

PONDICHERRY INSTITUTE OF MEDICAL SCIENCES
(A Unit of The Madras Medical Mission)
Department of Community Medicine

FAMILY ADOPTION PROGRAM

The Family Adoption Programme (FAP) is a key initiative introduced by the National Medical Commission under the Competency-Based Medical Education (CBME) Guidelines 2024 of the Government of India. It is designed to provide experiential, community-based learning by assigning each medical student a set of families (usually 3–5) in rural or underserved areas. Students follow these families longitudinally over the course of their MBBS training, enabling them to understand not only disease patterns but also the social, economic, environmental, and cultural determinants of health. The programme is integrated into the Community Medicine curriculum and begins from the first professional year, with competencies progressing in a structured manner throughout the course. Orientation to the programme is introduced during the Foundation Course, aligned with the “Field Visit to Community Health Centre” component as per the Graduate Medical Education Regulations (GMER) 2019.

Under CBME 2024, the programme emphasizes continuity of care, preventive healthcare, and early clinical exposure. Students regularly visit their adopted families to assess health needs, provide health education, and facilitate access to healthcare services under supervision. This sustained engagement fosters the development of essential skills such as communication, empathy, leadership, and public health competence. By bridging the gap between theoretical knowledge and real-world practice, the Family Adoption Programme strengthens community-oriented primary care and aligns undergraduate medical training with national health priorities.

Targets & Competencies – Family Adoption Programme (CBME 2024)
Phase I (1st Professional Year)

Targets

- Build rapport and trust with families
- Understand community structure and living conditions
- Identify health problems, risk factors, and needs
- Formulate basic health objectives for each family

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Pondicherry - 605 014

For website.
R. R. V.
10/09/26.

Competencies

- Collect demographic and socio-economic data
- Perform basic history taking and clinical examination
- Assess environmental, nutritional, and social factors
- Motivate families for participation in health programs
- Develop communication and interpersonal skills

Phase II (2nd Professional Year)

Targets

- Act as first point of contact for families
- Ensure regular follow-up and continuity of care
- Promote preventive and promotive healthcare practices
- Facilitate utilization of health services

Competencies

- Conduct detailed clinical examination of all members
- Screen for diseases (including NCDs)
- Provide health education (nutrition, hygiene, lifestyle)
- Ensure compliance with treatment and follow-up
- Refer patients appropriately and coordinate care

Phase III (3rd Professional Year)

Targets

- Strengthen community-level healthcare delivery
- Participate in public health programs
- Improve overall health status of families

Competencies

- Analyze health data and vital statistics
- Understand functioning of health system and frontline workers (ASHA, ANM, AWW)
- Participate in VHNDs, outreach camps, and national programs
- Plan and implement small community health projects
- Work with local bodies/NGOs for health promotion
- Evaluate impact of interventions on family health

Details of Adopted Community:

Batch	No. of Students	FAP Field Area	Population Covered	No. of Visits	Pincode
2023	150	Muthialpet -Tsunami Quarters, Solai nagar & Ambedkar nagar	991	16	605003
2024	150	Anumandhaikuppam	4625	10	604303
2025	150	Kottakuppam	1400	4	605104

List of Faculty, Postgraduates and Medical Social Workers involved in FAP:

Name of Faculty involved in FAP	Name of PG's	Name of MSW's
Dr Anil J Purty,Professor & HOD	Dr.Vignesh D	Mrs Kamatchi
Dr Joy Bazroy ,Professor	Dr Nallamma E	Mr Keshav
Dr Rajesh Kumar Konduru,Professor	Dr Pradhap V	Mr Tamilarasan
Dr Murugan N,Professor	Dr Urmila S	Mrs Jayasree
Dr Stalin P,Professor	Dr Bindhu Charles Selvaraj	Mrs Annapoorani
Dr Velavan A,Professor	Dr ShivniSheeja R	Mrs Suganya
Dr Manikandan M,Professor	Dr Dinesh S	
Dr Saranya R,Assistant Professor	Dr Suganya E	
Dr Roselin M,Assistant Professor	Dr Elamthendral S	
Dr Nandhini M,Assistant Professor	Dr Akshaya N R	
Dr Vasanthakogilam M,Assistant Professor	Dr Sedhuraman S	
Dr Karthik V, Senior Resident	Dr Pugazhendhi R P	
Dr Arun Kumar R, Senior Resident		
Dr Roshinee S, Senior Resident		
Dr Josphine Priscilla C, Senior Resident		

Report on Family Adoption Program – Batch 2023

The villages covered under the program are Ambedkar Nagar, Tsunami Quarters, and Solai Nagar, located in Muthialpet, Pondicherry. Each student has been allotted 5 families. The students visited their allotted families over a period of three years. On each visit, the students learned about details of the family, their environment, knowledge and attitude towards various diseases, and dietary pattern among family members of each family.

