

## 5.1.2: CAPABILITY ENHANCEMENT AND DEVELOPMENT SCHEMES

### Personal Counselling:

Personal counselling helps individuals to better understand the specific concern they are experiencing, identify their strengths and to determine the directions they need to take in order to address the concern. Personal counselling also facilitates greater understanding of difficult emotions, relationships and increased ability to manage and overcome these challenges. We have mentor-ship program, through which students are counselled regularly at primary level. In – house faculty from the Department of Psychiatry counsel the students, when and where needed.

### **Personal Counselling and mentoring**





### Yoga and Meditation:

Yoga helps to improve the strength and endurance and Meditation helps to maintain inner peace of mind. Dr Sumitra, Assistant Professor Department of Physiology is the co-ordinator for all the yoga activities like, Yoga Day Celebration and conducting regular Yoga sessions for the students.

Department of Physiology has organized CME on Yoga and Health this year, details of the program is available with the link <https://kims.edu.in/wp-content/uploads/CME-on-Yoga-2023.pdf>.

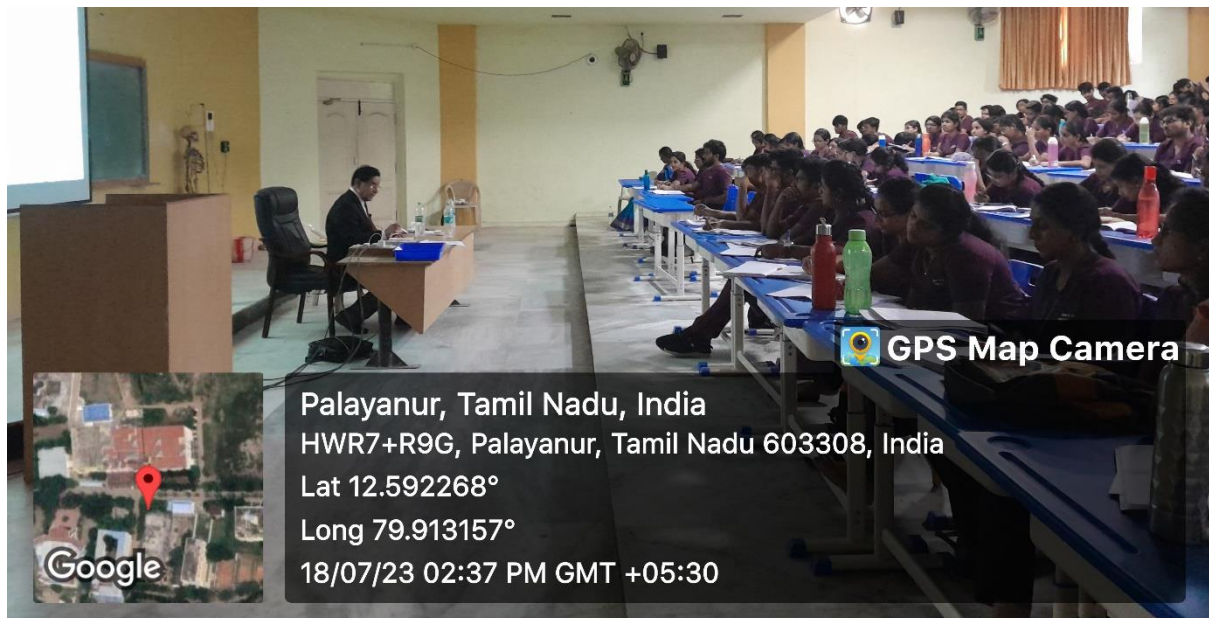
### **Regular Yoga sessions for the students**



## Career counseling: PG NEET coaching and competitive exam training

Karpaga Vinayaga Institute of Medical Sciences & Research Centre every year regularly conducts Career Guidance and Counselling programs by inviting speakers from reputed PG NEET coaching Institutes. The programs were sponsored by the Alumni and organized by the Placement cell.

**Founder of Dr Bhatiya Medical Coaching Institute Dr Mukesh Bhatiya, guiding the students**



Representatives from ALLEN's delivering session on preparation on PG NEXT Exam



### Language and Communication.

Language is a medium of communication that helps us expressing and conveying our thoughts, feelings, and emotions of two individuals. Moreover, Language depends on verbal or non-verbal codes. In other words, Language is considered the prime tool of communication.

Karpaga Vinayaga Institute of Medical Sciences & Research Centre plays a vital role in overall development of the students during the stay in the campus. Students from outside State are given small sessions on basics of Tamil language, which helps them during history taking and clinical examination of the patient. Similarly, students coming from Tamil Medium school are given English fluency coaching to improve their academic performance, especially in viva and practical examinations.

