



## **HELPING ELECTIVE STUDENTS SETTLE IN** **AT ST. JOHN'S MEDICAL COLLEGE HOSPITAL**

### **Accommodation**

Accommodation is available for Elective Students at the Annexe-3 of the St. John's Medical College and Hospital Campus. Students who wish to book their accommodation, may email Ms. Priya (elective.students@stjohns.in). There is no need for advance payment for accommodation.

Rules have to be followed at the Annexe-3 to ensure the safety and comfort of all occupants.

1. Payment for the entire duration of your stay must be made in FULL when you arrive at Annexe-3. Rooms are charged at the rate of Rs. 500 per day of stay.
2. This payment is non-refundable, even if you have to leave earlier than anticipated.
3. You are not allowed to return to the Annexe-3 beyond 10.30 pm on any day of the week.
4. No alcohol, smoking, loud noise or loud music is allowed at the Annexe-3.
5. Cooking of food is not permitted at the Annexe-3

You are strongly urged to look for alternate accommodation elsewhere, if you cannot abide by these rules. ***Students may be asked to leave the Annexe-3 if these rules are violated.***

Rooms at the Annexe-3 are single occupancy with an attached bathroom and toilet.

***Please bring your own bath towel, hand towel, pillow case, bed-sheets, and toiletries.***

Drinking water is available from the water-purifier at the Annexe-3.

No meals are provided at the Annexe-3

Restaurants, eateries, basic groceries, bottled water, laundry, supermarkets and other services are available close by, outside the campus.

### **How to get from Bangalore International Airport to the Annexe III at St. John's**

The safest options for travel from the Bangalore International Airport to the Annexe-3 at St. John's is either the Airport Bus no.7 (INR 350 approximately) or a Pre-paid Airport Taxi, or Uber Taxi (INR 1200 approximately). Please ignore taxi rides offered by people as you walk towards the formal line of taxis at the taxi stand.

Do remember that if you arrive by bus, you will have to carry your luggage for a 5 minute walk from the St. John's Hospital bus stop to the Annexe-3. When you get off at the St. John's Hospital bus stop, enter the hospital gate, and the security guard will direct you to the Annexe-3. If you arrive by taxi, the Annexe-3 is best accessed by the St. John's Auditorium entrance, opposite the traffic lights near the Koramangala BDA Shopping Complex, on the Koramangala 80 feet road. The security guard will allow taxis to enter this gate after noting down your details. To reach Annexe-3, immediately after entering the auditorium gate, take the road to the right. The receptionist at the Annexe-3 will give you your room anytime of the day or night.

### **Money Exchange on Arrival**

You need local currency before you leave the airport to pay for your travel to St. John's. You may use the ATMs at the airport (preferably Visa card). You can also exchange foreign currency for Indian rupees at the Currency exchange counters at the airport. There are two ATMs on the St John's campus that accepts Visa Cards – Credit and Debit.

### **Reporting to Elective Student/Dean's Office On Arrival**

After you have settled down in your accommodation at the Annexe III and rested, please do visit the Elective Cell office on a working day (9.00 am to 3.30 pm Monday to Friday and 9.00 am to 12 noon on Saturday), at St. John's Medical College building (on the same campus).

Ms. Priya is your first point of contact. She will complete all the paper work required for your elective posting.

You are then required to meet with the Registrar Dr. Marjorie Correa.

You will also meet with Dr. Avita Johnson, co-ordinator of the Elective Student Cell who will plan your schedule, depending on which specialties you would like to rotate in.

You will be provided with a St. John's Medical College Identity card, which will allow you access to all the buildings on the campus. ***You need to carry this card with you at all times while on campus.***

### **Foreigners Registration**

Sometimes on arrival, immigration authorities will stamp a request in your passport to register with the police / FRRO within 14 days of arrival. Please bring this to the notice of Ms Stella at the Elective Cell, who will guide you in this procedure.

### **Copies of Documents**

Do remember to upload a copy of your passport, important documents and credit card into your email account, so you can access them in an emergency. **Please carry at least 6 passport size photographs with you** for obtaining your St John's identity card, or if you wish to obtain a local cell phone or internet connection.

### **Communications**

Internet services are available at the Zablocki library on campus. If you wish to obtain a local cell phone connection or an Internet Data-card then you need to obtain a letter from Ms Gracy stating your duration of your observership and your accommodation details while in Bangalore. This letter along with your passport and visa copies should stand you in good stead to obtain a SIM card or Internet data-card.

