TAGORE MEDICAL COLLEGE & HOSPITAL

Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.
Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com

(Affiliated to the Tamil Nadu Dr.MGR Medical University & Recognized by the Ministry of Health & Family welfare. Govt. of India New Delhi)

Value-added courses during the last five years

S.No	Name of the value-added Courses	Ref No	DATE
2021-22			
1	Bioinformatics	09/VAC-MEU/TMCH/2022	29/07/2022, 30/07/2022 & 31/07/2022
2	Basic Epidemiology	08/VAC-MEU/TMCH/2022	07/07/2022,08/07/2022, 09/07/2022
3	Research methodology	07/VAC-MEU/TMCH/2022	07/07/2022,08/07/2022,09/07/2022
4	Finishing school - Transforming into Professional	06/VAC-MEU/TMCH/2022	09/0620/22,10/06/2022,11/06/2022
5	Analytical Skills	05/VAC-MEU/TMCH/2022	01/06/2022, 02/06/2022, 03/06/2022
6	NABH	04/VAC-MEU/TMCH/2022	01/06/2022, 02/06/2022, 03/06/2022
7	Computer Aided Drug Designing	03/VAC-MEU/TMCH/2022	04/05/2022,05/05/2022,06/05/2022
8	Mind & Mind Mapping	02/VAC-MEU/TMCH/2022	04/04/2022,05/04/2022,06/04/2022
9	Yoga & Meditation	01/VAC-MEU/TMCH/2022	04/04/2022,05/04/2022,06/04/2022
2020-2021			
10.	Finishing school - Transforming into Professional	06/VAC-MEU/TMCH/2021	19/10/2021, 20/10/2021, 21/10/2021

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11.	Stress management	05/VAC-MEU/TMCH/2022	08/07/2021,09/07/2021,10/07/2021
12.	Bioinformatics	04/VAC-MEU/TMCH/2022	01/07/2021,02/07/2021,03/07/2021
13.	Computer Aided Drug Designing	03/VAC-MEU/TMCH/2022	03/06/2021,04/06/2021,05/06/2021
14.	Yoga & meditation	02/VAC-MEU/TMCH/2022	20 /02/2021TO 20/05/2021
15.	Research methodology	01/VAC-MEU/TMCH/2022	19/11/2020,20/11/2020,21/11/2020
2019-2020			
16	Research methodology	06/VAC-MEU/TMCH/2020	13/09/2020,14/09/2020,15/09/2020
17	Stress management	05/VAC-MEU/TMCH/2020	08/08/2020,09/08/2020,10/08/2020
18	Finishing school - Transforming into Professional	04/VAC-MEU/TMCH/2020	09/07/2020,10/07/2020,11/07/2020
19	Computer Aided Drug Designing	03/VAC-MEU/TMCH/2019	07/11/2019,08/11/2019,09/11/2019
20	Computer skills & its application in Health care	02/VAC-MEU/TMCH/2019	19/10/2019,20/10/2019,21/10/2019
21	Yoga & meditation	01/VAC-MEU/TMCH/2019	19/10/2019,20/10/2019,21/10/2019
2018-2019			
22	Research methodology	05/VAC-MEU/TMCH/2019	12/11/2019, 13/11/2019,14/11/2019
23	Stress management	04/VAC-MEU/TMCH/2019	06/06/2019,07/06/2019,08/06/2019

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24	Computer Aided Drug Designing	03/VAC-MEU/TMCH/2019	06/06/2019,07/06/2019,08/06/2019
25	Yoga & meditation	02/VAC-MEU/TMCH/2018	09/10/2018, 10/10/2018, 11/10/2018
26	Computer skills & its application in Health care	01/VAC-MEU/TMCH/2018	04/12/2018,05/12/2018, 06/12/2018
2017-2018			
27	Computer skills & its application in Health care	05/VAC-MEU/TMCH/2018	01/12/2018,08/12/2018,15/12/2018
28	Computer Aided Drug Designing	04/VAC-MEU/TMCH/2018	01/12/2018,08/12/2018,15/12/2018
29	Stress management	03/VAC-MEU/TMCH/2018	05/07/2018, 06/07/2018, 07/07/2018
30	Research methodology	02/VAC-MEU/TMCH/2018	05/07/2018, 06/07/2018, 07/07/2018
31	Yoga & Meditation	01/VAC-MEU/TMCH/2017	12/09/2017,13/09/2017,14/09/2017

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PROGRAMME REPORT

Name/Title of the program	**Computer skills and its application in Health Care**		
Date and Time	01/12/2018, 08/12/2018, 15/12/2018 All Saturday's		9.00AM - 1.00 PM
Venue	Lecture hall I Tagore medical college & hospital		
Target audience/Stakeholder	MBBS students		
Number of Participants	158 Students		
Program/Event Organized by	Medical Education Unit		
	Name	Designation	Topic Taken
Resource Persons Name and Topic Taken	Mr. Anil Jenifer B.Tech	System Admin	Basic of windows 10 How to create , share and collaborate documents using Google drive ,MS Word 2016 windows defender, Ms Excel 2016, Ms Word 2016, Ms Power point 2016 create voice narration , Rotating object, animated slides using images and graphics, professional presentation, Hyperlinks Hands on workshop

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Objective of the Program	The primary objective of this program is to provide healthcare professionals with essential knowledge about the basics of computers, equipping them with valuable skills for their future presentations, research activities, and data reviewing.

Detailed report of the program

The Medical Education Unit organized a comprehensive course aimed at familiarizing students with computer basics and the fundamentals of Windows 10. The course also covered practical training in creating, sharing, and collaborating on documents using various MS Office applications, Google Drive, and Windows Defender. The program was designed to equip students with essential computer skills, enhancing their proficiency in handling seminar presentations, research projects, and other academic tasks.

Course Details:

- **Organizer:** Medical Education Unit

- **Purpose:** To familiarize students with computer basics and MS Office applications for document creation and collaboration.

- **Topics Covered:** Computer basics, Windows 10, Google Drive, MS Word 2016, Windows Defender, MS Excel 2016, MS PowerPoint 2016, voice narration, rotating objects, creating professional presentations, and using hyperlinks.

- **Total Beneficiaries:** A total of 154 out of 158 students were benefited from the course.

- **Course Duration:** The course was conducted on four Saturdays from 9:00 am to 1:00 pm.

- **Venue:** The course took place in the lecture hall

- **Resource Person:** Mr. Anil Jenifer, B.Tech, served as the resource person for the course, providing expert guidance and practical training.

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Course Content: The course commenced with an introduction to computer basics and an overview of Windows 10, ensuring that students were well-versed with the fundamental aspects of computing. Subsequently, hands-on workshops were conducted on Google Drive, MS Word 2016, Windows Defender, MS Excel 2016, and MS PowerPoint 2016, enabling participants to gain practical experience in using these essential software tools. Moreover, students learned how to create voice narrations, rotate objects, and develop professional presentations with the inclusion of hyperlinks.

Outcome: Upon successful completion of the course, participants received course completion certificates, acknowledging their acquired computer skills. Feedback was collected from the students, and the overall response was positive, indicating the effectiveness of the training.

Benefits for Students: The course provided significant benefits to the students, including:

1. **Enhanced Computer Proficiency:** Participants gained confidence and proficiency in using computers and various MS Office applications.

2. **Improved Productivity:** Knowledge of efficient document creation and collaboration techniques allowed students to optimize their academic work.

3. **Better Presentations:** Students acquired skills to create professional and engaging presentations, adding value to their seminar and research projects.

4. **Academic Advantages:** The acquired computer skills positioned the students to excel in various academic tasks, contributing to their overall performance.

Conclusion: The Computer Basics and MS Office course organized by the Medical Education Unit proved to be highly beneficial for the students. Equipped with essential computer skills and practical knowledge, the participants were well-prepared to handle seminar presentations, research projects, and other academic activities more effectively. The course's success highlights the significance of incorporating computer education in the academic curriculum, empowering students to thrive in the digital age.

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TEACHING SESSION

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MEDICAL EDUCATION UNIT

Certificate of Participation

This is to certify that Mr/Mrs/Ms _____ AADARSHNA R _____ has completed a short course in "COMPUTER SKILLS AND ITS APPLICATION IN HEALTH CARE" held in the month of December on 1st, 8th & 15th 2018 at Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Thirunarayanan
Medical Superintendent

Dr. Gunasekaran
Dean

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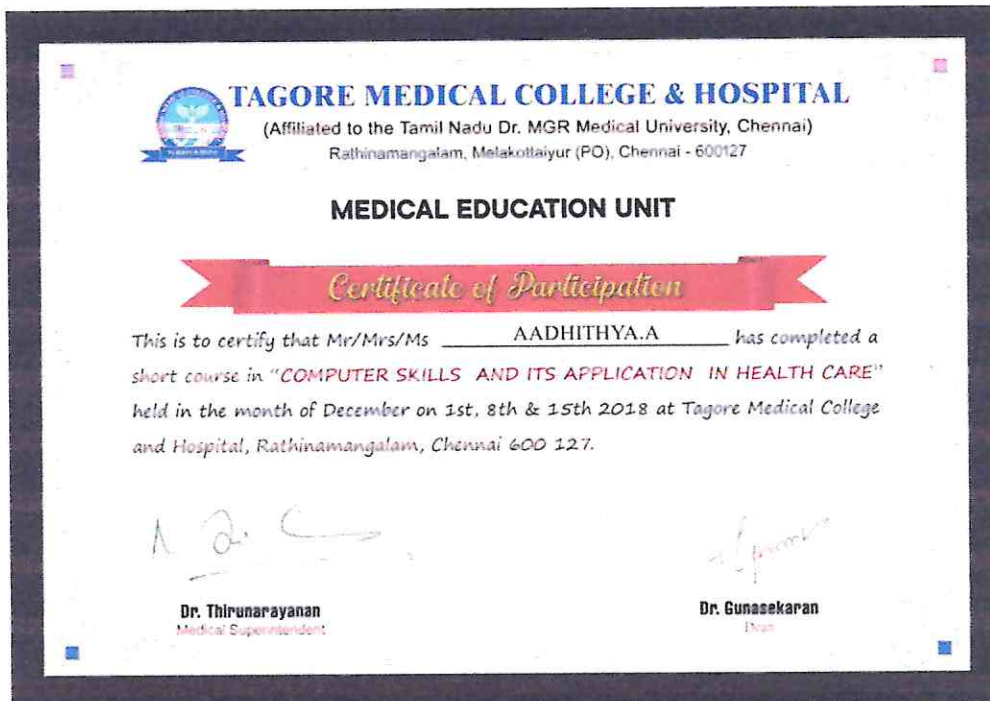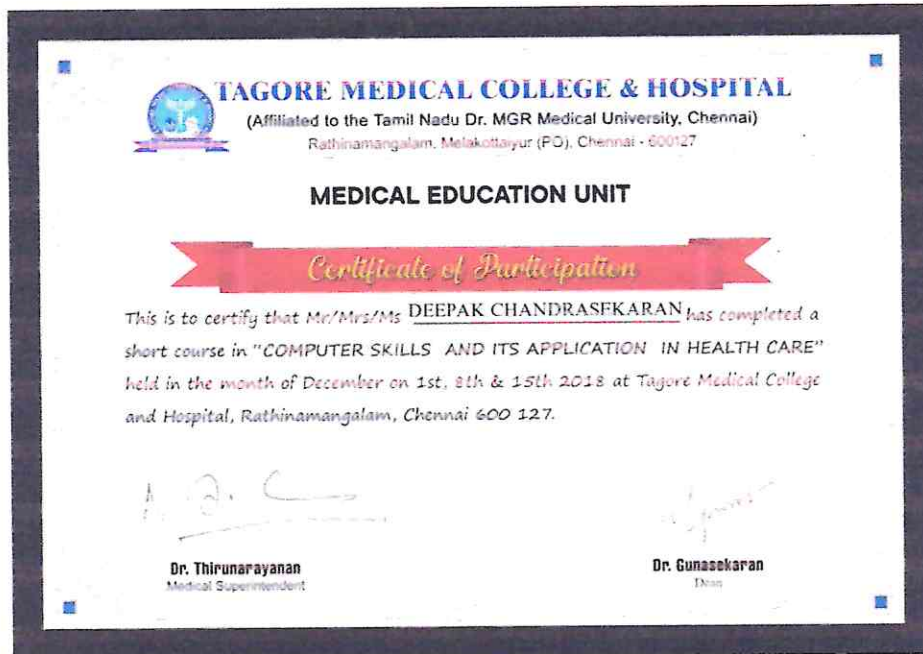RATHINAMANGALAM, MELAKOTTAIYUR POST,
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MEDICAL EDUCATION UNIT

Certificate of Participation

This is to certify that Mr/Mrs/Ms DEEPAK CHANDRASEKARAN has completed a short course in "COMPUTER SKILLS AND ITS APPLICATION IN HEALTH CARE" held in the month of December on 1st, 8th & 15th 2018 at Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Thirunarayanan
Medical Superintendent

Dr. Gunasekaran
Dean

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MEDICAL EDUCATION UNIT

Certificate of Participation

This is to certify that Mr/Mrs/Ms AADHITHYA.A has completed a short course in "COMPUTER SKILLS AND ITS APPLICATION IN HEALTH CARE" held in the month of December on 1st, 8th & 15th 2018 at Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Thirunarayanan
Medical Superintendent

Dr. Gunasekaran
Dean

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CHENNAI-600 127.

Organizing Secretary	**Head of the institution**

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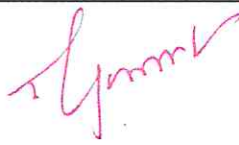RATHINAMANGALAM, MELAKOTTAIYUR POST,
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PROGRAMME REPORT

Name/Title of the program	**COMPUTER AIDED DRUG DESIGNING**		
Date and Time	01/12/2018, 08/12/2018,15/12/2018	8.30 Am - 4.00 PM	
Venue	College Auditorium Tagore Medical College & Hospital		
Target audience/Stakeholder	MBBS students		
Number of Participants	Third Year 138 students (2015-2016)		
Program/Event Organized by	Department Of Microbiology & MEU		
	Name	Designation	Topic Taken
Resource Persons Name and Topic Taken	Dr. I Kannan	Associate Professor	Installation of software's 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

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			Preparation of ligand – Drug designing software- ACD Che sketch – Preparation of lead molecules – OPENBABEL Software Demonstration
Objective of the Program	The primary objective of the course was to provide students with hands-on training in using online tools and software for drug development. By the end of the course, participants were expected to gain proficiency in applying various techniques and resources to develop drugs for different diseases.		

Report of the program

The course was organized by the Department of Microbiology   The course was organized for the students to get to give hands on training in application of various online tools and software in drug development for diseases.

The course was started with the inaugural program organized by the head of the department of Microbiology. Dean Dr. Gunasekaran addressed the gathering. Followed by which the learning sessions were started.

The event aimed to provide a platform for the field of molecular docking. The event aimed to provide a platform for knowledge exchange networking and discussions on the latest advancements, challenges and future prospects in the field

A brief introduction about Molecular Docking which is computational technique was given by the speaker Dr. I Kannan. He shared his expertise and insight on molecular docking.AN extensive review of basic principles, methodologies and applications of molecular docking in various field of research and its importance in drug discovery was explained in detail during the course.

Recap of the importance of molecular docking in various research areas. Discussions and workshops encouraged active student participation and led to fruitful exchanges of ideas. Parallel workshops were also conducted during the event allowing attendees to gain hands-on experience with popular molecular docking software and tools. Summary of challenges and future directions for the field.

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Participants had opportunity to learn practical aspects of docking simulations, scoring functions and results analysis, enhancing their understanding of the subject matter.

Course completion certificate was given to all the participants and feedback was also obtained from the students.

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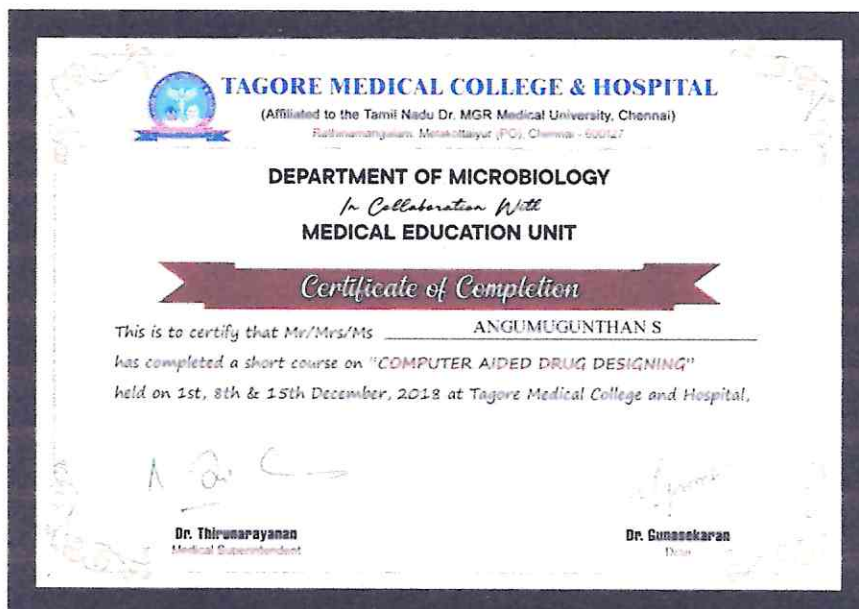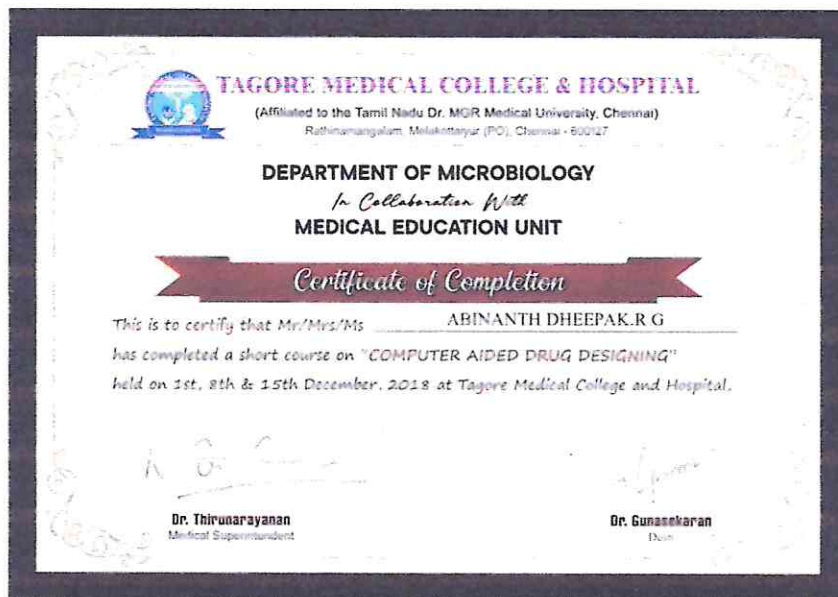RATHINAMANGALAM, MELAKOTTAIYUR POST,
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Sample Certificate

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DEPARTMENT OF MICROBIOLOGY

In Collaboration With

MEDICAL EDUCATION UNIT

Certificate of Completion

This is to certify that Mr/Mrs/Ms _____ ABINANTH DHEEPAK.R G _____

has completed a short course on "COMPUTER AIDED DRUG DESIGNING"

held on 1st, 8th & 15th December, 2018 at Tagore Medical College and Hospital.

Dr. Thirunarayanan
Medical Superintendent

Dr. Gunasekaran
Dean

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DEPARTMENT OF MICROBIOLOGY

In Collaboration With

MEDICAL EDUCATION UNIT

Certificate of Completion

This is to certify that Mr/Mrs/Ms _____ ANGUMUGUNTHAN S _____

has completed a short course on "COMPUTER AIDED DRUG DESIGNING"

held on 1st, 8th & 15th December, 2018 at Tagore Medical College and Hospital.

Dr. Thirunarayanan
Medical Superintendent

Dr. Gunasekaran
Dean

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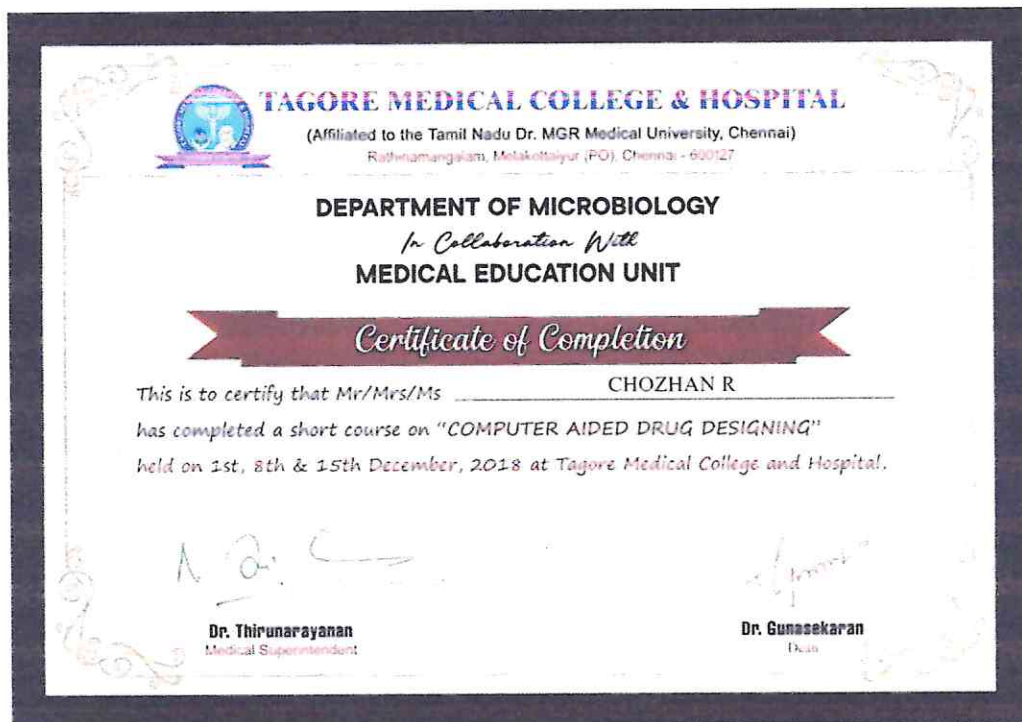RATHINAMANGALAM, MELAKOTTAIYUR POST,
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DEPARTMENT OF MICROBIOLOGY

In Collaboration With

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Certificate of Completion

This is to certify that Mr/Mrs/Ms _____ CHOZHAN R _____

has completed a short course on "COMPUTER AIDED DRUG DESIGNING"

held on 1st, 8th & 15th December, 2018 at Tagore Medical College and Hospital.

Dr. Thirunarayanan
Medical Superintendent

Dr. Gunasekaran
Dean

Organizing Secretary	**Head of the institution**

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PROGRAMME REPORT

Name/Title of the program	STRESS MANAGEMENT		
Date and Time	05/07/2018, 06/07/2018 & 07/07/2018	9.00 AM-5.00 PM	
Venue	Auditorium – Hospital TAGORE MEDICAL COLLEGE & HOSPITAL		
Target audience/Stakeholder	MBBS students		
Number of Participants	96 students (2014-2015) 124 CRRI (2013-2014) 23 Supple batch students Total 243 students		
Program/Event Organized by	Medical education Unit & Department Of General Medicine		
Resource Persons Name and Topic Taken	Name	Designation	Topic Taken
	DR. PRASANNA	Associate Professor	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 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

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Objective of the Program	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

Report of the program

The course was organized by the Department of General Medicine in association with the Medical education unit. The course was organized for the students to manage and cope up stress during Examination. A Total of 243 students were benefited

Couse completion certificate was given to all the participants and feedback was also obtained from the students.

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DEPARTMENT OF GENERAL MEDICINE
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Certificate of Completion

This is to certify that Mr/Mrs/Ms ___AFRIN KHANAM S A___ has completed a course in "STRESS MANAGEMENT" conducted on JULY 5th, 6th & 7th 2018 at Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Thirunarayanan
Medical Superintendent

Dr. Gunasekaran
Dean

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DEPARTMENT OF GENERAL MEDICINE
&
MEDICAL EDUCATION UNIT

Certificate of Completion

This is to certify that Mr/Mrs/Ms ___RAVI MANGESHKAR R___ has completed a course in "STRESS MANAGEMENT" conducted on JULY 5th, 6th & 7th 2018 at Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Thirunarayanan
Medical Superintendent

Dr. Gunasekaran
Dean

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Organizing Secretary	**Head of the institution**

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PROGRAMME REPORT

Name/Title of the program	**RESEARCH METHODOLOGY**		
Date and Time	05/04/2018, 06/04/2018 07/04/2018		8.30AM -5.00 PM
Venue	Lecture Hall II TAGORE MEDICAL COLLEGE & HOSPITAL		
Target audience/Stakeholder	MBBS-CRRI		
Number of Participants	129 students		
Program/Event Organized by	Department of community medicine & Medical education unit.		
	Name	Designation	Topic Taken
Resource Persons Name and Topic Taken	Dr.I Kannan	Associate Professor	**UNIT I** Definition, Characteristics and Objectives of Research and Scientific methods Research Methodology: An Introduction and Basic Overview Formulating the Research Process and Research Problem Defining the Research Problem and Research Questions Research Methods vs. Research Methodology **UNIT II** Formulation of Hypothesis Sources of Hypothesis

			Characteristics, Role and Tests of Hypothesis
			Research Design
			Sampling Design
			Data Collection
			UNIT III
			Processing and Analysis of Data
			Processing Operations
			Statistics in Research
			Descriptive Statistics
			Inferential Statistics
			Elements / Types of Analysis
			Interpretation of Data
			UNIT IV
			Current trends in Research
			Mono-disciplinary Research
			Trans-disciplinary Research
			Inter-disciplinary Research
			Computer & Internet: Its Role in Research
			Threats and Challenges to Good Research
			UNIT V
			Writing a Article, Essay, Research Paper and Research Project
			Criteria of Good Research
			Research Ethics
			Citation Methods & Citation Rules
			Foot Note, Text Note, End Note and Bibliography

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Objective of the Program	The objective of the present course is to give knowledge to the students about the Research Methodology The participants will be given training about how to write the research article, ethics and Basic Overview Formulating the Research Process and Research Problem. Citation methods and various other important key note about research methodology

Detailed report of the program

The course was organized by the Department of Community medicine The course was organized for the students to get to give hands on training and basic knowledge about research methodology. The course was started with the inaugural program organized by the head of the department of Microbiology. Dean Dr. Gunasekaran and Medical Superintendent Dr. Thiru Narayanan addressed the gathering.

The First session on introduction and steps in medical research was highlighted the importance of research in undergraduate curriculum and explained the various steps involved in conducting biomedical research.

Followed by which the learning sessions by Resource Person Dr. I Kannan Associate Professor, Dept of Microbiology TMCH gave a wide range training for the students regarding Research methodology Course completion certificate was given to all the participants and feedback was also obtained from the students.

The various modes of literature search were explained in details. This was followed by the session on research study designs discussed and the types of quantitative and qualitative study designs with appropriate example.

The methods of probability and non-probability sampling and explained the sample size estimation techniques for different study designs. Following this session, the application of statistics in medical search was discussed highlighted the importance of choosing the appropriate statistical test for the purpose of data analysis.

