

# AMSEP India Booklet 2020/21





Namaste



# Welcome to the Official AMSEP Booklet 2020/21

*Picture Credits  
Temples of India - Canva*

AMSEP India Booklet 2020/21

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*Pictures Courtesy  
AMSEP Japan for India 2019  
AMSEP India for Indonesia 2020*



# Foreword by Regional Chairperson-India

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Hello People of Tomorrow  
Namasté from AMSA-India!

Welcoming you to India, the world's largest democratic country, known mainly for its rich cultural diversity, where people reflect the rich glories of the past with numerous distinctive habits, manners and food items which makes the visit to our country a memorable one.

From the eternal snows of the Himalayas to the cultivated lands of the South, from the deserts of the West to the humid deltas of the East, the cultures and

the traditions of people differ according to their places of origin, and what binds them together is the common recorded history of thousands of years. A subcontinent in itself, being the fashion and the entertainment hub of Asia, you cannot miss dancing to the steps of Bollywood songs or try our traditional dresses.

Our country prescribes a dynamic of the host-guest relationship, 'Atithi Devo Bhava' (The guest is god)

AMSEP India after successfully hosting multiple countries over the past years, looks forward to welcome you with its various cultural and academic opportunities, to the hub of innumerable heritage sites, where tradition meets modernity.

Going through the pages of our official AMSEP Booklet, you can get to know a gist of the cross-cultural & academic experiences we can offer you, with our hospitality and friendship.

*Take that bold step to come out of your comfort zone, travel to a new place, make new friends beyond borders, gain knowledge beyond your careers & have innumerable memories beyond your expectations.*

***Shukriya! Hume aapke jald aane ka intezaar rahega!  
Thankyou! We will be waiting for you to come soon!***

Priyansh Nathani  
Regional Chairperson - India  
Asian Medical Students Association (AMSA)



# Foreword by AMSEP Director

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Namaste, fellow AMSA members!

We, the team of AMSEP India extend a warm welcome to our diverse nation.

India is the birth place of Susrutha, the author of the oldest medical and surgical encyclopaedia known to mankind.

Having immense history from being one of the oldest inhabited places in the world to being a home to one of the seven wonders of the world, The Taj Mahal, India with over 22 languages and hundreds of ethnic groups truly embraces the meaning of unity in diversity.

Under the guidance of AMSA International, AMSEP works tirelessly towards bringing students from all the chapters together and sharing their knowledge and cultural diversity. Learning a great deal from our previous exchanges over the years with recent ones being Japan and Indonesia, AMSEP India offers you an amazing and wholesome exchange experience. AMSEP India is also one of the first chapters in the history of AMSEP International to hold a Virtual Exchange with two countries, Malaysia and Thailand because of the COVID-19 pandemic.

From giving an insight into how our healthcare system works to offering you a glimpse into our rich culture and traditions, you are bound to be mesmerized by the plethora of experiences the exchange has to offer along with being charmed by the hospitality of the Indian people.

*“The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience.”*

*Eleanor Roosevelt*

*Dhanyawaad, aap ka intezaar rahega!  
Thank you and look forward to meeting you!*

Preeyati Chopra  
Director AMSEP - India  
Asian Medical Students Association (AMSA)





# Exploring India



India, a country that occupies the greater part of South Asia represents a highly diverse population consisting of thousands of ethnic groups and likely hundreds of languages. It is one of the oldest civilisations in the world with a kaleidoscopic variety and rich cultural heritage and is marked off by its mountains and the seas, giving the country a distinct geographical entity.

Indian culture is an amalgamation of several distinct cultural and religious communities. India is one of the most religiously and ethnically diverse nations in the world with each festival celebrated with zeal and enthusiasm.

Indian cuisine known for its spice and use of numerous ingredients deploys a wide range of food preparation styles, cooking techniques, and culinary presentations. The cuisine varies from region to region, reflecting the local produce, cultural diversity, and varied demographics of the country. Every bite leaves you with a lingering aftertaste of its rich heritage and history.

Indian performing arts act as a powerhouse for colourful and mythologically rich ideas which showcase resplendent costumes, dazzling jewellery, quaint adornments and the art forms sew a cultural lore. From formal arts of dance and music, to the strong free form of folk theatre culture, each have lent their own influence on Indian aesthetics.

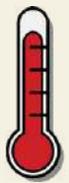
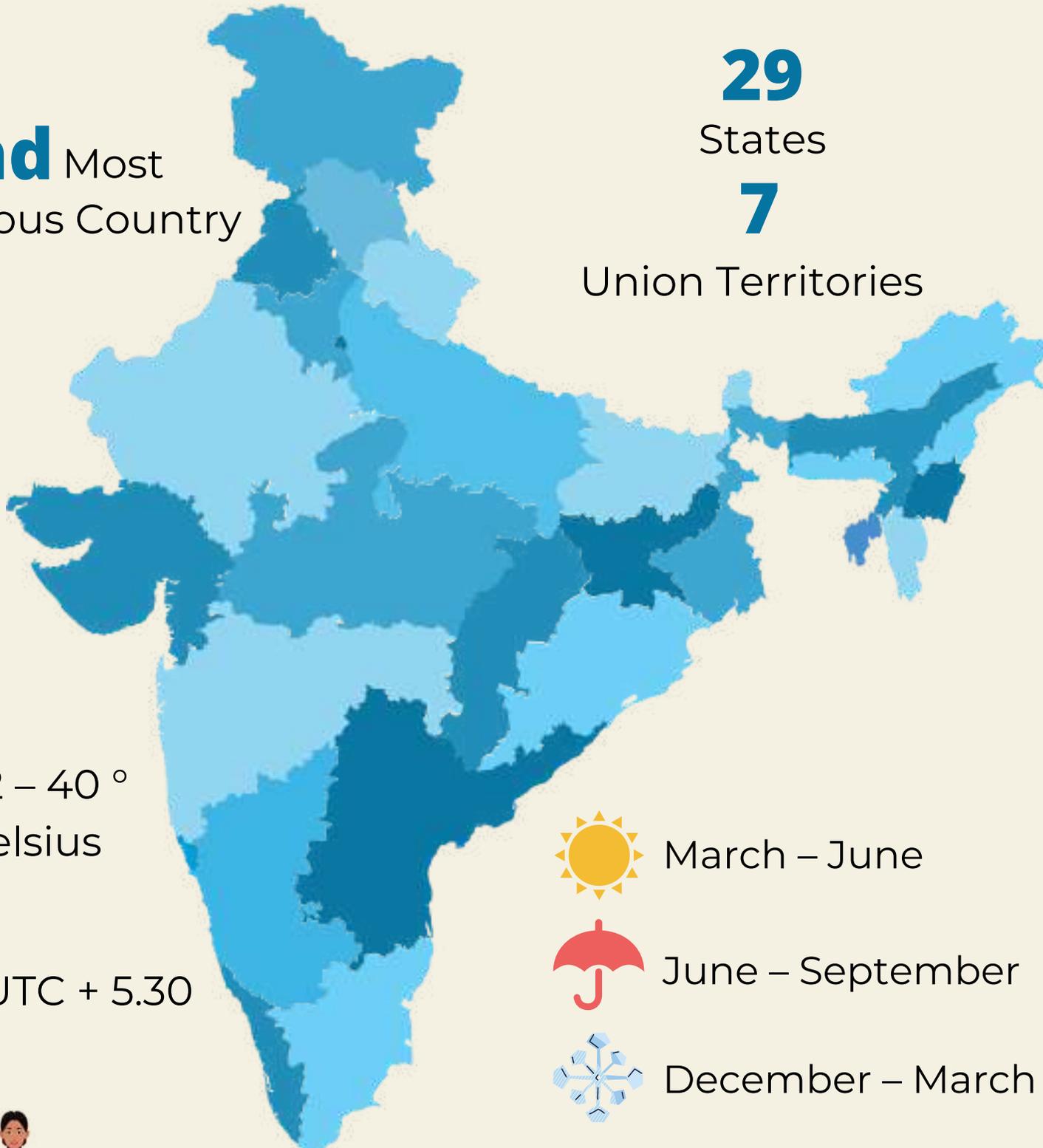
# अतुल्य! भारत

