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Chapter 0

Introduction to Foundation course

Dear students, welcome to BHMS COURSE. You are advised to go through following topics and search activities under guidance of your mentor/teacher. You may note down useful things as your reflection of learning into pages provided, and attach more pages if needed.

- Managing and planning yourself away from home, with necessary survival and growth skills.
- Understanding BHMS course, its future and your stand for going through it.
- Developing necessary Inter-personal and communication skills with your colleagues, Roommates, seniors, teachers and institution authorities.
- Refer to topics covered under foundation course in different other medical colleges, and use them as reference for your career.
- Understand medical research field, and develop your vision to contribute.
- Understand principles of medical practice, doctor patient relationships and mob management during on duty periods.
- Develop your own stress management plan and schedules as per self SWOT analysis.
- Understand cultural diversities in your career and how to strive through and grow within it.
- Mobile phone use for making your life easy (internet surfing, mobile apps, e-learning, YouTube).
- Legal use of internet for your benefits and protection.
- And many more topics counting, as per requirement and discussion !
- _____
- _____

TIPS FOR SAURASHTRA UNIVERSITY THEORY EXAM

Before entering examination hall-

Get yourself a good amount of peaceful sleep full night before theory paper. Don't awake yourself too much. That will always negatively affect your thinking and writing performance.

Get a full stomach healthy diet in morning, and don't take high carbohydrate/sedative diets.

Keep small drinking water bottle, few peppermints/mouth freshener pills for keeping your mouth wet while writing. Anything permitted stuff, that keeps your CNS awake and alert, should be used.

Wear comfortable clothing and footwear. Keep yourself little loose. Make appropriate makeover to keep yourself comfortable for 3 hours sitting and writing.

Don't plan anything for theft, chits, electronic devices, or miscommunication to pass the exam. It's always useless when writing medical subjects. Even if you get full book, you cannot write paper unless you have prepared subject well, and practiced enough before paper. So don't try to act anything smarter which is not allowed. There are CCTV cameras working which is continuously monitored by university supervisors, and it's troublesome for you and institution both, to get caught in such a non-desirable happening, and it also affects your other pending subjects.

Before receiving question paper-

Carefully check main answer sheet- turn all pages, check any broken/misprinted pages, check total number of pages, and integrity of binding.

Start filling up your details in main page- all in English only

On front page- Write your full roll number (English digits on boxes provided, and in words at lines given below it.

For example, if your roll number is 1984, then write

1	9	8	4
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One Nine Eight Four

(No need to write one thousand nine hundred eighty-four)

Make your short signature, and wait for examiners signature before last submission.

If there are extra empty boxes for roll numbers, then leave them blank, or fill 000 in front boxes, (don't add unnecessary zero behind your numbers, add only in front)

Write your exam center code- taken from official time table. If you don't know, then gently ask your supervisor authority to mention it on white board for all of you.

BE CONFIDENT AND CLEAR IN WRITING, AND DON'T MAKE MISTAKES IN ROLL NUMBERS.

Don't try to mention your name anywhere, it's identity revealing, which is strictly not allowed.

Mention paper and section number properly in English. Don't use roman letters.

For example, paper- 1, section 1, paper 2 section 1,

Keep question paper code, and supplementary number pending. Fill up it later.

After receiving question paper-

Write your full seat number on top of paper. Fold question paper between section 1 and section 2.

Clearly read all questions of both sections. Total time to read is at least 2-3 minutes, not less than 2 minutes. Write minutes to allocate at the end of short note, and then write total minutes at the end of section. Do same calculation for another section, with minutes allocation.

Make clear that you want to write section 1 or 2 first. Then complete any one section thoroughly. **Don't try to jump between sections without completion. It is possible that you mistakenly write any section 1 and 2 questions into opposite supplementary, which will make total loss of all marks for mistaken short note. There is no way to handle such mistake. PLEASE BE VERY CAREFUL, NOT TO WRITE ANY ONE SECTION SHORT NOTE INTO ANOTHER.**

You can write any one question at a time. You can change major question sequence, but don't change internal series. For example, question 4 is having 5 short notes (a,b,c,d,e) and you are writing a, b d, e, and skipping c, then maintain sequence series. Don't write e,d,a,b like that.

You can postpone major question 1, 2, and write minor questions, or short questions before. But don't change internal sequence, as mentioned above.

Strictly maintain approximate minutes of short notes while monitoring your wrist watch. Don't overwrite known questions, and don't under-write unknown questions. Maintain average pages according to marks weightage. Discuss strategies to maintain average pages with your subjects class teachers before exam starts, and write practice papers sufficiently at least for a week, before actual paper starts.

Get a quick review/revision of strategies of filling up pages, according to marks, before entering examination hall, and strictly maintain it. It is always must to fill up supplementaries, even if you are not feeling confident. Learn and practice that art before exams, during practice questions.

