



Index MEDICAL COLLEGE, HOSPITAL & RESEARCH CENTRE, INDORE

(Unit of Mayank's Welfare Society)
(Constituent Unit of Malwanchal University)

ACCREDITED BY NABH & NABL



NABL Certificate No. MC-3448
NABH Certificate No. PEH-2019-0966

IMCHRC/VAC/2024/18

Date – 21 JUNE, 2024

CIRCULAR

We are pleased to announce that a Value added course on 'DEALING WITH STRESS AS MEDICAL STUDENT' has been scheduled on 27 JUNE to 29 JUNE , in the LT-2 of INDEX Medical College Hospital & Research Centre Indore.

It is being organized by the faculty of IMCHRC of Malwanchal University to train the 3RD PROF Medical students to understand about Stress Management.

The course is free for all students. Interested students are requested to register for the course by 24 JUNE 2024 .

For registration contact, Dr Swati Saxena, contact –8982264559

Dr.Ajinkya Raverkar contact- 8790702946

Dean
IMCHRC, Indore

CC

- The Chairman
- Vice Chairman
- Vice Dean
- Registrar – Malwanchal University
- All Administrators
- HODs of all Departments
- Notice Board – College notice board, Hostel – Boy's/ Girl's, PG Hostel



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MALWANCHAL UNIVERSITY
Index Medical College Hospital &
Research center, Indore



**Dealing with stress as a
 Medical Student**

ABOUT

Stress management involves techniques and strategies to control stress levels, enhancing overall well-being. It includes practices like regular exercise, mindfulness meditation, proper time management, and seeking social support. Effective stress management helps improve mental health, boosts productivity, and fosters a balanced, healthy lifestyle, reducing the negative effects of stress.

RESOURCE PERSON

Dr. Sondalee Mittal (Prof and HOD)
Dr. Ekta Rairikar (AP)

**REGISTRATION
 DETAILS**

Eligibility - MBBS 3rd prof (part-1)

Co-ordinator - Dr.Swati Saxena (AP)
 - Dr. Ajinkya Raverkar (SR)

Registration Fee - 0 rs

Dates -27th June to 29th June 2024

Venue - IMCHRC Indore

COURSE OUTCOME

1. Improved Mental Health: Reduced anxiety and depression levels.
2. Enhanced Academic Performance: Better focus and concentration.
3. Increased Resilience: Greater ability to cope with challenges.
4. Better Physical Health: Lower stress-related physical symptoms.
5. Positive Coping Skills: Development of healthy strategies to manage stress.

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Value Added Course

Topic : DEALING WITH STRESS AS A MEDICAL STUDENT

For : 3rd Prof MBBS students

Day -1 : (27/06/2024) Thursday		
Introduction	9:00 am – 10:00am	Dr. Sonalee Mittal
What does it mean?	10:00 am -11:30 am	Dr. Ekta Raikikar
Tea	11:30 am – 12:00 pm	
Types of stress	12:00 pm – 1:00 pm	Dr. Sonalee Mittal
Lunch	1:00 pm – 2:00 pm	
Case studies	2:00 pm – 4:00 pm	Dr. Ekta Raikikar
Day -2 : (28/06/2024) Friday		
Factors influencing stress	9:00 am – 11:00am	Dr. Sonalee Mittal
Tea	11:00 am – 11:30 am	
Documentation	11:30 am – 12:30 pm	Dr. Ekta Raikikar
Lunch	12:30 pm – 1:30 pm	
Assessment	1:30 pm – 2:30 pm	Dr. Ekta Raikikar
Management	2:30 pm – 4:00 pm	Dr. Sonalee Mittal
Day -3 : (29/06/2024) Saturday		
Pharmacotherapy	9:00 am – 11:00am	Dr. Sonalee Mittal
Tea	11:00 am – 11:30 am	
Counselling	11:30 am – 12:30 pm	Dr. Ekta Raikikar
Feedback and discussion	12:30 pm – 1:00 pm	Dr. Sonalee Mittal



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REPORT

Dealing with stress in medical students

A value added course on Dealing with stress in medical students was conducted from 27th JUNE to 29th JUNE, 2024, in LT -2 of Index Medical College, Hospital and Research Centre, Indore. as per circular no. IMCHRC/VAC/2024/ dated 21/06/2024 .This course was conducted for 16 hours. The total number of participants attending the course was 88.

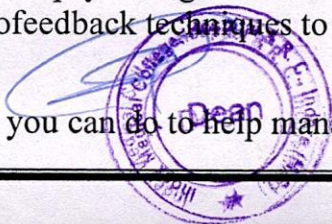
SPEAKER: Dr. Sonalee Mittal (Prof & Hod) & Dr.Ekta Rairikar(AP)

This was attended by Prefinal students of IMCHRC . The following was discussed

Dealing with stress in medical students

Ways to Manage Stress

- Stress is part of being human, and it can help motivate you to get things done. Even high stress from serious illness, job loss, a death in the family, or a painful life event can be a natural part of life. You may feel down or anxious, and that's normal too for a while.
- Talk to your doctor if you feel down or anxious for more than several weeks or if it starts to interfere with your home or work life. Therapy, medication, and other strategies can help. In the meantime, there are things you can learn to help you manage stress before it gets to be too much. These tips may help you keep stress at bay:
 - Keep a positive attitude.
 - Accept that there are events that you cannot control.
 - Be assertive instead of aggressive. Assert your feelings, opinions, or beliefs instead of becoming angry, defensive, or passive.
 - Learn to manage your time more effectively.
 - Set limits appropriately and say no to requests that would create excessive stress in your life.
 - Make time for hobbies and interests.
 - Don't rely on alcohol, drugs, or compulsive behaviors to reduce stress. Drugs and alcohol can stress your body even more.
 - Seek out social support. Spend enough time with those you love.
 - Seek treatment with a psychologist or other mental health professional trained in stress management or biofeedback techniques to learn more healthy ways of dealing with the stress in your life.
 - There's a lot more you can do to help manage stress. Consider these lifestyle changes:



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Exercise

To start with, physical activity can help improve your sleep. And better sleep means better stress management. Doctors don't yet know exactly why, but people who exercise more tend to get better deep "slow wave" sleep that helps renew the brain and body. Just take care not to exercise too close to bedtime, which disrupts sleep for some people.

Exercise also seems to help mood. Part of the reason may be that it stimulates your body to release a number of hormones like endorphins and endocannabinoids that help block pain, improve sleep, and sedate you. Some of them (endocannabinoids) may be responsible for the euphoric feeling, or "runner's high," that some people report after long runs.

