



KASTURBA MEDICAL COLLEGE MANIPAL

(A constituent unit of MAHE, Manipal)



MedOrient

WELCOME KIT
for MBBS students

Kasturba Medical College, Manipal

Index

1	Dean's message	02
2	Good to know	03
3	Checklist for the items required	04
4	Documents Required for Opening a bank account & Mobile connections	05
5	Vaccination information	06
6	Health Instructions	07
7	Safety Instructions	08
8	Anti-ragging – information	09
9	Student Health Clinic	10
10	Word of caution	11
11	Hospital Rules/Guidelines for Students	12
12	Student Support Centre	13
13	Policy on Substance Abuse	14
14	Map of Manipal	15
15	List of hotels in and around Manipal	16

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

Good to know !!!!

- To make you comfortable adjusting to the medical career, we have a Mentors' Cell with faculty to guide you at each stage. Student and parents will meet with the respective Mentors on the Orientation day.
- The Foundation Course will be full of interesting activities to help you settle down and includes a first-aid training program, ethics and professionalism etc.
- The Bank requirements, mobile network connection details are also appended. Please bring the necessary documents.
- The student information - general and other interests are to be filled in the student profile card along with hobby/extracurricular interest form (Annexure 1).
- Students need to get vaccinated to prevent them from getting infected during their medical course. Information regarding the same is hereby attached (Page 6 and 7). Kindly ensure it is done or you may also get it done after your arrival in Manipal. Students, who have already got vaccinated, please carry with you a medical certificate of the same.
- Ragging is a criminal offence as per the Karnataka Educational Act 1983 and Honorable Supreme Court of India. Please visit the following website:
<http://manipal.edu/mu/admission/anti-ragging-.html>
There is a declaration form attached concerned with ragging which needs your parent/guardian's signature. Please do fill that appropriately and submit it when you arrive here (Annexure 1).
- The nearest airport is in Mangalore situated 70 km away from Manipal. You can reach here via a prepaid taxi. A list of hotels in Manipal and a map of Manipal is attached for your reference. The nearest railway stations are in Udupi (5 km away) and in Mangalore.
- Please carry a sufficient number of your recent passport size photographs (atleast 10).

Check List

(On the first day of Orientation, you will need to bring with you the following items)

- Copy of the Admission order
- Student's profile and undertaking (Annexure 1)
- White Coat (with Manipal Academy of Higher Education logo)*
- 10 recent passport size photographs
- Laptop/ Smartphone

Documents required

A. FOR OPENING BANK SAVINGS ACCOUNT

The account opening form of the bank needs to be submitted to the Bank along with the following documents:

1. Copy of Admission Order
2. Address Proof (Copies of any one of the following and its original should be brought for verification)
 - a. Aadhar Card
 - b. Passport
 - c. Voter ID
 - d. Driving Licence
3. Copy of Pan Card (If you have it)
4. Two recent passport size colour photos

B. FOR OBTAINING MOBILE CONNECTION

1. Residence Proof- passport / Driving licence / aadhar card / ration card / college letter (if student does not have any residence proof)
2. Three recent passport sized colour photographs

Vaccination information

MANDATORY VACCINE:

- Hepatitis B

3 doses - 0, 1 and 6 months intramuscular Approximate cost: Rs. 80 per dose

DESIRABLE VACCINES:

- Chicken pox vaccine

All adults who have never had chickenpox or have never received this vaccination should be vaccinated against it. Two doses of the vaccine (subcutaneous) should be given at least four weeks apart.

- MMR vaccine

Single dose, if not vaccinated in the last 5 years

OPTIONAL VACCINES:

- Typhoid vaccine

Single dose (IM) and booster dose every 3 years

- Hepatitis A vaccine

2 doses - 0, 6 months

- Any other vaccine mandated by Government

HEALTH INSTRUCTIONS

FOOD / WATER BORNE DISEASES



Typhoid, Hepatitis A & Gastroenteritis are food and water borne communicable diseases. Students are advised to take appropriate preventive measures. Use safe drinking water, dine at restaurants of good reputation with good hygienic standards.

Optional Vaccination

Typhoid Vaccine	Hepatitis A Vaccine
Single dose (Intramuscular)	2 doses
3 years immunity following vaccination	0, 6 months

HEPATITIS B



Hepatitis B Infection is an occupational hazard for health science students. To protect oneself, the following vaccination is recommended.