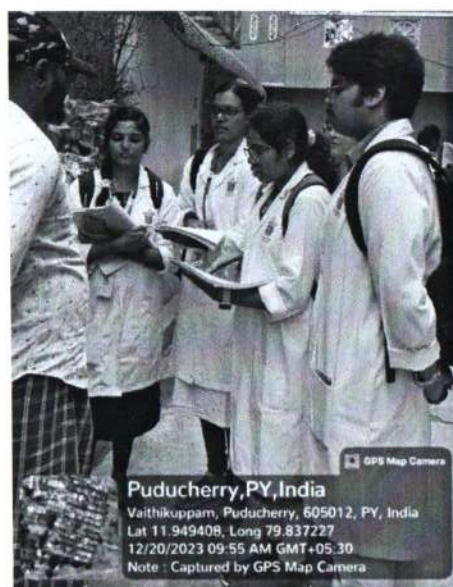
Summary of visits and activity done:

Date	Visit	Type of Activity
28.10.2023	Visit-1	Orientation & introduction to FAP and families
01.11.2023	Visit-2	Medical camp & health education (Solai Nagar)
20.12.2023	Visit-3	Rapport development with the families
27.01.2024	Visit-4	Village profile and mapping
24.02.2024	Visit-5	Family profile & socio-demographic data
23.03.2024	Visit-6	World TB day rally; Housing & environmental conditions
27.04.2024	Visit-7	Social problems & nutritional assessment
17.05.2024	Visit-8	Health education & environmental activities
22.06.2024	Visit-9	History taking & clinical examination
21.12.2024	Visit-11	Special cases & clinical examination
18.01.2025	Visit-12	Screening for common illnesses & NCDs
15.02.2025	—	FAP Assessment and Record evaluation (skills, attendance, clinical exposure)

Date	Visit	Type of Activity
15.03.2025	—	FAP Assessment and Record evaluation (skills, attendance, clinical exposure)
21.06.2025	Visit-13	Health education (tobacco awareness & rally)
11.10.2025	Visit-14	Vital statistics & NCD screening
08.11.2025	—	FAP Assessment and Record evaluation & “One Health” essay competition
13.12.2025	Visit-15	Vital events data collection
14.02.2026	Visit-16	NCD follow-up and patient counselling

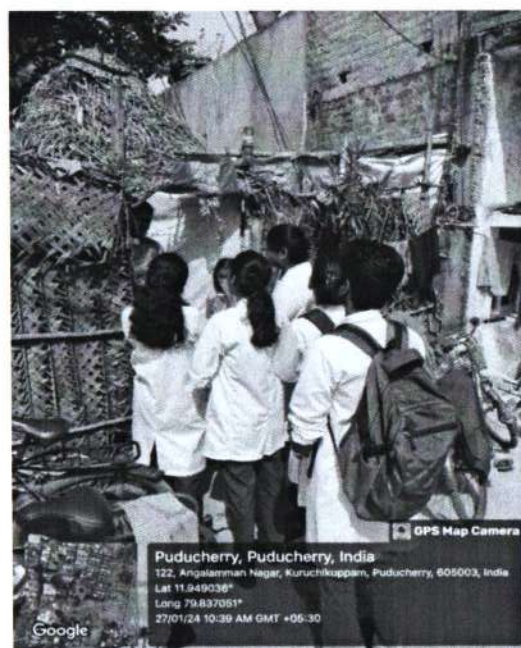
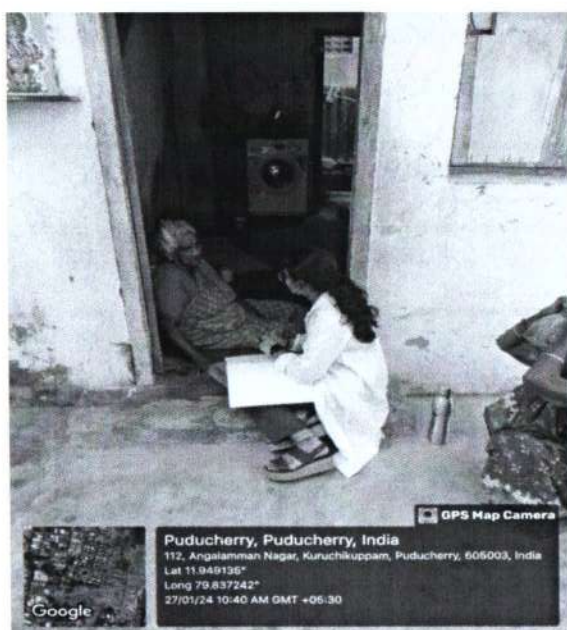
20.12.2023: Orientation and introduction to Family adoption program and introduction of family members to students

The students were briefed about the objectives and importance of the family adoption program. Explain what to be done throughout the family adoption program till their entire course. The students were explained about the allotting process and were introduced to family members. we encourage students to get to know the family members they will be supporting on a personal level. After the visit, students were asked about their experience in meeting the family members.



