

# TAGORE MEDICAL COLLEGE & HOSPITAL

Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.

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



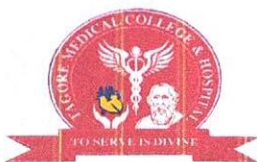
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## Value-added courses during the last five years

| S.No             | Name of the value-added Courses                   | Ref No               | DATE                                |
|------------------|---|----------------------|-------------------------------------|
| <b>2021-22</b>   |   |                      |                                     |
| 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 | 09/06/2022,10/06/2022,11/06/2022    |
| 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    |
| <b>2020-2021</b> |   |                      |                                     |
| 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  |
| <b>2019-2020</b> |   |                      |                                   |
| 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  |
| <b>2018-2019</b> |   |                      |                                   |
| 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  |
| <b>2017-2018</b> |  |                      |                                    |
| 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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# TAGORE MEDICAL COLLEGE & HOSPITAL

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Rathinamangalam, Melakottaiyur (PO), Chennai - 600127.

## Tagore Medical College & Hospital

*in association with*  
**Medical Education Unit**

*Organizes a Course on*

# Computer Skills and its Application in Health Care



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

Venue: Lecture Hall 1,  
Tagore Medical College & Hospital



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

### COURSE SCHEDULE

| DAY I (9.00 AM -1.00 PM)  | DAY II (9.00 AM - 1.00 PM)  | DAY III (9.00 AM -1.00 AM)  |
|---|---|---|
| <ul style="list-style-type: none"> <li>Basic of windows 10</li> <li>How to create, share and collaborate documents using Google drive</li> <li>How to insert tables in MS Word 2016</li> <li>How to use windows defender</li> <li>Tips to use Ms Excel 2016, Ms Word 2016, Ms Power point 2016</li> </ul> | <ul style="list-style-type: none"> <li>Office Ms Excel- use of Pi of Table</li> <li>Office application og mail merge</li> <li>Office techniques and tips of Ms excel</li> <li>Keyboard shortcut functions</li> <li>Learn moderate skills</li> <li>Data manipulation and function</li> </ul> | <ul style="list-style-type: none"> <li>Office – create voice narration</li> <li>Creating Rotating object</li> <li>Creating animated slides using images and graphics</li> <li>Creating professional presentation</li> <li>Creating Hyperlinks</li> <li>How to create pdf file without software</li> </ul> |

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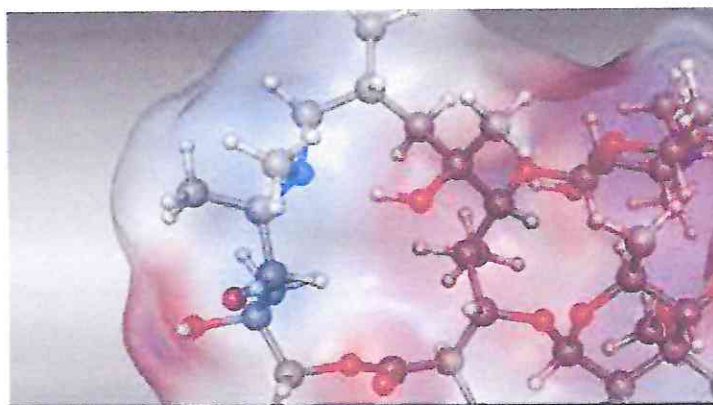
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## DEPARTMENT OF MICROBIOLOGY

*in association with*  
**MEDICAL EDUCATION UNIT**

*Organizes a course on*

**Computer Aided  
Drug Designing**



**Date:** December 1<sup>st</sup>, 8<sup>th</sup> & 15<sup>th</sup> 2018  
**Venue:** Auditorium,  
Tagore Medical College & Hospital



Program Trainer

**Dr. I Kannan Ph.D.**

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

*Organizing Secretary:*

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

### OBJECTIVES

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

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

### COURSE SCHEDULE

| DAY 1  | DAY 2  |
|--|--|
| <ul style="list-style-type: none"><li>● Installation of softwares</li><li>● Drug design and development</li><li>● Rational drug design- an insilico approach</li><li>● Introduction to bioinformatics – databases and tools</li><li>● Protein Preparation</li><li>● Ligand Preparation</li></ul> | <ul style="list-style-type: none"><li>● Introduction to molecular docking tools – AUTODOCK, iGEMDOCK, HEX 8.0</li><li>● Drug design for few diseases</li><li>● Retrieval of drug and chemical structures from pubchem and ZINC database</li><li>● Preparation of ligand – Drug designing software- ACD chemsketch – Preparation of lead molecules – OPENBABEL Software Demonstration</li></ul> |

### DAY 3: Workshop

All undergraduate of medical sciences can register for the course.

\* Bring your laptop

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ALL UNDERGRADUATE OF MEDICAL SCIENCES CAN REGISTER FOR THE COURSE.  
\* BRING YOUR LAPTOP





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## DEPARTMENT OF GENERAL MEDICINE

*in association with*  
**MEDICAL EDUCATION UNIT**

### ORGANISING SECRETARY

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

### OBJECTIVES

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

*Organizes a Course on*  
**Stress Management**



**Date:** July 5<sup>th</sup>, 6<sup>th</sup> & 7<sup>th</sup> 2018  
**Venue:** Lecture Hall 1,  
Tagore Medical College & Hospital



**PROGRAMME TRAINER**  
**Dr.K.B.Prasanna M.D**  
Associate Professor, TMCH

### COURSE SCHEDULE

| DAY - 1  | DAY - 2   |
|--|---|
| <ul style="list-style-type: none"> <li>Basic principles of stress management</li> <li>Recognition and management of your stress triggers</li> </ul> <p><i>Develop proactive responses to stressful situations. Brain conditioning and brain training techniques working at DNA level to induce permanent relief from stress by penetrating the core level to change the thought processes of the participants will be discussed.</i></p> | <ul style="list-style-type: none"> <li>Use coping tips for managing stress</li> <li>Learn to manage stress through diet, sleep and other lifestyle factors</li> <li>Time Management to avoid stress during exams</li> <li>Develop a long term action plan to Minimize and better manage stress</li> </ul> |

**DAY - 3: Workshop**

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# TAGORE MEDICAL COLLEGE & HOSPITAL

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## DEPARTMENT OF COMMUNITY MEDICINE

*in association with*  
**MEDICAL EDUCATION UNIT**

*Organizes a Course on*

**Research  
Methodology**



**Date:** April 5<sup>th</sup>, 6<sup>th</sup> & 7<sup>th</sup> 2018,  
from 8:30 am to 5 pm

**Venue:** Lecture Hall 2,  
Tagore Medical College & Hospital



**Programme Trainer**

**Dr. I Kannan Ph.D.**

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

*Program Coordinator*

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

### COURSE SCHEDULE

| DAY 1                |  |
|----------------------|--|
| 8.30 am to 9.00 am   | Course introduction  |
| 9.00 am to 10.30 am  | Definition, Characteristics and Objectives of Research and Scientific methods  |
| 10.30 am - 10.45 am  | TEA BREAK  |
| 10.45 am to 11.00 am | <ul style="list-style-type: none"><li>● Research Methodology: An Introduction and Basic Overview</li><li>● Formulating the Research Process and Research Problem</li></ul> |
| 11.00 am to 12.30 pm | <ul style="list-style-type: none"><li>● Defining the Research Problem and Research Questions</li><li>● Research Methods vs. Research Methodology</li></ul>                 |
| 12.30 pm to 1.00 pm  | Lunch  |
| 1.00 pm to 2.30 pm   | <ul style="list-style-type: none"><li>● Formulation of Hypothesis</li><li>● Sources of Hypothesis</li></ul>  |
| 2.30 pm to 3.30 pm   | Characteristics, Role and Tests of Hypothesis  |
| 3.30 pm to 5.00 pm   | <ul style="list-style-type: none"><li>● Research Design</li><li>● Sampling Design</li><li>● Data Collection</li></ul>  |

