

**DR. D. Y. PATIL MEDICAL COLLEGE, HOSPITAL &
RESEARCH CENTRE, PIMPRI, PUNE 411018**
NABH/NABL ACCREDITED HOSPITAL AND LABORATORY
DR. D. Y. PATIL VIDYAPEETH, PUNE
(Deemed To Be University)
Accredited (3rd Cycle) by NAAC with a CGPA of 3.64 on four point scale at 'A++' Grade
ISO 9001 : 2015 AND 14001 : 2015 CERTIFIED UNIVERSITY
DEPARTMENT OF PEDIATRICS

Ref. No:DYPMC/Paed/3639/2023

Date: 29/09/2023

To,
The Dean
Dr. D. Y. Patil Medical College,
Hospital & Research Centre,
Pimpri, Pune-18.

Subject: Regarding adding of “ Value added Course in Building Resilience in Adolescent”

Respected Sir,

We would like to include Building Resilience in Adolescent as a value-added course which will be conducted by the department of Pediatrics.

This is for your kind information.

Thanking you,

Yours Sincerely

Dr. Shailaja Mane
Professor & Head

PROFESSOR & HEAD
DEPT. OF PAEDAITRIC
Dr. D. Y. Patil Medical College
Pimpri, Pune - 411 018.

Dr. J.S. Bhawalkar

Dean
Dr. D.Y. Patil Medical College,
Hospital & Research Centre,
Pimpri Pune - 411018



Dr. D. Y. PATIL MEDICAL COLLEGE, HOSPITAL AND RESEARCH CENTRE, PIMPRI, PUNE.

(NABH Accredited Hospital) | (NABL Accredited Laboratories) | Ranked 11 in Medical Category NIRF Ranking 2024

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DEPARTMENT OF PEDIATRICS

Presents

Value Added Course

in

BUILDING RESILIENCE IN ADOLESCENT

Dr. J.S. Bhawalkar
Dean
Dr. D.Y. Patil Medical College,
Hospital & Research Centre,
Pimpri Pune - 411018

Shreejyoti

PROFESSOR & HEAD
DEPT. OF PAEDAITRIC
Dr. D. Y. Patil Medical College

Proposal for Value Added Programs

Name of the Department: Department of Pediatrics

- **Subject/Course Title:** Value added Course in Building Resilience in Adolescent in MBBS undergraduate students through life skills and mindfulness
- **Background:** Life skills are essential skills which are needed to live a happy, healthy and fulfilling life. Unfortunately, these skills are not a part of our curriculum. With the ever-rising cases of suicides and depression in the undergraduate students, it is even more important that these essential skills are honed and cultivated. Moreover mindfulness helps these students to live in the present and fight stress better This is one of the key areas which needs our immediate attention. In this way, we can have healthy doctors in the community.

COURSE OBJECTIVES :

1. Enumerate the 10 core life skills
 2. Start practicing life skills and mindfulness for problem solving and handling of stress and emotions
 3. Develop better communication skills
 4. Lead a healthy and positive life making use of the life skills and mindfulness
- **Number of Credits:** Not Applicable
 - **Eligibility:** All the registered students of MBBS (1st MBBS, 1st Term)
 - **Number of Students** - 10 students
 - **Medium of Instructions:** English
 - **Duration:** 20 hours
 - **In Association with** - Department of Psychiatry
 - **Number of days:** 10 days, 2 hours per day, one skill per day (Theory and Practical, Distribution as stipulated by DPU: Theory: 30 percent and Practical: 70 Percent)


Dr. J.S. Bhawalkar
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SYLLABUS

The Top 10 Life Skills recommended by
World Health Organization (WHO)
are Essential Skills for All Individual to face the challenges of
leaving and maintain mental equilibrium.

These life skills must be imported to every child or
adolescent during the educational period in colleges.

