table and image.
- 2. Microsoft Excel:**
 - **Key Skills:** Navigating cells, basic functions (SUM, AVERAGE), and creating simple charts.
 - **Practice:** Participants created a budget table and a basic chart to display data.
- 3. Microsoft PowerPoint:**
 - **Key Skills:** Creating slides, adding text/images, applying themes, and using basic animations.
 - **Practice:** Participants created a simple presentation with text, images, and animations.

Methodology:

Live demonstrations followed by hands-on practice, with support provided to participants as needed.

Photographs of Session:



Session Photographs

TOPIC: LANGUAGE SKILLS

Resource Person: Mrs. Shalini Sharma - Language Expert

Objectives:

- Language is an integral component of communication and helps professionals interact with colleagues, managers and clients effectively
- Explain the meaning of each of the four language skills – listening (L),
- Speaking (S), reading (R) and writing (W);
- What Are Language Skills?
Language skills are the abilities that enable you to express your thoughts coherently and communicate with others.
- Discuss how thinking is integrated with language and feeds into the development of LSRW skills;
- **It is common to combine two or more language abilities while interacting** - For example, if listening is an input of information, speaking is a form of output where the audience can interject, ask questions or provide inputs after listening to the message. Similarly, writing is the summary output of what is read, understood and interpreted, which requires reading skills.
- How to Improve These Skills?
 1. Listen to the different types of content
 2. Improve your fluency
 3. Record your conversation
 4. Maintain a list of unfamiliar words and their meanings
- The Role of Thinking in Language Development

Photographs of Session:



PHARMACY VISIT REPORT AT PDP DRUGS, BHIWADI

Date of Visit: 09/12/2024

Location: PDP Drugs, Bhiwadi

Objective:

- The primary objective of the visit was to observe the operations of a homoeopathic drug manufacturing unit.
- The students gained an understanding of the processes involved in the manufacturing of drugs, safety standards followed,
- Knowledge about wide range of homoeopathic medicines including bio-chemicals, bio-combinations, mother tincture, triturations, potensied dilutions and combination remedies.

Activities Observed during visit:

- Manufacturing as per the strict guidelines and what is Good Manufacturing Practices (GMP)
- Insight about wide range of world-class homoeopathic remedies including generics, single remedies, combinations, complexes, as well as specialties manufactured by the company.
- Understanding about the various products, how they are produced, which adheres to Indian & international pharmacopoeias and medicines
- Knowledge about formulations from well-tested and certified ingredients that are recommended for medicine making.

Conclusion:

The visit to PDP Drugs was an informative experience, providing practical exposure to the daily functions of a drug manufacturing unit. The company was formed with an objective to promote the cause of homoeopathy through manufacturing and marketing of high quality medicine.

Photographs:





Visit Photographs

CONCLUSION OF FOUNDATION PROGRAMME

The Foundation Programme helped in orienting students to all the components mentioned above with special emphasis on the role of Homoeopathy and homoeopath in today's times. This involved skill sessions such as Basic Life Support/Emergency Management, First aid, Universal Precautions and Biomedical Waste and Safety Management that students were trained prior to entering the patient care areas. The visits provided orientation to the care delivery through community and primary health centers, and include interaction with health care workers, patients and their families.

This was an introduction to the concept of Professionalism and Ethics and closely related to Hahnemann's emphasis on the conduct of a physician. This component provided students with understanding that clinical competence, communication skills and sound ethical principles are the foundation of professionalism. It will also provide understanding of the consequences of unethical and unprofessional behavior, value of honesty, integrity and respect in all interactions. Professional attributes such as accountability, altruism, pursuit of excellence, empathy, compassion and humanism were addressed. It also included respect towards the differently-abled persons. It introduced the students to the basic concept of compassionate care and functioning as a part of a health care team. It sensitizes students to "learning" as a behavior and to the appropriate methods of learning. The students were sensitized to various learning methodologies such as small group discussions, skills lab, simulations, documentation and concept of Self-Directed learning.