PROSPECTUS

Health Science PG Degree Program – 2019–20

M.Sc. MIND-BODY AND LIFE STYLE SCIENCE
The Mission

Sri Ramachandra University

Will actively promote and preserve the higher values and ethics in education, health care and research and will pursue excellence in all these areas while consciously meeting the expectations of the people it serves without prejudice and in all fairness stay socially meaningful in its propagation of the various arts and sciences to enrich humanity at large
SRI RAMACHANDRA
INSTITUTE OF HIGHER EDUCATION AND RESEARCH
(Deemed to be University)
Accredited by NAAC with ‘A’ Grade
Porur, Chennai – 600116

Sri Ramachandra Medical College and Research Institute was established by Sri Ramachandra Educational and Health Trust in the year 1985 as a private non-profit self-financing institution dedicated to serve the society as a Centre of Excellence with emphasis on medical education, research and healthcare. In view of its academic excellence, the Government of India declared Sri Ramachandra Medical College & Research Institute as a Deemed University in September, 1994 under Section 3 of the University Grants Commission Act, 1956. The Trust achieved the task of establishing this Institution as a “Centre of Excellence” under the leadership of Late Shri. N.P.V. Ramasamy Udayar who was the Founder & Managing Trustee of the Trust and also the first Chancellor of the Deemed University. Shri. V.R. Venkataachalam is currently the Chancellor of the Deemed University and also the Managing Trustee of the Trust. Shri R.V. Sengutuvan is the Pro-Chancellor of the Deemed University.

As notified by the Central Government, the name of the Deemed University has been changed as Sri Ramachandra Institute of Higher Education and Research.

The objective of the institution is to have the facility raised and developed to a level comparable to any major medical establishment in advanced countries. With this goal in mind, the Trust, in close cooperation of, and the able guidance from professional experts in administration and teaching, has developed this sprawling 150 acres of green campus to a level of a prestigious Deemed University today. Further milestones were reached as on April 1, 1997 when an inter-institutional alliance between Harvard Medical International, USA and Sri Ramachandra Medical College and Research Institute was signed, which had further led the institution towards quality in the areas of medical education, health care and research and enhanced its visibility and recognition at the international level.

Harvard Medical International, in its annual report 2007, stated that “Sri Ramachandra is the model of a learning institution in both its medical school and hospitals. They have pursued faculty development with great rigor, and in the hospital are striving to be a quality leader in India. The Institution stands out because of its commitment to taking care of all”.

Sri Ramachandra Medical College and Research Institute is among the very few Medical Institutes in India which have been sanctioned 250 seats in MBBS Degree course by the Medical Council of India from the academic year 2011-12. In the national Institutional Ranking frame work (NIRF – 2019), SRMC & RI has been placed at 11th rank among the Medical Colleges in the country.
ACCREDITATION:

Sri Ramachandra Institute of Higher Education and Research (Deemed to be University) has been accredited (cycle-2) by National Assessment and Accreditation Council (NAAC) with CGPA of 3.62 on four point scale at ‘A’ Grade and placed in Category-I Universities in India by the UGC and ranked 33 among Universities in NIRF – 2019.

The Clinical Laboratory is NABL accredited. The CEFT is a GLP certified animal and toxicology facility located within the Deemed University. It is the first Medical University in India to get the GLP Certification from DST, Govt. of India.

UNESCO Chair in Bioethics has been established at the Deemed University.

FACULTIES/CONSTITUENT COLLEGES:

The following are the Faculties/constituent colleges of Sri Ramachandra Institute of Higher Education and Research (Deemed to be University):

1. Faculty of Medicine/Sri Ramachandra Medical College and Research Institute
2. Faculty of Dental Sciences/Sri Ramachandra Dental College and Hospital
3. Faculty of Pharmacy/Sri Ramachandra College of Pharmacy
4. Faculty of Nursing/Sri Ramachandra College of Nursing
5. Faculty of Physiotherapy/Sri Ramachandra College of Physiotherapy
6. Faculty of Allied Health Sciences/Sri Ramachandra College of Allied Health Sciences
7. Faculty of Management/Sri Ramachandra College of Management
8. Faculty of Biomedical Sciences, Technology and Research/Sri Ramachandra College of Biomedical Sciences, Technology and Research
9. Faculty of Public Health/Sri Ramachandra College of Public Health
10. Faculty of Sports & Exercise Sciences / Sri Ramachandra College of Sports & Exercise Sciences
11. Faculty of Clinical Research/Sri Ramachandra College of Clinical Research
12. Faculty of Engineering and Technology/ Sri Ramachandra College of Engineering and Technology