1. **Problem Solving:** The individual should know the steps in problem-solving i.e. understanding the nature of the problem, its onset, factors which aggravate the problem, different solutions and how to choose the best.
2. **Decision Making:** Before taking a decision, one has to list the pros and cons, loss and the gain, the risk involved. One need not hesitate to consult the appropriate people.
3. **Creative Thinking:** One should be innovative and creative; explore new ideas & methods.
4. **Critical Thinking:** One has to learn to evaluate and critically look at an issue, information situation or requirement or recommendations made by others. One should not blindly accept or get carried away by other's statements or pressures.
5. **Self Awareness:** It is very necessary to have an insight into self, one's capabilities, and limitations. One's strength's & weaknesses. Appropriate Self Esteem should be present. Both Inferiority & Superiority feelings about self are harmful.
6. **Empathy:** One should understand others' views, experiences & expressions with sympathy. One should put himself in other shoes and react.
7. **Interpersonal Relationship:** One should develop the skills of establishing and maintaining an appropriate, friendly relationship with most of the persons, one should also learn skills to manage hostile and troublesome persons by keeping the required distance.
8. **Good Communication:** Good Communication Skills verbal & non-verbal are very important in the day-to-day functioning of the individual. Communication of feelings and emotions is essential for mental wellbeing.
9. **Management of Stress:** Appropriate & Healthy Methods of managing one's stresses go a long way in the prevention of physical and mental disorders.
10. **Management of Emotions:** Appropriate & Healthy Methods of managing one's negative emotions go a long way in the prevention of physical and mental disorders.

Mindfulness module delivered in two sessions per week 4 weeks focussing on mind relaxation techniques

- **Fees:** Free for students
- **Exams/Assessments:** 50 marks. The outcome would be 'Successfully completed the Value Added Programme' or 'Not Successful in Value Added Programme'.
- **Pattern of Exam:** MCQs, Viva Voce, Home Assignment, etc.
- **Learning Pedagogies:** Lecture, demonstration, group work, case scenarios, videos, etc. The whole batch will be briefed together and later distributed in small groups for group activities and practical.
- **Certificate:** To be provided at the end of the course. Those who have passed or have secured 50% of marks in all the assessments.
- **Attendance:** Mandatory for all the students. 75% attendance is mandatory for all the students.
- **Time Table:** To be submitted by the concerned department in consultation with concerned department, if any

SCHEDULE

Name of the Course: Life Skills for Adolescents			
Number of Lectures / Hours / Week	2 per week	Number and types of Evaluations Planned	One evaluation based on MCQs, Viva Voce, , Group based activities, Home Assignment, etc.
Total number of lecture hours	20	Distribution of marks in theory and practical	Theory: 30 percent and Practical: 70 Percent

- **References:**
- **Name of the Experts:**

Dr Shailaja Mane
Dr Vineeta Pande
Dr Pooja Dekhane

Dr Sampada Tambolkar
Dr Renuka Jadhav
Dr Sanjay Chavan



Department of Pediatrics

Dr. D. Y. Patil Medical College, Hospital and Research Centre, Pune.

Dr. J.S. Bhawalkar
Dean
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DEPARTMENT OF PEDIATRICS

Date : 04/12/2023

Notice

Department of Pediatrics is going to start **Value added course in Building Resilience in Adolescent** from 13th December 2023 to 10th January 2024 for Third Professional MBBS Part II Student. Interested candidates can submit their names in the department to Dr. Sampada Tambolkar ,Professor & Course Co-ordinator Department of Pediatrics.


Dr. J.S. Bhawalkar
Dean
Dr. D.Y. Patil Medical College,
Hospital & Research Centre,
Pimpri Pune - 411018


Dr. Shailaja Mane
Professor & Head
PROFESSOR & HEAD
DEPT. OF PAEDAITRIC
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Student Enrolled for Value Added Course : Building Resilience in Adolescent
AY: 2023-2024

Sr.No	Roll No.	Name of Student	Mobile No.	Email Id
1	20106	Kshitij Pasricha	7011405589	pasricha.neeraj@gmail.com
2	20156	Raghvendra Puri	9999426125	purirajesh1969@gmail.com
3	20076	Inchara P	9611685318	kan.77micro@gmail.com
4	20103	Krishna Agarwal	8750068705	jhalak.0711@gmail.com
5	20191	Shifa Alam	8521195222	drmdtanweer1970@gmail.com
6	20046	Chaudhari Neha Manoj	9922025725	rupalichaudhari1978@gmail.com
7	20094	Kaustav Das	7759042666	drsanchaytadas@gmail.com
8	20193	Shivani Sinha	7033409712	anjalisinha3004@gmail.com
9	20052	Deore Renuka	7709068789	ppdbds@gmail.com
10	20161	Rashi Singh	8368548247	aksingh19_68@rediffmail.com