Hepatitis 'B' Vaccine

3 doses

0, 1, 6 months (Intra muscular)

CHICKENPOX / MEASLES



Chickenpox & Measles outbreak in the campus is a source of concern. It is therefore strongly recommended that students who have not had prior Chickenpox / Measles infection or not been vaccinated for the same take the following vaccinations.

Chickenpox Vaccine

(If there is no history of a childhood episode or not vaccinated earlier)
2 doses

0, 6 Weeks (Subcutaneous)

Measles-Mumps-Rubella (MMR) Vaccine

(If not vaccinated in the last 5 years)

Single dose

MALARIA / DENGUE



Prevention is better than cure

It is recommended that the students take the following precautions

1. Use mosquito nets while sleeping.
2. Use mosquito repellents when outdoors at dawn and dusk.
3. Avoid littering and keeping open containers where water could stagnate.



NO SMOKING

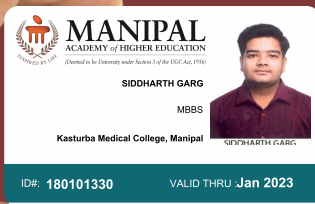
It is against the law to smoke in the campus



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

Safety Instructions for Students

Speed and Negligence
cause majority of the ***accidents!***
Observe Traffic Rules and Drive Cautiously.



**Keep the Institute ID Card
with you at All Times.**

*Display when asked for by the Institutional &
University Authorities / District Police Authority.*

Swimming
in the Arabian Sea is
prohibited



It Can
**Cost You,
Your Life!**

Life is precious. We value it.



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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 effect the psyche of a fresher or a junior student.".... *The Hon'ble Supreme Court of India*

Ragging is a criminal offence.

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 ₹2.5 lakhs**

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".

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



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)

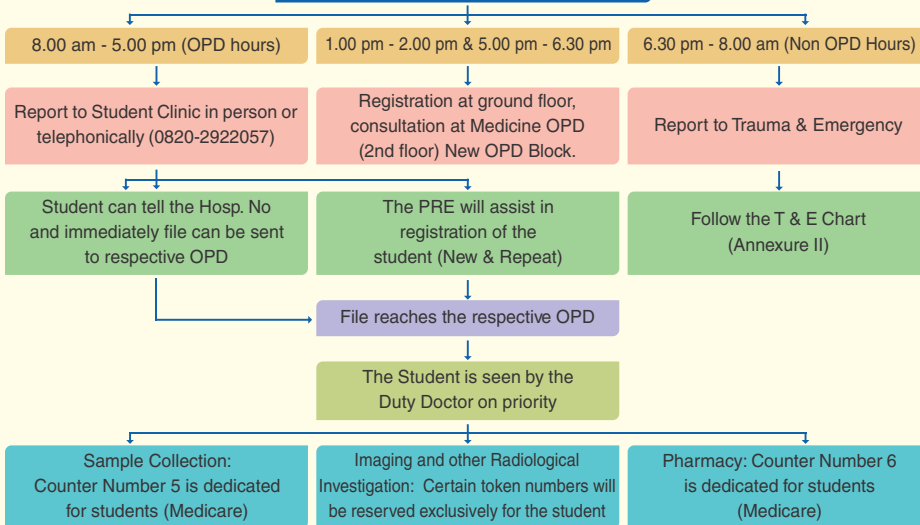
INSTRUCTIONS TO ALL MAHE STUDENTS

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.

