

REPORT OF FOUNDATION PROGRAMME for I B.H.M.S

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Students entering in the world of HOMOEOPATHIC medical science are faced much difficulties and challenges in different aspects..They have less exposure and experience outside of their family and social circle and Usually they face trouble in verbal or written communication due to language problem.

Stress level and mental morbidity is very high in medical career . Our society is not favourable to mental illness and even not immune to social stigma. Many a students are victim of this and they find the solution in suicidal attempt only.

In view of that, National Commission of Homoeopathy introduced the special ,exclusive and dedicated program of 10 Days for the new Ist BHMS students named “ Foundation Course.” Here , in this course, students are introduced to know values of Equality, diversity, gender sensitization, team working, adult learning, time management, stress management, basic life supports etc.

Objective of this course is to orient students about different concept of holistic and positive health .Students are motivated to enhance different skills which will help them to interact with patients and at the same time they are trained to perform these skills which are related to patient safety and biohazards safety.

In our institution [Motiwala National Homoeopathic Medical College] we conducted a well planned Foundation Program of 10 days. Details of this program is as follows -

- **Topic:** - Foundation Programme for I BHMS -2022-23
- **Venue:** Zobia Motiwala Auditorium
- **Date:** 02 /02/2023 to 14/02/2023
- **Time:** 8:30 am to 3:30 pm
- **Participants:** I BHMS students batch 2022-23
- **No of participants : 84**

Details of sessions :-

Foundation programme started with Inauguration with Samai lightening by the hands of Dr. F.F. Motiwala ,trustee & faculty members followed by prayer.

General Introduction of the Programme was given by Dr. Manisha Ahiwalay

Official session started with Welcome and Introduction to Vision & Mission of the Institute by Principal Dr. F.F. Motiwala. He started with the history of the institution & different means to serve the community with Homoeopathy. At the same time he highlighted on different points

like Spiritual, Ethical, Clinical & Academic with which students should be visionary to accomplish institutional vision&mission.

Next session conducted by Dr.S. Bhalerao who explained about BHMS Course of study and introducing to first year faculty.

After lunch break session continued with walking tour to visit institution / campus / facilities in 3 groups, conducted by Dr.Varsha Dharane, Dr.Teashree Thakare, Dr.Gayatri Nimbhore & Dr. Sonali Rohom.

Second day session started with debate on Who is Professional? between two sides, conducted by Dr. G.B. Prasad. Next session started by Dr. Anil Gosavi who presented different cases for showcasing effects of Homoeopathy.

Further session taken by Dr. Mrs. Vijay Chadha, who conducted practical exercise on Time management with pre & post test. Students response was much overwhelming.

After lunch very interactive discussion on Constitutional values conducted by Adv. Pearl Motiwala Azadi. The students very much appreciated the session & showed very much enthusiasm for the same.

A video presentation is shown by Dr. S. Bhalerao on patients safety & biomedical hazards as the next session.

Third day started with demonstration with video & practice on Basic life support by Dr. Bhalerao &Dr. K.Vaidya. It was very interesting session for students.

Further session continued byDr.K. Bagmar who enlightened on Adult learning principles, which was also an interactive discussion.

Next session taken by Dr.Faraz Motiwala on Importance of Mental health & hygiene to a medical student with stress management & importance of sports.

On Next day students visited different centers for Health care systems including Girnare PHC, MICO hospital &Civil hospital, Nashik. Here students were demonstrated with different health care amenities & interacted with different healthcare workers. The visit was conducted by Dr. S. Shukla& Dr.Gokul Aher.

After lunch the session continued with the presentation & discussion on Universal precaution and vaccination by Dr.S. Shukla.

Day five started with session on Computer skills where demonstration & practice conducted on basic use of Word, Excel & Ppt. Guidance given by Mr. Azhar Sayyed & Miss. Priya Pardeshi

Session further continued by Dr.Meeta Gharte who demonstrated First aid- principles and techniques.