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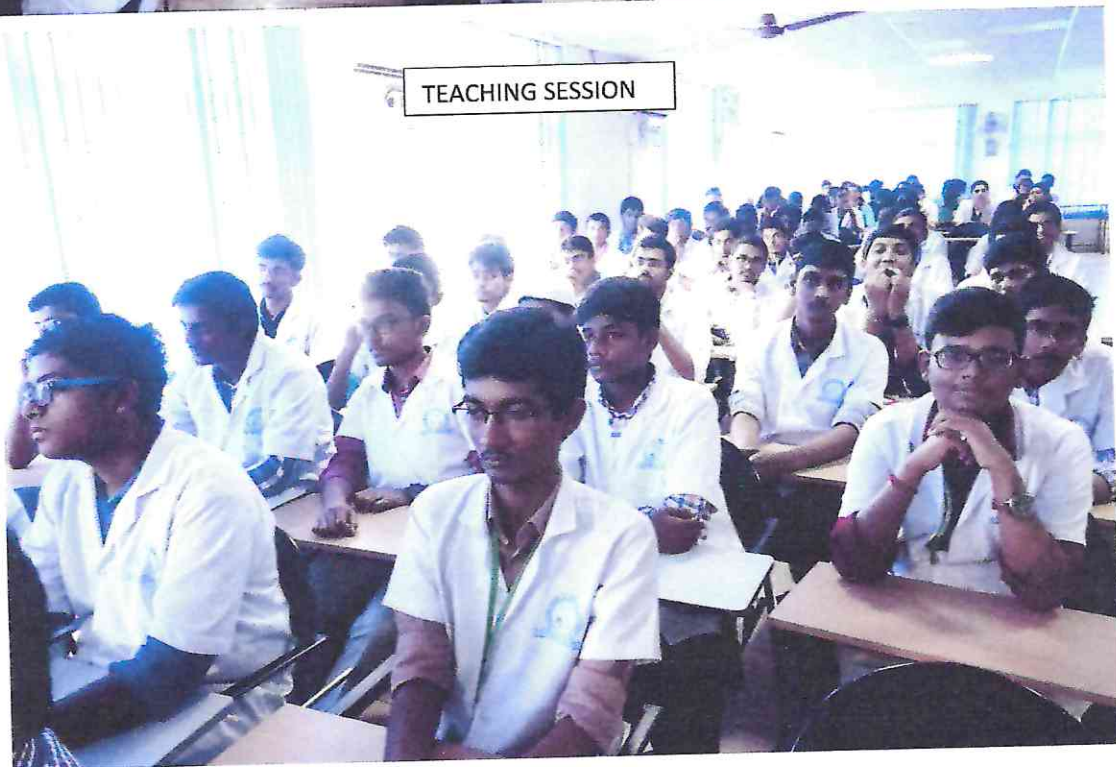RATHINAMANGALAM, MELAKOTTAIYUR POST,
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A Group activity in which the participants were divided into groups and were asked to prepare a thesis proposal. This was facilitated by the resource persons and the participants were asked to present the proposals developed by them and necessary corrections were done by the resource persons. All the sessions were followed by group activity where the participants were actively involved in problem Solving.

TEACHING SESSION

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CHENNAI-600 127.

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TAGORE MEDICAL COLLEGE & HOSPITAL

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Certificate of Completion

This is to certify that Mr/Mrs/Ms _____ NAGA DHIVYA.K _____ has completed a
short course in "RESEARCH METHODOLOGY" held in the month of April on 5th,
6th & 7th 2018 at Tagore Medical College and Hospital, Rathinamangalam, Chennai
600 127.

Dr. Thirunarayanan
Medical Superintendent

Dr. Gunasekaran
Dean

Organizing Secretary	**Head of the institution**

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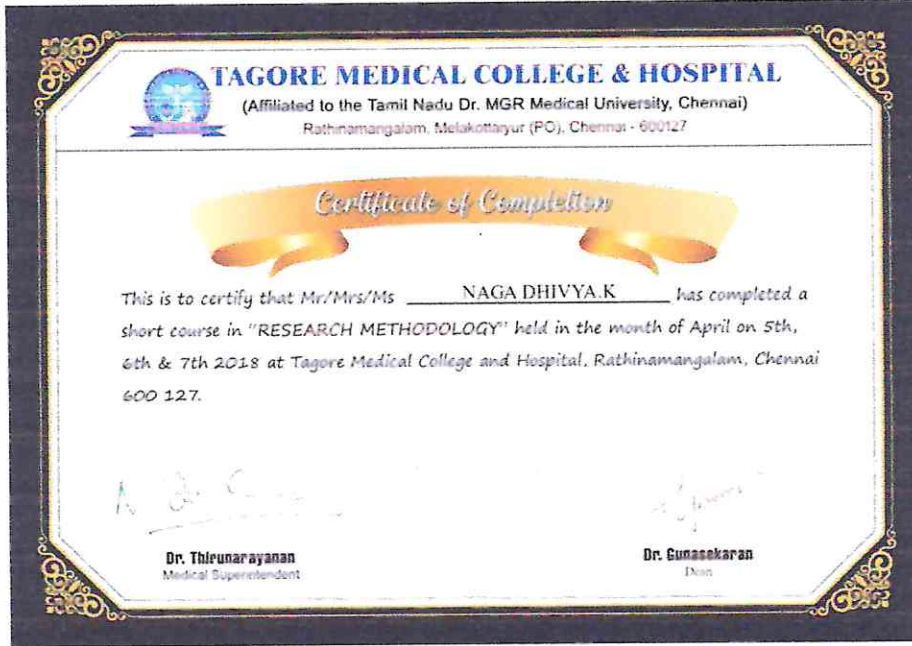RATHINAMANGALAM, MELAKOTTAIYUR POST,
CHENNAI-600 127.

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Sample certificates

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Certificate of Completion

This is to certify that Mr/Mrs/Ms _____ JANANI.M _____ has completed a short course in "RESEARCH METHODOLOGY" held in the month of April on 5th, 6th & 7th 2018 at Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Thirunarayanan
Medical Superintendent

Dr. Gunasekaran
Dean

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Certificate of Completion

This is to certify that Mr/Mrs/Ms _____ KOWSALYA.V _____ has completed a short course in "RESEARCH METHODOLOGY" held in the month of April on 5th, 6th & 7th 2018 at Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Thirunarayanan
Medical Superintendent

Dr. Gunasekaran
Dean

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PROGRAMME REPORT

Name/Title of the program	YOGA and MEDITATION	
Date and Time	12/09/2017, 13/09/2017 14/09/2017	9.30 AM-5.00 PM
Venue	College Auditorium TAGORE MEDICAL COLLEGE & HOSPITAL	
Target audience/Stakeholder	MBBS students	
Number of Participants	164 students 2017-2018 batch	
Program/Event Organized by	Medical education Unit & Department of Community Medicine	

Resource Persons Name and Topic Taken	Name	Designation	Topic Taken
	Dr Damodharan	Professor	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

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Objective of the Program	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.

Detailed report of the program

Tagore medical college and hospital organized a course on YOGA and MEDITATION which took place in the college auditorium premises from12th 13th &14th SEPTEMBER 2017. The course was organized by the department of community medicine. Organizing Secretary Dr. R. C. Karthik., MD Assistant Professor Department of Community Medicine. Inaugural program was started with the presence of Dean Dr. Shantha S and Medical Superintendent Dr. Thirunarayanan. Prof Dr Damodharan PhD (Yoga) Psychologist & Faculty Art of Living, Youth Leadership Training Programmer was the resource person. The 150 students registered and attended the course

The Group YOGA session made even more interesting when the audience were also allowed to perform various poses. The participants were also given course completion certificates

Teaching Session	Group Yoga Session

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Performance by the student

Overall 150 students were benefited by this Yoga Program. This program was rendered to the students to handle various issues and stress during their study period. Almost all students attended the course enthusiastically.

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Sample Certificate

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DEPARTMENT OF COMMUNITY MEDICINE

in association with

MEDICAL EDUCATION UNIT

Certificate of Participation

This is to certify that Mr/Mrs/Ms _____ AARTHI. M _____ has completed a short course in "YOGA & MEDITATION" held on 12th, 13th & 14th Sep, 2017 at Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Thirunarayanan
Medical Superintendent

Dr.Shantha S
Dean

TAGORE MEDICAL COLLEGE & HOSPITAL

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DEPARTMENT OF COMMUNITY MEDICINE

in association with

MEDICAL EDUCATION UNIT

Certificate of Participation

This is to certify that Mr/Mrs/Ms _____ JAWAHAR V _____ has completed a short course in "YOGA & MEDITATION" held on 12th, 13th & 14th Sep, 2017 at Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Thirunarayanan
Medical Superintendent

Dr.Shantha S
Dean

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Organizing Secretary	**Head of the institution**

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PROGRAMME REPORT

Name/Title of the program	**RESEARCH METHODOLOGY**		
Date and Time	13/09/2020, 14/09/2020 & 15/09/2020	8.30 Am - 5.00 Pm	
Venue	ONLINE -VERSION TAGORE MEDICAL COLLEGE & HOSPITAL		
Target audience/Stakeholder	III Year MBBS students		
Number of Participants	142 + 20students (2017-2018) 162		
Program/Event Organized by	DEPARTMENT OF COMMUNITY MEDICINE & MEDICAL EDUCATION UNIT		
Resource Persons Name and Topic Taken	Name	Designation	Topic Taken
	DR. BALAJI MD	Professor & Head	**UNIT I** Definition, Characteristics and Objectives of Research and Scientific methods Research Methodology: An Introduction and Basic Overview Formulating the Research Process and Research Problem Defining the Research Problem and Research Questions Research Methods vs. Research Methodology **UNIT II** Formulation of Hypothesis Sources of Hypothesis

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			Characteristics, Role and Tests of Hypothesis
			Research Design
			Sampling Design
			Data Collection
			UNIT III
			Processing and Analysis of Data
			Processing Operations
			Statistics in Research
			Descriptive Statistics
			Inferential Statistics
			Elements / Types of Analysis
			Interpretation of Data
			UNIT IV
			Current trends in Research
			Mono-disciplinary Research
			Trans-disciplinary Research
			Inter-disciplinary Research
			Computer & Internet: Its Role in Research
			Threats and Challenges to Good Research
			UNIT V
			Writing a Article, Essay, Research Paper and Research Project
			Criteria of Good Research
			Research Ethics
			Citation Methods & Citation Rules
			Foot Note, Text Note, End Note and Bibliography

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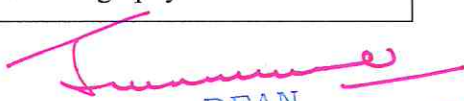RATHINAMANGALAM, MELAKOTTAIYUR POST,
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Objective of the Program	1. The objective of the present course is to give knowledge to the students about the Research Methodology 2. The participants will be given training about how to write the research article, ethics and Basic Overview Formulating the Research Process and Research Problem. Citation methods and various other important key note about research methodology.

Report of the program

The course was organized by the Department of Community Medicine The course was organized for the students to get to give hands on training and basic knowledge about research methodology.

The short course was conducted through google meet. The course was started by an introduction by Dean Dr. Gunasekaran followed by which Department Head addressed the student.

The First session on introduction and steps in medical research was highlighted the importance of research in undergraduate curriculum and explained the various steps involved in conducting biomedical research.

Followed by which the learning sessions by Resource Person Dr. Balaji Professor &Head , Dept of Community Medicine TMCH gave a wide range training for the students regarding Research methodology Course completion certificate was given to all the participants and feedback was also obtained from the students.

The various modes of literature search was explained in details. This was followed by the session on research study designs discussed and the types of quantitative and qualitative study designs with appropriate example.

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The methods of probability and non-probability sampling and explained the sample size estimation techniques for different study designs. Following this session, the application of statistics in medical search was discussed highlighted the importance of choosing the appropriate statistical test for the purpose of data analysis.

The course covered all necessary topics which would help the undergraduate students for their Student ICMR projects.

E- Certificates were given to the students those who completed the 16 hours course.

Teaching session

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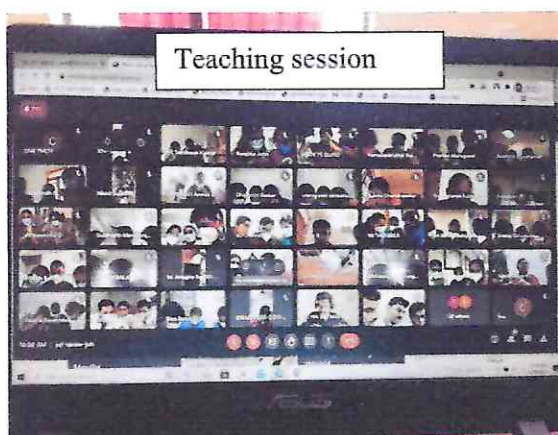(Approved by M.C.I. and Govt. of India and affiliated to the Tamil Nadu Dr. MGR Medical University)

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Certificate of Completion

This is to certify that Mr./Mrs/Ms _____ AARTHI. M _____ has completed a short course in "RESEARCH METHODOLOGY" held in the month of September on 13th, 14th & 15th 2020 at Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Siva Prakasam
Medical Superintendent

Dr. Gunasekaran
Dean

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Certificate of Completion

This is to certify that Mr./Mrs/Ms _____ ABISHEK K _____ has completed a short course in "RESEARCH METHODOLOGY" held in the month of September on 13th, 14th & 15th 2020 at Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Siva Prakasam
Medical Superintendent

Dr. Gunasekaran
Dean

Organizing Secretary	Head of the institution

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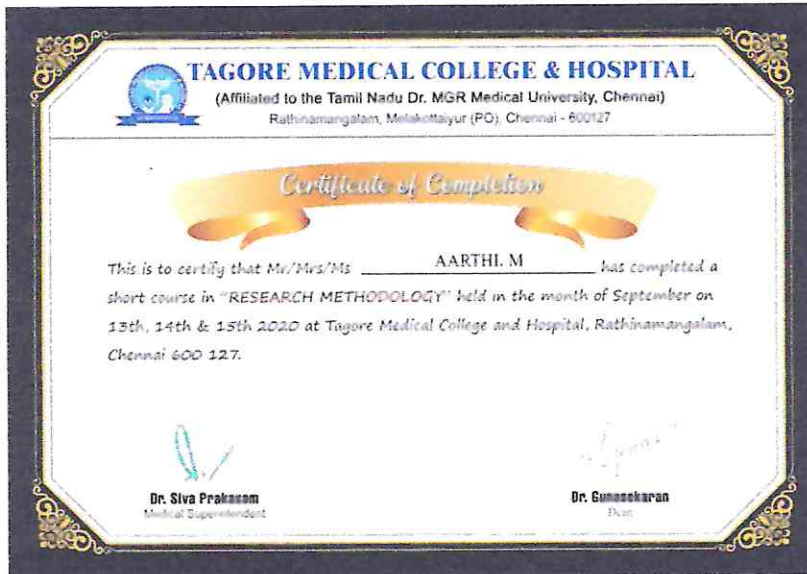RATHINAMANGALAM, MELAKOTTAIYUR POST,
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PROGRAMME REPORT

Name/Title of the program	STRESS MANAGEMENT		
Date and Time	08/08/2020, 09/08/2020 & 10/08/2020	9.00 AM-5.00 PM	
Venue	**ONLINE – VERSION** **TAGORE MEDICAL COLLEGE & HOSPITAL**		
Target audience/Stakeholder	Final MBBS students		
Number of Participants	140 students (2016-2017), 18 Supple batch students Total 158 students		
Program/Event Organized by	Medical education Unit & Department Of General Medicine		
Resource Persons Name and Topic Taken	Name	Designation	Topic Taken
	Dr. Prasanna MD	Professor	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 Use coping tips for managing stress Learn to manage stress through diet, sleep and other lifestyle factors

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			Time Management to avoid stress during exams
			Develop a long-term action plan to
			Minimize and better manage stress
Objective of the Program		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	

Report of the program
The course was organized by the Department of General Medicine in association with the Medical education unit. The course was organized for the students to manage and cope up stress during Examination during the covid pandemic.

The course was started with a quick speech by Dean Dr. Gunasekaran. He addressed the student through Google Meet. Later the schedule was started. Students participated enthusiastically .E-Certificate for completion certificate was given to all the participants

Dean Addressing the student

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Student participation

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DEPARTMENT OF GENERAL MEDICINE
&
MEDICAL EDUCATION UNIT

Certificate of Completion

This is to certify that Mr/Mrs/Ms _____ AADARSHNA R _____ has completed a course in "STRESS MANAGEMENT" conducted on August 8th, 9th & 10 th 2020 at Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Siva Prakasam
Medical Superintendent

Dr. Gunasekaran
Dean

TAGORE MEDICAL COLLEGE & HOSPITAL

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DEPARTMENT OF GENERAL MEDICINE
&
MEDICAL EDUCATION UNIT

Certificate of Completion

This is to certify that Mr/Mrs/Ms _____ AARTHI D _____ has completed a course in "STRESS MANAGEMENT" conducted on August 8th, 9th & 10 th 2020 at Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Siva Prakasam
Medical Superintendent

Dr. Gunasekaran
Dean

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Organizing Secretary	**Head of the institution**

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TAGORE MEDICAL COLLEGE & HOSPITAL
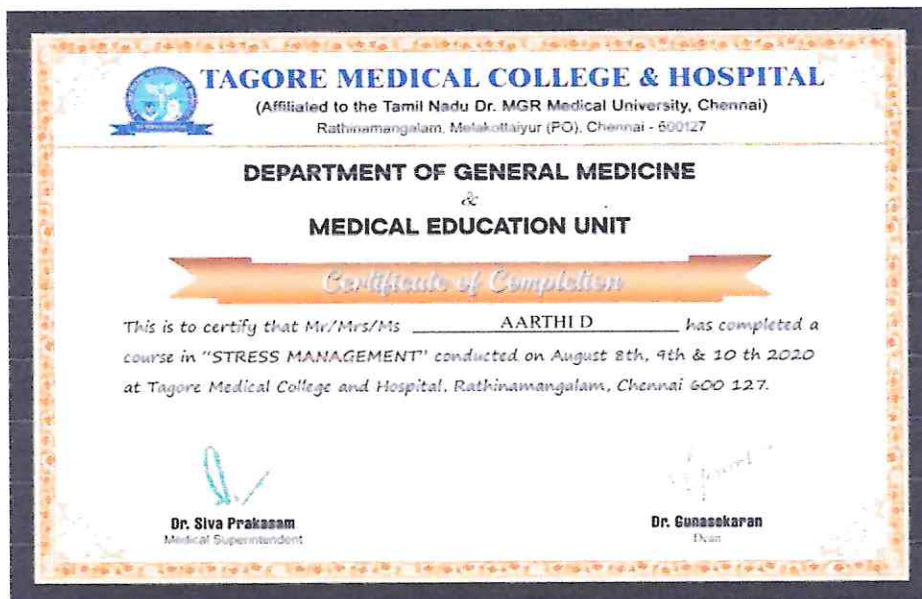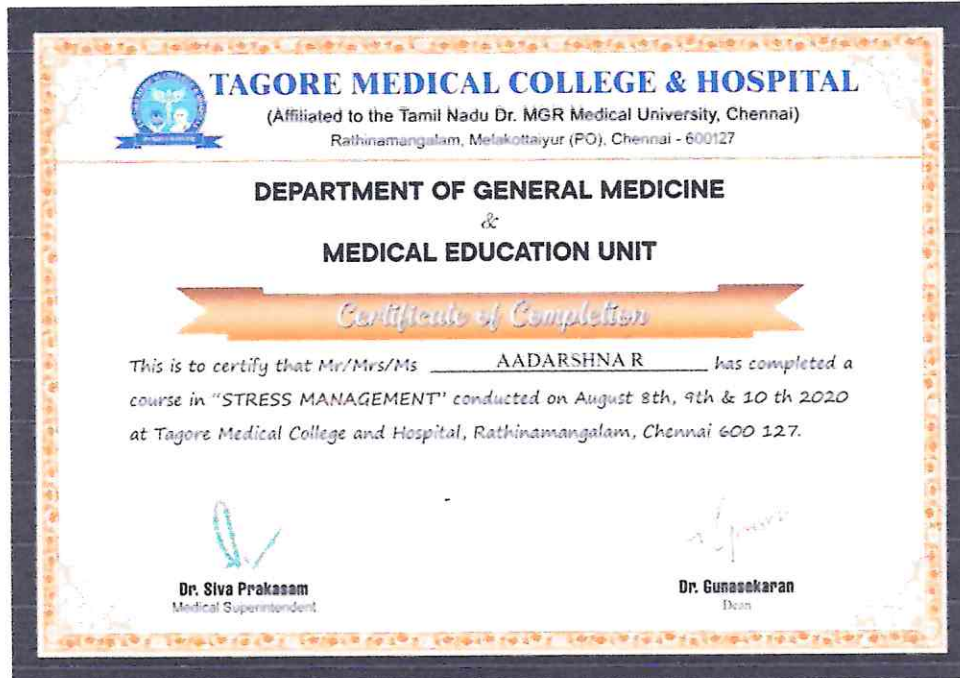RATHINAMANGALAM, MELAKOTTAIYUR POST,
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PROGRAMME REPORT

Name/Title of the program	**Finishing School – Transforming into Professionals**		
Date and Time	09/07/2020,10/07/2020 & 11/07/2020	9.00 AM-5.00 PM	
Venue	Auditorium Tagore Medical College & Hospital		
Target audience/Stakeholder	**CRRI- MBBS** students		
Number of Participants	134 students (2016-2017)		
Program/Event Organized by	Department Of General Medicine in association with Medical education Unit		
Resource Persons Name and Topic Taken	Name	Designation	Topic Taken
	Dr. K.B. Prasanna MD	Professor	Module 1- Personality development Skill (3 hrs) Module2-Communication skills (3 hours) Module 3 - Time management (3 hours) Module 4 – Ethics and Etiquette (3 hours) Module5- Pre placement skill(3 hours)

Objective of the Program	Upon completion of course, the student will be able to: Appreciate relationship between human diversity in effective teambuilding and apply critical thinking and problem-solving skills in managing real life problems and situations • Deliver tailor made verbal and non-verbal communication to various workplace audiences, including patients, care-takers, and other Health care professionals. • Develop practical time management skills for scheduling, planning and prioritizing work. • Exhibit professional and ethical responsibility and incorporate ethical reasoning into clinical practice. • Demonstrate safe and ethical behavior of online communication (social networking sites)

Detailed report of the program

The course was organized by the Department of General Medicine in association with the Medical education unit. The course was organized for the students to manage and cope up stress during Examination.

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.

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"

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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.

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.

Course completion certificate was given to all the participants and feedback was also obtained from the students.

Teaching session

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Sample certificates

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Rathinamangalam, Melakottaiyur (PO), Chennai - 600127

DEPARTMENT OF GENERAL MEDICINE

In Collaboration With

MEDICAL EDUCATION UNIT

Certificate of Completion

This is to certify that Prof./Dr., Mr/Mrs/Ms. _____ NANDHA KUMAR.G _____

has completed a course on "FINISHING SCHOOL TRANSFORMING INTO
PROFESSIONALS" conducted on July 9th, 10th & 11th 2020 at Tagore Medical
College & Hospital, Rathinamangalam, Chennai 600 127.

Dr. Siva Prakasam
Medical Superintendent

Dr. Gunasekaran
Dean

TAGORE MEDICAL COLLEGE & HOSPITAL

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Rathinamangalam, Melakottaiyur (PO), Chennai - 600127

DEPARTMENT OF GENERAL MEDICINE

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MEDICAL EDUCATION UNIT

Certificate of Completion

This is to certify that Prof./Dr., Mr/Mrs/Ms. _____ SANJAI KRISHNA S _____

has completed a course on "FINISHING SCHOOL TRANSFORMING INTO
PROFESSIONALS" conducted on July 9th, 10th & 11th 2020 at Tagore Medical
College & Hospital, Rathinamangalam, Chennai 600 127.

Dr. Siva Prakasam
Medical Superintendent

Dr. Gunasekaran
Dean

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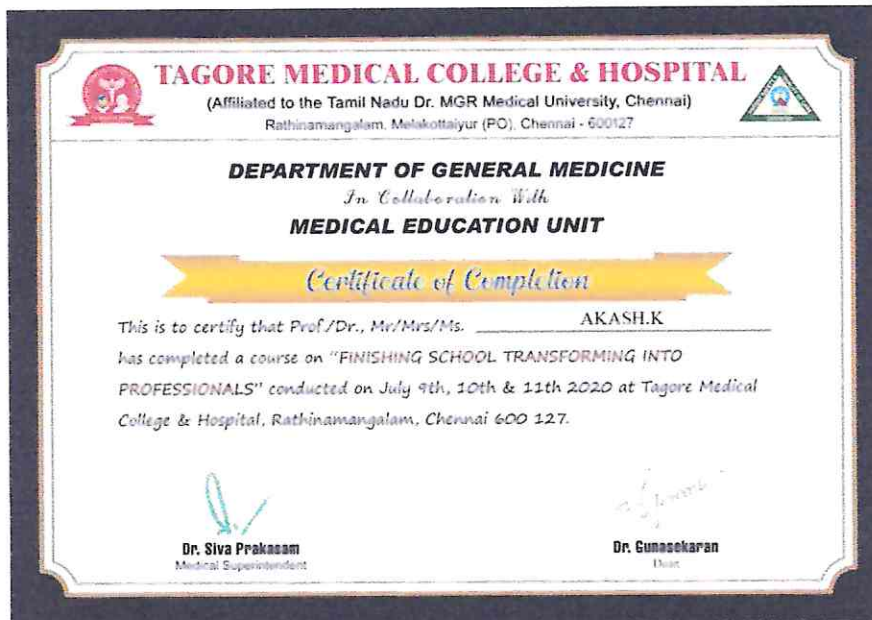RATHINAMANGALAM, MELAKOTTAIYUR POST,
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DEPARTMENT OF GENERAL MEDICINE
In Collaboration With
MEDICAL EDUCATION UNIT

Certificate of Completion

This is to certify that Prof./Dr , Mr/Mrs/Ms. _____ GANDHIRAJAN R _____
has completed a course on "FINISHING SCHOOL TRANSFORMING INTO
PROFESSIONALS" conducted on July 9th, 10th & 11th 2020 at Tagore Medical
College & Hospital, Rathinamangalam, Chennai 600 127.

Dr. Siva Prakasam
Medical Superintendent

Dr. Gunasekaran
Dean

TAGORE MEDICAL COLLEGE & HOSPITAL

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DEPARTMENT OF GENERAL MEDICINE
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MEDICAL EDUCATION UNIT

Certificate of Completion

This is to certify that Prof./Dr., Mr/Mrs/Ms. _____ AKASH.K _____
has completed a course on "FINISHING SCHOOL TRANSFORMING INTO
PROFESSIONALS" conducted on July 9th, 10th & 11th 2020 at Tagore Medical
College & Hospital, Rathinamangalam, Chennai 600 127.

Dr. Siva Prakasam
Medical Superintendent

Dr. Gunasekaran
Dean

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

TAGORE MEDICAL COLLEGE & HOSPITAL

(Affiliated to the Tamil Nadu Dr. MGR Medical University, Chennai)

Rathinamangalam, Melakottaiyur (PO), Chennai - 600127

DEPARTMENT OF GENERAL MEDICINE

In Collaboration With

MEDICAL EDUCATION UNIT

Certificate of Completion

This is to certify that Prof./Dr., Mr/Mrs/Ms. _____ANJANA.K_____

has completed a course on "FINISHING SCHOOL TRANSFORMING INTO

PROFESSIONALS" conducted on July 9th, 10th & 11th 2020 at Tagore Medical

College & Hospital, Rathinamangalam, Chennai 600 127.

