

CHRISTIAN MEDICAL COLLEGE
VELLORE, INDIA
DISTANCE EDUCATION UNIT



Distance
learning
in **FAMILY**
MEDICINE

PROSPECTUS 2024
Post Graduate Diploma in Family Medicine
(PGDFM)

Post Graduate Diploma in Family Medicine (PGDFM)

**A 2-Year Blended Learning Course for MBBS & Post Graduate
Doctors**



**ADMISSION TO THIS COURSE IS SUBJECT TO APPLICABLE REGULATIONS
BY THE CHRISTIAN MEDICAL COLLEGE (CMC) ADMINISTRATION.**

Admission to CMC, Vellore, is through the process described in the prospectus. No fee or donation or any other payments are accepted in lieu of admission, other than what has been prescribed in the prospectus.

The General Public are cautioned therefore not to be lured by any person/persons offering admission to any of the courses conducted by CMC. Should any prospective candidate be approached by any person/persons, this may immediately be reported to the law enforcement agencies for suitable action and also brought to the notice of the College at the following address:

**Distance Education Unit,
Christian Medical College,**
Balanilayam, No.95,
Sanjeevipuram, Bagayam,
Vellore – 632002, Tamil Nadu, India.

Phone +91 416 2285590
E-mail: info@cmcdistedu.org
Website: <http://courses.cmcdistedu.org>

IMPORTANT INFORMATION

The purpose of this course is to impart knowledge and provide skills upgradation for general practitioners in wholistic Family Medicine, at the primary care level.

This is NOT equivalent to any postgraduate residential courses in Family Medicine, such as DNB or MD in Family Medicine. Currently, this course is not affiliated to any university nor recognized by the MCI / NMC as a specialist course.

Please note that in the coming academic year, certain course components may be subject to change, depending on restrictions or stipulations related to any pandemic situation in India.

Also note: We do NOT admit students through agents or agencies. The college will NOT be responsible for any candidates or parents dealing with such a person or persons.

1. PREAMBLE

The large network of General Practitioners is the mainstay of healthcare delivery in India. There are close to 6,00,000 General Practitioners (GPs) in India who have no access to postgraduate education. There is no nationally mandated continuing education for physicians, and most of the GPs do not have many opportunities to remain up-to-date with the many new developments in medical practice. The lack of continuous updating of knowledge and skills by the GPs has led to a situation where there are excessive referrals, because of a lack of confidence in handling patients, even with minor complications. Many patients, therefore, end up visiting multi-speciality hospitals where the health care costs are very high. If there are opportunities at their doorstep for the busy GPs to update themselves and to hone their skills, it would bridge these unnecessary gaps.

The **Post Graduate Diploma in Family Medicine (PGDFM)** is a **two-year Blended Learning Program** which uses adult education methods, aided by modern technology. It is delivered through problem-based self-learning modules (as printed books, if requested, as well as online, for all), face-to-face contact programs (when possible, considering any pandemic situation), video-lectures, asynchronous and synchronous online sessions, and other innovative teaching-learning methods. This course aims to equip large numbers of General Practitioners (GPs) and primary healthcare physicians so that they will become competent to **“Refer less & Resolve more,”** right where they are!

The overall aim is to encourage and equip doctors to become and **to BE true family physicians who practise whole person care, whole family care and whole community care.** The course also has a strong component on medical ethics, values, and the social responsibility of a doctor.

Doctors from both private and public sectors in India, doctors who have NRI status, and doctors from SAARC countries, can apply.

2. COURSE OBJECTIVES

As was stated, the overall aim of the PGDFM programme is to encourage and equip doctors to become and to be true family physicians, and thus to build the capacity of GPs and enable them to competently and comprehensively manage more patients, so that referral becomes less necessary – hence the motto:

“Refer less, Resolve more”

A graduate of the course should be able to perform the following functions, with a high level of integrity, commitment, and competency:

- ❖ Develop a strong base in the **core Family Medicine principles** - like whole-person care, patient-centeredness, focus on the family, continuity of care, comprehensive care, clinical competence, making a deeper diagnosis, etc.
- ❖ Diagnose and effectively **help persons with the common diseases** occurring in all age groups, across a wide spectrum of disciplines, including Medicine, Surgery, Paediatrics, Obstetrics and Gynecology, Orthopedics, Dermatology, ENT, Psychiatry, Urology, Emergency Medicine, and Ophthalmology.
- ❖ Promptly and competently treat **common emergencies** that present to a general outpatient set-up, and refer patients safely, after initial stabilisation.

- ❖ Detect at an early stage, **life, limb, and vision-threatening potential emergencies**, so that urgent, correct treatment and prompt, safe referral to the tertiary care hospital is made.
- ❖ Develop a broad-based **comprehensive approach to health problems** affecting all age groups.
- ❖ Discuss the relevant and **up-to-date basic science, etiopathogenesis of diseases** in the context of diseases presenting in undifferentiated forms, or in the background of chronic diseases.
- ❖ Use a **syndromic or algorithmic or integrated problem-oriented approach** to the management of health problems, without the use of sophisticated investigations.
- ❖ Incorporate the role of **cost-effective wholistic management**.
- ❖ Develop an **ethical and compassionate approach** to patients under their care.
- ❖ Practise **competent, collaborative consultation skills**, with focused patient-centred clinical history-taking and proper physical examination, in specific clinical settings.
- ❖ **Network with other specialists** such that they can continue the care of patients undergoing sophisticated tertiary level care, between appointments.
- ❖ Implement recognized protocols for **health promotion** in all age groups.
- ❖ Organise and promote **rehabilitation** for differently abled persons.
- ❖ Participate in **community health programs**, especially those which are components of national health policies.
- ❖ Participate in **community-oriented primary care (COPC)** work.
- ❖ Be motivated to **improvise and problem-solve in resource-poor settings**.
- ❖ Generate **enthusiasm and efficiency in the health team**, so that they can provide high quality, appropriate, ethical, and comprehensive care.
- ❖ Ensure a **therapeutic environment** for patients and relatives, to enhance appropriate confidence in the health system and the health care professionals.
- ❖ Competent in **medical record-keeping and data management**.
- ❖ Develop as **teachers** who can communicate and train team members, community members, and others in the medical fraternity.

3. NO OF SEATS: 300 (maximum).

4. COURSE DURATION: 2 Years.

This is a 2-year blended learning course comprising both distance learning (online and offline) and onsite, face-to-face, hands-on components. The online learning components are both asynchronous and synchronous. Students have to complete it in these 2 years.

5. ELIGIBILITY CRITERIA

This course is open to doctors who are **Indian citizens**, residing in India or have **NRI status**, or who are nationals from the **SAARC countries**. Furthermore:

- All candidates must possess a **valid graduate degree in medicine** - a MBBS
- All candidates must possess a **valid MCI / NMC or State Medical Council registration**.
- Candidates not residing in India, or living abroad, should be **registered with the appropriate accrediting bodies** in their respective countries.
- **There is no entrance examination for this course.**

6. SELECTION PROCESS

Weightage in selection will be given to:

1. Those doctors who have served or are serving in “**Areas of need**”*
2. Those with work experience in rural areas for more than 10 years.
3. Women candidates.

