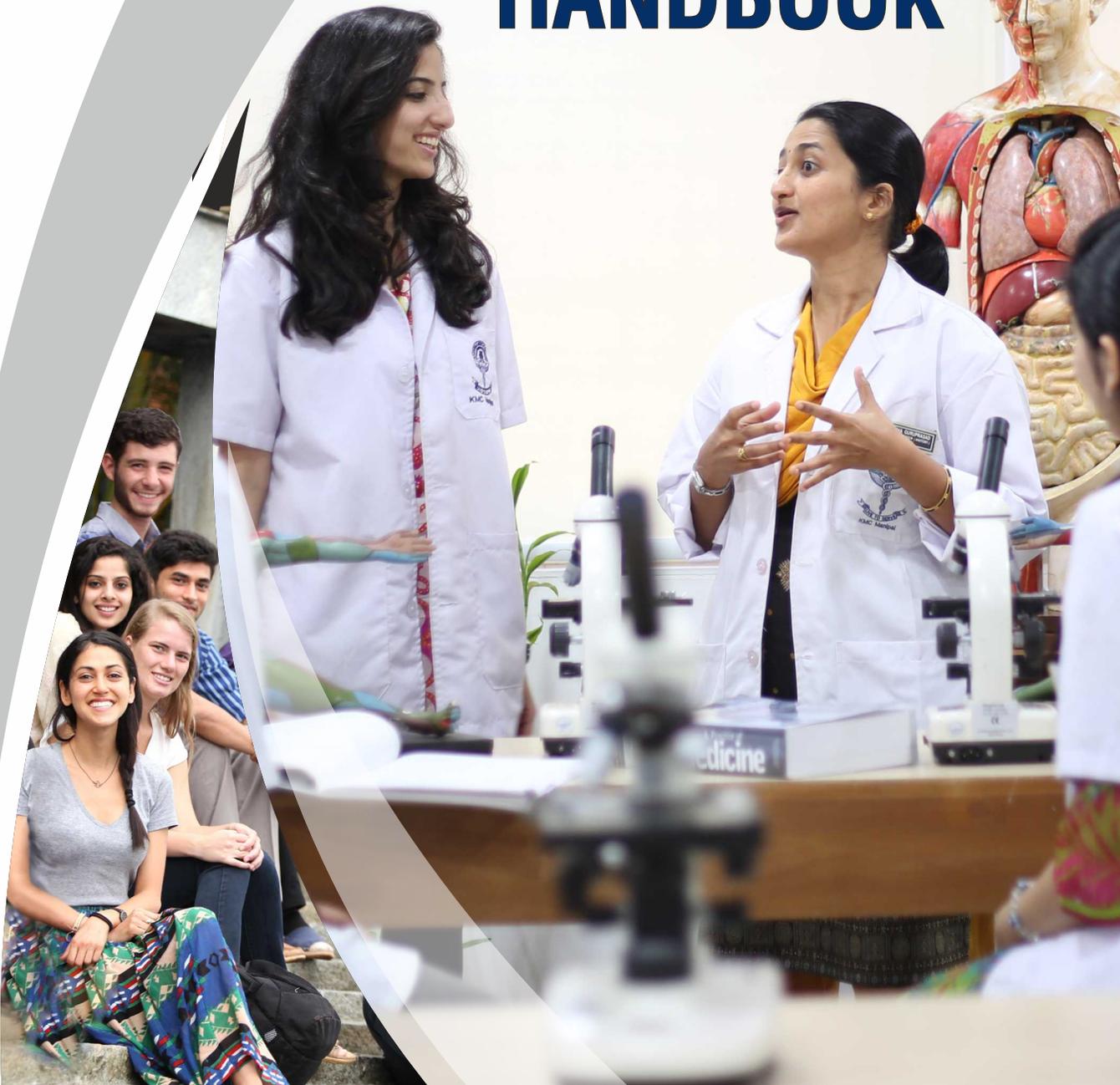




KASTURBA MEDICAL COLLEGE
MANIPAL
(A constituent unit of MAHE, Manipal)

STUDENT HANDBOOK



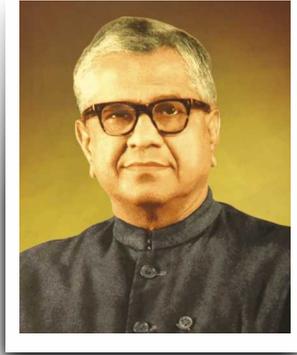


Inspired by the heritage of Manipal, the University logo finds a simple Indian expression. Three columns symbolising roots embedded in the earth as a strong foundation rest below a dynamic circle. It resembles an ancient Indian architectural structure that has stood the test of time and pays tribute to the human form. All encapsulated in the shape of the letter 'M' for Manipal.

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The Founder



Padma Shri awardee Dr. T.M.A. Pai

The late Dr. Tonse Madhava Anantha Pai (1898 - 1979), physician, educationist, banker and philanthropist, was the founder and builder of modern Manipal. He established educational, medical, banking and industrial enterprises of national importance and repute.

Manipal is an eloquent testimony to the vision, motivation and labour of Dr. TMA Pai. His zeal, dedication and infinite energy inspired others, motivating them to collective effort. This was the spirit of Dr. TMA Pai. This is the spirit of Manipal.

"We must have a residential university in Manipal", was Dr. TMA Pai's prophetic vision.

Dr. TMA Pai, successfully established a string of secondary schools and colleges of humanities. His crowning achievement was starting the first ever medical college on public private partnership basis in India, the Kasturba Medical College. In 1993, with the conferment of a deemed university status on Manipal Academy of Higher Education, his dream and vision to turn Manipal into a university town turned into reality.



Manipal Academy of Higher Education and the Manipal Group

Manipal Academy of Higher Education (MAHE) was established in 1993 under Section 3 of the UGC Act 1956, Government of India. It has been granted Institution of Eminence status by the Ministry of Human Resource Development, Government of India. It has over 20 constituent institutions comprising medical, dental, engineering, architecture, nursing, allied health, pharmacy, management, communication, information science, hotel management, biotechnology and regenerative medicine. This is a self-financing university with no support of grants from UGC or Government. The tuition fee for students is fixed on the recommendation of the Committee of Experts appointed in consultation with UGC, to maintain the high standards in courses and disciplines. The University provides quality education to over 10,000 students every year. It also has an active alumni base of over 65,000 students across the world.

The professional institutions have an excellent track record of academic excellence and its bachelors, masters and doctoral degrees are recognized globally. The world class academic curriculum and infrastructure attracts international students and faculty. Manipal Academy of Higher Education has students from 53 countries

The Manipal Group also operates various hospitals in India and abroad and many outreach healthcare centres. It has several campuses in India and abroad with international academic collaborations for twinning programs in medical and engineering with universities in the US, UK, Australia and other countries. The scenic campuses provide a high quality lifestyle and ideal environment for study. All campuses have excellent infrastructure for academic activities, sports and other extracurricular activities. The infrastructure includes air-conditioned lecture halls, skills lab, air-conditioned hostels, and multi-cuisine food court.

MAHE Administrators for Medical Sciences



Dr. Ramdas M. Pai
Padma Bhushan Awardee
President and Chancellor



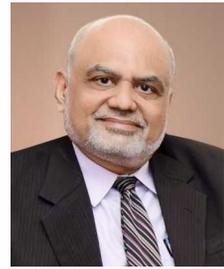
Mrs. Vasanthi R. Pai
Chair Person, MU Hostel Committee



Dr. H.S. Ballal
Pro Chancellor



Lt. Gen. (Dr) M. D. Venkatesh, VSM (Retd)
Vice Chancellor



Dr Venkatraya M Prabhu
Pro Vice Chancellor
Faculty of Health Sciences



Dr Narayana Sabhahit
Registrar



Dr. Giridhar Kini P
Additional Registrar



Dr. Geetha M
Director- Student Affairs



Kasturba Medical College, Manipal

The flagship institution of Manipal group, Kasturba Medical College, Manipal established in 1953, celebrated its Diamond Jubilee in 2013-14. KMC, Manipal is India's first private Medical College based on sound principles of self financing. Over the past several years, the College has been consistently ranked among the top 10 Medical Colleges in India. Globally recognized as a Centre of Excellence in Medical Education, KMC Manipal has trained students from over 50 English speaking countries in the world.

Kasturba Medical College boasts of state-of-the-art infrastructure and admits 250 students annually for the undergraduate medical course. It houses one of the worlds finest Anatomy Museums and Health Sciences Library. Kasturba Medical College, Manipal reaches out to the community through Rural Maternal and Child Welfare Homes (RMCW) a programme that has radically improved the health care indices of district.

In keeping with the mission statement, the college promotes excellence in student oriented practices mentorship scheme, student research forum, merit based freeship schemes, financial incentives for student participation in scientific conferences and student exchange programmes with universities in the Netherlands, USA, UK and Australia. The teaching-learning process extends beyond the curriculum to include medical ethics and palliative care in an effort to train caring, capable and compassionate doctors.

Access to the 2032 beds in Kasturba Hospital, Manipal and Dr. T.M.A Pai Rotary Hospital, Karkala provides students with an ideal setting for clinical training. Standards of healthcare in these hospitals are the best in the region and they provide an excellent learning experience.

KMC, Manipal alumni are spread across the world. One out of every four doctors in Malaysia was a product of Manipal. As of today, there are an estimated 4500 KMC alumni in the USA - from Padmashree to BC Roy Awardees to the first Malaysian in space and to internationally recognized Cardiac Surgeons and researchers all form the proud KMC alumni family.

The graduates of Kasturba Medical College, Manipal have always excelled in the USMLE examinations conducted by the ECFMG Board and at times, their pass percentage and aggregate scores have been better than the global students.

Kasturba Medical College, Manipal is the first Medical College in India to sign an agreement with the Associations of American Medical Colleges (AAMC), USA for the purpose of institutions participating in the AAMC's Global Health Learning Opportunities (GHLO), for elective postings in the accredited global institutes during final year of their course.

Dean's Message



Dear Students,

It's my great pleasure to welcome you to Kasturba Medical College, Manipal under Manipal Academy of Higher Education. My heartfelt congratulations first for having secured a medical seat and second for having chosen KMC Manipal. KMC Manipal, always ranked among the top ten medical colleges in India, puts students at the center of everything it does. Your experience here in KMC and your success is important to each and every member of the faculty who works here.

Your arrival at KMC Manipal marks a new chapter in the story of your life. But this chapter is a bit different. The preceding chapters were largely written by others – your parents, guardians, families, teachers and the like. Now you will be the principal author of this next chapter – you have the opportunity to determine the direction, the plot and the tempo of your story. This can seem as daunting as it is exciting, as challenging as it is empowering. But the great thing is that you are doing something that you have chosen to do.