Dr. Siva Prakasam
Medical Superintendent

Dr. Gunasekaran
Dean

Organizing Secretary	**Head of the institution**

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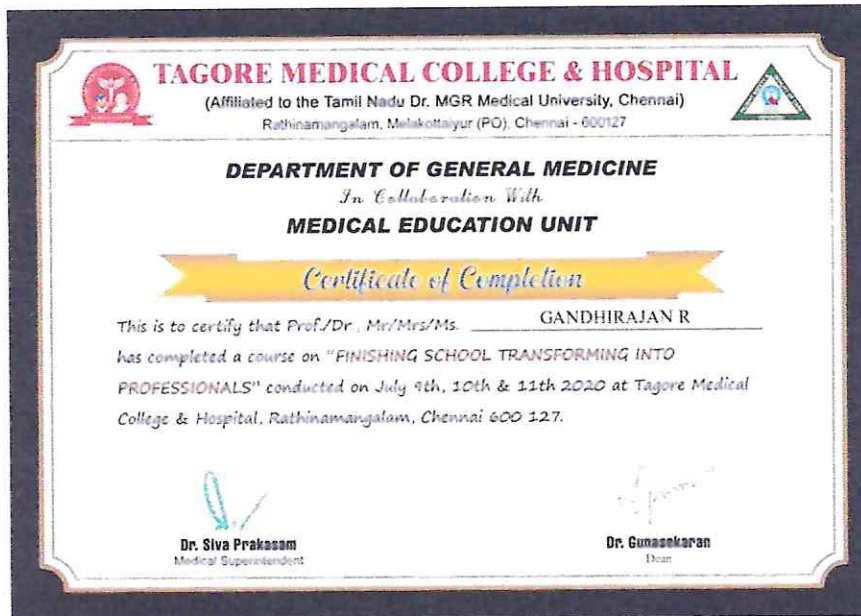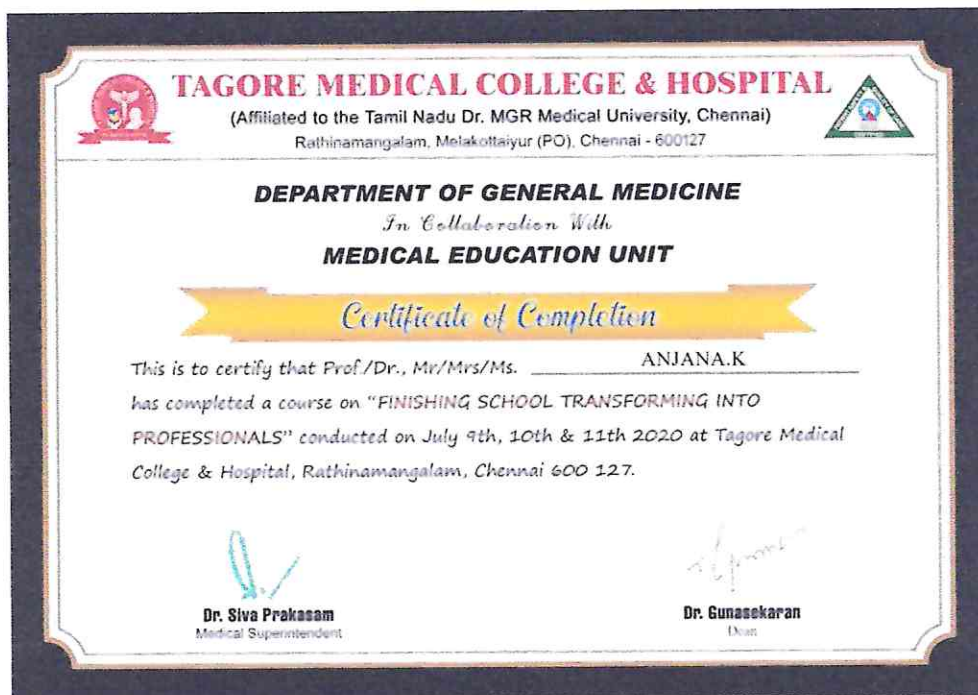RATHINAMANGALAM, MELAKOTTAIYUR POST,
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PROGRAMME REPORT

Name/Title of the program	**COMPUTER AIDED DRUG DESIGNING**	
Date and Time	07/11/2019, 08/11/2019 & 09/11/2019	8.30-4.00 PM
Venue	Lecture hall II Tagore medical college & hospital	
Target audience/Stakeholder	Second Year MBBS students	
Number of Participants/ Registered	159 students	
Program/Event Organized by	Department Of Microbiology & MEU	
Resource Persons Name and Topic Taken	**Name**	**Designation**	**Topic Taken**
	DR. I KANNAN	Associate Professor	Installation of software's 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

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			designing software- ACD chemsketch – Preparation of lead molecules – OPENBABEL Software Demonstration
Objective of the Program	The primary objective of the present course is to provide participants with hands-on training in the application of various online tools and software in the field of drug development for diseases. The course is designed to equip attendees with practical knowledge and skills, enabling them to effectively use digital resources for drug discovery and development.		

Detailed report of the program

The Department of Microbiology organized a hands-on training course on the application of various online tools and software in drug development for diseases. The course aimed to equip students with practical knowledge and skills to utilize digital resources effectively in the field of drug development. The program was led by Dr. I Kannan, Associate Professor in the Department of Microbiology.

Objective: The primary objective of the course was to provide students with hands-on training in using online tools and software for drug development. By the end of the course, participants were expected to gain proficiency in applying various techniques and resources to develop drugs for different diseases.

Batch Details:

- Regular Batch (2018-2019): 146 students registered
- Supplementary Batch: 13 students registered

Total Participants: The course successfully benefited a total of 1159 students from both the regular and supplementary batches.

Course Content: The training program covered the following key aspects:

1. Introduction to Drug Development: An overview of the drug development process, including identification, design, and testing of potential drugs.

2. Online Tools and Software: Demonstrations and practical sessions on using various online tools and software specifically tailored for drug development purposes.

3. Real-world Examples: The participants were provided with relevant examples and case studies

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to better understand the practical application of the demonstrated techniques.

4. Hands-on Practice: The participants actively engaged in hands-on practice during the course, gaining valuable experience in using digital resources.

Resource Person: Dr. I Kannan, an esteemed Associate Professor in the Department of Microbiology, served as the resource person for the course. His expertise in the field and passion for teaching ensured that the participants received valuable insights and guidance.

Course Completion and Feedback: Upon successful completion of the training, all participants were awarded course completion certificates. Feedback from the students was actively sought to assess the effectiveness of the program and identify areas for improvement in future editions.

Conclusion: The hands-on training course on online tools and software in drug development for diseases organized by the Department of Microbiology proved to be highly beneficial for the participating students. By gaining practical experience in utilizing digital resources, the participants enhanced their skills and knowledge in drug development, contributing to their overall academic and professional growth. The success of the program indicates the importance of incorporating such practical training initiatives to equip students with relevant and applicable skills in their chosen fields of study.

Day 1

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Day 2

Day 3

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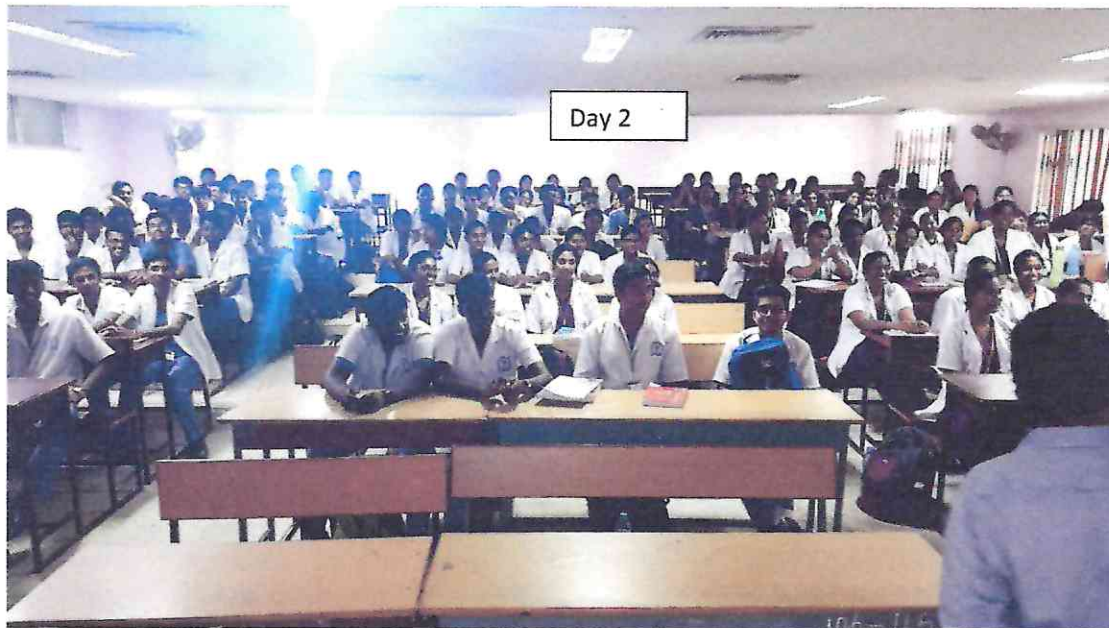RATHINAMANGALAM, MELAKOTTAIYUR POST,
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DEPARTMENT OF MICROBIOLOGY
In Collaboration With
MEDICAL EDUCATION UNIT

Certificate of Completion

This is to certify that Mr/Mrs/Ms _____ ALOK P _____

has completed a short course on "COMPUTER AIDED DRUG DESIGNING"

held on 7th, 8th & 9th November, 2019 at Tagore Medical College and Hospital,

Rathinamangalam, Chennai 600 127.

Dr. Siva Prakasam
Medical Superintendent

Dr. Gunasekaran
Dean

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Rathinamangalam Melakottaiyur (PO), Chennai - 600127

DEPARTMENT OF MICROBIOLOGY
In Collaboration With
MEDICAL EDUCATION UNIT

Certificate of Completion

This is to certify that Mr/Mrs/Ms _____ ABISHAKE PRASANNA K K _____

has completed a short course on "COMPUTER AIDED DRUG DESIGNING"

held on 7th, 8th & 9th November, 2019 at Tagore Medical College and Hospital,

Rathinamangalam, Chennai 600 127.

Dr. Siva Prakasam
Medical Superintendent

Dr. Gunasekaran
Dean

Organizing Secretary	**Head of the institution**

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PROGRAMME REPORT

Name/Title of the program	**Computer skills and its application in Health Care**		
Date and Time	19/08/2019, 20/08/2019, 21/08/2019	9.00 am to 4.00 pm	
Venue	Lecture hall- I TAGORE MEDICAL COLLEGE		
Target audience/Stakeholder	FIRST YEAR MBBS students		
Number of Participants	159 students		
Program/Event Organized by	Medical education Unit & Information technology Department		
Resource Persons Name and Topic Taken	Name	Designation	Topic Taken
	Mr. Anil Jenifer B.Tech	System Admin	Basic of windows 10 How to create , share and collaborate documents using Google drive ,MS Word 2016 windows defender, Ms Excel 2016, Ms Word 2016, Ms Power point 2016 create voice narration , Rotating object, animated slides using images and graphics, professional presentation, Hyperlinks hand on workshop
Objective of the Program	Program offers information about the basics of computers which could be useful for the Heath care professionals in future for the presentations, research activities and data reviewing.		

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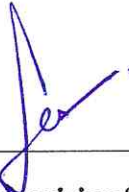
Detailed report of the program

The course was organized by the Medical education unit. The course was organized for the students to get familiarize with the basic about computer and Basic of windows 10 How to create , share and collaborate documents using Google drive ,MS Word 2016, windows defender, Ms Excel 2016, Ms Word 2016, Ms Power point 2016, create voice narration , Rotating object, professional presentation, Hyperlinks, hand on workshop. A total of 159 registered for the course. Total 150 students were benefited

Course completion certificate was given to all the participants and feedback was also obtained from the students. Overall the course would benefit the students to handle seminar presentation, Research projects etc.

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Sample Certificates

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MEDICAL EDUCATION UNIT

Certificate of Participation

This is to certify that Mr/Mrs/Ms _____AAKASH RAM A P_____ has completed a
short course in "COMPUTER SKILLS AND ITS APPLICATION IN HEALTH CARE"
held in the month of August on 19ᵗʰ, 20ᵗʰ & 21ˢᵗ 2019 at
Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Siva Prakasam
Medical Superintendent

Dr. Gunasekaran
Dean

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MEDICAL EDUCATION UNIT

Certificate of Participation

This is to certify that Mr/Mrs/Ms _____JOEL STUVERRT R N_____ has completed a
short course in "COMPUTER SKILLS AND ITS APPLICATION IN HEALTH CARE"
held in the month of August on 19ᵗʰ, 20ᵗʰ & 21ˢᵗ 2019 at
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Dr. Siva Prakasam
Medical Superintendent

Dr. Gunasekaran
Dean

Organizing Secretary	**Head of the Institution**

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PROGRAMME REPORT

Name/Title of the program	YOGA and MEDITATION		
Date and Time	19/08/2019, 20/08/2019 & 21/08/2019	9.30 AM-5.00 PM	
Venue	College Auditorium Tagore Medical College & Hospital		
Target audience/Stakeholder	I year MBBS students		
Number of Participants/ Registered	163 students		
Program/Event Organized by	Department of Community& Medicine Medical education Unit		
	Name	Designation	Topic Taken
Resource Persons Name and Topic Taken	Dr Damodharan	Professor	Day 1 History of Yoga How Yoga can Improve Physical and Mental Health Improve Focus and memory power Improve the day today physical Activity Hatha Yoga, Pranayama, Yin Yang Yoga, Patanjali's Yoga Sutra Day 2 Mountain Pose (Tad asana)Downward-Facing Dog (Adho Mukha Svanasana)

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PROGRAMME REPORT

Name/Title of the program	YOGA and MEDITATION		
Date and Time	19/08/2019, 20/08/2019 & 21/08/2019	9.30 AM-5.00 PM	
Venue	College Auditorium Tagore Medical College & Hospital		
Target audience/Stakeholder	I year MBBS students		
Number of Participants/ Registered	163 students		
Program/Event Organized by	Department of Community& Medicine Medical education Unit		
	Name	Designation	Topic Taken
Resource Persons Name and Topic Taken	Dr Damodharan	Professor	Day 1 History of Yoga How Yoga can Improve Physical and Mental Health Improve Focus and memory power Improve the day today physical Activity Hatha Yoga, Pranayama, Yin Yang Yoga, Patanjali's Yoga Sutra Day 2 Mountain Pose (Tad asana)Downward-Facing Dog (Adho Mukha Svanasana)

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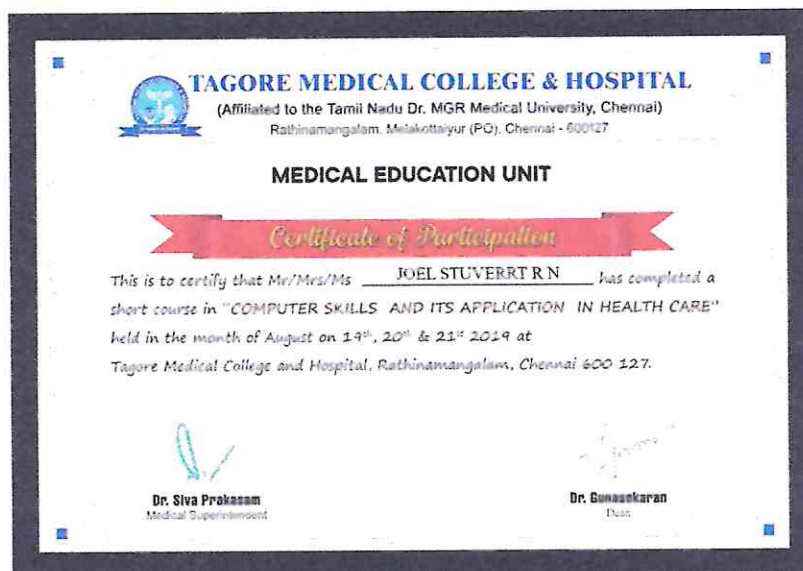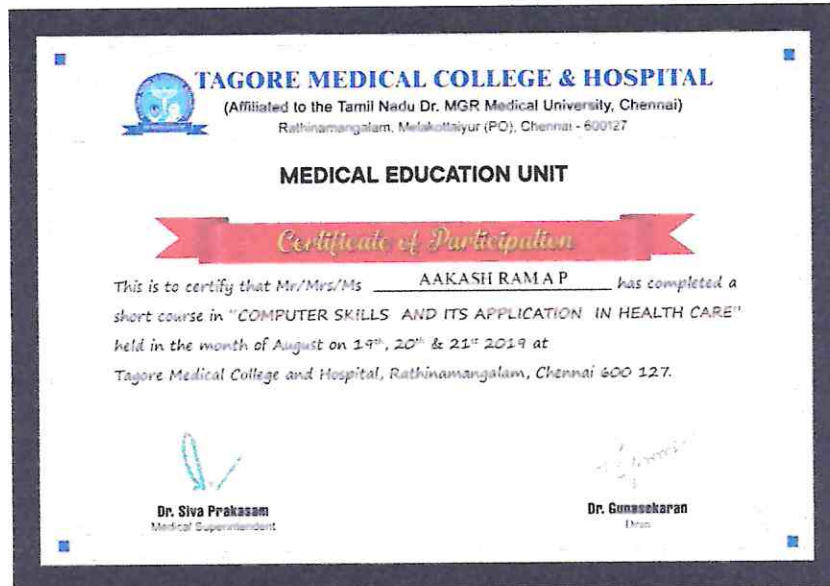RATHINAMANGALAM, MELAKOTTAIYUR POST,
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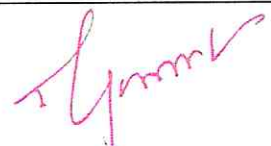
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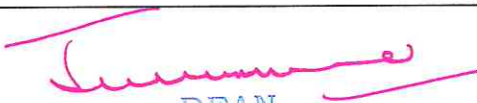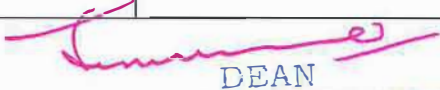Rathinamangalam, Melakkottaiyur Post, Chennai - 600 127.
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			Warrior Poses (Virabhadrasana I, II, and III)
			Tree Pose (Vrikshasana)
			Cobra Pose (Bhujangasana)
			Child's Pose (Balasana)
			Corpse Pose (Savasana)
			DAY 3
			Group Yoga practise session
Objective of the Program	Objective of the Yoga workshop is to offer participants a transformative experience, not only by teaching practical techniques but also by providing the broader context and understanding of Yoga as a science of self-improvement, spiritual growth, and harmonious living.		

Detailed report of the program

The event organized by Tagore Medical College and Hospital. The course on Yoga and Meditation took place on the 19th, 20th, and 21st of August 2019 in the college auditorium premises, organized by the Department of Community Medicine. The Organizing Secretary for the event was Dr. R. C. Karthik, who is an MD Assistant Professor in the Department of Community Medicine.

The inaugural program commenced with the presence of two distinguished guests: Dean Dr. Gunasekaran and Medical Superintendent Dr. Thirunarayanan. Their presence added significance to the event and showcased the support from the medical college.

The course was led by Prof. Dr. Damodharan, a PhD holder in Yoga and a Psychologist. He is also associated with the Art of Living and is a Faculty member in the Youth Leadership Training Program. Having an expert like him as the resource person ensured a high-quality and insightful learning experience for the attendees.

The event saw active participation from 150 students who registered and attended the course. The group Yoga sessions must have been particularly engaging, as the audience was also allowed to perform various

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poses. This interactive approach likely made the sessions more enjoyable and helped the participants connect with the practice of Yoga.

Upon the successful completion of the course, the participants were awarded course completion certificates. This recognition must have encouraged the students and given them a sense of achievement for taking part in the program.

Overall, the Yoga and Meditation course proved to be highly beneficial, with all students attending the course enthusiastically. The program aimed to equip the students with tools to handle various issues and stress during their study period, promoting physical and mental well-being among the participants. Such initiatives are essential for nurturing the overall health of students and promoting a positive learning environment.

Group Yoga Session

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Meditation Session

Sample Certificate

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DEPARTMENT OF COMMUNITY MEDICINE
in association with
MEDICAL EDUCATION UNIT

Certificate of Participation

This is to certify that Mr/Mrs/Ms _____ PADMAPRIYA S _____ has completed a
short course in "YOGA & MEDITATION" held on 19th, 20th & 21st Aug, 2019 at
Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Thirunarayanan
Medical Superintendent

Dr. Gunasekaran
Dean

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DEPARTMENT OF COMMUNITY MEDICINE

in association with

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Certificate of Participation

This is to certify that Mr/Mrs/Ms _____ NITHILAN A _____ has completed a
short course in "YOGA & MEDITATION" held on 19th, 20th & 21st Aug, 2019 at
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Dr. Thirunarayanan
Medical Superintendent

Dr. Gunasekaran
Dean

Organizing Secretary	Head of the Institution

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PROGRAMME REPORT

Name/Title of the program	RESEARCH METHODOLOGY		
Date and Time	12/11/2019, 13/11/2019 & 14/11/2019	8.30AM - 5.00 PM	
Venue	Lecture Hall II Tagore Medical College & Hospital		
Target audience/Stakeholder	MBBS-CRRI		
Number of Participants	116 students		
Program/Event Organized by	Department of community medicine & Medical education unit.		
	Name	Designation	Topic Taken
Resource Persons Name and Topic Taken	Dr.I Kannan	Associate Professor	**UNIT I** Definition, Characteristics and Objectives of Research and Scientific methods Research Methodology: An Introduction and Basic Overview Formulating the Research Process and Research Problem Defining the Research Problem and Research Questions Research Methods vs. Research Methodology **UNIT II** Formulation of Hypothesis

			Sources of Hypothesis
			Characteristics, Role and Tests of Hypothesis
			Research Design
			Sampling Design
			Data Collection
			UNIT III
			Processing and Analysis of Data
			Processing Operations
			Statistics in Research
			Descriptive Statistics
			Inferential Statistics
			Elements / Types of Analysis
			Interpretation of Data
			UNIT IV
			Current trends in Research
			Mono-disciplinary Research
			Trans-disciplinary Research
			Inter-disciplinary Research
			Computer & Internet: Its Role in Research
			Threats and Challenges to Good Research
			UNIT V
			Writing a Article, Essay, Research Paper and Research Project
			Criteria of Good Research
			Research Ethics
			Citation Methods & Citation Rules
			Foot Note, Text Note, End Note and Bibliography

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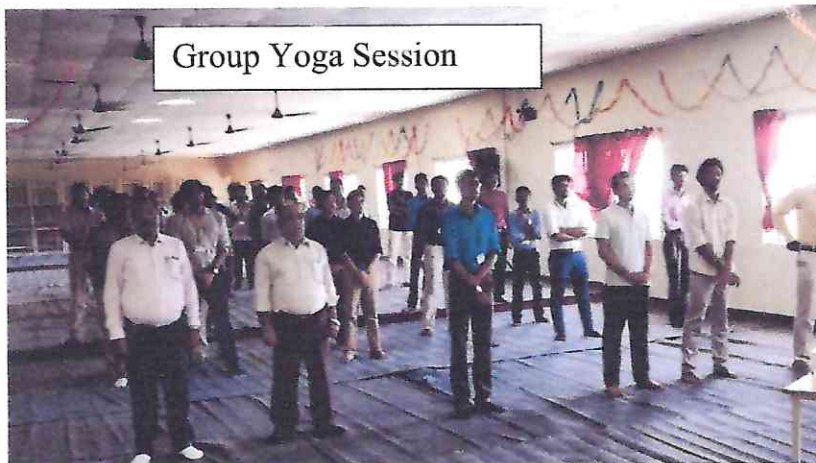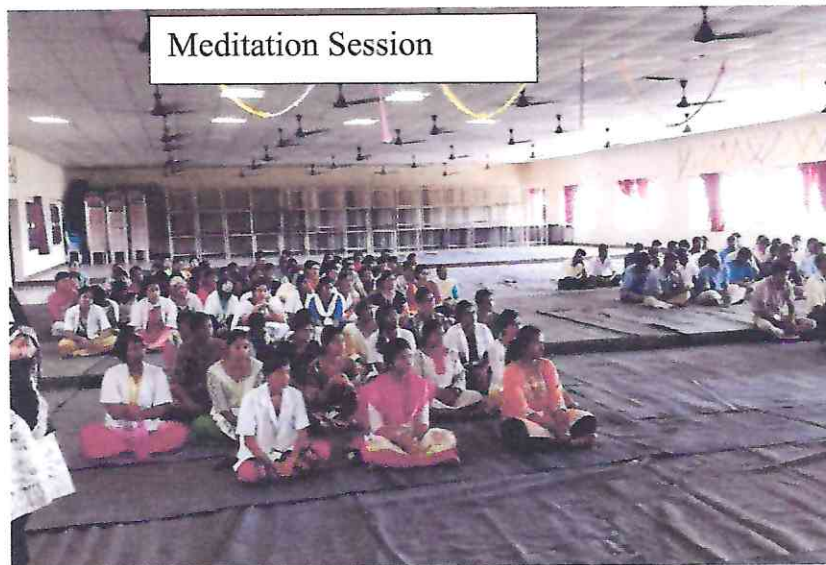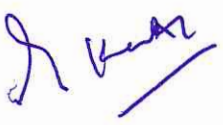(Approved by M.C.I. and Govt. of India and affiliated to the Tamil Nadu Dr. MGR Medical University)
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Objective of the Program	Primary objective of the present course is to provide students with comprehensive knowledge and training in research methodology. The course aims to equip participants with essential skills and understanding necessary for conducting high-quality research and writing research articles effectively. It will cover various aspects of research, including ethics, formulating research processes, research problems, citation methods, and other key components of research methodology

Detailed report of the program

The course was organized by the Department of Community medicine The course was organized for the students to get to give hands on training and basic knowledge about research methodology.

The course was started with the inaugural program organized by the head of the department of Microbiology. Dean Dr. Gunasekaran and Medical Superintendent Dr. Thiru Narayanan addressed the gathering.

The First session on introduction and steps in medical research was highlighted the importance of research in undergraduate curriculum and explained the various steps involved in conducting biomedical research.

Followed by which the learning sessions by Resource Person Dr. I Kannan Associate Professor, Dept of Microbiology TMCH gave a wide range training for the students regarding Research methodology Course completion certificate was given to all the participants and feedback was also obtained from the students.

The various modes of literature search was explained in details. This was followed by the session on research study designs discussed and the types of quantitative and qualitative study designs with appropriate example.

The methods of probability and non-probability sampling and explained the sample size estimation techniques for different study designs. Following this session, the application of statistics in medical

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search was discussed highlighted the importance of choosing the appropriate statistical test for the purpose of data analysis.

A Group activity in which the participants were divided into groups and were asked to prepare a thesis proposal. This was facilitated by the resource persons and the participants were asked to present the proposals developed by them and necessary corrections were done by the resource persons. All the sessions were followed by group activity where the participants were actively involved in problem Solving.

Teaching Session

Workshop session

Sample certificates

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Certificate of Completion

This is to certify that Mr/Mrs/Ms _____MANIVARMA R K_____ has completed a short course in "RESEARCH METHODOLOGY" held in the month of November on 12th, 13th & 14th 2019 at Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Siva Prakasam
Medical Superintendent

Dr. Gunasekaran
Trust

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Rathinamangalam, Melakottaiyur (PO), Chennai - 600127

Certificate of Completion

This is to certify that Mr/Mrs/Ms _____ NIVEDITA A _____ has completed a short course in "RESEARCH METHODOLOGY" held in the month of November on 12th, 13th & 14th 2019 at Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Siva Prakasam
Medical Superintendent

Dr. Gunasekaran
Dean

Organizing Secretary	**Head of the institution**

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PROGRAMME REPORT

Name/Title of the program	STRESS MANAGEMENT		
Date and Time	06.06.2019, 07.06.2019 & 08.06.2019	9.00 AM-5.00 PM	
Venue	**Lecture Hall II** **Tagore Medical College & Hospital**		
Target audience/Stakeholder	IV MBBS students		
Number of Participants/ registered	138 students		
Program/Event Organized by	Department Of General Medicine & Medical education Unit		
Resource Persons Name and Topic Taken	Name	Designation	Topic Taken
	Dr. Prasanna	Professor	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 Use coping tips for managing stress

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			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
Objective of the Program		The primary objective of this workshop is to help students understand the significance of academic pursuits while addressing the challenges of stress and providing effective strategies for managing it in a positive manner. The workshop aims to empower students with valuable tips and advice to reduce stress and create a conducive environment for their overall well-being and academic success.	

