



**Index** MEDICAL COLLEGE, HOSPITAL &  
RESEARCH CENTRE, INDORE  
(Unit of Mayank's Welfare Society)  
(Constituent Unit of Malwanchal University)



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

**ACCREDITED BY NABH & NABL**

IMCHRC/VAC/2024/12

Date: 07-06-2024

**CIRCULAR**

We are pleased to announce that a Value added course on 'Life skill in medical students' has been scheduled from 18<sup>th</sup> June, to 20<sup>th</sup> June, 2024, Index Medical College, Hospital & Research Centre, Indore.

It is being organized by the faculty of IMCHRC, Malwanchal University to train the MBBS 1<sup>st</sup> Year in dealing with 'Life skill in medical students'. The course is free for all students. Interested students are requested to register for the course by 12<sup>th</sup> June, 2024.

For registration contact, Dr. Neeta Singh , Contact - 9755064783

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 – Boys / Girls, PG Hostel
- File

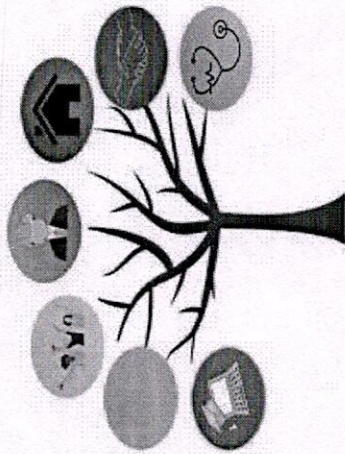


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Registrar  
Malwanchal University  
Indore (M.P.)



**MALWANCHAL UNIVERSITY**  
Index Medical College Hospital &  
Research center, Indore

## Life Skills



## Life Skills In Medical Students

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Registrar  
Malwanchal University  
Indore (M.P.)



### ABOUT

To develop successful members of the global society. education must be based on a framework of the four C's: communication, collaboration, critical thinking and creative thinking. Which are the important life skills.

### REGISTRATION DETAILS

Eligibility – MBBS I Year

Co-Ordinator – Dr. Neeta Singh ( Asst. Prof.)

Registration Fee – Rs.0

Dates – 18<sup>th</sup> June – 20<sup>th</sup> June 2024

Venue – IMCHRC Indore

### Resource Person

Dr. Manila Jain Prof. & Head (Physiology)

Dr. Vimal Modi Prof. & Head (Anatomy)

Dr. Sonali Kalvade ( Assoc. Prof. Biochemistry)

Dr. Jaya Jain (Assoc. Prof. Biochemistry)

Dr. Neeta Singh ( Asst. Prof. Physiology)

Dr. Akansha Sharma ( Asst. Prof. Anatomy)

### MODULES

Module 1: Oral Communication

Module 2: Ethical Responsibility to self & others

Module 3: Resilience & Adaptability

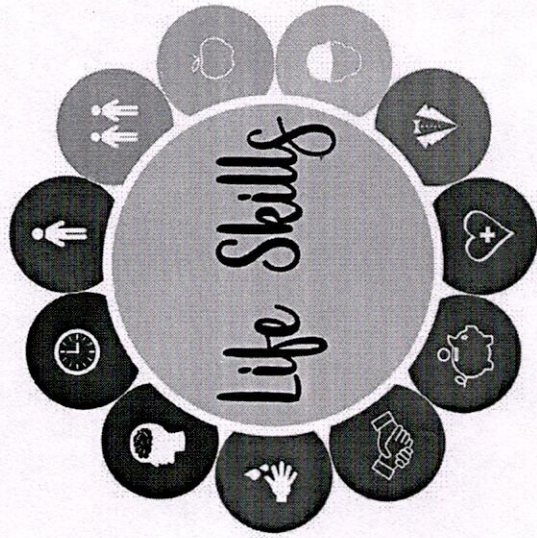
Module 4: Service orientation

Module 5: Reliability & Dependability

Module 6: Self directed engaged learning

### COURSE OUTCOMES

At the end participants will have learnt about making connections, communications, perspective thinking, focus & self control, critical thinking, taking on challenges, self directed engaged learning



Time - Table

Value Added Course

Topic : Life Skills in Medical Student

For : M.B.B.S I Year (2023-2024)