People who exercise also tend to feel less anxious and more positive about themselves. When your body feels good, your mind often follows. Get a dose of stress relief with these exercises:

- Running
- Swimming

- Dancing
- Cycling
- Aerobics

If you don't have the time for a formal exercise program, you can still find ways to move throughout your day. Try these tips:

- Bike instead of driving to the store.
- Use the stairs instead of the elevator.
- Park as far as you can from the door.
- Hand-wash your car.
- Clean your house.

Walk on your lunch break.

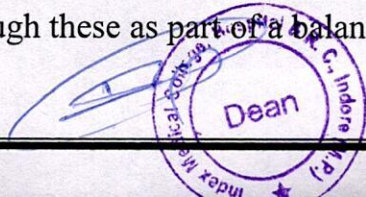
Diet

The benefits of eating health foods extend beyond your waistline to your mental health. A health diet can lessen the effects of stress, build up your immune system, level your mood, and lower your blood pressure. Lots of added sugar and fat can have the opposite effect. And junk food can seem even more appealing when you're under a lot of stress.

To stay healthy and on an even keel, look for complex carbohydrates, lean proteins, and fatty acids found in fish, meat, eggs, nuts and antioxidants help too. They protect your cells against damage that chronic stress can cause. You can find them in a huge variety of foods like beans, fruits, berries, vegetables, and spices such as ginger.

Stick to a healthy diet with a few simple tips. Make a shopping list. Carry healthy snacks with you when you leave the house. Stay away from processed foods, and try not to eat mindlessly.

Scientists have pinpointed some nutrients that seem to help lessen the effects of stress on the body and mind. Be sure to get enough these as part of a balanced diet:



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vitamin C
Magnesium
Omega-3 fatty acids

Sleep

A common side effect of stress is that you may struggle to fall asleep. If this happens three times a week for at least 3 months, you may have insomnia, an inability to fall and stay asleep. Lack of sleep can also add to your stress level and cause a cycle of stress and sleeplessness.

Better sleep habits can help. This includes both your daily routine and the way you set up your bedroom. Habits that may help include:

Exercise regularly.

Get out in the sunlight.

Drink less an important role. Your mattress should provide support, space and most of all, comfort.

Relaxation Techniques

Yoga. This is a form of exercise, but it can also be a meditation. There are many types of yoga. The ones that focus on slow movement, stretching, and deep breathing are best for lowering your anxiety and stress.

Meditation. It has been around for over 5,000 years for a reason. Meditation works well for many people and has many benefits. It can lower stress, anxiety, and chronic pain as well as improve sleep, energy levels, and mood. To meditate, you will need to:

Find a quiet place.

- Get comfortable (sitting or lying down).
- Focus your attention on a word, phrase, object, or even your breath.
- Deep breathing. When you practice deep breathing, you turn on your body's natural ability to relax. This creates a state of deep rest that can change how your body responds to stress. It sends more oxygen to your brain and calms the part of your nervous system that handles your ability to relax.
- Try belly breathing. Get comfortable, close your eyes, and place one hand on your stomach and the other on your chest. Take a deep breath in through your nose. You should feel your belly rise more than your chest. Now, exhale through your nose and pay close attention to how your body relaxes. Repeat.



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- Feedback. Learn how to manage your heart rate muscle tension, and blood pressure when stress hits. Biofeedback gives you information about how your body reacts when you try to relax. Sensors are placed on your body that call out changes in everything from your brain-wave pattern to your muscle tone. Working with a biofeedback therapist, you can start to take control of the signals by changing how your body reacts to the sensor.



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INDEX MEDICAL COLLEGE HOSPITAL & RESEARCH CENTRE, INDORE

Department Of Ophthalmology

Batch -2021 - 22

III MBBS Part - I

VAC Attendance

S NO.	NAME OF STUDENT	VAC ATTENDED	27/06/24	28/06/24	29/06/24
1	AKSHI MEHTA	DEALING WITH STRESS	<i>Akshita</i>	<i>Akshita</i>	<i>Akshita</i>
2	DIVYA MERA VI	DISASTER MANAGEMENT	<i>Divya</i>	<i>Divya</i>	<i>Divya</i>
3	AADARSH DUBEY	DEALING WITH STRESS	<i>Adarsh</i>	<i>Adarsh</i>	<i>Adarsh</i>
4	AAKASH ATOOT	DISASTER MANAGEMENT	<i>Aakash</i>	<i>Aakash</i>	<i>Aakash</i>
5	AALIYA GHORI	BIOMEDICAL WASTE MANAGEMENT	<i>Aaliya</i>	<i>Aaliya</i>	<i>Aaliya</i>
6	AAYUSHI	DEALING WITH STRESS	<i>Aayushi</i>	<i>Aayushi</i>	<i>Aayushi</i>
7	AAYUSHI DARBAR	BIOMEDICAL WASTE MANAGEMENT	<i>Aayushi</i>	<i>Aayushi</i>	<i>Aayushi</i>
8	ABHAY KUMAR SINGH	BIOMEDICAL WASTE MANAGEMENT	<i>Abhay</i>	<i>Abhay</i>	<i>Abhay</i>
9	ABHIJEET SINGH	DEALING WITH STRESS	<i>Abhijeet</i>	<i>Abhijeet</i>	<i>Abhijeet</i>
10	ABHISHEK DHAKAR	BIOMEDICAL WASTE MANAGEMENT	<i>Abhishek</i>	<i>Abhishek</i>	<i>Abhishek</i>
11	ABHISHEK KUMAR	DISASTER MANAGEMENT	<i>Abhishek</i>	<i>Abhishek</i>	<i>Abhishek</i>
12	ABHISHEK SETHIA	DEALING WITH STRESS	<i>Abhishek</i>	<i>Abhishek</i>	<i>Abhishek</i>
13	ADITI SHUKLA	BIOMEDICAL WASTE MANAGEMENT	<i>Aditi</i>	<i>Aditi</i>	<i>Aditi</i>
14	AJAY MAKWANA	BIOMEDICAL WASTE MANAGEMENT	<i>Ajay</i>	<i>Ajay</i>	<i>Ajay</i>
15	ALFIYA CHHIPA	DEALING WITH STRESS	<i>Alfiya</i>	<i>Alfiya</i>	<i>Alfiya</i>
16	ALINA SHAIKH	BIOMEDICAL WASTE MANAGEMENT	<i>Alina</i>	<i>Alina</i>	<i>Alina</i>
17	AMIT THAKUR	DISASTER MANAGEMENT	<i>Amit</i>	<i>Amit</i>	<i>Amit</i>
18	ANANYA YADAV	DISASTER MANAGEMENT	<i>Ananya</i>	<i>Ananya</i>	<i>Ananya</i>
19	ANJALI RAUTIYA	BIOMEDICAL WASTE MANAGEMENT	<i>Anjali</i>	<i>Anjali</i>	<i>Anjali</i>
20	ANJALI RAWAT	DEALING WITH STRESS	<i>Anjali</i>	<i>Anjali</i>	<i>Anjali</i>
21	ANJALI YADAV	DISASTER MANAGEMENT	<i>Anjali</i>	<i>Anjali</i>	<i>Anjali</i>
22	ANKUSH GOYAL	BIOMEDICAL WASTE MANAGEMENT	<i>Ankush</i>	<i>Ankush</i>	<i>Ankush</i>
23	ANSH GOYAL	DEALING WITH STRESS	<i>Ansh</i>	<i>Ansh</i>	<i>Ansh</i>
24	ANSHUMAN SINGH	DEALING WITH STRESS	<i>Anshuman</i>	<i>Anshuman</i>	<i>Anshuman</i>
25	ANURHAV GUPTA	DISASTER MANAGEMENT	<i>Anurhav</i>	<i>Anurhav</i>	<i>Anurhav</i>