The Deemed University offers, at present 24 Degree courses at undergraduate level in medical, dental, para-medical and allied health sciences disciplines and 46 courses in Medical, 8 courses in Dentistry and 39 para-medical Degree courses at postgraduate level through the above college and faculties. In all, nearly 6,500 students receive their teaching and training within the campus.
SRI RAMACHANDRA MEDICAL COLLEGE AND RESEARCH INSTITUTE:

Sri Ramachandra Medical College and Research Institute has, since its inception in 1985, always been in the forefront of medical education. A fully integrated, innovative, modular curriculum within the framework of the Medical Council of India has been created for the MBBS Degree program that allows students to learn in a patient-centered manner. With assistance from Harvard Medical International and through extensive faculty development, value addition has been provided to the MBBS program to make it more student centered. Class rooms have been redesigned to reflect the new teaching ethos. Small group discussion areas have been created.

- Sri Ramachandra Medical College and Research Institute is recognized by the Medical Council of India, General Medical Council of UK, Medical Council of Thailand and Sri Lanka.
- Sri Ramachandra Medical College and Research Institute is included in the Directory of the World Health Organisation.
- The Medical Council of India (MCI) has recognized Sri Ramachandra Medical College and Research Institute, of Sri Ramachandra Institute of Higher Education & Research (Deemed to be University), as a Nodal Centre to conduct both Basic and Advance course in Medical Education Technologies to the faculty members working in around 40 Medical Colleges in the South India.

LIBRARY:

A centrally air-conditioned large Library, known as Sri Ramachandra Learning Centre is ideally located in an area of 40,000 sq.ft. The students and faculty gain free access to a large collection of Medical, Dental and related books and journals gathered over a period of 34 years which provide rich study and reference material. The Library has a good stock of audio and video-cassettes on various subjects and facilities for microfiche access. The “e-Learning Resource Centre” with 48 new updated systems and Wi-Fi facility with access to Medlars, Internet and CD-ROM facilities. It is an excellent learning centre in which a huge collection of models of anatomical interest are also exhibited for the benefit of the students and faculty. Apart from this, book bank services are also available for the students. In addition to hard copies, around 1,000 journals are also available online at the active learning centre through “ProQuest & MEDLARS”, where unlimited access is available to the students.

HOSTELS:

There are separate hostel facilities for both men and women students with 3500 single rooms inside the campus to accommodate undergraduate and postgraduate students in medical, dental and other disciplines. The campus has continuous running soft water supply and power supply. The avenues of trees and green plants give a resort-like-ambience which is highly conducive to pleasant learning and peaceful living within the campus. Hostels are also equipped with internet facility for the benefit of the inmates.
SRI RAMACHANDRA HOSPITAL:

Sri Ramachandra Hospital is a major Tertiary care and referral centre located within this campus. The Hospital caters to the needs of the students for their learning and training in various specialities. Placed in a suburban locality and amidst major highways, the hospital serves a cross section of the community belonging to every economic segment of the society. On an average 5,000 patients visit the out-patient facility everyday. The diagnostic capability available at the hospital is comparable to any University Hospital in any advanced country. The sophisticated clinical laboratory, and a wide range of imaging facilities including C.T. Scan, MRI, Multi Detector Slice Spiral CT, Cardiac Angiography, Cerebral Angiography and Gamma Camera add to the diagnostic armamentarium of the Hospital.

The Neurology Laboratory, Pulmonology Laboratory, Non-invasive and invasive Cardiac Laboratories have all been developed to the current state-of-the-art level. The most modern operation theatres, ICU and Critical Care beds add to this unique facility. The students have unlimited opportunities to learn in this modern hospital. Similarly, specialities have grown in the last 34 years in every facet of medical advancement. The Cardio Vascular & Thoracic Surgery programs have already reached a significant level of perfection as also the other major divisions like Vascular Surgery, Neuro Surgery Interventional Neuro Radiology, Critical Care Medicine, Reproductive Medicine and transplantation services.

Clinical Skills Labs in several departments like Orthopaedics, General Surgery, Obstetrics and Gynaecology, ENT provide opportunities for postgraduate students to acquire the much sought after practical skills in complex surgical procedures.