While you are here at KMC you will have the opportunity to learn new things, acquire new knowledge, develop new skills, and enhance your personal attributes in profound ways that will equip for life after medical college. At the same time you will make new friends who will become your friends for life, with whom you will share memories of your KMC Manipal days for many years to come.

Covid pandemic has affected the whole world, has set some new norms in the way life, education, profession and society moves forward. You will be one of the front line warriors for this pandemic or any more pandemics which may affect this world. Its apt to say that when the going becomes tough, toughs get going.

From this day onwards each one of you is an ambassador of KMC Manipal and Manipal Academy of Higher Education. Take responsibility for your learning, make the most of your time here and embrace the difference. Attitude, Behavior, Communication and Discipline be the ABCD's of your life to become a good human being.

I wish you every success at Manipal and I am confident that you will find it an immensely rewarding experience.

Dr. Sharath K Rao

Dean
Professor of Orthopaedics, KMC Manipal

KMC Manipal Administrators



Dr. Sharath K Rao

Dean

Phone no: 0820-2922367



Dr. Chiranjay Mukhopadhyay

Associate Dean

Phone no: 2933529



Dr. Krishnananda Prabhu R V

Associate Dean

Phone no: 2922326



Dr. Anil K. Bhat

Associate Dean

Phone no: 2922869



Dr. Anand Venugopal

Chief Operating Officer
Kasturba Hospital, Manipal
Phone no: 2922444



Dr Avinash Shetty

Medical Superintendent
Phone no: 2922714



Dr. Padmaraj Hegde

Dy. Medical Superintendent
Phone no: 2922242

Administrative Office, KMC, Manipal



Faculty details and books for Department of Anatomy

Sl.No	Teaching	Designation
1	Dr. Prasanna L.C.	Professor & Head
2	Dr. Sneha G Kalthur	Professor
3	Dr. Chandni Gupta	Additional Professor
4	Dr. Mamatha H.	Additional Professor
5	Dr. Prakash Babu	Associate Professor
6	Dr. Vrinda Hari Ankolekar	Associate Professor
7	Dr. Anne D Souza	Associate Professor
8	Dr. Rohini Punja	Associate Professor
9	Dr. Arvind Kumar Pandey	Associate Professor
10	Dr. Suhani S	Associate Professor
11	Dr. Lydia Andrade	Associate Professor
12	Dr. Vanishri Nayak	Associate Professor
13	Dr. Sushma Prabhat	Assistant Professor
14	Dr. R Huban Thomas	Assistant Professor
15	Dr. Jyotsna B.	Senior Resident
16	Dr. Veena Nathan	Senior Resident
17	Dr. Nandini Bhat	Tutor
18	Ms. Ashwija Shetty	Tutor

Recommended Books

- Gross Anatomy-Vishram Singh, Textbook of Anatomy, 3rd Edition Vol. 1, 2, 3 OR BD Chaurasia's, Human anatomy, 9th Edition, Vol. 1,2,3 and 4
- Inderbir Singh, Textbook of Clinical Neuroanatomy, 11th Edition (Optional)
- General Anatomy- Vishram Singh, 3rd Edition
- deFiore's Atlas of Histology, 1st South Asian Edition
- Inderbir Singh, Human Embryology, 13th Edition

Reference books

- Clinically oriented anatomy, Moore, 7th edition
- Gray's Anatomy for Students, Richard L. Drake, 2nd South Asia Edition
- Clinical Neuroanatomy by Richard S Snell, 6th edition
- Text book of Histology, Latha V Prabhu, 2nd edition
- Netter's Atlas of Human Anatomy – Frank Netter, 6th edition
- Surface & Radiological Anatomy by A Halim, 3rd edition
- Human Genetics, Gangane, 5th Edition
- Cunningham's Manual of practical anatomy, 16th edition



Faculty - Department of Anatomy



Standing Left to right 1st Row: Dr. Lydia S Andrade, Dr. Jyotsna B, Dr. Sushma Prabhath, Dr. Mamatha H, Dr. Chandni Gupta, Dr. Sneha G K, Dr. Prasanna L C

Standing Left to right 2nd Row: Dr. Nandini P Bhat, Dr. Anne D'Souza, Ms. Ashwija Shetty, Dr. Vanishri S Nayak, Dr. Rohini Punja, Dr. Suhani S, Dr. Veena Nathan, Dr. R Huban Thomas, Dr. B. Prakash Babu, Dr. Arvind Kumar Pandey

Faculty details and books for Department of Physiology

Sl.No	Teaching	Designation
1	Dr. Dhiren Punja	Professor & Head
2	Dr. Kirtana R Nayak	Professor
3	Dr. Krishnamoorthi Prabhu	Associate Professor
4	Dr. Manjula S.D	Associate Professor
5	Dr. Vasanthaxmi K	Associate Professor
6	Dr. Pallavi L.C	Associate Professor
7	Dr. Chinmay Ajith Suryavanshi	Associate Professor
8	Dr. Upasana Kachroo	Associate Professor
9	Dr. Siva Kumar G	Associate Professor
10	Dr. Sanu Susan Jacob	Assistant Professor
11	Dr. Sreenath	Assistant Professor
12	Ms. Suchetha P. Kumar	Selection Grade Lecturer
13	Mr. Murali Adiga	Lecturer
14	Ms. Nanda Acharya	Tutor
15	Dr. Balkrishna	Tutor

Recommended Books

- Ganong's Review of Medical Physiology - 26th edition
- Textbook of Medical Physiology – Guyton and Hall – 3rd South Asian edition

Reference books

- Vander's Human Physiology - 15th edition
- Berne & Levy, Physiology - 7th Edition



Faculty - Department of Physiology



Sitting Left to right: Dr. Upasana Kachroo, Dr. Sivakumar G, Dr. Krishnamoorthi Prabhu, Dr. Dhiren Punja, Dr. Kirtana R Nayak, Dr. Manjula S D., Ms. Suchetha P Kumar

Standing Left to right: Dr. Balkrishan, Mr. Murali Adiga, Dr. Chinmay Ajith Suryavanshi, Dr. Sanu Susan, Ms. Nanda, Dr. Pallavi LC, Dr. Vasanthalaxmi K, Dr. Sreenath

Faculty details and books for Department of Biochemistry

Sl.No	Teaching	Designation
1	Dr. Varashree BS	Professor & Head
2	Dr. Krishnananda Prabhu R V	Associate Dean & Professor
3	Dr. Shobha U Kamath	Additional Professor
4	Dr. Padmanabha Udupa	Associate Professor
5	Dr. Revathi P Shenoy	Associate Professor
6	Dr. Ravindra Maradi	Associate Professor
7	Dr. Shivananda Baliga	Associate Professor
8	Dr. Vinutha R Bhat	Associate Professor
9	Dr. Vijetha Shenoy B	Associate Professor
10	Dr. Vaideki B	Assistant Professor
11	Sairoz	Tutor
12	Samreen M Sheik	Tutor
13	Mrs. Anupama V	Tutor

Recommended Books

- Text book of Biochemistry for Medical students - Dr. Vasudevan, Sreekumari & Kannan Vaidyanathan (10th Edition)
- Biochemistry - U Satyanarayana & U Chakrapani (6th Edition)
- Textbook of Biochemistry for undergraduates - Rafi MD (4th Edition)

References Books

- Textbook of Biochemistry – Pankaja Naik (5th Edition)
- Lippincott Illustrated Reviews, Biochemistry (7th Edition) – South Indian Edition
- Harper's Illustrated Biochemistry (31st Edition)
- Biochemistry A case-oriented Approach – Rex Montgomery, Thomas W Conway, Arthur A Spector (6th Edition) - Mosby publishers
- Integrated textbook of Biochemistry by Indumati V & Sowbhagya Lakshmi
- A Case-Oriented Approach Towards Biochemistry - Namrata Chhabra (2nd edition)



Faculty - Department of Biochemistry



Standing Left to right: Dr. Shivananda Baliga B, Dr. Vinutha R Bhat, Dr. Vaideki B, Dr. Vijetha Shenoy B, Ms. Samreen M Sheik, Mrs. Anupama, Mrs. Sairoz, Dr. Ravindra Maradi

Sitting Left to right: Dr. Revathi P Shenoy, Dr. Shobha U Kamath, Dr. Varashree B S, Dr. Krishnananda Prabhu R V, Dr. Padmanabha Udupa.

LIST OF HOLIDAYS - 2022

The following holidays are declared in the calendar year 2022 for the employees (teaching and non-teaching) and students of the constituent units, teaching and research departments and hospitals of MAHE - Manipal & Mangaluru campuses as detailed:

Date	Day	Holidays
January 26	Wednesday	Republic Day
April 15	Friday	Good Friday
May 3	Tuesday	Ramzan-Eid-ul-Fitr
August 15	Monday	Independence Day
August 19	Friday	Sri Krishna Janmashtami
August 31	Wednesday	Sri Ganesh Chaturthi
October 5	Wednesday	Vijayadashami
October 24	Monday	Naraka Chaturdashi
October 25	Tuesday	Deepavali
November 1	Tuesday	Kannada Rajyothsava

Following days are declared as additional holidays only for the students:

Date	Day	Holidays
March 18	Friday	Holi
July 10	Sunday	Eid-ul-Zuha (Bakrid)

CLINICAL POSTINGS AS PER THE GMER 2019

Subjects	Period of training in weeks*			Total weeks
	II MBBS	III MBBS Part I	III MBBS Part II	
Electives	-	-	8** (4 regular clinical posting)	4
General Medicine ¹	4	4	8+4	20
General Surgery	4	4	8+4	20
Obstetrics & Gynaecology ²	4	4	8 +4	20
Pediatrics	2	4	4	10
Community Medicine	4	6	-	10
Orthopedics - including Trauma ³	2	4	2	8
Otorhinolaryngology	4	4	-	8
Ophthalmology	4	4	-	8
Respiratory Medicine	2	-	-	2
Psychiatry	2	2	-	4
Radiodiagnosis ⁴	2	-	-	2
Dermatology, Venereology & Leprosy	2	2	2	6
Dentistry & Anesthesia	-	2	-	2
Casualty	-	2	-	2
	36	42	48	126

*Subjected to change as per the intimation by NMC (National Medical Council)

** In four of the eight weeks of electives, regular clinical postings shall be accommodated.

Clinical postings may be adjusted within the time framework.

¹This posting includes Laboratory Medicine (Para-clinical) & Infectious Diseases (Phase III Part I).

