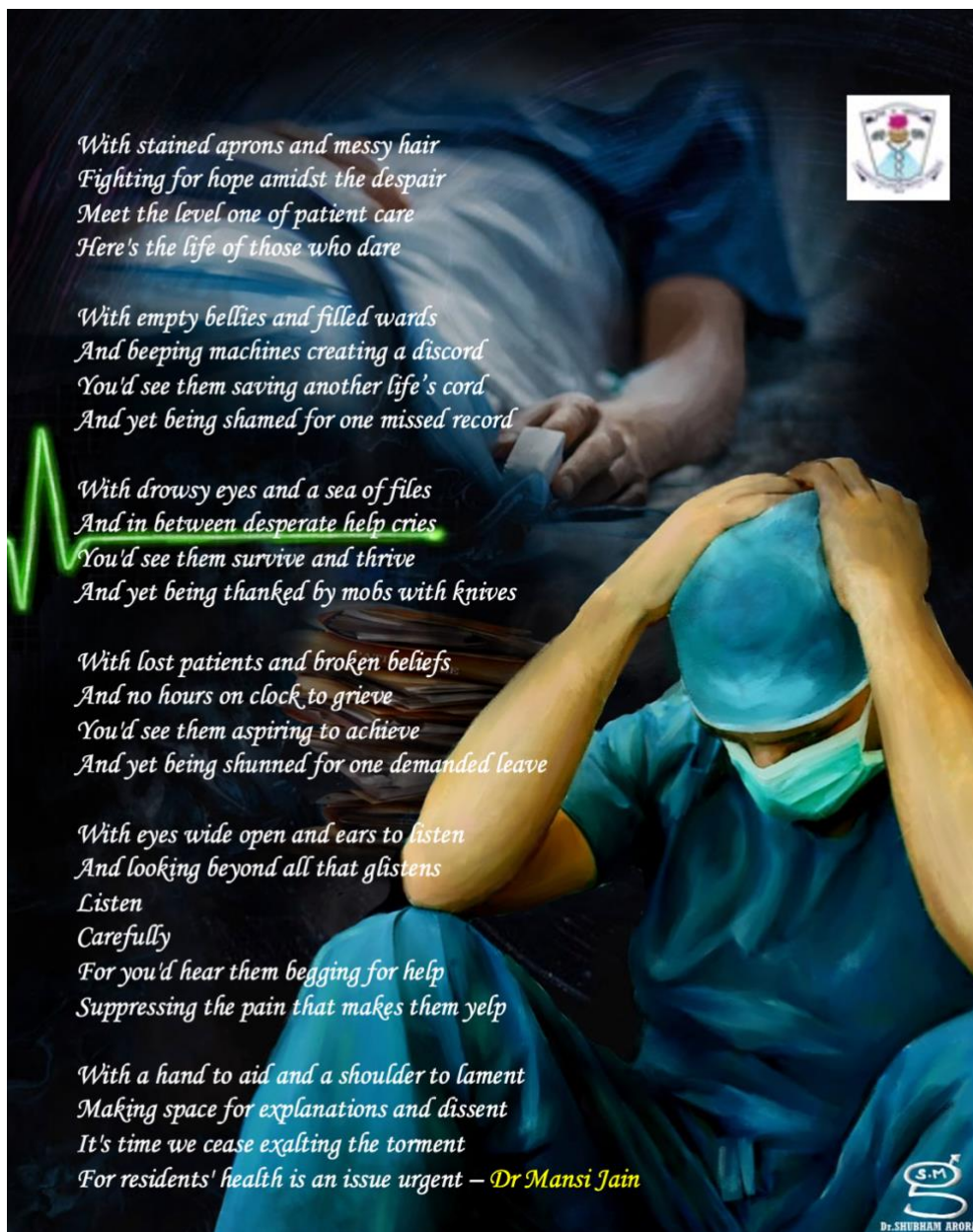




**University College of Medical
Sciences
(University of Delhi)
and
GTB Hospital, Delhi**

**Action Taken Report on Mental Health and Wellbeing of Post
Graduate Medical Students**



Art: Dr Shubham Arora, Poem: Dr Mansi Jain (UCMS)

Ref: Post-Graduate Medical Education Board (PGMEB), National Medical Commission (NMC), Delhi vide Letter No. NMC-23(1)(161)/2022/Med./pg/029301 dated 10/08.2022

We at the University College of Medical Sciences are:

Committed to fulfil the NMC mandate on resident wellness and to the cause of mental health and suicide prevention.

Understands each student's life is precious to us, society and the country.

