



TAGORE MEDICAL COLLEGE & HOSPITAL

(Affiliated to the Tamil Nadu Dr. MGR Medical University, Chennai)
Rathinamangalam, Melakottaiyur (PO), Chennai - 600127.

Tagore Medical College & Hospital

in association with
Medical Education Unit

Organizes a Course on

Computer Skills and its Application in Health Care



Date: 01-12-2018, 08-12-2018, 15-12-2018
Saturday's from 9.00 am to 1.00 pm

Venue: Lecture Hall 1,
Tagore Medical College & Hospital



PROGRAME TRAINER

Mr. Anil Jenifer B.Tech (IT)
System Analyst, TMCH

COURSE SCHEDULE

DAY I (9.00 AM -1.00 PM)	DAY II (9.00 AM - 1.00 PM)	DAY III (9.00 AM -1.00 AM)
- Basic of windows 10 - How to create, share and collaborate documents using Google drive - How to insert tables in MS Word 2016 - How to use windows defender - Tips to use Ms Excel 2016, Ms Word 2016, Ms Power point 2016	- Office Ms Excel- use of Pi of Table - Office application og mail merge - Office techniques and tips of Ms excel - Keyboard shortcut functions - Learn moderate skills - Data manipulation and function	- Office – create voice narration - Creating Rotating object - Creating animated slides using images and graphics - Creating professional presentation - Creating Hyperlinks - How to create pdf file without software

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CHENNAI - 600127.



TAGORE MEDICAL COLLEGE & HOSPITAL

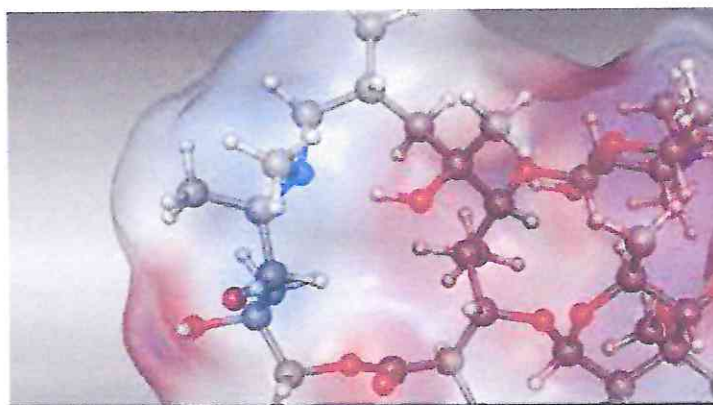
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Rathinamangalam, Melakottaiyur (PO), Chennai - 600127.

DEPARTMENT OF MICROBIOLOGY

in association with
MEDICAL EDUCATION UNIT

Organizes a course on

**Computer Aided
Drug Designing**



Date: December 1st, 8th & 15th 2018

Venue: Auditorium,
Tagore Medical College & Hospital



Program Trainer

Dr. I Kannan Ph.D.

Associate Professor, Dept. Of Microbiology
Officer Incharge, Central Research Laboratory

Organizing Secretary:

DR. SONY PAUL M.SC., ASSISTANT PROFESSOR OF MICROBIOLOGY, TMCH

OBJECTIVES

The objective of the present course is to give hands on training in application of various online tools and softwares in drug development for diseases.

The participants will be given with examples after the demonstration of various techniques to understand and apply them in drug development.

COURSE SCHEDULE

DAY 1	DAY 2
● Installation of softwares ● Drug design and development ● Rational drug design- an insilico approach ● Introduction to bioinformatics – databases and tools ● Protein Preparation ● Ligand Preparation	● Introduction to molecular docking tools – AUTODOCK, iGEMDOCK, HEX 8.0 ● Drug design for few diseases ● Retrieval of drug and chemical structures from pubchem and ZINC database ● Preparation of ligand – Drug designing software- ACD chemsketch – Preparation of lead molecules – OPENBABEL Software Demonstration

DAY 3: Workshop

All undergraduate of medical sciences can register for the course.

* Bring your laptop

TAGORE MEDICAL COLLEGE & HOSPITAL
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Rathinamangalam, Melakottaiyur (PO), Chennai - 600127.

DEPARTMENT OF GENERAL MEDICINE

ORGANISING SECRETARY

DR.T.K.SHANMUGA RAJ.,M.D
Assistant Professor
TMCH

in association with MEDICAL EDUCATION UNIT

Organizes a Course on

Stress Management

OBJECTIVES

This Workshop Was Designed for The Students in Understanding That Academics Are an Important Part Of Life but With High Levels of Stress And How to Manage in the Most Positive Way. Some Useful Tips And Advice for the Students Which Can Help Them in Reducing Stress Will Be Discussed.



Date: July 5th, 6th & 7th 2018

Venue: Lecture Hall 1,
Tagore Medical College & Hospital



PROGRAME TRAINER

Dr.K.B.Prasanna M.D

Associate Professor, TMCH

COURSE SCHEDULE

DAY - 1	DAY - 2
- Basic principles of stress management - Recognition and management of your stress triggers Develop proactive responses to stressful situations. Brain conditioning and brain training techniques working at DNA level to induce permanent relief from stress by penetrating the core level to change the thought processes of the participants will be discussed.	- Use coping tips for managing stress - Learn to manage stress through diet, sleep and other lifestyle factors - Time Management to avoid stress during exams - Develop a long term action plan to Minimize and better manage stress

DAY - 3: Workshop

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DEPARTMENT OF COMMUNITY MEDICINE

in association with
MEDICAL EDUCATION UNIT

Organizes a Course on

**Research
Methodology**



Date: April 5th, 6th & 7th 2018,
from 8:30 am to 5 pm

Venue: Lecture Hall 2,
Tagore Medical College & Hospital



Programme Trainer

Dr. I Kannan Ph.D.

Associate Professor, Dept. Of Microbiology
Officer Incharge, Central Research Laboratory

Program Coordinator

DR. R. C. KARTHIK., MD., Assistant Professor, Department of Community Medicine, TMCH

COURSE SCHEDULE

DAY 1	
8.30 am to 9.00 am	Course introduction
9.00 am to 10.30 am	Definition, Characteristics and Objectives of Research and Scientific methods
10.30 am - 10.45 am	TEA BREAK
10.45 am to 11.00 am	- Research Methodology: An Introduction and Basic Overview - Formulating the Research Process and Research Problem
11.00 am to 12.30 pm	- Defining the Research Problem and Research Questions - Research Methods vs. Research Methodology
12.30 pm to 1.00 pm	Lunch
1.00 pm to 2.30 pm	- Formulation of Hypothesis - Sources of Hypothesis
2.30 pm to 3.30 pm	Characteristics, Role and Tests of Hypothesis
3.30 pm to 5.00 pm	- Research Design - Sampling Design - Data Collection

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CHENNAI-600 127.