²This includes maternity training and family welfare (including Family Planning).

³This posting includes Physical Medicine and Rehabilitation.

⁴This posting includes Radiotherapy, wherever available.

Use of Bright space LMS

- KMC uses the Edu next platform Bright space LMS software in the conduct of its academic programs.
- Students are registered according to their Name and Roll number. The initial password given will be the roll number of the student. Every student is encouraged to change the password within the first two weeks.
- Students are registered for all the courses they will be taking in the current semester and all courses that have been taken by them earlier.
- Course Documents: This section will contain the handouts and presentations offered by the course directors and course faculty as the semester progresses.
- Course Information: Schedules, timetables and Learning Objectives can be found in this section.
- Staff Information: A profile of each of the faculty of each course and their contact information can be found here.
- Announcements: Regular announcements by the Dean, Course Directors and any other faculty will be posted in this section. Students are encouraged to check this every day.
- Students may be asked to submit soft copies of assignments through the Bright space LMS.
- Bright space LMS: This will be used for conduction of regular quizzes.
- KMC also uses microsoft teams for conducting its online classes.



Paperless Digital Exams - E Pad

A Path-Braking Eco-Friendly initiative at Manipal University

Manipal Academy of Higher Education (MAHE) has been at the forefront of using innovative technology solutions, to enhance the student's learning experience and to promote an eco-friendly lifestyle in the campus.

Starting September 2016, MAHE has adopted a revolutionary and eco-friendly way of conducting all internal and end-semester examinations, in a paperless, digital manner, in all it's Institutions.

Students will be able to answer their descriptive questions, on a custom-built examination device, just like writing on paper, while at the same time, have access to a wide range of tools, to make their answer scripts look neat and colourful. The digital answer script also brings about a high level of security and transparency to the entire exam process, even allowing the student to view their evaluated answer scripts, online, after declaration of results.

SLCM (Student life cycle management)

SLCM has been conceived to meet the information needs of the students/parents and the administrators of the Manipal Academy of Higher Education. This student portal provides information regarding the general information, academics, marks, fees payment and dues related to the student.

PRAISE (Policy on publication and research award incentive for students to excel)

Manipal Academy of Higher Education provides research awards and cash incentives to students who are involved in research. The objectives of this policy is to inculcate research consciousness among the students, to promote research among the students, to encourage students to publish their research in Scopus, Web of science indexed journals. All undergraduate students are eligible for PRAISE.

Attendance and Internal Assessment

- As per the existing regulations of the Medical Council of India a student must attend at least 75% of lectures and 80% of practicals / clinicals to be eligible to appear for the University examination.
- Students who represent the College in various events like sports, cultural activities or attending the conferences, with prior permission, would be eligible for attendance for the days they represent the college.

Calculation of Internal Assessment marks:

- Based on Continuous assessment of components like SDL, PBL, Table tests, Clinical Vignettes etc.
- Student should secure minimum of 40% each in theory and practical/clinical with aggregates of 50% to be eligible for university examination of that subject.

Promotion to Second Year MBBS Course

- As per the regulations of the Medical Council of India, a student must pass in all the three subjects, Viz. Anatomy, Physiology and Biochemistry to be promoted to the Second MBBS course. There is no "Carry Over" of the subjects from First MBBS to Second MBBS.
- To pass the University Examination in each of the subjects, a candidate must obtain 50% in theory and minimum of 50% in practicals including viva .

Supplementary Examination

- As per the University regulations, a supplementary examination will be conducted within 90 days after declaration of the results for students who fail in the First MBBS examination or for students who are uneligible to appear for university examination as they failed to obtain the minium marks/attendance as specified by NMC. For the benefit of all unsuccessful candidates in the First MBBS examination, classes will be conducted immediately after declaration of results which they are expected to attend. One improvement examination will be conducted for those students who failed to obtain minimum required 50 % aggregate marks in their sessional examinations.
- Students, who fail in the supplementary examination will however, join their junior batch and take the university examination along with them. In other words, they will lose a year.
- Note: No student will be permitted to appear for the University examinations unless all dues (tuition fee, hostel facility fees etc.,) are cleared. Parents are advised to remit the annual tuition fees on or before the scheduled date notified by the University.

Academic Calender for MBBS Batch (2022-23)

Professional Year	Time Frame	Subjects	Months (Teaching+Exam+resluts)
1st	15th November 2022 to 15th December 2023	Anatomy, Physiology, Biochemistry	13 months
2nd	16th December 2023 to 15th January 2025	Pathology, Microbiology, Pharmacology	13 months
3rd (III-Part 1)	16th January to 30th November 2025	For. Med. & Toxicology and Community Medicine/PSM	10.5 months
4th (III-Part 2)	December 2025 to May 2027	Gen. Surgery, Gen. Med., Pediatrics, Ob.Gy, ENT, Opth	17.5 months
Internship	1st June 2027 to 31st May 2028	As per CRMI 2021 regulations	12 months
PG		1st July 2028	

First Professional teaching hours

Subjects	Lectures (hours)	Small Group Teaching/ Tutorials/Integrated learning/Practical (hours)	Self directed learning (hours)	Total (hours)
Human Anatomy	220	415	40	675
Physiology*	160	310	25	495
Biochemistry	80	150	20	250
Early Clinical Exposure**	90	-	0	90
Community Medicine	20	27	5	52
Attitude, Ethics & Communication Module (AETCOM) ***	-	26	8	34
Sports and extracurricular activities	-	-	-	60
Formative assessment and Term Examinations	-	-	-	80
Family adoption program (FAP)	-	-	-	27
Total	-	-	-	1763

*including Molecular Biology

**Early clinical exposure hours to be divided equally in all three subjects

***AETCOM module shall be a longitudinal programme

Second Professional teaching hours

Subjects	Lectures (hours)	Small Group learning (Tutorials / Seminars)/ Integrated learning (hours)	Clinical Postings (hours)#	Self directed learning (hours)	Total (hours)
Pathology	80	138	-	12	230
Pharmacology	80	138	-	12	230
Microbiology	70	110	-	10	190
Community Medicine	20	30	-	10	60
Forensic Medicine and Toxicology	15	30	-	5	50
Clinical subjects	75**	-	540***		615
Attitude, Ethics & Communication Module (AETCOM)		29	-	8	37
Sports and extracurricular activities	-	-	-	28	28
Family Adoption Program (FAP)	-	-	-	-	30
Total	-	-	-	-	1470

*At least 3 hours of clinical instruction each week must be allotted to training in clinical and procedural skill laboratories. Hours may be distributed weekly or as a block in each posting based on institutional logistics

**25 hours each for Medicine, Surgery and Gynecology & Obstetrics

***The clinical postings in the second professional shall be 15 hours per week (3 hrs per day from Monday to Friday)

Third Professional Part I teaching hours

Subjects	Lectures (hours)	Tutorials/Seminars/ Integrated Teaching (hours)	Self directed learning (hours)	Total (hours)
General Medicine	25	35	5	65
General Surgery	25	35	5	65
Obstetrics and Gynecology	25	35	5	65
Pediatrics	20	30	5	55
Orthopaedics	15	20	5	40
Forensic Medicine and Toxicology	25	45	5	75
Community Medicine	40	60	5	105
Dermatology	20	5	5	30
Psychiatry	25	10	5	40
Respiratory Medicine	10	8	2	20
Otorhinolaryngology	25	40	5	70
Ophthalmology	30	60	10	100
Radiodiagnosis and Radiotherapy	10	8	2	20
Anesthesiology	8	10	2	20
Clinical Postings*	-	-	-	756
Attitude, Ethics & Communication Module (AETCOM)	-	19	06	25
Family adoption program (FAP)	-	-	-	21
Total	303	401	66	1572

*The clinical postings in the third professional part I shall be 18 hours per week (3 hrs per day from Monday to Saturday)

Third Professional Part II teaching hours

Subjects	Teaching (hours)	Tutorials/Seminars/ Integrated Teaching (hours)	Self directed learning (hours)	Total# (hours)
General Medicine	70	125	15	210
General Surgery	70	125	15	210
Obstetrics and Gynecology	70	125	15	210
Pediatrics	20	35	10	65
Orthopaedics	20	25	5	50
Clinical Postings**				792
Attitude, Ethics & Communication Module (AETCOM)	28		16	43
Electives				200
Total	250	435	60	1780

*25% of allotted time of third professional shall be utilized for integrated learning with pre-and-para clinical subjects and shall be assessed during the clinical subjects examinations. This allotted time will be utilized as integrated teaching by para-clinical subjects with clinical subjects (as Clinical Pathology, Clinical Pharmacology and Clinical Microbiology)

**The clinical postings in the third professional part II shall be 18 hours per week (3 hrs per day from Monday to Saturday)

***Hours from clinical postings can also be used for AETCOM modules.

Internship

Once the student completes the nine semester he/she will have to undergo one year of compulsory rotating internship training in the hospital, as per the following schedule laid down by NMC:

Department	Period
Community Medicine	12 weeks
General Medicine	6 weeks
Psychiatry	2 weeks
Paediatrics	3 weeks
General Surgery	6 weeks
Anesthesiology and Critical Care	2 weeks
Obstetrics and Gynaecology including Family Welfare and Planning	2 weeks
Orthopaedics including Physical Medicine Rehabilitation (PM&R)	2 weeks
Emergency / Trauma / Casualty	2 weeks
Forensic Medicine and Toxicology	1 week
Dermatology, Venerology and Leprology	2 weeks
Ophthalmology	2 weeks
Broad Specialties Group	4 weeks total 2 weeks minimum
India Systems of Medicine	1 week

*Note 1: Electives may be selected by candidates as per their choice:

- Distribution for electives:
 - Major broad specialty: One minimum for 1 week
 - Remaining 3 weeks - Any broad specialty or 2 weeks for broad specialty and 1 week for AYUSH
- Indian Systems of Medicine: Optional any one for 1 week. If the college does not have facilities for Electives in AYUSH, an Memorandum of Understanding (MOU) with any Government institution in the same town/city/district may be established by the college; training must be certified by the mentor with the concurrence of college/institution where the candidate is enrolled for MBBS.