In addition, IQAC organized international mother language day among first year MBBS students to express themselves in their mother tongue. For detailed report click on <https://kims.edu.in/wp-content/uploads/02.03.2023-INTERNATIONAL-MOTHER-LANGUAGE-DAY.pdf>

### **Leadership skills:**

Leadership is the ability of an individual or a group of individuals to influence and guide followers or other members of an organization.

To bring up an Indian Medical Graduate, where leadership is one of the essential attributes is well taken care by Karpaga Vinayaga Institute of Medical Sciences & Research Centre. Institute conducts small sessions on leadership skills, with the experts, alumni or faculty.

### **Session on Leadership Skills**



### **Employability skills and enhancement**

Employability enhancement programs are crafted in order to bridge the gap between skills possessed by the employees and the abilities that are looked for by the organization. Assisting

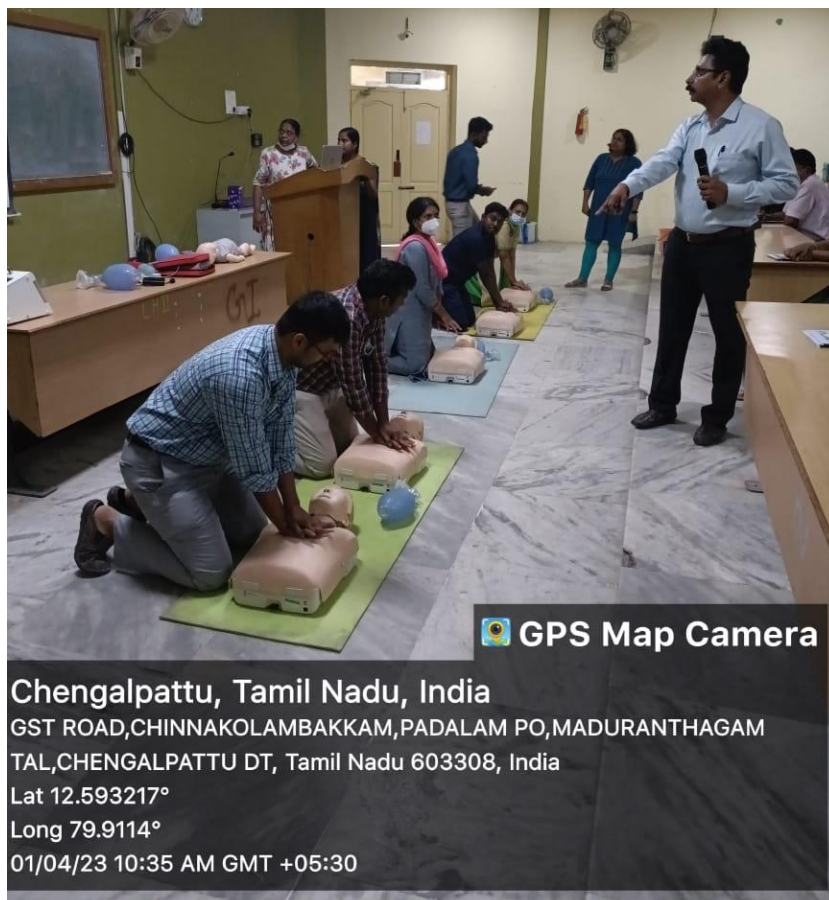
the candidates to enhance and in still certain skill-set among themselves to attain proper employment on the basis of their abilities and potential is the main aim of this program.

The institute has well established skill lab for teaching, training of various different skills including suturing, ACLS, CCLS, BCLS, IV cannulation, Catheterization, Normal Labor conduction etc. For details of the program conducted by skill lab can be visualized by clicking the link below <https://kims.edu.in/skill-lab/>

### Skill Session on Normal Labor



**Sessions on Basic Cardiac Life Support**



GPS Map Camera

Chengalpattu, Tamil Nadu, India

GST ROAD,CHINNAKOLAMBAKKAM,PADALAM PO,MADURANTHAGAM

TAL,CHENGALPATTU DT, Tamil Nadu 603308, India

Lat 12.593217°

Long 79.9114°

01/04/23 10:35 AM GMT +05:30



Analytical Skill development: institute organizes workshops on research methodology, biostatistics, ECG workshop to develop analytical skills.

## Research Methodology workshop for PG helps to develop analytic skills



Group activity improving analytic skills





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