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26	ANURAG SAMADHIYA	BIOMEDICAL WASTE MANAGEMENT			
27	ANUSHKA SONI	DEALING WITH STRESS			
28	APURVA YADAV	DEALING WITH STRESS			
29	ARADHYA PANDEY	BIOMEDICAL WASTE MANAGEMENT			
30	ARPIT RATHORE	DISASTER MANAGEMENT			
31	ARPITA SINGH	DISASTER MANAGEMENT			
32	ARVIND DAWAR	DEALING WITH STRESS			
33	ARVINDRA DHAKAR	BIOMEDICAL WASTE MANAGEMENT			
34	ARYAN SONI	DEALING WITH STRESS			
35	ASHUTOSH JAIN	DEALING WITH STRESS			
36	ASTHA CHOURE	DISASTER MANAGEMENT			
37	ASTHA GAJBHIYE	BIOMEDICAL WASTE MANAGEMENT			
38	ATUL DHURWEY	DEALING WITH STRESS			
39	AYESHA MANSURI	BIOMEDICAL WASTE MANAGEMENT			
40	AYUSH KATHURIYA	BIOMEDICAL WASTE MANAGEMENT			
41	AYUSHI MANDIL	DEALING WITH STRESS			
42	AYUSHI SINGH TOMAR	BIOMEDICAL WASTE MANAGEMENT			
43	BHUPENDRA PATEL	DISASTER MANAGEMENT			
44	CHAUDHARI SIDDHI VISHAL	DISASTER MANAGEMENT			
45	CHIRAG SHARMA	BIOMEDICAL WASTE MANAGEMENT			
46	CYNTHIA SHARMA	DEALING WITH STRESS			
47	DAKSHITA PANDE	DEALING WITH STRESS			
48	DEEPESH SHARMA	DEALING WITH STRESS			
49	DEVANSH CHATURVEDI	BIOMEDICAL WASTE MANAGEMENT			
50	DEVANSHI ASWANI	DISASTER MANAGEMENT			
51	DEVENDRA SOLANKI	BIOMEDICAL WASTE MANAGEMENT			
52	DHANPAL PATIDAR	BIOMEDICAL WASTE MANAGEMENT			
53	DHARAJ CHOUDHARI	DEALING WITH STRESS			
54	DHRUVAN PATOLIA	BIOMEDICAL WASTE MANAGEMENT			
55	DILIP PATEL	DISASTER MANAGEMENT			



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56	DIPESH BAIRAGI	DEALING WITH STRESS			
57	DIVYANSH SIJORYA	BIOMEDICAL WASTE MANAGEMENT	<i>DS</i>	<i>DS</i>	<i>DS</i>
58	DIVYANSHI CHOURE	BIOMEDICAL WASTE MANAGEMENT	<i>DC</i>	<i>DC</i>	<i>DC</i>
59	DIVYANSHI DANGI	BIOMEDICAL WASTE MANAGEMENT	<i>Divyanshi</i>	<i>Divyanshi</i>	<i>Divyanshi</i>
60	DIVYANSHI JAIN	DEALING WITH STRESS	<i>Divyanshi</i>	<i>Divyanshi</i>	<i>Divyanshi</i>
61	DIXA CHOUHAN	DEALING WITH STRESS	<i>Dix</i>	<i>Dix</i>	<i>Dix</i>
62	ESHA KHAN	BIOMEDICAL WASTE MANAGEMENT	<i>Eshan</i>	<i>Eshan</i>	<i>Eshan</i>
63	FARDIN MANSURI	BIOMEDICAL WASTE MANAGEMENT	<i>fardin</i>	<i>fardin</i>	<i>fardin</i>
64	GAUTAM PATIDAR	DEALING WITH STRESS	<i>Gautam</i>	<i>Gautam</i>	<i>Gautam</i>
65	GOVIND KIRAR	BIOMEDICAL WASTE MANAGEMENT	<i>Govind</i>	<i>Govind</i>	<i>Govind</i>
66	HARIOM NAGAR	DISASTER MANAGEMENT			
67	HARIOM PATIDAR	DISASTER MANAGEMENT	<i>Hariom</i>	<i>Hariom</i>	<i>Hariom</i>
68	HARSHITA PATIDAR	BIOMEDICAL WASTE MANAGEMENT	<i>Harshita</i>	<i>Harshita</i>	<i>Harshita</i>
69	HARSHWARDHAN SENDHAV	DEALING WITH STRESS	<i>Sendhav</i>	<i>Sendhav</i>	<i>Sendhav</i>
70	HEMANK RAI	DISASTER MANAGEMENT	<i>Hemank</i>	<i>Hemank</i>	<i>Hemank</i>
71	HIMANSH PATEL	DEALING WITH STRESS			
72	HIMANSHU MEENA	BIOMEDICAL WASTE MANAGEMENT	<i>Himanshu</i>	<i>Himanshu</i>	<i>Himanshu</i>
73	HITEN BANSAL	DISASTER MANAGEMENT	<i>Hiten</i>	<i>Hiten</i>	<i>Hiten</i>
74	IRAM SHEIKH	DEALING WITH STRESS	<i>Iram</i>	<i>Iram</i>	<i>Iram</i>
75	ISHA TIWARI	BIOMEDICAL WASTE MANAGEMENT	<i>Isha</i>	<i>Isha</i>	<i>Isha</i>
76	JAI PORWAL	DEALING WITH STRESS	<i>Jai</i>	<i>Jai</i>	<i>Jai</i>
77	JAIDEEP PATIDAR	DISASTER MANAGEMENT	<i>Jaideep</i>	<i>Jaideep</i>	<i>Jaideep</i>
78	JAYANT DHAKAD	BIOMEDICAL WASTE MANAGEMENT	<i>Jayant</i>	<i>Jayant</i>	<i>Jayant</i>
79	JAYRAM DONGRE	DEALING WITH STRESS	<i>Jayram</i>	<i>Jayram</i>	<i>Jayram</i>
80	JAYSHREE SARKATE	DEALING WITH STRESS	<i>Jayshree</i>	<i>Jayshree</i>	<i>Jayshree</i>
81	JESVIKA MEDA	BIOMEDICAL WASTE MANAGEMENT	<i>Jesvika</i>	<i>Jesvika</i>	<i>Jesvika</i>
82	JYOTI	DISASTER MANAGEMENT	<i>Jyoti</i>	<i>Jyoti</i>	<i>Jyoti</i>
83	KAMAL JAISWAL	BIOMEDICAL WASTE MANAGEMENT	<i>Kamal</i>	<i>Kamal</i>	<i>Kamal</i>
84	KANAK PRAJAPAT	DEALING WITH STRESS	<i>Kanak</i>	<i>Kanak</i>	<i>Kanak</i>
85	KARAN VERMA	DEALING WITH STRESS	<i>Karan</i>	<i>Karan</i>	<i>Karan</i>