Note 2: Exposure of interns is mandatory in the following relevant areas during posting for training in clinical departments, namely:

- Laboratory Medicine and Clinical Biochemistry
- Histopathology and Cytopathology
- Hematology and Transfusion Medicine / Blood Bank
- Microbiology (including Virology)
- Hospital Infection Control, Biomedical Waste Management, Central Sterile Supply Units
- Medical Record Keeping
- Hospital Information Services

Period for Completion

- The internship shall be completed within two years of passing final MBBS or NExT Step -2 examinations. An Indian medical graduates shall complete their entire period of compulsory rotating internship training (CRMI) in the institution where they have pursued and completed their bachelor of Medicine and Bachelor of Surgery (MBBS).
- The minimum duration of compulsory rotating medical internship may be extended appropriately by a reasonable period on recommendation by the College or University for reasons including but not limited to:
 - insufficient period of attendance; or
 - any exigency such as disasters or unforeseen circumstances in the country as notified by the Government of India or any competent authority duly authorized to do so.

Stipend

- All interns shall be paid stipend as fixed by the appropriate authority applicable to the institution/University of State
- Stipend may not be paid during any period of extension except in the case of maternity or paternity leave or medical leave, as may be recommended and approved by the Medical Board. Total stipend paid for the entire internship may be for fifty-two weeks (Twelve months) only.

Ref: Notification bearing no. UGMEB/NMC/Rules & Regulations/2021/ dated November 18, 2021 of National Medical Commission published in the Gazette of India

[LINK FOR CBME UG VOL 1](https://www.nmc.org.in/wp-content/uploads/2020/01/UG-Curriculum-Vol-I.pdf)

<https://www.nmc.org.in/wp-content/uploads/2020/01/UG-Curriculum-Vol-I.pdf>

[LINK FOR GMER 2019](https://www.nmc.org.in/ActivitiWebClient/open/getDocument?path=/Documents/Public/Portal/Gazette/GME-06.11.2019.pdf)

<https://www.nmc.org.in/ActivitiWebClient/open/getDocument?path=/Documents/Public/Portal/Gazette/GME-06.11.2019.pdf>

Code of Student Conduct

Introduction and purpose

The code of student conduct is established to foster and protect the core missions of the university, to foster the scholarly and civic development of the university's students in a safe and secure learning environment, and to protect the people, properties and processes that support the university and its missions. The core missions of the university are teaching, learning, service and research.

The code governs all campuses of the university.

Definitions

"University premises" means all lands, buildings, and facilities owned, leased, or operated by the university. The term "student" means an individual who has paid an acceptance fee, registered for classes, or otherwise entered into any other contractual relationship with the university to take instruction.

A safe and secure environment allows for a positive learning environment. In turn, a positive learning environment promotes student learning.

To successfully achieve these outcomes, it is necessary to develop a clear set of student expectations.

1. Student expectations: Students will

- Attend all classes on time.
- Be prepared for class with the appropriate materials and homework completed. Students will not participate in cheating or plagiarizing their work or the work of others.
- Be honest with all staff and students.
- Express themselves without the use of profane language or offensive gestures.
- Participate in positive group activities and will not be involved in any swarming, bullying, intimidating or harassing of staff or students.
- Show respect for others by not participating in teasing and ridiculing.
- Show respect for others by not wearing clothing with inappropriate messages (i.e., profane language, racial or sexual references, references to alcohol/illegal Drugs or gang related).
- Respect the personal property of others.
- Respect and follow direction from all staff of the institution/University.
- Respect the safety of others by not bringing real or imitation weapons to institution/University or in the hostel/campus.

2. Attendance and Preparation for Class

- It is understood that student achievement is a direct result of attending and participating in classroom instruction and classroom activities. It is, therefore, a requirement for students to attend all classes on time and with the appropriate materials. Students who come late will not be awarded attendance and may be denied entry to the class.
- Students are expected to have the necessary percentage of attendance as per the governing council of the institution in order to appear for the university examination.

3. Classroom Etiquette

Do not come late to class.

- If you are late to class by more than five minutes, you will not be allowed to attend the class and will lose attendance for that class. Your teacher, based on his/her sole discretion, may allow you to attend the class. However, this discretion, should not be taken for granted and the student should make every attempt to attend classes in a timely fashion.

Do not eat, drink or chew gum in class.

- If you decide that you are going to use the classroom as your personal dining area, your teacher will ask you to leave the class and get rid of your food and drink and then re-enter class. However, if he/she considers your activities disruptive to the conduct of the class he/she may choose not to let you back into class and you will lose attendance for that class.

Do not disturb conduct of classes

- If you are sleeping, snoring, talking, exchanging notes or engaged in any activity that the teacher deems disruptive to the conduct of the class based on his/her sole discretion, you will be asked to leave the class and you will lose attendance for that class.

4. Conduct during Examination

- Students are expected to strictly abide by the rules and regulations as specified in the hall ticket issued by the university and the candidate found guilty shall not be permitted to take practical and viva examination till appropriate authority clears.

5. Graffiti/Vandalism (property and/or equipment)

- Students are responsible for any textbooks, library books, or any equipment loaned to or used by them. If misused or damaged, students will be responsible for charges to repair or replace. If repayment is not received, students will have in-school privileges removed or suspension.
- Interfering or tampering any of the office records of college / university is a serious offence and will result in suspension / rustication.

6. Dress Code

- Students will wear clean, neat and presentable clothing. Following is the dress code of the university. Visiting students are also expected to observe the dress code.
- Students are advised to follow the following dress code while attending the colleges for lectures/practicals / dissections / library / labs and formal function of the institution.
- The dress should be neat, clean and pressed.

Boys

- Trousers and collared shirt
- Shoes and Socks
- Clean white apron with nametag

Girls

- Formal wear dress like Salwar Kameez, Chudidar, Sari
- Formal foot wear
- Hair (beyond shoulder length) to be tied up
- Clean white apron with nametag.

Prohibited for boys

- T. Shirts
- Tight fitting dirty jeans
- Caps
- Chappals/ Sports shoes
- Shorts
- Ear rings
- Torn trousers touching the floor
- Pony tails
- Trousers with 6 or more pockets
- Clothing depicting illegal drugs, alcohol, profane language, racial, sexual & vulgar suggestions (applicable for boys & girls).



Prohibited for girls

- Tight fitting dirty jeans
- Torn trousers touching the floor
- Skirts, Shorts
- Revealing deep tops / Spaghetti top / Sleeveless tops / shirts / t-shirts
- In case of violation of the dress code, the student concerned will be asked to leave the academic session.
- Wearing the apron outside the campus is discouraged. Aprons worn to or from wards may transmit infection. Wear it within the in the hospital premises. Do not wear the apron in public places.

7. Weapons or Replicas of Weapons

- Weapons or replicas of weapons are not permitted on University Campus at any time. Criminal charges will be filed in every instance, as well as suspension or expulsion.
- Involvement in any criminal offence under Indian Legal System will result in suspension or expulsion from the college.
- Engaging in trade /trade activities with in the premises / campus is prohibited.

8. Illegal Drugs and Alcohol (possession\ personal use\ providing for others)

- Illegal Drugs and/or alcohol are not permitted on university property or on any college excursion. If students are found to be experiencing difficulties with substance abuse, they will be referred to counselling, drug and alcohol rehabilitation programs. Persistent disregard or denial of medical assistance could result in criminal charges and possible expulsion.

9. Smoking

- Smoking is not permitted in any college/ hostel/campus. Fine will be levied for each infraction.



10. Risky Behaviour

- Students are strongly discouraged from owning and riding motor cycles
- Students riding noisy two wheelers are warned that their vehicles will be locked/seized by the security/police.
- As the Arabian Sea is rough throughout the year, it is dangerous to venture into these waters. Hence students are strongly advised not to venture swimming in the sea.

11. Fighting / Criminal Assault

- Any student involved in or encouraging the involvement of another student in fighting will be suspended. Persistent involvement will result in expulsion from the college.

12. Respect for Authority

- Students will demonstrate respect for all staff and students. Students are expected to recognize and comply with the authority held by the institution/ university and its staff. Requests made to them by staff are expected to be followed and adhered to. Failure to follow such requests could lead to parental contact, loss of privileges, suspension or expulsion.

13. Harassment\Threatening

- Harassment will not be tolerated. Harassment, whether written, verbal, sexual (including homosexuality and pornography), physical, emotional, or racial, is a serious offence and will be treated as such.

14. Bullying\Intimidation\Swarming

- No student will participate in or initiate any form of bullying, intimidation or swarming. Persistent disregard would result in suspensions, expulsions, and/or criminal charges.

15. Ragging

- Ragging within or outside the educational institution is prohibited. Ragging is an offence under penal code and Karnataka Education act 1983. Whoever directly or indirectly commits, participates in, abets or instigates ragging inside or outside the educational institution shall be suspended, expelled or rusticated from the institution and shall also be liable to fine. The punishment includes rigorous imprisonment, cancellation of admission, suspension from attending classes, withholding/ with drawing fellowship/ scholarship and other financial benefits, withholding or cancelling the results.



MANIPAL
ACADEMY OF HIGHER EDUCATION
Chartered by the Government under Section 3 of the UDCA, Act, 1956



TEARS WON'T MAKE A DIFFERENCE
RAISE YOUR VOICE
AGAINST
RAGGING

What constitutes Ragging?

"Ragging is any disorderly conduct whether by words spoken or written or by an act which has the effect of teasing, treating or handling rudely any student, indulging in rowdy or undisciplined activities which cause or is likely to cause annoyance, hardship or psychological harm or to raise fear or apprehension thereof in a fresher or a junior student and which has the effect of causing or generating a sense of shame or embarrassment so as to adversely affect the psyche of a fresher or a junior student". The Hon'ble Supreme Court of India

Ragging is a criminal offence.

Penalty for Ragging

No person who is a student of an educational institution shall commit ragging. Supreme Court of India has ordered that "if any incident of ragging comes to the notice of the authority, the concerned student shall be given liberty to explain and if his/her explanation is not found satisfactory, the authority would expel him/her from the institution".