# Incredible! India

**2nd** Most  
Populous Country

**29**  
States  
**7**

Union Territories



32 – 40 °  
Celsius



UTC + 5.30



March – June



June – September



December – March



**1.3526 Billion**  
inhabitants

Graphics Credits - Canva





# ASIAN MEDICAL STUDENTS' ASSOCIATION - INDIA

KNOWLEDGE. ACTION. FRIENDSHIP.

Asian Medical Students' Association (AMSA) regularly undertakes national and regional projects, provides humanitarian assistance at times of need, produces quarterly student publications and liaises with the World Health Organisation, the Association of Medical Doctors of Asia and many other international and regional medical student organisations.

AMSA India represents Indian medical students' interests in all the spheres of our society and thus provides an excellent platform for their empowerment.

The activities involve medical students by allowing them to participate in various national and international conferences like EAMSC and AMSC, academic bonanzas and philanthropic work. The directive of our organization is to inform, educate and counsel every medical student of India.

With a triune motto of **Knowledge, Action and Friendship**, AMSA aims to promote scientific and medical activities, kindle concern for the community and build good relationships among our colleagues .





## Executive Board 2020/21

**Regional Chairperson**

Priyansh Nathani

**General Secretary**

Rounak Verma

**Vice Overall Chairperson (Internal)-VOCI**

Avi Singh

**Vice Overall Chairperson (External)-VOCE**

Khushman Kaur Bhullar

**Secretary of Finance**

Parth Doshi

**Director of Public Health**

Saundarya Monga

**Director of Memberships & Development**

Luv Gupta

**Director of AMSEP**

Preeyati Chopra

**Assistant VOCE**

Gunteshwar Brar

**Assistant VOCI**

Oshin Puri

**Director of Academics**

Chitwan Ghuman

**Secretary Partnerships (GOs)**

Ganeev Singh

**Secretary Partnerships (NGOs)**

Gul Kalra

**Secretary of Publication and Promotion**

Japmehr Kaur Sandhu

**Secretary of Newsletter**

Asmitha P. Reddy

**Editor Newsletter**

Anushree Rai

**Director of Information Technology**

Samarvir Jain

**Secretary Marketing & Sponsorships**

Malika Gupta

# ASIAN MEDICAL STUDENT EXCHANGE PROGRAMME -INDIA



AMSEP: Asian Medical Students' Exchange Programme is a subsidiary of AMSA International which establishes an exchange program between students of different AMSA chapters since 2003.

AMSEP creates opportunities for international preclinical and clinical exchanges between AMSA International chapters. Participating students not only learn about the healthcare and medical education system, they also have a great chance to experience the cultural aspects of the exchange country in a social program. They are also encouraged to participate in social service activities, which may include visiting patients or foster homes. Lastly, the students are given the opportunity to develop long lasting international friendship with the people they meet during the exchange program.

AMSEP India has recently had a successful exchange with Japan in 2019 and Indonesia in 2020. We look forward to many more fruitful exchanges in the coming years!



# AMSEP India Objectives



To provide exchange opportunities for members of the AMSA India along with in-between the annual conferences.



To foster AMSA's vision of Knowledge, Action and Friendship.

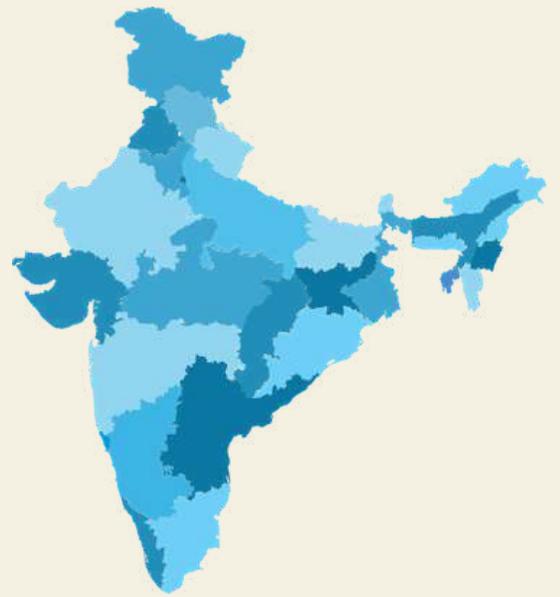


To strengthen the existing bonds between AMSA Chapters.



To develop competent and culturally-relevant members of the AMSA International community, via clinical or research opportunities.





## **AMSEP Team 2020/21**

Director AMSEP  
Preeyati Chopra

National Officers  
Rahul Rangan  
Rishabh Aggarwal  
Sartaj Singh  
Tanisha Suvarna





# Previous AMSEP

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## INBOUND

AMSEP India for Japan  
Christian Medical College, Ludhiana  
August 19-27 2019

AMSEP India for Malaysia  
Cumulative Framework  
June 3-10, 2020 (VIRTUAL)

AMSEP India for Indonesia  
JNMC, Wardha  
February 21-27, 2020

AMSEP India for Thailand  
Cumulative Framework  
June 3-10, 2020 (VIRTUAL)

## OUTBOUND

AMSEP Japan for India  
Osaka University  
March 9-16, 2019

AMSEP Malaysia for India  
The National University of Malaysia (UKM)  
June 3-10, 2020 (VIRTUAL)

AMSEP Thailand for India  
Mahidol University & Chulalongkorn University  
June 3-10, 2020 (VIRTUAL)





# Academics



# Academics in India

India is a country specially known for its excellent medical education. The curriculum is based such that it keeps adapting according to community needs, educational advancements and technological revolutions.

Medical education in India can be traced back to the era of Charaka and Sushruta who had their own doctrines in treating and teaching indigenous systems of Medicine in ancient India. Later on, several institutions were developed to train students in indigenous systems of medicine such as Ayurveda, Unani, Homeopathy, and Siddha were established throughout the country.

Currently India is at the forefront when it comes to clinical education and research.

Clinical experiences leave students with exposure to a wide range of patients and cases. A large range and volume of patients help students to build a comprehensive outlook on diseases and their cure.