	Day 2
9.00 am - 10.30 am	● Processing and Analysis of Data ● Processing Operations ● Statistics in Research
10.30 am - 10.45 am	Tea break
10.45 am - 1.00 pm	● Descriptive Statistics ● Inferential Statistics ● Elements / Types of Analysis ● Interpretation of Data
1.00 pm - 1.30 pm	Lunch
1.30 pm - 3.00 pm	● Research ● Mono-disciplinary Research ● Trans-disciplinary Research ● Inter-disciplinary Research
3.00 pm - 4.00 pm	Computer & Internet: Its Role in Research
4.00 pm - 5.00 pm	Threats and Challenges to Good Research

	Day 3
9.00 am - 10.30 am	Writing a Article, Essay, Research Paper and Research Project, Criteria of Good Research
10.30 am - 10.45 am	Tea break
10.45 am - 1.00 pm	● Research Ethics, Citation Methods & Citation Rules ● Foot Note, Text Note, End Note and Bibliography
1.00 pm - 1.30 pm	Lunch
1.30 pm - 5.00 pm	Workshop



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DEPARTMENT OF COMMUNITY MEDICINE

in association with
MEDICAL EDUCATION UNIT

Organizes a Course on
YOGA & MEDITATION

**ORGANISING
SECRETARY**

DR. R. C. KARTHIK, MD
Assistant Professor
Department of
Community Medicine



Date: Sep 12th, 13th & 14th 2017
Venue: Lecture Hall 1,
Tagore Medical College & Hospital



PROGRAME TRAINER

DR DHAMODARAN PhD (Yoga)

Psychologist & Faculty Art of Living
Youth Leadership Training Programmer

OBJECTIVES

Yoga is an ancient technique which is Claimed to enhance physical and mental well-being .This Yoga workshop helps to Engineer an inner transformation in the very way you look at your life, your work, and the world that you inhabit.

This programme offers Yogi-practices but also by providing the correct understanding, traditions, context and meaning of yogic science, asana and philosophy.

COURSE SCHEDULE

DAY 1 (9.30 AM-5.00 PM)	DAY 2 (9.30 AM - 5.00 PM)	DAY 3 (9.30 AM - 11.00 AM)
- History of Yoga - How Yoga practices can Improve Physical and Mental Health - Reduce stress - Improve Focus and memory power - improves performance - Improve the day today physical Activity - Sharing the view about Difference in life after yoga practice	- Principal Yoga asanas - Hatha Yoga - Pranayama - Body alignment - Yinyang Yoga - Patanjali's Yoga Sutra 	Group YOGA practise session

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DEPARTMENT OF COMMUNITY MEDICINE

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MEDICAL EDUCATION UNIT

Organizes a Course on

**Research
Methodology**



Date: Nov 12th, 13th & 14th 2019,
from 8:30 am to 5 pm

Venue: Lecture Hall 2,
Tagore Medical College & Hospital



Programme Trainer

Dr. I Kannan Ph.D.

Associate Professor, Dept. Of Microbiology
Officer Incharge, Central Research Laboratory

Program Coordinator

DR. R. C. KARTHIK., MD., Assistant Professor, Department of Community Medicine, TMCH

COURSE SCHEDULE

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1.00 pm to 2.30 pm	● Formulation of Hypothesis ● Sources of Hypothesis
2.30 pm to 3.30 pm	Characteristics, Role and Tests of Hypothesis
3.30 pm to 5.00 pm	● Research Design ● Sampling Design ● Data Collection

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Day 2	
9.00 am - 10.30 am	● Processing and Analysis of Data ● Processing Operations ● Statistics in Research
10.30 am - 10.45 am	Tea break
10.45 am - 1.00 pm	● Descriptive Statistics ● Inferential Statistics ● Elements / Types of Analysis ● Interpretation of Data
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1.00 pm - 1.30 pm	Lunch
1.30 pm - 5.00 pm	Workshop


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DEPARTMENT OF GENERAL MEDICINE

ORGANISING SECRETARY

DR.T.K.SHANMUGA RAJ.,M.D
Assistant Professor
TMCH

in association with **MEDICAL EDUCATION UNIT**

Organizes a Course on

Stress Management

OBJECTIVES

This Workshop Was Designed for The Students in Understanding That Academics Are an Important Part Of Life but With High Levels of Stress. And How to Manage in the Most Positive Way. Some Useful Tips And Advice for the Students Which Can Help Them in Reducing Stress Will Be Discussed.



Date: July 6th, 7th & 8th 2019

Venue: Lecture Hall 1,
Tagore Medical College & Hospital



PROGRAMME TRAINER

Dr.K.B.Prasanna M.D

Associate Professor, TMCH

COURSE SCHEDULE

DAY - 1	DAY - 2
• Basic principles of stress management • Recognition and management of your stress triggers Develop proactive responses to stressful situations. Brain conditioning and brain training techniques working at DNA level to induce permanent relief from stress by penetrating the core level to change the thought processes of the participants will be discussed.	• Use coping tips for managing stress • Learn to manage stress through diet, sleep and other lifestyle factors • Time Management to avoid stress during exams • Develop a long term action plan to Minimize and better manage stress

Signature
DAY - 3: Workshop

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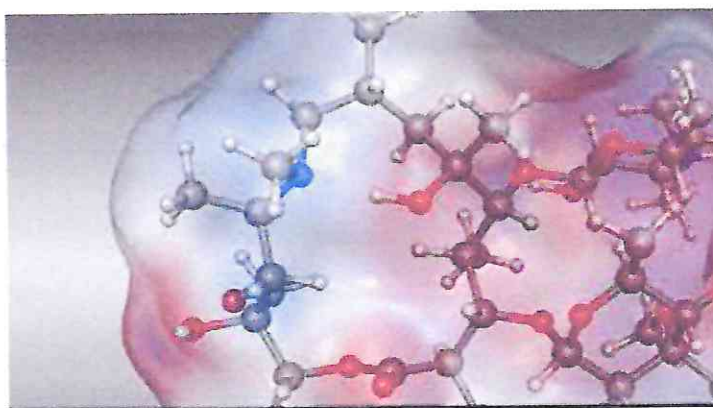
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DEPARTMENT OF MICROBIOLOGY

in association with
MEDICAL EDUCATION UNIT

Organizes a course on

**Computer Aided
Drug Designing**



Date: Jun 6th, 7th & 8th 2019
Venue: Auditorium,
Tagore Medical College & Hospital



Program Trainer

Dr. I Kannan Ph.D.

Associate Professor, Dept. Of Microbiology
Officer Incharge, Central Research Laboratory

Organizing Secretary:

DR. SONY PAUL M.SC., ASSISTANT PROFESSOR OF MICROBIOLOGY, TMCH

OBJECTIVES

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COURSE SCHEDULE

DAY 1	DAY 2
● Installation of softwares ● Drug design and development ● Rational drug design- an insilico approach ● Introduction to bioinformatics – databases and tools ● Protein Preparation ● Ligand Preparation	● Introduction to molecular docking tools – AUTODOCK, iGEMDOCK, HEX 8.0 ● Drug design for few diseases ● Retrieval of drug and chemical structures from pubchem and ZINC database ● Preparation of ligand – Drug designing software- ACD chemsketch – Preparation of lead molecules – OPENBABEL Software Demonstration

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DEPARTMENT OF COMMUNITY MEDICINE

in association with
MEDICAL EDUCATION UNIT

Organizes a Course on

YOGA & MEDITATION



Yoga is a flame when you light it up, the glow never fades away



Date: Oct 9th, 10th & 11th 2018

Venue: Auditorium,
Tagore Medical College & Hospital



Program Trainer

DR. DHAMODARAN PhD (Yoga)

Psychologist & Faculty Art of Living
Youth Leadership Training Program

Organizing Secretary:

DR. R. C. KARTHIK, MD., ASSISTANT PROFESSOR OF COMMUNITY MEDICINE, TMCH

OBJECTIVES

Yoga is an ancient technique which is Claimed to enhance physical and mental well-being . This Yoga workshop helps to Engineer an inner transformation in the very way you look at your life, your work, and the world that you inhabit.

This programme offers Yogi-practices but also by providing the correct understanding, traditions, context and meaning of yogic science, asana and philosophy.

COURSE SCHEDULE

DAY 1 (9.30 AM - 4.00 PM)	DAY 2 (9.30 AM - 4.00 PM)	DAY 3 (9.30 AM - 11.00 AM)
- History of Yoga - How Yoga practices can Improve Physical and Mental Health - Reduce stress - Improve Focus and memory power - improves performance - Improve the day today physical Activity - Sharing the view about Difference in life after yoga practice	- Principal Yoga asanas - Hatha Yoga - Pranayama - Body alignment - Yinyang Yoga - Patanjali's Yoga Sutra	Group YOGA practise session


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Rathinamangalam, Melakottaiyur (PO), Chennai - 600127.