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86	KARISHMA RAGHUVANSHI	DISASTER MANAGEMENT			
87	KHUSHI GUPTA	BIOMEDICAL WASTE MANAGEMENT			
88	KOMAL JAMRA	DISASTER MANAGEMENT			
89	KRIPAMAY MALLICK	DEALING WITH STRESS			
90	KRISHNA KHATRI	BIOMEDICAL WASTE MANAGEMENT			
91	KRIKA CHAKRAVARTI	BIOMEDICAL WASTE MANAGEMENT			
92	KULDEEP ARYA	DISASTER MANAGEMENT			
93	KUSHAGRA KORI	DISASTER MANAGEMENT			
94	LOKESH CHOUHAN	DEALING WITH STRESS			
95	MAHAK AGRAWAL	BIOMEDICAL WASTE MANAGEMENT			
96	MAHAK JAISWAL	DEALING WITH STRESS			
97	MAHIMA PANWAR	DEALING WITH STRESS			
98	MANAN CHOUDHARY	DISASTER MANAGEMENT			
99	MANISH KUMARWAT	BIOMEDICAL WASTE MANAGEMENT			
100	MANISH KUSHWAH	BIOMEDICAL WASTE MANAGEMENT			
101	MANISH PATIDAR	DEALING WITH STRESS			
102	MANISHA	BIOMEDICAL WASTE MANAGEMENT			
103	MANOJ BHURRA	BIOMEDICAL WASTE MANAGEMENT			
104	MANSI BARIYA	DEALING WITH STRESS			
105	MATAPRASAD KHATEEK	DISASTER MANAGEMENT			
106	MAYANK PACHISIYA	BIOMEDICAL WASTE MANAGEMENT			
107	MEENAKSHI KUSHWAH	DEALING WITH STRESS			
108	MEGHA VERMA	BIOMEDICAL WASTE MANAGEMENT			
109	MITALI YADAV	DISASTER MANAGEMENT			
110	MOHAN DODWE	DISASTER MANAGEMENT			
111	MOHANLAL KAG				
112	MUKUL RAGHUWANSHI	DEALING WITH STRESS			
113	MURLIDHAR VAISHNAV	BIOMEDICAL WASTE MANAGEMENT			
114	MUSKAN AGRAWAL	BIOMEDICAL WASTE			



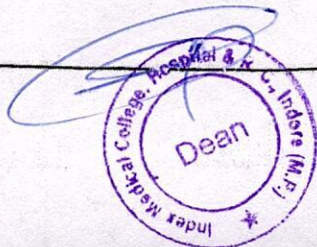
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		MANAGEMENT			
115	MUSKAN BHATIA	BIOMEJICAL WASTE MANAGEMENT	M. Bhatia	M. Bhatia	M. Bhatia
116	MUSKAN KHATRI	DEALING WITH STRESS	M. Khatri	M. Khatri	M. Khatri
117	NAMRA KHAN	DISASTER MANAGEMENT	N. Khan	N. Khan	N. Khan
		BIOMEDICAL WASTE MANAGEMENT			
118	NAVEEN SINGH	BIOMEDICAL WASTE MANAGEMENT	N. Singh	N. Singh	N. Singh
119	NEHA SINGH	DEALING WITH STRESS	N. Singh	N. Singh	N. Singh
120	NEMA SHRIVAS	DISASTER MANAGEMENT	N. Shrivastava	N. Shrivastava	N. Shrivastava
		BIOMEDICAL WASTE MANAGEMENT			
121	NIKETA RAJPUT	BIOMEDICAL WASTE MANAGEMENT	N. Rajput	N. Rajput	N. Rajput
122	NIKHIL PRAJAPATI	DEALING WITH STRESS	N. Prajapati	N. Prajapati	N. Prajapati
		BIOMEDICAL WASTE MANAGEMENT			
123	NIKITA HARJPAL	BIOMEDICAL WASTE MANAGEMENT	N. Harjpal	N. Harjpal	N. Harjpal
124	NISHANT SISODIYA	DISASTER MANAGEMENT	N. Sisodiya	N. Sisodiya	N. Sisodiya
125	NITESH PANCHAL	DISASTER MANAGEMENT	N. Panchal	N. Panchal	N. Panchal
		BIOMEDICAL WASTE MANAGEMENT			
126	NIYASA PAL SINGH	BIOMEDICAL WASTE MANAGEMENT	N. Pal Singh	N. Pal Singh	N. Pal Singh
		BIOMEDICAL WASTE MANAGEMENT			
127	NOOPUR KANHEY	BIOMEDICAL WASTE MANAGEMENT	N. Kanhey	N. Kanhey	N. Kanhey
		DEALING WITH STRESS			
128	PANDYA KISHA JIGNESHKUMAR	DEALING WITH STRESS	P. Kishu	P. Kishu	P. Kishu
		DISASTER MANAGEMENT			
129	PANWAR SARTHAK RAKESH	DISASTER MANAGEMENT	P. Sarthak	P. Sarthak	P. Sarthak
		BIOMEDICAL WASTE MANAGEMENT			
130	PARTH PATKI	BIOMEDICAL WASTE MANAGEMENT	P. Patki	P. Patki	P. Patki
131	PAUL SAMUEL DANIEL	DEALING WITH STRESS	P. Daniel	P. Daniel	P. Daniel
		BIOMEDICAL WASTE MANAGEMENT			
132	PAYAL RAWAT	BIOMEDICAL WASTE MANAGEMENT	P. Rawat	P. Rawat	P. Rawat
		BIOMEDICAL WASTE MANAGEMENT			
133	PINKI BADOLE	BIOMEDICAL WASTE MANAGEMENT	P. Badole	P. Badole	P. Badole
134	POOJA BANSAL	DISASTER MANAGEMENT	P. Bansal	P. Bansal	P. Bansal
135	POOJA MEHRA	DISASTER MANAGEMENT	P. Mehra	P. Mehra	P. Mehra
136	POOJA PATIDAR	DISASTER MANAGEMENT	P. Patidar	P. Patidar	P. Patidar
		BIOMEDICAL WASTE MANAGEMENT			
137	POORVA JAMRA	BIOMEDICAL WASTE MANAGEMENT	P. Jamra	P. Jamra	P. Jamra
138	PRACHEETI VARMA	DEALING WITH STRESS	P. Varma	P. Varma	P. Varma
139	PRACHI SHRIVASTAVA	DEALING WITH STRESS	P. Shrivastava	P. Shrivastava	P. Shrivastava
		BIOMEDICAL WASTE MANAGEMENT			
140	PRAGATI AGRAWAL	BIOMEDICAL WASTE MANAGEMENT	P. Agrawal	P. Agrawal	P. Agrawal
141	PPAKASH CHOUHAN	DISASTER MANAGEMENT	P. Chouhan	P. Chouhan	P. Chouhan
		BIOMEDICAL WASTE MANAGEMENT			
142	PRAKASH MORI	BIOMEDICAL WASTE MANAGEMENT	P. Mori	P. Mori	P. Mori