Research is an Integral part in the curriculum. The Indian Council of Medical Research (ICMR) is the apex body in India for the formulation, coordination and promotion of biomedical research, is one of the oldest and largest medical research bodies in the world.

From state of the art technology to providing basic health care, India covers it all and you can witness it for yourself during the exchange!





# Community Service

# Community Service in India

India staunchly believes in inculcating a sense of community service from the very early age of student life.

Community service plays a vital role in sensitising students/children by providing an opportunity to imprint empathy to understand that not every individual is as fortunate as them.

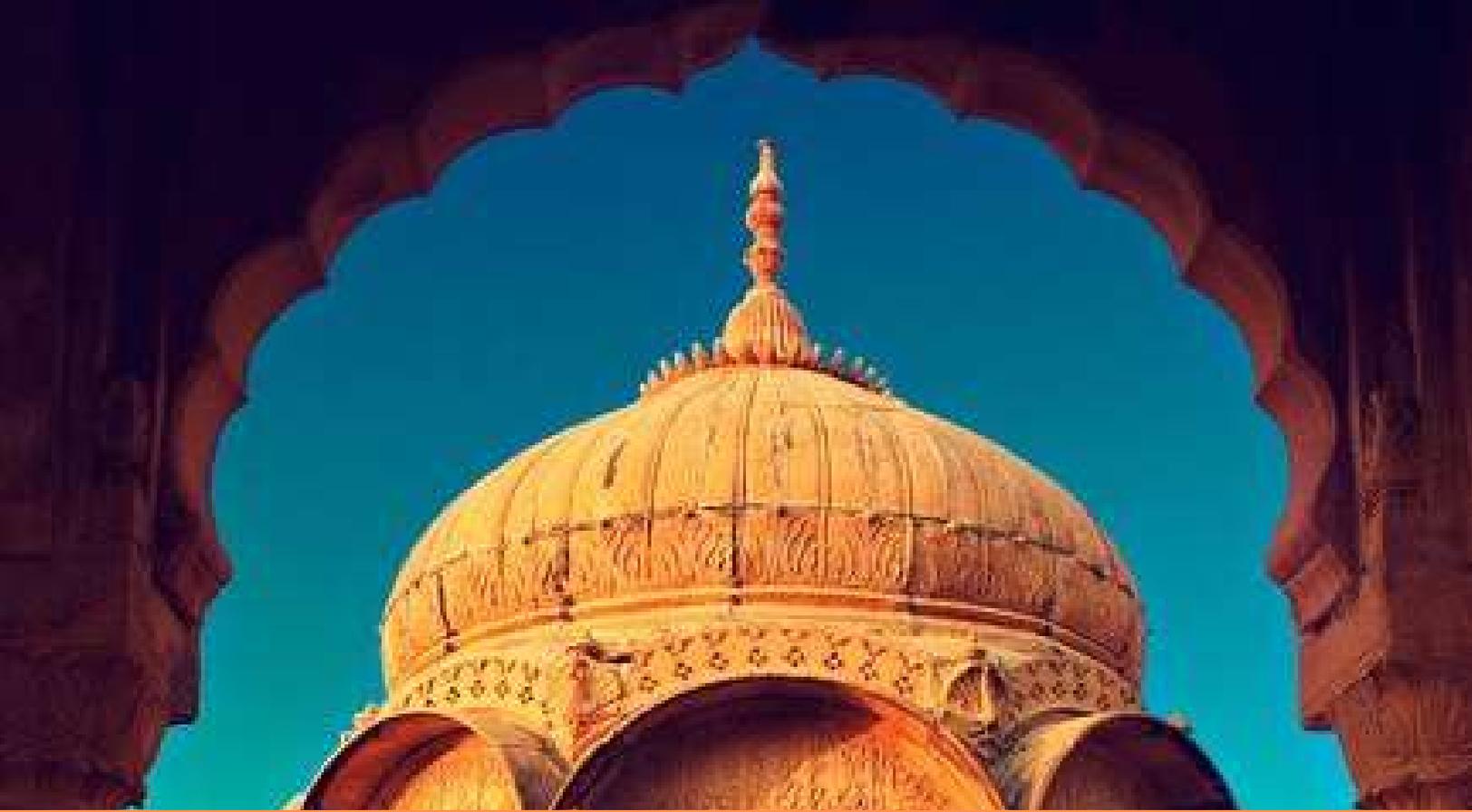
Be it Governmental or Non Governmental organisations, students play an important role by helping raise funds, provide manpower, or just support them in their endeavours to make the community a better place.

There are three major components to Community Service :

- \* The service component where the student has to spend time serving in the community.
- \* A learning component where students seek out or are taught information that they integrate into their service.
- \* A reflection component that ties service and learning together.

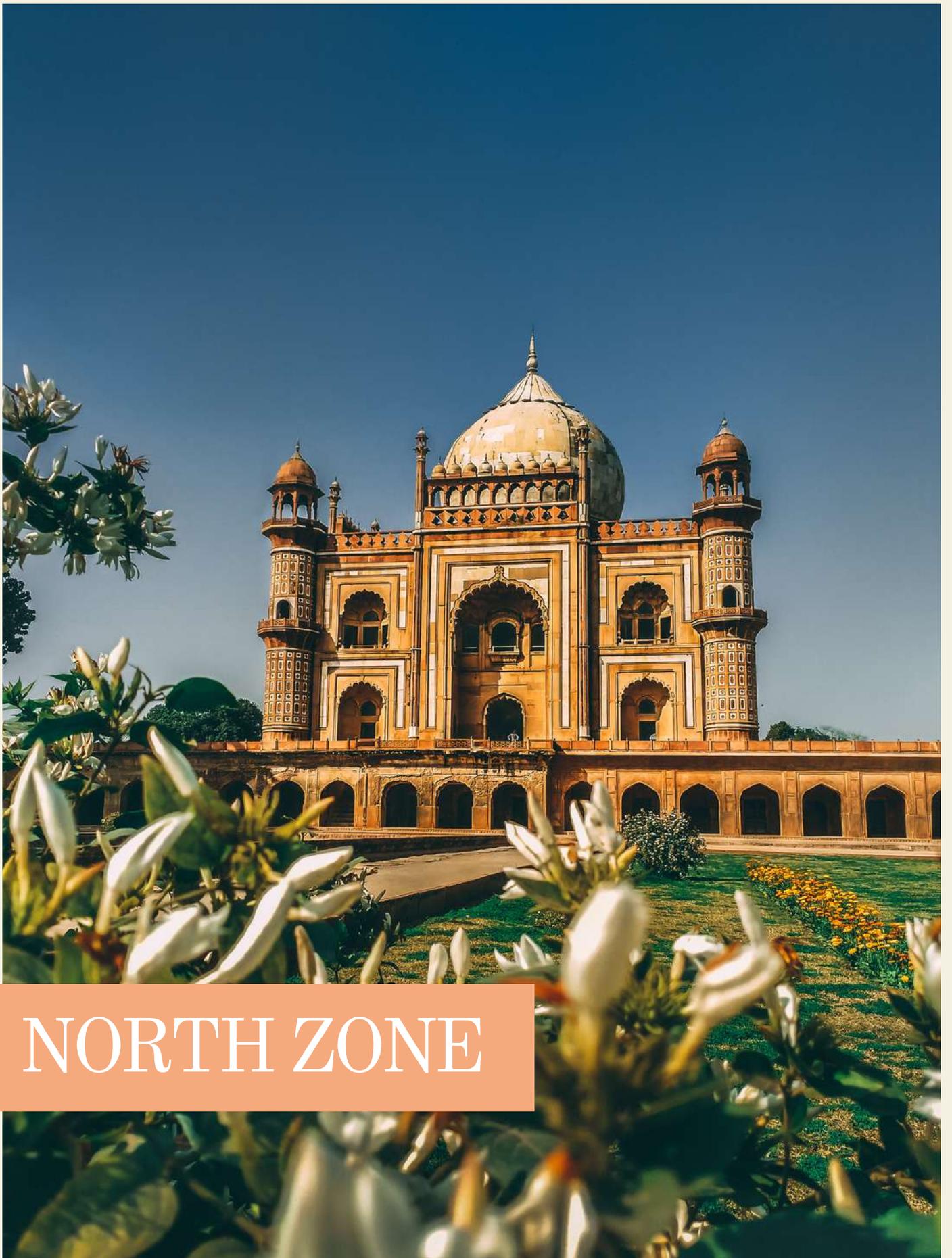
This gives the student a holistic idea on how to make a lasting, positive impact on society and helps the student acquire certain life skills which can sensitising them in becoming better health care professionals in the future.





