

Active learning - a new strategy of teaching for first year MBBS students

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Dear Editor:

Teaching is an in-built art and learning is a complex phenomenon having different aspects and features. For medical professionals working as a teacher in medical colleges need to adopt/acquire different strategies with holistic approach to enhance the problem solving skills with critical thinking of medical students [1].

At present MBBS first year syllabus includes subjects like Anatomy, Physiology & Biochemistry (based on NMC guideline) which are taught by the conventional methods of teaching with didactic lectures series. However such teaching practices encourages teacher centered, passive learning environment and students face some amount of dissatisfaction [2].

Hence, to promote active learning and motivate students to understand the basic science, we educators are constantly changing our teaching methods/ strategies. With this aim we celebrated Biochemistry Fun Day as “Let’s decode Biochemistry” on 29th July 2022 for 1st year MBBS students at in the memory of “father of modern Biochemistry” Carl Alexander Neuberg born in the year 1877 [3].

As the part of this event various activities were conducted on basis of CBME. Each activity was planned & executed by faculty members with the support of volunteers. The winners were selected by the judges and were given prizes.

One activity among them was flameless cooking (Tasty table delight) (Fig-1). This activity was helped them to understand various terminologies, basic knowledge of nutrition and role of balance diet to maintain health etc. Every recipe was evaluated with consideration of;

- i) Nutritional Value of dish.
- ii) Texture, taste & flavor.
- iii) Innovation.
- iv) Presentation and Narration.
- v) Time adherence etc.

Fig-1: Tasty table delight



We get prepared the topic nutrition Competency BI 8.1 to BI 8.4 from all the participants.

Maximum students (>90%) attended and participated whole heartedly, enjoyed the event. The event was well appreciated by the students. The purpose of the event was that student should memories or able to reproduce learning material in the examination or develop a personal understanding of the learning Studies in higher education.

In order to be effective learning, teachers should consider incorporating a variety of different strategies of engagement that support the changing dynamics of learners.

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