Report of the program

The course was organized by the Department of General Medicine in association with the medical education unit. The course was organized for the students to manage and cope up stress during Examination.

The primary objective of this workshop is to help students understand the significance of academic pursuits while addressing the challenges of stress and providing effective strategies for managing it in a positive manner. The workshop aims to empower students with valuable tips and advice to reduce stress and create a conducive environment for their overall well-being and academic success.

Key Focus Areas:

1. **Stress Awareness:** The workshop will raise awareness among students about the impact of stress on their academic performance, mental health, and overall quality of life. Understanding stress triggers and its effects is crucial in taking proactive measures.

2. **Academic Importance:** Emphasizing the importance of academics will be a central theme,

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highlighting the value of education and the pursuit of knowledge while managing stress effectively.

3. **Positive Stress Management:** The workshop will focus on promoting positive stress management techniques. Students will learn how to channel stress in a constructive manner to enhance productivity and motivation.

4. **Effective Coping Strategies:** Participants will be introduced to a variety of coping strategies to handle academic pressures, time management challenges, and emotional stressors in a healthy and productive way.

5. **Mindfulness and Self-Care:** The workshop will advocate mindfulness practices and the importance of self-care in maintaining mental and emotional well-being amidst academic commitments.

6. **Creating Supportive Environments:** Students will be encouraged to cultivate supportive relationships with peers, teachers, and family members to create a positive and nurturing academic environment.

Outcomes:

By the end of the workshop, participants can expect the following outcomes:

1. **Stress Awareness:** Students will be more aware of the factors causing stress in their academic life and how it affects their well-being.

2. **Stress Reduction:** Participants will have learned practical strategies to reduce stress and manage academic pressures more effectively.

3. **Improved Academic Performance:** By adopting positive stress management techniques, students can expect an improvement in their academic focus, motivation, and overall performance.

4. **Enhanced Well-being:** Understanding the importance of self-care and mindfulness will

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contribute to improved mental and emotional well-being.

5. **Empowerment:** Students will feel empowered to take charge of their stress levels, making proactive choices that lead to a healthier and more balanced academic life.

Conclusion:

The stress management workshop aims to instil in students the understanding that academics are crucial, but they should not come at the cost of their mental and physical well-being. By providing practical advice and effective stress reduction strategies, the workshop seeks to empower students to navigate academic challenges with resilience, maintaining a positive outlook and a healthy balance in their lives.

Course completion certificate was given to all the participants and feedback was also obtained from the students.

Photos

Teaching Session

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Sample certificate

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DEPARTMENT OF GENERAL MEDICINE
&
MEDICAL EDUCATION UNIT

Certificate of Completion

This is to certify that Mr/Mrs/Ms _____ BALAMURALI.B _____ has completed a
course in "STRESS MANAGEMENT" conducted on June 6th, 7th & 8th 2019 at
Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Thirunarayanan
Medical Superintendent

Dr. Gunasekaran
Dean

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DEPARTMENT OF GENERAL MEDICINE
&
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Certificate of Completion

This is to certify that Mr/Mrs/Ms _____ELAYARAJA M_____ has completed a
course in "STRESS MANAGEMENT" conducted on June 6th, 7th & 8th 2019 at
Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Thirunarayanan
Medical Superintendent

Dr. Gunasekaran
Dean

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DEPARTMENT OF GENERAL MEDICINE
&
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Certificate of Completion

This is to certify that Mr/Mrs/Ms _____ABINANTH DHEEPAK.R G_____ has completed a
course in "STRESS MANAGEMENT" conducted on June 6th, 7th & 8th 2019 at
Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Thirunarayanan
Medical Superintendent

Dr. Gunasekaran
Dean

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Organizing Secretary	**Head of the institution**

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PROGRAMME REPORT

Name/Title of the program	COMPUTER AIDED DRUG DESIGNING		
Date and Time	06/06/2019, 07/06/2019 08/06/2019	8.30 AM - 4.00 PM	
Venue	College Auditorium Tagore Medical College & Hospital		
Target audience/Stakeholder	THIRD YEAR MBBS students		
Number of Participants	158 students		
Program/Event Organized by	Department Of Microbiology & MEU		
Resource Persons Name and Topic Taken	Name	Designation	Topic Taken
	Dr.I Kannan	Associate Professor	Installation of software's 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

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			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
Objective of the Program	The primary objective of the course was to provide students with hands-on training in using online tools and software for drug development. By the end of the course, participants were expected to gain proficiency in applying various techniques and resources to develop drugs for different diseases.		

Report of the program

The Department of Microbiology organized a hands-on training course on the application of various online tools and software in drug development for diseases. The course aimed to equip students with practical knowledge and skills to utilize digital resources effectively in the field of drug development. The program was led by Dr. I Kannan, Associate Professor in the Department of Microbiology.

The primary objective of the course was to provide students with hands-on training in using online tools and software for drug development. By the end of the course, participants were expected to gain proficiency in applying various techniques and resources to develop drugs for different diseases.

The training program covered the following key aspects:

1. Introduction to Drug Development: An overview of the drug development process, including identification, design, and testing of potential drugs.

2. Online Tools and Software: Demonstrations and practical sessions on using various online tools and software specifically tailored for drug development purposes.

3. Real-world Examples: The participants were provided with relevant examples and case studies to better understand the practical application of the demonstrated techniques.

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4. Hands-on Practice: The participants actively engaged in hands-on practice during the course, gaining valuable experience in using digital resources.

Dr. I Kannan, an esteemed Associate Professor in the Department of Microbiology, served as the resource person for the course. His expertise in the field and passion for teaching ensured that the participants received valuable insights and guidance.

he hands-on training course on online tools and software in drug development for diseases organized by the Department of Microbiology proved to be highly beneficial for the participating students. By gaining practical experience in utilizing digital resources, the participants enhanced their skills and knowledge in drug development, contributing to their overall academic and professional growth. The success of the program indicates the importance of incorporating such practical training initiatives to equip students with relevant and applicable skills in their chosen fields of study.

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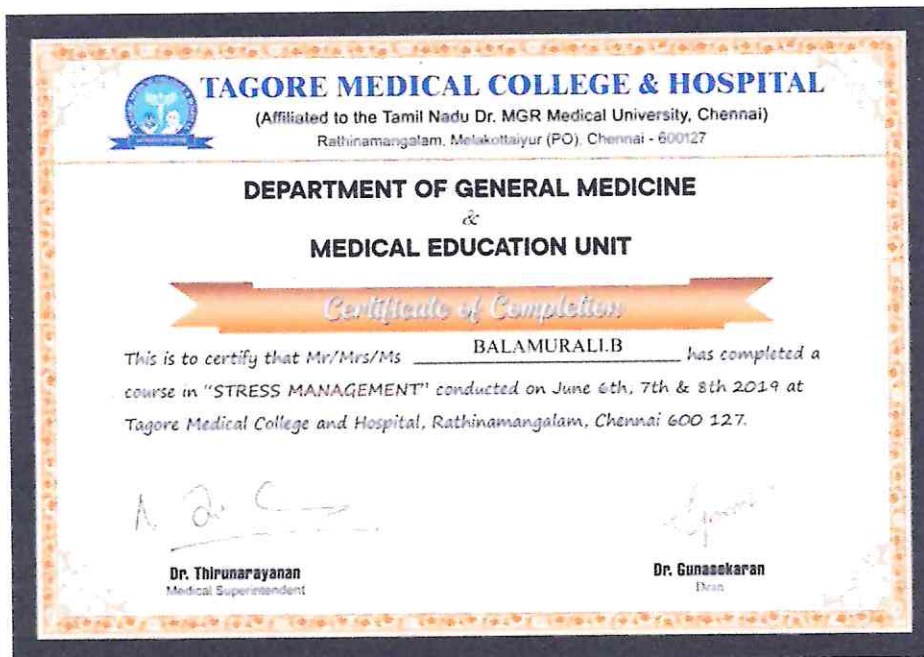# TAGORE MEDICAL COLLEGE & HOSPITAL

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Sample Certificate

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DEPARTMENT OF MICROBIOLOGY
In Collaboration With
MEDICAL EDUCATION UNIT

Certificate of Completion

This is to certify that Mr/Mrs/Ms _____AADARSHNA R_____

has completed a short course on "COMPUTER AIDED DRUG DESIGNING"

held on 6th, 7th & 8th June, 2019 at Tagore Medical College and Hospital,

Dr. Thirunarayanan
Medical Superintendent

Dr. Gunasekaran
Dean

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DEPARTMENT OF MICROBIOLOGY
In Collaboration With
MEDICAL EDUCATION UNIT

Certificate of Completion

This is to certify that Mr/Mrs/Ms _____AARTHI D_____

has completed a short course on "COMPUTER AIDED DRUG DESIGNING"

held on 6th, 7th & 8th June, 2019 at Tagore Medical College and Hospital,

Dr. Thirunarayanan
Medical Superintendent

Dr. Gunasekaran
Dean

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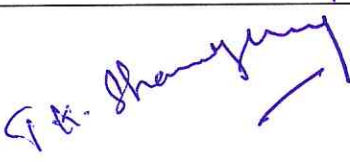RATHINAMANGALAM, MELAKOTTAIYUR POST,
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DEPARTMENT OF MICROBIOLOGY

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Certificate of Completion

This is to certify that Mr/Mrs/Ms _____ BALASUBRAMANIAN B _____

has completed a short course on "COMPUTER AIDED DRUG DESIGNING"

held on 6th, 7th & 8th June, 2019 at Tagore Medical College and Hospital.

Dr. Thirunarayanan
Medical Superintendent

Dr. Gunasekaran
Dean

Organizing Secretary	**Head of the institution**

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PROGRAMME REPORT

Name/Title of the program	YOGA and MEDITATION		
Date and Time	09.10.2018, 10.10.2018 11.10.2018	9.30 AM-5.00 PM	
Venue	College auditorium Tagore medical college & hospital		
Target audience/Stakeholder	I year MBBS students		
Number of Participants	163 students		
Program/Event Organized by	Medical education Unit & Department of Community Medicine		
Resource Persons Name and Topic Taken	Name	Designation	Topic Taken
	Dr Damodharan	Professor	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

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			Body alignment
			Yinyang Yoga
			Patanjali's Yoga Sutra
Objective of the Program		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.		

Detailed report of the program

The inaugural program commenced with the presence of two distinguished guests: Dean Dr. Gunasekaran and Medical Superintendent Dr. Thirunarayanan. Their presence added significance to the event and showcased the support from the medical college.

The course was led by Prof. Dr. Damodharan, a PhD holder in Yoga and a Psychologist. He is also associated with the Art of Living and is a Faculty member in the Youth Leadership Training Program. Having an expert like him as the resource person ensured a high-quality and insightful learning experience for the attendees.

The event saw active participation from 150 students who registered and attended the course. The group Yoga sessions must have been particularly engaging, as the audience was also allowed to perform various poses. This interactive approach likely made the sessions more enjoyable and helped the participants connect with the practice of Yoga.

Upon the successful completion of the course, the participants were awarded course completion certificates. This recognition must have encouraged the students and given them a sense of achievement for taking part in the program.

Overall, the Yoga and Meditation course proved to be highly beneficial, with all 150 students attending the course enthusiastically. The program aimed to equip the students with tools to handle various issues and stress during their study period, promoting physical and mental well-being among the

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participants. Such initiatives are essential for nurturing the overall health of students and promoting a positive learning environment.

Group Yoga Session

Performance by the students

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DEPARTMENT OF COMMUNITY MEDICINE
in association with
MEDICAL EDUCATION UNIT

Certificate of Participation

This is to certify that Mr/Mrs/Ms ADOLFINA DIVINA MORAIS I has completed a
short course in "YOGA & MEDITATION" held on October 9th, 10th & 11th, 2018
at Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Thirunarayanan
Medical Superintendent

Dr. Gunasekaran
Dean

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DEPARTMENT OF COMMUNITY MEDICINE
in association with
MEDICAL EDUCATION UNIT

Certificate of Participation

This is to certify that Mr/Mrs/Ms ABISHAKE PRASANNA K K has completed a
short course in "YOGA & MEDITATION" held on October 9th, 10th & 11th, 2018
at Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Thirunarayanan
Medical Superintendent

Dr. Gunasekaran
Dean

Organizing Secretary	**Head of the Institution**

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PROGRAMME REPORT

Name/Title of the program	Computer skills and its application in Health Care		
Date and Time	04.12.2018, 05.12.2018, 06.12.2018	9.00 am to 4.00 pm	
Venue	Lecture hall - II Tagore medical college & hospital		
Target audience/Stakeholder	II year MBBS students		
Number of Participants	163 students		
Program/Event Organized by	Medical education Unit &Information technology Department		
Resource Persons Name and Topic Taken	Name	Designation	Topic Taken
	Mr. Anil Jenifer B.Tech	System Admin	Basic of windows 10 How to create, share and collaborate documents using Google drive, MS Word 2016 windows defender, Ms Excel 2016, Ms Word 2016, Ms Power point 2016 create voice narration, Rotating object, animated slides using images and graphics, professional presentation, Hyperlinks hand on workshop
Objective of the Program	The primary objective of this program is to provide healthcare professionals with essential knowledge about the basics of computers, equipping them with valuable skills for their future presentations, research activities, and data reviewing. **Outcomes:** Upon completion of the program, healthcare professionals can expect the following outcomes:		

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Enhanced Computer Proficiency: Participants will gain a strong foundation in computer basics, enabling them to navigate digital tools and technologies with ease.

Confident Presentations: Healthcare professionals will have the skills to create and deliver engaging and professional presentations, effectively conveying their research findings and medical knowledge.

Improved Research Abilities: Participants will be better equipped to conduct research activities, analyse data, and review medical literature, contributing to evidence-based healthcare practices.

Efficient Data Management: Healthcare professionals will possess the knowledge and skills to handle patient data and research data responsibly and securely.

Streamlined Collaboration: Understanding digital collaboration tools will enable participants to work efficiently with colleagues and research teams, improving overall productivity.

Detailed report of the program

The Medical Education Unit organized a comprehensive course to familiarize students with computer basics and the fundamentals of Windows 10. The course also covered essential skills in creating, sharing, and collaborating on documents using various software tools, including Google Drive, MS Word 2016, Windows Defender, MS Excel 2016, and MS PowerPoint 2016. Additionally, students learned how to incorporate voice narration, rotating objects, creating professional presentations, using hyperlinks, and participated in hands-on workshops.

Course Details:

- Organizer: Medical Education Unit
- Purpose: To familiarize students with computer basics and various software tools for document creation and collaboration.

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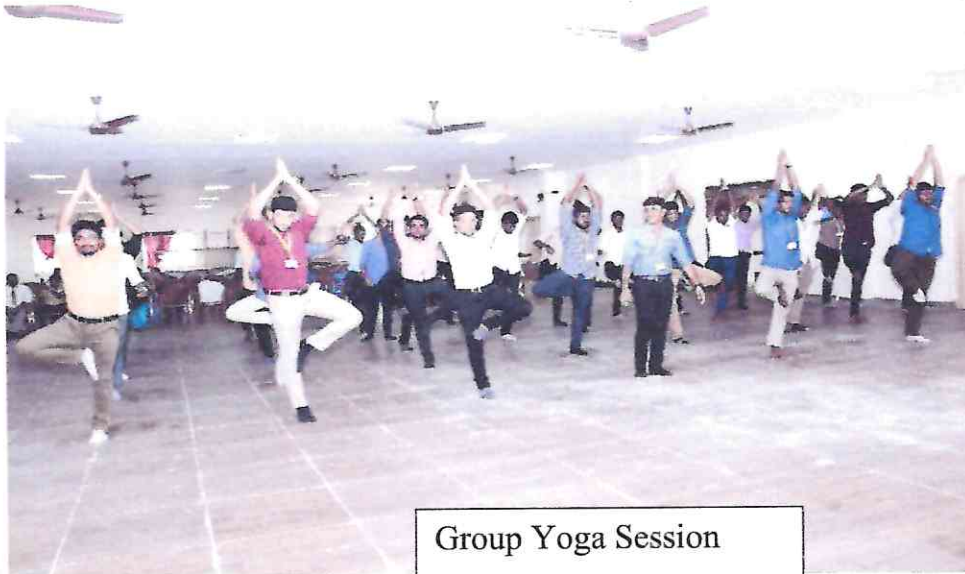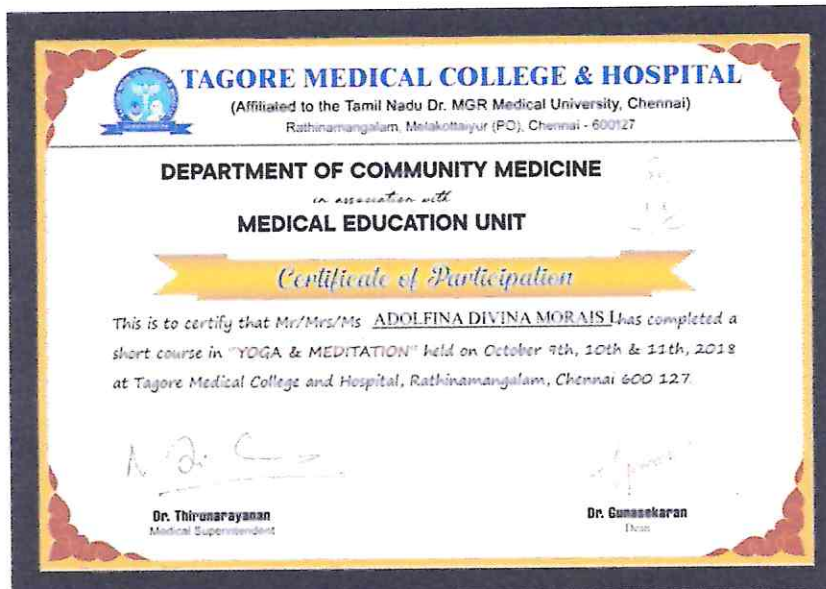
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- **Topics Covered:** Computer basics, Windows 10, Google Drive, MS Word 2016, Windows Defender, MS Excel 2016, MS PowerPoint 2016, voice narration, rotating objects, creating professional presentations, and using hyperlinks.

Participants and Beneficiaries:

A total of 163 students registered for the course, and 160 students benefited from the training. The course received positive feedback and appreciation from the participants.

Course Completion and Feedback:

All participants received course completion certificates upon successfully completing the training. Feedback was actively sought from the students to evaluate the effectiveness of the course and identify areas for improvement.

Benefits for Students:

The course proved to be highly beneficial for the students in various aspects:

1. **Enhanced Computer Skills:** Participants gained proficiency in using computers and various software tools, empowering them to navigate the digital world confidently.

2. **Document Collaboration:** Learning how to create, share, and collaborate on documents using tools like Google Drive and MS Word 2016 prepared students for effective teamwork and seamless document management.

3. **Presentation Skills:** The course equipped students with the knowledge and skills to create professional presentations, including voice narration and rotating objects, enhancing their ability to deliver impactful seminars and projects.

4. **Research Project Support:** The acquired computer and software skills are invaluable for conducting research projects efficiently and producing high-quality outputs.

The course organized by the Medical Education Unit effectively empowered students with computer and software proficiency. The knowledge gained in document creation, collaboration, and presentation skills will serve the participants well in their academic pursuits, seminar presentations, and research projects. The initiative of providing hands-on training and engaging with various software tools ensured that the students can apply these skills effectively in their academic and professional lives.

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WORKSHOP

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Teaching session

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MEDICAL EDUCATION UNIT

Certificate of Participation

This is to certify that Mr/Mrs/Ms _____ AARTHI. M _____ has completed a short course in "COMPUTER SKILLS AND ITS APPLICATION IN HEALTH CARE" held in the month of December on 4th, 5th & 6th 2018 at Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Thirunarayanan
Medical Superintendent

Dr. Gunasekaran
Dean

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MEDICAL EDUCATION UNIT

Certificate of Participation

This is to certify that Mr/Mrs/Ms _____ DAVE MATHEW _____ has completed a
short course in "COMPUTER SKILLS AND ITS APPLICATION IN HEALTH CARE"
held in the month of December on 4th, 5th & 6th 2018 at Tagore Medical College
and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Thirunarayanan
Medical Superintendent

Dr. Gunasekaran
Dean

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MEDICAL EDUCATION UNIT

Certificate of Participation

This is to certify that Mr/Mrs/Ms _____ APEKSHA R _____ has completed a
short course in "COMPUTER SKILLS AND ITS APPLICATION IN HEALTH CARE"
held in the month of December on 4th, 5th & 6th 2018 at Tagore Medical College
and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Thirunarayanan
Medical Superintendent

Dr. Gunasekaran
Dean

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Organizing Secretary	**Head of the institution**

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PROGRAMME REPORT

Name/Title of the program	**Finishing School – Transforming into Professionals**
Date and Time	19.10.2021, 20.10.2021 & 21.10.2021 8.30 AM - 5.00 PM
Venue	**Auditorium** **Tagore medical college & hospital**
Target audience/Stakeholder	CRRI - MBBS students
Number of Participants	157 Students
Program/Event Organized by	Department Of General Medicine in association with MEU

Resource Persons Name and Topic Taken	Name	Designation	Topic Taken
	Dr.K.B.PrasannaM.D	Professor	Module 1- Personality development Skill Module2- Communication skills Module 3 - Time management) Module 4 – Ethics and Etiquette Module5-Pre placement skill

Objective of the Program	Upon completion of course, the student will be able to: Appreciate relationship between human diversity in effective teambuilding and apply critical thinking and problem-solving skills in managing real life problems and situations • Deliver tailor made verbal and non-verbal communication to various workplace audiences, including patients, care-takers, and other Health care professionals. • Develop practical time management skills for scheduling, planning and

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	prioritizing work.
	• Exhibit professional and ethical responsibility and incorporate ethical reasoning into clinical practice.
	Demonstrate safe and ethical behavior of online communication (social networking sites)

Report About the program

This program was exclusively arranged for the CRRIs before starting their internship Program. This course was organised by the department of General medicine. The students will be benefited with the following

The course was organized by the Department of General Medicine in association with the medical education unit. The course was organized for the students to manage and cope up stress during Examination.

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.

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.

Module 5 - Pre placement skill (3 hours)

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Teaching Session

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Sample Certificate

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DEPARTMENT OF GENERAL MEDICINE
In Collaboration With
MEDICAL EDUCATION UNIT

Certificate of Completion

This is to certify that Mr/Mrs/Ms. ___KARTHICK RAJA K___ has completed a course on "FINISHING SCHOOL TRANSFORMING INTO PROFESSIONALS" conducted on October 19th, 20th & 21st 2021 at Tagore Medical College & Hospital, Rathinamangalam, Chennai 600 127.

Dr. Siva Prakasam
Medical Superintendent

Dr. Gunasekaran
Dean

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DEPARTMENT OF GENERAL MEDICINE
In Collaboration With
MEDICAL EDUCATION UNIT

Certificate of Completion

This is to certify that Mr/Mrs/Ms. ___MONISHA PRIYADHARSHINI J P___ has completed a course on "FINISHING SCHOOL TRANSFORMING INTO PROFESSIONALS" conducted on October 19th, 20th & 21st 2021 at Tagore Medical College & Hospital, Rathinamangalam, Chennai 600 127.

Dr. Siva Prakasam
Medical Superintendent

Dr. Gunasekaran
Dean

Organizing Secretary	**Head of the institution**

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PROGRAMME REPORT

Name/Title of the program	STRESS MANAGEMENT		
Date and Time	8th 9th &10th July 2021	9.00 AM-5.00 PM	
Venue	Lecture Hall II TAGORE MEDICAL COLLEGE & HOSPITAL		
Target audience/Stakeholder	III MBBS students		
Number of Participants	152 students		
Program/Event Organized by	Department Of General Medicine & Medical education Unit		
Resource Persons Name and Topic Taken	Name	Designation	Topic Taken
	Dr. Prasanna	Professor	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

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			to induce permanent relief from stress by penetrating the core level to change the thought processes of the participants 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
Objective of the Program	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		

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Report of the program
The course was organized by the Department of General Medicine in association with the Medical education unit. The course was organized for the students to manage and cope up stress during Examination.   Course completion certificate was given to all the participants and feedback was also obtained from the students.

Photos

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DEPARTMENT OF GENERAL MEDICINE
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Certificate of Completion

This is to certify that Mr/Mrs/Ms ___AJAY MANI SUBHRA P___ has completed a course in "STRESS MANAGEMENT" conducted on July 8th, 9th & 10th 2021 at Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Siva Prakasam
Medical Superintendent

Dr. Gunasekaran
Dean

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DEPARTMENT OF GENERAL MEDICINE
&
MEDICAL EDUCATION UNIT

Certificate of Completion

This is to certify that Mr/Mrs/Ms ___SATHISH KUMAR S___ has completed a course in "STRESS MANAGEMENT" conducted on July 8th, 9th & 10th 2021 at Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Siva Prakasam
Medical Superintendent

Dr. Gunasekaran
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Organizing Secretary	**Head of the institution**

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PROGRAMME REPORT

Name/Title of the program	**Basics in bioinformatics**		
Date and Time	July 1st,2nd & 3rd 2021		8.30-5.30
Venue	Lecture Hall II **TAGORE MEDICAL COLLEGE & HOSPITAL**		
Target audience/Stakeholder	IV MBBS students		
Number of Participants/ Registered	162 students		
Program/Event Organized by	Department Of Anatomy In Association With MEDICAL EDUCATION UNIT		
	Name	Designation	Topic Taken
Resource Persons Name and Topic Taken	Dr.Venkataraman Dr. A.Suvitha Dr. I. Kannan	Professor Associate Prof Associate Prof	Installation of software's 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

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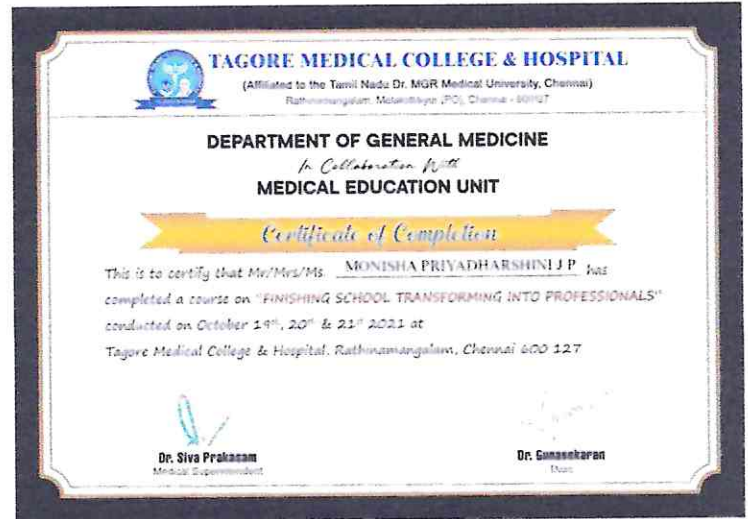
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			Preparation of ligand – Drug designing software- ACD chemsketch – Preparation of lead molecules – OPENBABEL Software Demonstration
Objective of the Program	The objective of the present course is to give hands on training in application of various online tools and software 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		

Report of the program

The course was organized by the Department of Anatomy   The course was organized for the students to get to give hands on training in application of various online tools and software in drug development for diseases. The course started with the introduction of the speakers by the Head of Dept of Anatomy & MEU coordinator Dr. DH Gopalan. He introduced the following three speakers for the course.

