

**VMRF****AVMC****AARUPADAI VEEDU MEDICAL COLLEGE & HOSPITAL**

Pondy-Cuddalore Main Road, Kirumampakkam, Puducherry - 607 403, India
 ☎ +91 413 2615625, +91 413 2615246 ✉ dean@avmc.edu.in 🌐 www.avmc.edu.in

Ref. no: Dean-HPE Office/Mar/ON-82/2023

Date: 30.03.2023

OFFICE NOTE

A 'Finishing School Program' is being organized for the outgoing CRMIs (April 2022 - 23 batch) on April 20, Thursday & 21, Friday, 2023. Please find attached the Program schedule for the same. Based on their request the additional batch of Interns can also enrol.

All outgoing CRMIs are mandated to attend this program. They are also requested to remit Rs. 1000/- towards the course fee to accounts section. Completion of the course is mandatory for issue of CRMI course completion certificate. HODs of all CRMI departments are requested to relieve the CRMIs for the same.

MC on Day 1	April 20, 2023 Thursday	Dr. K. Damayandhi Associate Professor, DVL.
MC on Day 2	April 21, 2023 Friday	Dr. Deepa Kameshwari, Associate Professor, Pharmacology.

CRMI coordinator will coordinate the entire program. IQAC will facilitate the process.

Attached:

1. Program schedule
2. List of CRMIs
3. Budget

Shree
CRMI Coordinator
1/4/23

[Signature]
DEAN
3.4.2023

Mahalakshmi
DEAN - HPE
DR. MAHALAKSHMI, M.S., M.Ch., FRCS.,
DEAN-HPE,
Aarupadai Veedu Medical College & Hospital,
Kirumampakkam, Pondicherry - 607 403

Copy to:

Dean office
Director Medical Research
MS,
DMS 1 & 2,
VP 1 & 2
CRRi coordinator

[Signature]
Dr. PF. KOTUR, M.D. (Anesthesiologist)
Ph.D. (Med. Edn.), FICA.,
DEAN,
Aarupadai Veedu Medical College & Hospital,
Puducherry - 607 403

GMC (F) to collect the fee from student

All HODs CRMI depts IQAC Informatics

AARUPADAI VEEDU MEDICAL COLLEGE, PUDUCHERRY

CRMI list

S.No	REG.NO.	NAME
April 2022 Passed CRRIs - Nos. (29.04.2022 to 28.04.2023)		
1	1011310194	VIGNESHWARAN T
2	1011710109	ANKITA NAYAK
3	1011710125	GAYATRI K
4	1011710138	LIZBETH VALERINE MORRIS
5	1011710153	PERIASAMY M
6	1011710164	RAMYA P
7	1011710178	SHREEMATHY K
8	1011610136	JONAK DUARAH
9	1011710113	APARNA J
10	1011710129	GURU PRASAD M
11	1011710139	MANCY CHRISTABEL S
12	1011710155	PRABHAAGARAN M
13	1011710165	RANIYA K T
14	1011710179	SHWETHA B G
15	1011610161	PASUMITHRA S
16	1011710116	ARUNPRASANTH K
17	1011710130	HARINI PREETAA S K
18	1011710140	MANI SHANKAR P S
19	1011710156	PRAGATHI
20	1011710166	RICHA KYNDIAH
21	1011710185	SNEHA SHASHI
22	1011710101	AAKASH KANNA J M S
23	1011710117	ASHIQUE V S
24	1011710131	HARISHKUMAR J S
25	1011710141	MEHA KUMARI
26	1011710157	PRITHIBI MANNA
27	1011710168	RITHWIK AJITH
28	1011710188	SRIRAMBABU V
29	1011710103	ABHISEK KUMAR GOURAV
30	1011710118	AUROSRI ABHIPSA
31	1011710133	JAMMANA HARITHA
32	1011710142	MOHAMED AZHARUDDIN M
33	1011710158	PRIYADARSHINI M.S
34	1011710173	SATHYA T
35	1011710192	TANYA ANNA THOMAS