Tagore Medical College & Hospital

in association with
Medical Education Unit

Organizes a Course on

Computer Skills and its Application in Health Care



Date: Dec 4th, 5th & 6th 2018
from 9.00 am to 4.00 pm

Venue: Lecture Hall 1,
Tagore Medical College & Hospital



PROGRAMME TRAINER

Mr. Anil Jenifer B.Tech (IT)
System Analyst, TMCH

COURSE SCHEDULE

DAY 1 (9.00 AM - 4.00 PM)	DAY 2 (9.00 AM - 4.00 PM)	DAY 3 (9.00 AM - 4.00 PM)
- Basic of windows 10 - How to create, share and collaborate documents using Google drive - How to insert tables in MS Word 2016 - How to use windows defender - Tips to use Ms Excel 2016, Ms Word 2016, Ms Power point 2016	- Office Ms Excel- use of Pi of Table - Office application og mail merge - Office techniques and tips of Ms excel - Keyboard shortcut functions - Learn moderate skills - Data manipulation and function	- Office – create voice narration - Creating Rotating object - Creating animated slides using images and graphics - Creating professional presentation - Creating Hyperlinks - How to create pdf file without software

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Rathinamangalam, Melakottaiyur (PO), Chennai - 600127.

DEPARTMENT OF COMMUNITY MEDICINE

in association with

MEDICAL EDUCATION UNIT

conducting a Course on

Research Methodology



Date: Sep 13th, 14th & 15th 2020,
Venue: Google Meet,
Tagore Medical College & Hospital



Programme Trainer

Dr. A. BALAJI MD.
Professor & Head
Department of Community Medicine, TMCH

Program Coordinator:

DR. R. C. KARTHIK., MD., Assistant Professor, Department of Community Medicine, TMCH

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COURSE SCHEDULE

	DAY 1
8.30 am - 9.30 am	Course introduction
9.00 am - 10.30 am	Definition, Characteristics and Objectives of Research and Scientific methods
10:30 am - 10.45 am	TEA BREAK
10.45 am - 11.00 am	● Research Methodology: An Introduction and Basic Overview ● Formulating the Research Process and Research Problem
11.00 am - 12.30 pm	● Defining the Research Problem and Research Questions ● Research Methods vs. Research Methodology
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1.00 pm - 2.30 pm	● Formulation of Hypothesis ● Sources of Hypothesis
2.30 pm - 3.30 pm	Characteristics, Role and Tests of Hypothesis
3.30 pm - 5.00 pm	Research Design, Sampling Design, Data Collection

	Day 2
9.00 am - 10.30 am	● Processing and Analysis of Data ● Processing Operations ● Statistics in Research
10.30 am - 10.45 am	Tea break
10.45 am - 1. 00 pm	Descriptive Statistics, Inferential Statistics, Elements / Types of Analysis, Interpretation of Data
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1.00 pm - 1.30 pm	Lunch
1.30 pm - 5.00 pm	Workshop

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DEPARTMENT OF GENERAL MEDICINE

ORGANISING SECRETARY

DR. D. AISHWARYA M.D.
Assistant Professor
TMCH

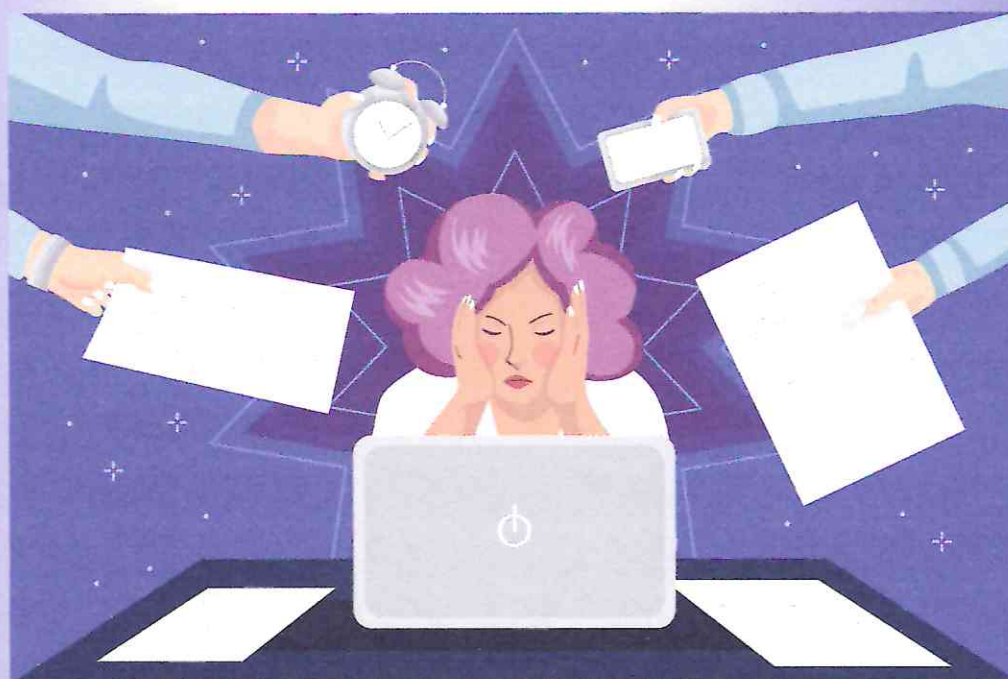
in association with MEDICAL EDUCATION UNIT

Organizes a Course on

Stress Management

OBJECTIVES

This Workshop Was Designed for The Students in Understanding That Academics Are an Important Part Of Life but With High Levels of Stress. And How to Manage in the Most Positive Way. Some Useful Tips And Advice for the Students Which Can Help Them in Reducing Stress Will Be Discussed.



Date: Aug 8th, 9th & 10th 2020

Venue: Lecture Hall 1,
Tagore Medical College & Hospital



Resource Person

Dr. K. B. Prasanna M.D

Professor, TMCH

COURSE SCHEDULE

DAY - 1

- Basic principles of stress management
- Recognition and management of your stress triggers

Develop proactive responses to stressful situations. Brain conditioning and brain training techniques working at DNA level to induce permanent relief from stress by penetrating the core level to change the thought processes of the participants will be discussed.

DAY - 2

- Use coping tips for managing stress
- Learn to manage stress through diet, sleep and other lifestyle factors
- Time Management to avoid stress during exams
- Develop a long term action plan to Minimize and better manage stress

DAY - 3: Workshop on Yoga for stress relief

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Rathinamangalam, Melakottaiyur (PO), Chennai - 600127.

DEPARTMENT OF GENERAL MEDICINE

in association with

MEDICAL EDUCATION UNIT

Organizes a Course for CRRIs

Finishing School – Transforming into Professionals



Date: Jul 9th, 10th & 11th 2020

Venue: 4th Floor, Auditorium,
Tagore Medical College & Hospital



Resource Person

Dr. K. B. Prasanna M.D
Professor
Dept. of General Medicine

Prof. Dr. M. Mala M.Phil., PhD.

Chairperson cum Managing Trustee Tagore Educational Trust

Prof. Dr. N. Gunasekaran M.D.

Dean

Prof. Dr. Sivaprakasam M.S

Medical Superintendent

Prof. Dr. Saravanan MD

Professor and Head, Dept. of General Medicine

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COURSE SCHEDULE

DAY 1

Module 1- Personality development Skills- (3 hours)

Introduction to Inner Personality and its Development, Interpersonal Relations – significance and its development, Types of Conflicts and Conflict Resolution Skills, Group Dynamics, Importance of groups in organization, Team Building and Team Interactions in group.