SPEAKERS

VDr. Natarajan Venkataraman an M.Sc.,Ph.D.

Professor, Saveetha Dental College &Hospitals

Dr.A.Suvitha B.Sc.,M.Sc.,P.hd in chemistry

Associate Professor of chemistry ,Thassim Beevi Abdul Kader College for Women Kalamkari

Dr. I. Kannan, M.Sc.,P.hd

Associate Professor of Microbiology,Tagore Medical College and Hospital

The first speaker Dr. Venkataraman gave a brief note about Molecular docking which is a powerful computational technique used in drug discovery and design. It plays a crucial role in understanding the interactions between ligands (small molecules or potential drugs) and target proteins (usually enzymes or receptors) at the molecular level.

The second speaker spoke about Principles of Molecular Docking which include Ligand Preparation. Protein Preparation, Docking Algorithm.

The third speaker covered about Applications of Molecular Docking like Lead Optimization, Virtual

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Screening, Prediction of Binding Modes, Identification of Off-Target Effects, Fragment-Based Drug Design, De Novo Drug Design: Challenges in Molecular Docking, Scoring Function Accuracy

Conclusion: Molecular docking is an indispensable computational tool in modern drug discovery and design. Its ability to predict ligand-receptor interactions provides valuable insights into the molecular basis of drug-target interactions. By assisting in lead optimization, virtual screening, and de novo drug design, molecular docking accelerates the drug development process, making it an essential component in the quest for new therapeutic agents.

As computing power and algorithms continue to advance, molecular docking will play an increasingly critical role in the identification and optimization of drug candidates, ultimately leading to improved treatments and better healthcare outcomes. However, researchers must be mindful of the limitations and challenges associated with docking techniques and adopt appropriate validation methods to ensure the reliability of their results.

Course completion certificate was given to all the participants and feedback was also obtained from the students.

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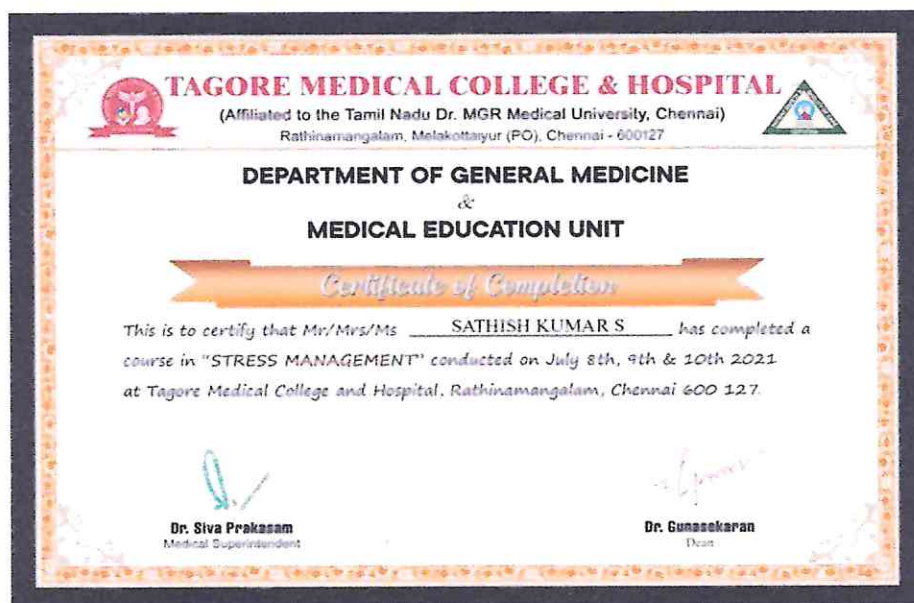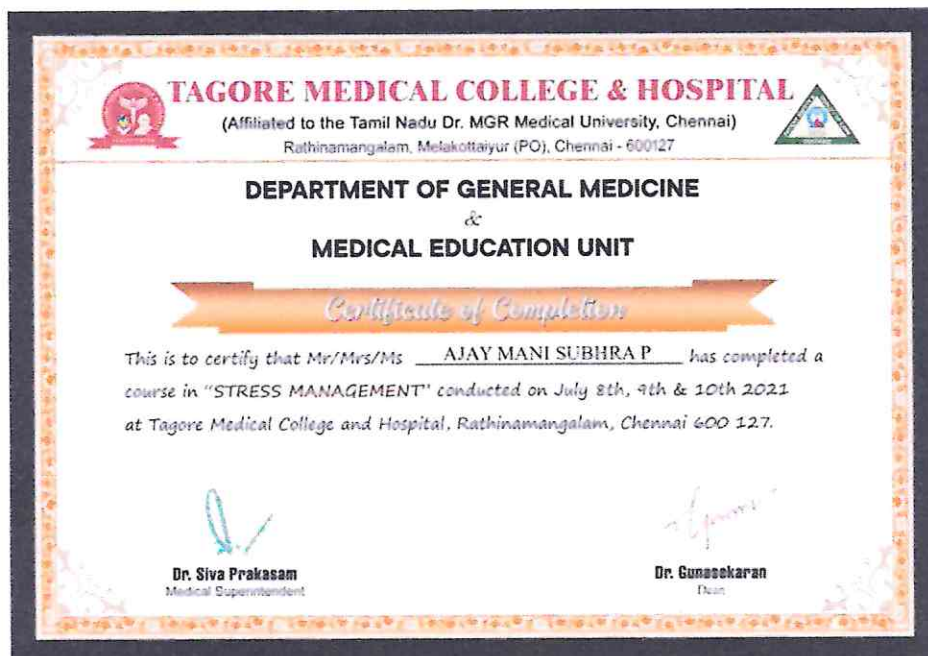
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Sample Certificate

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DEPARTMENT OF ANATOMY

In Collaboration With

MEDICAL EDUCATION UNIT

Certificate of Completion

This is to certify that Mr/Mrs/Ms. _____ AARTHI. M _____ has completed a course on "BASICS IN BIOINFORMATICS" held on July 1st, 2nd & 3rd 2021 at Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Siva Prakasam
Medical Superintendent

Dr. Gunasekaran
Dean

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DEPARTMENT OF ANATOMY

In Collaboration With

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Certificate of Completion

This is to certify that Mr/Mrs/Ms. _____ IMRAN KHAN H _____ has completed a course on "BASICS IN BIOINFORMATICS" held on July 1st, 2nd & 3rd 2021 at Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Siva Prakasam
Medical Superintendent

Dr. Gunasekaran
Dean

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DEPARTMENT OF ANATOMY

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Certificate of Completion

This is to certify that Mr/Mrs/Ms. _____ABISHEK K_____ has completed a course on "BASICS IN BIOINFORMATICS" held on July 1st, 2nd & 3rd 2021 at Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Siva Prakasam
Medical Superintendent

Dr. Gunasekaran
Dean

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DEPARTMENT OF ANATOMY

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Certificate of Completion

This is to certify that Mr/Mrs/Ms. ____AKSARA NACHIYAR A____ has completed a course on "BASICS IN BIOINFORMATICS" held on July 1st, 2nd & 3rd 2021 at Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Siva Prakasam
Medical Superintendent

Dr. Gunasekaran
Dean

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DEPARTMENT OF ANATOMY

In Collaboration With

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Certificate of Completion

This is to certify that Mr/Mrs/Ms. _____DOROTHY R_____ has completed
a course on "BASICS IN BIOINFORMATICS" held on July 1st, 2nd & 3rd 2021 at
Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Siva Prakasam
Medical Superintendent

Dr. Gunasekaran
Dean

Organizing Secretary	**Head of the institution**

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PROGRAMME REPORT

Name/Title of the program	**COMPUTER AIDED DRUG DESIGNING**	
Date and Time	June 3rd ,4th & 5th 2021.	8.30-4.00 PM
Venue	Lecture Hall II TAGORE MEDICAL COLLEGE & HOSPITAL	
Target audience/Stakeholder	II MBBS students	
Number of Participants	139+20 students Total 159 students	
Program/Event Organized by	DEPARTMENT OF MICROBIOLOGY	

Resource Persons Name and Topic Taken	Name	Designation	Topic Taken
	DR.I KANNAN	Associate Professor	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

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			Preparation of ligand – Drug designing software- ACD chemsketch – Preparation of lead molecules – OPENBABEL Software Demonstration
Objective of the Program		The objective of the present course is to give hands on training in application of various online tools and software's 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	

Detailed report of the program
The course was organized by the Department of Microbiology   The course was organized for the students to get to give hands on training in application of various online tools and software's in drug development for diseases. In 2018 - 2019 batch a total of 139 and Supplementary batch 20 students registered for the course. Total 159 students were benefited Course completion certificate was given to all the participants and feedback was also obtained from the students.

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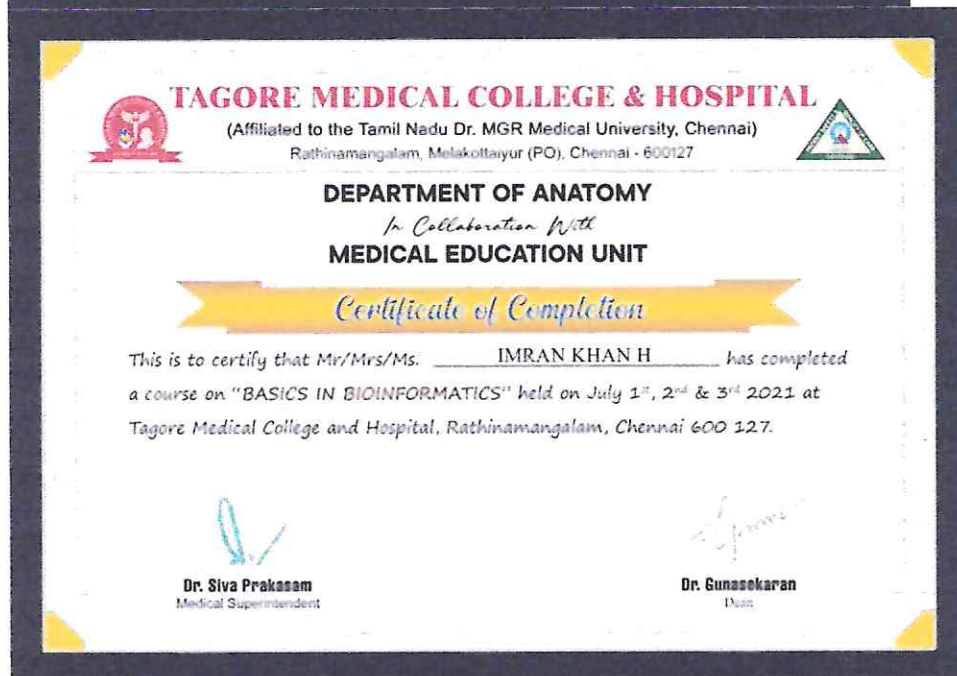
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DEPARTMENT OF MICROBIOLOGY

In Collaboration With

MEDICAL EDUCATION UNIT

Certificate of Completion

This is to certify that Mr/Mrs/Ms _____ AAKASH RAM A ___ has completed a course on "COMPUTER AIDED DRUG DESIGNING" held on 3rd, 4th & 5th June, 2021 at Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Siva Prakasam
Medical Superintendent

Dr. Gunasekaran
Dean

DEAN
TAGORE MEDICAL COLLEGE & HOSPITAL
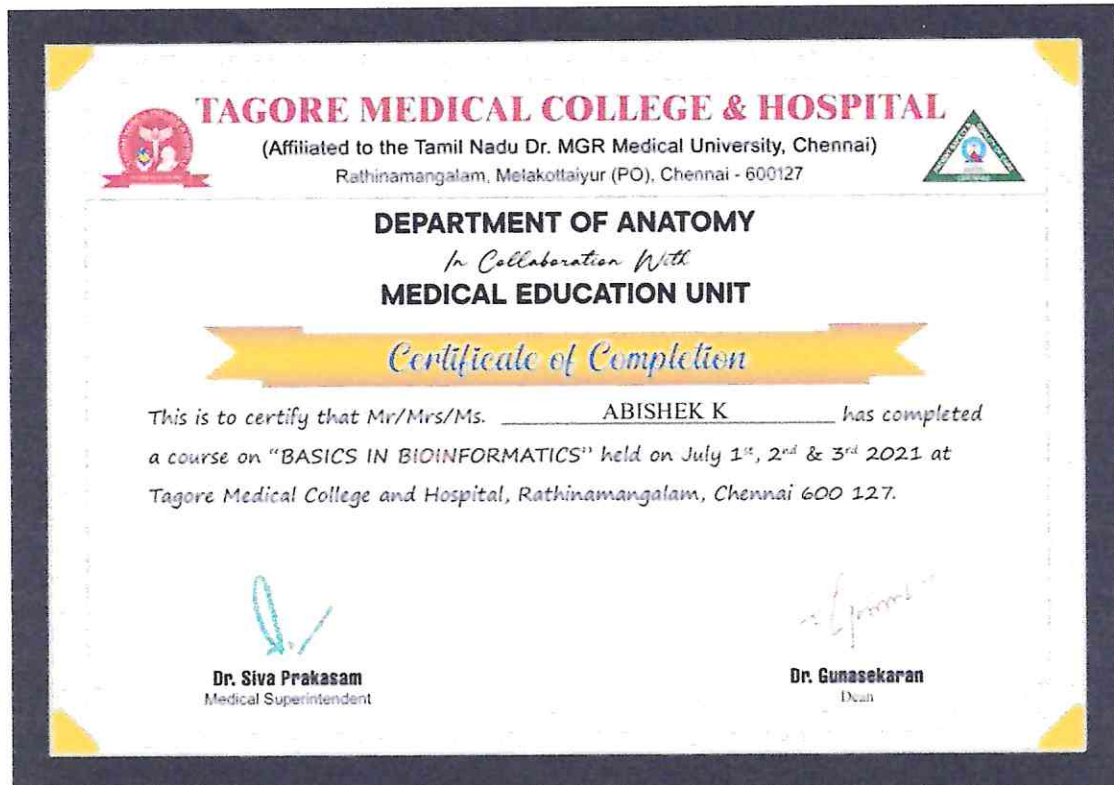RATHINAMANGALAM, MELAKOTTAIYUR POST,
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DEPARTMENT OF MICROBIOLOGY

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Certificate of Completion

This is to certify that Mr/Mrs/Ms _____ ALEENA JOHN ____ has completed a course on "COMPUTER AIDED DRUG DESIGNING" held on 3rd, 4th & 5th June, 2021 at Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Siva Prakasam
Medical Superintendent

Dr. Gunasekaran
Dean

Organizing Secretary	**Head of the institution**

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PROGRAMME REPORT

Name/Title of the program	**YOGA & MEDITATION**		
Date and Time	20/02/2021- 20/05/2021		16 hours
Venue	College Auditorium **TAGORE MEDICAL COLLEGE & HOSPITAL**		
Target audience/Stakeholder	First Year MBBS		
Number of Participants	149+ 12 students (2020-2021) Total 161 students		
Program/Event Organized by	DEPARTMENT OF COMMUNITY MEDICINE & MEDICAL EDUCATION UNIT		
Resource Persons Name and Topic Taken	Name	Designation	Topic Taken
	Dr Dhamodaran	Professor	History of Yoga Poses to Improve Flexibility Poses that Perfects your posture About asanas that Builds muscle strength Asanas to Improves your mental ability & strength Asanas to Improve Focus and memory power Principal Yoga asanas Hatha Yoga Pranayama Body alignment Yinyang Yoga Patanjali's Yoga Sutra

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Objective of the Program	This course offers various poses that helps to Engineer an inner transformation in the very way you look at your life, your work, and the world that you inhabit Yoga & meditation to Improve Flexibility, Perfects your posture, Builds muscle strength, Improves your bone and cartilage strength, Improves your mental ability & strength.

Detailed report of the program

A course on YOGA and MEDITATION

Tagore medical college and hospital organized a short course on YOGA and MEDITATION which took place in the college auditorium premises from February 20th 2021 to 20th May presided over by the Dean Prof Dr Kumudha Lingaraj, Prof Dr Karunanithi R medical superintendent.

Prof Dr Damodaran PhD (Yoga) Psychologist & Faculty Art of Living, Youth Leadership Training Programmer was the resource person.161 Students registered and attended the course The Group YOGA session made even more interesting when the audience were also allowed to perform various poses. The participants were also given course completion certificates

Overall 161 students were benefited by this Yoga & Meditation Program. This program was rendered to the students to handle various issues and stress during their study period.

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Group Yoga Session

Pranayama Session

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DEPARTMENT OF COMMUNITY MEDICINE

In Association With

MEDICAL EDUCATION UNIT

Certificate of Participation

This is to certify that Mr/Mrs/Ms. _____ AARTHI P _____ has completed
the course on "YOGA & MEDITATION" from February to May month during the
academic year 2020 - 2021 at Tagore Medical College and Hospital,
Rathinamangalam, Chennai 600 127.

Dr. Karunanidhi
Medical Superintendent

Dr. Kumudha Lingaraj
Dean

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DEPARTMENT OF COMMUNITY MEDICINE

In Association With

MEDICAL EDUCATION UNIT

Certificate of Participation

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Dr. Karunanidhi
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PROGRAMME REPORT

Name/Title of the program	**RESEARCH METHODOLOGY**	
Date and Time	19th 20th & 21th November- 2020	8.30-5.00 PM
Venue	Lecture Hall TAGORE MEDICAL COLLEGE & HOSPITAL	
Target audience/Stakeholder	Post Graduates- I year	
Number of Participants	27 students	
Program/Event Organized by	DEPARTMENT OF COMMUNITY MEDICINE	

	Name	Designation	Topic Taken
Resource Persons Name and Topic Taken	Dr. A. Balaji Dr.C.Sivagurunathan Dr.M.Ezhilvanan	Professor & Head Associate Professor Statistician	**UNIT I** Definition, Characteristics and Objectives of Research and Scientific methods Research Methodology: An Introduction and Basic Overview Formulating the Research Process and Research Problem Defining the Research Problem and Research Questions Research Methods vs. Research Methodology

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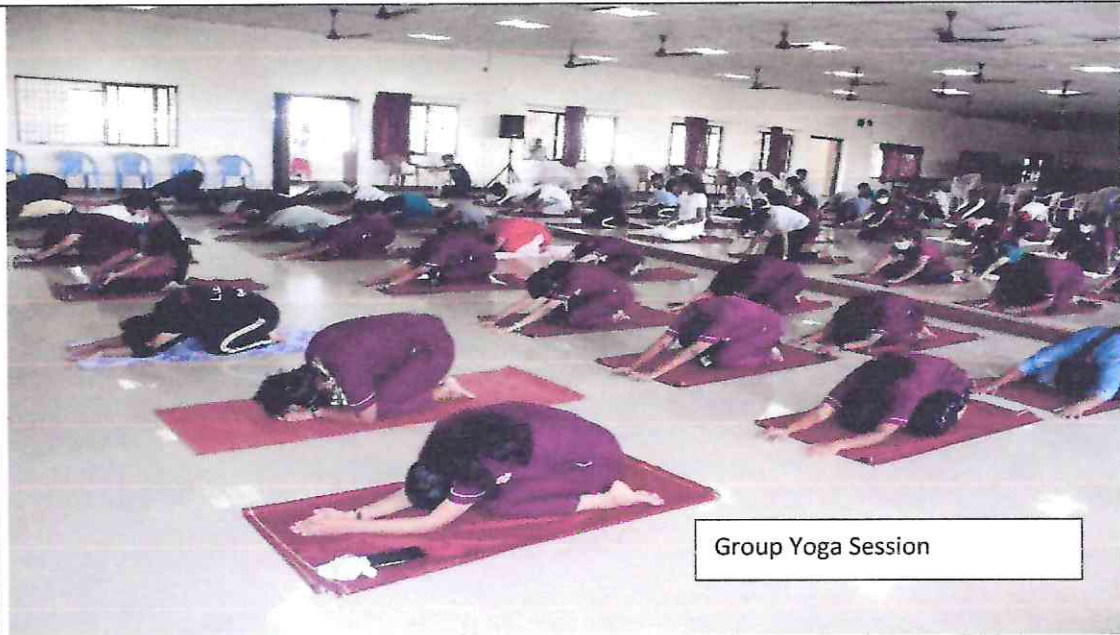RATHINAMANGALAM, MELAKOTTAIYUR POST,
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			UNIT II Formulation of Hypothesis
			Sources of Hypothesis
			Characteristics, Role and Tests of Hypothesis
			Research Design
			Sampling Design
			Data Collection
			UNIT III
			Processing and Analysis of Data
			Processing Operations
			Statistics in Research
			Descriptive Statistics
			Inferential Statistics
			Elements / Types of Analysis
			Interpretation of Data
			UNIT IV
			Current trends in Research
			Mono-disciplinary Research
			Trans-disciplinary Research
			Inter-disciplinary Research
			Computer & Internet: Its Role in Research
			Threats and Challenges to Good Research
			UNIT V
			Writing a Article, Essay, Research

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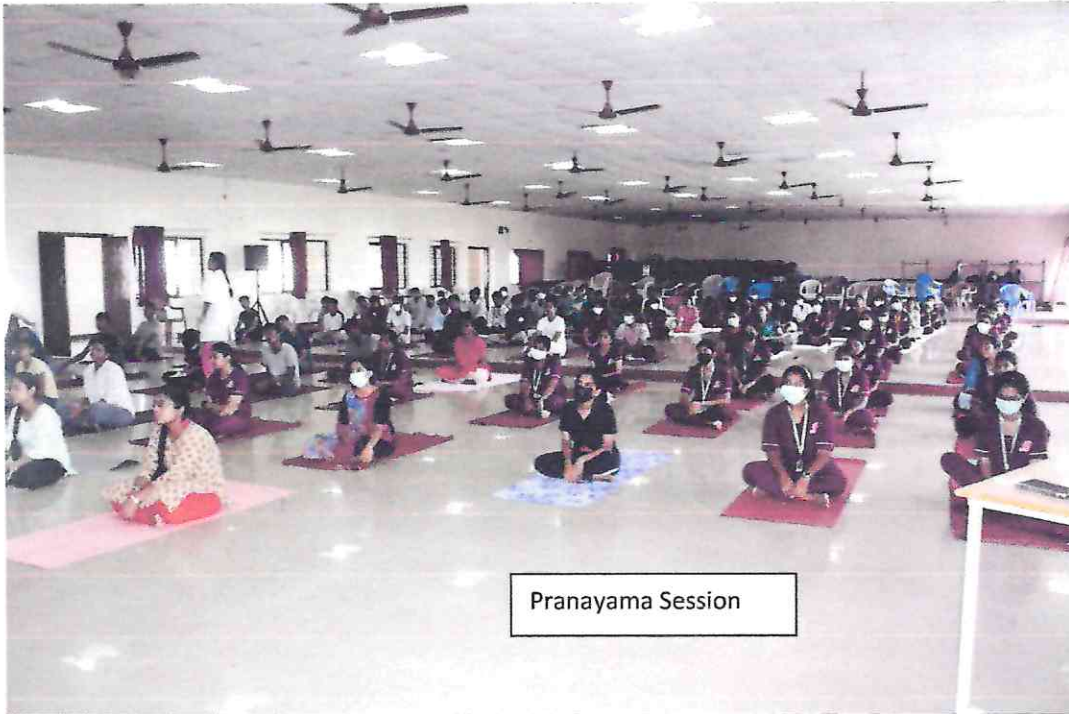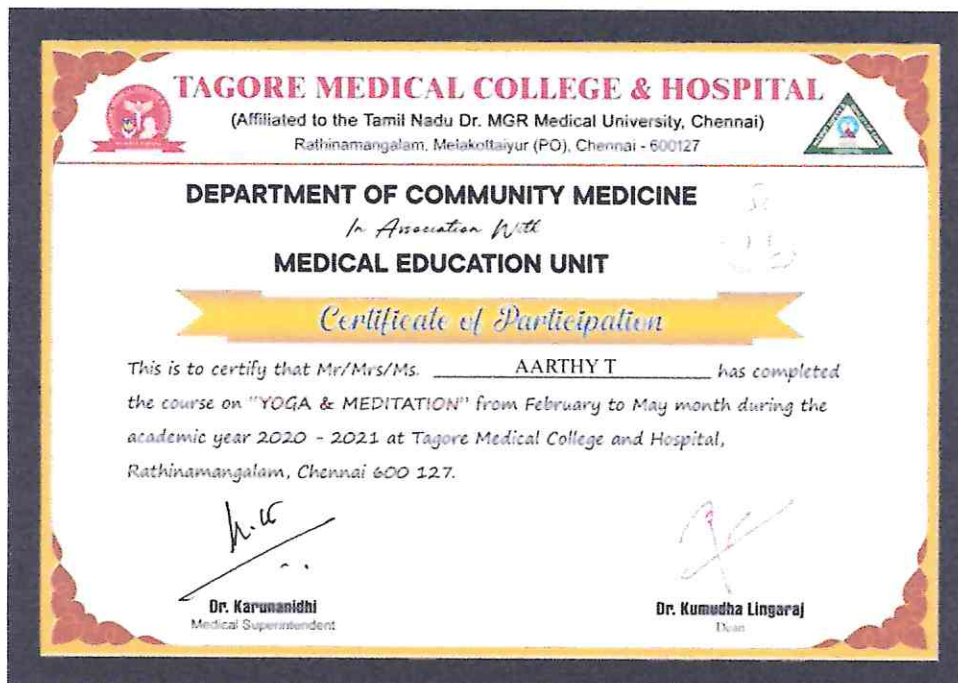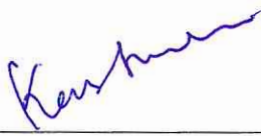Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.

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			Paper and Research Project
			Criteria of Good Research
			Research Ethics
			Citation Methods & Citation Rules
			Foot Note, Text Note, End Note
			and Bibliography
Objective of the Program			1. The objective of the present course is to give knowledge to the students about the Research Methodology 2. The participants will be given training about how to write the research article, ethics and Basic Overview Formulating the Research Process and Research Problem. Citation methods and various other important key note about research methodology.

Report of the program

The Event began at 9am Dr.Balaji, Prof and Hod, Department Of Community Medicine, Tmch, gave the welcome address and formally introduced the resource persons to the participants. After the self-introduction of the participants, pre-test was conducted after Pre-Test.

The First session on introduction and steps in medical research was taken by dr.a.balaji. He highlighted the importance of research in post graduate curriculum and explained the various steps involved in conducting biomedical research.

The various modes of literature search was explained in details. This was followed by the session on research study designs by Dr.C.Sivagurunathan, Associate Professor, Community Medicine. He discussed the types of quantitative and qualitative study designs with appropriate example. The following tea break, Dr.N.Gunasekaran, Dean Tagore medical college and hospital addressed the participants. He

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emphasized on the need for conducting research and the importance of learning updating ourselves with latest guidelines and treatment protocols. This was followed by session on sample methods and sample size calculation by Dr.Balaji, Prof and Hod. Dr.M.Ezhilvanan, Statiscian. Discussed the various methods of probability and non-probability sampling and explained the sample size estimation techniques for different study designs. Following this session, the application of statistics in medical search was discussed by Dr.A Balaji & Dr.M.Ezhilvanan. They highlighted the importance of choosing the appropriate statistical test for the purpose of data analysis.

A Group activity in which the participants were divided into four groups and were asked to prepare a thesis proposal. This was facilitated by the resource persons and the participants were asked to present the proposals developed by them and necessary corrections were done by the resource persons. All the sessions were followed by group activity where the participants were actively involved in problem Solving.

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This is to certify that Mr/Mrs/Ms. ___BALAMURUGAN S___

has completed a Course on "RESEARCH METHODOLOGY"

held at Department of Community Medicine on 19th, 20th & 21st

November, 2020 at Tagore Medical College and Hospital,

Rathinamangalam, Chennai - 600 127.

