



Arunai Medical College and Hospital

“From Learners to Healers - The Journey Begins”

DEPARTMENT OF COMMUNITY MEDICINE

OCTOBER 2025

REPORT ON

FOUNDATION COURSE FOR FIRST-YEAR
MBBS HEALTH PROFESSIONALS



THE ROLE OF DOCTORS IN SOCIETY

The first session of the Foundation Course 2025 was delivered by Dr. A. Balaji, Professor and Head of the Department of Community Medicine, Arunai Medical College and Hospital. Dr. A. Balaji began the lecture by emphasizing the noble and multifaceted role that doctors play in shaping the health and well-being of society. He explained that the responsibilities of a doctor extend far beyond diagnosis and treatment; they encompass disease prevention, health promotion, research, ethical medical practice, and compassionate patient care. Dr. A. Balaji also elaborated on how doctors serve as pillars of the healthcare delivery system, contributing to health policy formulation, leadership in community programs, and effective management of public health emergencies such as epidemics and pandemics.



THE ROLE OF DOCTORS IN SOCIETY

Dr. A. Balaji highlighted that doctors are not only healers but also educators, counselors, and advocates for positive change within their communities. Their ability to communicate health messages, promote healthy lifestyles, and maintain public trust is crucial for the progress of a healthy nation. He underscored the importance of professional ethics, integrity, and accountability in every aspect of medical practice, reminding students that the trust placed in doctors by society is both a privilege and a great responsibility.



THE ROLE OF DOCTORS IN SOCIETY

To make the session more engaging, Dr. A. Balaji conducted an interactive debate on the topic “What should a doctor have – Motivation or Discipline?” Students actively participated and shared their opinions, concluding that while motivation initiates the journey, discipline is the sustaining force that defines a successful and ethical doctor.

Through this session, Dr. A. Balaji inspired the students to view medicine as a lifelong commitment to service, empathy, and continuous learning. He encouraged them to uphold the values of dedication, compassion, teamwork, and professionalism, which form the foundation of medical practice and the true spirit of a healthcare provider.



Role of Physicians at Various Levels and Health Care Delivery

Dr. Pavithra, Senior Resident, Department of Community Medicine, explained the roles of physicians at the primary, secondary, and tertiary levels of healthcare. She emphasized that primary-level physicians serve as the community's first contact, focusing on prevention and basic care, while secondary-level doctors handle referred cases and national programs. At the tertiary level, physicians engage in specialized treatment, research, and policymaking. Dr. Pavithra highlighted professionalism, empathy, and teamwork as essential qualities, urging students to work with dedication to strengthen India's healthcare delivery system.



Working in a Health Care Team

Tag-Along Session

The Tag-Along Session on Working in a Health Care Team was coordinated by Dr. A. Balaji, Professor and Head of the Department of Community Medicine, and Dr. R. N. Vaishali, Assistant Professor. The objective of the session was to familiarize students with the interdisciplinary roles of health professionals who work together to strengthen the healthcare delivery system at the community level.



Working in a Health Care Team

Tag-Along Session

Students were divided into small groups and paired with various health personnel from the Department of Community Medicine. Each professional explained their specific responsibilities, helping students understand the diverse functions that together form the backbone of community health services.



Working in a Health Care Team

Tag-Along Session

Dr. Pavithra – Village Health Nurse (VHN)

Dr. Pavithra, Senior Resident, explained the role of the Village Health Nurse in providing maternal and child health services, immunization, family planning, and community-based health education. She highlighted that VHNs act as the link between families and the health system, ensuring continuity of care for mothers, children, and vulnerable populations.



Working in a Health Care Team

Tag-Along Session

Dr. Janarthanan – Primary Health Centre (PHC) Medical Officer

Dr. Janarthanan elaborated on the functions of the Primary Health Centre (PHC) and the Medical Officer's duties in planning, implementing, and supervising primary healthcare services. He described how PHCs act as the first level of professional medical care, managing both preventive and curative services, and coordinating national health programs at the field level.



Working in a Health Care Team

Tag-Along Session

Mr. Vijayakumar – Biostatistician

Mr. Vijayakumar, Biostatistician, discussed the importance of data management and analysis in public health. He explained how maintaining RHTC/UHTC data, conducting family health surveys, and preparing monthly reports supports evidence-based decision-making, research, and student training. His session highlighted that accurate data is the foundation for assessing health trends and planning effective interventions.



Working in a Health Care Team

Tag-Along Session

Mr. Mahalingam – Health Assistant

Mr. Mahalingam, Health Assistant, highlighted the importance of health education as a key tool for community awareness. He discussed how health talks, school programs, and family folder maintenance help monitor health trends and promote preventive healthcare practices among families.



Working in a Health Care Team

Tag-Along Session

Mr. Kulanthaiyesuraja – Medical Social Worker (MSW)

Mr. Kulanthaiyesuraja, Medical Social Worker, explained his involvement in Tuberculosis (TB) control programs and community outreach activities. He discussed the importance of patient counselling, psychological support, and collaboration with NGOs to improve treatment outcomes. He emphasized that social workers play a crucial role in motivating patients, ensuring continuity of care, and addressing the social aspects of disease management.