Areas of need*

- Christian Mission hospitals.
- Rural hospitals.
- Government hospitals - PHCs, CHCs, District Hospitals, Government Medical Colleges.
- Quasi Government hospitals - e.g., Armed forces.
- Registered NGO Hospitals - includes NGOs working in need-based health spheres, such as care of people with HIV/AIDS, Homecare, Palliative care, Geriatrics, Disabilities, etc., or involved in tribal work or rural work or work in slums.

Please note:

1. Candidates who are currently enrolled in any other distance courses of CMC Vellore (and haven't completed yet) are not eligible to apply.
2. The selection of a candidate is at the sole discretion of the Selection Committee.
3. Any attempt by the candidate or their relatives to influence the admission process in an unlawful manner can lead to the disqualification of the candidate's application.

7. COURSE COMPONENTS

The course components consist of:

1. **Self-Learning Modules (SLMs)** – for updating the knowledge, attitudes and skills base.
2. **Contact Programs** (online and onsite) – for developing knowledge, attitudes and skills, especially consultation skills and the core clinical skills (during the face-to-face onsite contact programs).
3. **Video-lectures** – for updating the knowledge, attitudes and skills base.
4. **Assignments** to be worked through and submitted as will be stipulated.
5. **Project work** (as two wholistic patient write-ups) to be completed during the course.
6. **Formative and Summative assessments**

7.1 Self-Learning Modules (SLMs)

The core knowledge component of the course is delivered in the form of **16 Books** containing **100 self-learning modules**. The modules are written in a self-learning format; making them interesting and easy to read. The study material has been designed to inculcate the practice of self-studying and practical application of this theoretical knowledge. Numerous patient presentations based on common clinical scenarios have been designed to enable this learning.

Table 1: List of Self Learning Modules (SLMs)

BOOK	MODULE	TOPIC – YEAR 1
1. BASICS OF FAMILY MEDICINE	1.1	Principles of family medicine
	1.2	Health promotion and disease prevention in family practice
	1.3	Communication and consultation in family medicine
	1.4	Medical documentation
	1.5	Referrals in family practise
	1.6	Family practice management
2. MEDICINE - PART I NEUROLOGICAL PROBLEMS & MENTAL HEALTH	2.1	Headache
	2.2	Seizures
	2.3	Stroke
	2.4	Movement disorders
	2.5	Sleep disorders
	2.6	Mental health problems
	2.7	Substance abuse
3. WOMEN'S HEALTH - PART I	3.1	Antenatal care
	3.2	Antepartum problems
	3.3	Medical diseases in pregnancy
	3.4	Intrapartum problems & care
	3.5	Postnatal care
	3.6	Contraception
	3.7	Violence against women
4. CHILD HEALTH - PART I	4.1	Screening for high-risk neonates
	4.2	Neonatal Resuscitation
	4.3	Normal newborn
	4.4	Common neonatal problems
	4.5	Breastfeeding and weaning
	4.6	Immunisation
	4.7	Developmental Delay
5. SURGICAL TOPICS FOR A FAMILY PHYSICIAN - PART I	5.1	Neck swellings
	5.2	Leg ulcers
	5.3	Acute abdomen
	5.4	Gastrointestinal bleeding
	5.5	Common ENT Problems
	5.6	BLS, ACLS, shifting of a critically ill patient
	5.7	Orthopaedic problems - Part 1
6. MEDICINE – PART II CARDIOVASCULAR PROBLEMS & INFECTIOUS DISEASES	6.1	Chest pain
	6.2	Dyspnoea - Part 1
	6.3	Palpitations
	6.4	Syncope
	6.5	Oedema - Part 1
	6.6	Hypertension
	6.7	Shock
7. MEDICINE – PART III RESPIRATORY & GASTROINTESTINAL PROBLEMS	7.1	Dyspnoea - Part 2
	7.2	Approach to cough
	7.3	Nausea and vomiting
	7.4	Dyspepsia
	7.5	Loose stools
	7.6	Constipation
	7.7	Approach to Jaundice

BOOK	MODULE	TOPIC – YEAR 2
8. BECOMING A FAMILY PHYSICIAN – ROLES, RESPONSIBILITIES, AND ATTITUDES	8.1	Roles and Responsibilities of a Family Physician
	8.2	Team Concept in Family Medicine
	8.3	Care of a Patient with Chronic Disease in Family Medicine
	8.4	Biomedical Ethics
	8.5	National Programmes for Family Physician
	8.6	Community-Oriented Primary Care (COPC)
	8.7	Health Informatics
	8.8	Health Advocacy
9. MEDICINE - PART IV INFECTIONS AND GENITOURINARY PROBLEMS	9.1	Fever - Part 1
	9.2	Fever - Part 2
	9.3	Sexually transmitted diseases
	9.4	HIV & AIDS
	9.5	Haematuria
	9.6	Lower urinary tract symptoms
	9.7	Oedema - Part 2
10. WOMEN'S HEALTH – PART II	10.1	Menstrual irregularities - Part 1
	10.2	Menstrual irregularities - Part 2
	10.3	Vaginal discharge
	10.4	Breast problems
	10.5	Infertility
	10.6	Menopause
11 (A & B). CHILD HEALTH – PART II	11.1	Growth Monitoring and malnutrition
	11.2	Common paediatric problems - Part 1
	11.3	Common paediatric problems - Part 2
	11.4	Common paediatric problems - Part 3
	11.5	Common paediatric problems - Part 4
	11.6	Common paediatric emergencies
	11.7	Child abuse
12. SURGICAL TOPICS FOR A FAMILY PHYSICIAN - PART II	12.1	Groin swelling
	12.2	Head injury
	12.3	Oral health
	12.4	Red eye
	12.5	Diminished vision
	12.6	Anaesthesia for a family physician
	12.7	Orthopaedic problems - Part 2
	12.8	Thermal injuries
13 MEDICINE - PART V MUSCULOSKELETAL PROBLEMS & LIFESTYLE MEDICINE	13.1	Joint pains
	13.2	Back ache
	13.3	Aches and pains and body ache
	13.4	Weight loss
	13.5	Healthy lifestyle
	13.6	Diabetes mellitus - Part 1
	13.7	Diabetes mellitus - Part 2
14. SKIN & BLOOD PROBLEMS & EMERGENCIES	14.1	Common infectious skin conditions
	14.2	Common non-infectious skin conditions
	14.3	Approach to a patient with anaemia
	14.4	Bleeding disorders
	14.5	Emergencies for a family physician - Part 1
	14.6	Emergencies for a family physician - Part 2
	14.7	Emergencies for a family physician - Part 3

15. OCCUPATIONAL HEALTH & AGE-SPECIFIC PROBLEMS	15.1	Occupational health
	15.2	Adolescent health problems
	15.3	Men's health
	15.4	Geriatric problems
	15.5	Palliative care - Part 1
	15.6	Palliative care - Part 2

7.2 Contact Programs (CPs):

We make use of **hybrid contact programs**, which means that there'll be a hybrid (a mix) of online and onsite CPs.

7.2.1. The face-to-face, ONSITE contact programs (CPs) form a very important part of the course components. Usually, there are 3 contact programs during the course period of 2 years. These face-to-face, onsite CPs help ensure hands-on, clinical skills development, as well as the integration and application of the core content of the course. Learning takes place through group discussions, patient presentations and discussions, clinical skills demonstrations and hands-on practice, as well as interactive lectures and group activities. There are about 50 core clinical skills that a Family Physician is expected to master in this course. These ONSITE CPs will be conducted in the contact centres listed below, depending on the prevailing travel protocols within the country and from CMC, and the availability of sufficient numbers of trained facilitators.

