

MBBS done: Now what?

Dr Deepa Mohanty

98339 29577

Looking back

- Reason for joining medical field
- Difference in the what you perceived and what you actually experienced during UG
- What did you miss out during the last decade while pursuing medicine
- Now what more

Decision making

- Create an image of yourself at 50yrs of age
- How do you want the world to know you
- Write down how you see yourself after
5 yrs, 10yrs, 15 yrs, 20 yrs @ professional
front, family level and financially

Zero down on your PG specialty

WHAT

Medical

- ❖ Clinical
 - Surgery
 - Medicineh
- ❖ Diagnostic
 - Pathology
 - Radiology
- ❖ Non Clinical

Health related

- ❖ Master in Hospital Administration
- ❖ Master in Health Administration
- ❖ Master in Public Health
- ❖ MBA
- ❖ IAS
- ❖ M. Tech

WHY

- Strengths
- Weakness
- Opportunities
- Threats

Keep in mind

- Time investment
- Capital investment
- Marriage, family, children
- Growth : Professional / Financial
- Stagnation / Monotony
- Impact on your health

HOW

- Degree
 - Diploma
 - Diplomate of National Board
- NEET PG
 - AIIMS PG
 - JIPMER
- Which country
 - India
 - US
 - UK
 - Germany
 - Australia

Gurumantra to success

- Time management
- Wake up early
- Half to 1 hour own time
- Physical activity/ exercise
- Always read the news
- Attend conferences and keep yourself updated
- Revive your hobbies
- Nutrition & Diet
- Learn to cook
- Develop your soft skills
- Communication skills (Cordial, politically correct language)
- IT skills
- Dress in simple formal outfits or dress

Wealth Planning

- Always apportion a part of your earnings every month to savings.
- These savings should not be asset for the bank in which your savings account is. It needs to INVESTED
- Compound your investments because your goals change
- To beat inflation increase your investment by 10% every year
- Budget your expenses: first your essential and then your luxury expenses
- Add a contingency amount to your budget for unforeseen expenditure
- Take life insurance, health insurance and professional indemnity for yourself
INVESTMENT and INSURANCE should not be mixed
- Investment can be in :
 - ✓ Equity directly or through mutual funds
 - ✓ Gold as in physical form, sovereign bond or ETF
 - ✓ Real estate
- Diversification in your portfolio
- TAX planning
- Credit card and CIBIL score
- Loans for education