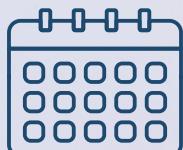




# Workshop on Self Care & Communication Skills

**DEPARTMENT OF MEDICAL EDUCATION  
AND  
DEPARTMENT OF MEDICAL ONCOLOGY**



**DATE: 29TH AND 30TH  
JULY 2022 (FRI & SAT)**



**TARGET AUDIENCE:  
CLINICAL POSTGRADUATES 3RD YEAR AND BEYOND,  
SENIOR RESIDENTS AND JUNIOR FACULTY**

# WORKSHOP ON “SELF-CARE” FOR DOCTORS

## DATE: 29TH JULY 2022 (FRIDAY)

TARGET GROUP: DOCTORS IN SERVICE FOR 8-15 YEARS.

### SESSION 1

**9:30 AM TO 12:30 PM:**  
**12 PARTICIPANTS**

### SESSION 2

**2 PM TO 5 PM:**  
**12 PARTICIPANTS**

#### DESCRIPTION OF THE COURSE:

PHYSICIANS ARE ONE OF THE MOST STRESSED AND, CONSEQUENTLY, REPORT HIGHER RATES OF BURNOUT DUE TO WORK AND FAMILY PRESSURES.

THIS WORKSHOP WILL INTRODUCE ESSENTIAL SKILLS IN SELF-CARE SUCH AS SELF-COMPASSION, LOVINGKINDNESS, SELF-FORGIVENESS, AND INTENTIONAL LIVING. USING AN INTERACTIVE AND PLAYFUL STYLE, THE WORKSHOP WILL HELP PARTICIPANTS REFLECT ON WHERE THEY ARE AT (IN THEIR CAREER AND PERSONAL LIFE), EXPLORE METHODS TO REFRAME THEIR THOUGHTS TO FEEL MORE EMPOWERED, AND LEARN SIMPLE TECHNIQUES TO LIVE MORE CONSCIOUSLY.



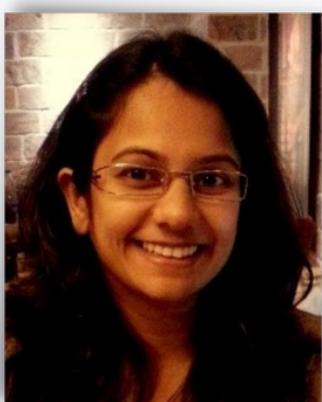
**SELF-LOVE**



**SELF-COMPASSION**



**SELF-FORGIVENESS**



**RESOURCE FACULTY**

**DR. MAHATI CHITTEM**

DR. MAHATI CHITTEM IS AN ASSOCIATE PROFESSOR OF HEALTH AND MEDICAL PSYCHOLOGY AT THE DEPARTMENT OF LIBERAL ARTS IN THE INDIAN INSTITUTE OF TECHNOLOGY HYDERABAD, INDIA.

HER AREAS OF EXPERTISE ARE IN CHRONIC DISEASE MANAGEMENT AND HEALTH BEHAVIOURS. WITHIN THE DOMAIN OF CHRONIC DISEASE MANAGEMENT, SHE HAS SPECIALIZATION IN PSYCHO-ONCOLOGY AND ENDOCRINOLOGY FOCUSED MAINLY ON COMMUNICATION SKILLS (FOR HEALTHCARE PROVIDERS AND PATIENTS/CAREGIVERS), CULTURAL CONTEXTS OF CARE, SYMPTOM IDENTIFICATION AND PATHWAYS TO CARE, ADHERENCE, AND END-OF-LIFE ISSUES.

WITHIN THE DOMAIN OF HEALTH BEHAVIOURS, SHE EXAMINES THE CULTURAL ASPECTS OF ENGAGING IN DIETARY, EXERCISE AND SAFE SEX BEHAVIOURS. ALONG WITH THESE RESEARCH ACTIVITIES, SHE IS A MENTOR AND TRAINS HEALTHCARE PROVIDERS AND HEALTH ORGANIZATIONS TO IMPROVE THEIR CARE SERVICES. THROUGH HER ACADEMIC AND RESEARCH ACTIVITIES, DR. CHITTEM WORKS CLOSELY WITH PHYSICIANS, ENGINEERS, SCIENTISTS AND SOCIAL SCIENTISTS. SHE ESTABLISHED AND MENTORS THE RESEARCH AND PRACTICE GROUP, HEALTH ASSOCIATED CO-OPERATIVE AND SUPPORTIVE (HACOS) GROUP, WHICH COMPRISSES MASTER'S, MPHIL, AND PHD SCHOLARS. FOR FURTHER DETAILS ABOUT HER WORK, YOU CAN VISIT DR. CHITTEM'S OFFICIAL [WEBSITE](#).