7.2.2. Then there are the **ONLINE contact programs (CPs)**, which have (i) an asynchronous component and (ii) a synchronous component.

In the **asynchronous component** each student works at their own time and at their own pace via an online learning platform created by the Distance Education Unit. Students will access interactive online self-learning modules, as well as video-lectures and video recordings of some clinical skills and procedures.

In the **synchronous component**, through scheduled MONTHLY Zoom meetings, learning will take place through interactive lectures, patient discussions and group discussions in breakout groups, panel discussions, etc.

The degree of the mix (between online and onsite) will be influenced by the Covid situation in the country (or other relevant national health scenarios). The dates for both the onsite CPs and the online CPs shall be communicated to all learners at a later stage, as soon as possible.

The list of the present possible CENTRES for the onsite Contact Programs are as follows (alphabetically):

1. Bangalore, Karnataka.
2. Chennai, Tamil Nadu.
3. Dimapur, Nagaland.
4. Herbertpur, Uttarakhand.
5. Hyderabad, Andhra Pradesh.
6. Kolkata, West Bengal.
7. Kerala
8. New Delhi

9. Oddanchatram, Tamil Nadu.
10. Pune, Maharashtra.
11. Raxaul, Bihar.
12. Tezpur, Assam

Allocation: Qualified candidates shall be allocated to the Contact Centre by CMC Vellore. Once a candidate has been allocated to a specific onsite CP centre, they cannot request for a change in their CP centre. The Distance Education Unit of CMC Vellore has full rights, if required, to change the CP time schedule and onsite contact centre, based on the number of participants and availability of the centre during the course period. Candidates need to be flexible to attend the assigned centre during the course period.

7.3 Video-Lectures

There are pre-recorded video-lectures, which are part of the course curriculum. These may be provided as end-of-day assignments during face-to-face, onsite contact programs, as preparation for the next day's class, and/or as part of the asynchronous component of the online sessions.

7.4 Assignments

Each sub-module in the study material has an assignment which has multiple choice questions (MCQs). These assignments are to be submitted periodically via the online learning website, as per the due dates, in partial fulfilment of the course requirements. **Submissions need to be ON TIME, without fail.** This forms part of the summative assessment for the course, together with the project work. Without submission of all the stipulated assignments, a student is not eligible to write the examination.

7.5 Project Work

The candidates are required to complete project work, which involves the writing of **two wholistic patient write-ups**, following the exact guidelines provided for it. Details about these two important patient write-ups will be made known after enrolment.

7.6 Formative and Summative assessments

The course assessment is done in two parts: (1) **formative assessment** (throughout the course) and (2) **summative assessment** (basically, at the end of each year's work). *The formative assessments have equal weightage to the summative assessments.*

SUMMATIVE Assessments:

- **First Year Exam** – will be conducted after the basic completion of the year-1 syllabus (online and onsite), during the second onsite CP. See the eligibility criteria for the 1st year exam in the Table below.
- **Second Year Exam** – will be conducted after the basic completion of the year-2 syllabus (online and onsite), during the third onsite CP. See the eligibility criteria for the 2nd year exam in the Table below.

- The first year AND the second year examination will include **(1) a theory paper, (2) a practical clinical skills examination, (3) a consultation skills examination, and (4) a paper-based Objectively Structured Clinical Evaluation (OSCE).**

FORMATIVE Assessments:

1. **Reflective Log Books** with daily reflections written down on the day's learning and how this will impact one's future clinical practice. These reflective log book entries are to be made for the online synchronous sessions and the onsite sessions.
2. **Clinical Skills Log Books** contain the guidelines and checklists for the clinical skills taught and practised during the course. Where indicated, it needs to be fully completed too.
3. **Review Tests** conducted during contact programs (usually online).
4. **Assignments** are carefully designed in a range of styles to assess the candidate's ability to integrate skills, attitudes and values with theoretical knowledge, and to help consolidate learning.
5. **Project Work** includes the two **wholistic patient write-ups**, according to the exact guidelines given. The specific submission dates will be provided for both of these activities.

8. CRITERIA FOR THE AWARD OF THE PGDFM:

A candidate should fulfil the following criteria for the successful completion of the course:

≥ 50% Marks in the Summative Assessment	≥ 50% Marks in the Formative Assessment	90% attendance mandatory for onsite contact programs; and 90% for online contact programs
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Candidates must fulfil the **course completion requirements** (of assignment submissions, project submissions, 1st year and 2nd year examinations, attendance of all 3 contact programs 1,2,3 - both the online & onsite components) within the allocated two-year course period.

9. COURSE FEES

	Indian nationals residing & working in India	SAARC	NRI
Application fees	INR 1,000	USD 30	USD 60
Course Fees	INR 1,00,000	USD 1900	USD 2800

- INR is Indian National Rupee
- USD is US Dollar.
- NRI is Non-Resident Indian - Indian national working abroad (outside India).
- SAARC is South Asian Association of Regional Cooperation.

Please note:

- Application and course fees, once paid, will not be refunded for any reason.
- Candidates applying under the Indian category shall be Indian citizens residing and working in India.
- The course fee includes the courier charges for the books sent to candidates.

- Candidates located outside India need to note that the course fees prescribed does not include (any possible) customs duty levied in your country. This has to be borne by the candidate.
- The course fees and application fees excludes any bank transfer charges or exchange charges (if any). Those charges shall be borne by the candidates at their end.

Instalment option: There is an option available for candidates applying under Indian category to pay the course fees in two instalments, if a candidate is unable to pay the entire amount in a single instalment.

Instalment	Fees per instalment	Comment
1 st Instalment	Rs. 50,000/-	To be paid within two weeks after receipt of the selection intimation letter.
2 nd Instalment	Rs. 50,000/-	To be paid before the end of November 2024

Scholarships:

- ★ Some scholarships are available for candidates (upon request in writing and due selection), who are working or willing to work in the Mission Hospitals.
- ★ The candidates requesting scholarships are required to undertake to work for a period of at least 1 year in a mission hospital. This one-year period of service should be carried out during the course period, i.e. between June 2024 to June 2026.
- ★ The “Mission Hospitals” are hospitals under sponsoring bodies and churches of CMC Vellore Council (See Annexure I); hospitals under Christian Organisations/institutions not mentioned in Annexure I; and hospitals under Catholic Organisations/institutions.
- ★ The written request for a scholarship must be supported by a letter from the head of the hospital/institution where the candidate works.
- ★ The scholarship shall be awarded based on the recommendation of the scholarship committee. The decision of the scholarship committee is final.
- ★ Further information can be obtained by sending an email to info@cmcdistedu.org

11. SUBMISSION OF COURSE APPLICATION

ONLINE APPLICATION PROCESS

- The application has to be submitted with a **non-refundable application fee**.
- To apply, click on the link <http://courses.cmcdistedu.org> and ensure that all fields are filled completely.

REQUIRED:

The following are required to be uploaded along with the application form:

1. SOFT COPY OF PHOTOGRAPH

- The photograph must be in colour.
- The photograph must be taken with a white or a very light background.
- The image should be in jpg, jpeg, or png format with specifications - width 3.5 x 4.5 cm and less than 250 KB.