CERTIFICATE OF COMPLETION ★ ★ ★

Medical Superintendent

Dean

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DEPARTMENT OF COMMUNITY MEDICINE & MEDICAL EDUCATION UNIT

This is to certify that Mr/Mrs/Ms. _____SIVARANJANI A_____

has completed a Course on "RESEARCH METHODOLOGY"

held at Department of Community Medicine on 19th, 20th & 21st

November, 2020 at Tagore Medical College and Hospital,

Rathinamangalam, Chennai – 600 127.

CERTIFICATE OF COMPLETION ★ ★ ★

Medical Superintendent

Dean

Organizing Secretary	Head of the institution

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DEPARTMENT OF COMMUNITY MEDICINE

ATTENDANCE SHEET

The following list of Post graduate students attended a short course on Research methodology

Academic Year: 2020-2021

S. No.	Register No.	Name OF THE STUDENT
1.	200120505501	MANIKANDAN G
2.	200120505502	NISHANTH S
3.	200120505503	NIVETHA D R
4.	200120505504	SIVAKUMAR S.P
5.	200120505505	YASHICA PRIYA R
6.	200320505501	BALAMURUGAN S
7.	200320505502	SIVARANJANI A
8.	200320505503	UMESH KRISHNA S
9.	200320505504	VEENA B
10.	200320505505	VIKNESH PRABHU M
11.	201520505501	KEERTHANA A
12.	201520505502	NIVETHA R
13.	201520505503	VINODHRAJA S
14.	201520505504	KAVITHA V
15.	220120505501	ILAKKIYA S
16.	220120505502	KABILAN @ VETRIVEL T
17.	220120505503	KARAN S
18.	220120505504	MANIGANDAN J
19.	220120505505	PREM KUMAR V
20.	220120505506	ASHWINKRISHNA S P

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21.	220220505501	ANBESAN P
22.	220220505502	NIVEDHA A
23.	220320505501	HELEN DHATCHAYANI K
24.	220320505502	RAMYA B
25.	220620505501	ARUN POORNESH E
26.	220620505502	BAVITHRA K
27.	220620505503	PREETHI K

No: of Students Registered: 27

No: of students attended: 27

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PROGRAMME REPORT

Name/Title of the program	Bioinformatics		
Date and Time	29th 30th & 31st JULY 2022		8.30-5.30
Venue	Lecture Hall II Tagore Medical College & Hospital		
Target audience/Stakeholder	Post graduates		
Number of Participants	31 students		
Program/Event Organized by	MEDICAL EDUCATION UNIT		
	Name	Designation	Topic Taken
Resource Persons Name and Topic Taken	Dr.Venkataraman Dr. A.Suvitha Dr. I. Kannan	Professor Associate Professor Associate Professor	Installation of software's 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

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			chemical structures from pubchem and ZINC database Preparation of ligand – Drug designing software- ACD chemsketch – Preparation of lead molecules – OPENBABEL Software Demonstration
Objective of the Program	The objective of the present course is to give hands on training in application of various online tools and software 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		

Report of the program

The course was organized by the Medical Education Unit. The course was organized for the Postgraduates to get to give hands on training in application of various online tools and software's in drug development for diseases.

The program started with the addressing the students by the MEU Coordinator Dr. DH. Gopalan. HE Introduced the speakers and later on the course was started.

The first speaker Dr. Venkataraman gave a brief note about Molecular docking which is a powerful computational technique used in drug discovery and design. It plays a crucial role in understanding the interactions between ligands (small molecules or potential drugs) and target proteins (usually enzymes or receptors) at the molecular level.

The second speaker spoke about Principles of Molecular Docking which include Ligand Preparation. Protein Preparation, Docking Algorithm.

The third speaker covered about Applications of Molecular Docking like Lead Optimization,

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Virtual Screening, Prediction of Binding Modes, Identification of Off-Target Effects, Fragment-Based Drug Design, De Novo Drug Design: Challenges in Molecular Docking, Scoring Function Accuracy

Conclusion: Molecular docking is an indispensable computational tool in modern drug discovery and design. Its ability to predict ligand-receptor interactions provides valuable insights into the molecular basis of drug-target interactions. By assisting in lead optimization, virtual screening, and de novo drug design, molecular docking accelerates the drug development process, making it an essential component in the quest for new therapeutic agents.

As computing power and algorithms continue to advance, molecular docking will play an increasingly critical role in the identification and optimization of drug candidates, ultimately leading to improved treatments and better healthcare outcomes. However, researchers must be mindful of the limitations and challenges associated with docking techniques and adopt appropriate validation methods to ensure the reliability of their results.

Course completion certificate was given to all the participants and feedback was also obtained from the students.

Photos

TEACHING SESSION

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Sample Certificate

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MEDICAL EDUCATION UNIT

Certificate of Completion

This is to certify that Mr/Mrs/Ms. _____AMBICA M_____ has completed a course on "BIOINFORMATICS" held on July 29th, 30th & 31st 2021 at Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Siva Prakasam
Medical Superintendent

Dr. Gunasekaran
Dean

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MEDICAL EDUCATION UNIT

Certificate of Completion

This is to certify that Mr/Mrs/Ms. _____KEERTHIKA K_____ has completed a course on "BIOINFORMATICS" held on July 29th, 30th & 31st 2021 at Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

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Medical Superintendent

Dr. Gunasekaran
Dean

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Organizing Secretary	**Head of the institution**

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PROGRAMME REPORT

Name/Title of the program	BASIC EPIDEMIOLOGY		
Date and Time	07/07/2022, 08/07/2022, 09/07/2022		8.30-5.00 PM
Venue	Lecture hall 2 Tagore Medical College & Hospital		
Target audience/Stakeholder	Medical undergraduates		
Number of Participants	146 Undergraduates		
Program/Event Organized by	Department Of Community Medicine & Medical Education Unit		
Resource Persons Name and Topic Taken	Name	Designation	Topic Taken
	Dr. Ramesh Harihara Iyer, MD	Professor & Head	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, and Assess Public Health Impact. Monitor Health Trends, Investigate Outbreaks Day 3- Evaluate Interventions, Inform

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			Public Health Policy, Understand Causation., Support Healthcare Planning, Improve Health Equity
Objective of the Program		The objective of epidemiology is to study and understand the distribution and determinants of health-related events, such as diseases and other health outcomes, in populations.	

Report About the program

The certificate course on Basic Epidemiology conducted on behalf of the Department of Community Medicine was successful and well-received by the III-year students. The event started with the Welcome Address given by the Professor & head of the department of Community Medicine Dr. Ramesh Harihara Iyer, MD who is also the Resource persons for the course. The participants then introduced themselves

Epidemiology is a crucial field for understanding and controlling diseases and health issues in populations. The fact that the course covered a wide range of topics, including the history of epidemiology and various types of epidemiological studies, indicates that the students received a comprehensive understanding of the subject. This foundational knowledge is essential for their future work and research in public health.

The emphasis on practical aspects, such as data collection and analysis, is highly valuable. Epidemiology heavily relies on data to make informed decisions and policies. By providing hands-on experience, the students are better prepared to apply their learning in real-world situations.

It's particularly encouraging to know that the feedback provided by the students was considered seriously, and actions were taken based on their suggestions. This responsiveness demonstrates the commitment of the organizers and the Department of Community Medicine to continuously improve and enhance the learning experience for the students.

Overall, the positive response from the students and the practical nature of the course indicate that it was a successful initiative in promoting knowledge and understanding of epidemiology among the

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future healthcare professionals. By equipping students with these skills and knowledge, they can contribute significantly to public health efforts and disease prevention in their future careers.

The course was very informative and provided a great introduction to the field of epidemiology. The course covered a wide range of topics, from the history of epidemiology to the different types of epidemiological studies. The course was also very practical, with a focus on data collection and analysis. The students felt the course was very beneficial. Feedback given by the students are discussed and action has been taken.

Teaching Session

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DEPARTMENT OF COMMUNITY MEDICINE
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Certificate of Completion

This is to certify that Mr/Mrs/Ms/Dr. _____SRIRAM I_____ has completed
a course on "BASIC EPIDEMIOLOGY" held on July 7th, 8th & 9th 2022 at
Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Karunanidhi
Medical Superintendent

Dr. Kumudha Lingaraj
Dean

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Certificate of Completion

This is to certify that Mr/Mrs/Ms/Dr. _____YUKTHESWARAN MA_____ has completed
a course on "BASIC EPIDEMIOLOGY" held on July 7th, 8th & 9th 2022 at
Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Karunanidhi
Medical Superintendent

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Organizing Secretary	**Head of the institution**

Feedback Form

Course Name: Basic Epidemiology

Department of Community Medicine

Name:

Date:

(Rating: 1 - Below Average, 2 -Average, 3 - Good, 4 – Very Good, 5 - Excellent)						
S. No.	**Assessment Parameters**	**Rating Scale**				
		1	2	3	4	5
2	Did you receive adequate pre-course and joining instruction?					
3	Was the training content been a value addition to your knowledge?					
4	How would you rate the resource person's knowledge and delivery of the course?					
5	What was the quality of interaction of the resource persons with the students?					
6	How would you rate the course overall?					

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PROGRAMME REPORT

Name/Title of the program	**RESEARCH METHODOLOGY**		
Date and Time	07/07/2022, 08/07/2022, 09/07/2022	8.30 Am - 5.00 PM	
Venue	Lecture hall I Tagore medical college & hospital		
Target audience/Stakeholder	Medical undergraduates		
Number of Participants	146 Undergraduates		
Program/Event Organized by	Department Of Community Medicine & Medical Education Unit		
Resource Persons Name and Topic Taken	Name	Designation	Topic Taken
	Dr. C. Sivagurunathan, MD	Associate Professor	**UNIT I** • Definition, Characteristics and Objectives of Research and Scientific methods • Research Methodology: An Introduction and Basic Overview • Formulating the Research Process and Research Problem

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Dr Karthik R.C MD	Associate Professor	• Defining the Research Problem and Research Questions • Research Methods vs. Research Methodology **UNIT II** • Formulation of Hypothesis • Sources of Hypothesis • Characteristics, Role and Tests of Hypothesis • Research Design • Sampling Design • Data Collection **UNIT III** • Processing and Analysis of Data • Processing Operations • Statistics in Research • Descriptive Statistics • Inferential Statistics • Elements / Types of Analysis • Interpretation of Data **UNIT IV** • Current trends in Research • Mono-disciplinary Research • Trans-disciplinary Research • Inter-disciplinary Research • Computer & Internet: Its Role in Research

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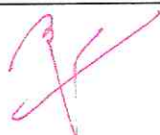RATHINAMANGALAM, MELAKKOTTAIYUR POST,
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			• Threats and Challenges to Good Research **UNIT V** • Writing a Article, Essay, Research Paper and Research Project • Criteria of Good Research • Research Ethics • Citation Methods & Citation Rules • Foot Note, Text Note, End Note and Bibliography
Objective of the Program	The course aims to provide students with a comprehensive understanding of Research Methodology, enabling them to conduct their own research effectively and ethically. The participants will be given training about how to write the research article, ethics and basic overview formulating the Research Process and Research Problem. Citation methods and various other important key note about research methodology		

Report About the program

The event started with the Welcome Address given by the Professor & head of the department of Community Medicine Dr. Ramesh Harihara Iyer, MD. He gave a brief introduction about the Recourse persons to the participants. The participants then introduced themselves and Pre-test was conducted.

The First session on introduction and steps in medical research was taken by Dr. C. Sivaguru Nathan, Associate professor Dept of Community Medicine. He highlighted the importance of research in post

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graduate curriculum and explained the various steps involved in conducting biomedical research.

The various modes of literature search were explained in details. This was followed by the session on research study designs. He discussed the types of quantitative and qualitative study designs with appropriate example.

Dean Tagore medical college and hospital addressed the participants on day 2. He emphasized on the need for conducting research and the importance of learning updating ourselves with latest guidelines and treatment protocols. This was followed by session on sample methods and sample size calculation by, Dept of Community medicine. He discussed the various methods of probability and non-probability sampling and explained the sample size estimation techniques for different study designs. Following this session, the application of statistics in medical search was discussed. They highlighted the importance of choosing the appropriate statistical test for the purpose of data analysis.

A Group activity was conducted after teaching sessions in which the participants were divided into four groups and were asked to prepare a thesis proposal. This was facilitated by the resource persons and the participants were asked to present the proposals developed by them and necessary corrections were done by the resource persons. All the sessions were followed by group activity where the participants were actively involved in problem Solving.

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Teaching session by Dr.Karthik R.C

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Group activity

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Sample Certificate

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DEPARTMENT OF COMMUNITY MEDICINE
In Collaboration With
MEDICAL EDUCATION UNIT

Certificate of Completion

This is to certify that Mr/Mrs/Ms/Dr. ____AAKASH RAM A P____ has completed a course on "RESEARCH METHODOLOGY" held on July 7th, 8th & 9th 2022 at Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Karunanidhi
Medical Superintendent

Dr. Kumudha Lingaraj
Dean

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Certificate of Completion

This is to certify that Mr/Mrs/Ms/Dr. ____AKSHADA SRIKUMAR____ has completed a course on "RESEARCH METHODOLOGY" held on July 7th, 8th & 9th 2022 at Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Karunanidhi
Medical Superintendent

Dr. Kumudha Lingaraj
Dean

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In Collaboration with
MEDICAL EDUCATION UNIT

Certificate of Completion

This is to certify that Mr/Mrs/Ms/Dr. ___JEYASURIYAA B___ has completed a course on "RESEARCH METHODOLOGY" held on July 7th, 8th & 9th 2022 at Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Karunanidhi
Medical Superintendent

Dr. Kumudha Lingaraj
Dean

Organizing Secretary	**Head of the institution**

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PROGRAMME REPORT

Name/Title of the program	**Finishing School – Transforming into Professionals**		
Date and Time	09/06/2022, 10/06/2022 & 11/06/2022	8.30 AM - 5.00 PM	
Venue	AUDITORIUM TAGORE MEDICAL COLLEGE & HOSPITAL		
Target audience/Stakeholder	MBBS students- CRRI		
Number of Participants	155 Students		
Program/Event Organized by	DEPARTMENT OFGENERAL MEDICINE & MEU		
	Name	Designation	Topic Taken
Resource Persons Name and Topic Taken	Dr.K.B.Prasanna M.D	PROFESSOR	Module 1 Personality development Skills Module2-Communication skills Module 3 – Time management Module 4 – Ethics and Etiquette Module5 -Pre placement skills
Objective of the Program	This course is aimed at transforming the students as well-nurtured professionals by augmenting their soft skills, thus facilitating them to be ready for every challenge that life has to throw in their career path and stand apart		

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About the program

This program was exclusively arranged for the CRRIs before starting their internship Program. This course was organised by the department of General medicine. The students will be benefited with the following

Appreciate relationship between human diversity in effective teambuilding and apply critical thinking and problem-solving skills in managing real life problems and situations

Deliver tailor made verbal and non-verbal communication to various workplace audiences, including patients, care-takers, and other Health care professionals.

Develop practical time management skills for scheduling, planning and prioritizing work.

Exhibit professional and ethical responsibility and incorporate ethical reasoning into clinical practice.

Demonstrate safe and ethical behavior of online communication (social networking sites)

Couse completion Certificate was issued to all the participants.

DAY 1

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CRRI's DAY 2

DAY 3

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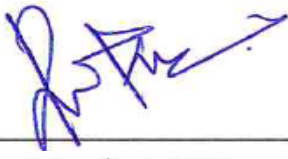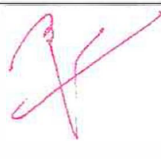
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Sample Certificate

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DEPARTMENT OF GENERAL MEDICINE
In Collaboration With
MEDICAL EDUCATION UNIT

Certificate of Completion

This is to certify that Mr/Mrs/Ms. _____ VIGNESH S _____ has completed a course on "FINISHING SCHOOL TRANSFORMING INTO PROFESSIONALS" conducted on June 9th, 10th & 11th 2022 at Tagore Medical College & Hospital, Rathinamangalam, Chennai 600 127.

Dr. Karunanidhi
Medical Superintendent

Dr. Kumudha Lingaraj
Dean

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Certificate of Completion

This is to certify that Mr/Mrs/Ms. _____ KAVIRASAN K _____ has completed a course on "FINISHING SCHOOL TRANSFORMING INTO PROFESSIONALS" conducted on June 9th, 10th & 11th 2022 at Tagore Medical College & Hospital, Rathinamangalam, Chennai 600 127.

Dr. Karunanidhi
Medical Superintendent

Dr. Kumudha Lingaraj
Dean

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MEDICAL EDUCATION UNIT

Certificate of Completion

This is to certify that Mr/Mrs/Ms/Dr. _____ INDUMATHY S _____ has
completed a course on "FINISHING SCHOOL TRANSFORMING INTO PROFESSIONALS"
conducted on June 9th, 10th & 11th 2022 at
Tagore Medical College & Hospital, Rathinamangalam, Chennai 600 127.

Dr. Karunanidhi
Medical Superintendent

Dr. Kumudha Lingaraj
Dean

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DEPARTMENT OF GENERAL MEDICINE
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Certificate of Completion

This is to certify that Mr/Mrs/Ms/Dr. _____ HARISH E _____ has
completed a course on "FINISHING SCHOOL TRANSFORMING INTO PROFESSIONALS"
conducted on June 9th, 10th & 11th 2022 at
Tagore Medical College & Hospital, Rathinamangalam, Chennai 600 127.

Dr. Karunanidhi
Medical Superintendent

Dr. Kumudha Lingaraj
Dean

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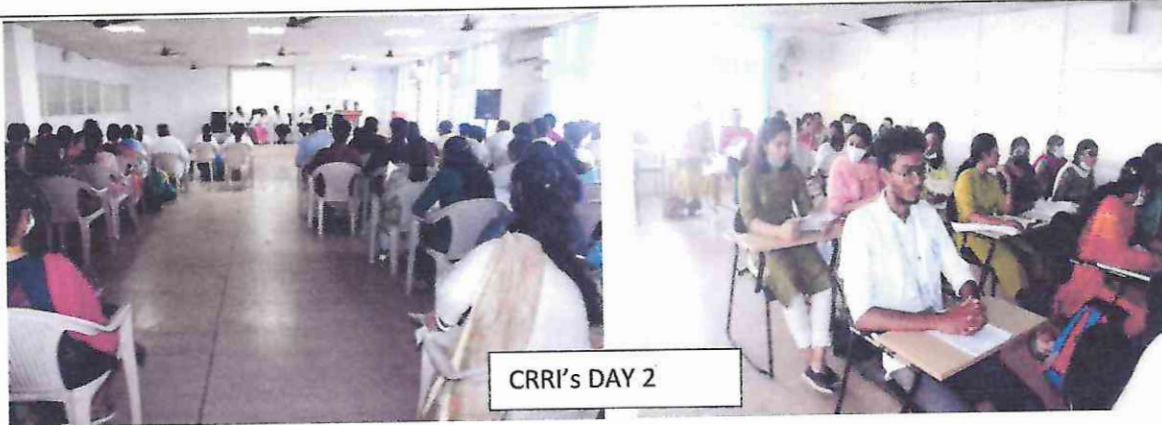RATHINAMANGALAM, MELAKOTTAIYUR POST,
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DEPARTMENT OF GENERAL MEDICINE

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Certificate of Completion

This is to certify that Mr/Mrs/Ms/Dr. _____ MASILAMANI M _____ has
completed a course on "FINISHING SCHOOL TRANSFORMING INTO PROFESSIONALS"
conducted on June 9th, 10th & 11th 2022 at
Tagore Medical College & Hospital, Rathinamangalam, Chennai 600 127.

Dr. Karunanidhi
Medical Superintendent

Dr. Kumudha Lingaraj
Dean

Organizing Secretary	**Head of the institution**

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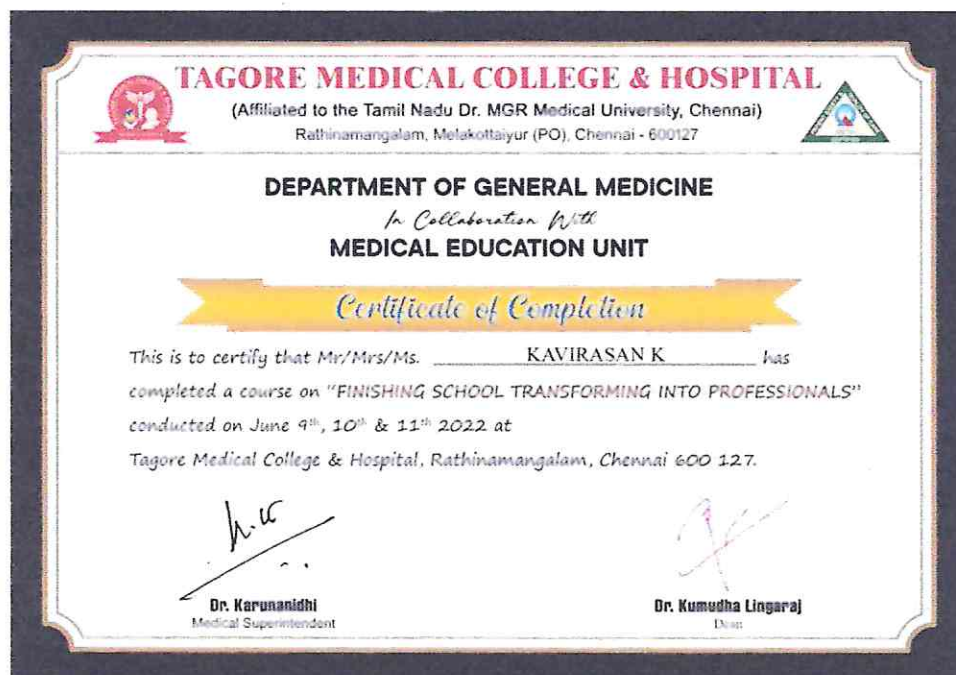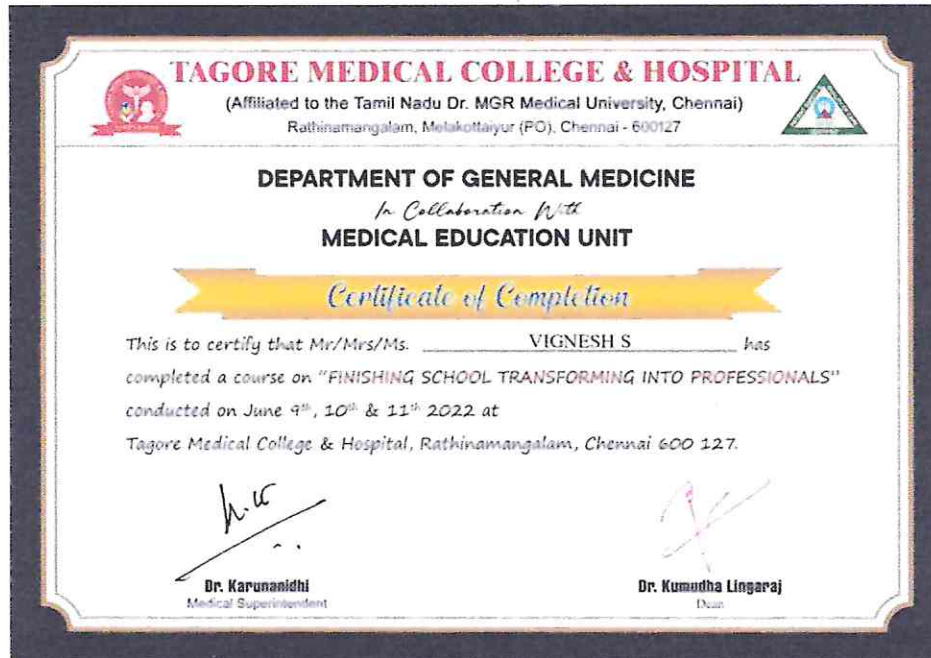
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PROGRAMME REPORT

Name/Title of the program	ANALYTICAL SKILLS	
Date and Time	01/06/2022, 02/06/2022 & 03/06/2022	8.30-5.00 PM
Venue	**Lecture Hall** **TAGORE MEDICAL COLLEGE & HOSPITAL**	
Target audience/Stakeholder	MBBS IV Year students Postgraduates.	
Number of Participants	178 Students	
Program/Event Organized by	Department Of Psychiatry & MEU	

	Name	Designation	Topic Taken
Resource Persons Name and Topic Taken	Dr.P.Balachandran, MD	Associate Professor	Module 1- Essential Analytical Skills Module 2 - Critical Thinking Tools Module 3 - Analytical Writing Skills& methods Module 4 – Problem Solving Tool Module 5- Skill building Exercises
Objective of the Program	This workshop focusses in developing core analytical abilities and learn how to manage analytical work assignments using the techniques		

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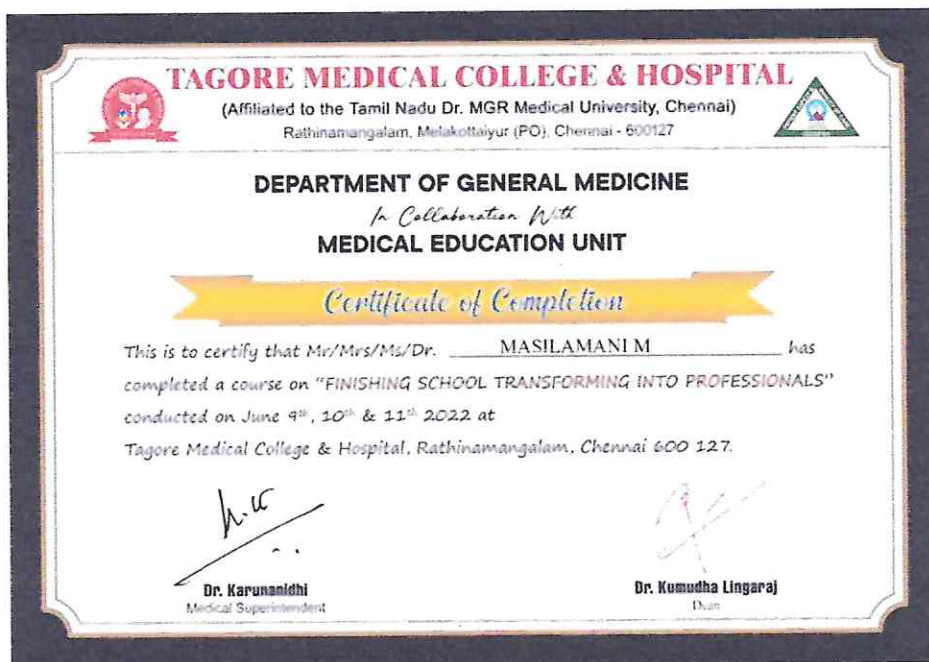RATHINAMANGALAM, MELAKOTTAIYUR POST,
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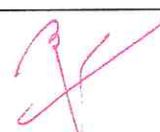
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covered in the Analytical Skills Development.

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

About the program

The course was organized by the Department of Psychiatry. The course was organized for the students to get trained about the Analytical skills and various exercises and tools. Dr. P Balachandran gave an brief introduction about the Analytical skills (module 1) which is crucial in the field of psychology as they enable professionals to critically evaluate and interpret research data, assess problems and develop effective strategies for intervention and treatment.

Critical thinking tools in module 2 in which the resource person spoke about evaluating existing theories, research studies, and methodologies. By considering different perspectives and challenging assumptions, professionals can contribute to the field's growth and improve the quality of psychological science.

The modules also covered problem solving, decision making. The participants also learned how to gather and analyse data effectively identify pattern and trends and make informed decision based on the finding

The course module also covered techniques for effective communication of analytical results including how to communicate effectively with the stakeholder ie, patients or attendant. The participants also had workshop to practice their analytical skills through hands-on exercises. They also received feedback from the facilitator.