27.1.2024 : Village profile and map of the village:

Students will develop a village profile and create a detailed map by collecting information on demographics, infrastructure, facilities, and community resources. The map will show the village's layout and key landmarks. This work will help identify the village's needs and strengths to guide future initiatives. Students have been trained to gather data and draw the map accurately.



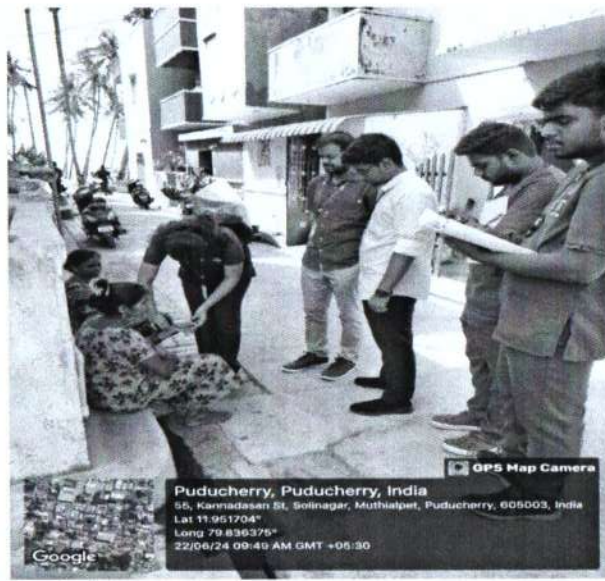
17.5.2024: Environmental sustenance activity – sapling distribution

Students were encouraged to bring saplings from home, which were then taken to the community for planting. Together with their assigned families, the students planted these saplings, fostering a deeper understanding of the importance of environmental protection. This initiative highlights the significant biological and geographical benefits of tree planting in our society. Over time, planting trees contributes to mitigating climate change, improving air quality, naturally cooling temperatures, preventing water pollution, providing habitats for wildlife, and reinforcing soil stability.



22.06.2024: History taking and clinical examination of all the family members

The students taught training in the essential skills and knowledge required to collect comprehensive family medical histories and perform thorough clinical examinations. They were instructed to meticulously document all relevant symptoms, signs, and any previous illnesses within their families. Additionally, they recorded detailed information regarding specific medical conditions.



18.1.2025: Screening all the family members for common illnesses and non-communicable diseases:

Students conducted household visits to screen all family members for common illnesses and non-communicable diseases such as diabetes and hypertension. They recorded basic health data, identified at-risk individuals, and guided families on preventive care and follow-up.



15.2.25: Record evaluation and assessment

The records of undergraduate students following their previous Family Adoption Programme were systematically reviewed by the respective training facilities. The evaluation focused on logbook completion on demography details, diet and diseases in the family.

15.3.2025: Record evaluation and assessment

The students' records from their previous Family Adoption Programme were thoroughly reviewed by the assigned faculty. The assessment focused on skill acquisition, logbook completion, and the quality of supervised clinical experience.

21.6.25 - Health education

The students prepared health education charts on smoking and tobacco awareness as part of their Field Attachment Programme (FAP). These charts were displayed during community sessions and used to deliver brief health talks. Students also participated in an awareness rally organised by the facility, reinforcing key messages on tobacco prevention. Overall, the activities enhanced both community engagement and student learning.



11.10.25 - Vital statistics, NCDs



Initially students were taught about the importance of screening for non-communicable diseases. They were made to understand the advantages of early screening and how it can help in reducing the incidence of NCD. Later the students were taken to the field and made to interact with their families. The students were asked to fill and appropriately analyse the community-based assessment check list which comprises of all components which can be effectively used to screen and effectively early diagnose NCD. This activity enabled the students to enhance their theory and community based practical knowledge on early screening of NCD.

8.11.25 - FAP Assessment and Record evaluation & “One Health” essay competition”

The undergraduate students’ records from their prior Family Adoption Programme were comprehensively reviewed by the concerned faculty. The evaluation focused on competency acquisition, timely completion and accuracy of logbooks, and the quality of supervised clinical exposure.