Don't skip writing any questions by any means. Write at least something, few lines, or few diagrams in any question unknown to you. Maintain proper time management to attend all questions. **IT IS ALWAYS MUST TO ATTEND EVERY QUESTION, AND NOT LEAVING ANY QUESTION BLANK,** to properly pass theory exams. There is absolutely no other way.

Take minimum one short break, and maximum two break, at hourly, or 1.5 hourly interval. It will make your brain's blood circulation maintain properly. Make sure that you don't communicate anything by any means with anyone during break, because it will be captured in supervision, and make yourself unnecessarily troublesome.

Get knowledge of all stickers before entering exam hall. One barcode sticker, one khakhi sticker in main answer sheet, and additional small khakhi stickers in each supplementaries. You have to complete all these formalities at the end of 2.5 hours of writing. Spare last 15 minutes for review, and complete your writing of all questions within 2.5 hours. Don't plan for 3 hours, otherwise you will have short time in completing.

RULES FOR WRITING/DRAWING

Always mention main question number in **LARGE BOLD FONTS**.

Always use major and minor headings to mention between descriptions.

Always draw diagram first, with label of diagram, and four directions.

Use 6B dark pencil only, for drawing. Use black and blue ballpens of bold point, to draw and write. Use black pen for short note headings. Use all three for drawing various shades.

Don't give more than 4 minutes to any larger/complex diagrams. Instead, draw three diagrams of one minute each, for writing more pages.

Don't directly copy paste any diagrams or paragraphs from any textbooks. Use your own sense to mix/remix diagrams and contents. Don't stress grammar too much, and focus only on medical words and terms.

Use maximum charts (horizontal and vertical)/tables and arrows in short notes. Never use more than three consecutive lines to describe anything. Separate bullet points if length of contents is more than three-four lines.

Use maximum possible diagrams. Diagrams must be short & sweet, fast & scientifically correct, with correct labels. You don't get marks for beautiful diagrams, but you get scores based upon facts and correct labels and correct directions only. So don't waste time in more beautification of any figures. Spend time for more number of figures rather than investing over any one figure.

Use H & E pencils for histology diagrams if possible. **Don't use any red ballpen anywhere. Use of color pencils is controversial, so don't use them anywhere. It will waste more time.**

Maintain sufficient average length of pages according to marks weightage. For example- 5 marks short note= 5 – 7 pages, 15 mark short note = 10 pages. (plus or minus two pages allowed, but only within time limits allocated before starting paper.

Leave page blank at the end of all short notes. Close it in last 15 minute program- adding, modifying or drawing before submission. Always start new short note from new page, with large bold heading of question over top margin of page. Mention only number and short heading of question, don't type entire question if it is having more lines and words.

Last 15 minutes review-

Make separation of section 1 and section 2 supplementaries. Write page numbers at the top right corner.

For example, if section 1 has 4 supplementaries, then write one by one on each's top right corner like **Page 1 of 4, page 2 of 4, page 3 of 4, page 4 of 4.**

If section 2 has 3 supplementaries, then write **page 1 of 3, page 2 of 3, page 3 of 3.**

Properly tie up all supplementaries with main sheet by thread. Don't overstretch the thread, otherwise it may rupture the page, or thread may break. That will waste more time to manage.

Re-check sequence of supplies and re-check section 1 and 2 again. If you have mistakenly exchange supplies, then correct back. If you don't correct it, those questions will not be checked, and their marks will not be counted.

Turn all pages of main and extra sheets again, and add/modify quickly all questions as required. For example, if you forgot to mention directions in diagram, or forgot to underline some important points, then do it. If you skipped any headings, add them.

Leave one line blank at the end of any bullet point. Use three to four types of bullets, for major and minor headings. Use bullet symbol in left margin only.

Draw oblique line after completion of question, till end of last line. Don't add anything after drawing line.

Make sure all questions are attended. If you have left anyone, then just write/draw anything relevant, but don't leave any questions blank.

If one topic is asked two times, write pages according to marks allotted. For example, 5 mark=5 pages, 15 mark=10 pages.

Use repeated drawing of same diagrams with minor modifications in different questions, only if description is of similar topic.

Always remember that your section 1 and section 2 will be checked by different faculties, and they don't know each other. Also, they don't check in same day and same place. Every section checking is assigned randomly to different teachers. So, consider that section 1 and 2 are totally separate matters to handle, and interchange of questions can't be checked.

There is absolutely no rule that you mention anything according to any textbook and you get 100 % marks. That's school method of exams. In medical colleges, you always get appropriate marks within range of average, so never expect much from your best performances. There is no absolute truth in science, because it is always subject to new researches.

Also remember that it is very hard to read all lines and qualify your marks while checkup. Most of paper checkers will rapidly turn your papers pages and give suitable marks according to average of all students. So you get more marks only when your presentation is correct, systematic, and sufficiently lengthy. So strictly maintain that protocols during writing.