Dr. Sampada Tambolkar
Professor & Course Co-ordinator

Dr. Shailaja Mane
Professor & Head

PROFESSOR & HEAD

DEPARTMENT OF PEDIATRICS
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Dr.(Mrs.) SAMPADA TAMBOLKAR
MD (PEDIATRICS)
PROFESSOR IN PEDIATRICS
DR. D. Y. PATIL MEDICAL COLLEGE
PIMPRI, PUNE.

Syllabus

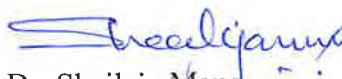
Value Added Course: Building Resilience in Adolescent

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Time Table

Value Added Course: Building Resilience in Adolescent

Date	Day	Time	No. of hrs (Total 18 hrs)	Topic
13/12/2023	Wed	4 pm to 6 pm	2	Enumerate and discuss 10 life skills
16/12/2023	Sat	4 pm to 6 pm	2	The focus on self-awareness and how to say NO
20/12/2023	Wed	4 pm to 6 pm	2	Critical thinking and Problem solving
23/12/2023	Sat	4 pm to 6 pm	2	Dealing with stress
27/12/2023	Wed	4 pm to 6 pm	2	Time Management
30/12/2023	Sat	4 pm to 6 pm	2	Dealing with emotions
03/01/2024	Wed	4 pm to 6 pm	2	Communications skills
06/01/2024	Sat	4 pm to 6 pm	2	Mindfulness 1
10/01/2024	Wed	4 pm to 6 pm	2	Mindfulness 2 Demonstration

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Attendance

**Value Added Course: Building Resilience in Adolescent
Batch: 2023 -2024**

Sr.No	Roll No	Name of the Students	13/12/2023	16/12/2023	20/12/2023	23/12/2023	27/12/2023	30/12/2023	03/01/2024	06/01/2024	10/01/2024
1	20106	Kshitij Pasricha	P	P	P	P	P	P	P	P	P
2	20156	Raghvendra Puri	P	P	P	P	P	P	P	P	P
3	20076	Inchara P	P	P	P	P	P	P	A	P	P
4	20103	Krishna Agarwal	P	P	P	P	P	P	P	P	P
5	20191	Shifa Alam	P	P	A	P	P	P	P	P	P
6	20046	Chaudhari Neha Manoj	P	P	P	P	P	P	P	P	P
7	20094	Kaustav Das	P	P	P	P	A	P	P	P	P
8	20193	Shivani Sinha	P	P	P	P	P	P	P	P	P
9	20052	Deore Renuka	P	P	P	P	P	P	P	A	P
10	20161	Rashi Singh	P	P	P	P	P	P	P	P	P

Dr. Sampada Tambolkar
Professor & Course Co-ordinator

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Result

Value Added Course: Building Resilience in Adolescent

Sr. No	Roll No	Name of the Student	Result
1	20106	Kshitij Pasricha	Successful
2	20156	Raghvendra Puri	Successful
3	20076	Inchara P	Successful
4	20103	Krishna Agarwal	Successful
5	20191	Shifa Alam	Successful
6	20046	Chaudhari Neha Manoj	Successful
7	20094	Kaustav Das	Successful
8	20193	Shivani Sinha	Successful
9	20052	Deore Renuka Pravinkumar	Successful
10	20161	Rashi Singh	Successful

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Report for Value Added Course: Building Resilience in Adolescent

The Value added course: "Value added Course in **Building Resilience in Adolescent** (Undergraduate MBBS Students) was conducted by Department of Pediatrics Dr. D. Y. Patil Medical College, Hospital & Research Centre, Pimpri Pune. This course was conducted by all Pediatrics faculty, The course was completed by the Third Professional MBBA Part II (AY 2023-24) students. At the end of the course, all students enrolled were given the assignment in the form of presentation of the Topic. The presentation of each student was assessed on the basis of course topic, method of explanation & case presentation the marks were given accordingly. All the students have successfully completed the course.