An essay writing competition on the theme of One Health was organized for students to promote awareness about the interconnectedness of human, animal, and environmental health. The event encouraged participants to explore multidisciplinary approaches to public health challenges and express their ideas creatively.

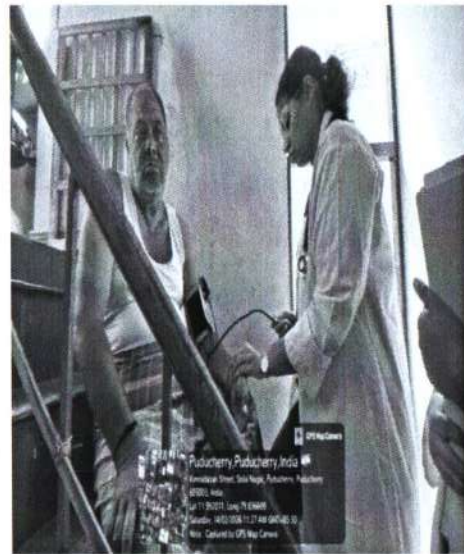
13.12.25 - Vital events

The importance of capturing vital events data was explained to the students.

1. Keeping track of life events helps in assessing and responding to the health needs of the population.
2. Program Implementation: Vital statistics guide local health services in planning for immunizations, maternal-child care, and nutrition programmes.
3. Health Interventions: Early identification of vulnerable cases (e.g., high-risk pregnancies or infant deaths) ensures timely medical support.
4. Evidence-Based Policy Making: Accurate field data helps improve and tailor public health strategies



14.02.2026 - NCD follow up



Students conducted a follow-up visit focusing on Non-Communicable Diseases (NCDs) among the adopted families. During the visit, previously identified cases of conditions such as hypertension, diabetes, and other chronic illnesses were reviewed. Students assessed treatment adherence, monitored basic health parameters, and reinforced the importance of regular medication, lifestyle modifications, and follow-up care. Health education was provided regarding diet, physical activity, and avoidance of risk factors like tobacco and alcohol use. Individuals requiring further medical attention were advised to visit nearby health facilities.

Report on Family Adoption Program-2024 Batch

The villages covered under the program are Anumandai Kuppam located in Tamil Nadu. Each student has been allotted 3 families.

Summary of visits and activity done:

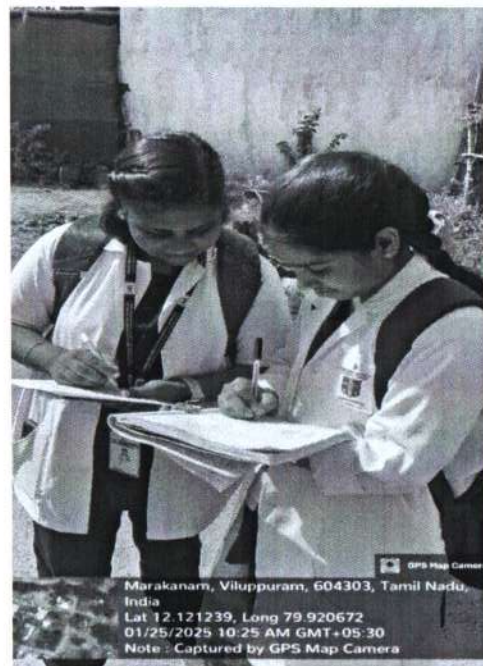
Date	Activity	Type of Activity
30.11.2024	Orientation	Introduction to FAP and family allotment
25.01.2025	Visit-1	Village mapping and profile
22.02.2025	Visit-2	Family profile & socio-demographic details
08.03.2025	Visit-3	Housing & environmental conditions
22.03.2025	Visit-4	Social problems in family
26.04.2025	Visit-5	Family health record preparation
31.05.2025	Visit-6	World No Tobacco Day rally
15.11.2025	Visit-7	Nutritional assessment
22.12.2025	—	Record evaluation
21.02.2026	Visit-8	Follow-up and data completion
21.03.2026	Visit-9	General health assessment
18.04.2026	Visit-10	Health education activities

30.11.2024 – Orientation

The students were briefed about the objectives and importance of the family adoption program. Explain what to be done throughout the family adoption program till their entire course. The students were explained about the allotting process and were introduced to family members. we encourage students to get to know the family members they will be supporting on a personal level.

