

## SCAFOLDING OUR STUDENTS – A STUDENT’S SUPPORT PROGRAM - REPORT

The COVID-19 pandemic has caused an unusual disruption in medical education. It imposed various challenges in ensuring an uninterrupted continuity in medical education. Since the start of this pandemic we could overcome the above challenge by successfully implementing and practising online mode of teaching learning and evaluation. To ensure the smooth conduct of online teaching learning activities in our institute we have conducted online JAM sessions for students across all phases of MBBS and various academic and non-academic concerns were raised by the students. All the academic concerns were discussed and clarified at the departmental levels. This program was planned by Dean HPE as a part of Wabi – Sabi initiative to address the pressing non-academic concerns through series of lightening talks by our esteemed resource persons.

This program was conducted through online platform (Cisco) on May 29<sup>th</sup>, 2021 from 10 am to 12.15 pm. 447 students and 35 faculty members have attended the program. The objectives of this student’s support program were to address the students concern regarding the online teaching and learning activities during COVID pandemic, to help them build resilience & coping mechanisms and to convert negativity associated with pandemic into life lessons.

The program started with soulful feel good anthem of happiness.

The program was hosted by Dr. Jothi Marie Feula, Assistant Professor, Department of Physiology.

**Dr. Madhanagopal**, Associate Professor of Pharmacology & Chairman MMP, welcomed the gathering. Following which **Dr. P F Kotur**, Dean, AVMC addressed the students regarding the need for students to take the responsibility in teaching, learning activities and the usefulness of such students support programs. Dr. Vishnu Bhat, Director Research also addressed the students regarding various concerns in online teaching.

This was followed by the session on “**Students’ concerns regarding TLE during COVID – A Summary**” by **Dr. Arthy**, Assistant Professor, Forensic Medicine, AVMC. She gave a summary of the feedbacks

provided by students during online JAM sessions. She also pointed out the differences between early and late stage students.

The next session was by **Mrs. Rama**, Students' counsellor. She gave an insightful talk on how to structure one's daily schedule to have purposeful existence during these difficult times. She also shared a model schedule for a week using her own personal experience.

The next talk was on the ways to **Ditch digital distraction** by **Dr. Ramesh Varadharajan**, Associate Professor of ENT & Online course coordinator for ENT. He gave a brief view on various behavioural techniques to overcome the distractions posed by digital devices and media.

Next, **Dr. Vanaja Vaithianathan**, Medical Director & Ophthalmic surgeon, Jothi Eye care Centre, Puducherry spoke on **'Device use and eye care'**. She stressed on 20 -20 -20 rule to get rid of eye and physical strain during gadget use and she also enlightened on the various other ways and prophylactic measures to be followed to prevent ophthalmic problems related to gadget use.

The next session was by **Dr. V N Mahalakshmi**, Dean HPE, on **'How to use technology intelligently to avoid Zoom fatigue'**. She gave a focussed talk on how to avoid glitches in technology use in terms of equipment and practise and the effective solutions to overcome it.

This was followed by the session by **Dr. Seetesh Ghose**, Professor of OBG, Dean I/C, MGMCRI. He spoke on how parents **can support their wards during COVID**. He brought out the need for the parents to be friendly, non-intuitive, allowing their children to grow during this COVID times and he also emphasised on the role of parents in nurturing the growth of their children.

Towards the end of the program there was open question and answer forum, where all the concerns by the Students and parents were clarified by the panellists.

**Dr. Ashokan**, Professor & Head, Department of Pharmacology, proposed the **Vote of thanks**.

The session ended with National anthem.

*Mahalakshmi*  
11/6/2021

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