# Hosting Universities





# NORTH ZONE

Picture credits :  
Templates of India- [Canva](#)





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# MAMC, Delhi

(Maulana Azad Medical College)

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# MAMC, Delhi

The college was established in 1958 with Irwin hospital (now the Lok Nayak Hospital) attached to it.

With its eminent faculty, high standards of education, research and patient care it attracts some of the finest young minds seeking a career in the medical sciences.

Attached to the college are 4 other institutes.

- Lok Nayak Hospital,
- GB Pant Institute of Postgraduate
- Medical Education Research,
- Maulana Azad Institute of Dental sciences
- Guru Nanak Eye Center





## LOCATION

Located on the Bahadur Shah Zafar marg of the capital of India, New Delhi, this institute spreads over a campus of 122 acres.



## DELHI

Hemmed in by the mighty Yamuna River, Delhi is rich in history and has witnessed the rise and fall of seven successive dynasties. The traces of its rich history are still scattered around the city. A riot of different experiences, Delhi is not just one city, but many different cities in one.

Visit Delhi and let the city impress you with its versatility!



*Picture credits*

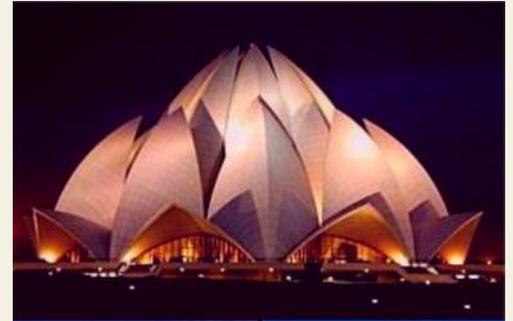
*Monuments and places -Google images*

## PLACES TO VISIT

Delhi is known for its many ancient monuments like the Qutub Minar, Humayun's Tomb, Jama Masjid and the Red Fort, temples like the ISKCON Temple and Akshardham among others.

The political capital of India, Delhi, also houses buildings of political importance like the majestic Rashtrapati Bhavan, the Parliament House and the North and South Blocks. Delhi is also a shopper's paradise. When in Delhi, do make it a point to pick up mirror work bags and table cloths, brassware carved woodwork and quirky souvenirs and imitation jewellery.

*Picture credits: Monuments, Food -Google images*



## FOOD

When it comes to food, Delhi has enough and more to tantalise your taste buds. Right from the succulent kebabs and spicy chaat of Old Delhi to the trendy new restaurants in the city where you can sample some of the best Continental, Mexican and Italian cuisine, Delhi has something for all tastes.



## TRANSPORT



Situated in the capital of India, it is well connected with the world and all parts of the country by flights, trains and even buses. While the metro is the fastest way to commute locally, you will also have easy access to Taxis (regular, ola, uber) and rickshaws. Don't forget to take a ride on the unique cycle rickshaws.



## SPECIAL FEATURES

With multiple special centres like the Genetic , IVF, Haemophilia day care, Child development, Clinical skill and HIV centre makes MAMC an excellent place to learn.

It's hospital boasts of 2800 beds, 7200 daily outpatient attendance and 47 operation theatres running daily.





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# CMC, Ludhiana

(Christian Medical College)

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# CMC, Ludhiana

Christian Medical College & Hospital, Ludhiana is an educational and research institution of an all India character established and run by the minority Christian community.

Founded in 1894, it was the first medical school for women in Asia which offers undergraduate, post-graduate and super specialty.





## LOCATION

Christian Medical College is situated in a large campus not far from Ludhiana Railway Station, on both sides of the Brown Road.



## LUDHIANA

Founded during the rule of the Lodi Sultans in the 15th century, Ludhiana is better known as Punjab's manufacturing hub.

It is situated on the Grand Trunk Road running from the border through to Delhi, and is an important railway junction.



*Picture Credits :  
Monuments and Places - Google images*

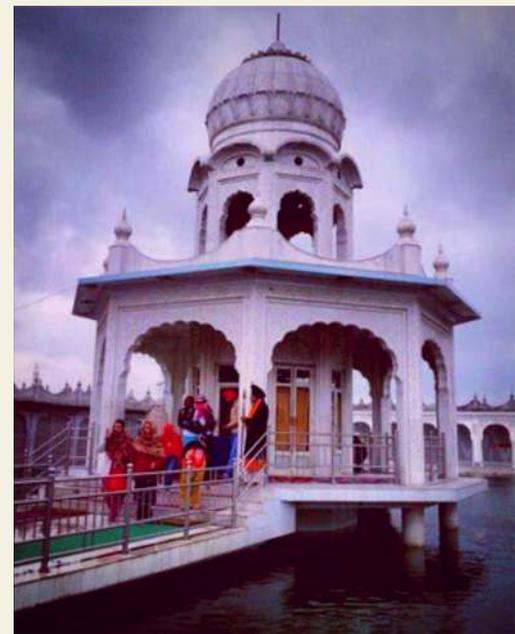


## PLACES TO VISIT

If you want to see Ludhiana's heritage, then the Punjabi Heritage Museum is not to be missed.

Tiger Safari on GT road, Hardy's world near Phillaur and the Rakh Bagh will mesmerise your senses. Beautiful gurudwaras like Alamgeer sahib, Rara sahib, Fly sahib, Dukh niwaran sahib and Manjisahib in the vicinity are a must visit.

The Punjab Agricultural University is home to the Museum of Rural Life, which displays pottery, musical instruments and traditional Punjabi clothing. Nearby, leafy Nehru Rose Garden features ornamental fountains and more than one thousand different rose varieties. To the north, Maharaja Ranjit Singh War Museum documents Punjabi military history.