Warning

No leniency will be shown to the offenders involved in ragging. All students are requested to note and co-operate in keeping the university and its constituent colleges free of ragging. If found to be an offender, the following actions will be resorted to:

- Suspension / Rustication / Expulsion from the college
- Fine up to ₹ 5 lakhs

In case of emergency contact:

Toll free
1800 425 6090

Anti-Ragging Squad
99456 70913

Chief Operating Officer (Campus Safety)
70226 32484

Director, Student Affairs
98457 84282

Issued in the interest of studentsDirector, Student Affairs

Anti-Ragging Committee

The following is the composition of Anti-Ragging Committee

Sl.No	Name, Designation and Address		Telephone No.	Email ID
1.	Dr. Sharath K Rao Dean, KMC, Manipal		0820-2922367	sk.rao@manipal.edu Adinternational.kmc@manipal.edu
2.	Dr. Dr. Chiranjay Mukhopadhyay Associate Dean, KMC, Manipal		0820-2922857	chiranjay.m@manipal.edu
3.	Dr. Anil K. Bhat Associate Dean KMC, Manipal.		0820-2922869	anil.bhat@manipal.edu
4.	Dr. Krishnanada Prabhu R V Associate Dean KMC, Manipal.		0820-2922837	krishnanda.prabhu@manipal.edu
5.	Dr. Geetha Mayya Director Student Affairs, MAHE, Manipal		0820- 2922035, 2922601, 2922723	geetha.maiya@manipal.edu
6.	Dr. Vinod C Nayak Professor Dept. of Forensic Medicine		9845240393	vinod.nayak@manipal.edu
7.	Dr. Shobha U Kamath Additional Professor, Department of Biochemistry		9845865848	shobha.kamath@manipal.edu
8.	Dr. Vinutha R Bhat Associate Professor, Dept. of Biochemistry		9845156248	vinutha.bhat@manipal.edu
9.	Dr. Arvind Kumar Pandey Associate, Professor Dept. of Anatomy, KMC, Manipal		9741968640	arvind.pandey@manipal.edu
10.	Dr. Sudhakar Shetty President, A.P.G.E.T. Karkala Jnanasudha institutions, Ganith Nagar, Karkala Representative of parents		8277888877	drsshetty@yahoo.com

Sl.No	Name, Designation and Address		Telephone No.	Email ID
11.	Dr.Raviraj Acharya Professor and Head, Dept. of Medicine Representative of parents		9845471000	ravi.katte@gmail.com
12.	Mr. Harish Assistant Manager, KMC, Manipal Representative of non-teaching staff		0820-2922552	office.kmc@manipal.edu
13.	Mr. Prabhudeva Mane Chief operating officer, Campus safety, MAHE, Manipal		0820-2922848	
14.	Police inspector Manipal Police station, Manipal Representative of civil and Police administration		0820 -2570328	
15.	Mr. Astro Mohan Representative of local media - Udayavani		9845243306	astromohan@gmail.com
16.	Rotarian Dr. Suresh Shenoy K Assistant Governor Zone 4, RI DST 3182 & Consultant Orthopaedic Surgeon, Udupi Representative of non-Government organizations involved in youth activities		9591143962	drsuresh.shenoy@yahoo.com
17.	Shivani Yadav 3rd Year MBBS President, Student Council		8851285099	shivani.yadav@learner.manipal.edu
18.	Utkarsh Agrawal 3rd Year MBBS Vice-President, Student Council		8233836554	utkarsh.agarwal@learner.manipal.edu
19.	Madhav Arora 3rd year MBBS Judicial Secretary, Student Council		9335305629	madhav.arora1@learner.manipal.edu
20.	Shivika Saraogi 3rd year MBBS Editor-In-Chief, Student Council		7003008943	shivika.saroagi@learner.manipal.edu

The Anti-Ragging squad, comprising of the following members, is also constituted.

1. Dr. Sharath K Rao, Dean, KMC, Manipal, 08971029839
2. Dr. Ashwini Kumar, Associate Professor, Department of Forensic Medicine, KMC, Manipal and Deputy director, student affairs, MAHE, Manipal 9964139848
3. Dr. Arvind Kumar Pandey, Associate Professor, Department of Anatomy, KMC, Manipal, and warden Team Leader /SPOC 9741968640
4. Dr. Shyamala G, Professor of OBG, KMC, Manipal, 08971099444
5. Dr. Vinod C Nayak, Professor, Department of Forensic Medicine, KMC, Manipal, and warden, 9845240393
6. Dr. Shobha U Kamath, Additional Professor, Department of Biochemistry, KMC, Manipal and warden, 9845865848
7. Dr. Bharti Magazine, Additional Professor, Department of Pharmacology and warden, 9901728668
8. Dr. Rohit Singh, Additional Professor of ENT, 9900405817
9. Dr. Chandni Gupta, Additional Professor of Anatomy, 9886738555
10. Dr. Vinutha R Bhat, Associate Professor, Department of Biochemistry and warden, 9845156248
11. Dr. Mohan Babu Amberkar, Associate Professor, Department of Pharmacology and warden, 9886369607
12. Dr. Padmanabha Udupa, Associate Professor, Department of Biochemistry and warden, 9844872934
13. Dr. Vijetha Shenoy Belle, Associate Professor, Department of Biochemistry, 9844667820
14. Dr. Reena Sherin Parveen, Assistant Professor, Department of Pharmacology 9008770264
15. Dr. Siddharth Kamath, Assistant Professor, Department of Paediatric Orthopaedics, 9886908545
16. Dr. Srimithra, Assistant Professor, Department of Pathology, 9901728668
17. Mr. Gautham Bonny Natesan, President student Council, KMC, Manipal, 9495110777
18. Hostel Caretaker on duty - female
19. Hostel Caretaker on duty - male
20. Police inspector, Manipal Police station, 0820-2570328

Penalty for Ragging:

LINK FOR ANTI RAGGING POLICY

<https://manipal.edu/mu/campus-life/student-affairs/anti-ragging.html>

LINK FOR CODE OF CONDUCT POLICY

https://manipal.edu/content/dam/manipal/mu/documents/mahe/Student%20Affairs/Code%20of%20Student%20Conduct_4_3_22.pdf

Policy for Prevention of Substance (Drug) Abuse and Alcoholism for Students

Preamble:

Substance Abuse refers to the harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs. The use of Psychoactive substances continues to be a major problem on our nation's campuses and in society as a whole. (Psychoactive substances are substances that, when taken in or administered into one's system, affect mental processes.). As an institution of higher learning, Manipal Academy of Higher Education (MAHE) seeks to promote the intellectual, social, cultural, and physical wellbeing of all its students. The use of psychoactive substances causes significant health and social problems for the people who use them, and also for others in their families and communities. Substance abuse among the students harms them, threatens the safety of the environment, and disrupts the educational process, and defeats the purpose for which a student is being educated.

Substances of abuse include alcohol, opiates, cocaine, amphetamines, hallucinogens, prescription, and over-the-counter drug abuse.

MAHE recognizes that problems related to the abuse of drugs/substances and alcohol may be resolved through cooperation between the organization and the affected faculty, staff, and students. The policy and procedures set forth here for handling substance abuse problems among students are intended to enhance cooperation and to protect the individual, the organization, and the organization's substantial interest in the welfare of its community.

MAHE strives to preserve the dignity of individual students through effective management and to address substance abuse that affects their performance or conduct. Cultural, genetic, and physiological factors are currently believed to play a contributing role in the development of substance and alcohol abuse. Because students are considered to be valued members of the MAHE community, every effort is made to enable them to return to normalcy and to be productive.

All faculty, staff, and students should work together to engender a campus-wide enlightened attitude towards a realistic recognition of the nature of substance and alcohol abuse, and an attitude that will encourage them to take advantage of available treatment whenever needed.

[LINK FOR SUBSTANCE ABUSE POLICY](#)

[https://manipal.edu/content/dam/manipal/mahe/Student%20Affairs/Circular%2012_01_2022%20\(Policy%20for%20Prevention%20of%20Substance%20\(Drug\)%20Abuse%20and%20Alcoholism%20for%20Students\).pdf](https://manipal.edu/content/dam/manipal/mahe/Student%20Affairs/Circular%2012_01_2022%20(Policy%20for%20Prevention%20of%20Substance%20(Drug)%20Abuse%20and%20Alcoholism%20for%20Students).pdf)

Social Media Policy (For Students)

Introduction:

The use of social media platforms has become common for students and these communication tools have the potential to create a significant impact on institutions and professional reputations. Manipal Academy of Higher Education (MAHE) recognizes that social media is a significant part of day-to-day life and numerous benefits and opportunities that social media presents. We actively use social media to disseminate information about academic activities and success stories of MAHE and its Constituent units to the general public and enhance the public image of MAHE and its Constituent units.

Despite the opportunities presented, there are risks. Social media allows individuals to communicate with a potentially huge audience, and sometimes its informality can encourage us to be less cautious than we would be when we use other more traditional methods of communication and interaction.

This policy is for students, provides information on the appropriate use of social media when connected, or linked in some way, to their status as a student of MAHE and its Constituent units, or when directly or indirectly referencing MAHE and all/or any of its Constituent Units in any way.

The policy also outlines the responsibilities of students who use social media allied with MAHE or Students' Unions, Student Clubs, Societies, Groups etc.

Though the principles of freedom of expression / academic freedom apply to the use of social media; the students of MAHE and its Constituent units require responsible and legal use, including registration in the interest of MAHE and its Constituent units, within the ambit of the Govt. of India and other regulators' guidelines from time to time.

Social media channels covered by this policy include, but are not limited to, Facebook, Twitter, Snapchat, LinkedIn, YouTube, Instagram, Pinterest, blogging platforms, WhatsApp, Telegram, online forums, review sites etc.

[LINK FOR SOCIAL MEDIA POLICY](#)

https://social.manipal.edu/wp-content/uploads/2022/08/Circular-30_04_2022-Social-Media-Policy-for-Students.pdf

Directorate of Student Affairs, Manipal Academy of Higher Education

With over 15,000 students studying in the University, it is imperative to have a support system that caters to their welfare and wellbeing outside the classrooms. This facility was set up for this purpose and provides support to the student community in very many ways.

The activities of the directorate range from student health and wellness to guidance and counseling. Constant effort is made to update and evolve ways to support and foster students' interest in the University. A number of activities are held every year to ensure that the growth of students is not limited to classrooms alone.

Our aim is to help students reach their highest potential in the areas of intellectual curiosity and personal well-being. We are committed to providing students a wide variety of opportunities to explore leadership styles while also cultivating and practicing new skills.

Director, Student Affairs

Dr. Geetha M, Associate Professor of Computer Sciences, Manipal Institute of Technology, Manipal

Tel No: 0820 - 2922035

The office is located on the first floor of manipal.edu (Manipal University) building. Dr. Geetha M will be available in the office on all working days (except Sundays and Holidays) between 3.00PM - 5.00 PM.