**COMMUNICATION SKILLS  
WORKSHOP AGENDA**

**DATE: 30TH JULY 2022  
(SATURDAY)**

	Time		Topics	Faculty
1	9 to 10		<ul style="list-style-type: none"> <li>• <b>Introduction to empathic communication skills (didactic)</b></li> <li>• <b>Skills: Active listening</b></li> <li>• <b>Activity: Asking open ended questions (role play)</b></li> </ul>	<b>Dr Mahati Chittem Dr Prasanth Ganesan</b>
2	10 to 11		<ul style="list-style-type: none"> <li>• <b>Skills: Connecting and observing the patient</b></li> <li>• <b>Activity: Case work (brainstorming and role play)</b></li> </ul>	<b>Dr Mahati Chittem</b>
<b>Break</b>				
3	11.15 to 12.15		<ul style="list-style-type: none"> <li>• <b>Skills: Breaking bad news (topics: eliciting question-asking, compassionate listening, psychoeducation, referrals)</b></li> <li>• <b>Activity: Case scenarios</b></li> </ul>	<b>Dr Mahati Chittem Dr Prasanth Penumadu</b>
4	12.15 to 1.15		<ul style="list-style-type: none"> <li>• <b>Skills: Handling difficult patient care situations (topics: distressed patients, nonadherence, responding to family members, nondisclosure of diagnosis/prognosis)</b></li> <li>• <b>Activity: Role plays</b></li> </ul>	<b>Dr Mahati Chittem Dr Biswajit Dubashi</b>
<b>Lunch 45 Min</b>				
5	2 to 3		<ul style="list-style-type: none"> <li>• <b>Skills: Increasing personal awareness</b></li> <li>• <b>Activity: Mindfulness activities (box breathing, mandala colouring, affirmations)</b></li> </ul>	<b>Dr Mahati Chittem</b>
6	3 to 4		<b>How to teach communication skills to students</b>	<b>Dr Rajalakshmi, Dr Zayapragassarajan</b>
<b>Break 15 min</b>				
7	4.15		<b>Wrap up session</b>	

**MAXIMUM PARTICIPANTS: 30 (THIRTY) ONLY**

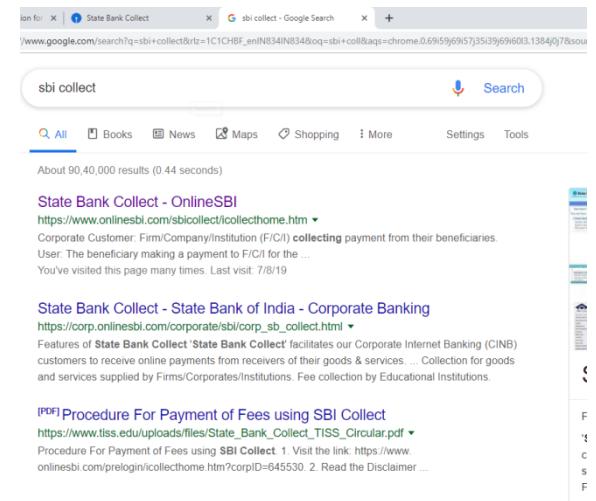
**SEATS WILL BE OFFERED ON FIRST COME BASIS**

**WORKSHOP REGISTRATION FEE: RS 500/-ONLY**

## Step 1:

Go to SBI collect website using the link

<https://www.onlinesbi.com/sbicollect/icollecthome.htm>



Google Search

sbi collect

All Books News Maps Shopping More Settings Tools

About 90,40,000 results (0.44 seconds)

**State Bank Collect - OnlineSBI**  
https://www.onlinesbi.com/sbicollect/icollecthome.htm

Corporate Customer: Firm/Company/Institution (F/C/I) collecting payment from their beneficiaries. User: The beneficiary making a payment to F/C/I for the ... You've visited this page many times. Last visit: 7/8/19