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143	PRAKHAR SHARMA	DEALING WITH STRESS	P	P	P
144	PRANJALKAG	BIOMEDICAL WASTE MANAGEMENT	Pranj	Pranj	Pranj
145	PRARTHANA PATIDAR	DISASTER MANAGEMENT			
146	PRASUN DABKARA	DISASTER MANAGEMENT	Prasun	Prasun	Prasun
147	PRATEEK PATIDAR	BIOMEDICAL WASTE MANAGEMENT			
148	PRATHAM MANDORIYA	DEALING WITH STRESS	Prath	Prath	Prath
149	PREETI	DEALING WITH STRESS	Preeti	Preeti	Preeti
150	PREETI RAWAT	BIOMEDICAL WASTE MANAGEMENT	Preeti	Preeti	Preeti
151	PRIYANKA VERMA	BIOMEDICAL WASTE MANAGEMENT	Priyanka	Priyanka	Priyanka
152	PURVA VEASHNAVI CHOUREY	DEALING WITH STRESS	P.V. Chourey	P.V. Chourey	P.V. Chourey
153	PURVI JAIN	DISASTER MANAGEMENT	Purvi	Purvi	Purvi
154	PUSHPNEDRA KUMAR YADAV	DEALING WITH STRESS	Pushp	Pushp	Pushp
155	RAGHAV PRATAP GUPTA	BIOMEDICAL WASTE MANAGEMENT	R	R	R
156	RAGINI KHEDE	DISASTER MANAGEMENT	Ragini	Ragini	Ragini
157	RAGINI PATEL	DEALING WITH STRESS	Ragini	Ragini	Ragini
158	RAHUL KUMAR BADER-I	DISASTER MANAGEMENT	Rahul	Rahul	Rahul
159	RAJA PRAJAPAT	BIOMEDICAL WASTE MANAGEMENT	Raja	Raja	Raja
160	RAJKUMAR KHANDEL	BIOMEDICAL WASTE MANAGEMENT	Rajku	Rajku	Rajku
161	RAKSHIT PINDORIYA	DEALING WITH STRESS	Rakshit	Rakshit	Rakshit
162	RAMESHWAR BHIDE	DEALING WITH STRESS	Ramesh	Ramesh	Ramesh
163	RASHIDA TALWADAWALA	DISASTER MANAGEMENT	Rashida	Rashida	Rashida
164	RAVINDRA SINGH	BIOMEDICAL WASTE MANAGEMENT	Ravindra		
165	REENA	BIOMEDICAL WASTE MANAGEMENT	Reena	Reena	Reena
166	REENA VISHWAKARMA	DEALING WITH STRESS	Reena	Reena	Reena
167	RENU MAIDA	DEALING WITH STRESS	Renu	Renu	Renu
168	RISHABH JAIN	BIOMEDICAL WASTE MANAGEMENT	Rishabh	Rishabh	Rishabh
169	RISHIYUG PATEL	DISASTER MANAGEMENT	Rishi	Rishi	Rishi
170	RITU YADAV	DISASTER MANAGEMENT	Ritu	Ritu	Ritu
171	RIYA YADAV	BIOMEDICAL WASTE	Riya	Riya	Riya