2. SOFT COPY OF SCANNED CERTIFICATES

- Please scan the certificates using a scanner at 200 pixels per inch (dpi). ONLY PDF files will be accepted. Ensure that the PDF file size is between 50 KB and 500 KB. It is mandatory to upload the correctly scanned copies of the below-mentioned certificates:

For Indian Nationals & those with NRI status

- MBBS degree certificate.
- MCI or State Medical Council Registration Certificate or Medical licence certificate.
- MCI Screening test certificate - For Indian candidates who have completed MBBS abroad.
- NRI candidates are required to submit a copy of their passport along with their stamped and valid visa page on the passport.
- For SAARC Nationals
- MBBS degree certificate / or equivalent degree certificate.
- Registration Certificates with appropriate accrediting bodies in their own countries.
- Photocopy of their passport or other documentary proof of citizenship.
- **SCANNED COPY OF THEIR SIGNATURE:**
- Signature to be scanned and uploaded (jpg, jpeg, or png and size <250 KB)

4. PAYMENT:

- Mode of online payment: Use a credit/ debit card/ net banking/ UPI.
- When using an online payment, if the transaction is not successful, but the amount is debited from your account, please wait for two working days. The transaction is likely to be completed during this period.
- If the transaction is still not complete within this period, please contact us at forms@cmcdistedu.org
- **Payment mode for SAARC/NRI candidates:** The payment can be done through the wire transfer mode. After submission of the application form, you will be redirected to the page where you can download the wire transfer documents. The currency exchange rate shall be the market rate on the date of payment.
- SAARC/NRI candidates need to submit a scanned copy of their passports.
- NRI candidates need to submit a copy of their visa page stamped on the passport.

ANNEXURE I

List of sponsoring bodies and churches of the CMC Vellore Council

1. Andhra Evangelical Lutheran Church
2. Arcot Lutheran Church
3. Assemblies of God in North India
4. Baptist Church of Mizoram
5. Chaldean Syrian Church of the East
6. Christian Assemblies in India
7. Christian Service Society of the Bengal- Orissa - Bihar Baptist Convention
8. Church of North India, Nagpur Diocese
9. Church of North India Synod - The Synodical Board of Health services
10. C.S.I. Coimbatore Diocese
11. C.S.I. Kanyakumari Diocese
12. C.S.I. Karimnagar Diocese
13. C.S.I. Karnataka Diocese Inter Diocesan Medical Board
14. C.S.I. Madras Diocese
15. C.S.I. Madhya Kerala Diocese
16. C.S.I. Madurai-Ramnad Diocese
17. C.S.I. Medak Diocese
18. C.S.I. North Kerala Diocese
19. C.S.I. Rayalaseema Diocese
20. C.S.I. South Kerala Diocese
21. C.S.I. Tiruchy-Tanjore Diocese
22. C.S.I. Tirunelveli Diocese
23. C.S.I. Vellore Diocese
24. Council of Baptist Churches in North East India
25. Council of Christian Hospitals
26. Eastern Regional Board of Health Services
27. Emmanuel Hospital Association
28. Evangelical Lutheran Church in Madhya Pradesh
29. Gossner Evangelical Lutheran Church
30. India Evangelical Lutheran Church
31. Inter Ashram Fellowship
32. Jeypore Evangelical Lutheran Church
33. Khasi Jaintia Presbyterian Church Synod
34. Kolhapur Church Council
35. Malankara Jacobite Syrian Orthodox Church
36. Malankara Orthodox Syrian Church Catholicate of the East
37. Marathi Mission
38. Mar Thoma Syrian Church of Malabar
39. Mennonite Medical Board of the Mennonite Church in India.
40. Methodist Church in India
41. Mizoram Presbyterian Church Synod
42. North Bank Baptist Christian Association
43. Poona Christian Medical Association
44. Salvation Army South Eastern India Territory
45. Salvation Army South Western India Territory
46. Salvation Army Western India Territory
47. Samavesam of Telugu Baptist Churches
48. Southern Asia Division of Seventh Day Adventists
49. Tamil Evangelical Lutheran Church
50. U.P. Regional Board of Health Services
51. The Leprosy Mission
52. Christoffel Blinden Mission
53. C.S.I. Jaffna Diocese
54. International Mission Board, Southern Baptist Convention
55. South East Asia Union Mission of SDA Singapore
56. United Mission to Nepal

FEEDBACK FROM SOME OF OUR ALUMNI

The PGDM course conducted by CMC Vellore has made me a compassionate and more confident doctor and the number of patients coming to me has increased. I learnt about the golden one minute which the patient should get to express his problems, family oriented patient centred care and other principles of family medicine which have made me more professional. I'm lucky to have been able to give palliative care for my dad at home for more than two months and fulfil his wish to take his last breath at home with his family around him because of what I learned from you all. I am really grateful to CMC Vellore and the Almighty God for giving me the opportunity to learn this course with many great doctors as my tutors. Remembering with gratitude for my facilitators, for their guidance has helped each and every one of us to be better humans treating our patients like fellow beings.

- Dr. Bijimol Suraja, 2020 batch, Alappuzha, Kerala

This course has taught me that we as doctors have more responsibilities than just prescribing drugs. A lot of satisfaction has come since I started practising according to its principles. My relationship with my patients has definitely improved since then and also my personal life. I feel blessed to have found this course.

- Dr. Nahid Naseem, 2020 batch, Sidhi District, Madhya Pradesh

This course has made a large impact on my approach towards patients, more importantly the marginalised. It has made me understand the need for treating the patient more than treating the disease. As I decided to work in missions, this course has given me a wider perspective in handling a wide range of patients especially in rural setups. Recognizing, understanding and providing a solution for the patients untold problems are made practical through this course.

- Dr. Punith Ravi, 2020 batch, Vellore, Tamil Nadu

The course content is thorough and comprehensive, covering a wide range of topics relevant to family medicine. The course provided understanding of key concepts and skills. The modules were well written in an organised manner. They are my go-to reference. The contact programs added a valuable dimension to the learning process. The instructors demonstrated a deep understanding of family medicine and compassion. The interactive sessions and group activities like role plays, group discussion added a valuable dimension to the learning process. The instructors encourage active participation and knowledge exchange. The patient studies were insightful. The course gave well needed knowledge on general practice at grassroot level with most basic devices. Online mode of course incorporated during the covid scene – helped us be in touch with the course content and teachers. Looking forward to being an alumnus to this prestigious institution and course.

- Dr. Deepa Athilat, 2017 batch, Bangalore, Karnataka

Family medicine has been a cornerstone of my medical career, shaping me into a more compassionate and well-rounded physician. Through this specialty, I have learned to approach healthcare holistically. One of the most profound lessons I've gained from family medicine is the importance of building strong doctor-patient relationships. By providing continuous, comprehensive care to individuals and their families, I've witnessed the power of trust and open communication in improving health outcomes. This has not only allowed me to better understand my patients' needs but also enabled me to tailor treatments to their unique circumstances. This approach has not only benefited my patients but has also reinforced my commitment to community health initiatives and health education. In the fast-paced world of medicine, family medicine has grounded me, reminding me of the profound impact that a caring, dedicated physician can have on a person's life. It has instilled in me a profound sense of purpose and a commitment to providing the highest standard of care to every patient I have the privilege to serve.