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| Day 2               |  |
|---------------------|--|
| 9.00 am - 10.30 am  | <ul style="list-style-type: none"> <li>● Processing and Analysis of Data</li> <li>● Processing Operations</li> <li>● Statistics in Research</li> </ul>                                 |
| 10.30 am - 10.45 am | Tea break  |
| 10.45 am - 1.00 pm  | <ul style="list-style-type: none"> <li>● Descriptive Statistics</li> <li>● Inferential Statistics</li> <li>● Elements / Types of Analysis</li> <li>● Interpretation of Data</li> </ul> |
| 1.00 pm - 1.30 pm   | Lunch  |
| 1.30 pm - 3.00 pm   | <ul style="list-style-type: none"> <li>● Research</li> <li>● Mono-disciplinary Research</li> <li>● Trans-disciplinary Research</li> <li>● Inter-disciplinary Research</li> </ul>       |
| 3.00 pm - 4.00 pm   | Computer & Internet: Its Role in Research  |
| 4.00 pm - 5.00 pm   | Threats and Challenges to Good Research  |

| Day 3               |   |
|---------------------|---|
| 9.00 am - 10.30 am  | Writing a Article, Essay, Research Paper and Research Project, Criteria of Good Research  |
| 10.30 am - 10.45 am | Tea break   |
| 10.45 am - 1.00 pm  | <ul style="list-style-type: none"> <li>● Research Ethics, Citation Methods &amp; Citation Rules</li> <li>● Foot Note, Text Note, End Note and Bibliography</li> </ul> |
| 1.00 pm - 1.30 pm   | Lunch   |
| 1.30 pm - 5.00 pm   | Workshop  |



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## DEPARTMENT OF COMMUNITY MEDICINE

*in association with*  
**MEDICAL EDUCATION UNIT**

*Organizes a Course on*  
**YOGA & MEDITATION**

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



**Date:** Sep 12<sup>th</sup>, 13<sup>th</sup> & 14<sup>th</sup> 2017  
**Venue:** Lecture Hall 1,  
Tagore Medical College & Hospital



**PROGRAMME TRAINER**  
**DR DHAMODARAN PhD (Yoga)**  
Psychologist & Faculty Art of Living  
Youth Leadership Training Programmer

### OBJECTIVES

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

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

### COURSE SCHEDULE

| DAY 1 (9.30 AM-5.00 PM)   | DAY 2 (9.30 AM - 5.00 PM)  | DAY 3 (9.30 AM - 11.00 AM)  |
|---|--|---|
| <ul style="list-style-type: none"> <li>History of Yoga</li> <li>How Yoga practices can Improve Physical and Mental Health</li> <li>Reduce stress</li> <li>Improve Focus and memory power</li> <li>improves performance</li> <li>Improve the day today physical Activity</li> <li>Sharing the view about Difference in life after yoga practice</li> </ul> | <ul style="list-style-type: none"> <li>Principal Yoga asanas</li> <li>Hatha Yoga</li> <li>Pranayama</li> <li>Body alignment</li> <li>Yinyang Yoga</li> <li>Patanjali's Yoga Sutra</li> </ul> | <ul style="list-style-type: none"> <li>Group YOGA practise session</li> </ul> |

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## DEPARTMENT OF COMMUNITY MEDICINE

*in association with*  
**MEDICAL EDUCATION UNIT**

*Organizes a Course on*

**Research Methodology**



**Date:** Nov 12<sup>th</sup>, 13<sup>th</sup> & 14<sup>th</sup> 2019,  
from 8:30 am to 5 pm

**Venue:** Lecture Hall 2,  
Tagore Medical College & Hospital



**Programme Trainer**

**Dr. I Kannan Ph.D.**

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

*Program Coordinator*

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

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| Day 2               |  |
|---------------------|--|
| 9.00 am - 10.30 am  | <ul style="list-style-type: none"> <li>● Processing and Analysis of Data</li> <li>● Processing Operations</li> <li>● Statistics in Research</li> </ul>                                 |
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## DEPARTMENT OF GENERAL MEDICINE

### ORGANISING SECRETARY

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

*in association with*  
**MEDICAL EDUCATION UNIT**

*Organizes a Course on*

## Stress Management

### OBJECTIVES

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



**Date:** July 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> 2019  
**Venue:** Lecture Hall 1,  
Tagore Medical College & Hospital



### PROGRAMME TRAINER

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

### COURSE SCHEDULE

| DAY - 1  | DAY - 2   |
|--|---|
| <ul style="list-style-type: none"> <li>Basic principles of stress management</li> <li>Recognition and management of your stress triggers</li> </ul> <p><i>Develop proactive responses to stressful situations. Brain conditioning and brain training techniques working at DNA level to induce permanent relief from stress by penetrating the core level to change the thought processes of the participants will be discussed.</i></p> | <ul style="list-style-type: none"> <li>Use coping tips for managing stress</li> <li>Learn to manage stress through diet, sleep and other lifestyle factors</li> <li>Time Management to avoid stress during exams</li> <li>Develop a long term action plan to Minimize and better manage stress</li> </ul> |

*[Signature]* **DAY - 3: Workshop**

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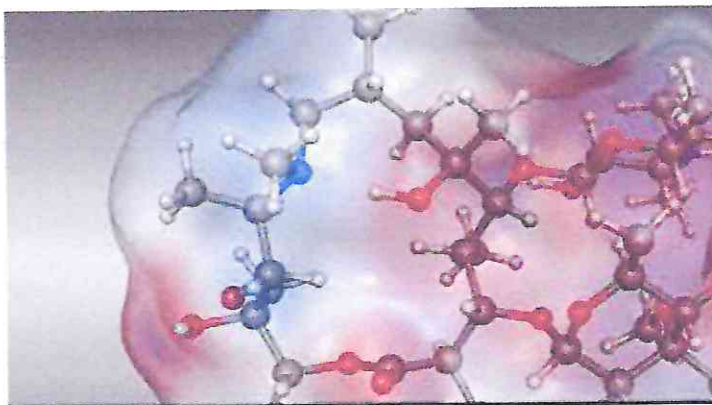
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## DEPARTMENT OF MICROBIOLOGY

*in association with*  
**MEDICAL EDUCATION UNIT**

*Organizes a course on*

**Computer Aided  
Drug Designing**



**Date:** Jun 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> 2019  
**Venue:** Auditorium,  
Tagore Medical College & Hospital



**Program Trainer**

**Dr. I Kannan Ph.D.**

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

*Organizing Secretary:*

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

### OBJECTIVES

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

### COURSE SCHEDULE

| DAY 1  | DAY 2  |
|--|--|
| <ul style="list-style-type: none"><li>● Installation of softwares</li><li>● Drug design and development</li><li>● Rational drug design- an insilico approach</li><li>● Introduction to bioinformatics – databases and tools</li><li>● Protein Preparation</li><li>● Ligand Preparation</li></ul> | <ul style="list-style-type: none"><li>● Introduction to molecular docking tools – AUTODOCK, iGEMDOCK, HEX 8.0</li><li>● Drug design for few diseases</li><li>● Retrieval of drug and chemical structures from pubchem and ZINC database</li><li>● Preparation of ligand – Drug designing software- ACD/chemsketch – Preparation of lead molecules – OPENBABEL Software Demonstration</li></ul> |

### **DAY 3: Workshop**

All undergraduate of medical sciences can register for the course.