Deeply concerned regarding increased distress due to academic pressure on postgraduate trainees

Emphasize that the Mental Healthcare Act, 2017 cannot be achieved without the full effective inclusion of persons with psychosocial disabilities and their participation;

Recognizes the essentiality of the UN Convention on the Rights of Persons with Disabilities for the realization of human rights and development for all:

Determined to break the attitudinal barriers preventing persons with mental health conditions from their full participation in workplace and promoting disability-inclusive compassionate care

Ensure to offer our full support not only to postgraduates but also to undergraduate medical students, non-teaching staff and faculty members towards wellness.

Immediate Steps taken by UCMS on Resident Wellness in Sept-Oct

- 1) As per the directions received from the PGMEB, National Medical Commission, Delhi, a Committee was constituted to ensure 'Mental Health and Wellbeing of Postgraduate Medical Students' on 25.08.2022.
- 2) World Suicide Prevention Day was commemorated by Safe Place for Affective Counselling and Empathy (SPACE) and Medical Education Unit on 10.09.2022 on the theme 'Resident Wellness: Creating Hope through Action'. Winning entries were awarded by the Principal, UCMS
- 3) 'You Are Not Alone' – a Suicide Prevention Workshop was conducted by Outlive, Sangath, Delhi in collaboration with SPACE for undergraduate medical students who were delegates at MedicamentuM, annual medical student conference of UCMS on 11.09.2022
- 4) Suicide Prevention Resident Wellness Workshops for postgraduates was also conducted by Outlive, Sangath, Delhi in collaboration with SPACE on 21-22 September 2022
- 5) A poster competition was launched by the Department of Psychiatry along with Artifex, fine arts society of UCMS for World Mental Health Day
- 6) World Mental Health Day was observed by the Department of Psychiatry on 10.10.2022
- 7) A Recreational evening for hostlers was organised by Students Union along with Faculty Incharge, Hostels on World Mental Health Day



World Suicide Prevention Day Creating Hope Through Action

September 10



Safe Place for Affective Counselling and Empathy (SPACE) and Medical Education Unit, University College of Medical Sciences & GTB Hospital, Delhi invites you to participate in World Suicide Prevention Day Contest on the theme "**Resident Wellness: Creating Hope Through Action**".

We invite entries (poster, poem, visual art, video) to tackle social stigma and a lack of awareness of resident wellness in line with the theme of WSPD. The top 5 entries will be awarded by certificates, shared on the official social media handles, and published in the following MEU newsletter.

SPACE

Safe Place for Affective
Counselling & Empathy

Mental Health | UCMS | Delhi



Entries are to be sent to: spaceucms@gmail.com

Last date for submissions:

9th September 2022



University College of Medical Sciences, D... @UCMSoffi... · Sep 10 ...

We commemorate #WorldSuicidePreventionDay , by raising awareness on #ResidentWellness: #CreatingHopeThroughAction. Our medical students shared their entries in the contest by @SpaceUcms & @MedicalUcms. The first entry is by birthday boy Dr Shubham Arora 1/ #MedEdMentalHealth

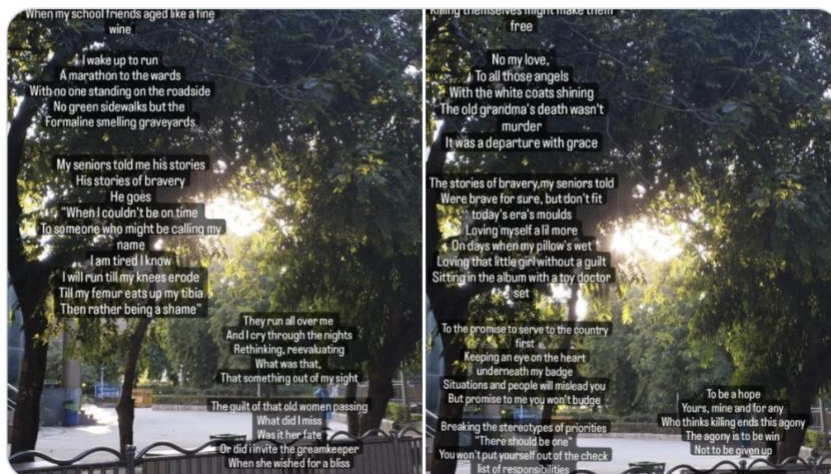


You and 6 others



University College of Medical Sciences, D... @UCMSoffi... · Sep 10 ...

Tamanna Tanwar, #UCMS writes about HOPE! This #WorldSuicidePreventionDay we can all #BeTheLight #UCMS #WSPD2022 #CreatingHopeThroughAction #ResidentWellness #MedEdMentalHealth





University College of Medical Sciences, D... @UCMSoffi... · Sep 10 ...