Module 2 – Communication skills –(3 hours)

Introduction to types of Communication (verbal, non-verbal and telephonic), Flow of Communication, Barriers of Communication, How to overcome barriers of communication. Listening and its significance, Active listening.

DAY 2

Module 3 – Time management- (3 hours)

Importance of Time and Understanding Perceptions of Time, Using Time Efficiently, Understanding and Overcoming Procrastination, How to Say "No"

Module 4 – Ethics and Etiquette- (3 hours)

Ethics and Etiquette, Positive Thinking and Attitude to overcome hurdles, Professional Etiquette, How to behave, interact and react in a Professional Environment, Habit Cycle, Forming Habits of Success, Netiquette – Ethics in usage of technology.

DAY 3

Module 5 – Pre placement skills- (3 hours)

Choosing a Career, Making Great Resumes, Power Dressing, interview skills, Body Language at Interviews, Group Discussions, Meetings and Mannerisms, Dealing with patients/ Patient care takers.


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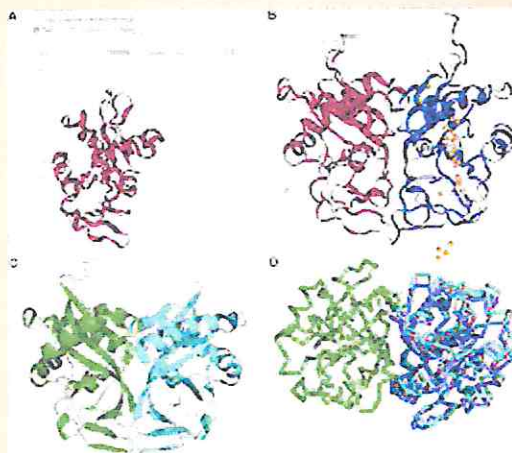
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DEPARTMENT OF MICROBIOLOGY

in association with
MEDICAL EDUCATION UNIT

Organizes a Course on

**Computer Aided
Drug Designing**



Date: Nov 7th, 8th & 9th 2019

Venue: Lecture Hall 2,
Tagore Medical College & Hospital



Program Trainer

Dr. I Kannan Ph.D.

Associate Professor, Dept. Of Microbiology
Officer Incharge, Central Research Laboratory

Organizing Secretary

DR. SAVEETHA MD., ASSISTANT PROFESSOR OF MICROBIOLOGY, TMCH

OBJECTIVES

The objective of the present course is to give hands on training in application of various online tools and softwares in drug development for diseases.

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COURSE SCHEDULE

DAY 1	DAY - 2
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DEAN DAY 3: Workshop
All undergraduate of medical sciences can register for the course.
* Bring your laptop
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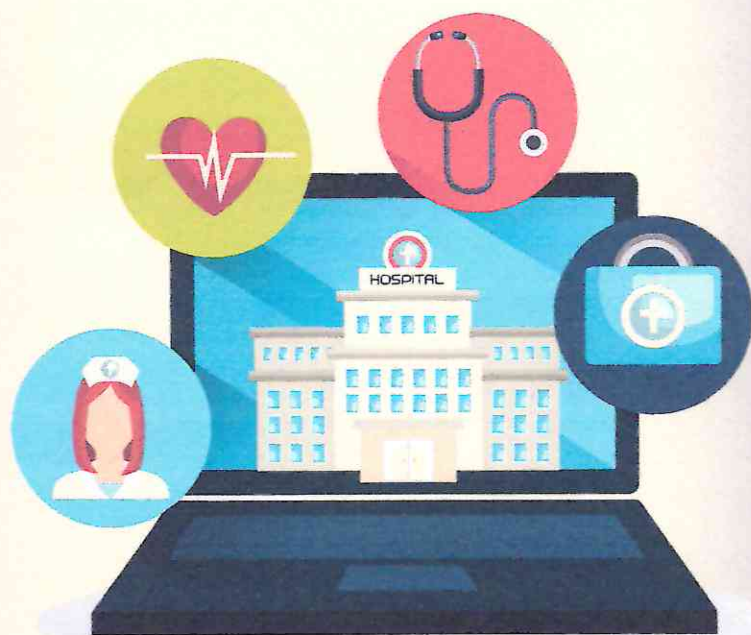
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Computer Skills and its Application in Health Care



Date: Aug 19th, 20th & 21st 2019
from 9.00 am to 4.00 pm

Venue: Lecture Hall 1,
Tagore Medical College & Hospital



PROGRAMME TRAINER

Mr. Anil Jenifer B.Tech (IT)
System Analyst, TMCH

COURSE SCHEDULE

DAY 1 (9.00 AM - 4.00 PM)	DAY 2 (9.00 AM - 4.00 PM)	DAY 3 (9.00 AM - 4.00 PM)
• Basic of windows 10 • How to create, share and collaborate documents using Google drive • How to insert tables in MS Word 2016 • How to use windows defender • Tips to use Ms Excel 2016, Ms Word 2016, Ms Power point 2016	• Office Ms Excel- use of Pi of Table • Office application og mail merge • Office techniques and tips of Ms excel • Keyboard shortcut functions • Learn moderate skills • Data manipulation and function	• Office – create voice narration • Creating Rotating object • Creating animated slides using images and graphics • Creating professional presentation • Creating Hyperlinks • How to create pdf file without software

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DEPARTMENT OF COMMUNITY MEDICINE

in association with
MEDICAL EDUCATION UNIT

Organizes a Course on

YOGA & MEDITATION



Yoga is a flame when you light it up, the glow never fades away



Date: Aug 19th, 20th & 21st 2019

Venue: Auditorium,
Tagore Medical College & Hospital



Program Trainer

DR. DHAMODARAN PhD (Yoga)

Psychologist & Faculty Art of Living
Youth Leadership Training Programmer

Organizing Secretary:

DR. R. C. KARTHIK, MD., ASSISTANT PROFESSOR OF COMMUNITY MEDICINE, TMCH

OBJECTIVES

Yoga is an ancient technique which is Claimed to enhance physical and mental well-being . This Yoga workshop helps to Engineer an inner transformation in the very way you look at your life, your work, and the world that you inhabit.

This programme offers Yogi-practices but also by providing the correct understanding, traditions, context and meaning of yogic science, asana and philosophy.

COURSE SCHEDULE

DAY 1 (9.30 AM - 4.00 PM)	DAY 2 (9.30 AM - 4.00 PM)	DAY 3 (9.30 AM - 11.00 AM)
- History of Yoga - How Yoga practices can Improve Physical and Mental Health - Reduce stress - Improve Focus and memory power - improves performance - Improve the day today physical Activity - Sharing the view about Difference in life after yoga practice	- Principal Yoga asanas - Hatha Yoga - Pranayama - Body alignment - Yinyang Yoga - Patanjali's Yoga Sutra 	Group YOGA practise session

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DEPARTMENT OF GENERAL MEDICINE

in association with

MEDICAL EDUCATION UNIT

Organizes a Course on

Finishing School – Transforming into Professionals



Date: October 19th, 20th & 21st 2021

Venue: 4th Floor, Auditorium,
Tagore Medical College & Hospital



Resource Person

Dr. K. B. Prasanna M.D
Professor
Dept. of General Medicine

Prof. Dr. M. Mala M.Phil., PhD.

Chairperson cum Managing Trustee Tagore Educational Trust

Prof. Dr. N. Gunasekaran M.D.

Dean

Prof. Dr. Sivaprakasam M.S

Medical Superintendent

Prof. Dr. Saravanan MD

Professor and Head, Dept. of General Medicine

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CHENNAI - 600 127.

