

DAILY MORNING SCHECDULE 6.55 am – 8.00 am

	7.00-7.10 am	7.10--7.40 am	7.40-8.00 am
Monday	Prayer and Meditation	P.G. Lecture	Ward work
Tuesday	Prayer and Meditation	Case Discussion	Ward work
Wednesday	Prayer and Meditation	P.G. Lecture	Ward work
Thursday	Prayer and Meditation	Case Discussion	Ward work
Friday	Prayer and Meditation	P.G. Lecture	Ward work
Saturday	Prayer and Meditation	P.G. Lecture	Ward work

MORNING PRAYER AND MEDITATION

Following prayers shall be taken on respective days.

Monday- Muslim/ Christian/ Sikh/ Jain prayer

Tuesday- Gayatri Mantra

Wednesday- Gayatri Mantra

Thursday- Guru Vandana

Friday- Saraswati Vandana

Saturday- Mahamrityunjaya Mantra



PRAYER & MEDITATION

Please note: You have to take a morning bath, be properly shaved and wear clean apron, polished shoes; before entering the CMR. Dress code to be strictly followed on campus.

FORMAT OF MORNING PRAYER

(Will be conducted by Fellow or Junior Consultant)

Morning Prayer

Good morning everybody,

Everybody please settle down

Those wearing specs, please remove them.

Sit straight; do not let your back touch the back rest of your chair

Let us start this new and wonderful day with

For this everybody please assume namaskar position and recite after me or along with me.

Now we shall chant OM for 3 times followed by OM Shanti... Shanti.... Shanti...

For this everyone should assume dhyamudra position, i.e. both arm fully supinated, Wrist resting over the knees, index finger touching the thumb, rest all fingers gently extended. Knee flexed and ankles cross.

Take a deep long breath 5.... 4.... 3... 2... and start (3 times).

Now we shall do meditation. For this we shall start with warm up breathing exercises.

Those who are in dhyamudra position may continue to do so, others may assume Buddha position, i.e. one palm resting over other, touching the abdomen below the umbilicus.

Take a deep long breath and hold it for as long as you can & as deep as you can. Then exhale slowly, such that the time of exhalation is twice that of inhalation, repeat this exercise 5-6 times until you feels pulsation at tip of your fingers in dhyamudra position or between your palms in Buddha position.



MORNING CLINICAL MEETING SCHEDULE 8.00-9.00 AM

Item	Protocol	
SICOC Report	Total No. of Patients in E-Ward & all post operative patients of 1 st floor OT. Mention of any important & adverse event in wards Mention number of calls from the ward Hand over filled COC form to the Chair.	SICOC
SHCOC Report	Total No. of Patients in I-Ward & all post operative patients of 6 st floor OT. Mention of any important & adverse event in wards Mention number of calls from the ward Hand over filled COC form to the Chair.	SHCOC
Asked Questions	Residents to give answers to questions asked in the previous day clinical meeting in power point format. After rounds the presentation to be put on Resident Group	Student's Council Representative
24 hour Casualty Report	Mention No. of admission / Casualty / OPD's / Deaths /Transfers, AMA (Transfer details and current status), Discharges / CODE BLUE (Diagnosis/Mode of injury in brief/Time when brought to SIOR./Referred by whom / if not-come on his own./ Case seen by which consultant./Treatment given in casualty further plan (Operative or Non operative).	Casualty Unit
Cases for Orthopedic Board Meeting	Diagnosis /Relevant history and clinical findings./Problems to the patient./Problems to the surgeon/Possible treatment options/Proposed plan Purpose of discussion is to take the house's opinion and inculcate an ideology / thinking amongst the residents for arriving at a treatment plan	All Units
Preoperative Planning for the day	Pre-op. plan with diagram signed by J. Consultant /Diagnosis and Operative Plan/Details of implant / Prosthesis (size, company etc.)/Position of patient and approach/If multiple surgeries – sequence /Difficulties anticipated.	All Units
Postoperative Report	Diagnosis/Procedure Planned/Surgeon If Pre Op Plan change, mention reason Intra-operative findings & problems faced. Complications if any /Post – op. plan.	All Units

*** Use of Mobile Phones in CMR is strictly prohibited.**

- 9.00 am onwards** - With respective Unit Heads:
Rounds / Operation Theatre / OPDs / Ward work.
- 3.00 pm** - Post Op rounds with Consultant.
- 3.30 pm to 5.00 pm** - PG Teaching, Case Presentation – Attendance is compulsory.
- 5.00 pm onwards** - Round should be taken by all unit residents along with JC. To do the ward work. (All dressing, paper completion to be done at evening rounds. Take photos of wounds and send on respective unit group). Inform details of Post operative patients to respective consultants.

WEEKLY MEETINGS (8.25 AM – 9.15 AM)

	First	Second	Third	Fourth	Fifth
Thursday	Morbidity & Mortality Meeting	CROP Meeting	Journal Club	Research Review	Study Group Meeting

**RESEARCH REVIEW MEETINGS
(ONE by ONE as per schedule)–Thesis Mentor / PG Guide**

	First	Second	Third	Fourth
Wed/Thu/Fri	Thesis Review	Thesis Review	Thesis Review	Thesis Review