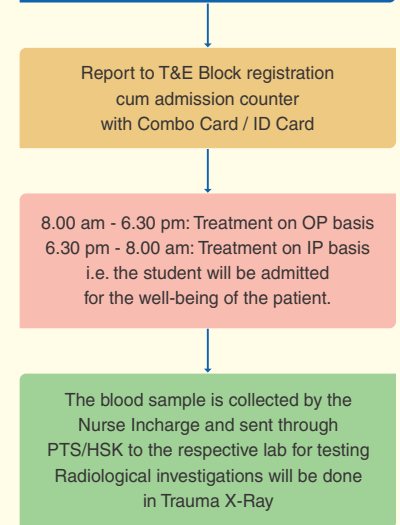
ANNEXURE I

Non-Accident / Non-Emergency case



ANNEXURE II

Follow the T & E Chart





WORD OF CAUTION

for

Manipal Academy of Higher Education students

----- DO'S & DON'TS -----

In the wake of certain unsavory incidents over the last few months, the Management of Manipal Academy of Higher Education and Udupi Police have chalked out plans to put an end these incidents for the security and safety of the students in the MAHE. This move is to ensure that students enjoy their stay on the campus or off it, so that after they graduate and leave the portals they will take back rich memories of their stay in Manipal. The MAHE is prepared to do everything for the holistic development of every student and in turn the student is expected to live up to all expectations, not only of the MAHE but also the dreams of their loved ones far away.

For this purpose, the MAHE and Udupi Police have come up with a few do's and don'ts for students staying in hostels and outside. They are:

- ▶ Rules and regulations are already in place both for hostels (MAHE) and for those staying outside (Police). They will have to be strictly adhered to at all times.
- ▶ MAHE will take strict action against any student who indulges in substance abuse and verbal abuses/quarrel/misbehavior with Police/Security Personnel and causing obstruction for duties. Such students will be booked under section 353 IPC and MAHE rules and regulations.
- ▶ Random check of student premises will be carried out and the students will even be subjected to drug and alcohol tests if a situation so demands.
- ▶ Students with two wheelers or four wheelers are to have complete documents in possession always. If any vehicle is found without relevant papers, the vehicle will be seized and handed over to the Manipal Police authorities.
- ▶ Foreign students are also expected to abide by the law of the land. They risk deportation if found to be involved in illegal activities. Students are also requested to cooperate and bring unlawful acts immediately to the notice of concerned authorities.
- ▶ Police will ensure all restaurants will wind up business at 11.30 pm.
- ▶ No student will be allowed to be on road after 12.30 am for any reason. They will be taken to the police station if they are found roaming on the streets after that time.
- ▶ Karnataka Police Act (Section 92- maintenance of public order) will be enforced as and when warranted
- ▶ COTPA 2003 act will be enforced by Police if any student is found smoking inside the campus premises and within 100 meters of radius from the outer boundary of educational institutions.
- ▶ Motor Vehicles Act will be enforced if any student is found involved in drag race in traffic violations and sound pollution ...etc. in and around the MAHE campus.
- ▶ Four task forces of six police officials each (3 men and 3 women) will be in place to monitor the student activities in and around the apartments. And COO campus safety and 2 Senior Security Officers of MAHE will be on special night duty in the MAHE campus.

All these instructions will come into effect forthwith.

Some of the important contact details

- | | |
|--|---|
| • 24x7 toll free service at 100 | • Manipal Police Station: 0820 - 2570328 / 2526444 |
| • MAHE Control Room: 0820 - 2922515 | • Campus Patrol: 99456 70913 / 96321 01004 |

REGISTRAR





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Hospital Rules / Guidelines for Students

Admitted in Kasturba Hospital, Manipal

1. Students must possess the college id card at the time of admission.
2. Impersonation / misuse of college id card is a criminal offense and will be dealt with accordingly.
3. Hospital Admission will be informed by the Student Clinic to the HOI of respective institutions.
4. When the condition is more than mild / when surgery is indicated, parents will be informed.
5. Only one person will be allowed as a bystander at night (same gender).
6. Visitors must adhere to the hospital's Visiting Timings. Students and visitors are requested to co-operate in maintaining the silence and discipline of the hospital.
7. Students are not permitted to go out of the ward until discharge.
8. Students must settle the bills in time before discharge.
9. Students coming to emergency for simple reasons, especially after 8.00 pm, will be admitted till next day morning.
10. Medical certificates cannot be demanded from the Doctors.
11. Request hospital ambulance for genuine cases only. Caretaker has to accompany the students in the ambulance.
12. Ambulance will be provided free of cost within the MAHE campus. Charges will apply for the services of ambulance outside the MAHE campus.

Director, Student Affairs
Manipal Academy of Higher Education

Medical Superintendent
Kasturba Hospital, Manipal





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Student Support Centre

Caring through Conversations



The Student Support Centre (SSC) is a completely confidential service devoted to supporting the emotional well-being of students. Keeping in mind that going to large hospitals often causes distress and dissuades students from seeking help, the Centre is located in a quiet residential area that ensures privacy and accessibility.