\* Bring your laptop

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MEDICAL COLLEGE & HOSPITAL  
MELAKOTTAIYUR POST,





# TAGORE MEDICAL COLLEGE & HOSPITAL

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

## DEPARTMENT OF COMMUNITY MEDICINE

*in association with*  
**MEDICAL EDUCATION UNIT**

*Organizes a Course on*

## YOGA & MEDITATION



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



**Date:** Oct 9<sup>th</sup>, 10<sup>th</sup> & 11<sup>th</sup> 2018

**Venue:** Auditorium,  
Tagore Medical College & Hospital



*Program Trainer*

**DR. DHAMODARAN PhD (Yoga)**

Psychologist & Faculty Art of Living  
Youth Leadership Training Programmer

*Organizing Secretary:*

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


### OBJECTIVES

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

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

### COURSE SCHEDULE

| DAY 1 (9.30 AM - 4.00 PM)   | DAY 2 (9.30 AM - 4.00 PM)   | DAY 3 (9.30 AM - 11.00 AM)  |
|---|---|---|
| <ul style="list-style-type: none"><li>● History of Yoga</li><li>● How Yoga practices can Improve Physical and Mental Health</li><li>● Reduce stress</li><li>● Improve Focus and memory power</li><li>● improves performance</li><li>● Improve the day today physical Activity</li><li>● Sharing the view about Difference in life after yoga practice</li></ul> | <ul style="list-style-type: none"><li>● Principal Yoga asanas</li><li>● Hatha Yoga</li><li>● Pranayama</li><li>● Body alignment</li><li>● Yinyang Yoga</li><li>● Patanjali's Yoga Sutra</li></ul> | <ul style="list-style-type: none"><li>● Group YOGA practise session</li></ul> |

  
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# TAGORE MEDICAL COLLEGE & HOSPITAL

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

## Tagore Medical College & Hospital

*in association with*  
**Medical Education Unit**

*Organizes a Course on*

## Computer Skills and its Application in Health Care



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

**Venue:** Lecture Hall 1,  
Tagore Medical College & Hospital



**PROGRAMME TRAINER**

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

### COURSE SCHEDULE

| DAY 1 (9.00 AM - 4.00 PM)   | DAY 2 (9.00 AM - 4.00 PM)  | DAY 3 (9.00 AM - 4.00 PM)  |
|---|--|--|
| <ul style="list-style-type: none"><li>● Basic of windows 10</li><li>● How to create, share and collaborate documents using Google drive</li><li>● How to insert tables in MS Word 2016</li><li>● How to use windows defender</li><li>● Tips to use Ms Excel 2016, Ms Word 2016, Ms Power point 2016</li></ul> | <ul style="list-style-type: none"><li>● Office Ms Excel- use of Pi of Table</li><li>● Office application og mail merge</li><li>● Office techniques and tips of Ms excel</li><li>● Keyboard shortcut functions</li><li>● Learn moderate skills</li><li>● Data manipulation and function</li></ul> | <ul style="list-style-type: none"><li>● Office – create voice narration</li><li>● Creating Rotating object</li><li>● Creating animated slides using images and graphics</li><li>● Creating professional presentation</li><li>● Creating Hyperlinks</li><li>● How to create pdf file without software</li></ul> |

  
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Rathinamangalam, Melakottaiyur (PO), Chennai - 600127.

## DEPARTMENT OF COMMUNITY MEDICINE

*in association with*

## MEDICAL EDUCATION UNIT

*conducting a Course on*

# Research Methodology



**Date:** Sep 13<sup>th</sup>, 14<sup>th</sup> & 15<sup>th</sup> 2020,  
**Venue:** Google Meet,  
Tagore Medical College & Hospital



### Programme Trainer

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

*Program Coordinator:*

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

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CHENNAI-600 127.




## COURSE SCHEDULE

| DAY 1               |   |
|---------------------|---|
| 8.30 am - 9.30 am   | Course introduction   |
| 9.00 am - 10.30 am  | Definition, Characteristics and Objectives of Research and Scientific methods   |
| 10.30 am - 10.45 am | TEA BREAK   |
| 10.45 am - 11.00 am | <ul style="list-style-type: none"> <li>● Research Methodology: An Introduction and Basic Overview</li> <li>● Formulating the Research Process and Research Problem</li> </ul> |
| 11.00 am - 12.30 pm | <ul style="list-style-type: none"> <li>● Defining the Research Problem and Research Questions</li> <li>● Research Methods vs. Research Methodology</li> </ul>                 |
| 12.30 pm - 1.00 pm  | Lunch   |
| 1.00 pm - 2.30 pm   | <ul style="list-style-type: none"> <li>● Formulation of Hypothesis</li> <li>● Sources of Hypothesis</li> </ul>  |
| 2.30 pm - 3.30 pm   | Characteristics, Role and Tests of Hypothesis   |
| 3.30 pm - 5.00 pm   | Research Design, Sampling Design, Data Collection   |

| Day 2               |  |
|---------------------|--|
| 9.00 am - 10.30 am  | <ul style="list-style-type: none"> <li>● Processing and Analysis of Data</li> <li>● Processing Operations</li> <li>● Statistics in Research</li> </ul> |
| 10.30 am - 10.45 am | Tea break  |
| 10.45 am - 1.00 pm  | Descriptive Statistics, Inferential Statistics, Elements / Types of Analysis, Interpretation of Data   |
| 1.00 pm - 1.30 pm   | Lunch  |
| 1.30 pm - 3.00 pm   | Research Mono-disciplinary, Trans-disciplinary Research, Inter-disciplinary Research   |
| 3.00 pm - 4.00 pm   | Computer & Internet: Its Role in Research  |
| 4.00 pm - 5.00 pm   | Threats and Challenges to Good Research  |

| Day 3               |   |
|---------------------|---|
| 9.00 am - 10.30 am  | Writing a Article, Essay, Research Paper and Research Project, Criteria of Good Research  |
| 10.30 am - 10.45 am | Tea break   |
| 10.45 am - 1.00 pm  | <ul style="list-style-type: none"> <li>● Research Ethics, Citation Methods &amp; Citation Rules</li> <li>● Foot Note, Text Note, End Note and Bibliography</li> </ul> |
| 1.00 pm - 1.30 pm   | Lunch   |
| 1.30 pm - 5.00 pm   | Workshop  |

  
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# TAGORE MEDICAL COLLEGE & HOSPITAL

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Rathinamangalam, Melakottaiyur (PO), Chennai - 600127.

## DEPARTMENT OF GENERAL MEDICINE

### ORGANISING SECRETARY

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

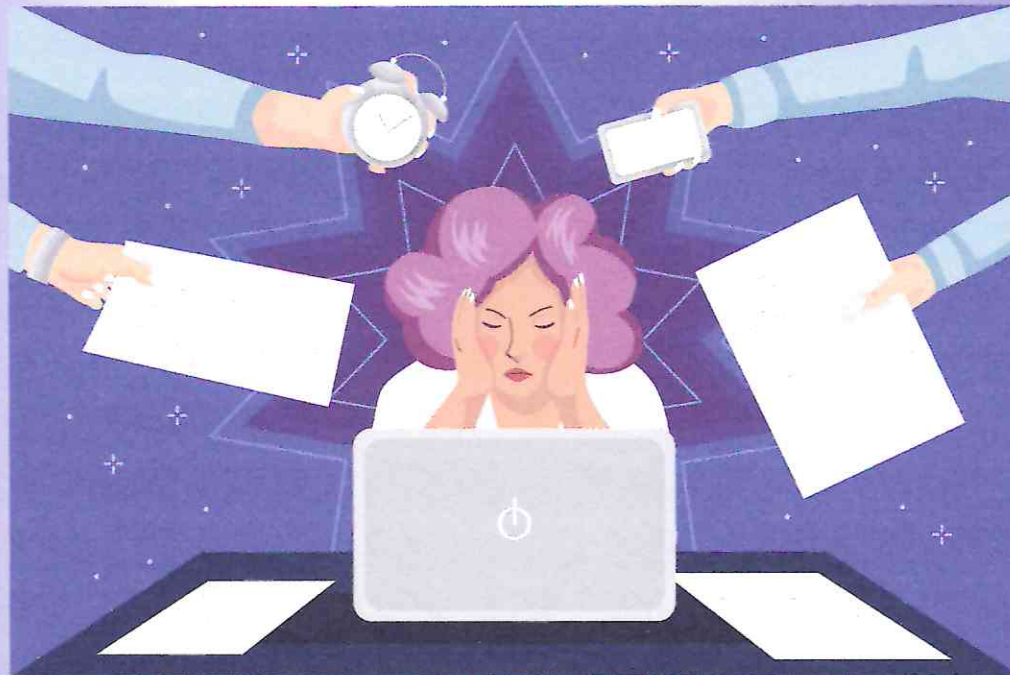
## in association with MEDICAL EDUCATION UNIT