Day-1 : (18-06-2024) Tuesday		
Title	Time	Speaker
Oral Communication	09:00am-11:00am	Dr. Manila Jain
Tea	11:00am-11:15am	
Ethical Responsibility to self & others	11:15am-01:15pm	Dr. Neeta Singh
Lunch	01:15pm-02:00pm	
Service Orientation Practical	02:00pm-04:00pm	All Resource Faculties
Day - 2 : (19-06-2024) Wednesday		
Resilience & Adaptability	09:00am-11:00am	Dr. Vimal Modi
Tea	11:00am-11:15am	
Service orientation	11:15am-01:15pm	Dr. Akansha
Lunch	01:15pm-02:00pm	
Reliability & Dependability Practical	02:00pm-04:00pm	All Resource Faculties
Day - 3 : (20-06-2024) Thursday		
Self directed engaged learning	09:00am-11:00am	Dr. Sonali Kalvade
Tea	11:00am-11:15am	
Focus, Self control & taking challenges	11:15am-01:15pm	Dr. Akansha
Lunch	01:15pm-02:00pm	
Question answer session & feed back	02:00pm-03:00pm	All Resource Faculties



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## Report: Life Skills In Medical Students

A value added course on Life Skills In Medical Students was conducted from 18th to 20th June, 2024, In Index Medical College, Hospital and Research Centre, Indore. This course was conducted for 18 hours, where each session was conducted for 6 hours. The total number of participants attending the course was 68.

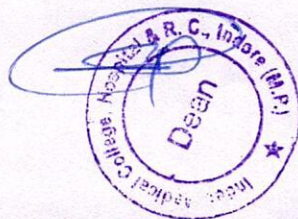
Life skills are abilities required to provide the basis for proper stress management and manifestation of positive behaviors. These skills may lead to better acceptance in social responsibilities, interpersonal skills and other demands and expectation. Moreover, a person with higher life skills is more likely to be able to control his interpersonal issues and thus, benefit from lower social and mental stress. Psychological morbidities are more common in doctors and medical students. Although there is no significant difference in stress between medical and other students. after starting the training course it has become more notable that medical students' mental status reduces more dramatically compared to other students

Only medical Skills do not matter. Apart from study, there are lots of skills a doctor needs to master. These are communication, critical thinking, listening, leadership & teamwork. Without these skills, a doctor is incomplete. Developing compassion & empathy is a must for medical students. Important life skills every students should know are , developing & pursuing vision for life, understand meaning of self awareness, learn time management & organization, communication skills, ability to feel and understand others, motivation skills to reach achievement, stress management.

The speakers of the course were **Dr. Manila Jain** Prof. & Head (Physiology), **Dr. Vimal Modi** Prof. & Head (Anatomy), **Dr. Sonali Kalvade** ( Assoc. Prof. Biochemistry), **Dr. Jaya Jain** (Assoc. Prof. Biochemistry), **Dr. Neeta Singh** ( Asst. Prof. Physiology), **Dr. Akansha Sharma** ( Asst. Prof. Anatomy)

The modules for this course were as follow:

- Module 1: Oral Communication
- Module 2: Ethical Responsibility to self & others
- Module 3: Resilience & Adaptability
- Module 4: Service orientation



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## Module 5: Reliability & Dependability

Strongest medical skill is ability to multitask, stay calm under pressure, communicate effectively, be detail oriented & well organized are all essential for success in this field. Students were taught about oral communication, Ethical Responsibility to self & others, Resilience & Adaptability, Service orientation, Reliability & Dependability

At the end of the course, the participants learnt about

- Making connections,
- Communications,
- Perspective thinking,
- Focus & self control,
- Critical thinking
- Taking on challenges,
- Self directed engaged learning

Session ended with participants feedback & vote of thanks

Course coordinator



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Maitwanchal University  
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Index Medical College Indore