TELEMEDICINE:

The Deemed University has national level visibility as a centre of excellence in exploiting Information Technology to the hilt, by establishing state-of-the-art Telemedicine facility through Satellite, ISDN lines and Internet connectivity. Both students and the faculty benefit from Tele-Medicine Centre which is well connected with various national and international Institutions.

CENTRAL RESEARCH FACILITY:

The Central Research Facility (CRF) which was established in 2007, as the “A to Z gateway” for research, takes care of all logistics of research planning, research projects administration, research documentation, providing centralized sophisticated equipment facility and University-Industry Liaison Centre with IPR/patents Cell, etc., on a ‘ready to use platform’ of the entire Deemed University.

The CRF is housed in a 25,000 sq.ft. exclusive facility with a sophisticated instrumentation laboratory containing the latest equipments. CRF also has the (i) Centre for Life style diseases; (ii) Centre for Stem Cell Research; (iii) Centre for Indian Systems of Medicine and (iv) Centre for preclinical and Translational Medicine.
There is also the FDA audited and DCGI Registered Clinical Trial Division and other 14 Centers of Research recognized by National and International agencies. In the last 5 years, 83 sponsored research projects with grants to the tune of INR 375.9 million have been carried out in the Deemed University.

Further, the Centre for Toxicology and Developmental Research (CEFT) is also functioning in 15,000 sq.ft. area with state-of-the-art facilities and it has been approved by Committee for the Purpose of Control and Supervision of Experiments on Animals (CPCSEA) as a GLP compliant animal facility. CEFT undertakes a number of preclinical toxicology studies for Researchers and Industries.

**ANTI-RAGGING MEASURES:**

Ragging is strictly prohibited in this Campus. Sri Ramachandra Institute of Higher Education and Research (Deemed to be University) strictly enforces anti-ragging measures and the campus is free from any form of ragging. Any violation will be dealt with according to the law in force and as per the directives of the Supreme Court of India.

The Deemed University has adopted the:

i. “UGC Regulations on curbing the menace of Ragging in Higher Educational Institutions, 2009” (as amended);

ii. “Medical Council of India (Prevention and Prohibition of ragging in Medical College / Institutions) Regulations, 2009” (as amended); and

iii. “Dental Council of India Regulations on curbing the menace of Ragging in Dental Colleges, 2009” (as amended);

These Regulations shall be applicable to all students. Full text of the Regulations is available in the University Website: www.sriramachandra.edu.in.

Further, attention of the students and parents is invited to Sections 4 and 5 of the Tamil Nadu Prohibition of Ragging Act, 1997 which are reproduced below:

**Section 4:** - Whoever commits, participates in, abets or propagates ‘ragging’ within or without any educational institution, shall be punished with imprisonment for a term which may extend to two years and shall also be liable to a fine which may extend to Rs.10,000/- (Rupees ten thousand).

**Section 5:** - Any student convicted of an offence under section 4 shall also be dismissed from the educational institution and such student shall not be admitted in any other educational institution.

Data on Ragging:

i. No. of ragging incidents during the academic year 2018 - 2019 : NIL

ii. Punishment awarded: NIL

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<thead>
<tr>
<th>Name of Program</th>
<th>Duration</th>
<th>No. of Seats *</th>
<th>Fee per academic year Rs.</th>
<th>Date &amp; Time of Interview</th>
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<tbody>
<tr>
<td>M.Sc. Mind Body and Life Style Science</td>
<td>2 years</td>
<td>15</td>
<td>2,00,000/-</td>
<td>19.08.2019 (Monday)</td>
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* including NRI Seats
M.Sc. Mind-Body and Life-style Science

Preamble

The Master of Science in Mind-Body and Life-style Science is a potential health care and research oriented program that deals with the organic connection between the mind and body and applying this insight to health and wellness. Lifestyle diseases (obesity, diabetes, arthritis, smoking, alcohol-related diseases) constitute the biggest epidemic facing the country. Indian Society of Lifestyle Medicine has been just formed in Aug/ Sep 2018. Life-style/ Health coaching likely to emerge as one of the growing demand fields in hospitals, industries, residential communities.

Scope: The scope of the program is to allow the graduates to develop a skill set that empowers and motivates individuals to take charge of their own health and sustain their well-being. Students will be trained in research-validated practices of counselling and behavioural modification. Certified health and wellness coaches will be proficient in assessing client needs, building rapport, and designing tailored strategies to best achieve and maintain clients’ health and wellness goals.