Working in a Health Care Team

Tag-Along Session

Mr. Vinothraj – Medical Social Worker (MSW)

Mr. Vinothraj, Medical Social Worker, highlighted his role in Non-Communicable Disease (NCD) clinics, focusing on patient counselling, lifestyle modification, and follow-up visits. He explained how MSWs contribute to health education, awareness campaigns, and coordination of field activities. He emphasized that effective communication and counselling help patients adopt healthier habits and ensure better treatment adherence in the community.



Working in a Health Care Team

Tag-Along Session

Mr. Nithish – Health Inspector

Mr. Nithish, Health Inspector, described the control of communicable diseases and implementation of vector control measures. He detailed activities like mosquito surveillance, environmental sanitation, and public education campaigns, emphasizing the importance of community involvement in preventing vector-borne diseases.



Working in a Health Care Team

Tag-Along Session

Mr. Rohith – Sanitary Inspector

Mr. Rohith, Sanitary Inspector, explained the significance of environmental sanitation, waste management, and safe water supply in disease prevention. He highlighted the importance of documentation and regular field inspections, which help in monitoring and improving sanitation standards in both rural and urban settings.



Working in a Health Care Team

Tag-Along Session

Mr. Deiveegan – Health Inspector

Mr. Deiveegan, Health Inspector, explained his key role in organizing and coordinating health camps at the community level. He discussed how proper planning, logistics management, and coordination with local authorities ensure the smooth functioning of outreach programs. He also highlighted the importance of monitoring environmental sanitation and implementing disease prevention activities during field visits, emphasizing teamwork and community participation in maintaining public health standards.



Working in a Health Care Team

Tag-Along Session

Mr. Harikrishnan – Health Inspector

Mr. Harikrishnan, Health Inspector, described his responsibilities in conducting field inspections, managing vector control measures, and assisting in health awareness programs. He elaborated on the process behind arranging health camps, ensuring that each activity is well-organized and effectively delivered to rural populations. He emphasized that Health Inspectors play a crucial role in linking healthcare services with the community, maintaining sanitation, and ensuring the success of public health initiatives.



Working in a Health Care Team

Tag-Along Session

Postgraduate Students – “Importance of Community Medicine”

The Postgraduate students from the Department of Community Medicine presented a session on the “Importance of Community Medicine.” They discussed how the subject integrates preventive, promotive, curative, and rehabilitative healthcare, and how it focuses on improving the health of populations rather than individuals. They emphasized that Community Medicine bridges the gap between clinical medicine and public health, guiding future doctors to serve society with empathy and social responsibility.



Working in a Health Care Team

Tag-Along Session

The session was introduced by Dr. S. Sakthipriyan, Assistant Professor, Department of Community Medicine. Mr. Gunasekaran, Public-Private Partnership (PPP) Manager at the District TB Centre, spoke about the collaborative role of public and private sectors in tuberculosis control. He explained how private practitioners contribute to case identification, TB notification, and patient follow-up, which are vital to achieving the goals of the National TB Elimination Program (NTEP). He also highlighted the importance of counselling services, intersectoral coordination, and community participation in ensuring successful treatment and reducing TB transmission within the community.



Session by Dr. Janarthanan – “National Health Goals, Policies, and Community Health”

On 14th October 2025, a session on “National Health Goals and Policies, Health Care System, and Community Health” was conducted by Dr. Janarthanan, Senior Resident, Department of Community Medicine. The session began with an insightful explanation of India’s National Health Programs, emphasizing why these programs were established and how they have evolved to meet current healthcare challenges. Dr. Janarthanan detailed the objectives of various public health initiatives, including their impact on improving disease prevention, health promotion, and access to care in both rural and urban populations.



Session by Dr. Janarthanan – “National Health Goals, Policies, and Community Health”

He also highlighted the current improvements and innovations made in these programs, such as enhanced surveillance systems, digital health records, and the integration of preventive care into primary health services. The session included an interactive discussion with students, encouraging them to think about how health programs directly influence families, communities, and overall public health outcomes.



Session by Dr. Janarthanan – “National Health Goals, Policies, and Community Health”

To enhance understanding through practical learning, students performed role plays on key community health situations:

- **Dengue Case Role Play** – featuring a family, Medical Officer (MO), Health Inspector (HI), and Medical Social Worker (MSW), demonstrating the importance of teamwork in disease detection, vector control, and patient counselling.



Session by Dr. Janarthanan – “National Health Goals, Policies, and Community Health”

- **Vaccination Role Play – involving a family, Medical Officer (MO), and Village Health Nurse (VHN), showing the process of community immunization and awareness creation.**

Through these role plays, students gained a better appreciation of how public health programs function at the grassroots level, the importance of community participation, and the collaborative role of healthcare professionals in achieving national health goals.



Conclusion

The Foundation Course in Community Medicine 2025 provided Phase I MBBS students with a strong introduction to the healthcare system and the essential roles of healthcare professionals. Through interactive lectures, role plays, and field sessions, students learned the importance of teamwork, ethics, and community engagement in medical practice. Activities like the Tag-Along Session and Community Walk helped bridge classroom learning with real-world public health experience. Overall, the course inspired students to approach medicine with discipline, compassion, and a sense of social responsibility, preparing them to serve society as competent and empathetic future doctors.



Thank You

Report by
Department of Community Medicine