- Dr. Manoj Pradeep Balasubramaniam, 2020 batch, Tiruvallur, Tamil Nadu

The Post Graduate Diploma in Family Medicine has been a catalyst for profound transformation in my medical practice. Armed with a wealth of knowledge and practical skills acquired during the course, I find myself approaching patient care with a newfound depth and empathy. The comprehensive curriculum not only expanded my clinical expertise but also sharpened my diagnostic acumen, enabling me to navigate the intricacies of family medicine with confidence. Through patient studies, hands-on experiences, and interactions with seasoned professionals, the course provided me with a holistic understanding of the multifaceted nature of healthcare. This transformation is evident in my day-to-day practice, where I now seamlessly integrate evidence-based approaches, patient-centred care, and a preventive mindset. The connections forged with fellow practitioners and mentors during the program have become an invaluable support network, fostering continuous learning and collaboration. This transformative journey has not just elevated my skills but has also rekindled my passion for family medicine, turning each patient encounter into an opportunity for meaningful impact. Thank you!

- Dr. Chelath Nithyamar Samuel, 2020 batch, Thrissur, Kerala

I am immensely grateful to God for this wonderful opportunity I had to learn this course. Until now I was not aware of the Three Stage Assessment, skills for assessing the patient above all my skill is not limited to particular age, or gender. The uniqueness of being a Family physician is that you are for the whole family. Above all I have met many wonderful people and have made some good friends for life. Thank you again and my gratitude to the whole team of CMC Vellore. You all rock and made a great influence in my life.

- Dr. Bineta Singh, 2020 batch, Kamrup, Assam

The concept of the golden minute has made a massive change in my practice. I have started using the three stage assessment, which I was not aware of before. The onsite contact programs were very helpful. We had a wonderful opportunity to meet Dr. Rajkumar Ramasamy sir and the entire team in K.C. Patti which was thought provoking. I'm forever grateful to the Almighty and DEDU team. Thank you .

- Dr. Rishmitha Roy C.K, 2020 batch, Erode, Tamil Nadu

The PGDFM course exceeded my expectations. The comprehensive curriculum, coupled with practical patient studies, greatly enhanced my understanding of patient-centred, God-led healthcare. I'm grateful for the instructors expertise and their engaging teaching styles which made the contact programs valuable. This course showed me the importance of patient listening, respect and reliance on God's grace for every consultation.

- Dr. Angeleena Esther, 2018 batch, Khorda, Orissa

It has given me enough confidence to deal with any type of medical condition and make a proper diagnosis and management in the best interest of the patient.

- Dr Ara Rifat Gulam Nabi Jan, 2016 batch, Srinagar, J&K

Learned about management of a wide range of common medical problems in family medicine practice in community settings and developed the ability to take decisions on appropriate and cost effective use of investigations. Learned the " WHOLISTIC CARE " in treating the patient as a "WHOLE " person instead of focusing on an illness or diagnosis, which will make a difference in my clinical practice.

- Dr. MD Perwez Salam, 2018 batch, Delhi

PGDFM has equipped me with the skills and knowledge needed to provide holistic care to individuals and families. This includes not only treating acute illnesses but also addressing preventive care, chronic conditions, and mental health concerns; emphasising a patient-centred

approach, fostering better doctor-patient relationships and communication. This has led to increased patient satisfaction and better healthcare outcomes.

- Dr. Vimal Kumar Tiwari, 2020 batch, Bangalore, Karnataka

This course has helped me give more dedicated time to every patient I see, listen to them first during the golden minute and establish a family-like bond and become a doctor for their entire family and be ready to help in whatever way I can.

- Dr. Bhattad Puja Sanjay, 2020 batch, Indore, Madhya Pradesh

The principles of Family medicine and the wholistic approach to a patient's problem which were not taught or rather not focused during my undergraduate training have always been my area of quest. My main agenda was to learn to resolve most of the patient's health problems with confidence and to minimise referring until necessary. Pursuing this course has boosted my confidence and has equipped me with proper communication and consultation skills, enabling me to perform clinical examinations with ease, rational prescription, encouraging to update oneself with the latest treatment protocols, and many more. I have thoroughly enjoyed learning through this distance education platform. Contact programs were designed very beautifully. They were comprehensive, interactive and promoted excellence. All the facilitators gave the best. They were patient, friendly and approachable and provided a healthy atmosphere of learning. I am very grateful to God for this opportunity to be trained as a Family Physician under the Distance Education Department of CMC, Vellore. Looking forward to continuing learning through many more of such courses offered by CMC, Vellore .

- Dr. Marapally Sharon Hepsiba, 2018 batch, Visakhapatnam, AP

It taught me empathy. My practice now has changed from patient centric to person centric.

- Dr. Arpan Kumar Goswami, 2018 batch, Bankura, West Bengal

It was a changing experience both in my life and practice. It has broadened my views and attitude in my Practice. The term 'Patient' is gradually replaced by the 'Person' who has to be looked upon with love and humanity. The course has given me confidence to look deeply into the multidimensional aspects of a person which facilitates me to resolve more by myself.

- Dr. Vikas Jaiswal, 2020 batch, Bangalore, Karnataka

Assessing the patient's problems in 3 stages is never taught in medical schools and it makes a significant difference in the practice.

- Dr. B Susithra, 2018 batch, Tiruchirappalli, Tamil Nadu

Most important lesson from this course is "Treat a person not disease". This I would remember through my life.

- Dr. Commuri SriRatna, 2017 batch, Hyderabad, Telangana

The PGDFM course was highly informative and provided a clear understanding of all concepts of family medicine. I appreciate the practical examples and case studies shared during the course. It made the sessions more relatable. The pre-reading materials provided in moodle and the materials provided for future reference were helpful in understanding the content. The contact sessions and group activity was well-structured and allowed each team member to contribute their strengths. Overall, it's a valuable course for anyone looking to delve into the world of family medicine.

- Dr. K. Aswathy Raveendran, 2020 batch, Villupuram, Tamil Nadu

This course has completely changed the way that I interact with my patients. This has directly impacted the efficiency of my diagnosis and my patient's involvement in their treatment plan, which has in turn affected their adherence to treatment protocols as well as patient satisfaction.

- Dr. Sushmit Gabriel Prabhudas, 2020 batch, Shimla, Himachal Pradesh

Excellent course and the administration of Department of Distance Education (DEDU) is so smooth that in Covid time also we were blended with Online and offline interactive sessions. You not only changed the education method but also we learnt the way of life... how to live as a Family Physician...