Organizes a Course on

# Stress Management

### OBJECTIVES

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



**Date:** Aug 8<sup>th</sup>, 9<sup>th</sup> & 10<sup>th</sup> 2020  
**Venue:** Lecture Hall 1,  
Tagore Medical College & Hospital



**Resource Person**  
**Dr. K. B. Prasanna M.D**  
Professor, TMCH

### COURSE SCHEDULE

| DAY - 1  | DAY - 2   |
|--|---|
| <ul style="list-style-type: none"> <li>● Basic principles of stress management</li> <li>● Recognition and management of your stress triggers</li> </ul> <p><i>Develop proactive responses to stressful situations. Brain conditioning and brain training techniques working at DNA level to induce permanent relief from stress by penetrating the core level to change the thought processes of the participants will be discussed.</i></p> | <ul style="list-style-type: none"> <li>● Use coping tips for managing stress</li> <li>● Learn to manage stress through diet, sleep and other lifestyle factors</li> <li>● Time Management to avoid stress during exams</li> <li>● Develop a long term action plan to Minimize and better manage stress</li> </ul> |

**DAY - 3: Workshop on Yoga for stress relief**

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# TAGORE MEDICAL COLLEGE & HOSPITAL

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## DEPARTMENT OF GENERAL MEDICINE

*in association with*

## MEDICAL EDUCATION UNIT

*Organizes a Course for CRRP's*

## Finishing School – Transforming into Professionals



**Date:** Jul 9<sup>th</sup>, 10<sup>th</sup> & 11<sup>th</sup> 2020

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



**Resource Person**

**Dr. K. B. Prasanna M.D**

Professor  
Dept. of General Medicine

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

Chairperson cum Managing Trustee Tagore Educational Trust

**Prof. Dr. N. Gunasekaran M.D.**

Dean

**Prof. Dr. Sivaprakasam M.S**

Medical Superintendent

**Prof. Dr. Saravanan MD**

Professor and Head, Dept. of General Medicine

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## COURSE SCHEDULE

### DAY 1

#### **Module 1- Personality development Skills- (3 hours)**

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

#### **Module 2 – Communication skills –(3 hours)**

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

### DAY 2

#### **Module 3 – Time management– (3 hours)**

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


#### **Module 4 – Ethics and Etiquette– (3 hours)**

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

### DAY 3

#### **Module 5 – Pre placement skills– (3 hours)**

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

  
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# TAGORE MEDICAL COLLEGE & HOSPITAL

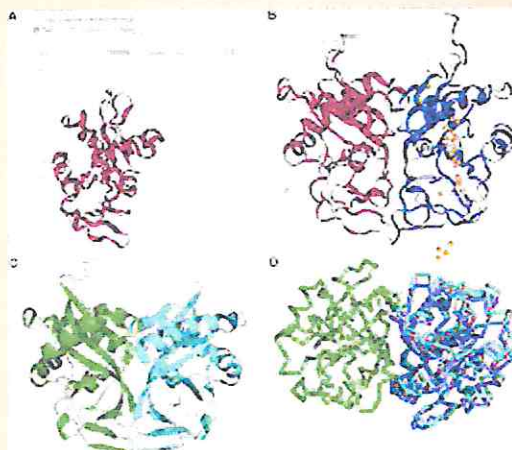
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Rathinamangalam, Melakottaiyur (PO), Chennai - 600127.

## DEPARTMENT OF MICROBIOLOGY

*in association with*  
**MEDICAL EDUCATION UNIT**

*Organizes a Course on*

**Computer Aided  
Drug Designing**



**Date:** Nov 7<sup>th</sup>, 8<sup>th</sup> & 9<sup>th</sup> 2019

**Venue:** Lecture Hall 2,  
Tagore Medical College & Hospital



Program Trainer

**Dr. I Kannan Ph.D.**

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

*Organizing Secretary*

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

### OBJECTIVES

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

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

### COURSE SCHEDULE

| DAY 1  | DAY - 2  |
|--|--|
| <ul style="list-style-type: none"><li>● Installation of softwares</li><li>● Drug design and development</li><li>● Rational drug design- an insilico approach</li><li>● Introduction to bioinformatics – databases and tools</li><li>● Protein Preparation</li><li>● Ligand Preparation</li></ul> | <ul style="list-style-type: none"><li>● Introduction to molecular docking tools – AUTODOCK, iGEMDOCK, HEX 8.0</li><li>● Drug design for few diseases</li><li>● Retrieval of drug and chemical structures from pubchem and ZINC database</li><li>● Preparation of ligand – Drug designing software- ACD/chemsketch – Preparation of lead molecules – OPENBABEL Software Demonstration</li></ul> |

*[Signature]*  
**DEAN DAY 3: Workshop**

All undergraduate of medical sciences can register for the course.

\* Bring your laptop

RATHINAMANGALAM, MELAKOTTAIYUR POST,  
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# TAGORE MEDICAL COLLEGE & HOSPITAL

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## Tagore Medical College & Hospital

*in association with*  
**Medical Education Unit**

*Organizes a Course on*

## Computer Skills and its Application in Health Care



**Date:** Aug 19<sup>th</sup>, 20<sup>th</sup> & 21<sup>st</sup> 2019  
from 9.00 am to 4.00 pm

**Venue:** Lecture Hall 1,  
Tagore Medical College & Hospital



**PROGRAMME TRAINER**

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

### **COURSE SCHEDULE**

| DAY 1 (9.00 AM - 4.00 PM)   | DAY 2 (9.00 AM - 4.00 PM)  | DAY 3 (9.00 AM - 4.00 PM)  |
|---|--|--|
| <ul style="list-style-type: none"><li>● Basic of windows 10</li><li>● How to create, share and collaborate documents using Google drive</li><li>● How to insert tables in MS Word 2016</li><li>● How to use windows defender</li><li>● Tips to use Ms Excel 2016, Ms Word 2016, Ms Power point 2016</li></ul> | <ul style="list-style-type: none"><li>● Office Ms Excel- use of Pi of Table</li><li>● Office application og mail merge</li><li>● Office techniques and tips of Ms excel</li><li>● Keyboard shortcut functions</li><li>● Learn moderate skills</li><li>● Data manipulation and function</li></ul> | <ul style="list-style-type: none"><li>● Office – create voice narration</li><li>● Creating Rotating object</li><li>● Creating animated slides using images and graphics</li><li>● Creating professional presentation</li><li>● Creating Hyperlinks</li><li>● How to create pdf file without software</li></ul> |

**DEAN**  
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# TAGORE MEDICAL COLLEGE & HOSPITAL

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## DEPARTMENT OF COMMUNITY MEDICINE

