



**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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## 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**

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**

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**

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