



VINAYAKA MISSION'S  
**KIRUPANANDA VARIYAR  
MEDICAL COLLEGE & HOSPITALS**

**Medical Education & Global Advancement Webinar Series 2021 – 04**

**June 24, 2021, 11.00 am to 12.00 pm**

**Emotional Resilience and Mindfulness**

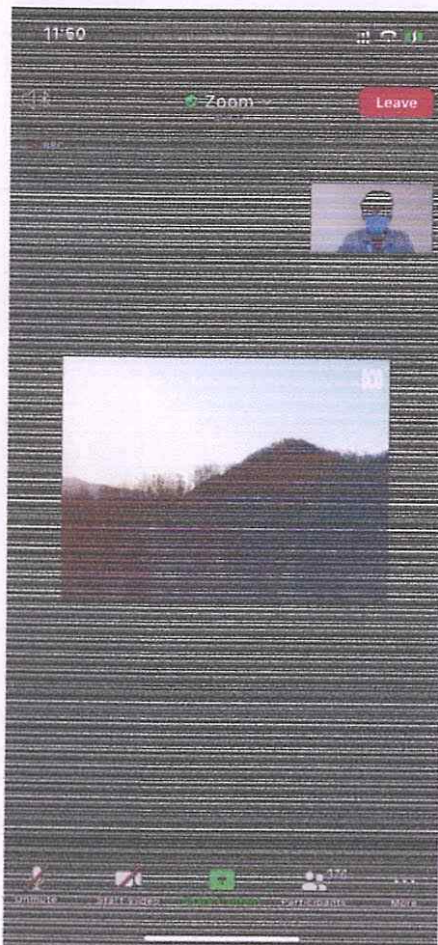
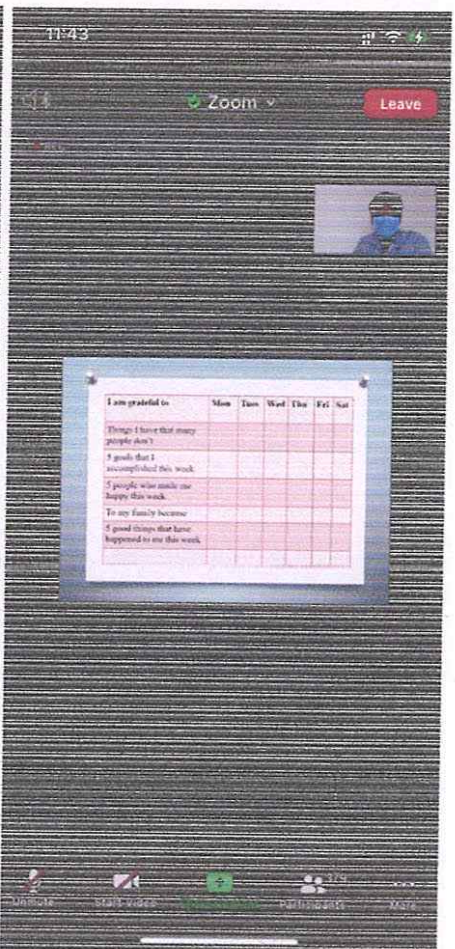
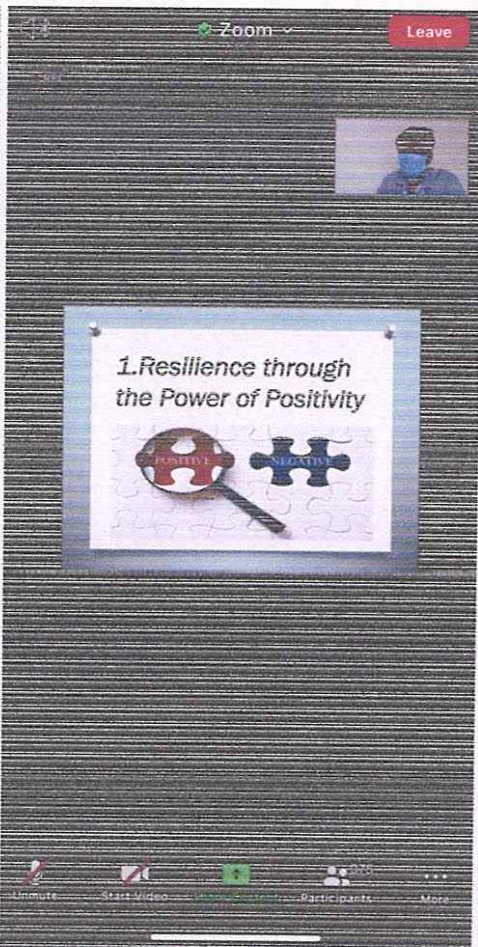
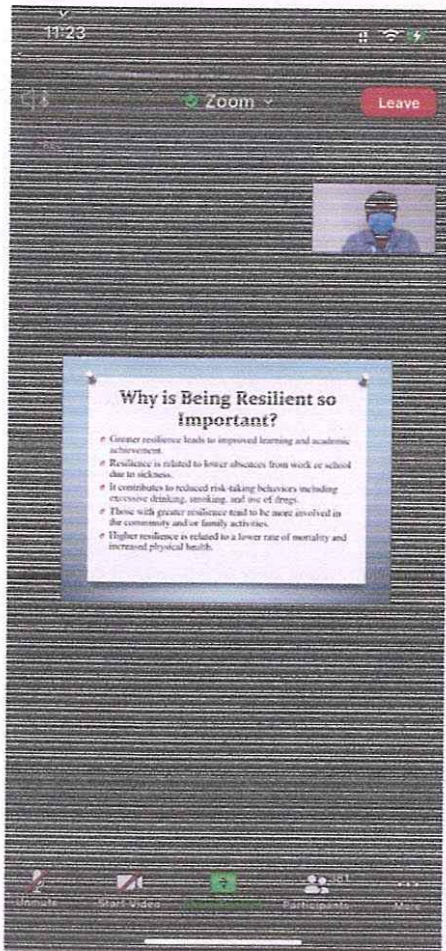
On 24.06.2021, the fourth session of the Webinar series on “Emotional resilience and mindfulness” commenced at 11.00 am. The participants of the Webinar were 384 MBBS students of all phases from Phase I to Phase III part I, belonging to Vinayaka Mission’s Kirupananda Variyar Medical College & Hospitals.