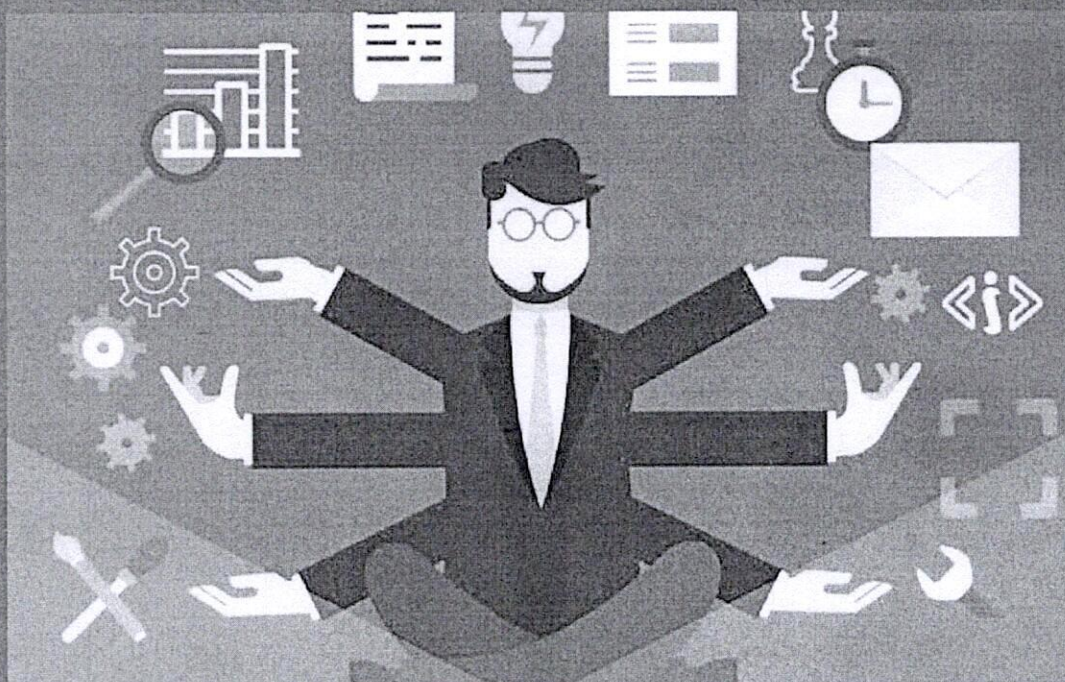


VINAYAKA MISSION'S
RESEARCH FOUNDATION
(Deemed to be University under section 3 of the UGC Act 1956)



AVMC
AARUPADAI VEEDU MEDICAL COLLEGE

FINISHING SCHOOL PROGRAMME FOR CRMIs



Program Goals

To empower the graduating students in the various skill sets in addition to knowledge and technical skills to make them practice ready and carve a niche for themselves in the competitive and dynamic world.

Program Objectives

- Expose to required competencies for the practice.
- Discuss career options after MBBS.
- Foster ability to develop life skills.
- Appreciate the role of networking for Career Growth.
- Provide feedback on educational experience.

Smt. Annapoorani Shanmugasundaram Mini Auditorium

20-21
APRIL
2023

FINISHING SCHOOL PROGRAM SCHEDULE

Day 1: 20 April 2023

Thursday

Time: 8.45 AM - 04.30 PM

Time	Topics	Resource Person
8.45 am to 9.00 am (15 Mins)	Registration	Team IQAC
9.00 am to 9.05 am (5 Mins)	Invocation	
9.05 am to 9.10 am (5 Mins)	Welcome & About the Programme	Prof. Sheela Kuruville CRMI Coordinator, AVMC
9.10 am to 9.15 am (5 Mins)	Lamp lighting	
9.15 am to 9.30 am (15 Mins)	Becoming a lifelong Learner - Opening address	Prof. P.F. Kotur Dean, AVMC
9.30 am to 9.45 am (15 Mins)	Professional & Ethical practice of Medicine	Prof. B. Vishnu Bhat Director Medical Research, AVMC
9.45 am to 10.45am (60 Mins)	Keynote Address - Soft Skills Development for Healthcare Professionals	Dr. Lalgudi Narayanan Dorairajan Professor (Sr. Scale) & Medical Superintendent, JIPMER
10.45 am to 11.00 am	Tea Break	
11.00 am to 11.30 am (30 Mins)	Career options after MBBS	Prof. V.N. Mahalakshmi Dean-Health Professions' Education, AVMC
11.30 am to 12.00 pm (30 Mins)	How to prepare for NEET - PG Exam	Prof. T. Rajan Vice Principal, AVMC.
12.00 pm to 12.30 pm (30 Mins)	Becoming a Community Physician	Dr. Madhanagopal Asso. Professor, Dept. of Pharmacology, AVMC
12.30 pm to 1.00 pm (30 Mins)	Work - life Balance	Prof. S. Deepa, HoD of O&G, AVMC
1.00 pm to 2.00 pm	Working Lunch	
2.00 pm to 3.00 pm (60 min)	Overseas - Career and study opportunities	Dr. Sharmila Anand Founder & Managing Director, Inspira
3.00 pm to 4.00 pm (60 Mins)	Preparing a good CV & Interview skills	Mr. Suresh Raman Head, Human Resources, AVMC
4.00 pm to 4.15 pm (15 Mins)	Review of the day's program	

MC on Day 1 : Dr. K. Damayandhi, Associate Professor, DVL.