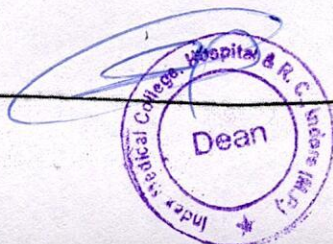
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		MANAGEMENT			
172	RIYA YADAV	BIOMEDICAL WASTE MANAGEMENT	Riya	Riya	Riya
173	ROHINI ARMIL	DEALING WITH STRESS	Rohini	Rohini	Rohini
174	ROHIT KUMAR ARYA	BIOMEDICAL WASTE MANAGEMENT	Rohit	Rohit	Rohit
175	ROHIT SAHU	BIOMEDICAL WASTE MANAGEMENT	Rohit	Rohit	Rohit
176	RUHEEN BEE	DEALING WITH STRESS	Ruheen	Ruheen	Ruheen
177	SABA ANSARI	BIOMEDICAL WASTE MANAGEMENT	Saba	Saba	Saba
178	SAKSHI SAHU	DISASTER MANAGEMENT	Sakshi	Sakshi	Sakshi
179	SAMARTH GUPTA	BIOMEDICAL WASTE MANAGEMENT	Samarth	Samarth	Samarth
180	SAMEER KHAN	DEALING WITH STRESS	Sameer	Sameer	Sameer
181	SAMYA DAS	BIOMEDICAL WASTE MANAGEMENT	Samya	Samya	Samya
182	SARTHAK SHARMA	DISASTER MANAGEMENT	Sarthak	Sarthak	Sarthak
183	SATYAM SHINDE	DISASTER MANAGEMENT	Satyam	Satyam	Satyam
184	SAURABH LODHI		Saurabh	Saurabh	Saurabh
185	SEJAL KESHARWANI	DEALING WITH STRESS	Sejal	Sejal	Sejal
186	SHAIKH NAVED AHMEAD	DEALING WITH STRESS	Naved	Naved	Naved
187	SHAILENCRA KUMAR SINGH NETAM	DISASTER MANAGEMENT	Shailendra	Shailendra	Shailendra
188	SHALINI MEHRA	DEALING WITH STRESS	Shalini	Shalini	Shalini
189	SHASHANK ATODE	DISASTER MANAGEMENT	Shashank	Shashank	Shashank
190	SHEETAL PARMAR	BIOMEDICAL WASTE MANAGEMENT	Sheetal	Sheetal	Sheetal
191	SHEETAL THAKUR	DEALING WITH STRESS	Sheetal	Sheetal	Sheetal
192	SHEETAL VISHWAKARMA	BIOMEDICAL WASTE MANAGEMENT	Sheetal	Sheetal	Sheetal
193	SHIVAM CHAUDHARY	DEALING WITH STRESS	Shivam	Shivam	Shivam
194	SHIVAM RAI	BIOMEDICAL WASTE MANAGEMENT	Shivam	Shivam	Shivam
195	SHIVAM SHIVHARE	DISASTER MANAGEMENT	Shivam	Shivam	Shivam
196	SHIVANI HADA	DISASTER MANAGEMENT	Shivani	Shivani	Shivani
197	SHIVI BANSAL	BIOMEDICAL WASTE MANAGEMENT	Shivi	Shivi	Shivi
198	SHRADDHA PATIDAR	DEALING WITH STRESS	Shraddha	Shraddha	Shraddha
199	SHRAVAN SONI	DEALING WITH STRESS	Shravan	Shravan	Shravan
200	SHRAWAN KUMAR AHIRWAR	BIOMEDICAL WASTE MANAGEMENT	Shravan	Shravan	Shravan



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201	SHREYA KUNDRA	DISASTER MANAGEMENT			
202	SHREYANSH DESHMUKH	DISASTER MANAGEMENT			
203	SHRISTI SINGH BAGHEL	DEALING WITH STRESS			
204	SHRIYA KASHYAP	BIOMEDICAL WASTE MANAGEMENT			
205	SHUBHAM GANGIL	DISASTER MANAGEMENT			
206	SHUBHAM PATIDAR	BIOMEDICAL WASTE MANAGEMENT			
207	SHUBHAM SHAH	DEALING WITH STRESS			
208	SILAS BAGHEL	BIOMEDICAL WASTE MANAGEMENT			
209	SOHAN KOTHARI	DISASTER MANAGEMENT			
210	SONIYA CHOUHAN	BIOMEDICAL WASTE MANAGEMENT			
211	SOURAV JAISWAL	DEALING WITH STRESS			
212	SURAJ BHANDOLE	DEALING WITH STRESS			
213	SURAJ VERMA	BIOMEDICAL WASTE MANAGEMENT			
214	SURBHI CHANDRAWANSHI	DISASTER MANAGEMENT			
215	SURENDRA SINGH KUSHAWAH	BIOMEDICAL WASTE MANAGEMENT			
216	SUYASH BIRLA	DEALING WITH STRESS			
217	SWARNIM NAYAK	BIOMEDICAL WASTE MANAGEMENT			
218	SWETA	BIOMEDICAL WASTE MANAGEMENT			
219	TANISHQ GAHLOT	DEALING WITH STRESS			
220	TANISHQ MALVIYA	DISASTER MANAGEMENT			
221	TANISHQA KATE	BIOMEDICAL WASTE MANAGEMENT			
222	TANU GOUR	BIOMEDICAL WASTE MANAGEMENT			
223	TASNEEM SUWASRAWALA	DEALING WITH STRESS			
224	TUSHAR SAHU	DISASTER MANAGEMENT			
225	TUSHAR VERMA	DEALING WITH STRESS			
226	UMITA PATIDAR	DISASTER MANAGEMENT			
227	URMILA AANJANA	BIOMEDICAL WASTE MANAGEMENT			
228	URVASHI BIRLA	DEALING WITH STRESS			
229	VAIBHAV SARASWAT	BIOMEDICAL WASTE			



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		MANAGEMENT			
230	VAIDIK YADAV	DISASTER MANAGEMENT	Vaidik	Vaidik	Vaidik
231	VAISHNAVI GUPTA	BIOMEDICAL WASTE MANAGEMENT	Vaishna	Vaishna	Vaishna
232	VAISHNAVI KHATRI	DEALING WITH STRESS	Vaishnavi	Vaishnavi	Vaishnavi
233	VASUNDHARA PATEL	DEALING WITH STRESS	Vasundhara	Vasundhara	Vasundhara
234	VEDANT THAKUR	BIOMEDICAL WASTE MANAGEMENT	Vedant	Vedant	Vedant
235	VIDHI WANKHEDE	DISASTER MANAGEMENT	Vidhi	Vidhi	Vidhi
236	VIJAY OHARI	BIOMEDICAL WASTE MANAGEMENT	Vijay	Vijay	Vijay
237	VIJAY VISHWAKARMA	DISASTER MANAGEMENT	Vijay	Vijay	Vijay
238	VIKAS CARPENTER	BIOMEDICAL WASTE MANAGEMENT	Vikas	Vikas	Vikas
239	VIKAS CHAWDA	DEALING WITH STRESS	Vikas	Vikas	Vikas
240	VIKAS CHOUHAN	BIOMEDICAL WASTE MANAGEMENT	Vikas	Vikas	Vikas
241	VIKAS PADIYAR	DISASTER MANAGEMENT	Vikas	Vikas	Vikas
242	VIKAS YADAV	DISASTER MANAGEMENT	Vikas	Vikas	Vikas
243	VIKASH KUMAR SHARMA	DEALING WITH STRESS	Vikash	Vikash	Vikash
244	VINOD VASKALE	BIOMEDICAL WASTE MANAGEMENT	Vinod	Vinod	Vinod
245	YASH AKOLE	DISASTER MANAGEMENT	Yash	Yash	Yash
246	YASH PATIDAR	BIOMEDICAL WASTE MANAGEMENT	Yash	Yash	Yash
247	YASHASVI BHALAVI	DEALING WITH STRESS	Yashasvi	Yashasvi	Yashasvi
248	AMAN CHOUHAN	DEALING WITH STRESS	Aman	Aman	Aman
249	MANOHAR LAL GURJAR	BIOMEDICAL WASTE MANAGEMENT	Manohar	Manohar	Manohar
250	PIRULAL MAIDA	DISASTER MANAGEMENT	Pirulal	Pirulal	Pirulal
251	RAJU MANDLOI	DISASTER MANAGEMENT	Raju	Raju	Raju
252	RUCHIKA WAKDE	BIOMEDICAL WASTE MANAGEMENT	Ruchika	Ruchika	Ruchika
253	NARENDRA PATEL	DEALING WITH STRESS	Narendra	Narendra	Narendra
254	ANIL VASUNIYA	BIOMEDICAL WASTE MANAGEMENT	Anil	Anil	Anil
255	DHARMENDRA SINGH KUDAPE	BIOMEDICAL WASTE MANAGEMENT	Dharmendra	Dharmendra	Dharmendra
256	DISHA PANDRAM	DISASTER MANAGEMENT	Disha	Disha	Disha