Replying to @UCMSofficial

#ResidentWellness: #CreatingHopeThroughAction. The second entry is by Pragma Mitra 1/ #MedEdMentalHealth #UCMS



2

3

7



See the Twitter thread for all entries:

https://twitter.com/UCMSofficial/status/1568546653086576642?s=20&t=RSNusx_OvCtbljUuVHVWyg

See the photographs of all the awardees getting certificate from the worthy Principal:

https://twitter.com/UCMSofficial/status/1573131789744349190?s=20&t=RSNusx_OvCtbljUuVHVWyg





UNIVERSITY COLLEGE OF MEDICAL SCIENCES
PRESENTS



YOU ARE NOT ALONE

Suicide Prevention Awareness Workshop



In Collaboration with Outlive (Sangath Delhi)



DATE: 11TH SEPTEMBER 2022
TIME: 2:00PM - 4:00PM



Scan to Register



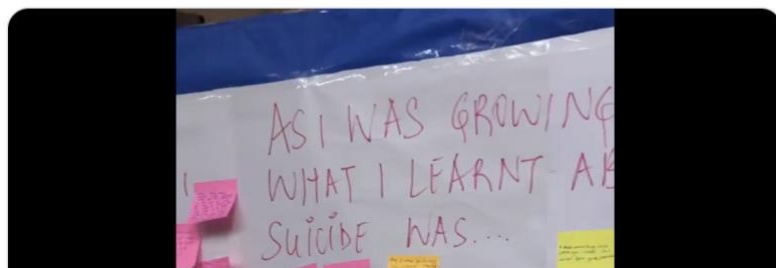
FOR MORE DETAILS MAIL US AT :
SPACEUCMS@GMAIL.COM

@MEDICAMENTUM.UCMS



SPACE.UCMS
@SpaceUcms

#YouAreNotAlone - #SuicidePrevention workshop for delegates of #MedicamentuM was conducted by @OutliveProject (@SangathIndia) & SPACE (Safe Place for Affective Counselling & Empathy) at @UCMSofficial. 1/ #MedEdMentalHealth





Photos from the workshop:

https://twitter.com/SpaceUcms/status/1569185070182993920?s=20&t=RSNusx_OvCtbljUuVHVWyg

Resident Wellness Suicide Prevention Workshop for Post Graduates on 21-22 Sept



More pictures may be assessed on our official Twitter handle:

https://twitter.com/UCMSofficial/status/1574256492596731908?s=20&t=RSNusx_OvCtbljUuVHVWyg

Department of Psychiatry and Artifex

On

WORLD MENTAL HEALTH DAY 2022

Presents

Poster Making Competition

THEME - Make mental health and wellbeing for all a global priority

Both digital (printouts) and handmade entries are allowed.
Open for All UCMS undergraduates

To be submitted to
Department of Psychiatry
on 10 October at 10 am (Room no. 717)

Result and Prize
distribution on 10th
October, 1:30pm in LT 1

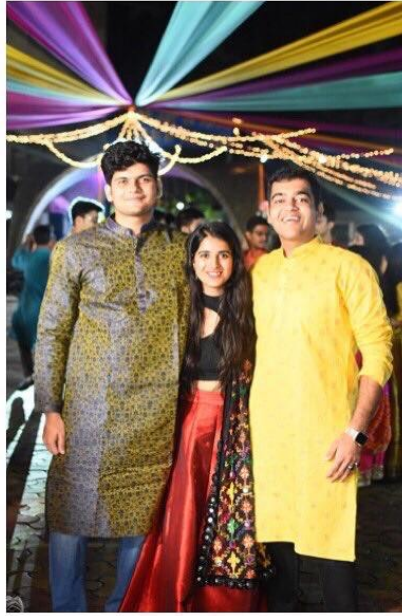




https://twitter.com/UCMSofficial/status/1579492065980850177?s=20&t=RSNusx_OvCtbljUuVHVWyg

Recreational Dandiya Night was organised by Students Union at Junior Resident Doctors Hostel foyer on 10.10.2022 which was also World Mental Health Day





The event was graced by faculty member Prof Manish Narang, Prof Rumpa Saha & Dr Kirti Nirmal.

NMC Post Graduate Wellness Committee Members of UCMS



Prof. MS Bhatia (Chairperson and HOD, Deptt of Psychiatry)

Prof. Satendra Singh

Prof Shruti Srivastava

Prof Manish Narang

Dr Vivek Kumar (Post-Graduate representative)

Dr Anoushka Kapila (Post-Graduate representative)

Yoga and wellness

In collaboration with the Central Council for Research in Yoga & Naturopathy (AYUSH, Health Ministry), the department of Physiology has established a Yoga and Lifestyle

Rehabilitation Clinic for patients, staff and students suffering from a variety of diseases such as hypertension, coronary artery disease, diabetes, thyroid dysfunction, asthma, and neurological issues. Since its establishment, the facility has assisted over 1000 patients. Acupressure care has also begun. Every year the lab celebrates International Yoga Day on 21st June.