UNTIL YOUR RESULTS ARE DECLARED-

Go for paper re-checkup only when you have one or two marks missing for passing, or you are very sure that some questions must have been un-checked. You should be very confident about it, and you should have memorized your presentations to prove yourself.

Sometimes it is so complicated, that before your re-checking is completed, your new repeater exams starts. So you should keep reading your subjects until you get passing marks officially declared in results. Most of repeat exams are taken within 3 months of results declaration, so if you leave your reading, you may not be able to perform in repeat exam again, due to less time left, and also due to frustration and depression of results.

It is very common to get frustration and depression upon failed results, but if you maintain your preparation, it is highly likely that you can pass again in first repeat exams. If you don't pass first repeat, it's beyond control of yourself and authorities to again work with same momentum, and your case converts into chronic failing repeaters.

UPON COMPLETION OF ALL THEORY PAPERS-

When you complete your last theory paper, immediately plan with your subject authorities, to arrange revision of all subject practicals before appearing in main viva exams. Strictly remain present and revise everything in last revision.

It is very important to speak everything for good viva preparation. Without practice of speaking, it is very hard to give proper viva. Do the same throughout the year for gaining confidence.

Read only practically relevant topics from theory. Once you are confident with those topics, then solve all question papers again for all subjects. Many times, you will be asked in practical viva, to describe your questions presentations done in theory exams.

TIPS FOR DISSECTION VIVA

There are a lot of precautions to be taken care before cadaver and organ viva. Follow this checklist of objects and behaviours completely, with mockdrills / full practicing in your college internal tests.

PHYSICAL APPEARANCE

Get a nice corporate/on duty doctor like makeover on your overall body.

For boys-

Nicely cut hairs with proper hairstyle, shaved face and nice-looking comfortable spectacles

Fingers with properly cut nails.

Comfortable formal clothing, with belt.

Comfortable formal shoes.

Properly washed and ironed apron (keep one pair spare in bag in case it gets spoiled).

Roll number tag with laminated cover and safety pin, hanging over your epigastrium (don't use rough paper/pen. Use printed/drawn large size fonts with proper hard cardboard like paper).

Face mask with proper neck rings, remove it while speaking in viva.

For Girls-

Nicely cut hairs with airhostess hairstyle, and nice-looking comfortable spectacles.

Fingers with properly cut nails.

Comfortable formal clothing.

Comfortable formal shoes.

Properly washed and ironed apron (keep one pair spare in bag in case it gets spoiled).

Roll number tag with laminated cover and safety pin, hanging over your epigastrium (don't use rough paper/pen. Use printed/drawn large size fonts with proper hard cardboard like paper).

Face mask with proper neck rings, remove it while speaking in viva.

MATERIALS

Extra gloves, masks, extra apron and roll number tag.

Fast food for fast glucose.

Nutritious Fluids to drink.

Plain papers/notebooks.

Prepared theory exam stationary wallet, with recommended standard stationary.

BEHAVIOUR

- (1) Having good quality surgical gloves in minimum two pairs in pocket.
- (2) One medium size forceps from dissection box.
- (3) Wishing good morning/afternoon as per daytime.
- (4) Being attentive to listen examiner's questions.
- (5) Don't correct your answers repeatedly.
- (6) Don't speak over-confident or too long sentences.
- (7) Use minimum English grammar, and provide to the point contents as per memory.
- (8) Apply your visual and practical observation memory more for answers.
- (9) Prepare all theory question papers thoroughly and keep all short notes completely read.

Touch all parts asked, palpate and press gently. Use both hands to trace it proximal and distal, and identify all sides of body by visual tracking.

Don't answer anything without touching and tracing.

Even if you don't know answer, touch and palpate to try your best practical judgement.

Use comparative knowledge of regional anatomy to justify your answers.

Read all meanings of all words you have studied throughout the year.

Don't fall into arguments with examiner, even if you are right and confident.

Discuss and share topics during viva exams with your colleagues in silent and disciplined ways.
Don't do anything illegal/not permitted while doing so.

FOR ORGAN VIVA

Hold entire organ gently with both hands supported at bottom and sides.

Let water drops fall below tray/table.

Closely observe all parts before you speak.

Speak clearly visible anatomy first, and then specify not seen parts afterwards.

If examiner interrupts you, then be attentive to change question/answer content.

Read all clinical points relevant to all organs before appearing table viva.

Practice organs before examiner comes, with due permission of your faculties if allowed.

Practice and conduct proper revision for organs and body 2-3 days prior to main viva.

Speaking everything repeatedly and clearly to your fellow batchmates, and giving small micro-teaching sessions in classroom, or giving mock-drill viva, is the only key to improvise, and be successful in practical examinations.

----- **WISH YOU ALL THE BEST** -----