Dr. Sampada Tambolkar
Professor & Course Co-ordinator

Dr.(Mrs.) SAMPADA TAMBOLKAR
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Department of Pediatrics



... **CERTIFICATE OF COMPLETION** ...



This is to certify that Mr. / Miss / **Renuka Deore**

of 1st professional/ M.B.B.S (Academic year 2023-24) has successfully completed the

Value Added course - in Building Resilience in Adolescent

Dr. Shailaja Mane

Professor and Head, Dept. of Pediatrics
Dr. D. Y. Patil Medical College, Hospital
and Research Centre, Pimpri, Pune

Dr. J. S. Bhargwarkar

Dean
Dr. D. Y. Patil Medical College, Hospital
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Dean

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... CERTIFICATE OF COMPLETION ...

*This is to certify that Mr. / Miss / **Bhivani, Sindha***

of 1st professional / M.B.B.S (Academic year 2023-24) has successfully completed the

Value Added course - in Building Resilience in Adolescent

Dr. Shailaja Mane
Professor and Head, Dept. of Pediatrics
Dr. D. Y. Patil Medical College, Hospital
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Dr. J. S. Bhavalkar
Dean
Dr. D. Y. Patil Medical College / Hospital
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Department of Pediatrics

... CERTIFICATE OF COMPLETION ...

This is to certify that Mr. / Miss / **Kaustav Das**

of 1st professional/ M.B.B.S (Academic year 2023-24) has successfully completed the
Value Added course - in Building Resilience in Adolescent

Dr. Shailaja Mane
Professor and Head, Dept. of Pediatrics
Dr D Y Patil Medical College, Hospital
and Research Centre, Pimpri, Pune

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... CERTIFICATE OF COMPLETION ...

This is to certify that Mr / Miss / Chaudhrai Neha Klonaj

of 1st professional M.B.B.S (Academic year 2023-24) has successfully completed the

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Dr. Shailaja Mane

Professor and Head, Dept of Pediatrics
Dr. D. Y. Patil Medical College, Hospital
and Research Centre, Pimpri, Pune

Dr. J. S. Bhawalkar

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... CERTIFICATE OF COMPLETION ...



*This is to certify that Mr. / Miss / **Shikha Alam***

of 1st professional M.B.B.S (Academic year 2023-24) has successfully completed the

Value Added course - in Building Resilience in Adolescent

Dr. Shailaja Mane

Professor and Head, Dept. of Pediatrics
Dr. D. Y. Patil Medical College, Hospital
and Research Centre, Pimpri, Pune

Dr. J. S. Bhawalkar

Dean

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... CERTIFICATE OF COMPLETION ...

*This is to certify that Mr. / Miss / **Keishna Agarwal***

of 1st professional M.B.B.S (Academic year 2023-24) has successfully completed the

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Dr. Shailaja Mane

Professor and Head, Dept. of Pediatrics
Dr. D. Y. Patil Medical College, Hospital
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Dr. D. Y. PATIL MEDICAL COLLEGE, HOSPITAL AND RESEARCH CENTRE

(NABH Accredited Hospital) | (NABL Accredited Laboratories) | Ranked 11 in Medical Category NIRF Ranking 2024
PIMPRI, PUNE-18.

Dr. D.Y. PATIL VIDYAPEETH, PUNE
(Deemed to be University)

Accredited (3rd Cycle) by NAAC with a CGPA of 3.64 on four point scale at 'A++' Grade
Department of Pediatrics

... CERTIFICATE OF COMPLETION ...

This is to certify that Mr. / Miss / ... Indhaa P.

of 1st professional M.B.B.S (Academic year 2023-24) has successfully completed the
Value Added course - in Building Resilience in Adolescent

Dr. Shailaja Mane
Professor and Head, Dept. of Pediatrics
Dr. D. Y. Patil Medical College, Hospital
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Dr. J. S. Bhawalkar
Dean
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