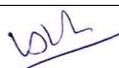


ACTIVITY REPORT

1.	Name of the activity	Value added course – Rejuvenating Medical Minds
2.	Date & Time	21/03/2025 to 30/04/2025 & 2 pm to 4 pm
3.	Venue / Place	Physiology Lecture Hall
4.	Total number of participants/beneficiaries (No of individuals benefited by activity)	150
5.	Organizing Faculty / Medical team	Faculty of Biochemistry & Physiology department
6.	In-charge	Dr. Vaishali V. Dhat, Dr. Deepa S. Nair
7.	Brief summary of the event in around 100 words (purpose, conduct, feedback, impact, suggestions)	<p>Department of Biochemistry & Physiology have jointly conducted a new value added course for 1st MBBS students. Specific objective of the course was to make the first year MBBS student aware of all the methods of rejuvenating their minds and to sensitize them to implement the techniques taught under the course.</p> <p>Duration of the course was 20 hours which was distributed to various topics which helped them to rejuvenate their minds and made them better prepared for handling various stresses in their academic as well as non-academic life. The topics were based on Yoga, some specific methods like body tapping and hasya yoga, meditation techniques including Sahaj yoga and various journaling methods. The sessions included some theory and some practical and practice sessions. The course sessions were planned in academic calendar of Biochemistry & Physiology lecture hour. Therefore all 150 students of 1st MBBS attended the sessions.</p> <p>The sessions were conducted by faculty of Physiology & Biochemistry department. For some of the sessions of yoga & Sahaj yoga, guest speakers were invited.</p> <p>The students were actively involved in the sessions and thoroughly enjoyed the process. At the end of the course, a reflection writing & feedback session was arranged. Students responded positively to the course. They individually appreciated the methods involved in the course according to their own comfort. Some liked yoga while others liked meditation the most. Students with more than 75 % attendance were awarded with e-certificate of the course.</p>
8.	Number of faculties attended (Guest lecture/ CME/ Workshop/ Seminar/ Health camps)	---
9.	Number of Students Attended	150


Prof. & Head
Dept. of Biochemistry
MIMER Medical College
Talegaon Dabhade



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