FINISHING SCHOOL PROGRAM SCHEDULE

Day 2: 21 April 2023

Friday

Time: 9.00 AM - 04.00 PM

Time	Topics	Resource Person
9.00 am to 9.15 am (15 Mins)	Review of Day 1	Prof. Sheela Kuruvila CRMI Coordinator, AVMC
9.15 am to 10.00 am (45 Mins)	Competitive Examination for Jobs	Dr. R.R. Dhanapall Chairman, IIPA - Puducherry
10.00 am to 11.00 am (60 Mins)	Medico - Legal aspects of Clinical Practice	Prof. K. Jayasingh Medical Superintendent, AVMC
11.00 am to 11.15 am	Tea	
11.15 am to 12.00 pm (45 Mins)	Building the spirit of entrepreneurship & Innovations	Team IIC, AVMC
12.00 pm to 12.45 pm (45 Mins)	Salutogenesis & Self-care	Prof. John Dinesh Alexander HoD, Psychiatry, AVMC
12.45 pm to 2.00 pm	Working Lunch	
2.00 pm to 2.30 pm (30 Mins)	Networking for growth	Team Alumni
2.30 pm to 3.30 pm (60 Mins)	Feedback on Practice Readiness & Students' Educational Experience	Team IQAC
3.30 pm to 4.00 pm (30 Mins)	Feedback & Valedictory	CRMI Coordinator

MC on Day 2 : Dr. Deepa Kameshwari, Associate Professor, Pharmacology.



VMRF - Deemed University, Salem

(Declared as Deemed to be University u/s 3 of UGC Act, 1956. NAAC Accredited)

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Finishing School Programme for CRMIs of 2022-23 batch

The Finishing School Programme for the outgoing batch of Medical Interns is being conducted from 2022 with a goal of empowering our interns with various skills apart from knowledge and technical skills, in order to enable them to be practice ready and to carve a niche for themselves in this dynamic, competitive world. This two-day programme was conducted this year on 20th and 21st April 2023 and was organised by the Dean Health Professions Education, IQAC and CRMI Coordinator. A total of 85 medical interns who were completing internship in April and October 2023 participated in the programme.

The programme commenced by invoking the blessings of the Almighty, followed by Welcome Address and introduction of the programme by Dr. Sheela Kuruvila, CRMI Coordinator. The scientific sessions began with an address on becoming a lifelong learner by Dr. P.F. Kotur, Dean, AVMC. He stressed on the importance of lifelong learning in today's world. Dr Vishnu Bhat, Director Medical Research AVMC, discussed using relevant clinical scenarios, about ethics and professionalism in medical practice. The keynote address on the importance of Soft Skills Development for Medical Professionals was delivered by the honourable Chief Guest, Dr. Lalgudi Narayanan Dorairajan, Medical Superintendent and Professor of Urology, JIPMER, Pondicherry.

Dr. M. Manju, Professor and HOD, Biochemistry, AVMC then outlined the A-to-Z career options after MBBS. The following session by Dr. T. Rajan, Vice Principal, AVMC enlightened the students on how to effectively prepare for NEET PG examination. Dr Madhanagopal, Associate Professor, Pharmacology, and an experienced practitioner shared his experiences and ideas on how to become a successful community physician. The post-lunch, very interactive session on 'Career and Study options abroad' was conducted by Dr. Sharmila Anand, Founder and Managing Director of Inspira, a social enterprise focussed on development of health care professionals. During the last session for the day, Mr. Suresh Raman, Head, Human Resources AVMC, walked the participants through the steps of preparing a good Curriculum Vitae and also discussed tips to develop good interview skills.

The programme began on the second day with a very informative session on tackling the various competitive examinations for government jobs such as UPSC, Civil service examinations etc. by Mr. R. R. Dhanapall, Chairman, Indian Institute of Public

Administration, Pondicherry. He discussed in detail about the facilities available for training for these examinations.

The medicolegal aspects of practice were discussed extensively by Dr. K. Jayasingh, Medical Superintendent, AVMC who made the session interesting by sharing real life illustrations.

Dr. Pushpa Kotur, Convener, Institute Innovation Council and Professor O&G, AVMC, motivated the participants to develop a spirit of entrepreneurship and contribute with developing innovations in the field of medicine.