- Dr. Utkarsh M Shah, 2018 batch, Vadodara, Gujarat

It is with immense pride and gratitude that I share how this course has profoundly influenced and enriched my medical practice, allowing me to make a significant difference in the lives of my patients. The foundation of family medicine, as I learned at CMC Vellore, lies in the holistic approach to patient care. The program instilled in me a deep sense of compassion and empathy for the individuals and families who trust us with their health. It taught me that a patient is not merely a collection of symptoms, but a person with unique needs, values, and beliefs. One of the most valuable lessons I took from this course was the importance of preventive care. Family medicine equips us to identify and manage health risks at an early stage, ensuring that our patients lead healthier lives. Whether it's immunizations, lifestyle modifications, or screenings, our role in prevention is crucial. Moreover, CMC Vellore emphasised the significance of continuity of care. As family physicians, we have the privilege of building long-term relationships with our patients, which enables us to better understand their health histories, concerns, and aspirations. This continuity empowers us to provide patient-centred care, tailoring our approach to the individual's unique circumstances. The program also stressed the value of community engagement. Our role extends beyond the clinic walls, and we are encouraged to contribute to the well-being of the communities we serve. Whether it's through health education, outreach clinics, or advocacy for public health policies, our training equips us to be agents of positive change. In an era of specialisation, the Family Medicine program at CMC Vellore nurtured my ability to diagnose and manage a wide range of medical conditions, making me a versatile and well-rounded physician. I am immensely grateful for the knowledge and skills I gained during my time here. As I stand here today, I can confidently say that this course has not only shaped me as a healthcare provider but has also enabled me to make a significant difference in the lives of my patients. It has taught me that being a family physician is not just a profession; it is a calling, a commitment to healing and caring for the whole person. I extend my heartfelt thanks to the faculty, staff, and my fellow students at CMC Vellore for their unwavering support and guidance. Together, we have learned that the practice of family medicine is not just a career but a journey of compassion, knowledge, and impact. It is an honour to carry the lessons of this institution with me as I continue to make a difference in the lives of my patients and the communities I serve.

- Dr. Tajdar Asrar, 2020 batch, Kolkata, West Bengal

It made me a better human and a doctor, it gave me a good foundation to start my career after a huge break.

- Dr. Megha S, 2020 batch, Bangalore, Karnataka

This course has completely changed my approach to my patient's in my day to day practice. Now my approach is person-centred, rather than disease-centred. It has empowered me with immense knowledge and clinical skills in my general practice and emergency care, emphasising on doing a three-stage assessment for all my patients, adopting the SOAP approach. The principles of family medicine I learnt has helped me to give comprehensive, coordinated, continued cost effective and wholistic care. The principles of family medicine has helped me to make right clinical decisions considering the person's individual and contextual preferences. This course has enforced me to be a critical thinker and a real reader to practise evidence-based medicine, and to prescribe rational drugs and rational investigations. As I continue my journey of a family physician I am learning leadership skills, community-oriented primary care, different roles of family physician, and

developing competence to be a lifelong learner. Nevertheless this journey is fulfilling only with the Lord's strength each day and his grace on me.

- Dr. Ashish Jiwanmall, 2020 batch, Raipur, Chattisgarh

This course has truly been transformative, equipping me with invaluable knowledge and skills that has positively impacted my professional life as a primary care physician. One of the most remarkable outcomes of this course has been the improvement in my consultation skill. As this course emphasised the importance of communication in providing person-centred care, I have witnessed firsthand how this has positively influenced my relationship with patients. The ability to understand their concerns, empathise with their situations, and provide appropriate guidance has not only strengthened the doctor-patient bond but has also improved our collective performances as health care providers.

- Dr. Pringrang S D Shira, 2020 batch, East Garo Hills, Meghalaya

The PGDFM Course has improved my consultation and examination skills. It has made me understand the importance of the golden minute in consultation, 3 stage assessment, door knob phenomenon. These consultation skills give the core information about the patient, his family and the environment. Including red flags and safety netting in the consultation have reduced the number of references. It has made me 'treat more and refer less.' It has enhanced my technical skills through online classes, assignments and project work. It has made me study again and enhanced my theory knowledge. I was supported, motivated and encouraged by the teaching staff.

- Dr. H.V. Usha, 2020 batch, Bangalore, Karnataka

I feel blessed to know and join the course. This course has made me a better practitioner and a better human with more empathy. I am now not only able to treat the person as whole but also able to treat the family holistically. I am now able to treat the patients from CRADLE TO GRAVE. I am now more confident than ever before and gained more patients and a better name. The THOUGHT FOR THE DAY in every class made me think more about my life and made me a better person. I am now able to take more challenges in my practice with prayer and have succeeded. In one word, I should say this course has made me a whole person.

- Dr. Budur Shirley Jewette, 2020 batch, Tiruvallur, Tamil Nadu

The course has transformed me from a duty doctor to a family physician, it has helped me to get the correct approach towards my patients when they enter my OPD. In my whole span of MBBS, nobody taught us the correct ways of communication, prescription, and approach to patients, etc. I feel that the content of this course should be a part of the MBBS syllabus, because every doctor needs it, be it a specialist or a super specialist. I thank CMC vellore for giving me an opportunity to be a part of this wonderful course.

- Dr. J Niranjana Rao, 2020 batch, Udupi, Karnataka

This course is not just about becoming a doctor having a degree but a transformed doctor physically, mentally and spiritually. In my practice, I have become more competent, listening and understanding patients. Providing treatment to the patient with empathy and keeping in mind the patient first.

- Dr. Vivek Kumar, 2020 batch, Siwan, Bihar

I consider myself blessed and fortunate to have had the opportunity to pursue Family Medicine course at CMC Vellore. The program stands out for its exceptional faculty who go the extra mile to ensure each student comprehends the core principles of Family Medicine (holistic care) and is equipped with skills necessary to excel in this speciality. CMC Vellore instils the value of empathy, compassion and patient-centred care which has not only made me a better medical practitioner but also a more compassionate human being too. The Family Medicine course at CMC Vellore

has been an enriching and enlightening journey and brought me closer to God, our Saviour and guiding light !!

- Dr. Archana Barik, 2020 batch, Sundergarh, Odisha

Excellent, learned so many aspects in family care, as a physician, well organised, the commitment in every stage highly appreciable. I have a high regard for CMC Vellore, after doing the course my respect and regard for the Institute multiplied, I pray Almighty that the Institute should grow by leaps and bounds, wish to work in CMC, I started practice after completing the course as I am working as Professor in a medical college.

- Dr. K R Ilamathi, 2019 batch, Salem, Tamil Nadu

The PGDFM course is very helpful in clinical practice for me. I gained a lot of knowledge in every subject and in every field of practice. After this course, I bought a lot of medical equipment like a peak flow meter, ophthalmoscope, otoscope, ECG and other tools. I used these tools in clinical practice for the first time during this course and developed a confidence in practice. PGDFM has changed my confidence and way of practice. Lot of thanks to the whole PGDFM TEAM. Special thanks to the facilitators who support at every moment till now on whats app group.

- Dr. Vidya Nand Sinha, 2019 batch, Gaya, Bihar

Medical practice is always evolving and as a doctor by choice or chance you have chosen not to specialise, it is very likely that you will feel under-confident in your skills after a time in practice. As someone who wholeheartedly believes in primary care being the cornerstone of better overall healthcare, I felt it necessary to improve myself. It was needed for me as well as my patients. I can say with complete confidence that CMC Vellore's PGDFM course has done just that. It has made me a better clinician as well as a more empathic human.

- Dr. Nidha Ayoob, 2018 batch, Ernakulam, Kerala

The PGDFM course at CMC Vellore has been a game-changer for my clinical practice. The comprehensive curriculum, hands-on learning, and interdisciplinary approach have significantly enhanced my skills and knowledge. The emphasis on evidence-based medicine has improved patient outcomes, and the support and mentorship from the faculty have been invaluable. I highly recommend the PGDFM course at CMC Vellore to anyone seeking to excel in family medicine.

- Dr. Parash Jyoti Bora, 2020 batch, Kamrup, Assam

My clinical skills are upgraded and I'm not just a better doctor but a better human being with empathy.