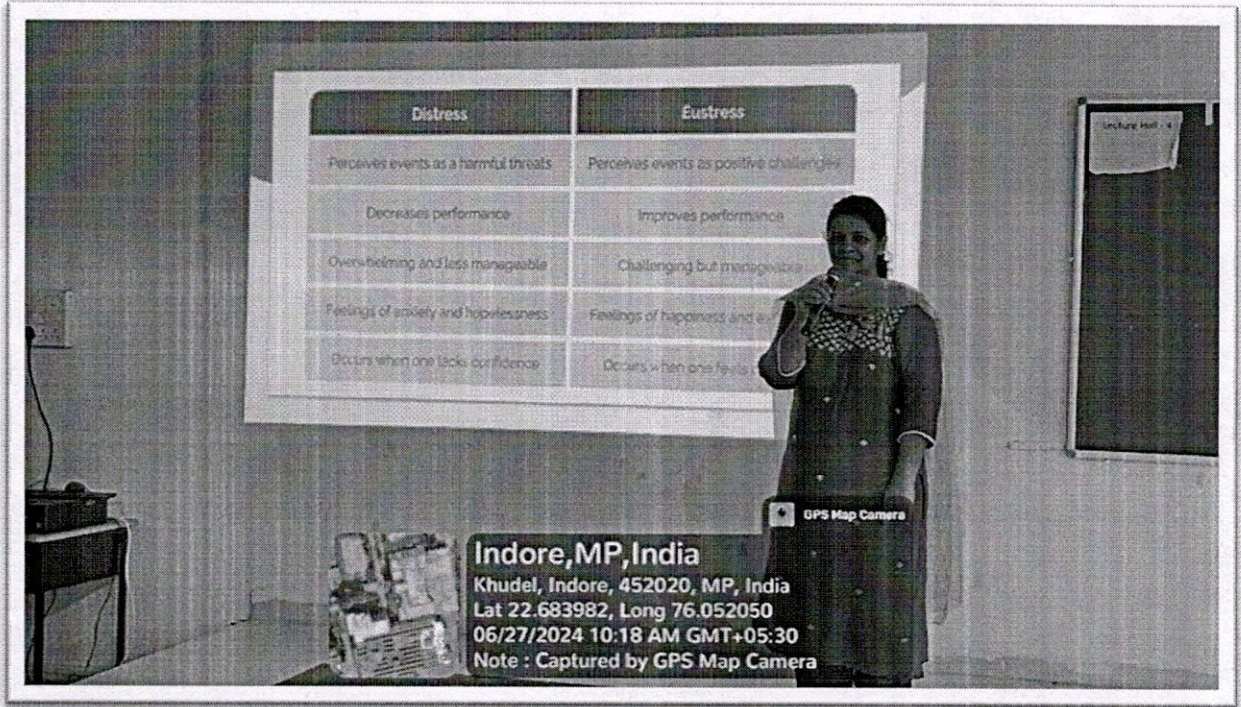


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257	KAREEN/ MANSURI	DEALING WITH STRESS			
258	RAVI	BIOMEDICAL WASTE MANAGEMENT	Ravi	Ravi	Ravi
259	RINKU RAWAT	DISASTER MANAGEMENT	Rinku	Rinku	Rinku
260	RITESH	DEALING WITH STRESS	RS	RS	RS
261	SIMRAN GARDEY	BIOMEDICAL WASTE MANAGEMENT	Simran	Simran	Simran
262	AKANSHA DAWAR	DISASTER MANAGEMENT	AKD	AKD	AKD

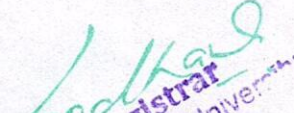
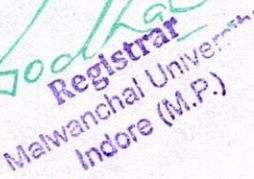


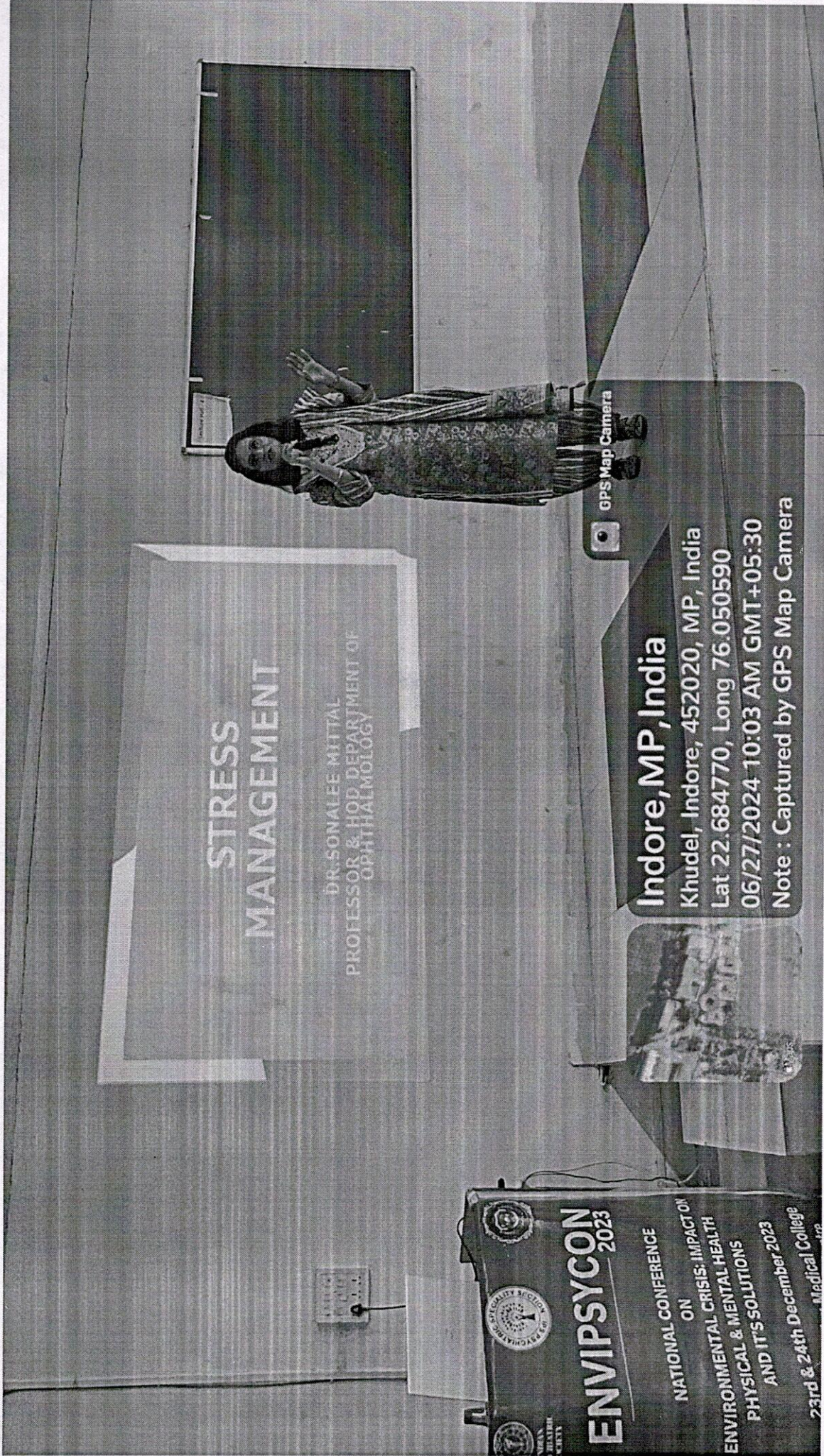
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VAC - Dealing with stress in medical students