"It is a sign of strength,
not weakness,
to ask for help"

Students can consult with qualified clinical psychologists and all services are covered by Medicare, so there are no payments to be made at the Centre. SSC files are delinked from academic records and hospital records.

SSC is a safe comfortable space that protects student confidentiality and prioritises their wellness. Additional and helpful resources are available on a continually updated website: ssc.manipal.edu



Some of the situations in which students can benefit from seeking professional help include:

- Coping with sustained sadness or anger
- Trouble with concentration and academics
- Grief and loss of someone or something important
- Inability to move past a traumatic event
- Difficulties with sleep and mood
- Feeling socially isolated
- Wanting to change something about oneself but being unable to
- Dependence on stimulants
- Disturbing thoughts that cannot be controlled
- Loss of enjoyment in things that previously gave joy
- Recurrent stress and anxiety
- Just not feeling like oneself on most days



0820 2922430



students.support@manipal.edu



No. 125, Opposite International Hostel, Manipal Academy of Higher Education

POLICY ON SUBSTANCE ABUSE

All Students are required to go through the Policy for Prevention on Substance (Drug) Abuse and Alcoholism

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.

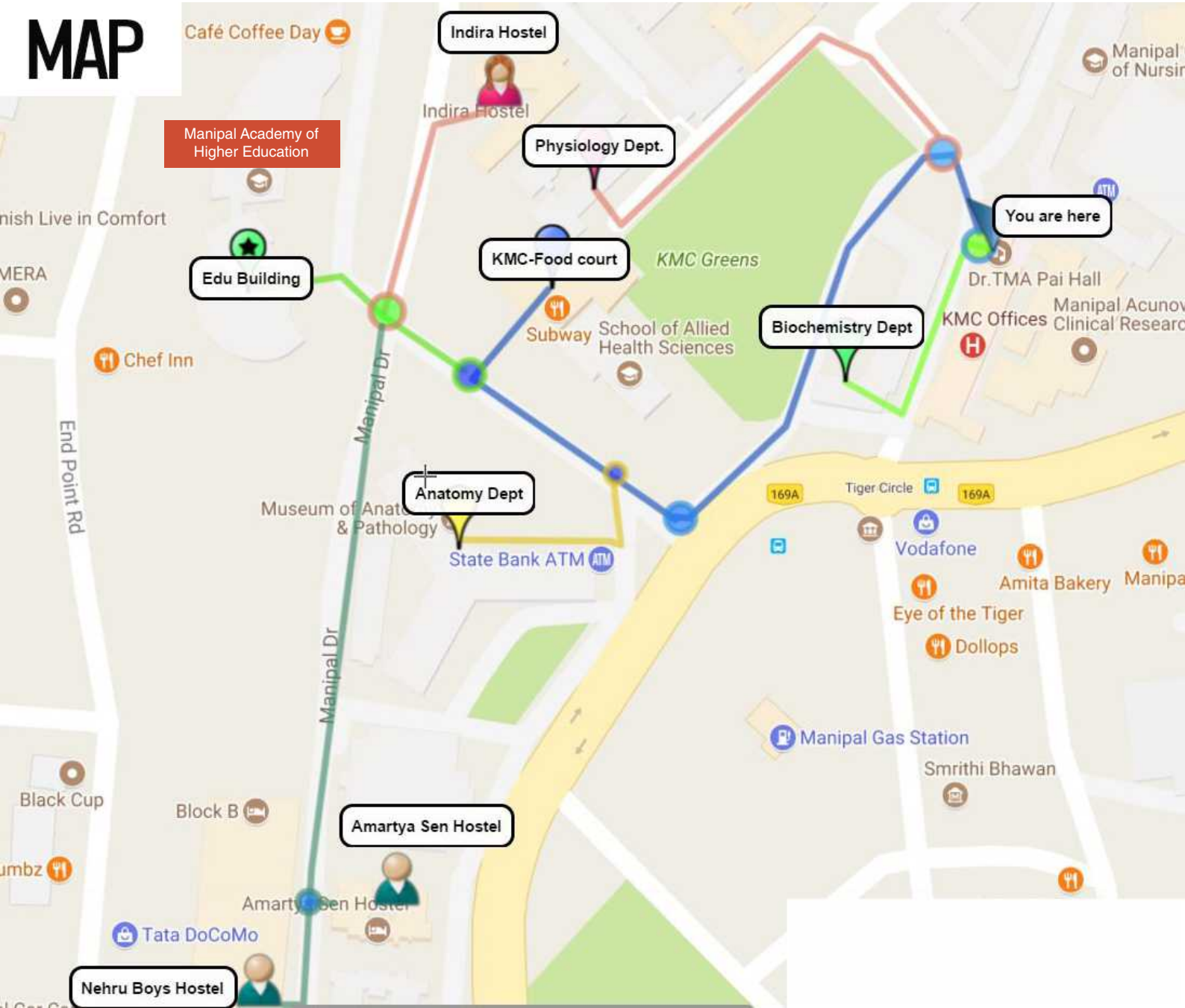
MAHE recognizes that problems related to the abuse of drugs/substances and alcohol may be resolved through cooperation between the organization and the affected faculty, staff, and students. The policy and procedures set forth here for handling substance abuse problems among students are intended to 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 substances 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.

