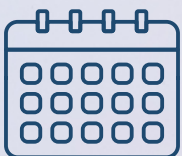




Workshop on Self Care & Communication Skills

**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

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.

SESSION 2
2 PM TO 5 PM:
12 PARTICIPANTS

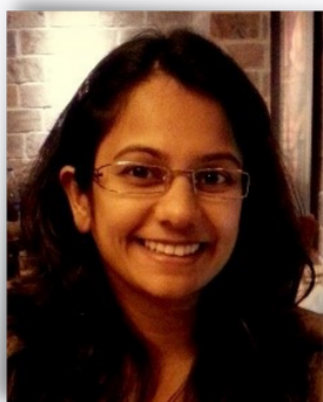


SELF-LOVE

SELF-FORGIVENESS



SELF-COMPASSION



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 COMPRISES MASTER'S, MPhil, AND PHD SCHOLARS. FOR FURTHER DETAILS ABOUT HER WORK, YOU CAN VISIT DR. CHITTEM'S OFFICIAL [WEBSITE](#).

MAXIMUM PARTICIPANTS: 24 (TWENTY-FOUR) ONLY
SEATS WILL BE OFFERED ON FIRST COME BASIS
WORKSHOP REGISTRATION FEE: RS 500/- ONLY

COMMUNICATION SKILLS WORKSHOP AGENDA

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

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

MAXIMUM PARTICIPANTS: 30 (THIRTY) ONLY

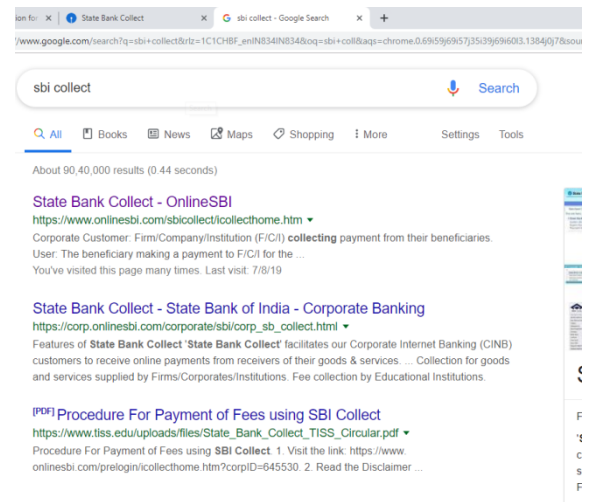
SEATS WILL BE OFFERED ON FIRST COME BASIS

WORKSHOP REGISTRATION FEE: RS 500/- ONLY

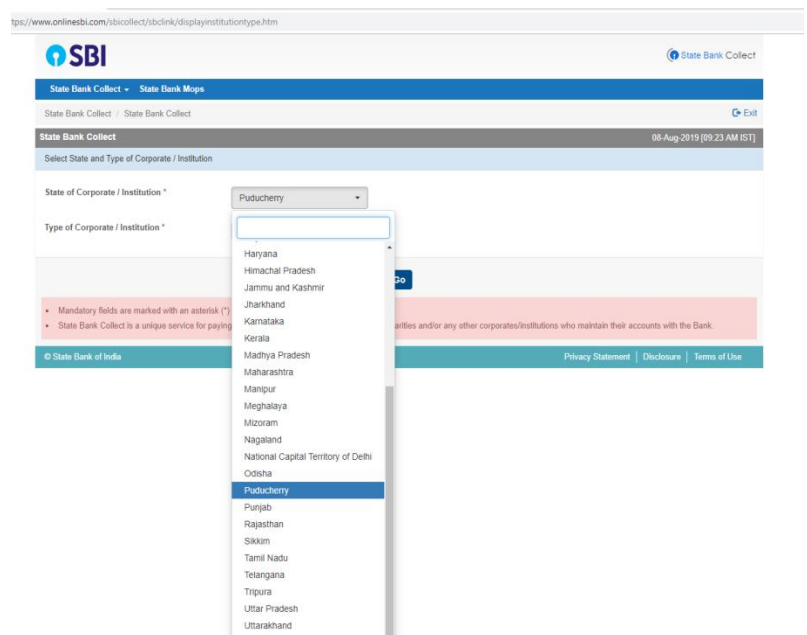
Step 1:

Go to SBI collect website using the link

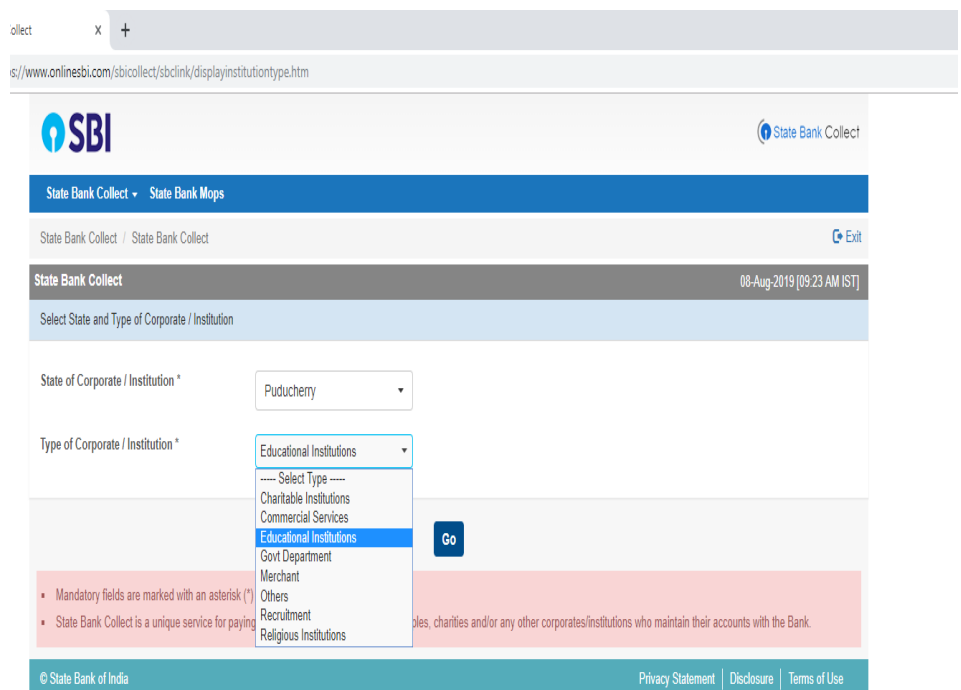
<https://www.onlinesbi.com/sbicollect/icollecthome.htm>



Step 2:



Step 3:



Step 4:

The screenshot shows the SBI State Bank Collect website. The user is on the 'Select from Educational Institutions' page. A dropdown menu is open, showing a list of educational institutions. The first option is 'JIPMER PONDICHERRY', which is highlighted. Other options include 'AMALORPAM HIGHER SECONDARY SCHOOL', 'AJAYAR COLLEGE OF ENG. AND TECH. FOR WOMEN', 'BHARATH ENGLISH HIGH SCHOOL', 'JOEVI ENGLISH HIGH SCHOOL', 'JUNGLE BOOK MONTESSORI SCHOOL', 'MGPGIDS', 'NALLANRESIDENTIALCONCEPTHIGHSCHOOL', 'NATIONAL INSTITUTE OF TECHNOLOGY PUDUCHERRY', 'PIHMT PONDICHERRY INSTITUTE OF HOTEL MGMT', 'SRISAVIDYANEKTANHIGHSCHOOL', 'VIVEKANANDHA EDUCATIONAL SOCIETY', and 'WISEMAN HIGHER SECONDARY SCHOOL'.

Step 5:

The screenshot shows the SBI State Bank Collect website. The user is on the 'Provide details of payment' page. A dropdown menu is open, showing a list of payment categories. The first option is 'DEPARTMENT OF MEDICAL EDUCATION FEE COLLECTION', which is highlighted. Other options include 'ACADEMIC FEE - PHD MSC MPH MBBS BSC BASLP', 'ACADEMIC FEE - MCH DM MD MS PDF', 'CERTIFICATE PROCESSING FEE', 'COMMON MESS FEE COLLECTION', 'CONVOCAION PROCESSING FEE', 'DIV OF RESEARCH SCTRC', 'DIVISION OF RESEARCH', 'FOREIGN CERTIFICATE VERIFICATION FEE', 'GUEST HOUSE RENT COLLECTION', 'JIPMER COMMON HOSTEL ROOM FEE', 'JIPMER KARAIKAL HOSTEL FEE', 'JIPMER KARAIKAL MESS FEE', 'NATIONAL COURSE ON EDUCATIONAL SCIENCE', 'RECT OF VARIOUS POST ON CONTRACT BASIS', 'RESIDENT RECRUITMENT FEE', 'SECURITY DEPOSIT FOR TENDER', 'SUPPLIER REGISTRATION FEE AND DEPOSIT', and 'TENDER FEE'.

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

The screenshot shows the SBI State Bank Collect website. The user is on the 'Provide details of payment' page. The form is filled with the following information:

- Select Payment Category: DEPARTMENT OF MEDICAL EDUCATION FEE COLLECTION
- NAME OF THE PARTICIPANT: [Empty]
- SELECTION NO ISSUED BY JIPMER: Nil
- DESIGNATION AND DEPARTMENT: [Empty]
- NAME OF THE COLLEGE: [Empty]
- NAME OF THE COURSE: TRAINING COURSE FOR SR
- MONTH OF THE COURSE: JUL
- YEAR OF THE COURSE: 2022
- MOBILE NO: [Empty]
- COURSE FEE: 500
- Remarks: Workshop on Communication Skills and Self Care

Below the form, there are two instructions:

- PLEASE DONT USE ANY SPECIAL CHARACTER IN THE FILLING FORM
- PLEASE SELECT THE APPROPRIATE FEE FOR THE COURSE APPLIED

At the bottom, there is a note: "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(PDF) form, if the need arises."