*in association with*  
**MEDICAL EDUCATION UNIT**

*Organizes a Course on*

## YOGA & MEDITATION



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



**Date:** Aug 19<sup>th</sup>, 20<sup>th</sup> & 21<sup>st</sup> 2019

**Venue:** Auditorium,  
Tagore Medical College & Hospital



**Program Trainer**

**DR. DHAMODARAN PhD (Yoga)**

Psychologist & Faculty Art of Living  
Youth Leadership Training Programer

*Organizing Secretary:*


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

### OBJECTIVES

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

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

### COURSE SCHEDULE

| DAY 1 (9.30 AM - 4.00 PM)   | DAY 2 (9.30 AM - 4.00 PM)  | DAY 3 (9.30 AM - 11.00 AM)  |
|---|--|---|
| <ul style="list-style-type: none"><li>● History of Yoga</li><li>● How Yoga practices can Improve Physical and Mental Health</li><li>● Reduce stress</li><li>● Improve Focus and memory power</li><li>● improves performance</li><li>● Improve the day today physical Activity</li><li>● Sharing the view about Difference in life after yoga practice</li></ul> | <ul style="list-style-type: none"><li>● Principal Yoga asanas</li><li>● Hatha Yoga</li><li>● Pranayama</li><li>● Body alignment</li><li>● Yinyang Yoga</li><li>● Patanjali's Yoga Sutra</li></ul>  | <ul style="list-style-type: none"><li>● Group YOGA practise session</li></ul> |

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# TAGORE MEDICAL COLLEGE & HOSPITAL

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## DEPARTMENT OF GENERAL MEDICINE

*in association with*

## MEDICAL EDUCATION UNIT

*Organizes a Course on*

## Finishing School – Transforming into Professionals



**Date:** October 19<sup>th</sup>, 20<sup>th</sup> & 21<sup>st</sup> 2021

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



**Resource Person**

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

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

Chairperson cum Managing Trustee Tagore Educational Trust

### **Prof. Dr. N. Gunasekaran M.D.**

Dean

### **Prof. Dr. Sivaprakasam M.S**

Medical Superintendent

### **Prof. Dr. Saravanan MD**

Professor and Head, Dept. of General Medicine

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CHENNAI - 600 127.

## COURSE SCHEDULE

### DAY 1

#### **Module 1- Personality development Skills- (3 hours)**

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

#### **Module 2 – Communication skills –(3 hours)**

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

### DAY 2

#### **Module 3 – Time management- (3 hours)**

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

#### **Module 4 – Ethics and Etiquette- (3 hours)**

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

### DAY 3

#### **Module 5 – Pre placement skills- (3 hours)**

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



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# TAGORE MEDICAL COLLEGE & HOSPITAL

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Rathinamangalam, Melakottaiyur (PO), Chennai - 600127.



## DEPARTMENT OF GENERAL MEDICINE

### *in association with* **MEDICAL EDUCATION UNIT**

#### **ORGANISING SECRETARY**

**DR. T. BALAJI, MD**  
Senior Resident  
TMCH

*Organizes a Course on*

## Stress Management

#### **OBJECTIVES**

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



**Date:** Jul 8<sup>th</sup>, 9<sup>th</sup> & 10<sup>th</sup> 2021  
**Venue:** Lecture Hall 1,  
Tagore Medical College & Hospital



**Resource Person**  
**Dr. K. B. Prasanna M.D**  
Professor, TMCH

### **COURSE SCHEDULE**

| DAY - 1  | DAY - 2   |
|--|---|
| <ul style="list-style-type: none"> <li>● Basic principles of stress management</li> <li>● Recognition and management of your stress triggers</li> </ul> <p><i>Develop proactive responses to stressful situations. Brain conditioning and brain training techniques working at DNA level to induce permanent relief from stress by penetrating the core level to change the thought processes of the participants will be discussed.</i></p> | <ul style="list-style-type: none"> <li>● Use coping tips for managing stress</li> <li>● Learn to manage stress through diet, sleep and other lifestyle factors</li> <li>● Time Management to avoid stress during exams</li> <li>● Develop a long term action plan to Minimize and better manage stress</li> </ul> |

**DAY - 3: Workshop**

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# TAGORE MEDICAL COLLEGE & HOSPITAL

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Rathinamangalam, Melakottaiyur (PO), Chennai - 600127.



## Department Of Anatomy *in association with* Medical Education Unit

*Organizes a Course on*

## Basics in Bioinformatics



**Date:** July 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> 2021  
from 9.00 am to 5.30 pm

**Venue:** Lecture Hall 2,  
Tagore Medical College & Hospital

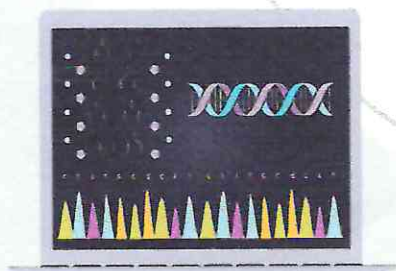


*Resource Persons*

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

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

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



*Immunology*

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**DAY 1**

| TIME                | TOPIC   | SPEAKER               |
|---------------------|---|-----------------------|
| 8.30 am - 9.00 am   | Registration & Inauguration   |                       |
| 9.00 am - 11.00 am  | Basics on Molecular simulations from atomic to mesoscale                      | Dr.N.S.Venkataramanan |
| 11.00 am - 11.30 am | High tea  |                       |
| 11.30 am - 1.30 pm  | Open source software for molecular simulations and tips for effective utility | Dr.N.S.Venkataramanan |
| 1.30 pm - 2.00 pm   | Lunch break   |                       |
| 1.15 pm - 3.15 pm   | Gromacs   | Dr.N.S.Venkataramanan |
| 3.15 pm - 3.30 pm   | High tea  |                       |
| 3.30 pm - 5.30 pm   | Tinker  | Dr.N.S.Venkataramanan |

**DAY 2**

| TIME                | TOPIC                                     | SPEAKER       |
|---------------------|---|---------------|
| 8.30 am - 9.30 am   | Openbabel, ChemPub, Auto Dock & Argus lab | Dr. A.Suvitha |
| 9.30am - 11.00 am   | Toxpro, swiss ADMET, Datawarrior          | Dr. A.Suvitha |
| 11.00 am - 11.30 am | High tea                                  |               |
| 11.30 am - 1.30 pm  | Cheminformatics tools in drug design      | Dr. A.Suvitha |
| 1.30 pm - 2.00 pm   | Lunch break                               |               |
| 1.15 pm - 3.15 pm   | Drug design for few diseases              | Dr. I Kannan  |
| 3.15 pm - 3.30 pm   | High tea                                  |               |
| 3.30 pm - 5.30 pm   | OPENBABEL Software Demonstration          | Dr. I Kannan  |

**DAY 3**

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



DEAN  
TAGORE MEDICAL COLLEGE & HOSPITAL  
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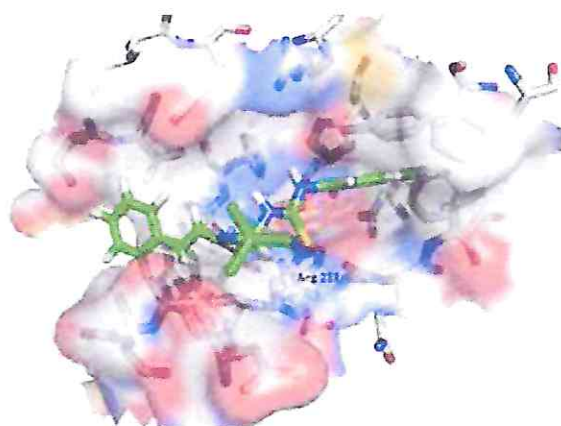


## DEPARTMENT OF MICROBIOLOGY

*in association with*  
**MEDICAL EDUCATION UNIT**

*Organizes a course on*

**Computer Aided  
Drug Designing**



c)



**Date:** Jun 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup> 2021  
**Venue:** Lecture Hall,  
Tagore Medical College & Hospital



**Program Trainer**

**Dr. I Kannan Ph.D.**

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

*Organizing Secretary:*

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

### OBJECTIVES

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

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

### COURSE SCHEDULE

| DAY 1  | DAY - 2  |
|--|--|
| <ul style="list-style-type: none"><li>● Installation of softwares</li><li>● Drug design and development</li><li>● Rational drug design- an insilico approach</li><li>● Introduction to bioinformatics – databases and tools</li><li>● Protein Preparation</li><li>● Ligand Preparation</li></ul> | <ul style="list-style-type: none"><li>● Introduction to molecular docking tools – AUTODOCK, iGEMDOCK, HEX 8.0</li><li>● Drug design for few diseases</li><li>● Retrieval of drug and chemical structures from pubchem and ZINC database</li><li>● Preparation of ligand – Drug designing software- ACD chemsketch – Preparation of lead molecules – OPENBABEL Software Demonstration</li></ul> |

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All undergraduate of medical sciences can register for the course.