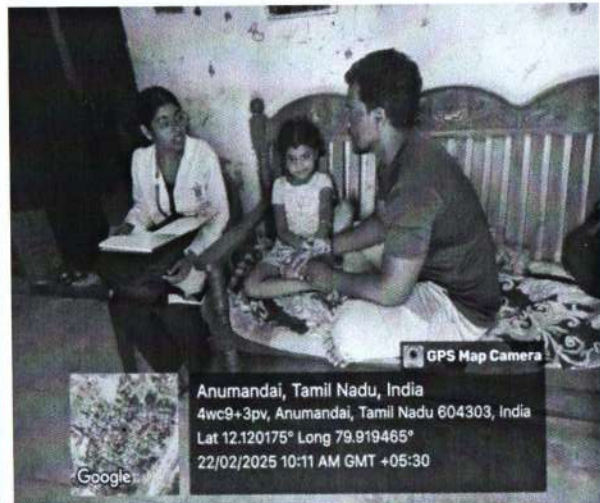
25.1.2025: Village mapping

The students will focus on developing a comprehensive profile of the village and creating a detailed map. This visit will entail collecting in depth information about the village, including its demographics, infrastructure, key facilities, and community resources. In addition, the students will produce a map that visually represents the village's layout, landmarks, and significant locations. This information will enhance our understanding of the village's needs and strengths, guiding our future initiatives and support efforts. The students have been trained in how to gather relevant details about the village and to accurately draw its map.



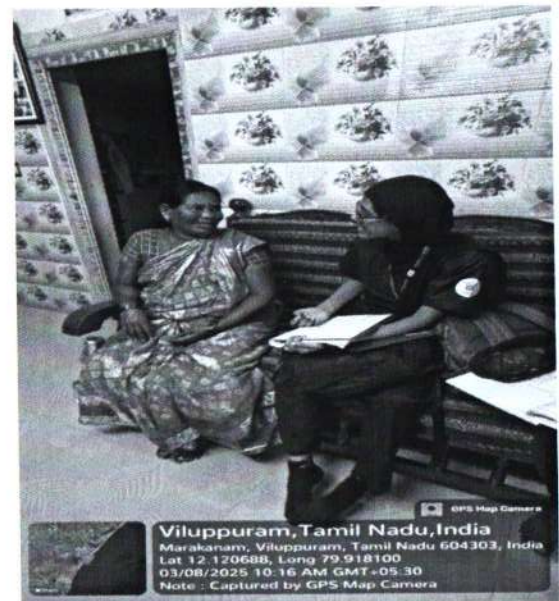
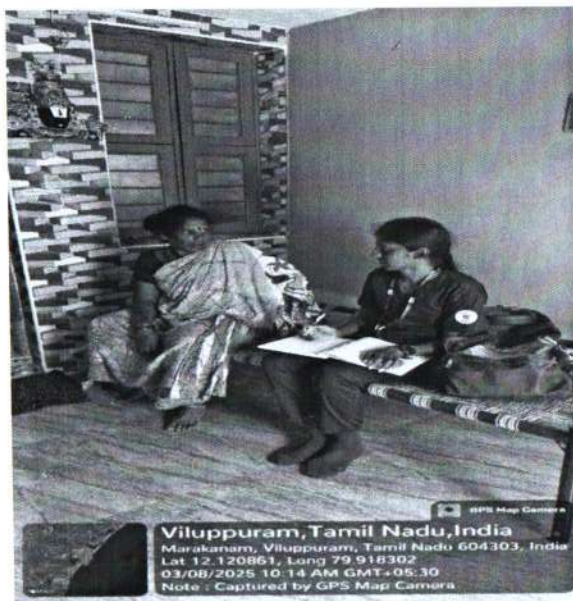
22.2.2025 – Family Profile and Sociodemographic details

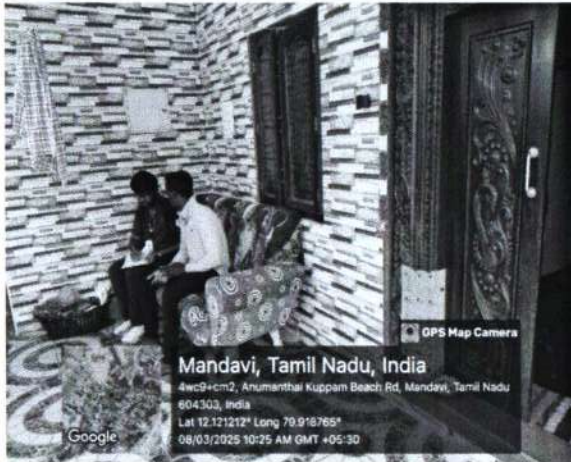
The students were briefed on how to enquire about a detailed family profile and gather socio-demographic details of their respective families in the village. This process will involve collecting information about each family's composition, household members, ages, occupations, education levels, and income levels. The students drew the pedigree chart of their respective families which has been taught.