Department of Physiology

MBBS 1 Year

Value Added Course: Life Skills In Medical Students

Attendance Sheet

Sr. N	Name of Students	Dates		
		18-06-2024	19-06-2024	20-06-2024
1	AASTHA PATHAK	P	P	P
2	ARU PORWAL	P	P	P
3	DANISH ANSARI	P	P	P
4	GOURI SHUKLA	P	P	P
5	DIPESH RATHORE	P	P	P
6	ABDUL AHAD GHORI	P	P	P
7	ATHARVA SHARMA	P	P	P
8	ABHISHEK YADAV	P	P	P
9	GAURAV DUBEY	P	P	A
10	HARSH SINGH PARMAR	P	P	P
11	AYAAN HUSSAIN	P	P	P
12	ATUL PRATAP SINGH	P	P	P
13	AEKTA DWIVEDI	P	P	P
14	ADITYA SHRIVASTAVA	P	P	P
15	MINAL BHAWSAR	A	A	P
16	JANMEYJAY RUDHADE	P	P	P
17	AKSHAT MISHRA	P	P	P
18	BHOOMI SILAWAT	P	P	P
19	AMAN VERMA	P	A	P
20	DERRYLL JOHN	P	P	P
21	ANIL KUMAR MACHAR	P	P	P
22	ANANT KHATEDIYA	P	P	P
23	ALI SAIYED	P	P	A
24	CHIRAYU MITTAL	P	P	P
25	DEEKSHA MARSKOLE	P	P	P
26	BOBY YADAV	P	P	P
27	ANUSHKA SAXENA	A	P	P
28	ANSHUL RAJPOOT	P	A	P
29	HARSHITA CHOUHAN	P	P	P
30	HARSH BUDHWANI	P	P	P
31	MOHAMMED ABUZAR QUADRI	P	P	P
32	JAYANT SOLANKI	P	P	P
33	KAUSHAL PATIDAR	P	P	P
34	NIKEETA PRAJAPATI	P	A	P
35	MONU MEHRA	P	P	P
36	NAVEEN DHURWEY	P	P	A
37	KAJAL BHATT	P	P	P
38	NADEEM KHAN	P	A	P
39	KHUSHBOO DHAKAD	P	P	P
40	JOYA AFSAR	P	P	P
41	MOHAMMED SHEIKH	P	P	P
42	NILESH NANDEDA	P	P	P
43	LAKSHYA MUDGAL	P	P	P
44	MADHUR GUPTA	P	P	P
45	KHUSHI PRAJAPATI	P	P	P
46	PALAK YADAV	A	P	P
46	OM SHUKLA	P	A	P