- Dr. Parul Malhotra, 2019 batch, Mysore, Karnataka

It has made a tremendous impact on my daily practice, interactions with patients, relatives, hospital staff, my patients care has improved, outpatient and inpatient attendance has increased.

- Dr. Tara Chand Sharma, 2020 batch, Delhi

I'm not just treating the patient's present problem, but also considering his other problems. I'm able to solve more problems now than before, the resource material helped me a lot. Especially the facilitator's attitude inspired me to be a better family physician and a better teacher.

- Dr. Shaik Auliya Parveen, 2019 batch, Andhra Pradesh

After doing the PGDFM course there is a paradigm shift in the way I see my patients. They are no longer busy OPD whom I have to see and clear. For that matter they are no longer "cases." They are my Persons with whom I have a wholistic encounter. They are happy to see me and I am happy to see them. I give them the Golden Minute, allow them to share whatever they want to share..., sometimes totally non-medical. I ask them how their family members are doing, as by

now I know not only the Person but also their families. I got into the habit of doing Preventive care at every visit, in the form of advice in life style.

- Dr. Kalintha Shaw wallace, 2019 batch, Telangana

This course has been to me an eye-opener to the depth of this wonderful branch of medicine. It has helped me understand the value of caring for the whole person, not just their physical but also their emotional and spiritual well-being. The material, methodology and personnel are exceptional, and one-of-a-kind. Truly grateful to God, for this blessing of a course.

- Dr. Sebasty Remolin Paramanandam, 2019 batch, Tamil Nadu

This course has helped me improve my clinical skills and has made me realise the importance of the primacy of the patient and dealing with the patient as a whole. I have tried to observe the 'Golden minute' rule in history taking, and find the difference this has made in building rapport with my patients.

- Dr. Rebecca Lalbiaknungi, 2019 batch, Mizoram

While I was doing PGDFM, I was working in emergency and casualty, in Mysore and Shimoga. It helped me immensely to handle emergencies in a more organised and effective manner. The Three-stage assessment was a totally new concept, which as a family physician has given me an extra edge in dealing with patients. The PGDFM booklets are a quick, concise and comprehensive approach to learning and clarifying doubts. Overall, PGDFM was a totally beautiful experience. It has given me confidence in my practice.

- Dr. Laxmi Udupa, 2019 batch, Karnataka

I'm very thankful to the whole team of PGDFM for bringing out such a beautiful course, which has brought confidence in me in dealing with not only the patients, but life *per se*.

- Dr. Rafath Unnis Begum, 2019 batch, Telangana

Now I am treating more patients, which earlier I used to refer to.

- Dr. Anshika singh, 2019 batch, Uttar Pradesh

After doing PGDFM I truly understood the meaning of being a real Family Physician. I have now started to treat my patients as a whole, and not just treating the disease.

- Dr. Iby Ann Xavier, 2019 batch, Kerala

Learned how to take proper consultation, like "golden minute", and giving importance to patients' ideas, concerns and expectations. It makes more difference and builds a faithful bond between doctor and patients.

- Dr. Chintha Latha, 2019 batch, Karnataka

I have always wanted to do a Family Medicine course. This has been a dream come true for me. I shall always uphold the principles of Family Medicine in my Practice.

- Dr Vijayalakshmi.K, 2019 batch, Kerala

The PGDFM course has made me a Practitioner with God's love and touch in it.

- Dr. Divya Gopal, 2019 batch, Kerala

This course has really helped me in GP practice. Made me more confident in handling consultations.

- Dr. Shweta Goyal, 2019 batch, Karnataka

My idea of an ideal doctor-patient relationship, which was disease-oriented, has completely changed for the better, to "The whole person and the whole family" approach. After learning from

this extensive yet concise course, and being privileged to learn through the experiences of one of the finest family doctor faculty, I am more content with my service.

- Dr. Khadija Mohammed Tahseen, 2018 batch, Telangana

It is a comprehensive course, in which every general practitioner should be trained in India, as it helps them to give better care through holistic approach. We can assess not only clinical, but also individual and contextual.

- Dr. Prathap Kumar J, 2018 batch, Karnataka

The PGDFM course by CMC VELLORE made me a Real Family Physician after 30 years of my Graduation. More people are coming to me considering me as one of their family members, and apart from treating the disease, I am confident in helping them in the healing process. Nowadays I am treating them by making changes in their mindset and changing their attitude towards the illness. This is from the feedback of the people coming to me daily. This brings immense joy and job satisfaction to me. Thanks a lot my Lord, and thanks Team CMC Vellore.

- Dr. Anil Kumar S, 2018 batch, Kerala

The PGDFM course has given me a deeper insight about the holistic approach in my clinical practice. With the able guidance of the outstanding faculties, both in my on-site contact period and also the on-line contact period sessions, I developed a greater understanding of all the clinical scenarios in the primary care facilities. The meticulously drafted booklets and the challenging assignments/exams helped me reinforce the concepts learnt during my course tenure. I like to express my heartfelt gratitude to the dedicated efforts of all the noble souls handling this precious course of family medicine.

- Dr. Vidya Karpagam, 2018 batch, TamilNadu

I would like to thank the dedicated faculty and all other staff for their incredible efforts in making the course look super cool. The course was excellent and very thorough. This course helped me grow personally and professionally. Nowadays I pause more often and ask myself questions: Did I rule out red flags?; Did I miss anything?; Why did I order that?; etc. I found the involvement of patients in decision-making is incredible. By doing so, their level of satisfaction increases, and they are more likely to adhere to their treatment plan.

- Dr. Ajaz Ahmad Wani, 2018 batch, Jammu and Kashmir

This course has helped me to understand what it means for a doctor to be there for a family - from "cradle to grave". The practical method of teaching medicine, such that it could be implemented even in areas with only basic facilities, is one of the major strengths of this course. It has helped me gain confidence in reading ECGs in my day-to-day practice, performing ENT examinations (using an otoscope), and monitoring my diabetic patients for retinopathy (using an ophthalmoscope). Most importantly, it has taught me to view my patient as a whole individual, rather than just treating their disease.

- Dr. Srijana Pradhan, 2018 batch, West Bengal

PGDFM has created an immense difference in my practice. First I was looking only at the disease and gave very least importance to the patient as a whole. This course taught me that a patient is not only a person with a disease, but a person who is related to a whole family, and the family also suffers along with the patient. So treating the patient as a whole, and his family, has made me a better physician in understanding the disease and its condition, and to give the best possible treatment. Now I treat a family and this has helped me to build a better relationship and a responsible person to my society.

- Dr. Arpan Dutta, 2018 batch, Assam

Made me more confident and emphatic towards my patients.

- Dr. Shagufta Khalil, 2018 batch, Bihar

Previously I used to treat my patients symptomatically only, just like the R.M.P.s treat their patients. After completing my PGDFM course, I am confident in diagnosing their health problems and treating them wholly, like a pure family physician. After visiting me, my one patient brings his or her family members, relatives, neighbours to see me... That means my treatment is helping them a lot, and all of this is possible only after PGDFM course completion.

- Dr. SK Mohammad Yakub, 2018 batch, West Bengal

When I chose this course, I was working as MO at Govt Hospital in a remote area of Zaskar valley in Ladakh. Very often we were faced with situations where we had to refer the patient to a district hospital 250 kms away, due to lack of resources and expertise in managing various patients. This would make it difficult for the patient and their families, especially in winters when the road remains cut off. This course was really helpful for me in managing patients and providing quality family medicine care at such a remote place.