Career opportunity: It provides a career opportunity as an individual / personalized health coaches, employee health and coaching, corporate health, wellness coaches in health centers, Medical Centers, community health centers and poly clinics, school health and wellness coaches, faculty in universities, life style coaches in life style clinics, research fellows, and health insurance.

Program outcomes: The MSc graduate in Mind-Body and Life-style Science will:

• Demonstrate understanding of the interplay between the mind and body and its impact on wellness and disease;
• Demonstrate ability to provide mind body interventions that promotes ;
• Design and implement an individualized patient-centred health and wellness care plan;
• Demonstrate skill to induce a sense of responsibility and accountability of their clients to be compliant with their wellness goals;
• Effectively communicate to clients that includes cultural awareness, empathy, active listening, appropriate use of language and that motivates the clients;
• Empower clients to set and accomplish health related behavioural change (goals, assess their progress);
• Apply the science of behaviour change in motivating individuals towards a health generating behaviour that is integrative and evidence based; and
• Demonstrate professional conduct and adhere to professional ethics and principles.


**Program level:** Post Graduate Master’s program

**Duration of the course:** 2 years

**Student intake:** 15 per year
INSTRUCTIONS TO THE CANDIDATES

1. FILLING APPLICATION FORM AND ATTACHING SELF ATTESTED COPY OF CERTIFICATES:
   i. Application form should be filled in carefully and legibly by the candidate in his/her own handwriting.
   ii. (a) A demand draft for Rs.1,000/- (Rupees One thousand only) towards Application fee, drawn in favour of “Sri Ramachandra Institute of Higher Education & research (Deemed to be University)” payable at Chennai should be enclosed with the application form.
       (b) The application fee will not be refunded under any circumstances.
       (c) Application will be rejected summarily if incomplete or sent without enclosing the relevant certificates and demand draft as mentioned above.

2. SELF ATTESTED CERTIFICATES TO BE ENCLOSED:
   Self attested photocopy of the following certificates should be enclosed with the Application Form :-
   (i) Degree Examination Mark Statements (First year to Final year);
   (ii) Provisional Pass Certificate/Degree Certificate;
   (iii) Transfer Certificate/Migration Certificate;
   (iii) Conduct Certificate issued by the Head of the Institution where the candidate had last studied;
   (v) Internship Certificate, if any; and
   (vi) Photocopy of Aadhaar Card
   (vii) Passport with VISA/OCI/PIO card for NRI/INTERNATIONAL candidates only.

Note:-
   (i) Only photocopy of the certificates mentioned above must be enclosed without fail.
   (ii) In respect of the candidate who has appeared/to appear for Final year Degree examination, either photocopy of the hall ticket or a certificate from the Head of the Institution as specified under the heading ELIGIBILITY should be enclosed.

3. PHOTOGRAPH:
   Three identical and recently taken passport size colour photographs are required. Candidates should affix the photographs in the space provided (i.e., one on the front page of the Application Form and one each on the Interview Call Letter (Original and Duplicate). The candidates should sign on the photographs affixed on the Interview Call Letters.

4. INTERVIEW CALL LETTER:
   (a) Interview Call Letter will be sent only to the eligible candidates on or before 16.08.2019 (Friday). If any candidate, though eligible to appear for the Interview, does not receive the Call Letter, he/she may collect a Duplicate call letter on 19.08.2019 (Monday) in person from the Deemed University Office by producing his/her identity card and proof for having applied for the Interview. Such candidates should bring one identical copy of the passport size photograph already pasted in the application form, and proof of sending application form for Interview i.e. postal / courier receipt.
(b) INTERVIEW CALL LETTER MUST BE PRODUCED AT THE TIME OF INTERVIEW WITHOUT FAIL. NO CANDIDATE SHALL BE ALLOWED TO ATTEND THE INTERVIEW WITHOUT THE CALL LETTER.

(c) Mere acceptance of a person as a candidate for Interview shall not confer on him/her any right/eligibility for admission. The name of the candidate who does not satisfy the prescribed eligibility criteria shall not be considered for admission.

(d) All candidates appearing for an interview shall be required to sign an attendance register to authenticate their presence.