COURSE SCHEDULE

DAY 1

Module 1- Personality development Skills- (3 hours)

Introduction to Inner Personality and its Development, Interpersonal Relations – significance and its development, Types of Conflicts and Conflict Resolution Skills, Group Dynamics, Importance of groups in organization, Team Building and Team Interactions in group.

Module 2 – Communication skills –(3 hours)

Introduction to types of Communication (verbal, non-verbal and telephonic), Flow of Communication, Barriers of Communication, How to overcome barriers of communication. Listening and its significance, Active listening.

DAY 2

Module 3 – Time management- (3 hours)

Importance of Time and Understanding Perceptions of Time, Using Time Efficiently, Understanding and Overcoming Procrastination, How to Say “No”

Module 4 – Ethics and Etiquette- (3 hours)

Ethics and Etiquette, Positive Thinking and Attitude to overcome hurdles, Professional Etiquette, How to behave, interact and react in a Professional Environment, Habit Cycle, Forming Habits of Success, Netiquette – Ethics in usage of technology.

DAY 3

Module 5 – Pre placement skills- (3 hours)

Choosing a Career, Making Great Resumes, Power Dressing, interview skills, Body Language at Interviews, Group Discussions, Meetings and Mannerisms, Dealing with patients/ Patient care takers.


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DEPARTMENT OF GENERAL MEDICINE

in association with **MEDICAL EDUCATION UNIT**

ORGANISING SECRETARY

DR. T. BALAJI, MD
Senior Resident
TMCH

Organizes a Course on

Stress Management

OBJECTIVES

This Workshop Was Designed for The Students in Understanding That Academics Are an Important Part Of Life but With High Levels of Stress And How to Manage in the Most Positive Way. Some Useful Tips And Advice for the Students Which Can Help Them in Reducing Stress Will Be Discussed.



Date: Jul 8th, 9th & 10th 2021

Venue: Lecture Hall 1,
Tagore Medical College & Hospital



Resource Person

Dr. K. B. Prasanna M.D
Professor, TMCH

COURSE SCHEDULE

DAY - 1	DAY - 2
● Basic principles of stress management ● Recognition and management of your stress triggers <i>Develop proactive responses to stressful situations. Brain conditioning and brain training techniques working at DNA level to induce permanent relief from stress by penetrating the core level to change the thought processes of the participants will be discussed.</i>	● Use coping tips for managing stress ● Learn to manage stress through diet, sleep and other lifestyle factors ● Time Management to avoid stress during exams ● Develop a long term action plan to Minimize and better manage stress

DAY - 3: Workshop

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Department Of Anatomy *in association with* Medical Education Unit

Organizes a Course on

Basics in Bioinformatics



Date: July 1st, 2nd & 3rd 2021
from 9.00 am to 5.30 pm

Venue: Lecture Hall 2,
Tagore Medical College & Hospital



Resource Persons

Dr. Natarajan Venkataramanan M.Sc., P.hd
Professor, Saveetha Dental College & Hospitals

Dr.A.Suvitha B.Sc, M.Sc, P.hd
Associate Professor of chemistry
ThassimBeevi Abdul Kader College for Women, Kilakarai

Dr. I. Kannan M.Sc., P.hd
Associate Professor, Dept. Of Microbiology
Officer Incharge, Central Research Laboratory



Immunology

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DAY 1

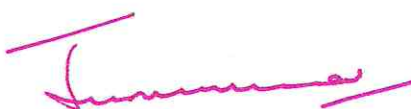
TIME	TOPIC	SPEAKER
8.30 am - 9.00 am	Registration & Inauguration	
9.00 am - 11.00 am	Basics on Molecular simulations from atomic to mesoscale	Dr.N.S.Venkataramanan
11.00 am - 11.30 am	High tea	
11.30 am - 1.30 pm	Open source software for molecular simulations and tips for effective utility	Dr.N.S.Venkataramanan
1.30 pm - 2.00 pm	Lunch break	
2.15 pm - 3.15 pm	Gromacs	Dr.N.S.Venkataramanan
3.15 pm - 3.30 pm	High tea	
3.30 pm - 5.30 pm	Tinker	Dr.N.S.Venkataramanan

DAY 2

TIME	TOPIC	SPEAKER
8.30 am - 9.30 am	Openbabel, ChemPub, Auto Dock & Argus lab	Dr. A.Suvitha
9.30 am - 11.00 am	Toxpro, swiss ADMET, Datawarrior	Dr. A.Suvitha
11.00 am - 11.30 am	High tea	
11.30 am - 1.30 pm	Cheminformatics tools in drug design	Dr. A.Suvitha
1.30 pm - 2.00 pm	Lunch break	
2.15 pm - 3.15 pm	Drug design for few diseases	Dr. I Kannan
3.15 pm - 3.30 pm	High tea	
3.30 pm - 5.30 pm	OPENBABEL Software Demonstration	Dr. I Kannan

DAY 3

TIME	TOPIC	SPEAKER
8.30 am - 9.30 am	Installation of software	Dr. I Kannan
9.30 am - 11.15 am	Drug design and development Rational drug design- an insilico approach	Dr. I Kannan
11.15 am - 11.30 am	High tea	
11.30 am - 1.30 pm	Workshop	Dr. I Kannan



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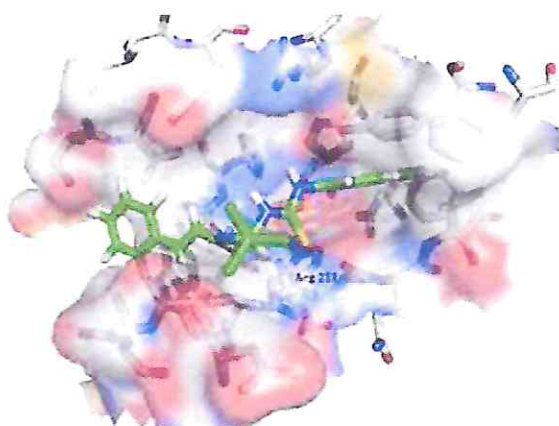


DEPARTMENT OF MICROBIOLOGY

in association with
MEDICAL EDUCATION UNIT

Organizes a course on

**Computer Aided
Drug Designing**



Date: Jun 3rd, 4th & 5th 2021

Venue: Lecture Hall,
Tagore Medical College & Hospital



Program Trainer

Dr. I Kannan Ph.D.

Associate Professor, Dept. Of Microbiology
Officer Incharge, Central Research Laboratory

Organizing Secretary:

DR. SAVEETHA MD., ASSISTANT PROFESSOR OF MICROBIOLOGY, TMCH

OBJECTIVES

The objective of the present course is to give hands on training in application of various online tools and softwares in drug development for diseases.

The participants will be given with examples after the demonstration of various techniques to understand and apply them in drug development.

COURSE SCHEDULE

DAY 1	DAY - 2
● Installation of softwares ● Drug design and development ● Rational drug design- an insilico approach ● Introduction to bioinformatics – databases and tools ● Protein Preparation ● Ligand Preparation	● Introduction to molecular docking tools – AUTODOCK, iGEMDOCK, HEX 8.0 ● Drug design for few diseases ● Retrieval of drug and chemical structures from pubchem and ZINC database ● Preparation of ligand – Drug designing software- ACD chemsketch – Preparation of lead molecules – OPENBABEL Software Demonstration

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All undergraduate of medical sciences can register for the course.

* Bring your laptop



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DEPARTMENT OF COMMUNITY MEDICINE

in association with
MEDICAL EDUCATION UNIT

Organizes a Course on

YOGA & MEDITATION



Yoga is a flame when you light it up, the glow never fades away



Date: Feb 20th - May 20th, 2021

Venue: Auditorium,
Tagore Medical College & Hospital



Program Trainer

DR. DHAMODARAN PhD (Yoga)

Psychologist & Faculty Art of Living
Youth Leadership Training Program

Organizing Secretary:

DR. K. KASTURI M.SC., PHD.

