



Jawaharlal Nehru Medical College

KLE ACADEMY OF HIGHER EDUCATION AND RESEARCH. BELAGAVI

(Deemed-to-be university established u/s 3 of the UC Act, 1956),

Re-accredited A+ Grade by NAAC (3rd cycle)

Placed in Category 'A' by MoE (Gol)

Value Added course on *Beyond the Books: Essential Life Skills for medical students*

ORGANIZED BY
Department of Pathology



Introduction:

Medicine is one of the longest and most stressful courses of undergraduate study program. It is a complex and demanding field of study where medical undergraduates not only require, skill and competence in multiple disciplines, they also need to acquire knowledge on a wide-range of subjects over a limited time period. Medical students go through stress as the course is long, lot of hard work required, less scope for relaxations/vacations, Over packed curriculum with continuous formative and summative assessments. Students come from diverse background, with varied personalities, Intelligence Quotient, Emotional Quotient, learning styles.

In addition, students face issues like Peer pressure (FOMO), Family pressure / Support, Financial background, Distractions: Relationships/Social media/Substance abuse, psychological ailments like depression, anxiety, panic attacks etc. Stress in medical students is a major concern with significant implications for their academic performance, mental health, and future careers.

Hence, there is a need to support students to navigate through the emotional issues, multitasking, enhance performance and build resilience in them to sail smoothly through the long course.

Program schedule

S. No	Topic	Duration
Day 1		
1	Self awareness: Know yourself	2 hours
2	Life skills : General aspects	2 hours
3	Multi tasking and Time management	2 hours
4	Ways to Study smart	2 hours
Day 2		
5	Balancing Emotions and Mental well being	2 hours
6	Physical Health – Fitness and Nutrition	2 hours
6	Developing good Interpersonal relationships	2 hours
7	Learn to relax	2 hours
8	Spirituality in student life	2 hours
Total		16 hours