

WMBBS

A guide to wellbeing for medical students



Introduction to the subjects

Studying biology in school or pre-university is very different from studying medicine in college. There are only three subjects that you will study in the first year and they will all be taught in great detail. Many students find this change in syllabus hard to adjust to and feel overwhelmed. Here's a brief introduction to the subjects and some tips that will help make it more manageable.

Human anatomy in its broadest sense, is the study of the structure of an object; in this case, the human body. Human anatomy deals with the way different parts of human beings – from molecules to bones – interact to form a functional unit.

Here are some tips to help you study human anatomy:

- Categorize each bone by type, the joints formed by it, identifying the type of joint to describe and demonstrate the movement occurring at that joint.
- Practice surface marking on the cadaver; compare it with living anatomy by repeating this on yourself or your friends (after having taken their consent!).
- Never miss a dissection class, and chance to dissect. See the dissected specimens in all the dissection tables.
- Remember that in the first-year all you are expected to do is identify the normal anatomical structures in the X-ray, and none of the abnormalities present - so try and avoid being a radiologist this early in your MBBS course.

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