



VINAYAKA MISSION'S
RESEARCH FOUNDATION
(Deemed to be University under section 3 of the UGC Act 1956)



AVMC
AARUPADAI VEEDU MEDICAL COLLEGE

IQAC–Internal Quality Assurance Cell
in collaboration with
Foundation Course Team

Organizes
Jeevan Kaushal Programme

On

Communication Skill -
“How to reach out for Help”

By

“Dr.R.PRIYADARSHINI”
Assistant Professor,
Department of Microbiology,
Aarupadai Veedu Medical college & Hospital,
Puducherry.

Date:22.12.2022

Time:9:00am onwards

Venue: Srimathi Annapoorani Multipurpose Hall

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

Dr. RAKESH SEHGAL, M.D.,D.N.B.,M.A.M.S.,FACTM FIAC™
DEAN,
Aarupadai Veedu Medical College & Hospital
Kirumampakkam, Puducherry - 607 403.



Foundation Program Report - MBBS – December 2022

How to Reach Out for Help – (22.12.2022)

Introduction

In addition to various guidance's given to understand the University protocols, a two and half hour's soft skill training on the topic "How to Reach Out for Help" was conducted to the fresher's of 2022 - 2023 batch MBBS students on 22.12.2022 between 10.00am – 12. 45pm. Mrs. R. Priyadarshini, Lecturer – MHN, VMCON was assisting the Student Counsellor for this Program.

Objective

To enable the students, understand the various challenges that they may face - to be aware, acknowledge and deal with it effectively or seek help in need.

Methodology

Workshop mode activity-based teaching learning module used.

Problem – Real or Self Imposed?

As college life brings abundant opportunities to explore in life, it is very important to learn self-management ways to deal with life challenges. Hence the students were guided to be aware and acknowledge the problem; because individuals differ in their way of dealing with problems.

Evaluate

The resources are within each individual to resolve the problem. Hence it is essential to understand and evaluate the situation – to realize whether it is possible to handle by self or not. Small issues can be resolved easily if the individual takes few minutes alone to calm down and analyze the situation as it can pave way for many options to resolve the issue. If a person thinks – after deep analyzation – that he/she is unable to find solution to the problem – they can seek help. It is perfectly Okay to be not Okay and get help.

Importance of Mental Health

There is stigma in the society to talk about mental health. Many a time, the unresolved issues of the past hurt feelings block the psychic energy and may prevent the students to focus and concentrate in studies. This was explained with a case study and the students were encouraged to value their mental health as important as their studies.



Possible Challenges

Friends influences/criticisms, Family problems/home sickness, Betrayal by near and dear ones, Infatuation, spending long hours in social media, Fear about study/performance/exams, Stress, Anger, Depression and Anxiety are some of the possible challenges that may require strong psychological support to progress in life. And determination to complete the course successfully needs concentration and focus toward studies – despite the challenges faced.

This was demonstrated through an activity with 10 students. After Tea break each student participated in the activity as 10 in a group – to experience the simple task that seemed as an observer, which was tough to accomplish; and with coordination, concentration and guidance among the group members – how it became easy to succeed. For each group outcome the learning was reflected by the participants and the student counsellor highlighted the technique used by the participants to succeed. This can also be used in exam preparation to do group study effectively.

Viktor Frankl Story

Author of the book “**Man’s search for meaning**” life history was briefed to the students - as storytelling module anchors the impact in the unconscious mind. His belief that between **Birth** and **Death** there is **Choice**- that an individual has the freedom to choose one’s way to attain success – was highlighted for better understanding.

We are the creator of our life

One need to choose to –

Live by choice, not by chance;

To be motivated, not manipulated;

To help, not used;

To make changes, not excuses;

To excel, not compete;

To choose self-esteem, not self-pity;

To listen to one’s inner voice, not to the random opinions of others;

To be better than yesterday, always evolving!

Practical case studies were shared with the students to enable them value each concept, and incorporate within them.



Reflection Journal

Journal exercise is one of the best practices to evaluate one's own growth and development – as it reflects one's own mistakes and achievements honestly, for the betterment of self.

The important notes shared were:

- What did I do the whole day yesterday?
- Were my thoughts and emotions kind or did I think of getting even with someone?
- Did I keep on criticizing?
- Did I keep on saying nasty things to a person to get even?
- Did I keep on thinking of violent thoughts?
- Were my words harsh and hurting?
- Were my actions too harsh? i.e., bang the door or table? Throwing things right and left?
- How can I make today better than yesterday?

This was done in an effort to make the students aware where do they stand now and how they need to shape their inner self through the journey of student life in our institute.

Action

- Be grounded
- Set down roots
- Leave your comfort zone
- Grow through adversity
- Bloom

Outcome

- Better understanding of differentiating simple Vs challenging problem
- Seek help in real need
- Be a creator of one's own life
- Reflect upon growth regularly
- Take action to bloom

Feedback

Overall feedback 23/25 indicates that the training objective was met.



Conclusion

Post COVID 19 lockdown witness significant change in the behavior and attitudes of people worldwide. Hence this training focused on guiding the students to understand the importance of sustaining focus, concentration and interest during the study period. It is Okay not to be Okay and it is courageous to seek help under distress, when the students are unable to resolve the issues by themselves and hesitant to talk to family or friends.



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

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