Picture credits - Monuments, food - Google images



## FOOD

Ludhiana is famous for its chicken which is available in all possible tastes and varieties. Chawla's cream Chicken (Various locations), Babas Chicken are two such shops. From Stuffed naans, chole bhature, pooris and chaat to having mouth watering desserts at Dhodha Sweet House, Ludhiana has it all!





## TRANSPORT

The airport at Sahnewal, about 10 km away Ludhiana along with numerous trains and buses make Ludhiana well connected to all major places.

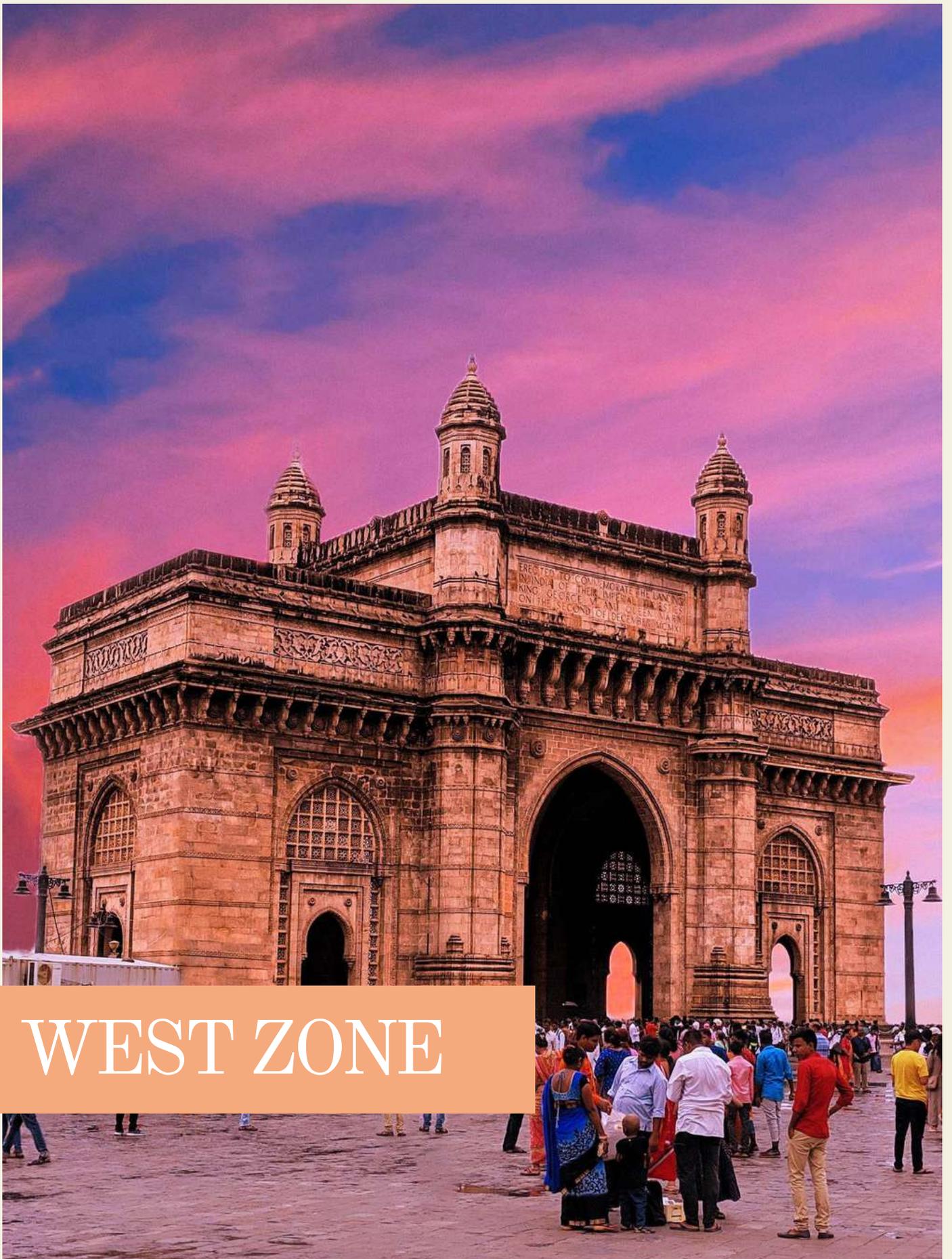
While auto rickshaws are the most popular mode of transport, you also have local buses as well as cars on hire to help you explore the city.



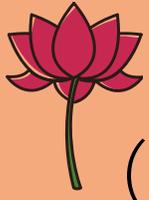
## SPECIAL FEATURES

The Betty Cowan Research and Innovation Centre is unique to CMC Ludhiana. The centre was formed based on a vision for a centre of excellence where research ideas/activities and innovative approaches could be included and encouraged amongst the faculty and students.





# WEST ZONE



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# JNMC, Wardha

(Jawaharlal Nehru Medical College)

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Picture credits -  
JNMC, Google images



# JNMC, Wardha

Jawaharlal Nehru Medical College (JNMC), Wardha is well known as a center of excellence in the state.

The medical college started in the year of 1990 and it is a constituent part of Datta Meghe Institute of Medical Sciences University, Nagpur.

It is located away from the hustle and bustle of the city amidst serene surroundings in a self sustaining complex with an excellent academic ambience.





## LOCATION

The constituent units of this Deemed University are located in a 125 acre campus in Sawangi (Meghe), Wardha about 80 kms from Nagpur, Maharashtra, India, which is the geographic centre of India.

## WARDHA

Wardha is a city and a municipal council in the Indian state of Maharashtra. It gets its name from the Wardha river that flows along the boundaries of the district. It is also dubbed as the "Karm bhoomi" of Gandhiji. This small and peaceful city is full of life and will revitalize you with its homely environment.



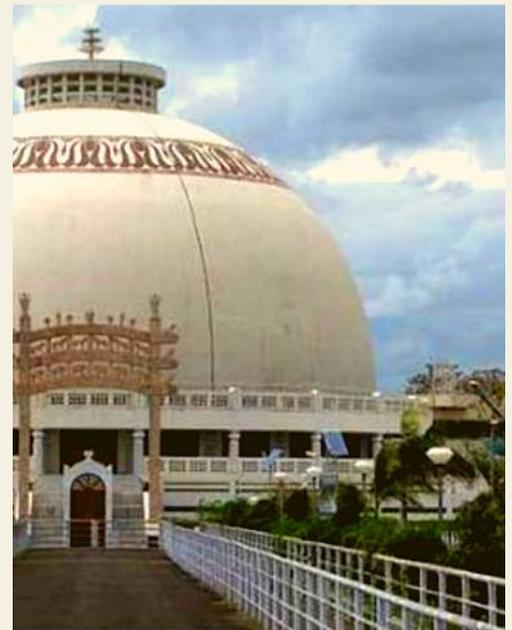
*Picture credits*

*Monuments and places - Google images*



## PLACES TO VISIT

- Bapu Kuti a.k.a. Mahatma Gandhi ashram is one of the most famous landmarks of Sevagram. Its serene and peaceful atmosphere will take you back for a glimpse of our magnificent history.
- Vishwahanti Stupa - A large white coloured peace pagoda. It also has a small Japanese Buddhist temple and a large park in the premises.
- Nagpur also called the Orange city, or the winter capital of Maharashtra is a perfect blend of entertainment, culture and cuisine . Among most famous landmarks are the Futala lake, Chokidhani, Dhamma chakra stupa and the Lata mangeshkar musical park.