The practical exercise on Importance of observation and documentation in homoeopathic practice by Dr.AjayValke &Dr .Sahar Singh.

Sixth day started with the session onConcept & practice of mentoring by Dr.Rita Kundu & Dr. Manisha Ahiwalay.

Next session taken onEquality, gender sensitization and ragging policy byDr. A.F. Motiwala. She nicely explained about the gender equality & anti ragging policy system present in the institution.

Last session of the day was very interesting onTeam working where different games & debriefing done byMr. Sumit Singh in presence of trustee members students enjoyed all games where they learned about cooperation & team working.

Day seven started with Yoga-Demonstration & practice session byDr. Vishal Nimbhore& Dr. DushantGosavi.Students very enthusiastically participated & performed different Aasanas. At the end of the session students enjoyed health drink provided by institute.

Second session conducted on Language skills by Dr.Mrs.Vijay Chadha. She explained 4 language skills like Listening, Speaking, Reading& Writing.She nicely explained about importance of all 4 skills with examples.

Next session taken by Organon department (Dr.Gayatri Nimbhore, Dr. Tejashree Thakare & Dr.Swati Patil) who given presentation onHistory of medicine and Homoeopathy and state of Homoeopathy in the world.

The last session taken by Community medicine department (Dr. Swanand Shukla & Dr. Farahnaz Shaikh) on Primary community care.

8th, 9th & 10th day, the beautiful program of “Education in Universal Human Values” (UHVE) was conducted with great enthusiasm & spirit. Here students learnt about moral capabilities, importance of good leadership, role and structure of extended family and the topic like World in Transition.

Day 1



Welcome and Introduction to Vision / Mission of the Institute.-Dr. F.F. Motiwala



Mission and role of homoeopathy and a Homoeopath in society.-Dr. F.F. Motiwala



BHMS Course of study and introducing to first year faculty...-Dr. Sachin Bhalerao



Concept of Holistic and positive health- Dr. Sonali Rohum



Visit to institution / campus / facilities: Dr. Varsha Dharne

Day 2



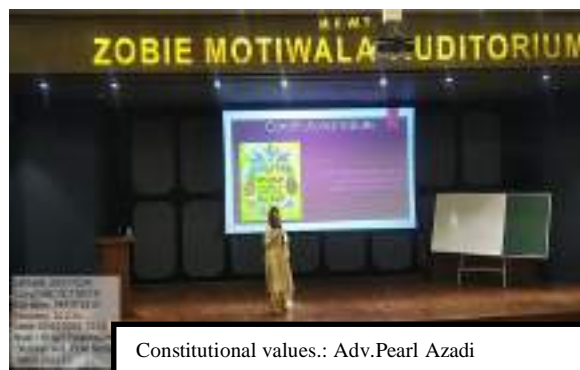
Who is Professional? : Dr. G.B. Prasad



Showcasing effects of Homoeopathy: Dr. Anil.Gosavi



Time management: Dr. Mrs. Vijay Chadha



Constitutional values.: Adv.Pearl Azadi

Day 3



Basic life support: Dr. Bhalerao
Dr. K. Vaidya



Equality, gender sensitization and ragging
policy Dr. A.F. Motiwala

Day 4

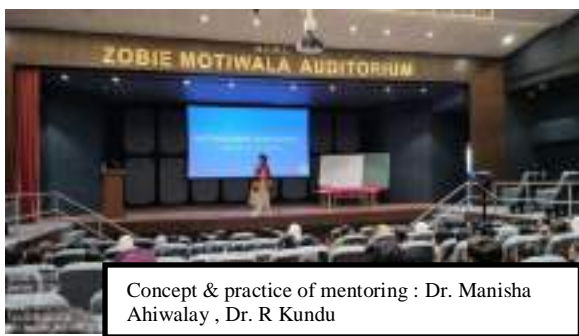


Health care system and delivery (Visit to PHC)
:Dr. Shukla & Dr. GokulAher



Universal precaution and vaccination: Dr. Shukla

Day 5



Concept & practice of mentoring : Dr. Manisha
Ahiwalay , Dr. R Kundu



First aid- principles and techniques: Dr. Meeta
Gharte



Team working: Mr. Sumit Singh

Day 6



Computer skills: Mr. Azhar Miss. Priya



Adult learning principles: Dr. Bagmar



Importance of observation and documentation in homoeopathic practice: Dr. Ajay Valke, Dr. Sahar Motiwala