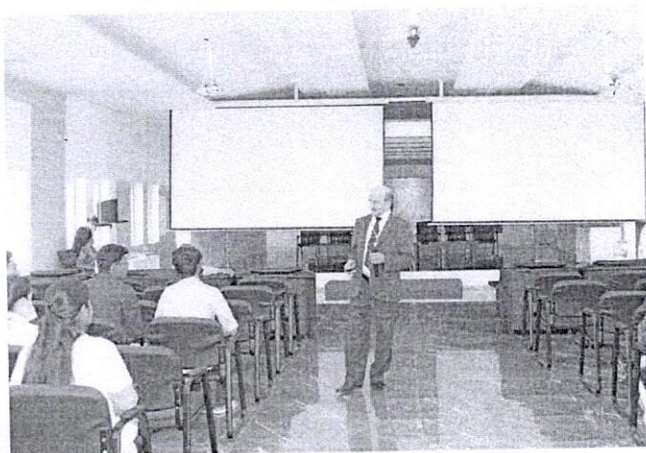
Dr John Dinesh Alexander, Professor and HOD, Psychiatry AVMC took an interesting session about the importance of salutogenesis and self-care of practising medical personnel.

Dr Deepa S., Professor and HOD O&G, AVMC shared how doctors should strive to achieve work- life balance. She stressed on giving adequate attention to work and family and at the same time not ignoring one's own needs.

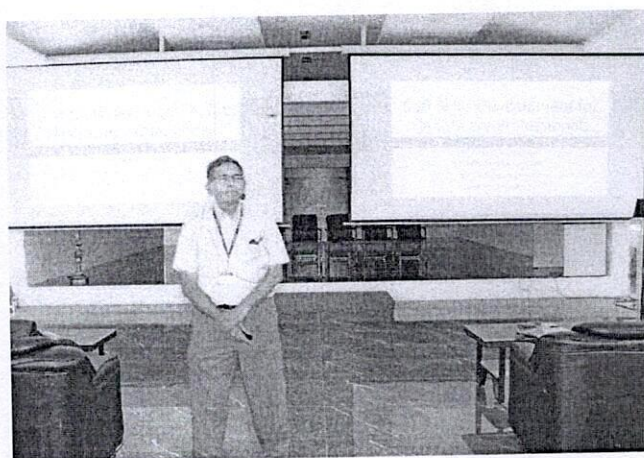
Dr Narayanaswamy, Associate Professor, Pharmacology and an alumnus of AVMC touched briefly on the role of networking with alumni in career development. Feedback on practice readiness and students educational experience was collected by Dr Varadharajaperumal IQAC Coordinator and Team IQAC.

The programme concluded with a valedictory function presided by Dr.P.F. Kotur Dean AVMC where the participants gave positive feedback about the programme.

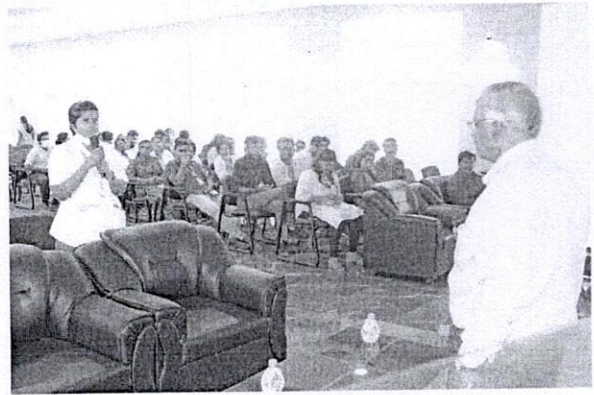
CRMI Coordinator



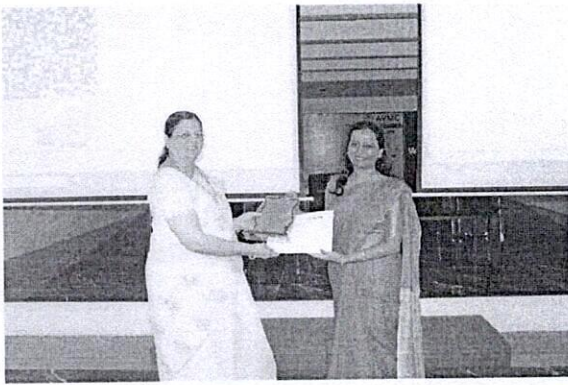
Respected Dean AVMC, Dr P.F. Kotur conducting a session on 'Becoming a Lifelong Learner'.



Chief Guest Dr. Lalgudi N..Dorairajan, Medical Superintendent JIPMER delivering the Keynote Address - Soft Skills Development for Healthcare Professionals



Chairman IIPA Mr.R.R. Dhanapall delivering a talk on 'Competitive Exams for Jobs'.



