

Best Practice 1

Title of the Practice: Promoting positive mental health among our students

Objective:

1. Increase awareness of commonly encountered mental health issues and educate them on the available resources
2. Making available easy and round the clock access of mental health services
3. Actively work towards destigmatizing mental illness and employing a non-judgemental treatment approach

Context: The incidence of mental health issues among students is on the rise which leads to impaired functioning. Prompt and timely intervention seems to be the need of the hour. By focusing on students' mental health, we work towards enhancing their general wellbeing and helping them realize their full potential

The Practice: The department conducts regular awareness programmes and screening sessions targeting various mental health problems. The KVEG crisis help line number, which operates 24×7 was developed with the sole purpose of crisis intervention among students. We are actively working towards normalizing mental illness and encouraging students to seek professional help when they need it. By ensuring confidentiality and employing a variety of treatment modalities like pharmacotherapy, various psychotherapeutic approaches and relaxation techniques like JPMR, we work towards improving their mental wellbeing and making them productive

Evidence of Success: We find that the number of students actively seeking our help and using the available mental health resources has increased. They are more open towards discussing about their personal experiences with their peer group and making a referral if needed. A good number of students have been benefitted by utilizing our resources and are able to effectively cope with their daily demands.

Problems encountered: Stigma associated with mental illness, Doubts regarding confidentiality, Myths regarding mental illness.

Best practice -2

Title: Inculcating basics of Bioethics among undergraduate students during patient care

Objectives:

- 1.To make aware about autonomy, beneficence, non-maleficence and justice
2. To understand repercussions of ethical dilemmas in patient care

The Context: Over two decades medical field has changed enormously. Public approach to look at the medical profession has changed and cases of professional negligence allegations are rising. Hence there is need to teach importance of bioethics to the students.

Challenges: lack of syllabus and no standard guidelines for teaching bioethics.

Practice: NMC has given lot of emphasis on professionalism and ethics and introduced AETCOM modules. Students are not only being taught about bioethics during AETCOM classes but also through various programs organized by the institute and students' bioethics wing.

Evidence of Success: The topics/sessions discussed with students has made them to think critically about role of ethics in research and patient care. There is proactive participation of students in bioethics and feedback is positive while learning ethical scenarios.

Problems encountered: Trained faculty shortage, faculty needs motivation to teach.