\* Bring your laptop





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## DEPARTMENT OF COMMUNITY MEDICINE

*in association with*  
**MEDICAL EDUCATION UNIT**

*Organizes a Course on*  
**YOGA & MEDITATION**



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



**Date:** Feb 20<sup>th</sup> - May 20<sup>th</sup>, 2021  
**Venue:** Auditorium,  
Tagore Medical College & Hospital



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

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

### OBJECTIVES

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

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

### COURSE SCHEDULE

| DAY 1 (9.30 AM - 4.00 PM)   | DAY 2 (9.30 AM - 4.00 PM)  | DAY 3 (9.30 AM - 4.00 PM)   |
|---|--|---|
| <ul style="list-style-type: none"> <li>● History of Yoga</li> <li>● How Yoga practices can Improve Physical and Mental Health</li> <li>● Reduce stress</li> <li>● Improve Focus and memory power</li> <li>● improves performance</li> <li>● Improve the day today physical Activity</li> <li>● Sharing the view about Difference in life after yoga practice</li> </ul> | <ul style="list-style-type: none"> <li>● Principal Yoga asanas</li> <li>● Hatha Yoga</li> <li>● Pranayama</li> <li>● Body alignment</li> <li>● Yinyang Yoga</li> <li>● Patanjali's Yoga Sutra</li> </ul> | <ul style="list-style-type: none"> <li>● Group YOGA practise session</li> </ul> |

*Dean*  
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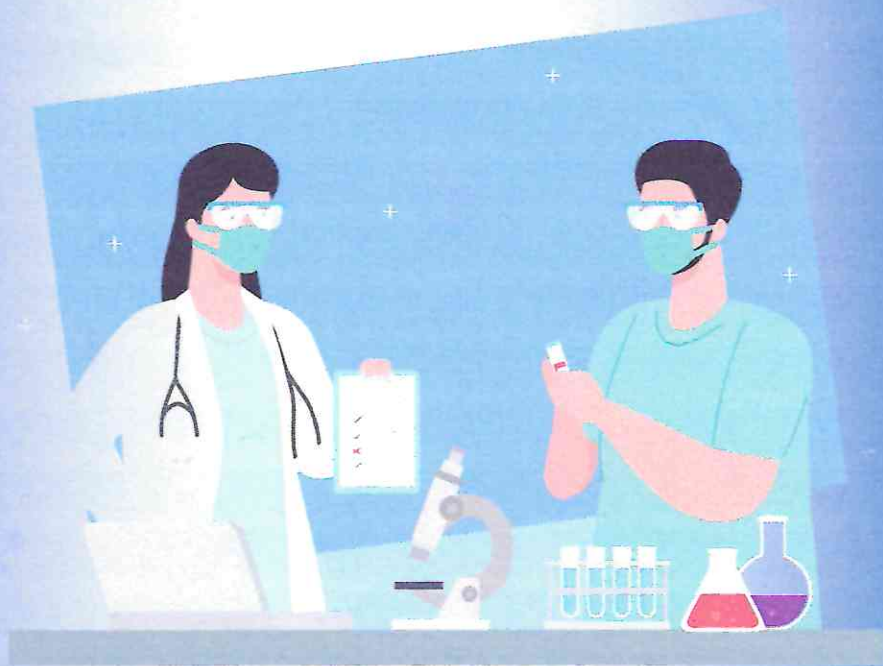
## DEPARTMENT OF COMMUNITY MEDICINE

*in association with*

## MEDICAL EDUCATION UNIT

*is conducting course for Post-Graduates*

# Research Methodology



**Date:** Nov 19<sup>th</sup>, 20<sup>th</sup> & 21<sup>st</sup> 2020,

**Venue:** Lecture Hall,  
Tagore Medical College & Hospital

*Program Coordinator:*

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

*Immunisation*



Resource Persons

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

**DR. C. SIVAGURUNATHAN**  
Associate Professor  
Department of Community Medicine,  
TMCH

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



## COURSE SCHEDULE

| <b>DAY 1 : DR. A. BALAJI</b> |   |
|------------------------------|---|
| 8.30 am - 9.00 am            | Course introduction   |
| 9.00 am - 10.30 am           | Definition, Characteristics and Objectives of Research and Scientific methods   |
| 10.30 am - 10.45 am          | TEA BREAK   |
| 10.45 am - 11.00 am          | <ul style="list-style-type: none"> <li>● Research Methodology: An Introduction and Basic Overview</li> <li>● Formulating the Research Process and Research Problem</li> </ul> |
| 11.00 am - 12.30 pm          | <ul style="list-style-type: none"> <li>● Defining the Research Problem and Research Questions</li> <li>● Research Methods vs. Research Methodology</li> </ul>                 |
| 12.30 pm - 1.00 pm           | Lunch   |
| 1.00 pm - 2.30 pm            | <ul style="list-style-type: none"> <li>● Formulation of Hypothesis</li> <li>● Sources of Hypothesis</li> </ul>  |
| 2.30 pm - 3.30 pm            | Characteristics, Role and Tests of Hypothesis   |
| 3.30 pm - 5.00 pm            | <ul style="list-style-type: none"> <li>● Research Design</li> <li>● Sampling Design</li> <li>● Data Collection</li> </ul>   |

| <b>Day 2 : DR. C. SIVAGURUNATHAN</b> |  |
|--------------------------------------|--|
| 9.00 am - 10.30 am                   | <ul style="list-style-type: none"> <li>● Processing and Analysis of Data</li> <li>● Processing Operations</li> <li>● Statistics in Research</li> </ul>                                 |
| 10.30 am - 10.45 am                  | Tea break  |
| 10.45 am - 1.00 pm                   | <ul style="list-style-type: none"> <li>● Descriptive Statistics</li> <li>● Inferential Statistics</li> <li>● Elements / Types of Analysis</li> <li>● Interpretation of Data</li> </ul> |
| 1.00 pm - 1.30 pm                    | Lunch  |
| 1.30 pm - 3.00 pm                    | <ul style="list-style-type: none"> <li>● Research</li> <li>● Mono-disciplinary Research</li> <li>● Trans-disciplinary Research</li> <li>● Inter-disciplinary Research</li> </ul>       |
| 3.00 pm - 4.00 pm                    | Computer & Internet: Its Role in Research  |
| 4.00 pm - 5.00 pm                    | Threats and Challenges to Good Research  |

| <b>Day 3 : DR. M. EZHILVANAN</b> |   |
|----------------------------------|---|
| 9.00 am - 10.30 am               | Writing aArticle, Essay, Research Paper and Research Project, Criteria of Good Research   |
| 10.30 am - 10.45 am              | Tea break   |
| 10.45 am - 1.00 pm               | <ul style="list-style-type: none"> <li>● Research Ethics, Citation Methods &amp; Citation Rules</li> <li>● Foot Note, Text Note, End Note and Bibliography</li> </ul> |
| 1.00 pm - 1.30 pm                | Lunch   |
| 1.30 pm - 5.00 pm                | Workshop  |