Dr. M. Roopmala, Associate professor, Department of Pathology greeted the audience and the speaker and introduced the speaker to the audience. Following which the speaker, Mr. Ajeethkumar, Clinical Psychologist, Department of Psychiatry, Vinayaka Mission’s Kirupananda Variyar Medical College & Hospitals, began his speech with addressing various types of stress that students are subjected to and introduced resilience, explained what resilience is with appropriate examples and proverbs. He also discussed about his study with the finding of adaptability, self belief, purposefulness and social support being high among tribal population than the urban population. Followed by which he posted video and worksheets that will further help the students in handling emotions and stress.

The meeting ended at 12.00 pm with Dr. Roopmala thanking the speaker for his clear and crisp talk on stress management and the students for their patient listening.

Deputy Dean  
**Prof. Dr. Deepti Shastri, M.S., MNAMS.,**  
Deputy Dean  
Vinayaka Mission's Kirupananda Variyar  
Medical College & Hospitals  
Seeragapadi, Salem - 636 308.

Dean  
**Prof. Dr. Milind V. Bhutkar, M.D., MNAMS.,**  
Dean  
Vinayaka Mission's Kirupananda Variyar  
Medical College & Hospitals  
Seeragapadi, Salem-636 308



Vinayaka Mission's Kirupananda Variyar Medical College & Hospitals, Salem - 636308.  
 Vinayaka Mission's Research Foundation (Deemed to be University)

**Medical Education Unit**  
 Cordially invites students for


**MEGA**  
 (Medical Education & Global Advancement)  
 Webinar Series 2021 - 04

ON

**Emotional Resilience and Mindfulness**

**Date**  
 24.06.2021

**Time**  
 11.00 am - 12.00 pm



**Mr. R. AJEETHKUMAR,**  
 Clinical Psychologist,  
 Department of Psychiatry,  
 Vinayaka Mission's Kirupananda Variyar Medical College & Hospitals, Salem.

Click on Flyer to Register : <https://forms.gle/JuZr5bYeK3TKT749>

Participants (383)

Search

- DM: Dr.Roopmala Murugan (me)
- DS: Deepti Shastri (Host)
- AR: Ajeethkumar Ramadoss (Co-Host)
- B: 87 Sri Hari (3rd MBBS)
- (1)P.G.Suvetha 3rd MBBS
- (12 Batch)(10)Shamil Ahmed Najeeb
- (12batch)(roll:1) Akash A
- (2)Abhiram.S.Saji
- (34) Kamala S
- (77) Saikumar.S
- (8)Anthonese Joe Joji 3rd MBBS
- (91) Susmitha.k

Invite