Felicitation of Dr. Sharmila Anand, Founder and Director of Inspira, who took a session on 'Overseas Career and Study

PROGRAM SCHEDULE FOR PROPOSED FINISHING SCHOOL PROGRAM

DAY 1: 20 April 2023

Thursday

Time: 8.45 AM – 4.30 PM

Time	Topic	Resource Person
8.45 am to 9.00 am (5 Mins)	Registration	Team IQAC
9.00 am to 9.05 am (5 Mins)	Invocation	
9.05 am to 9.10 am (5 Mins)	Welcome & About the Programme	Prof. Sheela Kuruvila Professor of DVL, CRMI Coordinator, AVMC.
9.10 am to 9.15 am (5 Mins)	Lamp lightning	
9.15 am to 9.30 am (15 Mins)	Becoming a lifelong Learner – Opening address	Prof. P.F. Kotur, Dean, AVMC.
9.30 am to 9.45 am (15 Mins)	Professional & Ethical practice of Medicine	Prof. B. Vishnu Bhat Director Medical Research, AVMC.
9.45 am to 10.00 am (15 Mins)	Word of advice for practice	Prof. K. Jayasingh, Medical Superintendent, AVMC.
10.00 am to 10.45am (45 Mins)	Keynote Address - Soft Skills Development for professionals	To be fixed
10.45 am to 11.00 am	Tea Break	
11.00 am to 11.30 am (30 Mins)	Career options after MBBS	Prof.V.N. Mahalakshmi, Dean – HPE, AVMC.
11.30 am to 12.00 pm (30 Mins)	How to prepare for NEET - PG Exam	Prof.T.Rajan, Vice Principal, AVMC.
12.00 pm to 12.30 pm (30 Mins)	Study Abroad	Alumni
12.30 pm to 12.45 pm (15 Mins)	Question & Answer Session	
12.45 pm to 2.00 pm	Working Lunch	
2.00 pm to 3.00 pm (60 min)	Legal aspects of Medical Practice	Team Forensic Medicine
3.00 pm to 3.45 pm (45 Mins)	Preparing good CV & Interview skills	Team HR , VMRF
3.45 pm to 4.00 pm (15 Mins)	Question & Answer session	
4.00 pm to 4.15 pm (15 Mins)	Review of the day's program	

DAY 2: 21, April 2023

Friday

Time: 9.00 AM – 4.00 PM

Time	Topic	Resource Person
9.00 am to 9.15 am (15 Mins)	Review	Prof. Sheela Kuruvila Professor of DVL, CRMI Coordinator, AVMC.
9.15 am to 10.00 am (45 Mins)	Competitive Examination for Jobs	Dr. R.R. Dhanapall, Chairman, IIPA - Puducherry
10.00 am to 10.30 am (30 Mins)	Becoming Community Physician	Dr. Madhanagopal Asso. Professor, Dept. of Pharmacology
10.30 am to 11.00 am (30 Mins)	Work - life Balance	Prof. S. Deepa, HoD of O&G, AVMC.
10.00 am to 11.15 am (45 Mins)	Tea	
11.15 am to 12.00 am (30 Mins)		Team IIC
12.00 am to 12.45 am (45 Mins)	Self care	Team Psychiatry
12.45 am to 2.00 am (75 Mins)	LUNCH	
2.00 am to 2.30 am (30 Mins)	Networking for growth	Team Alumni
2.30 am to 3.30 pm (60 Mins)	Feedback on Practice Readiness & Students' Educational Experience	Team IQAC
3.30 pm to 4.00 pm (30 Mins)	Feedback & Valedictory	CRMI Coordinator

Maha
5/4/23

Dr. MAHALAKSHMI, M.S. MCh FRCS.,
DEAN-HPE,
Aarupadai Veedu Medical College & Hospital,
Kilumampakkam, Pondicherry - 605 006

36	1011710106	ADITI SHRIVASTAVA
37	1011710120	BIDYA BHARATI MOHANTY
38	1011710134	JANANI M
39	1011710143	MOHAMED NIYASUDHEEN
40	1011710160	RAHUL R
41	1011710174	SERALATHAN M
42	1011710193	TUSHALI ANAND
43	1011710107	ALI AYESHA SIDDIQUE
44	1011710121	DEVI SWETHA
45	1011710135	KOWSALYA U
46	1011710145	MOHANRAJ
47	1011710161	RAKSHNA MARY M
48	1011710176	SHEETAL SIVARAM
49	1011710108	ANAND KUMAR KIZHAKKAYIL PADIKKAL
50	1011710124	EBA BAIG
51	1011710137	LIPSITA JENA
52	1011710147	MURALITHARAN P
53	1011710162	RAM DEV VINASH S
54	1011710177	SHIVANI VINOD PUROHIT
55	1011710159	PUJA KUMARI
CRIMs from 17.10.2022 to 16.10.2023		
1	1011510157	NITESH KUMAR K
2	1011710102	AASHISH DAHIYA
3	1011710105	ADARSH PREETHAM THELLA
4	1011710110	ANSHIFA E
5	1011710111	ANTHONY LOURDES DARMEPRIYA FERNANDO
6	1011710115	ARUNKUMAR M
7	1011710126	GOPIKA BALACHANDRAN
8	1011710144	MOHAMMED RAJIK H
9	1011710148	NAVNEET SRIVASTVA
10	1011710154	POOJA B ESWARAN
11	1011710167	RISHABH BIST
12	1011710169	RITIK PADHI
13	1011710170	SAHIL GANPAT RAIKAR
14	1011710171	SAJAN R
15	1011710182	SIRASAPALLI PRIYANKA
16	1011710186	SONIA
17	1011710189	SURANJIB BEHERA
18	1011710191	SUSHMA RADHAKRISHNAN