Deputy Director, Student Affairs - Health Sciences

Dr Ashwini Kumar, Associate professor, Department of Forensic Medicine, KMC, Manipal

Tel No: 0820 2922035

Deputy Director, Student Affairs - Technical

Dr Veena Maben, Professor, Humanities & Management, MIT Manipal

Tel No: 0820 2922035

Student support centre (SSC)

The Student Support Centre (SSC) is a completely confidential service devoted to supporting the emotional well-being of students. SSC offers therapy sessions with qualified clinical psychologists, covered by student medical insurance (Medicare). Keeping in mind that going to large hospitals often distresses students and dissuades them from seeking help, the SSC is located in a quiet residential area that ensures privacy and accessibility. Modeled along the lines of counseling and wellness centres at the best universities in the world, the SSC at Manipal Academy of Higher Education is among very few such services in India. SSC has set up a Student

Advisory Board comprising of student leaders from all institutes that will work to ensure a student-friendly approach, and refer students in need of help to the Centre. It also conducts awareness campaigns and outreach sessions across institutes, and extends the university's efforts towards supporting differently-abled students. The SSC arranges for appointments with psychiatrists who will offer consultations at the Centre when required, and with the consent of the student. Emergency and other hospital charges would be taken care of through the existing Medicare system at the Kasturba Medical College and Hospital, Manipal.

Gender Non-Discrimination Policy

Manipal Academy of Higher Education (MAHE), an Institution of Eminence Deemed to be University aims to create an inclusive, safe and equitable learning and work environment in its campuses. Such inclusivity ensures the vision and mission of MAHE, achievable by each and every member of the University regardless of gender, religion, caste, class, creed etc.

Objectives

- To avoid and prevent any form of discrimination based on gender, race and sexual orientation in any of the policies, activities, programmes and in various decisions of MAHE
- To promote equal participation of all genders in all the activities of MAHE and to prevent discrimination of in any form.

Non-Discrimination Principles

- Discrimination or inequity based on gender, race, sexual orientation is not acceptable within any of the academic programs, jobs, policies, functions, activities and initiatives of MAHE
- The promotion of gender equity is an integral part of all the policies, programmes and projects
- Achieving gender equity often requires specific measures designed to eliminate gender discrimination
- Gender-based discrimination/harassment of any kind will not be tolerated in any of its campuses.

Implementation

- Gender equity will be ensured explicitly in all decisions concerning the University's and its constituent unit's programs, awards and other initiatives, as well as to ensure non-discrimination in the cases of representations in various committees and panels

- For the purpose of this policy, discrimination includes any harmful practices against an individual or group of individuals based on their gender, including any unwelcome conduct creating unsafe, unpleasant or offensive, hostile, or intimidating environments preventing an individual or group of individuals from effectively exercising their rights or benefiting from a fair and equal treatment. Harmful practices include violence, harassment, and inappropriate sexual behavior and can take many forms such as words/statements, signs/gestures, jokes, cartoons, pictures, posters, pranks, intimidation, whether verbally or in writing, and any other kind of inappropriate behavior
- Fair treatment and non-discrimination based on gender shall notably apply to
 - Student Admission processes/procedures
 - Access to research grants
 - Industry collaborations
 - Faculty development programs
 - Access to services, accommodation, facilities
 - Healthcare programs
 - Consideration to decision-making positions, leadership positions, and senior academic roles.
- Ensuring there is no 'gender pay gap'
- Gender Sensitization Training to be made available to all staff and students of MAHE periodically
- MAHE has a zero-tolerance policy regarding any discrimination based on gender, with strict consequences for those who encourage in such behavior
- Any discrimination or harassment demonstrated by any person either staff or students, at all levels, will be dealt sternly with appropriate disciplinary actions as deemed fit
- Any student or staff facing challenges regarding the same shall submit a written complaint to the Registrar, MAHE for necessary action
- Registrar will constitute appropriate committees based on the nature of the complaint/grievance under the leadership of Senior Officials of MAHE to enquire into the grievances and oversee the enforcement of this policy
- The committee will enquire into the complaints, ensuring strict confidentiality to the extent necessary and that adequate protection is provided to the person reporting discrimination

MAHE Identity Card/ Access Control Card

MAHE ID Card is issued to every student. This card is used as Student Identity Card, Access Control Card and Medicare Card.

Besides identity card, it serves as Medicare Card and also helps the student to access into the library, lecture hall complex and hostels. Loss of ID Card should be reported to the Chief Security Officer, Manipal Academy of Higher Education. Duplicate ID card will be issued on payment.

Students are required to produce a valid Identity card whenever appearing for an examination. Without valid Identity Card no student will be permitted to appear for any examination.

Medicare

All students are covered by Medical Insurance. Medicare number is the same as the Identity Card Number of the student. Students who are not feeling well should follow the following instructions



MANIPAL
ACADEMY OF HIGHER EDUCATION
(Deemed to be University under Section 3 of the UGC Act, 1956)

STUDENT HEALTH CLINIC

First floor, New Out-Patient Block, Kasturba Hospital, Manipal



OBJECTIVE To provide optimum healthcare to all the students of Manipal Academy of Higher Education (MAHE)

INSTRUCTIONS TO ALL MAHE STUDENTS

Utilization of Healthcare Services at Kasturba Hospital, Manipal

1. The student health clinic will function on all days (except Sundays, MAHE holidays). Working hours 8.00 am - 1.00 pm and 2.00 pm - 5.00 pm
2. Between 1.00 pm - 2.00 pm and 5.00 pm - 6.30 pm registrations will be done at Ground floor, New OPD building. Consultations will be done at Medicine OPD (2nd floor).
3. **Students can contact the Patient Relation Executive (PRE) posted at student health clinic previous day by phone (0820-2922057) or in person for availing appointment with the consultant and / or to register the file for next day. This will save time and prevent absenteeism from regular classes.**
4. During working hours students are directed to register at student health clinic and attend the respective outpatient department thereafter (Refer Annexure-I).
5. In case of accident / injury students should report to Trauma & Emergency centre directly. (Refer Annexure-II)
6. Between 6.30 pm and 8.00 am any student requiring medical attention should visit casualty and will be managed as inpatient.
7. Students should produce their ID Card / Combo Card while visiting the hospital / at the time of admission at hospital
8. Impersonation / misuse of combo cards is a criminal offense and will be dealt with accordingly.
9. Only one hospital file should be made per student. This will facilitate proper documentation and comprehensive care.
10. Admitted students are not permitted to go out of the ward until discharge.
11. Students must settle the bills in time before discharge.
12. Medical certificates cannot be demanded from the Doctors.
13. Request hospital ambulance for genuine cases only. Caretaker has to accompany the students in the ambulance.
14. Ambulance will be provided free of cost within the MAHE campus. Charges will apply for the services of ambulance outside the MAHE campus.

Issued in the interest of students

Director, Student Affairs

ANNEXURE I

Non-Accident / Non-Emergency case

8.00 am - 5.00 pm (OPD hours)

1.00 pm - 2.00 pm & 5.00 pm - 6.30 pm

6.30 pm - 8.00 am (Non OPD Hours)

Report to Student Clinic in person or telephonically (0820-2922057)

Registration at ground floor, consultation at Medicine OPD (2nd floor) New OPD Block.

Report to Trauma & Emergency

Student can tell the Hosp. No and immediately file can be sent to respective OPD

The PRE will assist in registration of the student (New & Repeat)

Follow the T & E Chart (Annexure II)

File reaches the respective OPD

The Student is seen by the Duty Doctor on priority

Sample Collection: Counter Number 5 is dedicated for students (Medicare)

Imaging and other Radiological Investigation: Certain token numbers will be reserved exclusively for the student

Pharmacy: Counter Number 11 is dedicated for students (Medicare)

ANNEXURE II

Follow the T & E Chart

Report to T&E Block registration cum admission counter with Combo Card / ID Card

8.00 am - 6.30 pm: Treatment on OP basis
6.30 pm - 8.00 am: Treatment on IP basis i.e. the student will be admitted for the well-being of the patient.

The blood sample is collected by the Nurse Incharge and sent through PTS/HSK to the respective lab for testing
Radiological investigations will be done in Trauma X-Ray

SEARCH - The Health Sciences Library

Dr. Shivananda Bhat K.,

Sr. Librarian

Tel No. 0820 2922358

Manipal Academy of Higher Education has an excellent Health Sciences Library, perhaps the best among all Health Sciences Libraries in India. The state of the art library stretching over 1.5 lakh square feet, on five levels is a domain for information seekers; be it students, faculty or researchers. It has the capacity to accommodate 1300 students at a time. Besides the comfortable seating and reading environment, the library is well equipped with modern facilities such as e-learning, access to internet and web resources including online journals and e-books. Library is providing a growing range of databases available in electronic form on the campus network. All the library services have been automated on modern line. The library is open from 8:30 am to 11:30 am.

The library has over 63969 books and subscribes to 517 print journals, 3263 online journals and has access to 11 online databases. Further the library has 34,629 back volumes of journals, 215 e-books, 692 CDs and 103 computers. The library is subscribing to the following databases.

1. CINAHL Plus with Full Text
2. Cochrane Library Online
3. J-Gate (Portal with largest number of Biomedical Sciences e-journals)
4. Journal Citation Reports (JCR)
5. MD consult
6. Ovid SP
7. Pro Quest Medical Library
8. Science Direct
9. Scopus
10. Up To Date Clinical Resource
11. Web of Science

The library has become the institutional member of DELNET (Developing Library Network), New Delhi and many health sciences related online databases can be accessed through DELNET. Library has also become member of British Council Library, Chennai and American Library Chennai. Library has a micro site and same can be accessed through Manipal Academy of Higher Education intranet portal i.e. <http://muportal/> or directly through <http://172.16.19.80/lib/index.asp>. Access to the e-resources subscribed by the library has also been provided for off-campus users.



MENTORING SYSTEM

Mentoring is the key for developing and sustaining a satisfying professional career. Mentors help young students to develop confidence, achieve progress and by giving strength and motivation to face academic challenges at the beginning of their careers when it is most needed. A mentor-mentee relationship also provides better insight into medical college life and opportunity to broaden their network of contacts.

We have an excellent mentoring system under the guidance and support of our Dean Dr Sharath K Rao, consisting of committed faculty to whom students/mentees are allotted. They will ensure to provide a comfortable platform for their student's academics and interests by meeting on a regular basis to provide guidance, support, advice, strategic feedback and other insights.

The Mentoring system consists of a Mentoring cell and all faculty of first and second year as mentors.