08.03.2025 – Housing and Environment condition

The students were briefed on how to enquire about environment and housing condition details of their respective families in the village. This process will involve collecting information about each family's housing condition like type of house, lighting, ventilation, overcrowding, source of drinking water, method of purification of water, fuel for cooking, waste disposal method (solid, liquid), vector breeding site assessment. The students drew the sketch of the house of their respective families which has been taught.





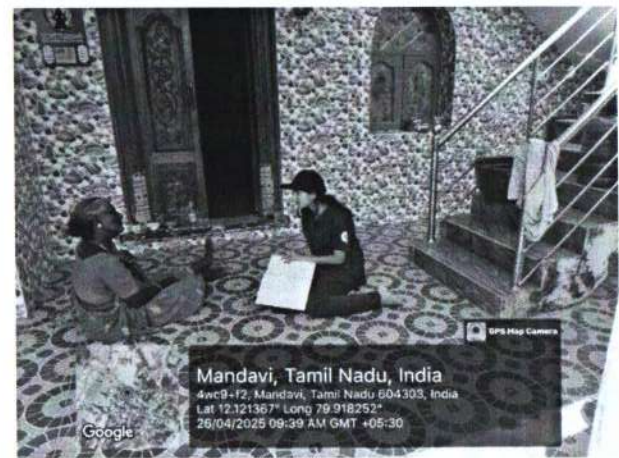
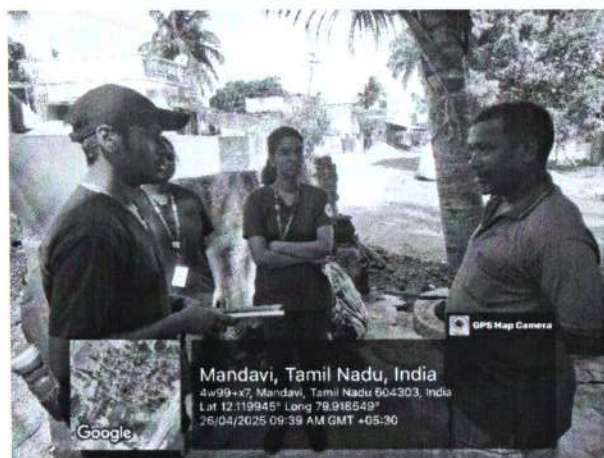
22-03-2025: Social problems in family

Students were trained to identify and document social problems faced by families with sensitivity, empathy, and a non-judgmental approach. They assessed issues such as addictions, unemployment, gambling, and caregiving patterns within the household. Information regarding children's education, presence of vulnerable members (orphans or single parents), and recreational facilities was collected. Students also evaluated the impact of illness on both the affected individual and other family members. Additionally, the overall social status of the family within the community was assessed.



26-04-2025: Family Health Record:

Students were instructed on the importance of assessing the health status of a family and developing a comprehensive family profile, including the number of members, their ages, and any specific dietary requirements or existing health conditions. They were also tasked with collecting detailed health records for each family member, identifying any hereditary conditions, and documenting medications currently being taken by the members.



31-05-2025: World No Tobacco Day Rally

As part of the Family Adoption Programme, medical students organized a World No Tobacco Day rally to raise awareness about the harmful effects of tobacco use within the adopted communities. The rally aimed to educate families about the health risks associated with smoking and chewing tobacco, emphasizing its link to cancer, heart disease, and respiratory illnesses. Students actively engaged with the public through placards, slogans, skits, and distribution of educational pamphlets in local languages. The initiative also encouraged