19	1011710197	VIGNESH E
20	1011710198	VIVEK KUMAR
21	1011710199	YASWANTH ARON J
22	1011710200	ZACHARIAH KHRAWDOR PAJAT
23	1011610147	MAYANK KUMAR OM
24	1011710163	RAM KUMAR A
25	1011710175	SHAIKH ARBAB MOHAMMAD
26	1011710187	SREE KANNATHAL
27	1011710127	GOPIKRISHNAN P
28	1011710128	GUNASEKAR M
29	1011710136	KRITHIKA G
30	1011710151	NIVASRAJ K
31	1011710123	DIYA MIRSHA SUNIL
32	1011710172	SANTOSH DAS
33	1011710149	NIDHI MOR

Shanku
31/3/23

Maaba

Dr. MAHALAKSHMI, M.S., M.Ch., FRCS.,
DEAN-HPE,
Aarupadal Veedu Medical College & Hospital,
Kirumampakkam, Pondicherry - 607 403



FINISHING SCHOOL PROGRAM FOR CRMI's

Date: 20.04.2023 (Morning session)

Venue: MPH

S.No	Register No	Name	Signature
1	1011310194	Vigneshwaran T	
2	1011610136	Jonak duarah	<i>Jonak Duarah</i>
3	1011610161	Pasumithra S	<i>P. S.</i>
4	1011710101	Aakash kanna J.M.S	<i>A. Kanna</i>
5	1011710103	Abhisek kumar gourav	<i>Abhisek</i>
6	1011710106	Aditi shrivastava	<i>Aditi</i>
7	1011710107	Ali Ayesha Siddique	<i>A. Siddique</i>
8	1011710108	Anand kumar kizhakkayil padikkal	<i>Anand</i>
9	1011710109	Ankita Nayak	<i>Ankita</i>
10	1011710113	Aparna J	<i>Aparna</i>
11	1011710116	Arunprasanth K	<i>Arunprasanth</i>
12	1011710117	Ashique V.S	<i>Ashique</i>
13	1011710118	Aurosri abhipsa	<i>A. Abhipsa</i>
14	1011710120	Bidya bharati mohanty	
15	1011710121	Devi swetha	<i>Devi Swetha</i>
16	1011710124	Eba baig	<i>Eba</i>
17	1011710125	Gayatri K	<i>K. Gayatri</i>
18	1011710129	Guru prasad M	<i>M. Prasad</i>
19	1011710130	Harini preetaa S.K	<i>Harini Preetaa</i>
20	1011710131	Harishkumar J.S	<i>H. J.S</i>
21	1011710133	Jammana haritha	<i>J. Haritha</i>
22	1011710134	Janani M	<i>Janani</i>
23	1011710135	Kowsalya U	<i>K. U.</i>



S.No	Register No	Name	Signature
24	1011710137	Lipsita jena	<i>Lipsita jena</i>
25	1011710138	Lizabeth valerine morris	<i>Lizabeth</i>
26	1011710139	Mancy christabel S	<i>S. Mancy</i>
27	1011710140	Mani shankar P.S	<i>T.S. Mani Shankar</i>
28	1011710141	Meha kumari	<i>Meha Kumari</i>
29	1011710142	Mohamed azharuddin M	<i>Azharuddin M.</i>
30	1011710143	Mohamed niyasudheen	<i>Niyasudheen</i>
31	1011710145	Mohan raj	<i>Mohan Raj</i>
32	1011710147	Muralitharan P	<i>P. Muralitharan</i>
33	1011710153	Periasamy M	<i>M. Periasamy</i>
34	1011710155	Prabhaakaran M	<i>M. Prabhaakaran</i>
35	1011710156	Pragathi	<i>Pragathi</i>
36	1011710157	Prithibi manna	<i>Prithibi manna</i>
37	1011710158	Priyadarshini M.S	<i>Priyadarshini M.S</i>
38	1011710159	Puja kumari	<i>Puja kumari</i>
39	1011710160	Rahul R	<i>Rahul R</i>
40	1011710161	Rakshna mary M	<i>Rakshna mary M</i>
41	1011710162	Ram Dev Vinash S	<i>Ram Dev Vinash S</i>
42	1011710164	Ramya P	<i>Ramya P</i>
43	1011710165	Raniya K T	<i>Raniya K T</i>
44	1011710166	Richa Kyndiah	<i>Richa Kyndiah</i>
45	1011710168	Rithwik Ajith	<i>Rithwik Ajith</i>
46	1011710173	Sathya T	<i>Sathya T</i>
47	1011710174	Seralathan M	<i>Seralathan M</i>
48	1011710176	Sheetal sivaram	<i>Sheetal sivaram</i>