By the end of the course the participants have developed a solid foundation in core analytical ability to manage complex problems and make organizational success.

Pre test and post test analysis were done. Upon completion of all the Modules the participants were given course completion certificate.

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Sample Pictures

Teaching Session

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DEPARTMENT OF PSYCHIATRY
In Collaboration With
MEDICAL EDUCATION UNIT

Certificate of Completion

This is to certify that Mr/Mrs/Ms/Dr. _____ AARTHY .MS _____
has completed a course on "ANALYTICAL SKILLS" held on June 1st, 2nd, 3rd 2022
at Tagore Medical College & Hospital, Rathinamangalam, Chennai 600 127.

Dr. Karunanidhi
Medical Superintendent

Dr. Kumudha Lingaraj
Dean

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Dr. Karunanidhi
Medical Superintendent

Dr. Kumudha Lingaraj
Dean

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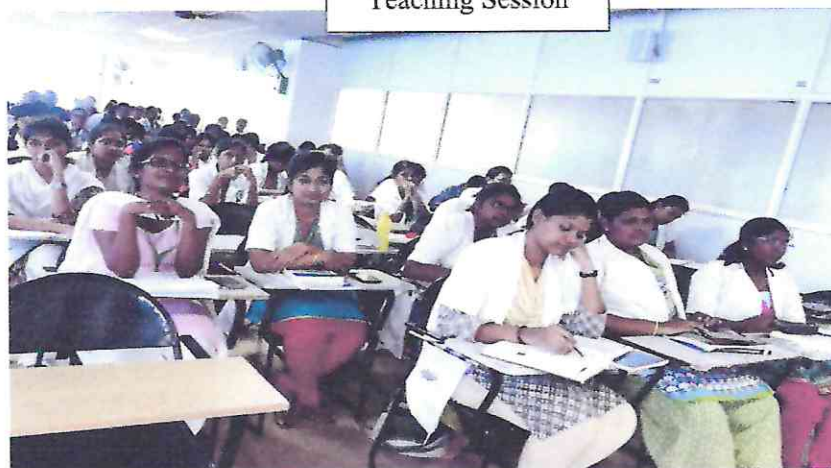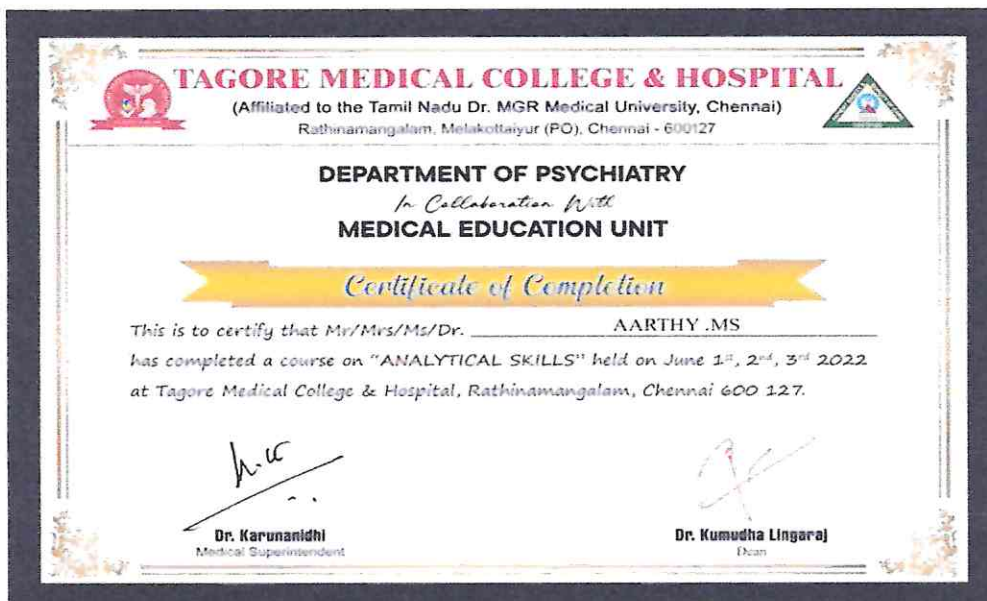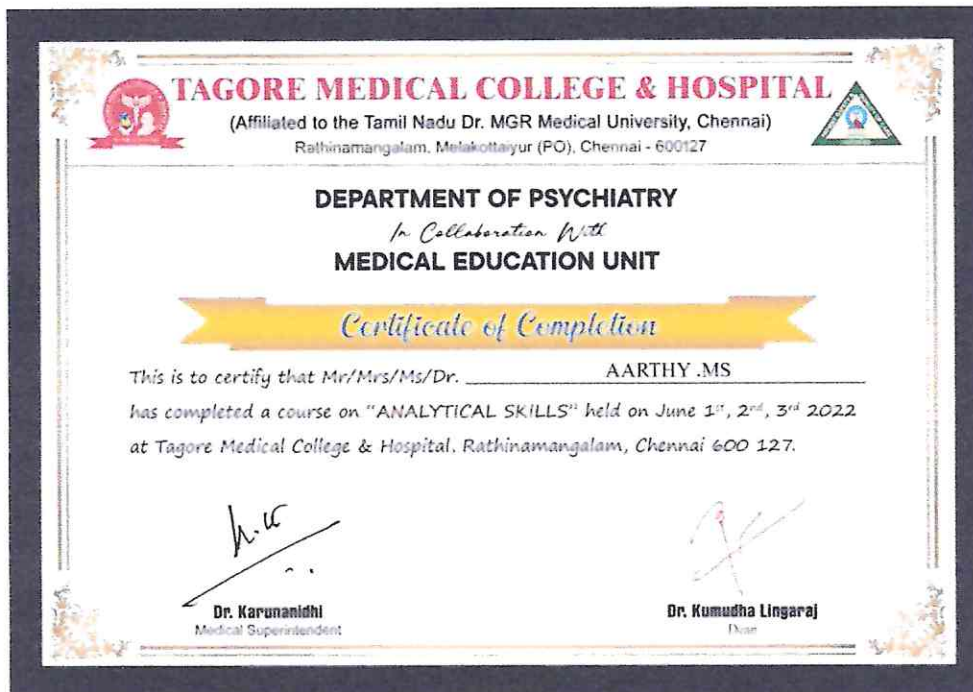Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com

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DEPARTMENT OF PSYCHIATRY

In Collaboration With

MEDICAL EDUCATION UNIT

Certificate of Completion

This is to certify that Mr/Mrs/Ms/Dr. _____ BARANI G K M _____

has completed a course on "ANALYTICAL SKILLS" held on June 1st, 2nd, 3rd 2022

at Tagore Medical College & Hospital, Rathinamangalam, Chennai 600 127.

Dr. Karunanidhi
Medical Superintendent

Dr. Kumudha Lingaraj
Dean

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DEPARTMENT OF PSYCHIATRY

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Certificate of Completion

This is to certify that Mr/Mrs/Ms/Dr. _____ DR. NIVETHA D R _____

has completed a course on "ANALYTICAL SKILLS" held on June 1st, 2nd, 3rd 2022

at Tagore Medical College & Hospital, Rathinamangalam, Chennai 600 127.

Dr. Karunanidhi
Medical Superintendent

Dr. Kumudha Lingaraj
Dean

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DEPARTMENT OF PSYCHIATRY

In Collaboration With

MEDICAL EDUCATION UNIT

Certificate of Completion

This is to certify that Mr/Mrs/Ms/Dr. _____ DR. SIVAKUMAR S.P _____

has completed a course on "ANALYTICAL SKILLS" held on June 1st, 2nd, 3rd 2022

at Tagore Medical College & Hospital, Rathinamangalam, Chennai 600 127.

Dr. Karunanidhi
Medical Superintendent

Dr. Kumudha Lingaraj
Dean

Organizing Secretary	**Head of the institution**

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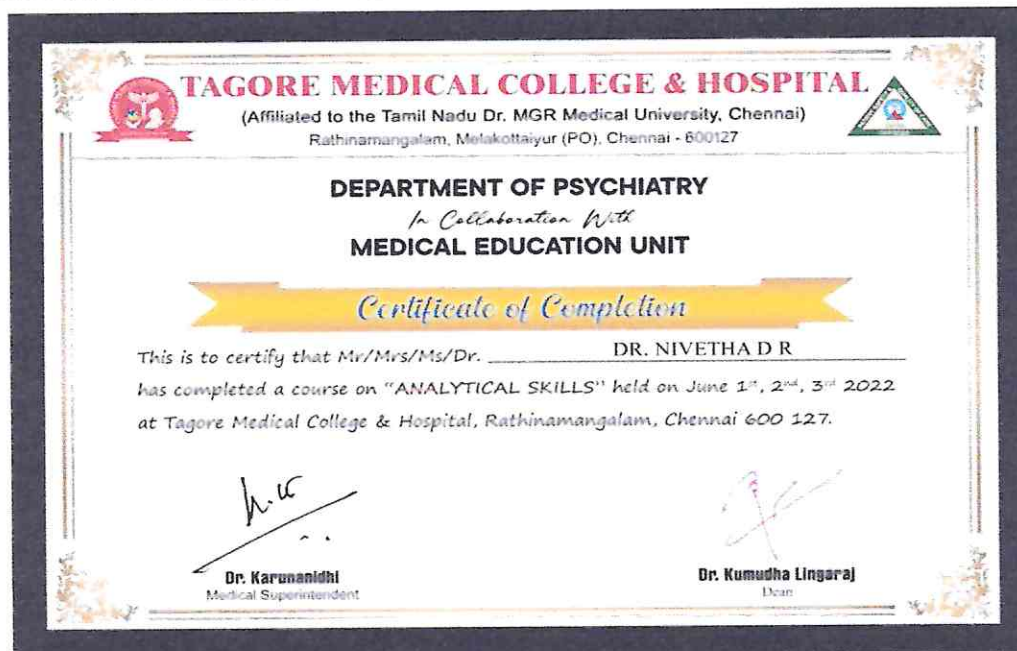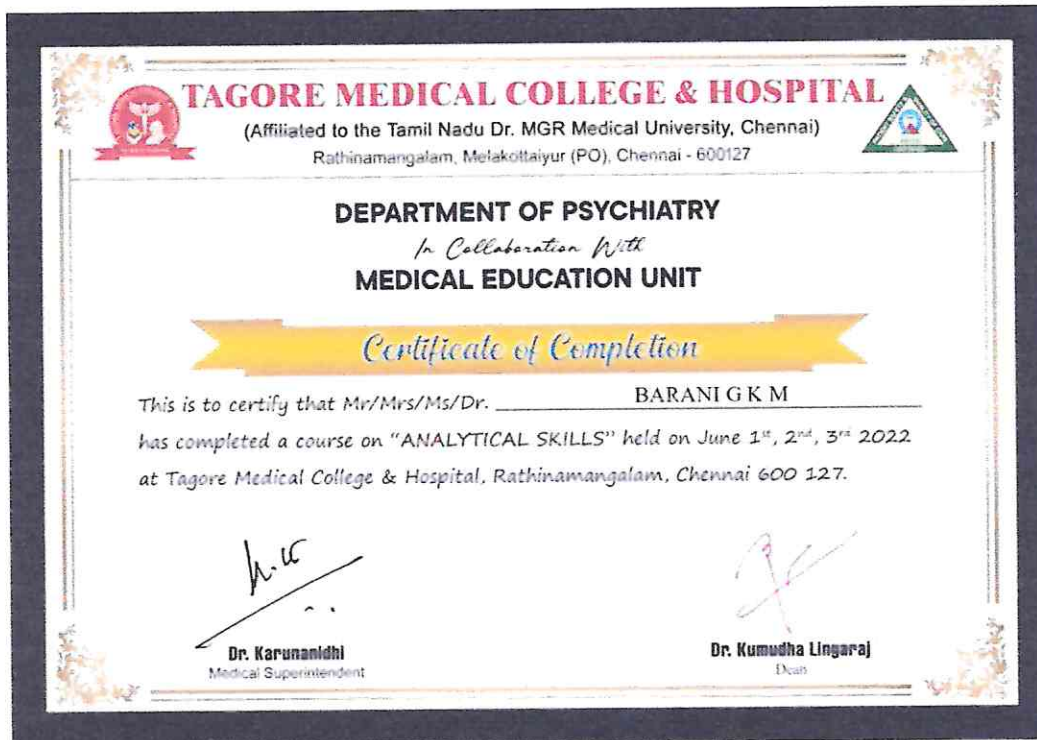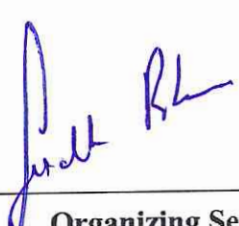RATHINAMANGALAM, MELAKOTTAIYUR POST,
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PROGRAMME REPORT

Name/Title of the program	Course on "National Accreditation Board For Hospital"	
Date and Time	01/06/2022, 02/06/2022 & 03/06/2022	8.30AM-5.00 PM
Venue	Lecture Hall II Tagore Medical College & Hospital	
Target audience/Stakeholder	MBBS IV Year students & Postgraduates.	
Number of Participants	178 Students	
Program/Event Organized by	IQAC & MEU	

	Name	Designation	Topic Taken
Resource Persons Name and Topic Taken	Dr.C.P.Luck., M.D	Professor & Head	DAY 1 Introduction: Accreditation and NABH Standard Infrastructure Infrastructure: Scope of hospital services & Orientation to registration process

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			Work culture- Vision and Mission of Hospital; Grievances and disciplinary procedures
	Dr.R.Geetha., M.D	Prof & Head Dept of Pharmacology	Documentation: Consent, Early warning chart, Fall risk assessment
			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.E.Premalatha.M.D	Dept of Microbiology	Day 3
			Safety of Drugs
			Use of chemotherapy, narcotic drugs, radio-active drugs
			Antimicrobial Resistance

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			Aware of drugs
			Look alike & sound alike
			Emergency & high-risk drugs
Objective of the Program	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.		

About the program

The course was organized by IQAC in association with Medical Education Unit. The course was organized for the students to get trained about NABH. The course started with the welcome speech by the IQAC Coordinator. He introduced the speakers Head of the department Dr.Luck C P who is one of the speaker. He gave a brief note about the importance of NABH & introduced the speaker.

The certificate course on NABH (National Accreditation Board for Hospitals & Healthcare Providers) for Hospital was conducted successfully and received positive feedback from the VI year & PG students. NABH accreditation is a prestigious recognition that signifies the hospital's commitment to providing high-quality healthcare services.

The course appears to have covered all aspects of hospital information systems and their significance in the healthcare sector. This comprehensive coverage would have provided students with a well-rounded understanding of the role and importance of information systems in managing hospital operations, patient records, and overall healthcare delivery.

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The positive feedback from the students indicates that they found the course to be highly beneficial. This suggests that the course content was engaging, relevant, and applicable to their future careers in the healthcare industry.

The mention of the course being well-organized reflects the efforts put into planning and structuring the curriculum. A well-organized course helps students grasp concepts more effectively and enhances their overall learning experience.

The students' praise for the instructors' expertise is crucial as it highlights the importance of having knowledgeable and experienced educators leading the course. Instructors with expertise in the subject matter can provide valuable insights and real-world examples, making the learning process more insightful.

The hands-on experience with the software is a significant aspect of any course related to hospital information systems. This practical exposure allows students to apply theoretical concepts in real-world scenarios, enabling them to build practical skills and confidence.

It's encouraging to know that the feedback provided by the students was discussed and actions were taken accordingly. This demonstrates a commitment to continuous improvement and responsiveness to the students' needs and suggestions.

Overall, the positive response from the students and the successful organization of the NABH course suggests that it effectively met its objectives of familiarizing students with hospital information systems and their role in ensuring quality healthcare services. By providing students with comprehensive knowledge and practical experience, the course has likely equipped them to contribute effectively to the healthcare sector and pursue careers in hospital management and administration.

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Photos

TEACHING SESSION

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Sample Certificate

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Certificate of Completion

This is to certify that Mr/Mrs/Ms/Dr. _____ SAI SENTHIL KUMAR S _____

has completed a course on "NABH FOR HOSPITAL" held on June 1st, 2nd, 3rd 2022

at Tagore Medical College & Hospital, Rathinamangalam, Chennai 600 127.

Dr. Karunanidhi
Medical Superintendent

Dr. Kumudha Lingaraj
Dean

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Certificate of Completion

This is to certify that Mr/Mrs/Ms/Dr. _____ SHURUTHI B S _____

has completed a course on "NABH FOR HOSPITAL" held on June 1st, 2nd, 3rd 2022

at Tagore Medical College & Hospital, Rathinamangalam, Chennai 600 127.

Dr. Karunanidhi
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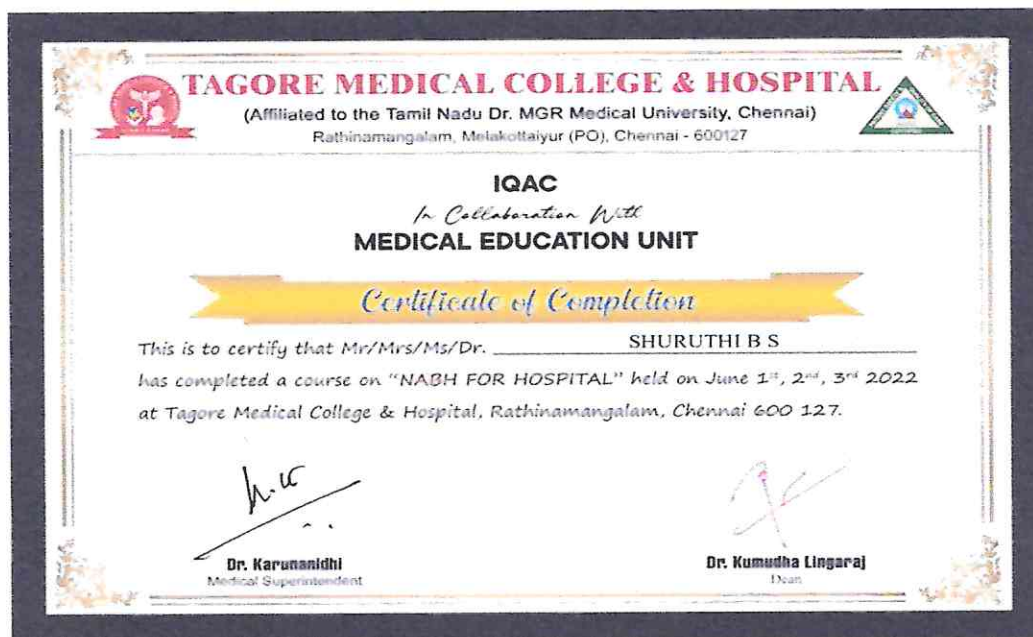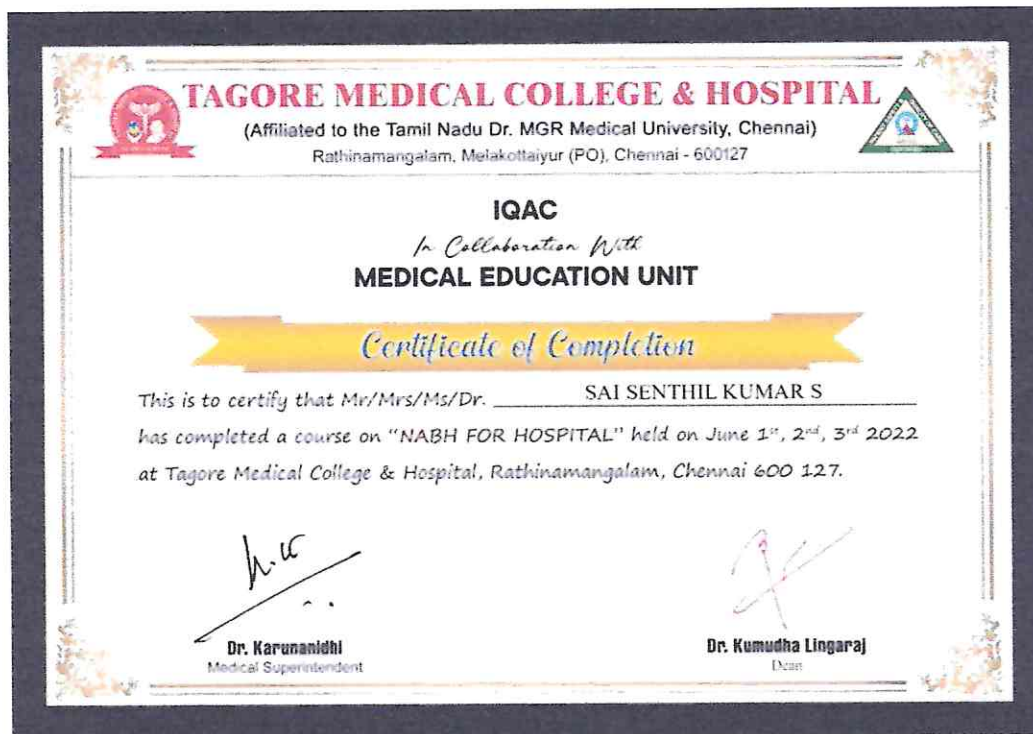RATHINAMANGALAM, MELAKOTTAIYUR POST,
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IQAC

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Certificate of Completion

This is to certify that Mr/Mrs/Ms/Dr. _____ ANITHA P _____

has completed a course on "NABH FOR HOSPITAL" held on June 1st, 2nd, 3rd 2022

at Tagore Medical College & Hospital, Rathinamangalam, Chennai 600 127.

Dr. Karunanidhi
Medical Superintendent

Dr. Kumudha Lingaraj
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Organizing Secretary	**Head of the institution**

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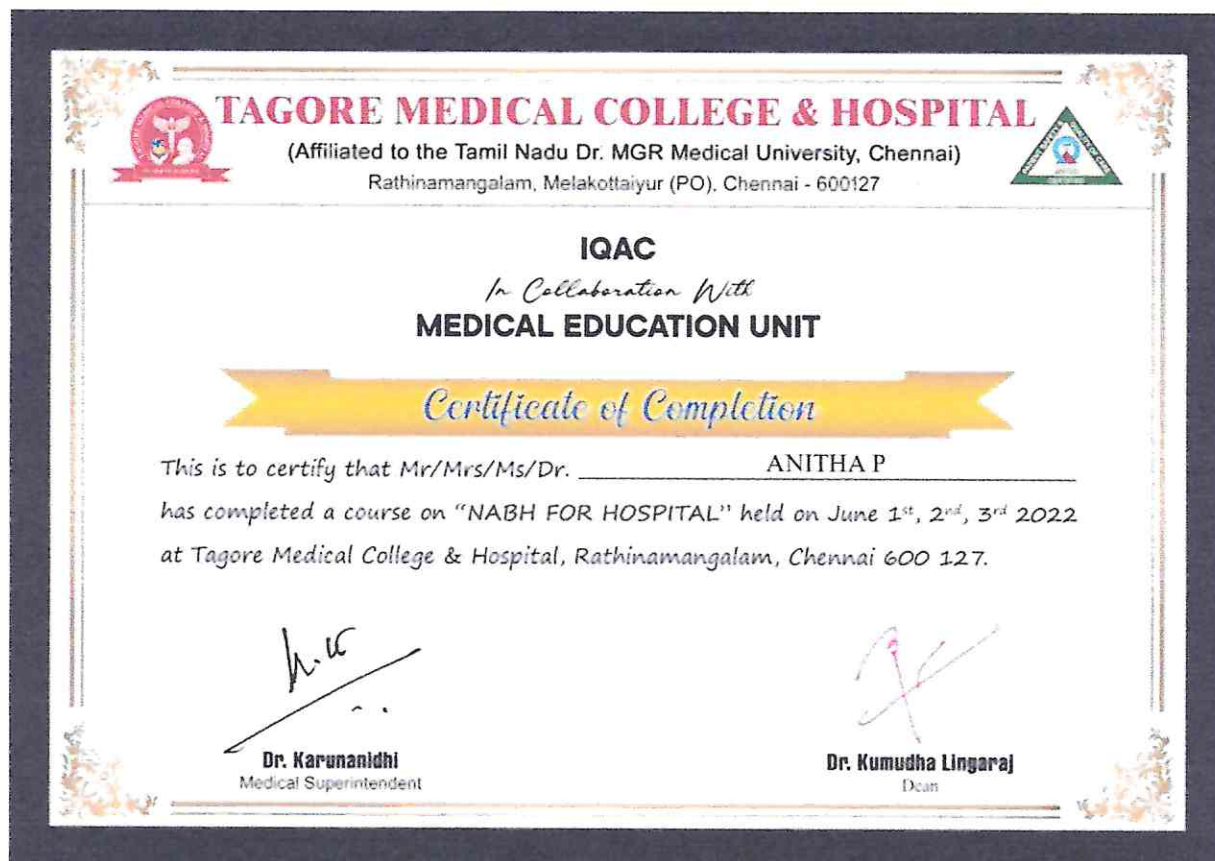Chennai-600 127.
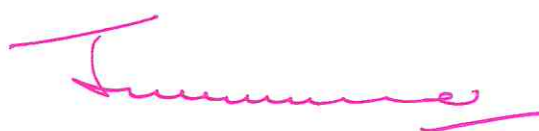
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Feedback Form

Course Name: Course on NABH

IQAC & MEU

Name:

Date:

(Rating: 1 - Below Average, 2 -Average, 3 - Good, 4 – Very Good, 5 - Excellent)						
S. No.	**Assessment Parameters**	**Rating Scale**				
		1	2	3	4	5
2	Did you receive adequate pre-course and joining instruction?					
3	Was the training content been a value addition to your knowledge?					
4	How would you rate the resource person's knowledge and delivery of the course?					
5	What was the quality of interaction of the resource person's with the students?					
6	How would you rate the course overall?					

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PROGRAMME REPORT

Name/Title of the program	**COMPUTER AIDED DRUG DESIGNING**		
Date and Time	04/05/2022, 05/05/2022 & 06/05/2022	8.30 AM - 5.00 PM	
Venue	**Hospital Auditorium** **TAGORE MEDICAL COLLEGE & HOSPITAL**		
Target audience/Stakeholder	MBBS II year		
Number of Participants	142 + 28 students (2020-2021) Total 170 students		
Program/Event Organized by	Department Of Microbiology & MEU		
Resource Persons Name and Topic Taken	Name	Designation	Topic Taken
	Dr.I Kannan	Associate Professor	Installation of software's 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

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			lead molecules – OPENBABEL Software Demonstration
Objective of the Program			The objective of the present course is to give hands on training in application of various online tools and software's 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

Detailed report of the program

The computer Aided Drug Designing course, held on 4th,5th&6th August 2022, was an informative course organized and conducted by the Department of Microbiology. The event aimed to provide a platform for the field of molecular docking. The event aimed to provide a platform for knowledge exchange networking and discussions on the latest advancements, challenges and future prospects in the field

A brief introduction about Molecular Docking which is computational technique was given by the speaker Dr. I Kannan. He shared his expertise and insight on molecular docking.AN extensive review of basic principles, methodologies and applications of molecular docking in various field of research and its importance in drug discovery was explained in detail during the course.

Recap of the importance of molecular docking in various research areas. Discussions and workshops encouraged active student participation and led to fruitful exchanges of ideas. Parallel workshops were also conducted during the event allowing attendees to gain hands-on experience with popular molecular docking software and tools. Summary of challenges and future directions for the field.

Participants had opportunity to learn practical aspects of docking simulations, scoring functions and results analysis, enhancing their understanding of the subject matter.

In 2020-2021 batch a total of 142 and Supplementary batch 28 students registered for the course. Total 170 students were benefited with the course.