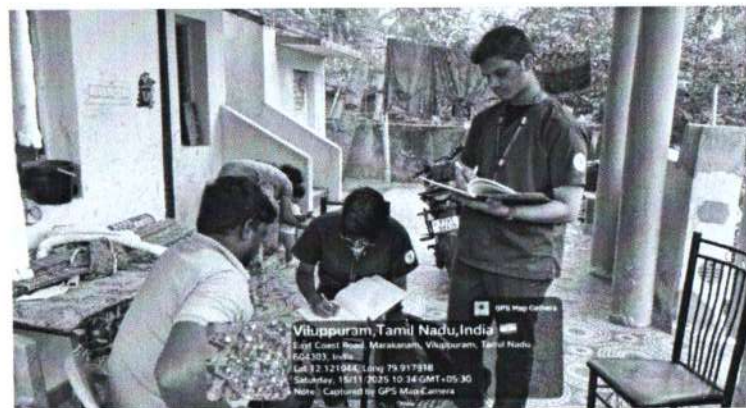
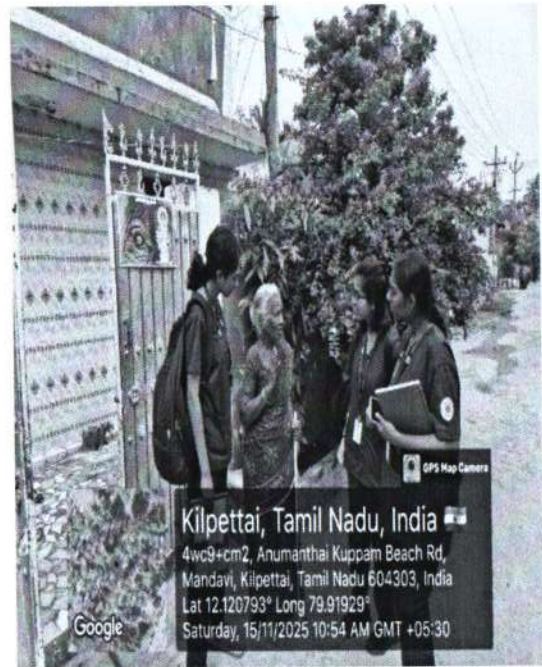
tobacco users to seek support for quitting, while promoting a healthy, tobacco-free lifestyle. This impactful activity not only strengthened community health education but also helped medical students develop skills in health advocacy and public communication.



15-11-2025: Presumptive screening for tuberculosis along with Nutritional history and interpretation of nutritional recommendations for the family members.

All the students screened their allotted family members for tuberculosis using presumptive screening protocol recommended by National Tuberculosis Elimination Programme. The students were detailed about the importance of assessing the family's nutritional history and providing an overview of the family, including the number of members, ages, and any specific dietary needs or health conditions. Students were asked to collect details of the family's typical

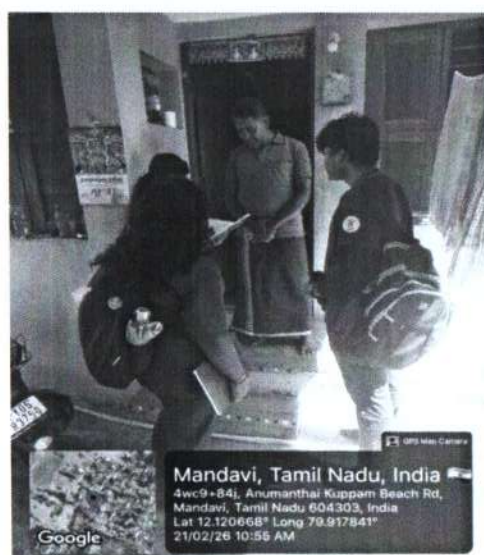
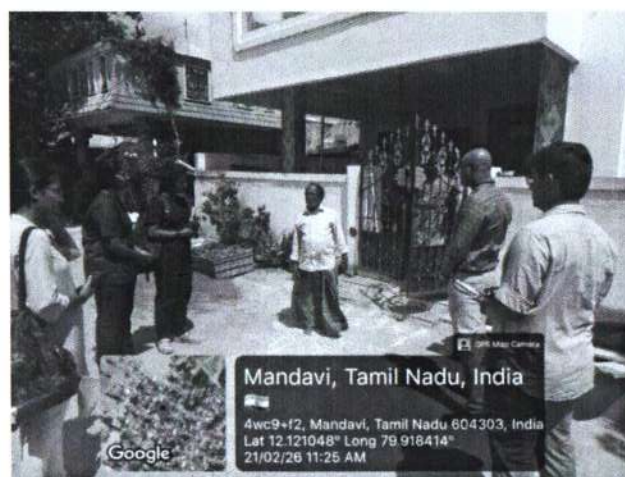
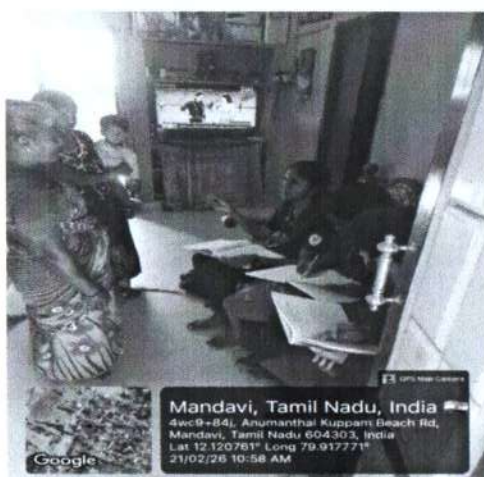
daily food intake, including meals and snacks. Identify any cultural or religious dietary practices that may influence food choices. Note any food allergies, intolerances, or aversions within the family. The student was asked to document the details with pictorial representation by food plate and food pyramid



22-12-2025: Record Evaluation and assessment:

The FAP record notes were evaluated for completeness and accuracy of documentation. Students demonstrated adequate skills in collecting and recording family demographic, environmental, nutritional, and health-related information. The records reflected understanding of community-based assessment and appropriate application of theoretical knowledge in field practice.