S.No	Register No	Name	Signature
49	1011710177	Shivani Vinod Purohit	
50	1011710178	Shreemathy K	
51	1011710179	Shwetha B G	
52	1011710185	Sneha Shashi	
53	1011710188	Srirambabu V	
54	1011710192	Tanya Anna Thomas	
55	1011710193	Tushali Anand	
56	1011510157	K Nithesh kumar	
57	1011610147	Mayank kumar om	
58	1011710102	Aashish dahiya	
59	1011710105	Adarsh preetham thella	
60	1011710110	E Anshifa	
61	1011710111	Anthony lourdes darmepriya fernando	
62	1011710115	M Arunkumar	
63	1011710126	Gopika balachandran	
64	1011710127	P Gopikrishnan	
65	1011710128	M Gunasekar	
66	1011710136	G Krithika	
67	1011710144	H Mohammed rajik	
68	1011710148	Navneet srivastva	
69	1011710154	Pooja B Eswaran	
70	1011710163	A Ram kumar	
71	1011710167	Rishabh bist	
72	1011710169	Ritik padhi	
73	1011710170	Sahil ganpat raikar	



S.No	Register No	Name	Signature
74	1011710171	R Sajan	R. Sajan
75	1011710175	Shaikh arbab mohammad	Shaikh arbab mohammad
76	1011710182	Sirasapalli priyanka	Sirasapalli priyanka
77	1011710186	Sonia	Sonia
78	1011710187	Rk Sree kannathal	Rk Sree kannathal
79	1011710189	Suranjib behera	Suranjib behera
80	1011710191	Sushma radhakrishnan	Sushma radhakrishnan
81	1011710197	E Vignesh	E Vignesh
82	1011710198	Vivek kumar	Vivek kumar
83	1011710199	J Yaswanth aron	J Yaswanth aron
84	1011710200	Zachariah khrawdor pajat	Zachariah khrawdor pajat
85	1011710151	Nivasraj K	Nivasraj K
86	1011710123	Diya Mirsha Sunil	Diya Mirsha Sunil
87	1011710172	santosh Das	Santosh Das
88	1011710149	Nidhi More	Nidhi More



FINISHING SCHOOL PROGRAM FOR CRMI's

Date: 20.04.2023 (Afternoon Session)

Venue: MPH

S.No	Register No	Name	Signature
1	1011310194	Vigneshwaran T	
2	1011610136	Jonak duarah	
3	1011610161	Pasumithra S	
4	1011710101	Aakash kanna J.M.S	
5	1011710103	Abhisek kumar gourav	
6	1011710106	Aditi shrivastava	
7	1011710107	Ali Ayesha Siddique	
8	1011710108	Anand kumar kizhakkayil padikkal	
9	1011710109	Ankita Nayak	
10	1011710113	Aparna J	
11	1011710116	Arunprasanth K	
12	1011710117	Ashique V.S	
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+91 413 2615625, +91 413 2615246 dean@avmc.edu.in www.avmc.edu.in



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46	1011710173	Sathya T	<i>Sathya</i>
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76	1011710182	Sirasapalli priyanka	Sirasapalli priyanka
77	1011710186	Sonia	Sonia
78	1011710187	Rk Sree kannathal	Rk Sree kannathal
79	1011710189	Suranjib behera	Suranjib behera
80	1011710191	Sushma radhakrishnan	Sushma radhakrishnan
81	1011710197	E Vignesh	E Vignesh
82	1011710198	Vivek kumar	Vivek kumar
83	1011710199	J Yaswanth aron	J Yaswanth aron
84	1011710200	Zachariah khrawdor pajat	Zachariah khrawdor pajat
85	1011710151	Nivasraj K	Nivasraj K
86	1011710123	Diya Mirsha Sunil	Diya Mirsha Sunil
87	1011710172	santosh Das	santosh Das
88	1011710149	Nidhi More	Nidhi More



FINISHING SCHOOL PROGRAM FOR CRMI's

Date: 21.04.2023 (Morning session)

Venue: MPH

S.No	Register No	Name	Signature
1	1011310194	Vigneshwaran T	
2	1011610136	Jonak duarah	
3	1011610161	Pasumithra S	
4	1011710101	Aakash kanna J.M.S	
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6	1011710106	Aditi shrivastava	
7	1011710107	Ali Ayesha Siddique	
8	1011710108	Anand kumar kizhakkayil padikkal	
9	1011710109	Ankita Nayak	
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FINISHING SCHOOL PROGRAM FOR CRMI's

Date: 21.04.2023 (Afternoon Session)

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Dr. T. PRASAD
Chief Coordinator, IQAC
Aarupadai Veedu Medical College & Hospital
Kirumampakkam, Puducherry - 607 403.