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Teaching sessions

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Workshop Session

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DEPARTMENT OF MICROBIOLOGY
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Certificate of Completion

This is to certify that Mr/Mrs/Ms/Dr. ____DEEPAK KUMAR A____ has completed a course on "COMPUTER AIDED DRUG DESIGNING" held on May 4th, 5th & 6th 2022 at Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Karunanidhi
Medical Superintendent

Dr. Kumudha Lingaraj
Dean

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Certificate of Completion

This is to certify that Mr/Mrs/Ms/Dr. ____CHERIL CHERIAN____ has completed a course on "COMPUTER AIDED DRUG DESIGNING" held on May 4th, 5th & 6th 2022 at Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Karunanidhi
Medical Superintendent

Dr. Kumudha Lingaraj
Dean

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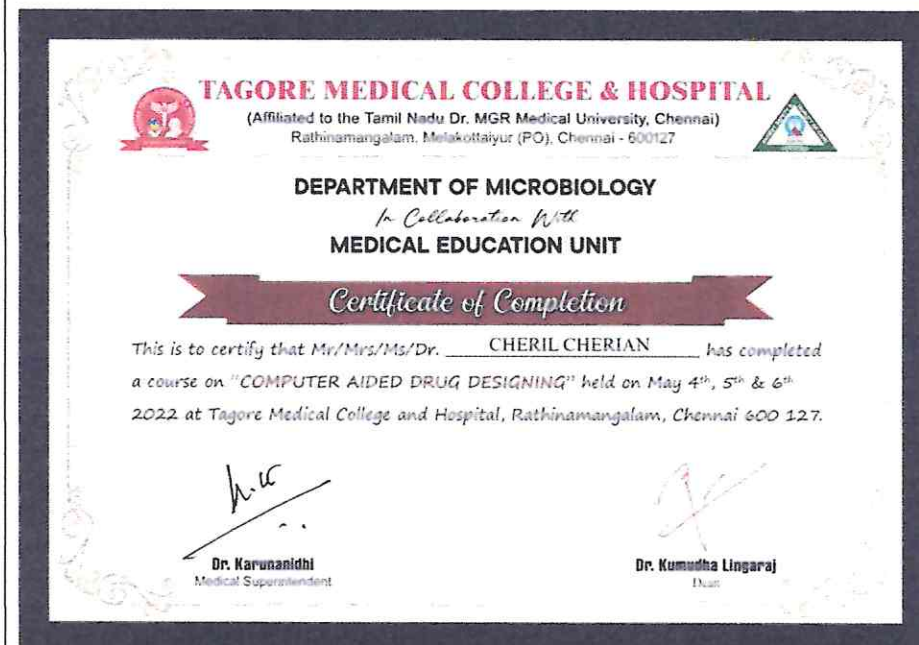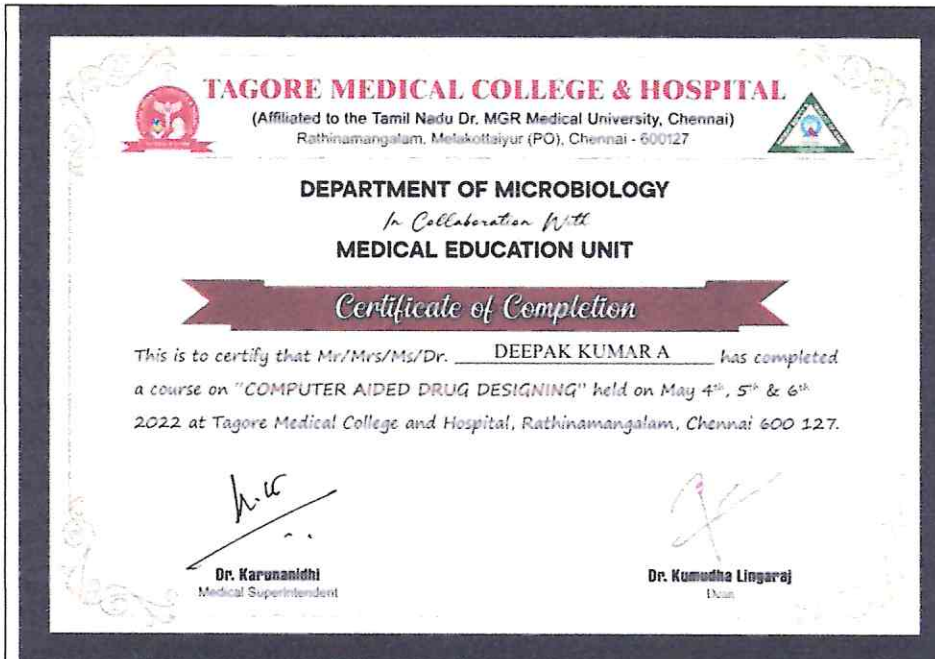RATHINAMANGALAM, MELAKOTTAIYUR POST,
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Certificate of Completion

This is to certify that Mr/Mrs/Ms/Dr. _____GEETHIKA JAYESH_____ has completed a course on "COMPUTER AIDED DRUG DESIGNING" held on May 4th, 5th & 6th 2022 at Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Karunanidhi
Medical Superintendent

Dr. Kumudha Lingaraj
Dean

Organizing Secretary	**Head of the institution**

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DEPARTMENT OF MICROBIOLOGY

Feedback Form

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Course on
''COMPUTER AIDED DRUG DESIGNING''
Date: 04/05/2022, 05/58/2022 & 06/58/2022

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Please circle the number which most closely represents your view on each of the following.

1. The presentations met the course objectives

   1 2   3   4   5

2. The quality of the speakers

   1 2   3   4   5

3. Effectiveness of the written handouts/material

   1 2   3   4   5

4. Practical value of the subject matter to me

   1 2   3   4   5

5. My overall impression of the program

   1 2   3   4   5

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PROGRAMME REPORT

Name/Title of the program	"MIND AND MIND MAPPING"	
Date and Time	04.04.2022, 05.04.2022 & 06.04.2022	8.30 AM-5.00 PM
Venue	Lecture Hall I TAGORE MEDICAL COLLEGE & HOSPITAL	
Target audience/Stakeholder	First MBBS students	
Number of Participants	162 students (2021-2022)	
Program/Event Organized by	Department Of Physiology & Medical education Unit	
	Name	**Designation**	**Topic Taken**
Resource Persons Name and Topic Taken	Dr. Preetha Paul MD	Prof & Head, TMCH	The Mind and Memory
	Dr Priscilla Johnson, MD, DNB, PhD	Prof & Head, Dept of Physiology, SRMC& RI,	Physiology Of Learning & Memory Priming session for the mentors
	Dr M.Anthony David Swaroop Kumar, MD,	Prof & Head, Dept of Physiology Prathima	Introduction of various Learning methods Radiant Thinking and Mind

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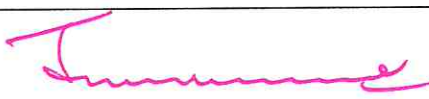
		Institute of Medical Sciences	Mapping Difference between concept Mapping & Mind Mapping" Advantage & disadvantages of both Workshop
Objective of the Program		This course was designed for the students to understand the Physiology of learning and Memory Understanding the various Learning methods available. Difference between Concept mapping and Mind Mapping	

Detailed report of the program

The Department of Physiology organized Mind and Mind Mapping on 4th, 5th & 6th April, 2022. The resource persons were Prof Dr Priscilla Johnson, head of the Department, Physiology, Sri Ramachandra Medical College & RI and Prof Dr Anthony David, Professor, Prathima Institute of Medical Sciences, Karimnagar, Telangana. The event began with the inaugural programme, which was presided over by the Dean Prof Dr Kumudha Linagaraj along with the Medical Superintendent and the Vice Principal. Prof Dr Priscilla Johnson attended physically while Prof Dr M Anthony David and Heads of various departments, faculty members and I year MBBS attended the programme.

The first session on "Mind and Memory" was engaged by Prof Dr Priscilla Johnson, whose talk was filled with examples and analogies. It was made even more interesting by the audience participation and interaction. The Day 2 on "Radiant thinking & Mind Mapping" by Prof Dr M Anthony David was held virtually through Zoom. It threw light on mind mapping as a learning tool and described the basic principles involved in mind mapping.

This was followed by the third day session, which was the Workshop on Mind Mapping. Fifteen teams of 10 participants each were given 60 minutes to make mind maps on a topic of their choice.

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Each team had a facilitator, who had already been trained in mind mapping by Prof Dr M Anthony David at a priming session held on 05.04.2022. At the end of the workshop, the teams came together for a plenary session, where the best mind maps from each team were presented. Each presenter was given 2 minutes for explaining his/her team's mind map. The best mind maps were awarded certificates and gifts as a token of encouragement. All the participants were given certificates. The long programme ended with the valedictory function and national anthem. The event was attended by first year students and faculty members. Feedback obtained showed that the talks as well as the workshop were very well-received. The students enjoyed the group sessions and the teamwork. They were enthused to learn about a new learning technique and said they looked forward to using it more and more for their studies. The participants upon completion of the course were given a certificate of completion.

Sample Photos

DAY 1 – Mind & Mind Mapping

DAY 2 – Mind & Mind Mapping

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Workshop- Mind & Mind Mapping

Sample Certificate

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DEPARTMENT OF PHYSIOLOGY

Certificate of Completion

This is to certify that Mr/Ms. _____ AARTHI S _____ of I MBBS
2021-2022 batch has completed a course on "MIND AND MIND MAPPING" held
on April 4th, 5th & 6th, 2022 at Tagore Medical College & Hospital,
Rathinamangalam, Chennai 600 127.

Dr. Karunanidhi
Medical Superintendent

Dr. Kumudha Lingaraj
Dean

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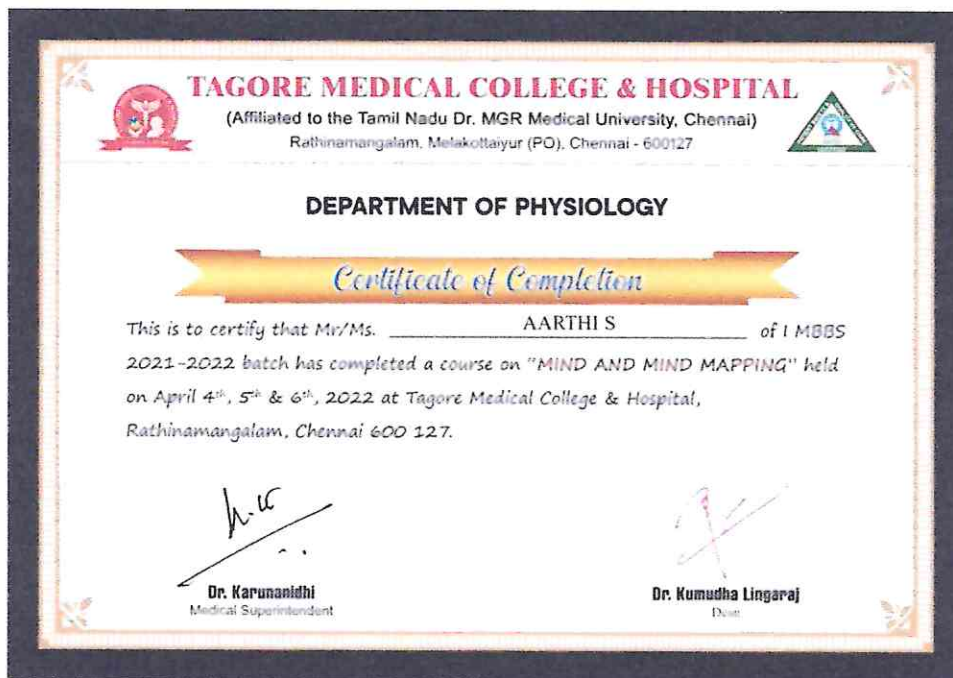Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com

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DEPARTMENT OF PHYSIOLOGY

Certificate of Completion

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2021-2022 batch has completed a course on "MIND AND MIND MAPPING" held
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Dr. Karunanidhi
Medical Superintendent

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DEPARTMENT OF PHYSIOLOGY

Certificate of Completion

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on April 4th, 5th & 6th, 2022 at Tagore Medical College & Hospital,
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Dr. Karunanidhi
Medical Superintendent

Dr. Kumudha Lingaraj
Dean

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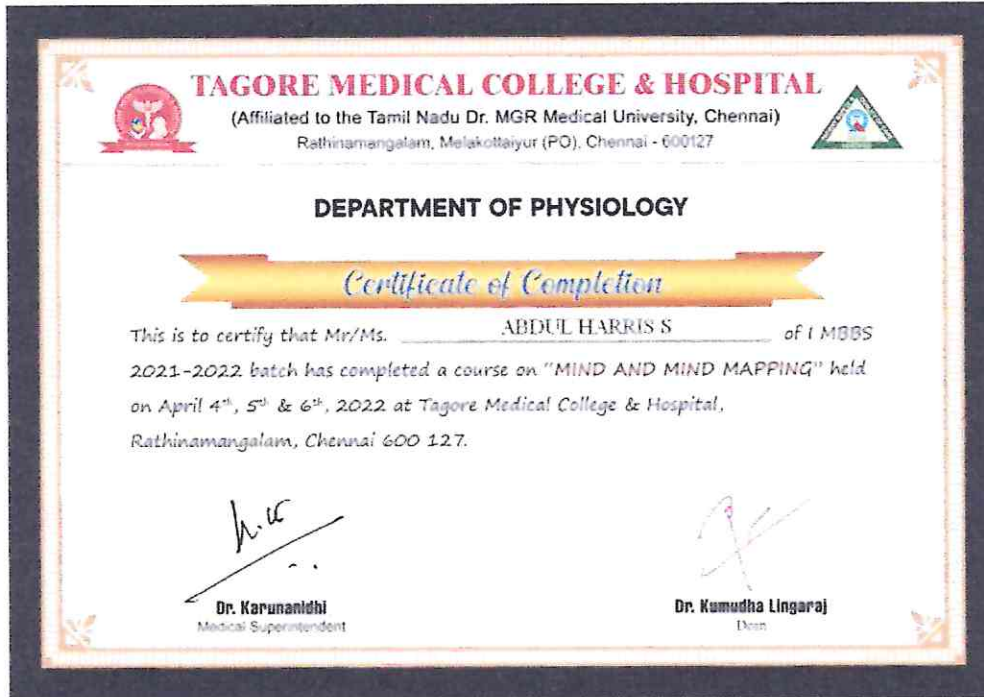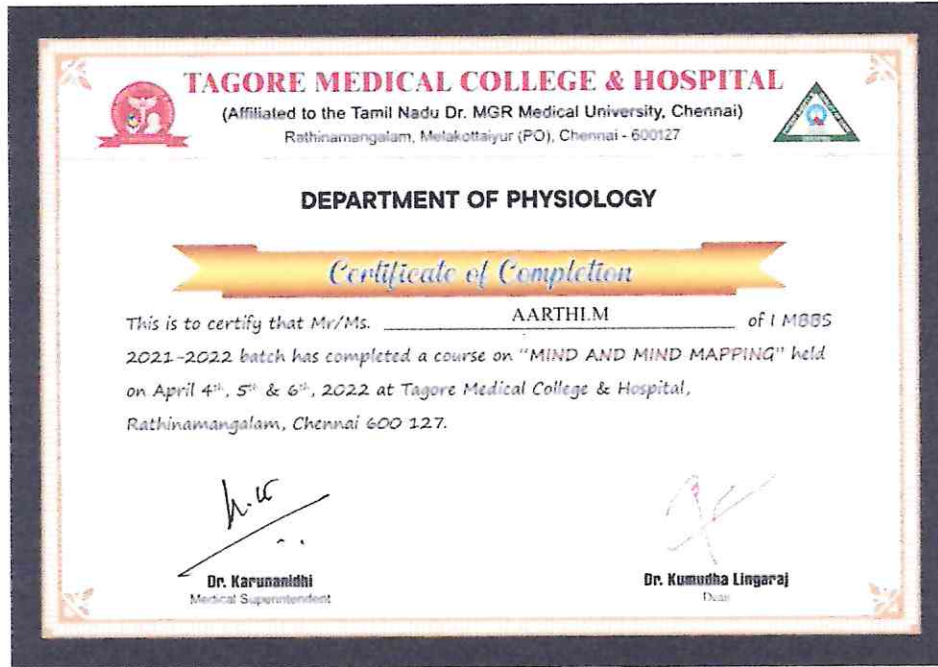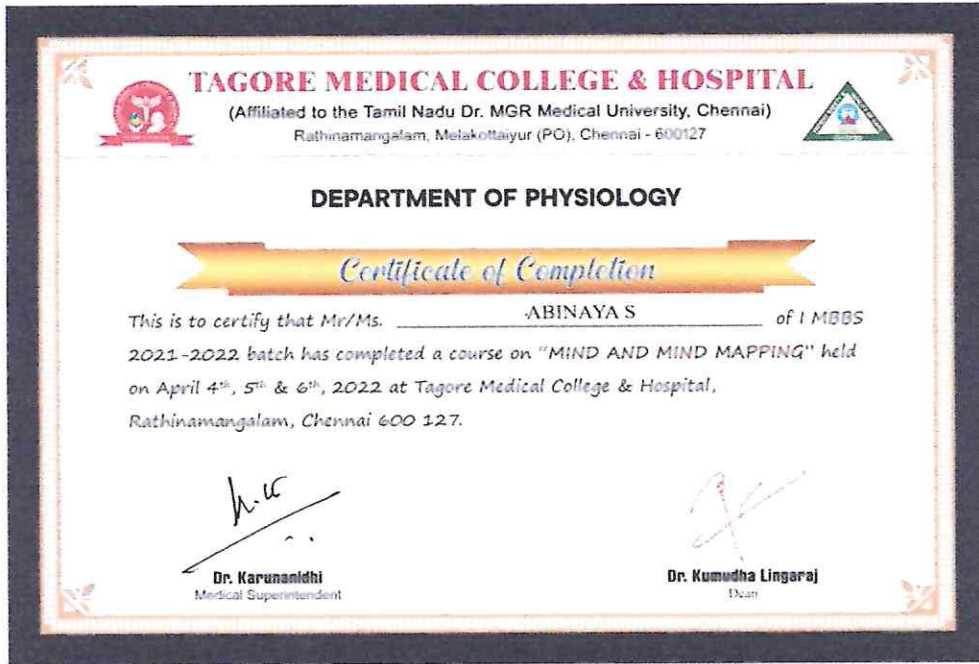RATHINAMANGALAM, MELAKOTTAIYUR POST,
CHENNAI-600 127.

TAGORE MEDICAL COLLEGE & HOSPITAL

Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.

Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com

(Affiliated to the Tamil Nadu Dr.MGR Medical University & Recognized by the Ministry of Health & Family welfare. Govt. of India New Delhi)

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Rathinamangalam, Melakottaiyur (PO), Chennai - 600127

DEPARTMENT OF PHYSIOLOGY

Certificate of Completion

This is to certify that Mr/Ms. _____ABINAYA S_____ of I MBBS

2021-2022 batch has completed a course on "MIND AND MIND MAPPING" held

on April 4th, 5th & 6th, 2022 at Tagore Medical College & Hospital,

Rathinamangalam, Chennai 600 127.

Dr. Karunanidhi
Medical Superintendent

Dr. Kumudha Lingaraj
Dean

Organizing Secretary	**Head of the institution**

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PROGRAMME REPORT

Name/Title of the program	YOGA & MEDITATION	
Date and Time	04.04.2022,05.04.2022 & 06.04.2022	8.30 AM-5.00 PM
Venue	College Auditorium Tagore Medical College & Hospital	
Target audience/Stakeholder	First Year MBBS	
Number of Participants	162 students (2021-2022)	
Program/Event Organized by	Department Of Community Medicine & Medical Education Unit	

	Name	Designation	Topic Taken
Resource Persons Name and Topic Taken	Dr Dhamodaran	Professor Psychologist & Faculty Art of Living	Day 1 History of Yoga Poses to Improve Flexibility Poses that Perfect your posture About asanas that Builds muscle strength Asanas to Improves your mental ability & strength Asanas to Improve Focus and memory power Principal Yoga asanas Hatha Yoga Pranayama Body alignment Patanjali's Yoga Sutra

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			Day 2
			Improvement of Flexibility
			Perfecting Posture
			Building Muscle Strength:
			Improving Bone and Cartilage Strength
			Enhancing Mental Ability and Strength.
			Promoting Mindfulness
			Stress Reduction and Relaxation
			Holistic Well-being.
			Lifestyle Integration
			Day 3
			Workshop
Objective of the Program		Overall, the course aims to offer a transformative experience that goes beyond physical exercises. By combining Yoga and Meditation, it seeks to nurture a deeper connection between the body, mind, and soul, empowering participants to lead healthier, more mindful, and fulfilling lives. The course's multifaceted objectives aim to create a positive impact on participants' physical and mental well-being, promoting long-term health and happiness.	

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Detailed report of the program

Tagore Medical College and Hospital organized a short course on YOGA and MEDITATION aimed at promoting physical and mental well-being among the students. The course was conducted in the college auditorium premises in the month of April 2022 Prof Dr Kumudha Lingraj, the Dean of the college, presided over the course. The resource person for the program was Prof Dr Damodaran, a psychologist, and faculty member of Art of Living, renowned for his expertise in Yoga and Meditation.

Course Structure and Participation: A total of 161 students registered for the course and actively attended the sessions. The course was designed to include both theoretical knowledge and practical experience in Yoga and Meditation techniques. Prof Dr Damodaran, with his profound knowledge in the field, delivered insightful lectures on the significance of Yoga and Meditation for mental and physical well-being.

Group YOGA Sessions: One of the highlights of the course was the group Yoga sessions conducted by Prof Dr Damodaran. These sessions made the learning experience more engaging and interactive. The audience was actively involved in performing various Yoga poses, which added a practical aspect to the theoretical knowledge shared during the lectures.

Benefits and Course Completion: The Yoga and Meditation course aimed to provide participants with effective tools to manage stress, anxiety, and other challenges commonly faced during their study period. Through regular practice of Yoga and Meditation, the students were encouraged to enhance their focus, concentration, and overall mental clarity.

At the end of the course, all participants were awarded course completion certificates, acknowledging their commitment to learning and adopting these beneficial practices in their daily lives.

Impact and Conclusion: The Yoga and Meditation course organized by Tagore Medical College and Hospital had a positive impact on the participating students. By providing practical techniques to cope with stress and improve mental well-being, the course contributed to the overall health and happiness of the students.

Promoting mental well-being among students is vital, especially during their academic journey,

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which can be demanding and challenging. By incorporating Yoga and Meditation practices, the college demonstrated its commitment to the holistic development of its students.

Overall, the course proved to be a successful initiative in promoting the significance of Yoga and Meditation as tools for stress management and improving overall mental and physical health. The participants benefited greatly from the program, equipping them with lifelong skills to maintain a balanced and healthy lifestyle. The efforts of the college and the resource person, Prof Dr Damodaran, are commendable for providing students with valuable knowledge and experiences through this course.

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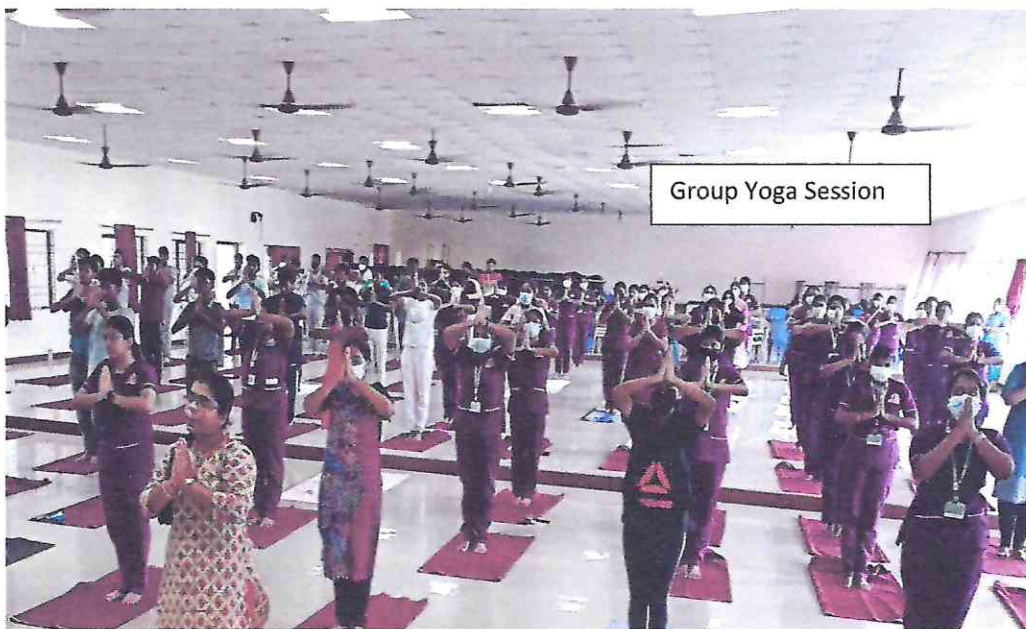
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Yoga Teaching Session

Group Yoga Session

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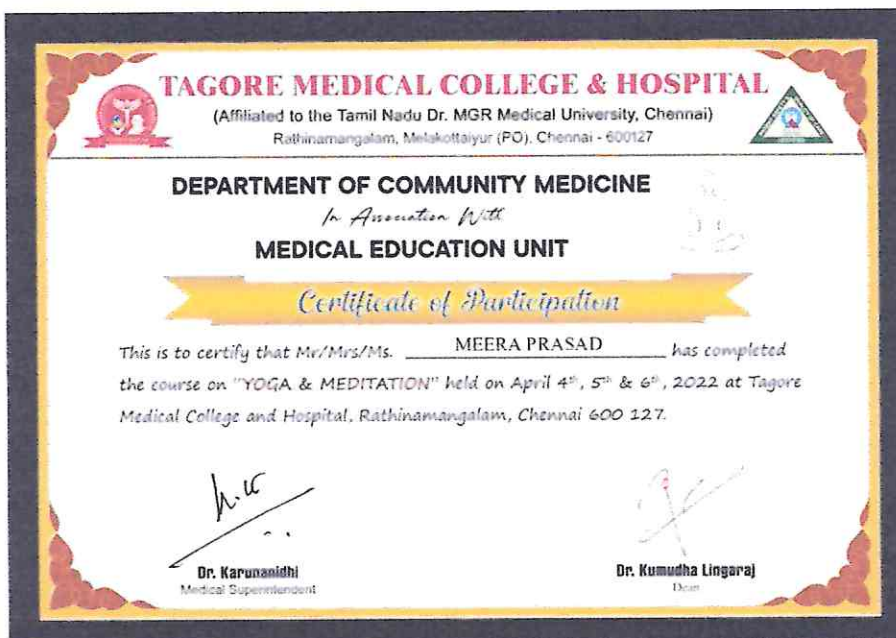Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com

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Sample certificate

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DEPARTMENT OF COMMUNITY MEDICINE
In Association With
MEDICAL EDUCATION UNIT

Certificate of Participation

This is to certify that Mr/Mrs/Ms. ___MEENAKSHI ANAND___ has completed the course on "YOGA & MEDITATION" held on April 4th, 5th & 6th, 2022 at Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Karunanidhi
Medical Superintendent

Dr. Kumudha Lingaraj
Dean

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DEPARTMENT OF COMMUNITY MEDICINE
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MEDICAL EDUCATION UNIT

Certificate of Participation

This is to certify that Mr/Mrs/Ms. ___MEERA PRASAD___ has completed the course on "YOGA & MEDITATION" held on April 4th, 5th & 6th, 2022 at Tagore Medical College and Hospital, Rathinamangalam, Chennai 600 127.

Dr. Karunanidhi
Medical Superintendent

Dr. Kumudha Lingaraj
Dean

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Kavshatan (signature)	*signature*
Organizing Secretary	**Head of the institution**

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