## FOOD

- RASOI - It offers a vast variety of local delicacies with an 'All you can eat' experience.
- CHOKI DHANI - A visit to Choki Dhani never fails to captivate its audience with its exuberant activities such as dance, magic shows, puppet shows, games and camel/elephant rides and lipsmacking food.

## TRANSPORT

Wardha is very well connected by road, rail and air (via Nagpur) to all the major cities in the country and abroad. The local airy rickshaws are best way to commute across this beautiful city.



## SPECIAL FEATURES

- **BLS AND VIRTUAL DISSECTION LAB**

DMIMS is proud to host a Virtual dissection lab that not only makes dissection easier to understand but also includes detailed explanation and interactive videos for an overall excellent learning experience.

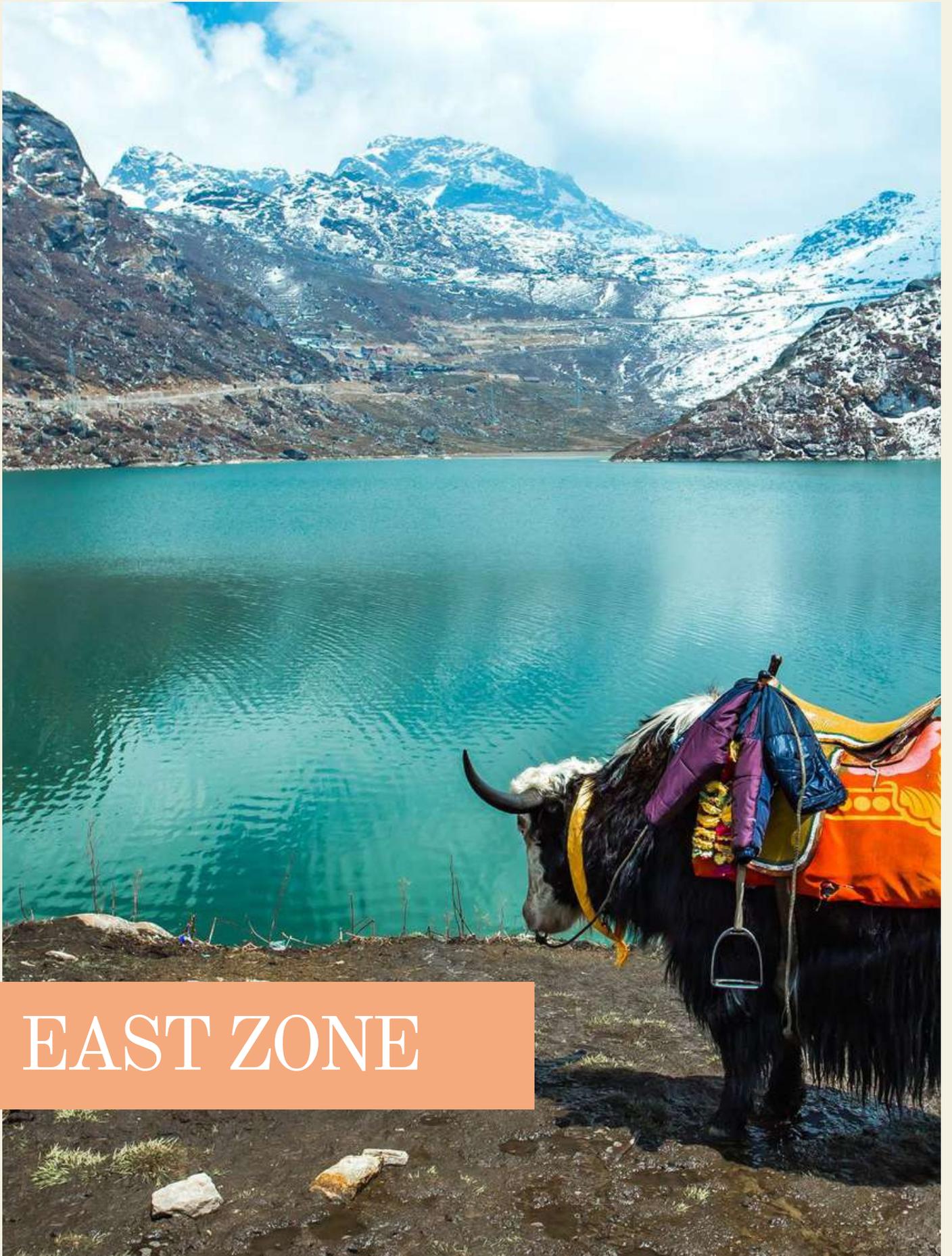
- **AVBRH IVF AND CATH LAB**

A visit to the well equipped IVF lab and a demonstration of various treatments such as: IUI, ICSI, embryo freezing, laser assisted hatching, and surrogacy will help students gain deep insight into this wonderful field of medicine.

- **PRP LAB**

Platelet rich plasma (PRP) injections are a treatment option for patients with chronic injuries to muscles, tendons and ligaments. A visit to the PRP lab will give you a clear insight into blood centrifugation via demonstration.

