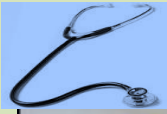


**ORIENTATION PROGRAM FOR FIRST YEAR MEDICAL STUDENTS
SHRI GURU RAM RAI INSTITUTE OF MEDICAL AND HEALTH SCIENCES
SHRI MAHANT INDRESH HOPITAL, PATEL NAGAR, DEHRADUN**



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

On SATURDAY 23rd August, 2014 the students

were oriented to the stressors of medical college.

EMOTIONAL & ADJUSTMENT SKILL

WORKSHOP- To help them in this transition the Two day workshop was conducted on- was conducted on two days – SATURDAY 23RD &

MONDAY 25TH AUGUST, 2014.

Total number of students who attended the program was 89.

THE STUDENT COUNSELING SERVICES
from graduation to happiness 23rd & 25th August 2014



1st year Medical students
SGRR Institute of Medical and Health sciences
Shri Mahant Indresh Hospital
2014- 2015




To Help students achieve as much success as possible while at the Medical college

By veena krishnan
Consultant clinical psychologist



THE WORKSHOP PROGRAM MODULE on the day one 23rd Saturday was Awareness Talk on mental and emotional health. To help them to recognize Symptoms of -depression and anxiety to

<p>What is Depression?</p>  <p>Major depressive disorder lasts for at least 2 weeks and affects a person's:</p> <ul style="list-style-type: none"> Emotions, thinking, behavior, and physical well-being Ability to work and to have satisfying relationships 	<p>Signs and Symptoms of Depression</p> <p>EMOTIONS</p> <ul style="list-style-type: none"> Sadness, anxiety, guilt, anger, mood-swings, lack of emotional responsiveness, feelings of helplessness, hopelessness, irritability <p>THOUGHTS</p> <ul style="list-style-type: none"> Frequent self-criticism, self-blame, pessimism, impaired memory and concentration, indecisiveness and confusion, tendency to believe others see you in a negative light, thoughts of death and suicide
<p>Signs and Symptoms of Depression, cont'd</p> <p>BEHAVIOURS</p> <ul style="list-style-type: none"> Crying spells, withdrawal from others, neglect of responsibilities, loss of interest in personal appearance, loss of motivation, slow movement, using drugs and alcohol <p>PHYSICAL</p> <ul style="list-style-type: none"> Fatigue, lack of energy, sleeping too much or too little, overeating or loss of appetite, constipation, weight loss or gain, headaches, irregular menstrual cycle, loss of sexual desire, unexplained aches and pains 	 



help them seek early intervention and help.

Also Symptoms to prevent help in **identifying suicidal behaviors**.

Brain storming session on Identifying Challenges and stressors of the first year student on the campus.



How to cope with homesickness & room mates.

Awareness was also imparted on the effect of substance and alcohol use on the brain and health and performance.



The film was shown on the same.

The session ended with filling in of the questionnaire by each of the present students.



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

On Monday 25th August, 2014 the students were briefed on -

- 1. Sensitization to prevent Ragging .**
- 2. Gender sensitization.**

The program was conducted to ensure active

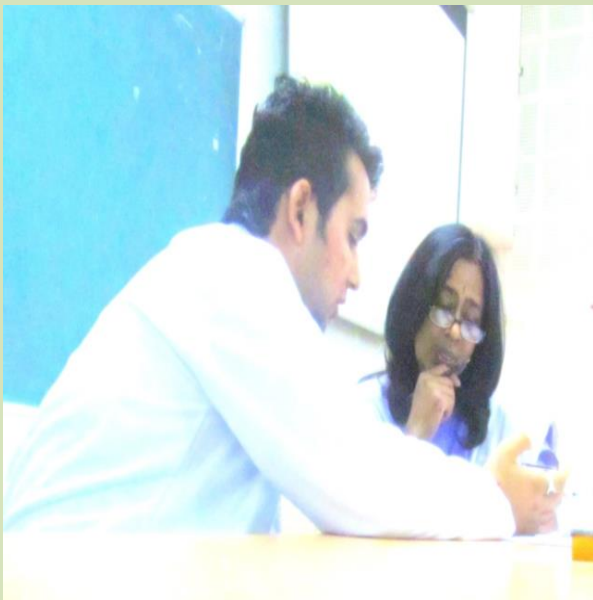
interaction and participation.





The concluding sessions consisted of feedback.

One to one session was provided to help them orient to their basic personality.



Tips for social coping skills & counselling was provided.

For some it was an opportunity to be able to share emotional stress and baggage of past.

For inspiration the documentary 'The Secret' was shown.

The program ended with breaking the stigma –Its OK to ask For Help.

BY

Veena Krishnan

Senior Consultant Clinical Psychologist

Central Institute Psychiatry, Kanke Ranchi

It is OK to ask for help....

FACT

Students who get counseling have higher grades and better coping skills.

What's your wellness plan