Student Coordinators

Dr. Shobha U Kamath

Associate Professor, Department of Biochemistry

Dr. Arvind Kumar Pandey

Associate Professor, Department of Anatomy

MENTORING CELL

Chief Advisors:

Mrs. Vasanthi Ramdas Pai

Mrs. Indira Ballal

Advisor:

Dr Sharath K Rao, Dean, KMC Manipal

Dr. Krishnananda Prabhu, Associate Dean, KMC, Manipal

Chief Coordinators:

Dr. Shobha U Kamath, Additional Professor, Department of Biochemistry

Dr. Vinod C Nayak, Professor, Department of Forensic Medicine

Deputy Coordinators:

Dr. Dhiren Punja, Professor and Head, Department of Physiology

Dr. Sulatha Bhandary, Professor, Ophthalmology

Dr. Vinutha R Bhat, Associate Professor, Department of Biochemistry

Dr. Arvind Kumar Pandey, Associate Professor, Department of Anatomy

Dr. Veena Nayak, Associate Professor, Department of Pharmacology

Members

All pre- clinical Faculty

All para - clinical Faculty

Mentoring Cell



Manipal Academy of Higher Education Hostels

Chief Warden: 2922413/2922809

Office: 2574315/9901782666

Dr. Prabhudeva Mane

Chief Operating Officer, Campus Safety

Office: 2922848, 2922515

The office of the Chief Warden is located on the first floor of manipal.edu, the University Building. The office deals with room allotment change of hostel accommodation etc.

Students stay in the hostels during the first year is compulsory. In the subsequent years students desirous of staying outside under own arrangements must submit a consent letter signed by the Parents to the Head of the Institution who with his remarks will forward it to Chief Warden for necessary permission. It is obligatory on the part of the students to give their local address and any subsequent changes to the college office, without fail.



Warden	Office No.	Mobile No.	Hostel	Office Email.ID
Dr. Vinutha R Bhat Indira Hostel - Ground Floor	2922008	9845156248	2931600	vinutha.bhat@manipal.edu
Dr. Bharti Magazine (Indira Hostel, except ground floor)	2922582	9901728668	2931600	bharti.magazine@manipal.edu
Dr. Shobha U Kamath SCH, NCH and NLH (AC Hostels)	2922008	9845865848	2949001 2949005 2941006	shobha.kamath@manipal.edu
Dr. Mohan Amberkar Amartya Sen and CRK Hostel (AC Hostels)	2922450	9886369607	2948600 2947001	mb.amberkar@manipal.edu
Dr. Arvind Kumar Pandey Nehru A Block	2922327	9741968640	2941001	arvind.pandey@manipal.edu
Dr. Vinod C Nayak Nehru Hostel (B and C Blocks)	2922450	9845240393	2943001	vinod.nayak@manipal.edu

SCH : S Chandrashekar Hostel
NLH : Nehru Ladies Hostel

NCH : New Chandrashekar Hostel
CRK : Charaka Hostel

Message to Students

1. To become a good professional, the student should be very clear in his/her ambition and set appropriate goals for themselves.
2. The priorities for the day should be clear in the mind.
3. Proper time management is very essential (with proper time management a student can easily have 3 hours of relaxation per day and read for 5 hours per day).
4. Mind and body should be kept active. Priorities and ambition may be forgotten if relaxation (though important) is overdone.
5. Attendance and internal assessment are two valuable tools to monitor the academic progress of a student. To avoid anxiety and tension before exam one should maintain a good record of attendance and internal assessment. Though 100% attendance is essential, 25% absenteeism is permitted to cover ill health and family commitments.
6. It is advisable that students stay only in the hostels. When in hostels, they are expected to abide by the hostel rules and regulations. It is mandatory to keep the warden informed in case if the student is visiting a friend or relative and is going to be away from the hostel for more than a day. Students should not keep costly and valuable items in the room.
7. The behaviour of the student in and around the campus should befit the noble profession they have opted for. Lab coats (apron) should be worn only inside the campus.
8. Talented students in the field of sports and cultural activities should identify themselves with sports and cultural committee of the college. Good hobbies should not be forgotten.
9. Students should make an effort to learn the local language, as they have to deal with patients.
10. During clinical postings, Students should behave appropriately when dealing with patients.
11. Students are expected to observe the dress code of the University.
12. Indiscipline will be dealt with as per rules and the nature of punishment can vary from suspension to dismissal from the institute.
13. All the students are recommended 3 doses of Hepatitis B vaccination (0, 1, 6 months). Typhoid and Chickenpox vaccines are optional vaccines and are available in the hospital pharmacy. Please contact your Mentor for information. Students from abroad are advised to get themselves immunized against Hepatitis A.
14. Students are recommended not to eat food from unhygienic restaurants and consume only safe water (either boiled or direct from Aqua guard).

15. In case of ill health, students should report to the Manipal Academy of Higher Education Student Health Clinic at Kasturba Hospital, Manipal. While undergoing elective surgical procedures, students should keep the parents informed and it is always better that one of the parent is present during the procedure.
16. In case of stressful situations students can contact Student Support Centre, Manipal Academy of Higher Education to cope with the stress.
17. Manipal Academy of Higher Education has been declared as "NO SMOKING ZONE". Students found indulging in smoking may be removed from the hostel and no refund of rent will be given.
18. Any student involved in criminal offences on the campus and any indiscipline outside the campus will be handled by the concerned authorities as per the law of the land.
19. The students are discouraged from indulging in undue risky behaviour. Swimming in the rough Arabian Sea has cost the lives of few students in the past. There is also no need to possess a two or four wheeler.
20. The following are banned and severely dealt with:
 - Drugs, Drinking (Liquor) and smoking
 - Ragging & eve teasing
 - Cheating, stealing, provocation, coercion, threats, pressure tactics & fights

Message to Parents

1. Do keep in regular touch with the mentor of your son/daughter.
2. Be aware of your son/daughter's academic progress especially attendance, internal assessment and marks in the university examinations.
3. Remit all the payments like tuition fees, hostel facility fee directly to Manipal Academy of Higher Education in time.
4. Be aware of your son/daughter's monthly expenditure and mode of expenditure.
5. We may need to contact you sometimes urgently especially in case of accidents and emergency. Hence it is essential that any change in address, phone numbers and e-mail be informed promptly to the college.
6. Do not encourage your son/daughter to extend their holiday and stay at home when he/she visits the family during vacation. He/she may end up with attendance shortage.
7. It is wiser that you visit your son/daughter once in a way instead of the student visiting the family frequently so that his/her studies go uninterrupted.
8. Do not provide the student with a two wheeler or a four wheeler especially in the formative years.

9. Please keep us informed, if the student has a history of illness (physical or mental). Students are covered under Medicare and are entitled for treatment in our own hospital, which is well equipped and is a tertiary referral hospital.
10. In case of health problems for minor illness, the students can attend out patient health clinic and get treated. If the ill-health warrants inpatient care, the student will be admitted. For minor ailments with short stay the parents may not be informed, but in case of emergencies, they will be informed as early as possible. Students are covered under Medicare and these rules are made clear at the time of admission. Medicare renewal needs to be done promptly.
11. Students should stay in the hostels provided in the campus. Staying outside the campus independently has its own demerits and parent should discuss the matter with the mentor before consenting.
12. It is imperative that parents keep in regular touch with the institution officials especially in case of poor academic performers.
13. Students are not permitted to use mobile handsets with camera during working hours. The equipment shall be confiscated if student is found to possess it.

KMC Student Council

KMC Student Council: The KMC Student Council aims to cater to the variegated interests of the students by providing them with opportunities to take their minds off the rigorous curriculum of medical school.

The Council serves to fulfill the purpose of the overall development of an individual in KMC Manipal. Not only are students at a razor's edge to perform academically well, but they are also exposed to various organizational and personality development skills.

The Council is headed by the Dean of KMC and consists of: President, Vice-President, General Secretary, Joint Secretaries and a Treasurer along with secretaries of five Committees viz., Cultural, Sports, Literary, Editorial Board, Research and Social Welfare. These Committees are guided by coordinators who are the teaching faculty of KMC.

Round the year, the Council organizes various events. The council takes up several other small scale projects at regular interval where student get an opportunity to show their hidden talents.

The Council thus represents the student community and the vigor of the present generation who, with adequate facilities and correct guidance, can carve a niche for themselves and succeed in their endeavors.



<p>Shivani Yadav President 190101324 shivani.yadav@learner.manipal.edu</p>
<p>Utkarsh Agrawal Vice President 190101274 utkarsh.agrawal@learner.manipal.edu</p>
<p>Amrita Bedi General Secretary 190101074 amrita.bedi@learner.manipal.edu</p>
<p>Anirudh Venkatesh Joint Secretary 190101060 anirudh.venkatesh1@gmail.com</p>
<p>Madhav Arora Judicial Secretary 190101400 madhavarora10040@gmail.com</p>
<p>Shivika Saroagi Editor-in-Chief 190101051 shivika.ss421@gmail.com</p>
<p>Chirag Bhojwani Sports Secretary 190101071 chirag.bhojwani@learner.manipal.edu</p>
<p>Shubhbraa Moorthy Cultural Secretary 190101096 shubhsvm@gmail.com</p>
<p>Kirti Gaur Literary Secretary 190101330 gaur.kirti18@gmail.com</p>
<p>Kshitij Shahi Finance Secretary 190101084 kshitij.shahi@learner.manipal.edu</p>
<p>Vartika Agarwal Social Welfare Committee Secretary 190101055 vartikaagarwal20@gmail.com</p>
<p>Vishnu Bharadwaj Student Research Forum Secretary 190101144 ilanthodi.bharadwaj@learner.manipal.edu</p>

For further information
on Student Council,
kindly scan this QR Code



STUDENT CLUBS

ARTEFACT

Vision: To conduct creative art and craft sessions round the year.

Aim: To increase the creativity among students by indulging them in different art and craft based sessions and workshops.

Plan of Action: Different fun filled art workshops, art competitions, art challenges and art sessions

ART3MIS

Aim/Objective: A club designed to increase student participation in the field of E-Sports by giving them a platform for organizing competitive and recreational gaming tournaments. To represent KMC in the ever-growing field of E-Sports including intercollege events and give students a platform to showcase their skills and talents. We will form a KMC focused gaming community and promote gaming and E-Sports as a healthy and recreational activity/hobby, not as an escape from the real world. We will involve competitive and avid gamers by organizing various tournaments and events.

CUTTING EDGE MANIPAL

Vision, aim, plan of action: We are Cutting Edge, a student – run surgical society dedicated to inspiring interest in the field of surgery among medical undergraduates.

We conduct various skill based workshops on the basics of surgery, we organize interactive quizzes and we host talks with successful surgeons around the globe.

Surgery can be a daunting field, requiring practised skill to become a competent surgeon. For every student, we are determined to bring more relevant and resourceful content.

Join us as we explore the science behind the art.

FITVIB

Vision: A club which aims at encouraging the students to adopt a healthy lifestyle by focusing on mental and physical health, along with obeying good nutritional habits. It strives to provide students with a platform wherein they can enhance certain aspects of their lives and incorporate healthy habits that will eventually lead to a conducive outcome.