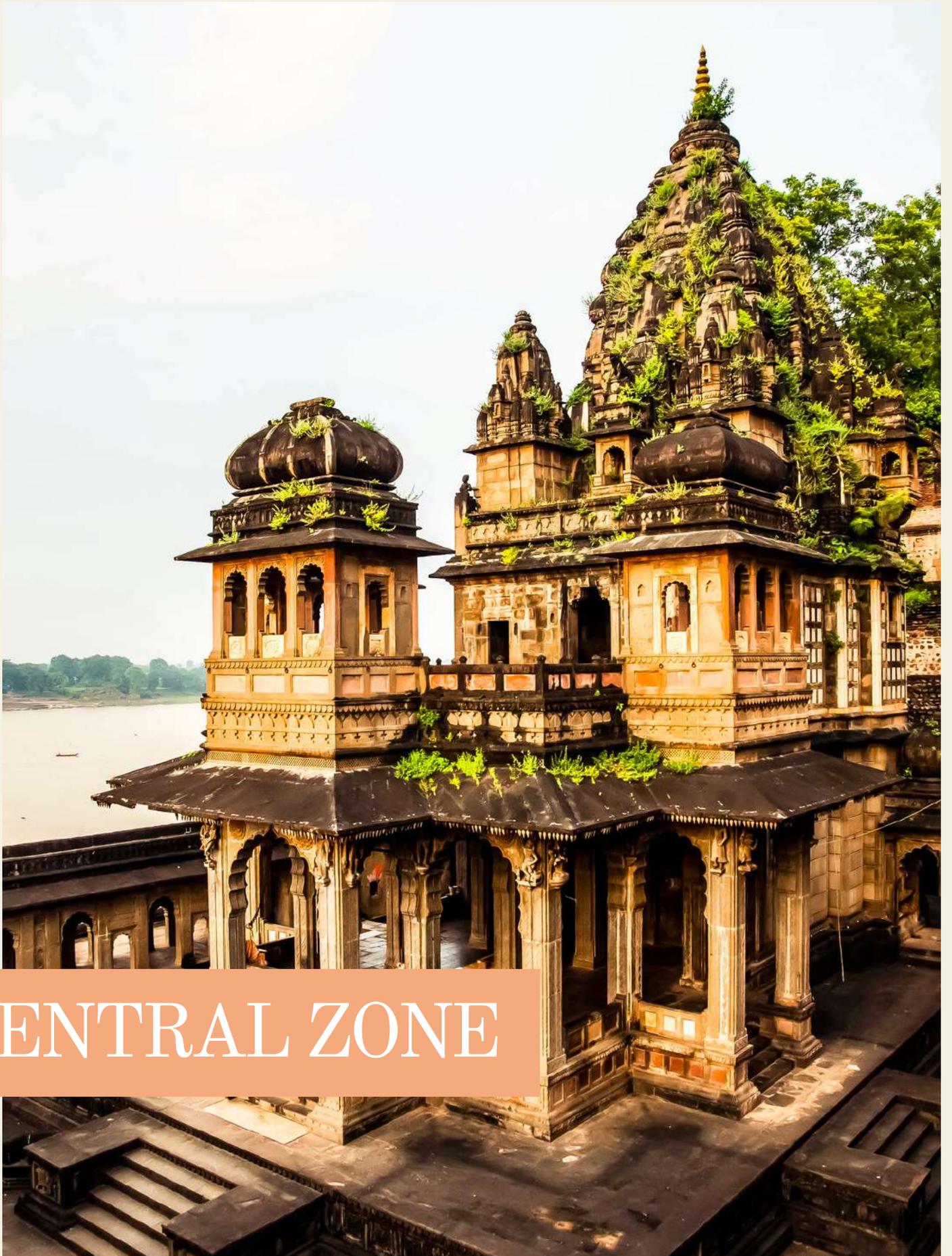




# EAST ZONE

*Picture credits - Google images*





# CENTRAL ZONE

Picture credits - Google images

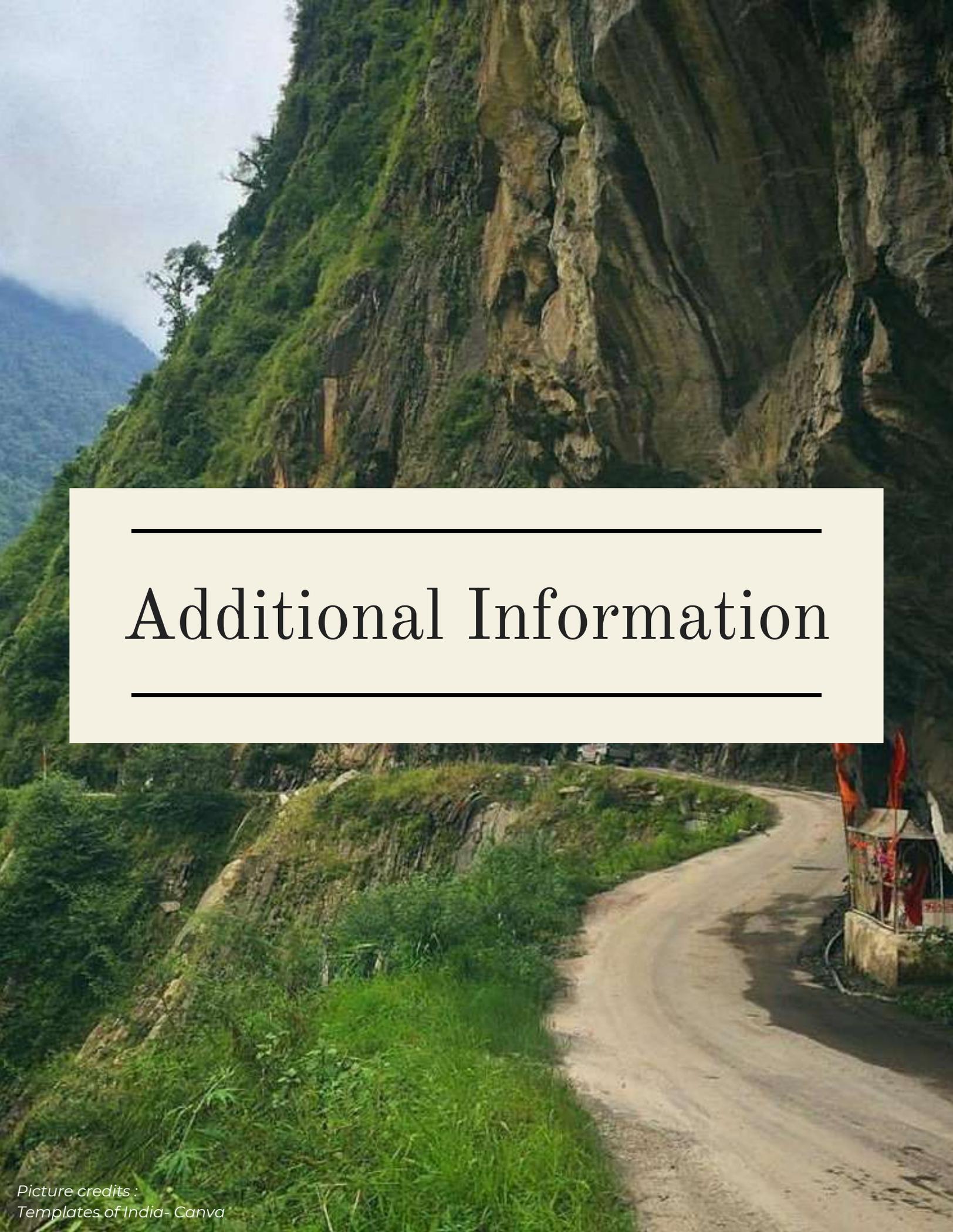




# SOUTH ZONE

Picture credits - Google images





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# Additional Information

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# Currency



The official currency of India is the Indian rupee (sign: ₹; code: INR).

The sign, “₹” was derived from the combination of the Devanagari consonant "₹" (ra) and the Latin capital letter "R" without its vertical bar. The parallel lines at the top (with white space between them) are said to make an allusion to the tricolour Indian flag, and also depict an equality sign that symbolises India’s desire to reduce economic disparity.