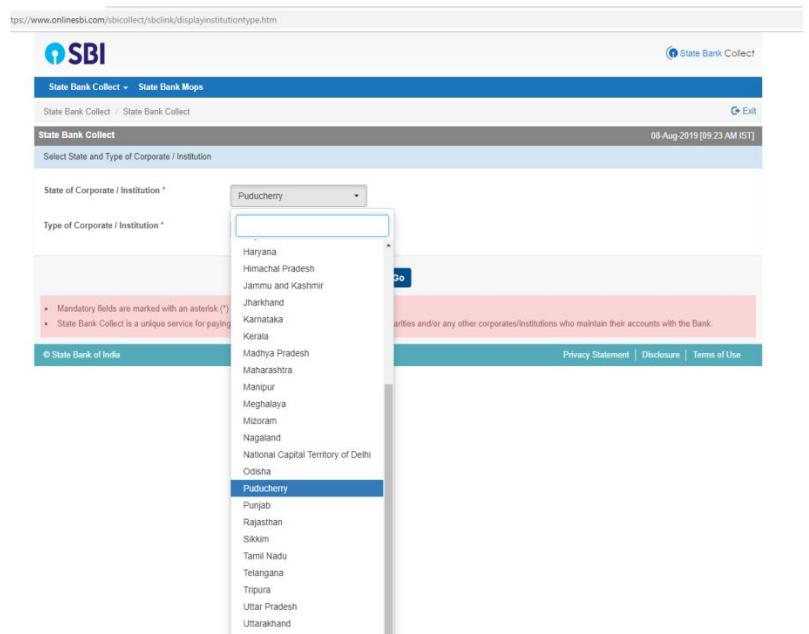
**State Bank Collect - State Bank of India - Corporate Banking**  
https://corp.onlinesbi.com/corporate/sbi/corp\_sb\_collect.html

Features of State Bank Collect: State Bank Collect facilitates our Corporate Internet Banking (CINB) customers to receive online payments from receivers of their goods & services. ... Collection for goods and services supplied by Firms/Corporates/Institutions. Fee collection by Educational Institutions.

**[PDF] Procedure For Payment of Fees using SBI Collect**  
https://www.tlss.edu/uploads/files/State\_Bank\_Collect\_TISS\_Circular.pdf

Procedure For Payment of Fees using SBI Collect. 1. Visit the link: https://www.onlinesbi.com/prelogin/icollecthome.htm?corpID=645530. 2. Read the Disclaimer ...

## Step 2:



https://www.onlinesbi.com/sbicollect/sbmlink/displayinstitutiontype.htm

**SBI** State Bank Collect

State Bank Collect - State Bank Mops

State Bank Collect / State Bank Collect

08-Aug-2019 [09:23 AM IST]