Objectives:

- Institute sessions to promote active participation among students for personal growth and holistic development.
- To conduct events (online/offline) in collaboration with professional expertise to enlighten students to develop an all-round personality.
- To empower the students to formulate a customized diet plan, a suitable workout schedule, and to achieve a state of good mental health.
- Maintain engaging and energizing workouts and mindfulness sessions regularly.

IGCLA – INDO GERMAN CONVENTION OF LINDAU ALUMNI

Objectives:

Indo German Convention of Lindau Alumni (IGCLA) is a multidisciplinary, annual event held by Kasturba Medical College, Manipal University to bring together the delegates of the Lindau Nobel Laureate Meetings held in Germany and provide a platform for discussion in the area of scientific research and innovation. Our annual conference is a 3-day event comprising of panel discussions, case and poster presentation for PGs as well as UGs, various academic workshops and quizzes.

INCANDESCENT

Vision - For Medical Students to immerse themselves in innovation at the UG level.

Aim - To expose medical students to innovation at an earlier stage and provide them with the foundation knowledge needed to further progress in the field.

Plan of Action

- Educate medical students about the necessity of innovation to make improvements in healthcare.
- To nurture innovative minds and encourage collaboration.
- Organize hackathons, ideation competitions in KMC as well as in collaboration with other MAHE colleges
- Provide incubation to young medical entrepreneurs.
- Organize seminars on technological advancements in the medical field.
- Hold talks by patent holders and research scholars of MAHE

IQMU – INTERNATIONAL QUIZ FOR MEDICAL UNDERGRADUATES

After an insightful trip for a medical quiz in Mexico, the students of KMC sought to create a competition facilitating academic and cultural exchange in Manipal. Thus, the International Quiz For Medical Undergraduates was conceived and has been running successfully since 2017. IQMU's vision is to serve as an entity dedicated to the development of innovative learning strategies and the creation of well-rounded physicians. The 6th Edition of the International Quiz for Medical Undergraduates was held in June 2022. While the online Back to Basics Quiz was held on 4th and 5th June, the main event – Chiron, was held from 17th to 19th June. This was the first time IQMU was organised in a hybrid mode, combining the best of both online and offline formats. With over 150 participants for Back to Basics and close to 100 participants for Chiron, this was IQMU's biggest year yet! Apart from all corners of India, contestants hailed from Malaysia, Hungary and Philippines as well. Back to Basics saw LHMC, Seth GSMC and KMC Manipal taking the Top 3 coveted spots.

JUSTITIA

Justitia, The Forensic Medicine Club of KMC Manipal, is responsible for a wide variety of interactive forensic-based workshops and events. Apart from conducting activities, Justitia also organizes panel discussions and partakes in releasing content related to the same, be it articles, write-ups, informative videos, etc. Aims: As the only student run forensic medicine club in India, it aims to promote the domain of forensic medicine and increase awareness of the subject. It organizes events such as Talks, Quizzes, 'Jigsaw', 'Homicide' and other Crime Scene Investigation based events. It also aims to raise awareness about medico-legal and other social issues through its activities and events.

NASHA UKT CLUB, KMC MANIPAL

Drug Addiction is emerging to be a serious concern in the country especially in the younger generation, leading to dangerous consequences not just for the person using drugs, but on the family and society at large. This club is aimed to take forward the novel idea of Ministry of Social Justice & Empowerment which is Drug Demand Reduction in the country.

Under this club we aim to coordinate, implement several interventions like creating awareness, holding workshops, providing care and support for prevention and rehabilitation of young users. We plan to hold seminars and workshops with eminent speakers to educate people on misuse and ill effects of substances and awareness among the students and people around through various recreational activities and volunteer drives. Generation of awareness in the community would be one of the immediate effects that would be noticeable in the network of students and people targeted through this. We look forward to reduce stigmata about treatment and rehabilitation.

TEMPUS PRETIOSO

Aim/Objective: Emergency Medicine is a fairly new field in India, officially adopted in 2009. The Emergency Department of KMC Manipal is one of the most renowned in its field, equipped with state of the art resources and highly competent, experienced faculty. It provides quality exposure to medical students, and as benefactors of this unique opportunity, we at Tempus Pretioso started this club in 2016 to educate students about this relatively new field. Keeping our aim in mind, we have held workshops, quizzes and competitions across the country for medical students and beyond. With past events like First-Aid workshops for non- medicos, interactive case discussions in our Virtual ER, infield training in Wilderness medicine, hands-on experience in KMC's high-tech Simulation Lab, EM rotations and much more, excellence is a guarantee. We aspire to further broaden our reach because a first responder does not need to be a medical personnel- it could be you too.

OTHER CLUBS –

- AAGHAZ – The Dramatics Club
- CADENZA – The Music Club
- CYGNUS – The Eastern Dance Club
- INQUIZITION – The Quizzing Society
- IRIS – The Queer Sensitisation Club
- LUMEN – The Photography Club
- NETWORTH – Finance Club
- PHOENIX – The Western Dance Crew
- PURPLE HAZE – Fashion Crew
- THE BOOK CLUB
- THE DEBATING SOCIETY
- THE FILM CREW
- THE MANIPAL GAMBIT – Chess Club



Volunteer Services Organization (VSO)

Volunteer Services Organization, Manipal Academy of Higher Education initiated on September 17, 2007 gives an opportunity to students, staff and their spouses of Manipal to live their lives with purpose by helping those in need. It is a platform that not only helps the needy, but also provides each volunteer with an opportunity to gain new skills, work in a team and, most importantly, to become a better person. With volunteers strength of more than 1800 (including students, faculty and their spouse) from various constituent colleges of Manipal and Mangalore, VSO undertake projects which cover community, social, organizational and soft skills avenues.

Objectives

- To respond to community needs
- To address the issues of society
- To develop the leadership potential of the students
- To enhance student learning

Most of the activities are organized on Sundays and Holidays. In an endeavor to recognize the services offered by the students, a certificate of merit is issued by the University on completion of a minimum of 28 hours. For registration and more information visit vso.manipal.edu/ and join us on facebook at vso-manipal

Physical Education Department

Dr. Deepak Bairy

Deputy Director of Physical Education

Tel. No. 0820 - 2922155

The Department of Physical Education is headed by the Director whose office is located at food court basement, near KMC, greens on the campus and is open from 9:00 am to 1:00 pm, and 2:00 pm to 7:00 pm on all working days. Outdoor Sports and games facilities like Basketball, Volley-ball, Tennis and Throw-ball are available near Sharada Hostel. Cricket, Football, Hockey facilities are available at End point and indoor games like Badminton, Table-tennis, Carom and Chess are available for the students at MARENA Indoor Sports Complex. The Recreation club is open from 5:30 am to 7:30 am and 3:30 pm to 7:00 pm on all days except Sundays and Holidays. Manipal Academy of Higher Education conducts various Inter-collegiate tournaments, Inter Medics tournament and Inter class tournaments. Students are encouraged to take part in extracurricular activities.

Other facilities in the campus include gym, swimming pools, football and cricket grounds. An indoor Sports Complex, the only one of its kind, perhaps in Asia, has five badminton courts, four squash courts, three tennis courts, a basketball court, gymnasiums and a walking track.



NICE TO KNOW

Nice to follow outside class:

- Behave like you are in a medical school
- Common illnesses are because of food poisoning, so be careful of what you eat
- Carry an umbrella, it might rain anytime. The other time its sunny, again reinforcing the umbrellas use
- Do not convert the cost to dollars for things here

Oh its so Hot....Oh its Raining Climate

- Weather is hot and humid. It rains for almost four or five months. Thus carrying an umbrella is imperative (better buy a large and strong one).

You wanna buy something...?

- Text books, Apron & Stationeries: Bombay Surgicals and Canara Stationers at Tiger Circle, Manipal Book Stores and various other bookstores in town
- Dissection kits, Name tag: Bombay Surgicals at Tiger Circle
- For most of the stuff you want to buy it will be available in and around Tiger Circle, be it food items to air tickets, medicines to electronic goods.

Tring Tring....

- 0820/+91820 is area code for Udupi (eg: +91820)
- 29 is Manipal academy of higher education extension
- With hostel extensions of different hostels you can call the individual rooms through intercoms (eg: +91-820-29-31-####), where
31 is the extension for Indira Hostel and ### is the room number for girls
48 is the extension for Amartya Sen Hostel for boys
- Might be required phone numbers: "Travel agency: Hotel Fortune Inn Valley View, Manipal 2571499/599, 2570285
- Railway station, Indrali, Udupi 0820-2531810
- Police Station, Manipal 0820-2570328
- Office of Superintendent of Police 0820-2534777, 2526444
- Hotel Fortune Inn Valley View, Manipal - 0820-2571101

You have got mail!

- Post office or DHL (Standard US post, FedEx or DHL will get here)
- Big carriers are available in Plenty. For local transport auto rickshaw are available and fare ranges between Rs. 25 to 80.
- Buses to Udupi leaves every 5 minutes and to Mangalore every 15 minutes

National and International Transport

- Train: Konkan railway: Indrali (Udupi)
- Southern Railway: Mangalore junction
- Airport: Bajpe Airport (Mangalore) 60 km from Manipal

Relaxation time. Places to visit

- End point scenic beauty
- Anatomy & Pathology Museum
- Smriti bhavan
- Malpe (30 mins), Kaup beach (45 mins), Turtle Bay, St. Mary island
- Go Goa!! (5 hours by train)
- Murudeshwara temple, Om beach (Gokarna)

Fuel up.... Petrol bunks

- At Tiger Circle
- At Indrali (on the way to Udupi)
- At Ishwar Nagar (on the way to Karkala)

Its all about money honey... Money Exchange

- Four wings International travels
- ICICI Bank (Kasturba Hospital Complex)
- UAE Complex (Manipal Stores building, TC)
- Western Union (across from Syndicate bank)

Random stuff

- Gifts: Smiles (Archies gallery), Gift house (has a florist attached too), Hallmark
- Cooking gas agency: Manipal Gas Center, Unnata Residency(Syndicate Circle)
- Events: Utsav, Verve are few of the numerous events that keep life in Manipal happening and promotes the co-curricular front of a student
- Gym: for the fitness freaks there are many gyms right from one in each hostel to Marena
- Food! Try the Foodzoned app for most of the restaurants in Manipal, Udupi and even Mangalore!

Oh we almost forgot.

- Act responsibly
- If you do not know ask. Your peer/faculty mentors are here to help you
- This place gets very small very quickly
- Drive safe some roads are in poor shape
- If you stay outside the campus make sure you don't fall short of attendance
- STUDY that's what you are primarily here for





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