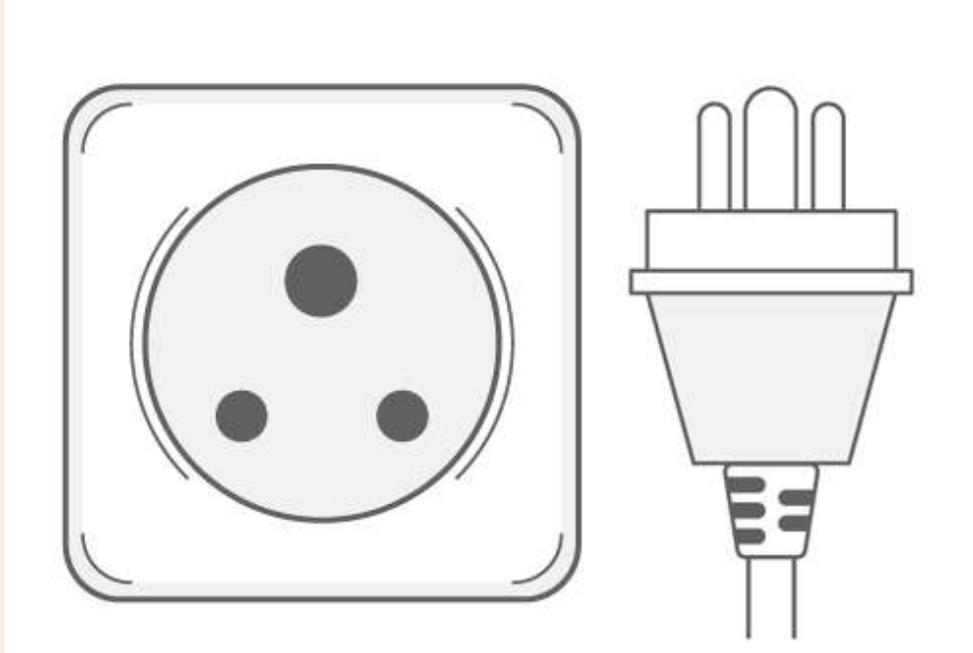
In India, presently, there are paper currencies that are issued in the denominations of 5, 10, 20, 50, 100, 200, 500, and 2000. Coins in India are issued in denominations of one rupee, two rupees, five rupees and ten rupees.

Beware, ATM’s have withdrawal limits as low as ₹20,000/- per day and only accept denominations as round figures. Larger notes might be challenging to break in isolated non-tourist areas. Therefore, we suggest you procure the necessary change via exchanging the high-value note for a smaller one at no charge from a local bank branch.

ATMs are widespread. Visa, MasterCard, Cirrus and Maestro are the most commonly accepted cards. ATMs at Axis Bank, Citibank, HDFC, HSBC, ICICI and State Bank of India recognise foreign cards.

**Before your trip, check whether your card can access banking networks in India and ask for details of charges. Notify your bank that you’ll be using your card in India to avoid having it blocked; take along your bank’s phone number just in case. Always keep the emergency lost-and-stolen numbers for your credit cards in a safe place, separate from your cards, and report any loss or theft immediately.**

# Electricity



The standard voltage is **230 Volts** and the frequency is **50 Hertz**. Plugs have two round pins. You can use your electric appliances in India, if the standard voltage in your country is in between 220 Volts - 240 Volts.

If the standard voltage in your country is in the range of 100 Volts - 127 Volts, you need a voltage converter in India. To be sure, check the label on the appliance. Some appliances do not need a converter.

If the label states 'INPUT: 100-240V, 50/60 Hz' the appliance can be used in all countries. This is common for chargers of tablets/laptops, photo cameras, cell phones, toothbrushes, etc..

# Passport

- To enter India you need a valid passport and an onward/ return ticket, and a visa.
- Note that your passport needs to be valid for **at least 180 days after your entry** into India, and should have at least two blank pages. If your passport is lost or stolen, immediately contact your country's representative.
- Keep digital photos or photocopies of your airline ticket and the identity and visa pages of your passport in case of emergency.

# Visa

- **Visitors to India must obtain a visa from an Indian diplomatic mission** unless they come from one of the visa-exempt countries or a country whose citizens may obtain a visa on arrival, or an e-Visa (valid 60 days) online.
- Apart from citizens of Nepal, Bhutan and the Maldives, who don't need visas for India unless they are arriving from mainland China, and citizens of Japan and South Korea, who can obtain a visa on arrival, everyone needs to apply for a visa before arriving in India.
- However, more than 150 nationalities can obtain the wonderfully hassle-free 60-day e-Visa.
- There's also a six-month tourist visa, which is valid from the date of issue, not the date of arrival in India.



# Basic Necessities

## Dress code -

Clothing should be respectful of the culture, no matter where you are.

Those you meet will appreciate your cultural sensitivity if you dress according to local standards.

Try to steer clear of sleeveless tops, shorts, short skirts (ankle-length skirts are recommended) and anything that's see-through, tight-fitting or reveals too much skin.

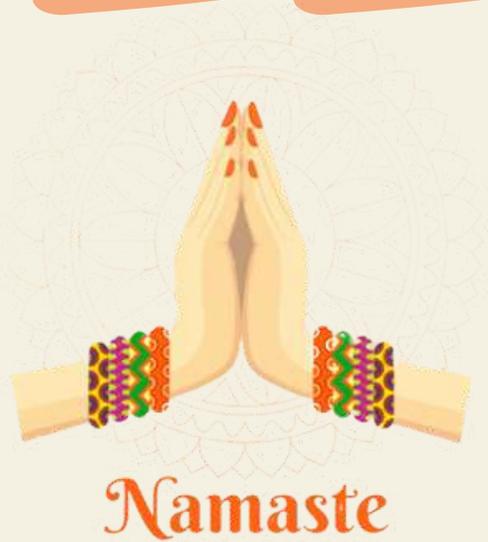
Try to bring clothes appropriate for the season in which the exchange is taking place.

## What to Bring -

- Suitable Clothing
- Electrical equipment such as mobile phone, laptop, camera, chargers, extension cords, etc.
- Umbrellas/Raincoat (Depending on the season)
- Personal healthcare equipments including prescription drugs, inhalers, Insect repellent, Sunscreen, etc.
- Money
- Passport, VISA and other administrative documents



# Etiquette in India



**Namaste**

- **Greeting** - The traditional Indian form of greeting is the “namaste”, which literally translates as, “I bow to the divine in you”. To greet someone with a “namaste”, bring your hands together with palms touching in front of your chest in a graceful fashion. This is appreciated and shows respect for Indian customs.
- **Clothing** - Kindly don modest outfits at all times.
- **Shoes** - It’s polite to remove your shoes before entering homes and places of worship.
- **Photos** - It’s best to ask before snapping people, sacred sites or ceremonies.
- **Feet** - Avoid pointing the soles of your feet towards people or deities, or touching anyone with your feet.
- **Smoking** - Prohibited in public areas such as hospitals, cinema halls, public transport, etc..
- **LGBT+ Travellers** - India's LGBT+ scene remains relatively discreet, though less so in metropolitan cities. Public displays of affection are frowned upon for both homosexual and heterosexual couples.
- **Language** - Please do not pass any racial or ethnic remarks that may be offensive to any person, caste or community in India.



# Contact us

## REGIONAL CHAIRPERSON

Priyansh Nathani

rcindia@amsaindia.in

rcindia@amsa-international.org

+91 8828245855

## DoAMSEP India

Preeyati Chopra

amsep@amsaindia.in

amsepindianationalteam@gmail.com

+91 84370-46788



.@amsepindia



amsep\_india



www.amsaindia.in

www.amsep.amsaindia.in

## Booklet prepared by:

- Preeyati Chopra
- Rahul Rangan : rahul.rngn@gmail.com
- Tanisha Suvarna :  
tanishasuvarna21@gmail.com





[www.amsep.amsaindia.in](http://www.amsep.amsaindia.in)