

ANATOMICAL BODY PAINTING – A NON LECTURE ACTIVITY FOR 1ST YEAR B.A.M.S. STUDENTS

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ABSTRACT

The subject Rachana Sharir (Anatomy) is vital subject in medical colleges for students. Body painting technique plays a crucial part in the teaching and learning method. The various body parts were coloured with Water or Acrylic colours. The different body parts like Arm, Forearm, Cubital Fossa, Palm, Face, Neck etc were selected for Anatomical Body Painting. In this process of body painting, water colours were used. The materials required are water colours, appropriate size brush, clear acrylic container and we sixty students took participation under ten groups. This body painting method was noticeable, generates curiosity and helps in long term remembrance of Anatomy for the students.

KEYWORDS : Anatomical Body parts, Students, Water colours

INTRODUCTION

Rachana Sharir (Anatomy) is the subject where students get more acquaintance about the normal anatomical arrangement, anatomical parts with deviation in the nerves, vessels, organs etc. Specimen mounting in formalin solution filled container may not look instructive. The text books which include coloured diagrams give full knowledge to the students. Surface Anatomy is regarded as branch of Anatomy. So to understand the Surface Anatomical concepts, Anatomical body painting is useful. The students directly utilize the original Anatomical body parts to understand the various anatomical aspects and concepts. This method found to be interesting, innovative and more informative to understand the subject.^{1,2} The concept of Non-Lecture-Activity was introduced by National Council for Indian System of Medicine, New Delhi (NCISM) from the A.Y. 2021-22 in B.A.M.S. Professionals.

MATERIALS & METHODS

Materials

1. The different body parts were selected for the painting purpose.
2. Water colours of any brand can be used.
3. Appropriate size brush to be used for painting the body parts.
4. Water.

Methodology

An assortment of body parts like Arm, Forearm, Cubital Fossa, Palm, Face, Neck etc were selected for Anatomical Body Painting. Sixty students of 1st Year B.A.M.S. Professional course were grouped under 10 clusters. The selected body parts of students were cleaned by water and then painted by white colour base. This base helps in further sticking of colours to the respective body parts. After this procedure, the selected body parts were coloured with water colours tube with proper size paint brush. By using the Surface anatomical knowledge, the muscles, vessels, tendons, nerves and various important parts and impressions on the selected body parts were coloured accordingly. After the final colouring procedure, students explained the coloured surface anatomy of their body parts.



Photograph 1



Photograph 2



Photograph 3



Photograph 4

DISCUSSION

A variety of body parts like Arm, Forearm, Cubital Fossa, Palm, Face, Neck etc were selected for Anatomical Body Painting. Water colour technique is used to paint the different Anatomical Body Parts. White colour base is very important before any type of body painting. This painting helps the students to summon up the essential anatomical structures with their detailing. The detailing with respect to relations, parts, branches, muscles, vessels, nerves etc. the various body parts helps students to understand the subject easily.

CONCLUSION

Painted Anatomical Body Parts are very helpful in teaching and learning method of students in any medical college. This body painting technique of surface anatomy by using the anatomically accurate colours makes the body painting more eye-catching and lively. It also helps the students to evoke the different anatomical structures. The detailing of anatomical structures with respect to relations, parts, branches, muscles, vessels, nerves, tendons etc also assist for the students in their structural studies. So Anatomical Body Painting handy in all aspects and it also fulfils Non Lecture Activity concept.

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