21-02-2026: General health status assessment and follow up



A follow-up visit to the community was conducted to ensure the completion of records for all previously incomplete visits. During this visit, any missing information was systematically collected, verified, and updated to maintain accuracy and comprehensiveness of the data. This process helped in ensuring that all household records were complete and suitable for further analysis and reporting.

21-3-2026: Assessment of General Health Status:



An assessment of the general health status of the adopted family was carried out to obtain a comprehensive understanding of their overall well-being. This included evaluating physical health, identifying any existing illnesses or risk factors, assessing their BP, Height and weight measurements etc. The students were briefed about the proper way for assessing the weight, height and BP for the family members before taking them to the field and faculty/ PGs were available to ensure it was done correctly.

18-04-2026 : Health Education :

Undergraduate students prepared health education using IEC materials relevant to the health problems identified in their allotted families on the topics such as diabetes ,hypertension ,smoking, obesity ,vector borne disease control, cancer screening and tobacco awareness as part of their Field Attachment Programme (FAP). These charts were displayed during community sessions and used to deliver brief health talks.Overall, the activities enhanced both community engagement and student learning.



Report on Family Adoption Program-2025 Batch

The villages covered under the program are Kottakuppam located in Puducherry. Each student has been allotted 5 families.

Date	Activity	Type of Activity
22.11.2025	Visit 1	Introduction to FAP and family allotment
06.12.2025	Visit 2	Village mapping and profile
24.01.2026	Visit-3	Planning for health education & IEC preparation
21.02.2026	—	Record evaluation and assessment
28.03.2026	Visit-4	Follow-up visit, IEC presentation & Health Camp

22.11.2025 – Orientation

The students were briefed about the objectives and importance of the family adoption program. Explain what to be done throughout the family adoption program till their entire course. The students were explained about the allotting process and were introduced to family members. we encourage students to get to know the family members they will be supporting on a personal level.



06.12.2025 - Village mapping : The students will focus on developing a comprehensive profile of the village and creating a detailed map. This visit will entail collecting in depth information about the village, including its demographics, infrastructure, key facilities, and community resources. In addition, the students will produce a map that visually represents the village's layout, landmarks, and significant locations. This information will enhance our understanding of the village's needs and strengths, guiding our future initiatives and support efforts. The students have been trained in how to gather relevant details about the village and to accurately draw its map.



24.01.2026: Planning for health education

The students were briefly introduced about Planning for health education and were instructed to create IEC materials in order to educate their respective families in view of health awareness

21.02.2026: Record Evaluation and assessment

The students were asked to enter the data collected from their allotted families in the record notebooks and the same were evaluated and signed by the Faculties. IEC materials were prepared by the students under the supervision of their respective Faculties.

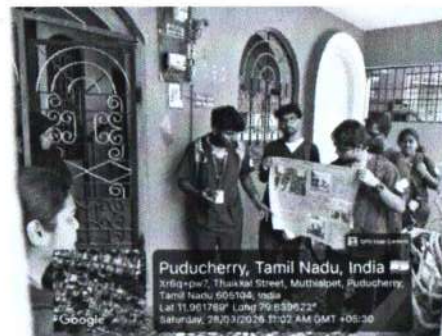
28.03.2026: Follow-up Visit – IEC Presentation and Health Camp

On 28th March 2026, the students of the 2025 batch visited the FAP area at Kottakuppam for a follow-up field activity. The students presented their IEC materials, which were prepared based on the specific health-related issues identified in their allotted families. The IEC materials were presented in the local language (Tamil) to ensure effective communication and better understanding among the community members.

In addition to the IEC presentations, a Health Camp was organized with the help of Urban Health Centre (UHC) team, with active participation of the interns. Services provided at the camp included general health check-ups, ENT, Orthopaedic, paediatric and dental consultations, and distribution of medicines. Community members from the area availed the services and received guidance on health maintenance and disease prevention. This activity provided the students with a valuable hands-on learning experience in community-based primary health care delivery.



Health Camp conducted at Kottakuppam with UHC team and interns (28.03.2026)



Students presenting IEC material in Tamil to community members at Muthialpet, Puducherry (28.03.2026)