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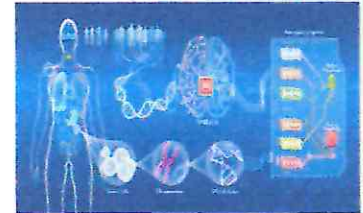
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## Medical Education Unit

*Organizes a Course for PG's on*

## Bioinformatics



**Date:** July 29<sup>th</sup>, 30<sup>th</sup> & 31<sup>st</sup> 2022  
from 9.00 am to 5.30 pm

**Venue:** Lecture Hall 2,  
Tagore Medical College & Hospital

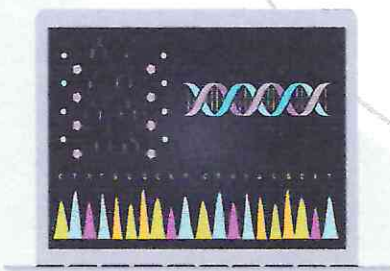


*Resource Persons*

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

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

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



*Immunology*  
DEPT OF MICROBIOLOGY  
TAGORE MEDICAL COLLEGE & HOSPITAL  
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**DAY 1**

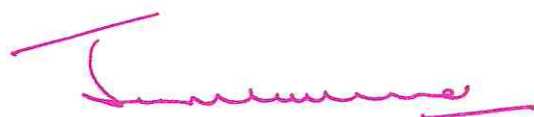
| TIME                | TOPIC   | SPEAKER               |
|---------------------|---|-----------------------|
| 8.30 am - 9.00 am   | Registration & Inauguration   |                       |
| 9.00 am - 11.00 am  | Basics on Molecular simulations from atomic to mesoscale                      | Dr.N.S.Venkataramanan |
| 11.00 am - 11.30 am | High tea  |                       |
| 11.30 am - 1.30 pm  | Open source software for molecular simulations and tips for effective utility | Dr.N.S.Venkataramanan |
| 1.30 pm - 2.00 pm   | Lunch break   |                       |
| 1.15 pm - 3.15 pm   | Gromacs   | Dr.N.S.Venkataramanan |
| 3.15 pm - 3.30 pm   | High tea  |                       |
| 3.30 pm - 5.30 pm   | Tinker  | Dr.N.S.Venkataramanan |

**DAY 2**

| TIME                | TOPIC                                     | SPEAKER       |
|---------------------|---|---------------|
| 8.30 am - 9.30 am   | Openbabel, ChemPub, Auto Dock & Argus lab | Dr. A.Suvitha |
| 9.30am - 11.00 am   | Toxpro, swiss ADMET, Datawarrior          | Dr. A.Suvitha |
| 11.00 am - 11.30 am | High tea                                  |               |
| 11.30 am - 1.30 pm  | Cheminformatics tools in drug design      | Dr. A.Suvitha |
| 1.30 pm - 2.00 pm   | Lunch break                               |               |
| 1.15 pm - 3.15 pm   | Drug design for few diseases              | Dr. I Kannan  |
| 3.15 pm - 3.30 pm   | High tea                                  |               |
| 3.30 pm - 5.30 pm   | OPENBABEL Software Demonstration          | Dr. I Kannan  |

**DAY 3**

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



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## DEPARTMENT OF COMMUNITY MEDICINE

*in association with*

## MEDICAL EDUCATION UNIT

*is conducting a course on*

## Basic Epidemiology



**Date:** Jul 7<sup>th</sup>, 8<sup>th</sup> & 9<sup>th</sup> 2022,

**Venue:** Lecture Hall 2,  
Tagore Medical College & Hospital

*Program Coordinator:*

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

*Immunisation*

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RATHINAMANGALAM, MELAKOTTAIYUR (PO)  
CHENNAI - 600127.



Program Trainer

**Dr. Ramesh Harihara Iyer, MD**

Professor & Head  
Department of Community Medicine,  
TMCH



## **COURSE SCHEDULE**

### **DAY 1**

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

### **DAY 2**

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

### **DAY 3**

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



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## DEPARTMENT OF COMMUNITY MEDICINE

*in association with*

## MEDICAL EDUCATION UNIT

*is conducting a course on*

# Research Methodology



**Date:** Jul 7<sup>th</sup>, 8<sup>th</sup> & 9<sup>th</sup> 2022,

**Venue:** Lecture Hall 2,  
Tagore Medical College & Hospital

*Program Coordinator:*

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





Program Trainers

DEAN  
TAGORE MEDICAL COLLEGE & HOSPITAL  
RATHINAMANGALAM POST,  
**DR. C. SIVAGURUNATHAN**  
Associate Professor  
Department of Community Medicine,  
TMCH

**Dr. Karthik MD**  
Associate Professor  
Department of Community Medicine,  
TMCH




## COURSE SCHEDULE

| DAY 1               |   |
|---------------------|---|
| 8.30 am - 9.30 am   | Course introduction   |
| 9.30 am - 10.30 am  | Definition, Characteristics and Objectives of Research and Scientific methods   |
| 10.30 am - 10.45 am | TEA BREAK   |
| 10.45 am - 11.00 am | <ul style="list-style-type: none"> <li>● Research Methodology: An Introduction and Basic Overview</li> <li>● Formulating the Research Process and Research Problem</li> </ul> |
| 11.00 am - 12.30 pm | <ul style="list-style-type: none"> <li>● Defining the Research Problem and Research Questions</li> <li>● Research Methods vs. Research Methodology</li> </ul>                 |
| 12.30 pm - 1.00 pm  | Lunch   |
| 1.00 pm - 2.30 pm   | <ul style="list-style-type: none"> <li>● Formulation of Hypothesis</li> <li>● Sources of Hypothesis</li> </ul>  |
| 2.30 pm - 3.30 pm   | <ul style="list-style-type: none"> <li>● Characteristics, Role and Tests of Hypothesis</li> </ul>   |
| 3.30 pm - 5.00 pm   | <ul style="list-style-type: none"> <li>● Research Design, Sampling Design, Data Collection</li> </ul>   |

| Day 2               |  |
|---------------------|--|
| 9.00 am - 10.30 am  | <ul style="list-style-type: none"> <li>● Processing and Analysis of Data</li> <li>● Processing Operations</li> <li>● Statistics in Research</li> </ul> |
| 10.30 am - 10.45 am | Tea break  |
| 10.45 am - 1.00 pm  | Descriptive Statistics, Inferential Statistics, Elements / Types of Analysis, Interpretation of Data   |
| 1.00 pm - 1.30 pm   | Lunch  |
| 1.30 pm - 3.00 pm   | Research Mono-disciplinary, Trans-disciplinary Research, Inter-disciplinary Research   |
| 3.00 pm - 4.00 pm   | Computer & Internet: Its Role in Research  |
| 4.00 pm - 5.00 pm   | Threats and Challenges to Good Research  |

| Day 3               |   |
|---------------------|---|
| 9.00 am - 10.30 am  | Writing a Article, Essay, Research Paper and Research Project, Criteria of Good Research  |
| 10.30 am - 10.45 am | Tea break   |
| 10.45 am - 1.00 pm  | <ul style="list-style-type: none"> <li>● Research Ethics, Citation Methods &amp; Citation Rules</li> <li>● Foot Note, Text Note, End Note and Bibliography</li> </ul> |
| 1.00 pm - 1.30 pm   | Lunch   |
| 1.30 pm - 5.00 pm   | Workshop  |



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## DEPARTMENT OF GENERAL MEDICINE