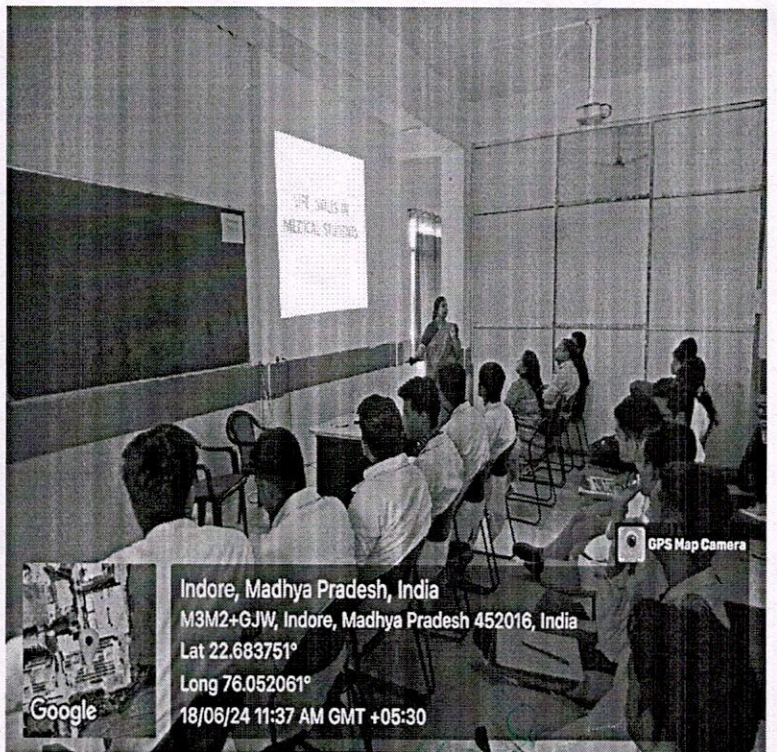
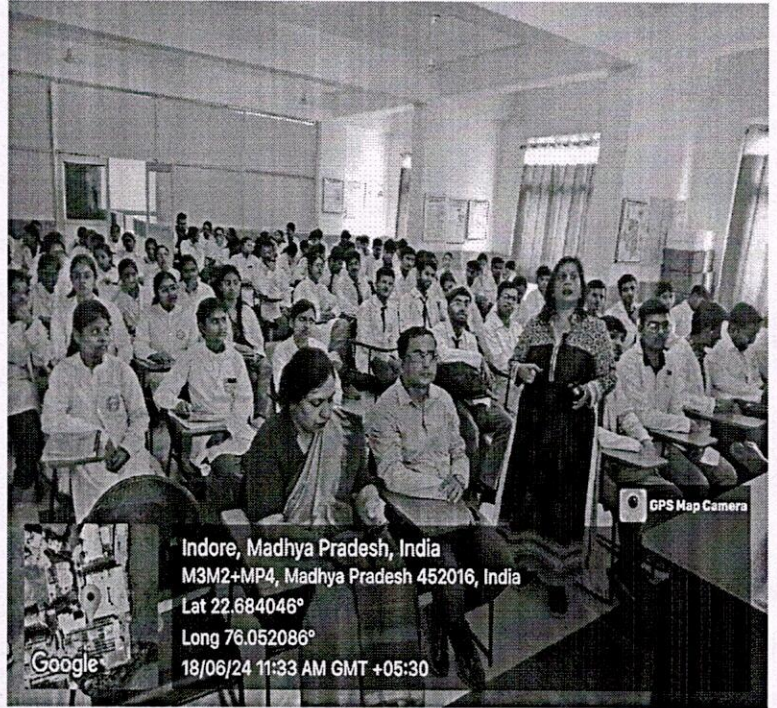
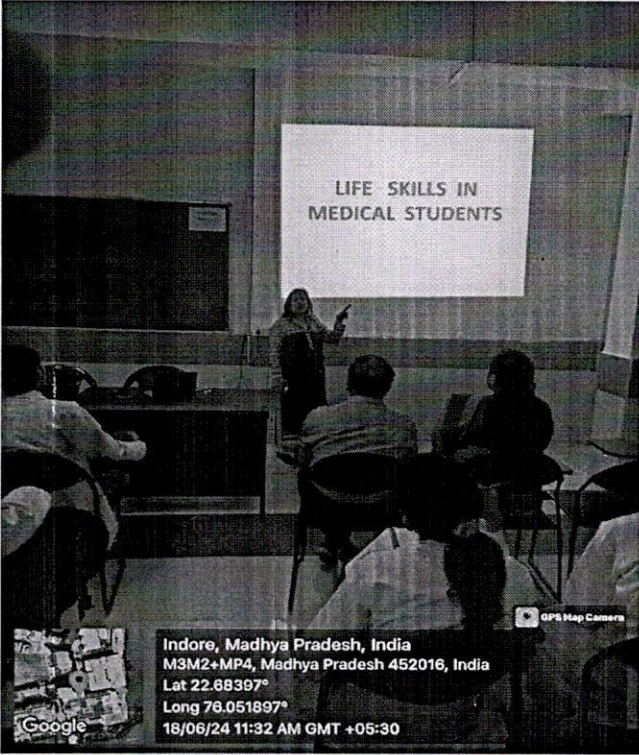
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	PIYUSH MAHAJAN	P	P	P
	MEHAK KHAN	P	P	P
	MAMTA MOURYA	P	P	P
	PRANSHI GOSAR	P	P	P
51	PREETI BAGHEL	P	P	P
52	RAM PATEL	P	P	P
53	RADHA GARWAL	P	P	P
54	SONU	P	P	P
55	RISHI JAIN	P	P	A
56	RAJ GURJAR	P	P	P
57	TANISHA AGRAWAL	P	P	P
58	SUDHANSHU SHUKLA	P	P	P
59	SHREYA GUPTA	P	P	P
60	UDAYBHAN YADAV	P	P	P
61	VEDANT KURMI	P	P	P
62	LALIT MEENA	P	P	P
63	PARVATI MEDA	P	P	P
64	KAPIL JOSHI	P	P	P
65	NEETRAJ AHIRWAR	P	P	P
66	KHUSHI DESHBHRATAR	P	P	P
67	GLORY LAL	P	P	P
68	ANKIT	P	P	P
69	DHRUV RAI	P	P	P
70	SAAD AHMAD	P	P	P
71	RASIKA SUHAS CHAUDHARI	P	P	P
72	TEJAS DHIRAJ PATIL	P	P	P

*ASingh*  
VAC Co-Ordinator

*Soalkar*  
Registrar  
Malwanchal University  
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**Value Added Course**  
**Life Skills In Medical Students**  
**(18<sup>th</sup> to 20<sup>th</sup> June -2024)**



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Indore (M.P.)