National health priorities and policies: Dr. Swanand Shukla

Day 7



Patient safety and biomedical hazards: Dr. Sachin Bhalerao



Language skills: Dr. Chadha madam



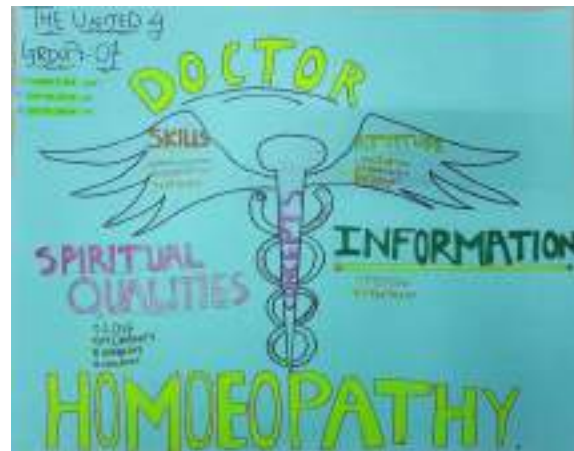
History of medicine and Homoeopathy and state of Homoeopathy in the world: Dr. Gayatri & Dr. Swati Patil



Primary community care: Dr. Shukla Dr. F. Shaikh



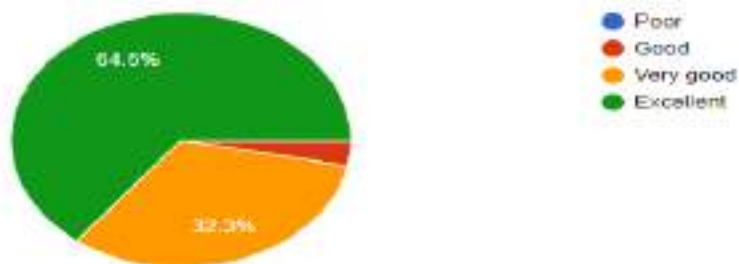
Day 8th, 9th & 10th



I.B.H.M.S FOUNDATION PROGRAM SESSIONS FEEDBACK FORM ANALYSIS REPORT

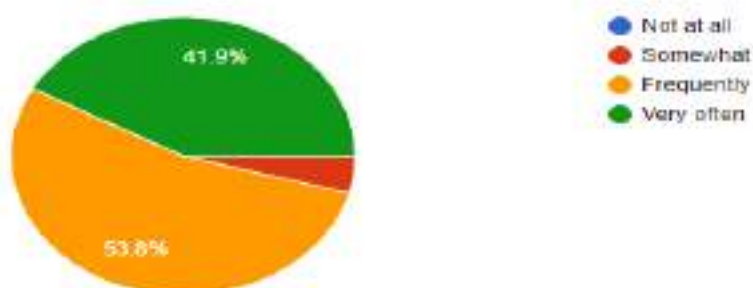
Q. 1 Please state your overall rating for the course content.

93 responses



Q. 2 How clearly did your instructor communicate with you and others?

93 responses



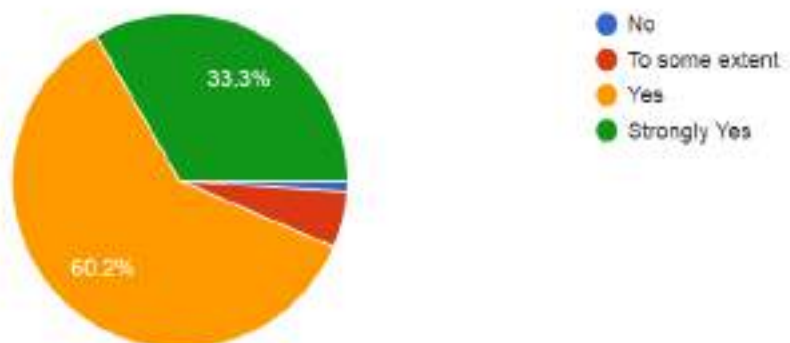
Q. 3 The instructor(s) was / were knowledgeable in the field of study represented by this course?