OBJECTIVES

Yoga is an ancient technique which is Claimed to enhance physical and mental well-being. This Yoga workshop helps to Engineer an inner transformation in the very way you look at your life, your work, and the world that you inhabit.

This programme offers Yogi-practices but also by providing the correct understanding, traditions, context and meaning of yogic science, asana and philosophy.

COURSE SCHEDULE

DAY 1 (9.30 AM - 4.00 PM)	DAY 2 (9.30 AM - 4.00 PM)	DAY 3 (9.30 AM - 4.00 PM)
- History of Yoga - How Yoga practices can Improve Physical and Mental Health - Reduce stress - Improve Focus and memory power - improves performance - Improve the day today physical Activity - Sharing the view about Difference in life after yoga practice	- Principal Yoga asanas - Hatha Yoga - Pranayama - Body alignment - Yinyang Yoga - Patanjali's Yoga Sutra	Group YOGA practise session

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DEPARTMENT OF COMMUNITY MEDICINE

in association with

MEDICAL EDUCATION UNIT

is conducting course for Post-Graduates

Research Methodology



Date: Nov 19th, 20th & 21st 2020,

Venue: Lecture Hall,
Tagore Medical College & Hospital

Program Coordinator:

DR. R. C. KARTHIK., MD., Assistant Professor, Department of Community Medicine, TMCH

Immunisation



Resource Persons

Dr. A. BALAJI MD.
Professor & Head
Department of Community Medicine,
TMCH

DR. G. SIVAGURUNATHAN
Associate Professor
Department of Community Medicine,
TMCH

DR. M. EZHILVANAN
Statistician
Department of Community Medicine,
TMCH

COURSE SCHEDULE

DAY 1 : DR. A. BALAJI	
8.30 am - 9.00 am	Course introduction
9.00 am - 10.30 am	Definition, Characteristics and Objectives of Research and Scientific methods
10.30 am - 10.45 am	TEA BREAK
10.45 am - 11.00 am	● Research Methodology: An Introduction and Basic Overview ● Formulating the Research Process and Research Problem
11.00 am - 12.30 pm	● Defining the Research Problem and Research Questions ● Research Methods vs. Research Methodology
12.30 pm - 1.00 pm	Lunch
1.00 pm - 2.30 pm	● Formulation of Hypothesis ● Sources of Hypothesis
2.30 pm - 3.30 pm	Characteristics, Role and Tests of Hypothesis
3.30 pm - 5.00 pm	● Research Design ● Sampling Design ● Data Collection

Day 2 : DR. C. SIVAGURUNATHAN	
9.00 am - 10.30 am	● Processing and Analysis of Data ● Processing Operations ● Statistics in Research
10.30 am - 10.45 am	Tea break
10.45 am - 1.00 pm	● Descriptive Statistics ● Inferential Statistics ● Elements / Types of Analysis ● Interpretation of Data
1.00 pm - 1.30 pm	Lunch
1.30 pm - 3.00 pm	● Research ● Mono-disciplinary Research ● Trans-disciplinary Research ● Inter-disciplinary Research
3.00 pm - 4.00 pm	Computer & Internet: Its Role in Research
4.00 pm - 5.00 pm	Threats and Challenges to Good Research

Day 3 : DR. M. EZHILVANAN	
9.00 am - 10.30 am	Writing aArticle, Essay, Research Paper and Research Project, Criteria of Good Research
10.30 am - 10.45 am	Tea break
10.45 am - 1.00 pm	● Research Ethics, Citation Methods & Citation Rules ● Foot Note, Text Note, End Note and Bibliography
1.00 pm - 1.30 pm	Lunch
1.30 pm - 5.00 pm	Workshop


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Medical Education Unit

Organizes a Course for PG's on

Bioinformatics



Date: July 29th, 30th & 31st 2022
from 9.00 am to 5.30 pm

Venue: Lecture Hall 2,
Tagore Medical College & Hospital

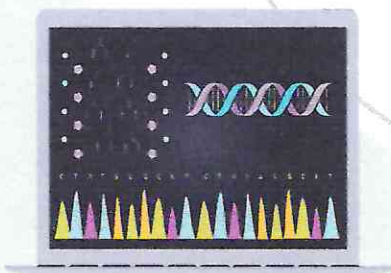


Resource Persons

Dr. Natarajan Venkataramanan M.Sc., P.hd
Professor, Saveetha Dental College & Hospitals

Dr.A.Suvitha B.Sc, M.Sc, P.hd
Associate Professor of chemistry
ThassimBeevi Abdul Kader College for Women, Kilakarai

Dr. I. Kannan M.Sc., P.hd
Associate Professor, Dept. Of Microbiology
Officer Incharge, Central Research Laboratory



DAY 1

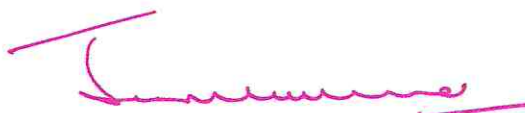
TIME	TOPIC	SPEAKER
8.30 am - 9.00 am	Registration & Inauguration	
9.00 am - 11.00 am	Basics on Molecular simulations from atomic to mesoscale	Dr.N.S.Venkataramanan
11.00 am - 11.30 am	High tea	
11.30 am - 1.30 pm	Open source software for molecular simulations and tips for effective utility	Dr.N.S.Venkataramanan
1.30 pm - 2.00 pm	Lunch break	
2.15 pm - 3.15 pm	Gromacs	Dr.N.S.Venkataramanan
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3.30 pm - 5.30 pm	Tinker	Dr.N.S.Venkataramanan

DAY 2

TIME	TOPIC	SPEAKER
8.30 am - 9.30 am	Openbabel, ChemPub, Auto Dock & Argus lab	Dr. A.Suvitha
9.30am - 11.00 am	Toxpro, swiss ADMET, Datawarrior	Dr. A.Suvitha
11.00 am - 11.30 am	High tea	
11.30 am - 1.30 pm	Cheminformatics tools in drug design	Dr. A.Suvitha
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2.15 pm - 3.15 pm	Drug design for few diseases	Dr. I Kannan
3.15 pm - 3.30 pm	High tea	
3.30 pm - 5.30 pm	OPENBABEL Software Demonstration	Dr. I Kannan

DAY 3

TIME	TOPIC	SPEAKER
8.30 am - 9.30 am	Installation of software	Dr. I Kannan
9.30 am - 11.15 am	Drug design and development Rational drug design- an insilico approach	Dr. I Kannan
11.15 am - 11.30 am	High tea	
11.30 am - 1.30 pm	Workshop	Dr. I Kannan


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TAGORE MEDICAL COLLEGE & HOSPITAL

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Rathinamangalam, Melakottaiyur (PO), Chennai - 600127.



DEPARTMENT OF COMMUNITY MEDICINE

in association with
MEDICAL EDUCATION UNIT

is conducting a course on

Basic Epidemiology



Date: Jul 7th, 8th & 9th 2022,

Venue: Lecture Hall 2,
Tagore Medical College & Hospital

Program Coordinator:

DR. VIKRAM MD., Assistant Professor, Department of Community Medicine, TMCH

Immunisation
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TAGORE MEDICAL COLLEGE & HOSPITAL
RATHINAMANGALAM, MELAKOTTAIYUR (PO),
CHENNAI - 600127.



Program Trainer

Dr. Ramesh Harihara Iyer, MD

Professor & Head
Department of Community Medicine,
TMCH

COURSE SCHEDULE

DAY 1

Introducing epidemiology, Mortality measures, Morbidity measures, Descriptive epidemiology, Association and causation, Experimental design, Cohort design, Case-control design, Investigation of epidemic.

