

# Malwanchal University

Index Medical College, Hospital & Research  
Centre. Indore



## Dealing with Stress as a Medical Student

### Resource Person: Dr. Vaibhav Chaturvedi

*A one day workshop designed to provide insights into knowing about stress, its causes and the methods of stress management.*

## About

Dealing with stress can have a negative impact on the human mind and personality, especially in students.

This course has been planned with the medical students in mind, where they would be explained on the causes, prevention and treatment of stress.

Eligibility: First Year MBBS Students

Dates: 16<sup>th</sup> March 2022, Wednesday

Time: 10 am – 1 pm

Venue: LT 1 Medical College

## Modules

- Introduction to Stress
- Causes of Stress
- Types of Stress
- Stress and Personality
- Thoughts, Beliefs and emotions in stress
- Relaxation and cognitive Techniques
- Exercise and DIY techniques

## Course Outcomes

At the end of the course, the participants will have a grasp on:

- What is stress and its impact on the human personality
- Promotion of positive thought process and thinking outside the box.
- Improving decision-making abilities and avoiding unnecessary thoughts
- Building solid interpersonal relationships
- Developing the ability to learn from mistakes and avoid the repetition of mistakes.