



Foundation Program Report - MBBS – December 2022

Human Values – (13.12.2022)

Introduction

As the values in the society are eroding very fast, it is necessary to guide the freshers to understand the basic human values and integrate it within themselves irrespective of others behaviour or stimulation. Hence, a one-hour soft skill training on the topic “**Human Values**” was conducted to the fresher’s of 2022 - 2023 batch MBBS students on 13.12.2022 between 09.00am – 10.00am.

Objective

To guide the students to adhere to moral values during the learning period inside and outside the Institute and also throughout their life journey; consciously choose to prevent impulsive problematic behaviour and to improve right conduct.

Methodology

Workshop mode activity-based teaching learning module used.

Definition

Values refer to people’s stable life goals, reflecting what is most important to them. Values are established throughout one’s life as a result of accumulating life experiences, and values tend to be relatively stable (Lusk & Oliver, 1974; Rokeach, 1973). Truth, Honesty, Loyalty, Love and Peace are considered basic inherent values because they bring out the fundamental goodness of human beings.

Types

The eternal essences of being Human are Truth, Love, Peace, Right Conduct and Non – Violence. The various sub values each of these five types were guided to the students with practical examples to enable them understand and anchor those values in their mind.

Individual Human Values

Each individual is unique and different and all need to follow the values followed in each religion. Culture may vary in each country and the zone where people live but all the religion follows the various types of Human values for harmonious relationship of the society. Hence it is important for each Individual to value their family, friends, society, profession and religion for progressive development of self and society.



Most Important Human Values

Most of the current era youngsters are brought up with over pampering by parents and lack guidance to learn the importance of adhering to human values. The ten most important human values namely health and energy; love; gratitude; kindness and compassion; integrity; giving; growth; peace; happiness and family, friendship and connections are reinforced in the minds of the students.

Because of the influence of the social media – especially after pandemic lockdown, addiction to social media distances people from their near and dear ones – youngsters are unaware that the real stress busters are talking it out to their family and friends. Each important individual values are explained in detail to anchor it in the student's mind.

Relevance of Human Values

The values that are important to a person tend to affect the types of decisions they make, how they perceive their environment, and their actual behaviours. Values help us in (a) making proper decisions – beneficial for the society and organizations; (b) maintaining harmony – establishing harmonious relationships to promote love for mankind; (c) peace – necessary for growth and development of society; (d) value-based leadership – to lead the society in the right direction.

Outcome

- Aware about the importance of adhering to human values under any circumstance
- Understanding various sub values of core values
- Interconnection between human values and social development along with self-development
- Consciously choose healthy behaviour under challenging situations
- Empathise with others even if they do harm to self, forgive and move on

Feedback

Overall feedback 22/25 indicates that the training objective was met.

Conclusion

An individual's behaviour and attitude at a specific place alone cannot define his/her core values. Because the interaction and expressions exhibited outside can hardly reveal his/her past sufferings, pain, loss, trauma or sufferings and that may also be a cause of his/her problematic behaviour in the present. In addition to the Institutional measures taken to address the problems caused by the students, it is also important to help them overcome their unhealed feelings and emotions.



VMRF - Deemed University, Salem

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AARUPADAI VEEDU MEDICAL COLLEGE & HOSPITAL

📍 Pondy-Cuddalore Main Road, Kirumampakkam, Puducherry - 607 403, India

☎ +91 413 2615625, +91 413 2615246 ✉ dean@avmc.edu.in 🌐 www.avmc.edu.in



(Signature)

Dr. T. PRASAD
Chief Coordinator, IQAC
Aarupadai Veedu Medical College & Hospital
Kirumampakkam, Puducherry - 607 403.

(Signature)

Dr. RAKESH SEHGAL, M.D., DNB., MAMS, FACTM, FIAC
DEAN,
Aarupadai Veedu Medical College & Hospital
Kirumampakkam, Puducherry 607 403.