93 responses



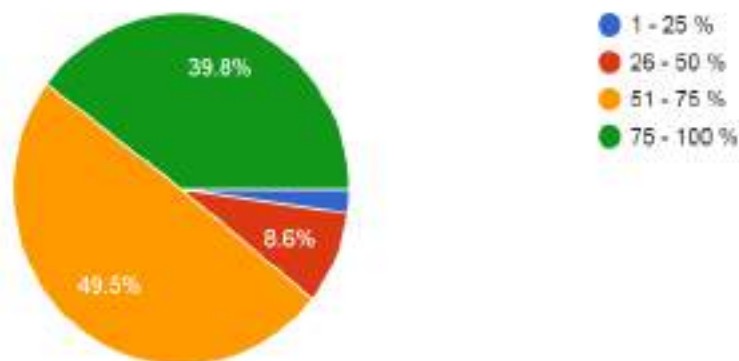
Q. 4 Did you gain further knowledge that you did not have before the course?

93 responses



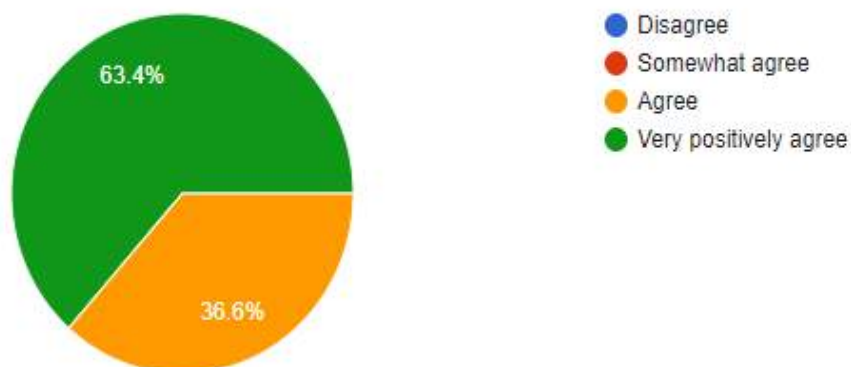
Q. 5 Did your Language, communication, observation and documentation skills grow ?

93 responses



Q. 6 The speaker created a professional & comfortable learning environment?

93 responses



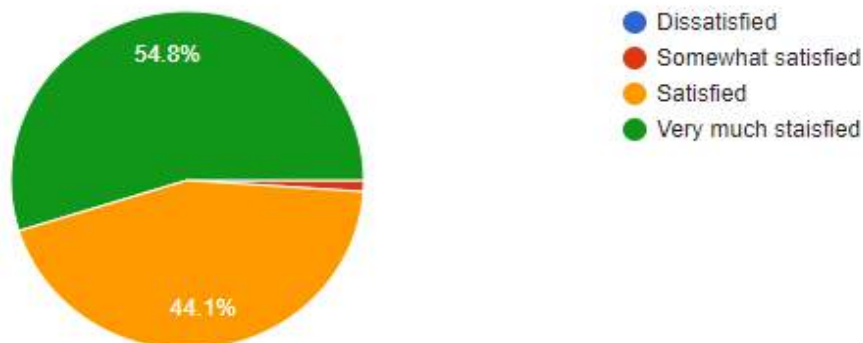
Q. 7 The objectives of course were clearly defined, organized and followed.

93 responses



Q. 8 What is your level of satisfaction for this Foundation course?

93 responses



Q. 9 Do you feel the course gave you the work/ development opportunities you required?

93 responses