5. INTERVIEW CENTRE:
The Interview will be conducted at Sri Ramachandra Institute of Higher Education and Research (Deemed to be University), Porur, Chennai - 600 116. The candidates have to appear for the Interview along with their Original Certificates at their own expenses.

6. DATE OF INTERVIEW:
The Interview will be conducted on 19.08.2019 (Friday) at 10.00 a.m. The candidates are advised to be at the Interview Centre half-an-hour before the commencement of the Interview.

7. MODE OF SELECTION:
(a) Selection will be made on the basis of the marks secured by the candidates in the Interview. Intimation letter will be sent to the candidates provisionally selected for admission.

(b) In the case of candidates who secure the same marks in the Interview, ranking will be made based on their academic performance from First year to Final year in the qualifying examination prescribed for admission.

(c) Results will be published in the Notice Board and also in the website: www.sriramachandra.edu.in

(d) Selected candidates will be intimated individually through post.

8. IMPORTANT NOTE:
i. All admissions are subject to fulfillment of all the eligibility conditions by the candidate. If it is found at a later stage, that the candidate has given false information/forged certificates or concealed material information, his/her admission will be cancelled without any notice.

ii. The Deemed University reserves the right to change the curriculum, course structure and the rules relating to admission, examinations, fee structure, refunds, etc.

iii. All disputes arising in the interpretation and implementation of the provisions in this prospectus will be referred to the Vice-Chancellor of Sri Ramachandra Institute of Higher Education and Research (Deemed to be University) and Vice-Chancellor's decision shall be final and binding.

iv. In respect of matters relating to or arising out of this prospectus the jurisdiction shall lie in Chennai alone.
9. **DEPOSIT OF CERTIFICATES:**
Verification of original certificates will be made at the time of admission. Candidates provisionally selected for admission will have to deposit all required original certificates with this office. Therefore, candidates are advised to keep with them enough number of attested photocopies of their certificates.

10. **CHANGE OF NAME/DATE OF BIRTH:**
The name and date of birth of the candidate will be registered in the records of the University given in the HSC Mark Statement/Transfer Certificate. No request will be considered later in regard to change of date of birth or correction in the name of the candidate. The parents and candidate are requested to verify and confirm these entries in the HSC Mark Statement/Transfer Certificate at the time of receipt of the same.

11. **PAYMENT OF TUITION AND OTHER FEES**
   i. Every student shall pay tuition fee and other fee, as prescribed by the Deemed University, within the due date notified. The fees are subject to revision as per rules of the Deemed University.
   ii. All fees, once paid to the Deemed University account, will not be refunded or adjusted for any other purpose under any circumstance.

12. **RULES ON DISCONTINUANCE FROM COURSE OF STUDY**
   i. Where any student applies for discontinuance, or without any application discontinues on his/her own, from the course to which he/she has been admitted to, for any reason, either after the cut-off date prescribed by the statutory authorities for admission to the first year of the course concerned or where the seat is rendered vacant without having any chance of being filled up with any other candidate from waiting list etc., such students will have to remit the tuition fee and other applicable fees for the ‘entire/remaining course period’. Unless and until payment of all the prescribed fees for the entire/remaining course period is made to the Deemed University account, such student shall not be entitled to any certificate including transfer certificate, mark sheets etc., to be issued by the University and to get back his/her original certificates deposited with the Deemed University at the time of admission.
   ii. All students and parent will be required to furnish a declaration agreeing to the above said conditions at the time of admission.

13. **MEDICAL EXAMINATION:**
The candidates provisionally selected for admission will have to undergo a medical examination at Sri Ramachandra Institute of Higher Education & Research (Deemed to be University), Porur, Chennai - 116 and only those who are found medically fit will be admitted to the course concerned.
14. **LAST DATE:**

(a) Application Form duly filled in and securely fastened with the above mentioned enclosures may be delivered in person or sent by Registered Post / Speed Post / Courier Service to reach: **THE REGISTRAR, Sri Ramachandra Institute of Higher Education & Research (Deemed to be University), Porur, Chennai - 600 116** on or before **12.08.2019 (Monday)**.

(b) **The candidate should submit the application form without folding it in a A4 size envelope.**

(c) Applications delivered **after 5.00 p.m. on 12.08.2019 (Monday)** due to any reason, will be rejected summarily.

(d) **The Deemed University shall not be liable for any postal delay or loss in transit.**

(e) **The candidates are advised to send the applications well in advance to avoid any delay in transit.**

REGISTRAR