

WELCOME YOUNG DOCTORS 

To Help students achieve as much success and happiness while at the Campus

THE STUDENT COUNSELING SERVICES



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**FIRST YEAR MEDICAL STUDENTS
 EMOTIONAL PREPARATION WORKSHOP**

**SHRI GURU RAM RAI INSTITUTE OF MEDICAL AND HEALTH SCIENCES
 SHRI MAHANT INDRESH HOSPITAL,
 PATEL NAGAR, DEHRADUN**

The Orientation awareness and emotional preparation workshop to ease in the adjustment process was conducted on 02/08/13 and 03/08/13 for the 1st YEAR MEDICAL STUDENTS. Total number of students who attended the program was 95.



Beginning life at the medical college naturally is both exciting and full anxiety for many reasons including the change of place, meeting new people, homesickness, change in familiar old routines,





help....

leaving behind school friends and family the pets and academic responsibilities. For some, it is easily overcome for others it takes longer.

To help them in this transition the Two day workshop on 2nd & 3rd August 2013 was conducted.



THE WORKSHOP PROGRAM MODULE was Awareness Talk on mental and emotional health .

To help them to recognize -

- Symptoms of depression and anxiety to help them seek early intervention help
- Symptoms to prevent help in identifying suicidal behaviors.
- Challenges and stressors of the first year student on the campus

Signs of Distress

- Missed classes/ & assignments
- Inability to concentrate
- Confusion
- Persistent worrying
- Social isolation / **Avoids friends**
- Increased irritability
- Restlessness



- Bizarre behavior
- Procrastination
- Dangerous behavior
- Disheveled appearance
- Mood swings
- Indecisiveness Expresses feelings of sadness, loneliness,



- How to cope with homesickness / room mates
- Gender sensitization

- Sensitization to prevent Ragging and assertive skills.



The students were also assessed on individual basis for their personality and psychodynamics affecting their adjustment skills.



The program was conducted to ensure active interaction and participation with an interesting activity based

The concluding

sessions consisted of feedback.

One to one session was provided to help them orient to basic personal and social coping skills & be able to share any emotional stress.