DAY 2

The main goals of epidemiology include: Identify Health Patterns, Determine Risk Factors, Assess Public Health Impact.- Monitor Health Trends, Investigate Outbreaks.

DAY 3

Evaluate Interventions, Inform Public Health Policy, Understand Causation., Support Healthcare Planning, Improve Health Equity.



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DEPARTMENT OF COMMUNITY MEDICINE

in association with

MEDICAL EDUCATION UNIT

is conducting a course on

Research Methodology



Date: Jul 7th, 8th & 9th 2022,

Venue: Lecture Hall 2,
Tagore Medical College & Hospital

Program Coordinator:

DR. VKRAM MD., Assistant Professor, Department of Community Medicine, TMCH

[Signature]



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TAGORE MEDICAL COLLEGE & HOSPITAL
RATHINAMANGALAM POST,

DR. C. SIVAGURUNATHAN

Associate Professor
Department of Community Medicine,
TMCH

Program Trainers

Dr. Karthik MD

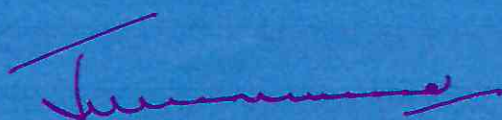
Associate Professor
Department of Community Medicine,
TMCH

COURSE SCHEDULE

	DAY 1
8.30 am - 9.30 am	Course introduction
9.30 am - 10.30 am	Definition, Characteristics and Objectives of Research and Scientific methods
10.30 am - 10.45 am	TEA BREAK
10.45 am - 11.00 am	● Research Methodology: An Introduction and Basic Overview ● Formulating the Research Process and Research Problem
11.00 am - 12.30 pm	● Defining the Research Problem and Research Questions ● Research Methods vs. Research Methodology
12.30 pm - 1.00 pm	Lunch
1.00 pm - 2.30 pm	● Formulation of Hypothesis ● Sources of Hypothesis
2.30 pm - 3.30 pm	● Characteristics, Role and Tests of Hypothesis
3.30 pm - 5.00 pm	● Research Design, Sampling Design, Data Collection

	Day 2
9.00 am - 10.30 am	● Processing and Analysis of Data ● Processing Operations ● Statistics in Research
10.30 am - 10.45 am	Tea break
10.45 am - 1.00 pm	Descriptive Statistics, Inferential Statistics, Elements / Types of Analysis, Interpretation of Data
1.00 pm - 1.30 pm	Lunch
1.30 pm - 3.00 pm	Research Mono-disciplinary, Trans-disciplinary Research, Inter-disciplinary Research
3.00 pm - 4.00 pm	Computer & Internet: Its Role in Research
4.00 pm - 5.00 pm	Threats and Challenges to Good Research

	Day 3
9.00 am - 10.30 am	Writing a Article, Essay, Research Paper and Research Project, Criteria of Good Research
10.30 am - 10.45 am	Tea break
10.45 am - 1.00 pm	● Research Ethics, Citation Methods & Citation Rules ● Foot Note, Text Note, End Note and Bibliography
1.00 pm - 1.30 pm	Lunch
1.30 pm - 5.00 pm	Workshop



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DEPARTMENT OF GENERAL MEDICINE

in association with
MEDICAL EDUCATION UNIT

Organizes a Course on

Finishing School
Transforming into Professionals



Date: Jun 9th, 10th & 11th 2022

Venue: 4th Floor, Auditorium,
Hospital Block, TMCH



Resource Person

Dr. K. B. Prasanna M.D

Professor
Dept. of General Medicine

Prof. Dr. M. Mala M.Phil., PhD.

Chairperson cum Managing Trustee Tagore Educational Trust

Prof. Dr. Kumudha Lingaraj M.D., D.A

Dean

Prof. Dr. Karunanidhi M.S

Medical Superintendent

Prof. Dr. Saravanan MD

DEAN

Professor and Head, Dept. of General Medicine

TAGORE MEDICAL COLLEGE & HOSPITAL
RATHINAMANGALAM, MELAKOTTAIYUR POST,
CHENNAI-600 127.

COURSE SCHEDULE

DAY 1

Module 1- Personality development Skills- (3 hours)

Introduction to Inner Personality and its Development, Interpersonal Relations – significance and its development, Types of Conflicts and Conflict Resolution Skills, Group Dynamics, Importance of groups in organization, Team Building and Team Interactions in group.

Module 2 – Communication skills –(3 hours)

Introduction to types of Communication (verbal, non-verbal and telephonic), Flow of Communication, Barriers of Communication, How to overcome barriers of communication. Listening and its significance, Active listening.

DAY 2

Module 3 – Time management- (3 hours)

Importance of Time and Understanding Perceptions of Time, Using Time Efficiently, Understanding and Overcoming Procrastination, How to Say “No”

Module 4 – Ethics and Etiquette- (3 hours)

Ethics and Etiquette, Positive Thinking and Attitude to overcome hurdles, Professional Etiquette, How to behave, interact and react in a Professional Environment, Habit Cycle, Forming Habits of Success, Netiquette – Ethics in usage of technology.

DAY 3

Module 5 – Pre placement skills- (3 hours)

Choosing a Career, Making Great Resumes, Power Dressing, interview skills, Body Language at Interviews, Group Discussions, Meetings and Mannerisms, Dealing with patients/ Patient care takers.



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DEPARTMENT OF PSYCHIATRY

in association with

MEDICAL EDUCATION UNIT

Organizes a course for Undergraduates & Postgraduates

Analytical Skills



Date: Jun 1st, 2nd & 3rd 2022,

Venue: Auditorium,
Tagore Medical College & Hospital



Resource Persons

Dr. P. Balachandran MD
Associate Professor
Dept. of Psychiatry,
TMCH



Organizing Secretary

Dr. S. SidharthaBharathy MD
Senior Resident
TMCH

Prof. Dr. M. Mala M.Phil., PhD.

Chairperson cum Managing Trustee Tagore Educational Trust

Mr. Manikandan

Secretary, TMCH

Immunization

Prof. Dr. N. Gunasekaran M.D.
Dean
TAGORE MEDICAL COLLEGE & HOSPITAL
RATHINAMANGALAM, MELAKOTTAIYUR POST,
CHENNAI-600 127.

Prof. Dr. Karunanithi MS.
Medical Superintendent

AIM & OBJECTIVES

This workshop focusses in developing core analytical abilities and learn how to manage analytical work assignments using the techniques covered in the Analytical Skills Development.

This workshop includes sessions which will use combination of lecture and skill-building exercises, each session in the series focuses on a key component of analytical skill development.

COURSE SCHEDULE

Subject	Duration
DAY 1	
Module 1 - Essential Analytical Skills	3 hours
Module 2 - Critical Thinking Tools	3 hours
DAY 2	
Module 3 - Analytical Writing Skills	3 hours
Module 4 - Problem Solving Tools	3 hours
DAY 3	
Module 5 - Skill building exercises	3 hours



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IQAC

in association with

MEDICAL EDUCATION UNIT

Organizes a course for Undergraduates & Postgraduates

NABH FOR HOSPITAL



Date: Jun 1st, 2nd & 3rd 2022,

Venue: Auditorium,
Tagore Medical College & Hospital

Signature

DEAN
TAGORE MEDICAL COLLEGE & HOSPITAL
RATHINAMANGALAM, MELAKOTTAIYUR POST,
CHENNAI - 600127.

