



**2021  
IASP-CME**

# Medical Students' Wellness: Challenges and Initiatives

## Join The Program:



New Delhi  
**India**



10<sup>th</sup> July 2021  
**9:00AM**



Online: **YouTube**  
[https://youtu.be/xaeUizyF\\_-o](https://youtu.be/xaeUizyF_-o)



[www.swc2021.in](http://www.swc2021.in)



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### Organised by:

Department of Psychiatry  
& NDDTC, AIIMS, Delhi

### Organising Chairperson

Prof. RK Chadda

### Organising Secretary

Prof. Pratap Sharan



CME registration is completely free  
but mandatory for certification of  
CME participation.

# IASP CME on Medical Students' Wellness: Challenges and Initiatives

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Sessions	Topic	Speaker
<b>Inauguration</b> 9.00-10.00	Introduction to the CME: Importance of Students' Wellness Programs	<b>Randeep Guleria</b> , Director AIIMS, Delhi
	Presidential Address: The culture of medicine and students' wellness	<b>Pratap Sharan</b> , Professor, Department of Psychiatry, AIIMS, New Delhi
<b>Session I</b>	Societal changes affecting wellness among medical students	<b>Chairpersons:</b> <b>UC Garg</b> , President Elect, IASP <b>RK Solanki</b> , Vice-President, IASP
	Social diversity	<b>Rama Baru</b> , Professor, Centre of Social Medicine and Community Health, JNU, New Delhi
<b>10.00- 11.00</b>	Changing aspiration and expectations	<b>Kishor M</b> , Associate Professor, JSS Academy of Higher Education and Research, Mysuru
	Impact of professional education on wellness among medical students	<b>Chairpersons:</b> <b>Varghese Punnoose</b> , Secretary General, IASP <b>Gauri Shankar Kaloiya</b> , Treasurer, IASP
<b>Session II</b>	Promotion of wellness & prevention of illness among medical students	<b>Naresh Nebhinani</b> , Additional Professor & Head, Department of Psychiatry, AIIMS, Jodhpur
	Stress, distress & burnout among medical students	<b>Shree Mishra</b> , Assistant Professor, Department of Psychiatry, AIIMS, Bhubaneswar
	Mental disorders among medical students	<b>Nidhi Malhotra</b> , Assistant Professor, Department of Psychiatry, GMCH, Chandigarh
	Problematic substance and Internet use among medical students	<b>Anju Dhawan</b> , Professor, Department of Psychiatry and NDDTC, AIIMS, New Delhi
	Suicidality among medical students	<b>Abhijit Rozatkar</b> , Additional Professor, Department of Psychiatry, AIIMS, Bhopal
<b>Session III</b>	Systemic solutions for enhancing wellness & preventing & remedying problems among medical students	<b>Chairpersons:</b> <b>Pratap Sharan</b> , President, IASP <b>Nitin Gupta</b> , Editor, IndJSP
<b>13.00-14.00</b>	Ergonomics and occupational mental health	<b>Ravi Gupta</b> , Additional Prof & Head, Department of Psychiatry, AIIMS, Rishikesh
	Technological enhancement and futuristic planning	<b>Koushik Sinha Deb</b> , Associate Professor, Department of Psychiatry, AIIMS, New Delhi
<b>14.00</b>	Valedictory	

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## Relevance

Medical colleges should be at the forefront in terms of students' development and provision of a humane and enriching environment for their students. However, with the increasing size and complexity of these institutions and the increasing diversity of their student bodies, there is a need to develop formal structures for student wellness activities to ensure that no student falls through unintended cracks.

Medicine has always been a popular choice in tertiary education all over the world. Only candidates with excellent academic attainment can successfully enter the field of medicine. Therefore, medical programs are very competitive and stressful for students who are accepted. Fear of failure, vast amount of content that must be mastered, and inability to cope with the high expectations of parents and peers; often makes students more vulnerable to mental health problems. COVID-19 pandemic has added an alarming dimension to their stress.

There is considerable evidence that rates of depression and suicide are higher in medical students and that these rates continue to remain elevated when these students become physicians. Perceptions of stress and distress among medical students/residents have obvious personal and even professional ramifications. E.g., burnout negatively impacts the medical students' empathy, interest in caring for patients, ethical conduct and professionalism.

Studies evaluating stress management in medical trainees suggest that the medical trainees participating in stress management programs demonstrate decrease in depression and anxiety, increased spirituality and empathy, greater use of positive coping skills and greater ability to resolve goal conflicts.

## Expected Outcome

The CME will address issues related to antecedents, concomitants and consequences of stress on medical students' wellness from several perspectives and will seek solutions that enhance individual as well as systemic adaptations.

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## Organizing Committee

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## Contact Details

**Organizing Secretary:** Prof. Pratap Sharan

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Pratap Sharan

### President Elect

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