**State Bank Collect**

Select State and Type of Corporate / Institution

State of Corporate / Institution \*

Puducherry

Type of Corporate / Institution \*

Educational Institutions

Putucherry

Haryana

Himachal Pradesh

Jammu and Kashmir

Jharkhand

Karnataka

Madhya Pradesh

Maharashtra

Manipur

Meghalaya

Mizoram

Nagaland

National Capital Territory of Delhi

Odisha

Puducherry

Punjab

Rajasthan

Sikkim

Tamil Nadu

Telangana

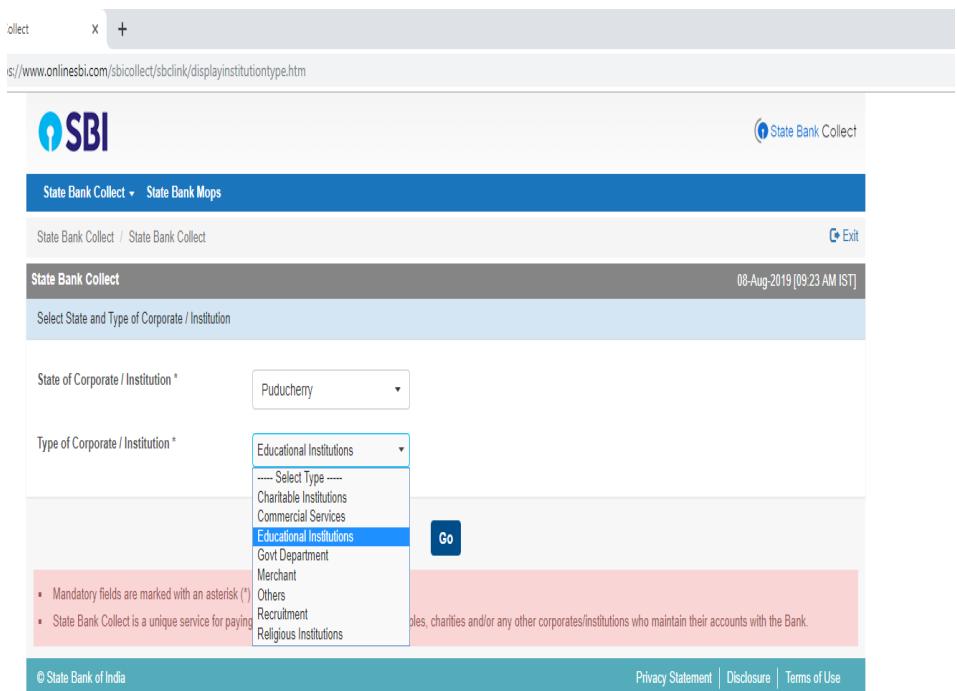
Tripura

Uttar Pradesh

Uttarakhand

Privacy Statement | Disclosure | Terms of Use

## Step 3:



https://www.onlinesbi.com/sbicollect/sbmlink/displayinstitutiontype.htm

**SBI** State Bank Collect

State Bank Collect - State Bank Mops

State Bank Collect / State Bank Collect

08-Aug-2019 [09:23 AM IST]

**State Bank Collect**

Select State and Type of Corporate / Institution

State of Corporate / Institution \*

Puducherry

Type of Corporate / Institution \*

Educational Institutions

----- Select Type -----

Charitable Institutions

Commercial Services

Educational Institutions

Govt Department

Merchant

Others

Recruitment

Religious Institutions

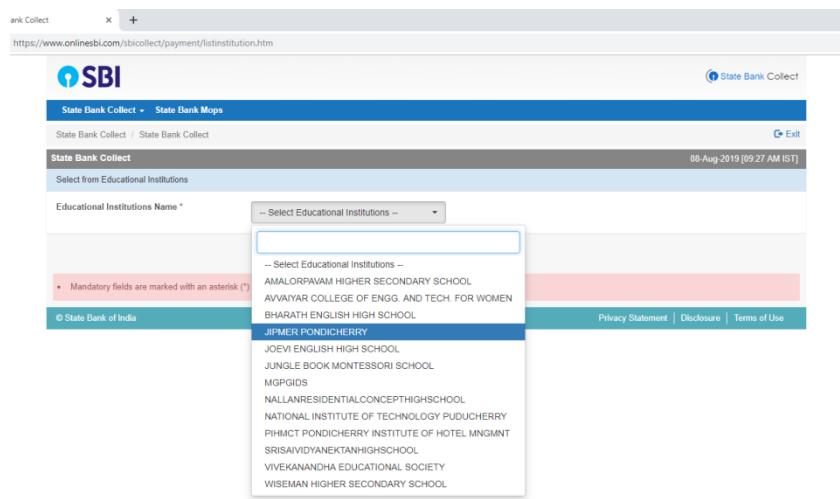
Go

Mandatory fields are marked with an asterisk (\*)

State Bank Collect is a unique service for paying

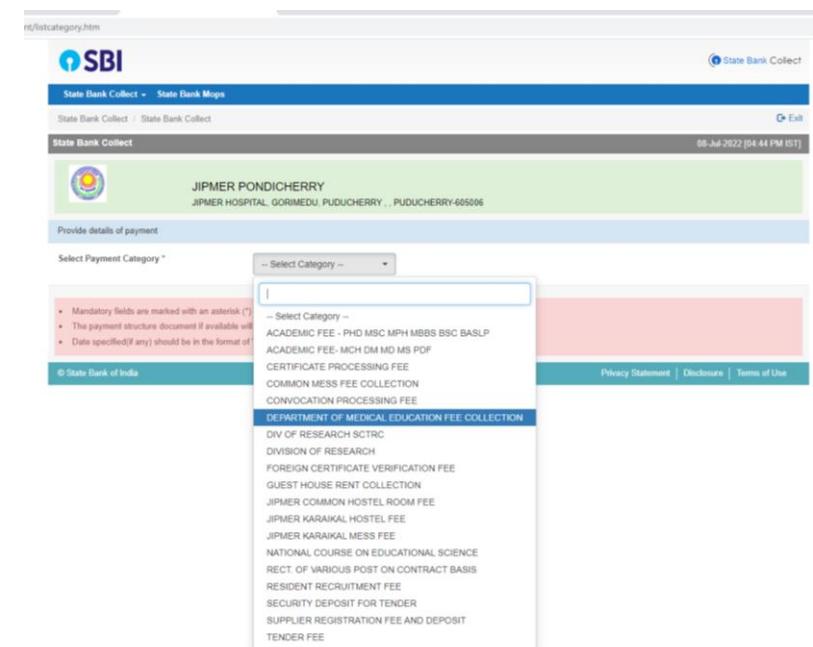
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#### Step 4:



Screenshot of the SBI State Bank Collect payment page. The user is selecting an educational institution. The dropdown menu shows a list of schools, with 'JIPMER PONDICHERRY' highlighted. The page includes a 'State Bank of India' logo and links for 'Privacy Statement', 'Disclosure', and 'Terms of Use'.

#### Step 5:



Screenshot of the SBI State Bank Collect payment page. The user is selecting a payment category. The dropdown menu shows a list of categories, with 'DEPARTMENT OF MEDICAL EDUCATION FEE COLLECTION' highlighted. The page includes a 'State Bank of India' logo and links for 'Privacy Statement', 'Disclosure', and 'Terms of Use'.

#### Step 6:

Fill the form without any special character

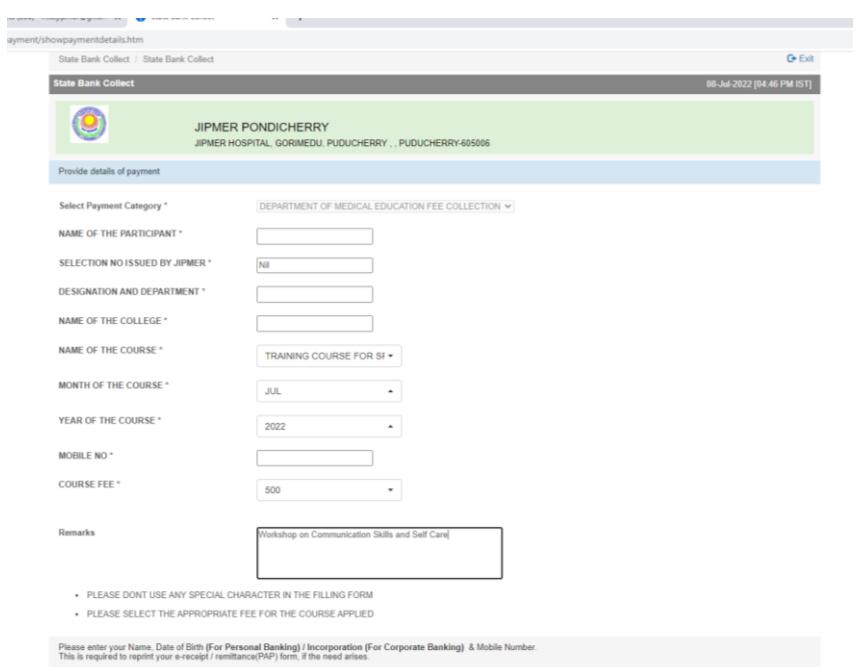
Fill 'Nil' in the Selection number field

Select the name of the course as  
**Training course for SR**

Fill the remarks field as below:

**Workshop on Communication Skills and Self-care**

Finally download the receipt and send it to [nttc.jipmer@gmail.com](mailto:nttc.jipmer@gmail.com)



Screenshot of the SBI State Bank Collect payment page showing a filled-out form for a 'Training course for SR'. The form includes fields for 'NAME OF THE PARTICIPANT', 'SELECTION NO ISSUED BY JIPMER', 'DESIGNATION AND DEPARTMENT', 'NAME OF THE COLLEGE', 'NAME OF THE COURSE', 'MONTH OF THE COURSE', 'YEAR OF THE COURSE', 'MOBILE NO', 'COURSE FEE', and 'Remarks'. The 'Remarks' field contains the text 'Workshop on Communication Skills and Self Care'. The page includes a note at the bottom: 'Please enter your Name, Date of Birth (For Personal Banking) / Incorporation (For Corporate Banking) & Mobile Number. This is required to reprint your e-receipt / remittance(PAP) form, if the need arises.'