STRESS MANAGEMENT

DR. SONALEE MITTAL
PROFESSOR & HOD DEPARTMENT OF
OPHTHALMOLOGY

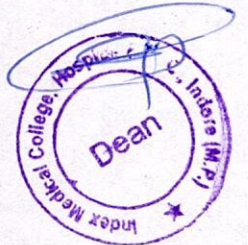
ENVIPSYCON 2023

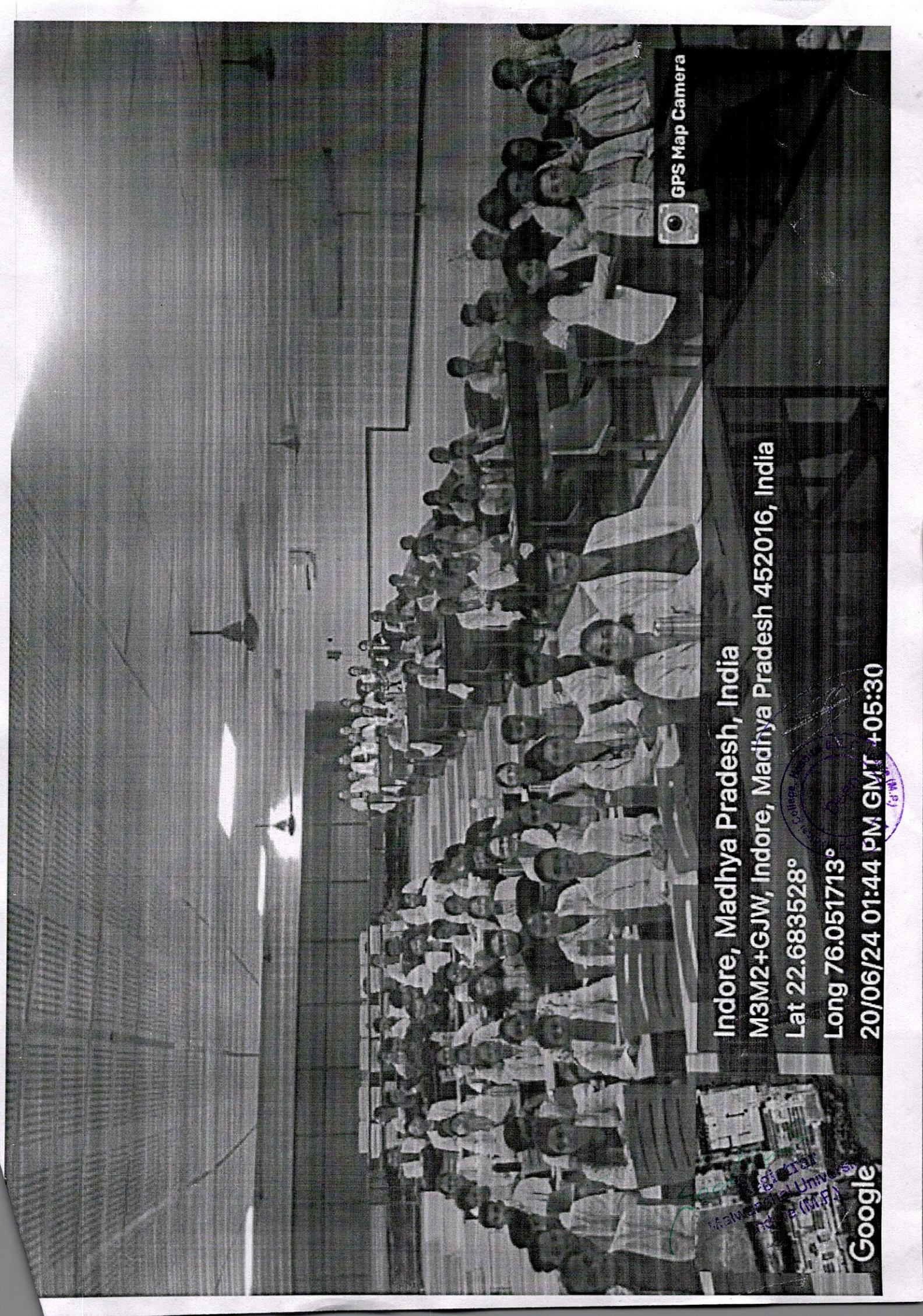
NATIONAL CONFERENCE
ON
ENVIRONMENTAL CRISIS: IMPACT ON
PHYSICAL & MENTAL HEALTH
AND ITS SOLUTIONS

23rd & 24th December 2023
Indore Medical College

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06/27/2024 10:03 AM GMT+05:30
Note : Captured by GPS Map Camera

Sonalee Mittal
Registrar
Malwanchal University
Indore (M.P.)





GPS Map Camera

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