### **Food and Water**

Always keep bottled available for yourselves. Do not drink un-bottled water unless it is from a water purifier. Food is available on campus at the St. John's Hospital Canteen (7.30am to 9.30pm) and the St. John's Research Institute Canteen (10am to 6pm). There are a multitude of restaurant options in Koramangala, at an affordable price, many within walking distance of St Johns.

### **Medical Needs**

You should have medical travel insurance for the duration you stay at St. John's. If there are any medical problems please don't hesitate to inform us immediately and report to the Emergency with your Insurance ID and St. John's ID which will allow us to identify you as an observer. St. John's is a tertiary care super-specialty hospital and we should be able to care for you with no problems.

### **Vaccinations/Immunizations/Antimalarial Prophylaxis**

You should have received all routine primary vaccinations such as DPT/ Polio/ MMR/ Hepatitis B. Vaccines advised for your travel to Bangalore are Hepatitis A and Typhoid vaccinations. Japanese B Encephalitis and Rabies vaccine are **not** recommended routinely for travellers to Bangalore. Within Bangalore, anti-malarial prophylaxis is also **not** recommended. For those who intend to travel through India beyond Bangalore, your local physician would be the best to recommend the actual choice of anti-malarial prophylaxis.

### **Traffic and Local Transportation**

As a pedestrian, you do not have right of way here, so please be careful and preferably cross only on zebra crossings or at the traffic lights. We drive on the left of the road, so please remember to carefully look both ways while crossing. The City bus service has Air Conditioned buses which are comfortable and may be less crowded outside office hours. You can travel by autorickshaws - they should always use the meter but you need to know where you are going and approximately how far it is and some landmarks enroute. There are book –a- taxi services through your mobile phone which are very convenient like "Uber" and "Ola". Like any big city, you need to be careful with your possessions. For your own safety, avoid travelling alone after dark and do not accept a ride/ lift from a stranger.

### **Travel out of Bangalore**

Elective students who wish to travel out of Bangalore on weekends must inform the reception desk at the Annexe-3 regarding their destination and dates of travel. Avoid traveling out of Bangalore alone. To prevent unpleasant experiences, do check available online reviews for the hotels / lodges you plan to stay in. ***Please Note: You will receive a Completion Certificate ONLY for the days you are actually present at St. Johns. If you wish to travel elsewhere, please budget EXTRA time for travel. This rule will be strictly enforced.***

### **Places of Worship**

We have two chapels on campus. One is at the foyer of the Medical College and one on the second floor of the hospital. The Reception will assist you with other details you may require. There are other places of worship nearby.

### **Elective Student Responsibilities**

A culturally appropriate dress code, and behaviour and decorum as befitting a medical college and hospital must be followed.

During postings, students may be assigned to a faculty member as determined by the head of department whom the student will shadow through all areas of work (Outpatient, Inpatient rounds, intensive care, interventional areas, operating rooms, field trips, etc.) The students' responsibilities include observing and performing history and physicals, observing and maybe even assisting in simple procedures at the discretion of the supervising consultant and participating in Undergraduate / Postgraduate teaching programs, including teaching rounds, case discussions, clinical case presentations, lectures, seminars, etc.

Issues related to resource- constrained settings, tropical diseases and health of the community are stressed upon during the posting. Most of our patients are from the rural areas and speak South Indian languages, but our faculty and postgraduate students are well versed in English and will be able to assist you. Please remember our workloads are intense and one may have to be adaptable to circumstances in which teaching occurs.

### **Research Studies**

If elective students wish to conduct research studies, these have to be planned 9 months to one year in advance.

All research studies require to be cleared by the St. John's Institution Ethics Committee (IEC) prior to their implementation.

The project must have a faculty member of St. John's as principal investigator.

All research studies with investigators from overseas institutions will require clearance from HMSC (Health Ministry Scientific Committee). This process usually takes 6 months.

Only after HMSC clearance, will the final IEC approval be granted for the study.

### **Evaluation and Certification**

All elective students will be provided with a certificate of completion for the various departments and days they have actually attended during their elective postings. Subjective evaluations, based upon their participation, performance and presentations, will be provided at the end of the Elective period. Parent institute evaluations, if needed, must be submitted at the beginning of each posting to prepare the supervisor for the task. The certificate is issued by the Dean, St. John's Medical College, Bangalore.

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We look forward to having you at St. John's Medical College and Hospital and we wish you a pleasant and fruitful stay!