MAP OF MANIPAL

MAP



LIST OF HOTELS IN AND AROUND MANIPAL

Names of Hotels	Telephone Numbers	Fax	E - mail ID
HOTELS IN MANIPAL - (Code: + 91 820)			
FORTUNE INN VALLEY VIEW	2571101 / 2571109	2571327	valleyview@fortunehotels.in
HOTEL GREEN PARK	2570561 / 562	2571385	
HOTEL MADHUVAN SERAI	0820 2571667 / 68 / 69 /M: 7829901251	2571670	res@hotelmadhuvanserai.com;
HOTEL GREEN PARK SUITES	4295701 / 2		hotelgreenparksuites@gmail.com
HOTEL SRIKRISHNA LEELA	4290100 / 101		
HOTEL JANANI	2570529 / 2570810		
HOTEL ROYAL INTERNATIONAL	2572936 / 2572937 / 2575610	2571584	
HOTEL SHANTHALA	2572920 / 921		
HOTEL ASHLESH	2572824 / 2575594 / 4291248		ashleshhotelmanipal@yahoo.com
HOTEL BIGBOSS	2573215		
HOTEL BHAVANI	2571332 / 2572057		
SUSHMA LODGE	2575441 / 2573924 / 9448237658		
HOTEL DASHARATH	2571115		
HOTEL HILL VIEW	4292771 - 773		
HOTEL LAKE VIEW	2570100 / 4290005		
HOTEL EQUITY	4296459 / 4292207		
HOTEL VARSHA	9845155201 / 2573799		
SATKAR PARADISE	9870974760 / 9820053317		
COUNTRY INN & SUITES	270 1600		
HOTELS IN UDUPI (5 KMs FROM MANIPAL) (Code: + 91 820)			
HOTEL SHARADA INTERNATIONAL	2522910 / 2522912 / 2521968	2522913	hotelsharadaintl@gmail.com
HOTEL KEDIYOOR	2522381 / 2523382	2522380	
UDUPI RESIDENCY	2530005 / 2530107 / 4295333 / 4295666		udupi_residency@yahoo.com
HOTEL KARAVALI	2522860 - 862	2522862	hotelkaravali@hotmail.com
HOTEL SRIRAM RESIDENCY	2530761 / 762		
HOTEL JANARDHAN	2523880 - 883	2523887	
HOTEL SWADESH HERITAGE	2529605 / 2529705 / 2229805	2529805	udupi@hostelswadesh.com
HOTEL DURGA INTERNATIONAL	2536971 - 973		
HOTEL RAMAKRISHNA	2523189 - 195		
HOTEL RUKMINI RESIDENCY	2523901 - 907 / 4293905	2523918	rukminiresidency@yahoo.com
HOTEL SIDHARTH	4292124 / 2536738 / 2536742 / 2536745		
HOTEL KALPANA RESIDENCY	2520440 / 2571021		
HOTEL CENTURY EXECUTIVE (MANGO SUITES CENTURY)	2593311 / 2593322 / 2593333		
HOTEL SUMMER PARK	2535904 - 907		hotelsummerpark@gmail.com
HOTEL SINDHU PALACE	2520791		
HOTEL SHANTALA	2534381		
HOTEL BHAVANI	2526980		
HOTEL SHAMBHAVI	2593390-393		