- Dr. Shahrozi, 2018 batch, Jammu and Kashmir

PGDFM has really helped me understand the true value of proper communication with patients and the importance of listening to them. Now I make it a point to not only speak to the patient but also to counsel and reassure his/her relatives, and I have seen such patients being more compliant with their treatment and follow-up visits!

- Dr. Anagha Santhosh David, PGDFM 2017 batch, Assam

This course is wonderful. Treating patients with full confidence has developed within me after doing the course. God has made me more kind after doing the course.

- Dr. Shalini Pal, PGDFM 2017 batch, West Bengal

The course has been very useful in updating my knowledge and has brought new insights into how to take care of patients as well as those around them. The course has not only changed my attitude towards disease and patients but has also brought a lot of awareness about social issues, ethics, decision making, palliative care and current medical practices.

- Dr. Swati Mishra, PGDFM 2017 batch, Maharashtra

This course has helped me in improving my consultation skills. Now I'm able to see a patient as a whole in the context of his family and community. I help my patients understand their disease and involve them in shared decision making that has helped them become more adherent to treatment. Really appreciate the hard work of the team behind this course to mould us into good family physicians. Hoping to continue the values you have instilled in us and incorporate the principles of family medicine in our daily practice.

- Dr. Maria Jose, PGDFM 2017 batch, Kerala

I have learnt so many new things in this course like three stage assessment, red flag concept, motivational interviewing, home visits etc. It has changed my perception from a disease-centred approach to whole person care in a holistic way. I thank faculties for their excellent teaching and interactive academics, good talk on thought of the day before every day contact programme and the entire family medicine team of CMC for their wonderful family medicine modules.

- Dr. Sajja Umasankar, PGDFM 2017 batch, Andhra Pradesh

It enhanced my clinical acumen and promoted a systematic and empathetic approach towards my patients.

-Dr. Aradhana Panigrahi, 2016 batch, Jharkhand

This course is one of the best choices that I have made in my life. It has changed my thought process from being just a treating physician to a family physician, a much wider circle around a human being. The course material was extensively covered, what to read, how much to read, where is my limit of treatment, when to refer, all these dilemmas were well understood and explained. I would definitely recommend this Course to all doctors who intend to practise as a family physician.

- Dr. Sumayya Khurshid, 2016 Batch, Bangalore, Karnataka

I feel really at the top of the world as I am working in a refinery where thousands of migratory labourers are coming here to work. After completing this course I feel confident and treat them and now proudly I say that around 90 percent of the patients are treated by me so the aim and objective of this course refer less and resolve more is absolutely getting fulfilled for me.

- Dr. Praveen Kumar Mudgal, 2016 Batch, Punjab

This course has made me more confident in managing my patients. The concept of explaining red flags keeps the patient well informed and satisfied. There has been a complete cessation of receiving commission from labs and pharmacies after imbibing the values propagated by this course. The usage of antibiotics has also drastically come down owing to the practice of evidence based medicine.

- Dr. Anitha Ram, 2016 Batch, Chennai, Tamil Nadu

The PGDM course is very useful for me. It enhances my knowledge in emergency situations when I work in emergency duty. I do my job in a rural area (Madhepura, Bihar). In this place no CT SCAN & other investigations are not available. This course taught me how to handle patients like those with CVA, MI, Head injury (RTA) etc.

-Dr. Anjani Kumar, 2016 batch, Bihar

Joining this course had made me independent, had given me confidence and made me a good community doctor where initially I had 8-10 patients but now I have 50 patients in my OPD and they are always in touch with me, the good thing is that whenever I refer patient to a specialist and any procedural work is to be carried out they obtain my consent and discuss about those procedures and then only they proceed further.

- Dr. Shams Anwar, 2016 batch, West Bengal

This course develops self confidence, how I connect with client/patient, easy to diagnose and differential diagnosis of every age of client and also helpful in how I treat patients at minimum cost.

- Dr. Kumar Bishuddhanand Singh, 2016 batch, Bihar

This course has made me more confident and my patients are very happy too. I could reduce referrals and my communication skills have improved a lot.

- Dr. Divya Jacob Thomas, 2016 batch, Kerala

This course changed my thinking perspective & developed interpersonal skills to deal with common clinical conditions with great compassion and honesty. Course had not only built my character but also developed my work ethics of medicine. While taking history I speak very politely and take very detailed history of presenting complaints, personal history and family history. Developed potential within me that now I can make provisional diagnosis, only with clinical history and physical examination and I avoid over investigation. I made judicious use of antibiotics. Developed leadership to manage my staff.

- Dr. Motiram Ramji Khandode, 2015 Batch, Mumbai

After doing this course, I have developed more empathy for my patients now. I take more time to examine and come to a diagnosis. Ophthalmoscope, otoscope and other instruments are being regularly used now and I've been successful in keeping my references to a minimum.

- Dr. Ashraf Mohamed Ali, 2015 Batch, Kerala

Earlier I used to refer more cases due to lack of confidence and gap in knowledge. This course helped in building my capacity and updated knowledge so that I can provide holistic care to patients even with minimum basic resources. Now I am confidently providing secondary level care to needy patients including emergencies and if needed I refer them timely. Thanks to the CMC Vellore team for creating this course.

- Dr. Jitendra Kumar, 2015 Batch, Bihar

This course has made me reflect on my values as a doctor and the role I can play in a patient and the community, as a family physician. To put it in a short sentence, I am not the same physician and a person before I did the course. I've grown immensely as a doctor & a part of our community, where I can define my role clearer than I could before. Thank you for giving me a very valuable experience & for developing modules tailored to our Indian clinics!

- Dr. Bhavya Pydi, 2015 Batch, Andhra Pradesh

The PGDFM course has been a blessing and is a blessing not only to myself but to the patients, their families and the community that I come in contact with. This Course has enabled me to be more competent, more aware about providing holistic care to the patient, to have a better understanding and communication with the patient regarding lifestyle changes, etc. in which compliance with the treatment is noted in patients of various age groups.

- Dr. Jeremiah Johnson Warbah, 2015 Batch, Meghalaya

**FOR ANY CLARIFICATION, PLEASE CONTACT THE DISTANCE EDUCATION DEPT
OFFICE**

E-mail: info@cmcdistedu.org
Phone: +91 416 2285590 / WhatsApp no: +91 9385285893

Office Timing:
Monday to Friday: 8:00 AM to 4:30 PM (IST)
Saturday: 8:00 AM to 12:00 PM (IST)
Sunday: Holiday

VERY IMPORTANT INFORMATION:

- The provisionally selected candidates will be intimated via family.medicine@cmcdistedu.org
- Once the course fee payment (Full or first instalment) is complete, the candidate will be registered on the **official student website** and in the **official WhatsApp group**.
- **All correspondence (regarding event announcements, invitations, assignments, exams, reports & any other relevant academic or administrative messages) will be made available ONLY through the student website and the official WhatsApp group, through which an intimation will be sent too.**
- **Candidates are personally responsible to check the above-mentioned website and WhatsApp group frequently, and stay updated with program/course events.**

**N.B.: THE INFORMATION PROVIDED ON THE APPLICATION FORM WILL BE TAKEN AS
FINAL.
NO CHANGES WILL BE PERMITTED**



Anything given in the Master's hand multiplies..