*in association with*  
**MEDICAL EDUCATION UNIT**

*Organizes a Course on*

**Finishing School**  
**Transforming into Professionals**



**Date:** Jun 9<sup>th</sup>, 10<sup>th</sup> & 11<sup>th</sup> 2022

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



**Resource Person**

**Dr. K. B. Prasanna M.D**

Professor  
Dept. of General Medicine

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

Chairperson cum Managing Trustee Tagore Educational Trust

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

Dean

**Prof. Dr. Karunanidhi M.S**

Medical Superintendent

**Prof. Dr. Saravanan MD**

DEAN Professor and Head, Dept. of General Medicine

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



## COURSE SCHEDULE

### DAY 1

#### **Module 1- Personality development Skills- (3 hours)**

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

#### **Module 2 – Communication skills –(3 hours)**

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

### DAY 2

#### **Module 3 – Time management- (3 hours)**

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

#### **Module 4 – Ethics and Etiquette- (3 hours)**

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

### DAY 3

#### **Module 5 – Pre placement skills- (3 hours)**

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



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## DEPARTMENT OF PSYCHIATRY

*in association with*

## MEDICAL EDUCATION UNIT

Organizes a course for Undergraduates & Postgraduates

# Analytical Skills



**Date:** Jun 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> 2022,  
**Venue:** Auditorium,  
Tagore Medical College & Hospital



### Resource Persons

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



### Organizing Secretary

**Dr. S. SidharthaBharathy MD**  
Senior Resident  
TMCH

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

Chairperson cum Managing Trustee Tagore Educational Trust

### **Mr. Manikandan**

Secretary, TMCH

### **Prof. Dr. N. Gunasekaran M.D.**

Dean  
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### **Prof. Dr. Karunanithi MS.**

Medical Superintendent



## AIM & OBJECTIVES

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

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

## COURSE SCHEDULE

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



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**IQAC**

*in association with*

**MEDICAL EDUCATION UNIT**

Organizes a course for Undergraduates & Postgraduates

## NABH FOR HOSPITAL



**Date:** Jun 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> 2022,

**Venue:** Auditorium,  
Tagore Medical College & Hospital

*Signature*

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CHENNAI - 600127.

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



Resource Persons

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

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




## AIM & OBJECTIVES

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

## COURSE SCHEDULE

| Subject   | Speaker                |
|---|------------------------|
| <b>DAY 1</b>  |                        |
| <ul style="list-style-type: none"><li>● Introduction: Accreditation and NABH Standard Infrastructure</li><li>● Infrastructure: Scope of hospital services &amp; Orientation to registration process</li><li>● Work culture- Vision and Mission of Hospital; Grievances and disciplinary procedures.</li><li>● Documentation: Consent, Early warning chart, Fall risk assessment</li></ul> | Dr. C. P. Luck., M.D   |
| <b>DAY 2</b>  |                        |
| <ul style="list-style-type: none"><li>● Patient rights and responsibilities</li><li>● Admission discharge procedure</li><li>● End of life care</li><li>● Communication</li><li>● End of life care</li><li>● IV fluid calculation Overview of pharmacovigilance Patient care</li></ul>   | Dr. C. P. Luck., M.D   |
| <b>DAY 3</b>  |                        |
| <ul style="list-style-type: none"><li>● Safety of Drugs</li><li>● Use of chemotherapy, narcotic drugs, radio-active drugs</li><li>● Antimicrobial Resistance</li><li>● Aware of drugs</li><li>● Look alike &amp; sound alike</li><li>● Emergency &amp; high-risk drugs</li></ul>  | Dr. E. Premalatha. M.D |

  
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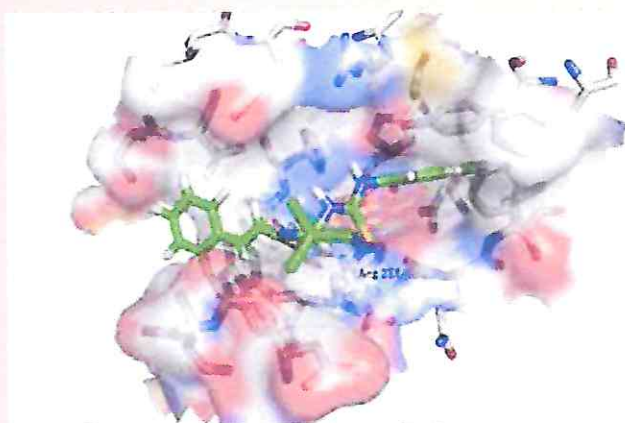


## DEPARTMENT OF MICROBIOLOGY

*in association with*  
**MEDICAL EDUCATION UNIT**

*Organizes a Course on*

**Computer Aided  
Drug Designing**



**Date:** May 4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup> 2022  
**Venue:** Lecture Hall 2,  
Tagore Medical College & Hospital



Program Trainer

**Dr. I Kanman Ph.D.**

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

*Organizing Secretary*

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

### OBJECTIVES

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

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

### COURSE SCHEDULE

| DAY 1  | DAY - 2  |
|--|--|
| <ul style="list-style-type: none"><li>● Installation of softwares</li><li>● Drug design and development</li><li>● Rational drug design- an insilico approach</li><li>● Introduction to bioinformatics – databases and tools</li><li>● Protein Preparation</li><li>● Ligand Preparation</li></ul> | <ul style="list-style-type: none"><li>● Introduction to molecular docking tools – AUTODOCK, iGEMDOCK, HEX 8.0</li><li>● Drug design for few diseases</li><li>● Retrieval of drug and chemical structures from pubchem and ZINC database</li><li>● Preparation of ligand – Drug designing software- ACD/chemsketch – Preparation of lead molecules – OPENBABEL Software Demonstration</li></ul> |

**DAY 3: Workshop**

\*Participants must Bring laptop for workshop session





**TAGORE MEDICAL COLLEGE & HOSPITAL**  
Rathinamangalam, Chennai – 600127

**DEPARTMENT OF PHYSIOLOGY**  
cordially invites students for

**A SHORT COURSE**

**on**

**“MIND AND MIND MAPPING”**

**RESOURCE PERSON’S**

**Date: 04.04.2022, 05.04.2022 & 06.05.2022**

**Time: 08.30 am to 5:30 pm**

**Venue: Lecture Hall I**

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

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

Prof Dr **Preetha Paul**, MD, ACME  
Organizing Chairperson, Professor and Head, Department of Physiology

Dr. S.Subanalani  
Associate Professor  
Department of Physiology

Organizing Secretary

**DEAN**  
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RATHINAMANGALAM, MELAKOTTAYUR POST,  
CHENNAI-600 127.

## COURSE SCHEDULE

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

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# TAGORE MEDICAL COLLEGE & HOSPITAL

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



## DEPARTMENT OF COMMUNITY MEDICINE

*in association with*  
**MEDICAL EDUCATION UNIT**

*Organizes a Course on*

## YOGA & MEDITATION



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



**Date:** Apr 4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup>, 2022  
**Venue:** Auditorium,  
Tagore Medical College & Hospital



**Program Trainer**

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

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

### OBJECTIVES

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

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

### COURSE SCHEDULE

| DAY 1 (9.30 AM - 4.00 PM)   | DAY 2 (9.30 AM - 4.00 PM)  | DAY 3 (9.30 AM - 4.00 PM)   |
|---|--|---|
| <ul style="list-style-type: none"> <li>● History of Yoga</li> <li>● How Yoga practices can Improve Physical and Mental Health</li> <li>● Reduce stress</li> <li>● Improve Focus and memory power</li> <li>● improves performance</li> <li>● Improve the day today physical Activity</li> <li>● Sharing the view about Difference in life after yoga practice</li> </ul> | <ul style="list-style-type: none"> <li>● Principal Yoga asanas</li> <li>● Hatha Yoga</li> <li>● Pranayama</li> <li>● Body alignment</li> <li>● Yinyang Yoga</li> <li>● Patanjali's Yoga Sutra</li> </ul> | <ul style="list-style-type: none"> <li>● Group YOGA practise session</li> </ul> |

*[Signature]*  
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