



VMRF - Deemed University, Salem
(Declared as Deemed to be University u/s 3 of UGC Act, 1956. NAAC Accredited)
AARUPADAI VEEDU MEDICAL COLLEGE & HOSPITAL

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Date :10.04.2020

Wabi-Sabi

Wabi - Sabi (Japanese aesthetics) is a world view centered on the acceptance of transience and imperfection.

In keeping up with the academic activities of the students during this testing time, it is also imperative for us, teachers' anentors to help our students keep up their mental well being. We need to support them during this time and help them find their footing; unclamp themselves.

With these goals, the Office of Dean HPE and the Students Counseling services AVMCh come together to organize "Wasi-Sabi", a program to focus on students' well being during the Covid 19 lockdown period.

Program Objectives

To enable the students to

- Share their feelings and experiences about the lockdown and the ongoing pandemic
- Provide mental support
- Help them with coping mechanisms and
- Coax them to find beauty and acceptance during this unprecedented pandemic.

Session Plan

- Two one hour sessions per student group at weekly interval
- All classes of UG students will be engaged in the program sequentially starting from 8/4/2020
- Sessions will be conducted through the zoom platform

Facilitators

- Dr Mahalakshmi, Dean HPE
- Mrs Rama, students counselor
- Dr Parthiban, Asst Prof Psychiatry
- Dr Lakshmi Jatiya, HOD Physiology for I MBBS
- One faculty will be roped into the team for each phase of MBBS

Schedule for the Sessions

| To be held for | Day | Session 1 | Session 2 | Time |
|----------------|-------|-----------|-----------|--------|
| I MBBS | wed | 8/4/2020 | 15/4/2020 | 2-3 pm |
| II MBBS | thurs | 9/4/2020 | 16/4/2020 | 2-3 pm |
| III MBBS | fri | 10/4/2020 | 17/4/2020 | 2-3 pm |
| IV MBBS | sat | 11/4/2020 | 18/4/2020 | 2-3 pm |

Session plan

| Session 1 | |
|--|---------------|
| Set induction (5 min) – relaxation exercise | Mrs Rama |
| Sharing experiences (10 min) – thru calls and chats | Students |
| Voicing Concerns (10 min) | Students |
| Q/A by students (10 min) | Faculty panel |
| Coping Mechanisms (25 min) | Mrs Rama |
| Session 2 | |
| Coping Mechanisms (40 min) | Dr Parthiban |
| Q/A by Parents (20 min) | Faculty panel |

Wabi-Sabi – Student support services during COVID 19

List of contact persons for I MBBS

Please feel free to call/ Whatsapp / Text – SMS/ Mobile Email

| | | | | |
|---|--------------------|-------------------------|------------|-------------------------------------|
| 1 | Mrs Ramadevi | Student Counsellor | 9894268136 | studentcounsellor@avmc.edu.in |
| 2 | Dr. Lakshmi Jatiya | HOD of Physiology | 9443203099 | lakshmi.jatiya@avmc.edu.in |
| 3 | Dr Partheeban | Asst Prof of Psychiatry | 9500423778 | partheeban.muruganandam@avmc.edu.in |

List of contact persons for II MBBS

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|---|---------------------------|----------------------------|------------|-------------------------------------|
| 1 | Mrs Ramadevi | Student Counsellor | 9894268136 | studentcounsellor@avmc.edu.in |
| 2 | Dr Partheeban | Asst Prof of Psychiatry | 9500423778 | partheeban.muruganandam@avmc.edu.in |
| 3 | Dr Poongathai | Asst Prof of Microbiology | 9003404531 | poongothai.kanniappan@avmc.edu.in |
| 4 | Dr. Bhaskaran .K | Assoc Prof of Microbiology | 9894116525 | bhaskaran.kaliyamoorthy@avmc.edu.in |
| 5 | Dr. Anusheela Howlader | Asst Prof of Microbiology | 8056747236 | anusheela.howlader@avmc.edu.in |

List of contact persons for III MBBS

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|---|--------------------------|-------------------------|------------|--|
| 1 | Mrs Ramadevi | Student Counsellor | 9894268136 | studentcounsellor@avmc.edu.in |
| 2 | Dr Partheeban | Asst Prof of Psychiatry | 9500423778 | partheeban.muruganandam@avmc.edu.in |
| 3 | Dr Jayita das poduval | HOD of ENT | 9003404531 | jayitapoduval.kalyankumardas@avmc.edu.in |
| 4 | Dr. Ramesh V | Assoc Prof of ENT | 8939492998 | ramesh.varadharajan@avmc.edu.in |
| 5 | Dr. Arun Daniel .J | Assoc Prof of CM | 9894236074 | arundaniel.jayakumar@avmc.edu.in |
| 6 | Dr. Arunachalam .D | HOD of CM | 9443203232 | arunachalam.dhakshinamoorthy@avmc.edu.in |

List of contact persons for IV MBBS

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|---|---------------|-------------------------|------------|-------------------------------------|
| 1 | Mrs Ramadevi | Student Counsellor | 9894268136 | studentcounsellor@avmc.edu.in |
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