Dr. C. P. Luck., M.D.
Professor & Head,
Department Of Pathology,
TMCH



Resource Persons

Dr. R. Geetha., M.D
Professor & Head,
Dept of Pharmacology,
TMCH

Dr. E. Premalatha. M.D
Professor,
Dept of Microbiology,
TMCH

AIM & OBJECTIVES

Overall, the objective of the NABH course is to impart knowledge, skills, and awareness that enable participants to play an instrumental role in promoting quality healthcare services, patient safety, and accreditation readiness in hospitals. By equipping students with these competencies, the course contributes to the improvement of healthcare standards and ensures better patient care experiences.

COURSE SCHEDULE

Subject	Speaker
DAY 1	
● Introduction: Accreditation and NABH Standard Infrastructure ● Infrastructure: Scope of hospital services & Orientation to registration process ● Work culture- Vision and Mission of Hospital; Grievances and disciplinary procedures. ● Documentation: Consent, Early warning chart, Fall risk assessment	Dr. C. P. Luck., M.D
DAY 2	
● Patient rights and responsibilities ● Admission discharge procedure ● End of life care ● Communication ● End of life care ● IV fluid calculation Overview of pharmacovigilance Patient care	Dr. C. P. Luck., M.D
DAY 3	
● Safety of Drugs ● Use of chemotherapy, narcotic drugs, radio-active drugs ● Antimicrobial Resistance ● Aware of drugs ● Look alike & sound alike ● Emergency & high-risk drugs	Dr. E. Premalatha. M.D


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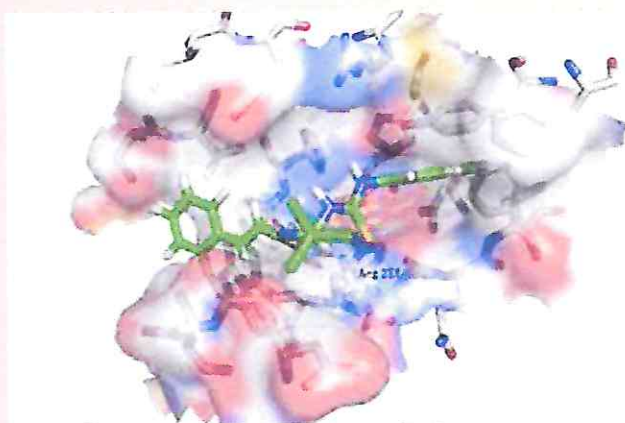


DEPARTMENT OF MICROBIOLOGY

in association with
MEDICAL EDUCATION UNIT

Organizes a course on

**Computer Aided
Drug Designing**



c)



Date: May 4th, 5th & 6th 2022

Venue: Lecture Hall 2,
Tagore Medical College & Hospital



Program Trainer

Dr. I Kannan Ph.D.

Associate Professor, Dept. Of Microbiology
Officer Incharge, Central Research Laboratory

Organizing Secretary

DR. SAVEETHA MD., ASSISTANT PROFESSOR OF MICROBIOLOGY, TMCH

OBJECTIVES

The objective of the present course is to give hands on training in application of various online tools and softwares in drug development for diseases.

The participants will be given with examples after the demonstration of various techniques to understand and apply them in drug development.

COURSE SCHEDULE

DAY 1	DAY - 2
● Installation of softwares ● Drug design and development ● Rational drug design- an insilico approach ● Introduction to bioinformatics – databases and tools ● Protein Preparation ● Ligand Preparation	● Introduction to molecular docking tools – AUTODOCK, iGEMDOCK, HEX 8.0 ● Drug design for few diseases ● Retrieval of drug and chemical structures from pubchem and ZINC database ● Preparation of ligand – Drug designing software- ACD chemsketch – Preparation of lead molecules – OPENBABEL Software Demonstration

DAY 3: Workshop

*Participants must Bring laptop for workshop session



TAGORE MEDICAL COLLEGE & HOSPITAL
Rathinamangalam, Chennai – 600127

DEPARTMENT OF PHYSIOLOGY

cordially invites students for

A SHORT COURSE

on

“MIND AND MIND MAPPING”

Date: 04.04.2022, 05.04.2022 & 06.05.2022

Time: 08.30 am to 5:30 pm

Venue: Lecture Hall I

RESOURCE PERSON'S

Prof Dr **PRISCILLA JOHNSON**, MD,DNB, PhD
Professor & Head, Dept of Physiology,
Sri Ramachandra Medical College & RI,
SRIHER, Chennai

Prof Dr **M ANTHONY DAVID SWAROOP KUMAR**, MD,
Professor, Department of Physiology,
Prathina Institute of Medical Sciences,
Karimnagar, Telangana,

Prof Dr **Preetha Paul**, MD, ACME

Organizing Chairperson, Professor and Head, Department of Physiology

Dr. S.Subanalani

Associate Professor

Department of Physiology

Organizing Secretary

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COURSE SCHEDULE

Day 1 - 04.04.2022	
09:00 am to 10:30 am	Session 1: Mentors selection & Physiology Topic selection for workshop
10:30 am to 11:00 am	Tea Break
11:00 am to 01:30 pm	Session 2: Priming session for the mentors
	Prof Dr M Anthony David, MD
Day 2 -05.04.2022	
08:30 am to 09.00	Registration
09:00 am to 10:30 am	Session 1: Physiology Of Learning & Memory
	Prof Dr Priscilla Johnson, MD, DNB, PhD
10:30 am to 11:00 am	Tea Break
11:00 am to 01:00 pm	Session 2: Introduction of various Learning methods
	Prof Dr M Anthony David, MD
1:00 pm to 01:30 pm	Lunch break
1:30 pm to 05:30 pm	Session 2: “Radiant Thinking and Mind Mapping”
	Prof Dr M Anthony David, MD
Day 3 – 06.04.2022	
08:30 am to 10:30 am	Session 1: “The Mind and Memory”
	Prof Dr Preetha Paul, MD
10:30 am to 11:00 am	Tea Break
11:00 am to 01:00 pm	Session 2: “Difference between concept Mapping & Mind Mapping” Advantage & disadvantages of both
	Prof Dr M Anthony David, MD
1:00 pm to 01:30 pm	Lunch break
1:30 pm to 04:00 pm	Session 3: Workshop on “Mind Mapping”
	Prof Dr M Anthony David, MD
04:00 pm to 05:30 pm	Presentation Of MIND MAPPING by the student Groups

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DEPARTMENT OF COMMUNITY MEDICINE

in association with
MEDICAL EDUCATION UNIT

Organizes a Course on
YOGA & MEDITATION



Yoga is a flame when you light it up, the glow never fades away



Date: Apr 4th, 5th & 6th, 2022
Venue: Auditorium,
Tagore Medical College & Hospital



Program Trainer

DR. DHAMODARAN PhD (Yoga)
Psychologist & Faculty Art of Living
Youth Leadership Training Program

Organizing Secretary:
DR. K. KASTURI M.SC., PHD.

OBJECTIVES

Yoga is an ancient technique which is Claimed to enhance physical and mental well-being. This Yoga workshop helps to Engineer an inner transformation in the very way you look at your life, your work, and the world that you inhabit.

This programme offers Yogi-practices but also by providing the correct understanding, traditions, context and meaning of yogic science, asana and philosophy.

COURSE SCHEDULE

DAY 1 (9.30 AM - 4.00 PM)	DAY 2 (9.30 AM - 4.00 PM)	DAY 3 (9.30 AM - 4.00 PM)
- History of Yoga - How Yoga practices can Improve Physical and Mental Health - Reduce stress - Improve Focus and memory power - improves performance - Improve the day today physical Activity - Sharing the view about Difference in life after yoga practice	- Principal Yoga asanas - Hatha Yoga - Pranayama - Body alignment - Yinyang Yoga - Patanjali's Yoga Sutra	Group YOGA practise session

[Signature]
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