Dr. RAKESH SEHGAL, M.D., DNB, MAMS, FACM, FRCM
DEAN,
Aarupadai Veedu Medical College &
Kirumampakkam, Puducherry - 607 403.



Foundation Program Report - MBBS – December 2022

Handling Self and Peer Pressure – (05.12.2022)

Introduction

Guiding the students in handling their self-impulse and peer pressure is as important as teaching their professional skills. A one-hour soft skill training on the topic “Handling Self and Peer Pressure” was conducted to the fresher’s of 2022 - 2023batch MBBS students on 05.12.2022 between 10.00am – 10.30am.

Objective

To guide the students to understand their roles and responsibilities as a student in college and learn to differentiate between healthy and unhealthy influence of peers and to handle it by making wise choices.

Methodology

Offline mode teaching learning.

The definition of Peer pressure is explained to understand the important role peers play in college life for personal transformation. Before COVID 19 Pandemic lockdown, the fresher’s expectation to enter college was different. Lockdown period witnessed significant change in the people’s behavior and attitude worldwide; and students are no exemption. At present how the students need to mingle with their peer group with integrity and social responsibility is crucial for healthy progress in college life.

Types of Students

The three types of students – namely **Passive** – who are shy and silent; **Assertive** – calm and composed with confidence; and **Aggressive** – tensed and dominative– are explained first to know the influential ability of the students. Whatever type the student is, higher education period can help the students to overcome their barriers and transform as a healthy individual -- if they get guidance during challenging time in their college life.

Pleasant Outcomes

Motivation from peers can help the students try new skills: Example – Students who never took part in sports until school life can participate in playing games. Students from remote village may visit restaurants which can give happiness to try new dishes. Gender bias also can break after entering higher education.



Participation in seminar presentations, visits to outstation to attend or to do paper presentations in conferences can enhance knowledge as well as widens mentors and friends' circle. This is a specific tool for career development of healthcare students.

The pleasant outcomes of peer pressure help the freshers to push their boundaries and try innovative ideas that they were scared to do in their school life.

Unpleasant Outcomes

There are many unpleasant peer pressures that need emotionally stable approach from the freshers to maintain peace and harmony of self, classroom and Institute.

Bullying

Students are taught an affirmation practice to protect themselves from any inferiority complex that may arise out of bullying.

Affirmation – “This may be true for you but not for me. I am born to win”

Addiction

Addiction to mobiles usage is distancing the students from their own classmates and also spoils their qualitative time for study. Addiction to alcohol, smoking and drugs can totally spoil the future of the students. The importance of avoiding such stimulants is reinforced.

Infatuation

One of the main challenges of the teenagers is infatuation, especially in college life. Practical examples of the studious student's life transformation after infatuation are shared with the students to be aware of their goal in life to stay focused.

Favouritism/Bias

Students are encouraged to be a neutral support to one another in the classroom to avoid groupism that may arise due to biased behaviour. A good friend is the one who corrects the mistakes and applauds the achievements.

Financial pressure

Students who get stimulated by their wealthy students' dresses, mobiles, and vehicles may add financial burden to their parents to fulfil their wishes. Self-respect is to buy by them and not to expect it as a gift from family member – especially when the family is finding it hard to meet the needs.



Affirmation to protect self

Many a time ordinary discussion between classmates may turn into a high heated argument and disturb the classroom peace. Students are taught to practice an affirmation to surround them with positive vibes when a discussion turns into an unpleasant argument. Positive Affirmation practice can spread positive vibes in the surrounding and help the students involved in argument gradually stop it.

Affirmation – “Everything is happening for the highest good of me. Out of this situation only good comes to me”

Students are encouraged to use their freedom wisely and to avoid using it as a licence.

Outcome

Students were guided to adhere to the Institute rules irrespective of others influence; to maintain self-dignity and peace; to join hands with peers for progressive development of self, peers, Institute and society. The overall feedback 22/25 indicates that the outcome is met.



Conclusion

College life brings vast number of new experiences and opportunities and also anxiety to attempt novelty. Encouragement from peers reduces the anxiety; at the same time pressure to try something that the student is unwilling can be damaging to their mental well-being. Hence it is very important for the students to understand the difference between positive encouragement and negative pressure from their peers. This session was framed in an effort to enable the students understand their role in college effectively.