International Yoga Day activities by Department of Physiology and CCRYN on 21.06.2021



International Yoga Day activities by Department of Physiology and CCRYN on 21.06.2021
The Yoga lab also conducts sessions for both undergraduate and postgraduates as well as take sessions in CBME



Circle Stories to deal confidential, ethical dilemmas by SPACE, student support group on mental health by Health Humanities Group

SPACE

**Safe Place for Affective
Counselling & Empathy**

Mental Health | UCMS | Delhi



The department of Psychiatry conducts ‘Mental Health Matters’ session for all the medical undergraduates of the institution during the foundation course. The department screens all of the students and then holds stress management classes for each batch. Students who are at high risk are recognised, receive counselling, and are consistently followed up with.



University of Delhi  @UnivofDelhi · Jan 22, 2021

Prof. P. C. Joshi & Prof. Suman Kundu interacted with the University's **counselling** team including Dr Renu Malviya, Dr Geeta Sahare, Prof M.S. Bhatia, Prof SPK Jena & Prof Shruti Srivastava. The **counselling** team helped a large no. of students in distress during the pandemic.



 2

 12

 123



Prof MS Bhatia is the Head of Department and Prof Srivastava is faculty member at Department of Psychiatry, UCMS who were acknowledged for their effort by University of Delhi

<https://twitter.com/UnivofDelhi/status/1352601179885166592?s=20&t=J7ZabempLNRtpsH2Ad-kSw>

Helplines



Ministry of Health
and Family Welfare
Government of India



National Helpline for Psychosocial and Mental health Support

080-46110007

If you are a Healthcare/Frontline worker,
Dial the above number (Toll free)
and on prompting
Press **'5'**

A direct dedicated line for healthcare workers.

'KIRAN' 24x7 (1800-599-0019)

iCALL 9152987821

Sangath 011-41198666 (10am-6pm)

Gender incongruence

The college has taken lead on Sexual Orientation, Gender Identity & Expression and Sexual Characteristics (SOGOESC) issues with the first student support group , Iridescence under Health Humanities Group in Indian medical college on LGBTQIA+ rights issue to help transgender, queer and gender non-binary students.



IRIDESCENCE

Promoting SOGIESC LGBTQIA+ Rights

NMC Post-Graduate Wellness Committee
University College of Medical Sciences & GTB Hospital

Date: 28.09.2022

Venue: Committee Room, Principal Office

Attendees:

Prof. MS Bhatia (Chairperson and HOD, Deptt of Psychiatry)

Prof. Satendra Singh

Prof Shruti Srivastava

Prof Manish Narang

Dr Vivek Kumar (Post-Graduate representative)

Dr Anoushka Kapila (Post-Graduate representative)

Agenda: Inaugural meeting of the Committee to deliberate on the NMC directions on Resident Wellness

Background:

- I) As per the directions received from the Post-Graduate Medical Education Board (PGMEB), National Medical Commission (NMC), Delhi vide Letter No. NMC-23(1)(161)/2022/Med./pg/029301 dated 10/08.2022, a Committee was constituted to ensure 'Mental Health and Wellbeing of Postgraduate Medical Students' on 25.08.2022
- II) World Suicide Prevention Day was commemorated by Safe Place for Affective Counselling and Empathy (SPACE) and Medical Education Unit on 10.09.2022 on the theme 'Resident Wellness: Creating Hope through Action'. Winning entries were awarded by Principal, UCMS
- III) 'You Are Not Alone' – a Suicide Prevention Workshop was conducted by Outlive, Sangath, Delhi in collaboration with SPACE for undergraduate medical students who were delegates at MedicamentuM, annual medical student conference of UCMS on 11.09.2022
- IV) Suicide Prevention Resident Wellness Workshops for postgraduates was also conducted by Outlive, Sangath, Delhi in collaboration with SPACE on 21-22 September 2022

Summary of the critical discussion with action points:

A meeting was conducted of the NMC PG Wellness Committee where the following points were discussed:

1. Details of all the members of the NMC PG Wellness Committee and contact details of each member will be forwarded to all departments and will also be

put up in the Junior residents' hostel and Senior residents' hostel. (**Action:** Hostel Wardens)

2. In line with NMC direction for anonymous complaints from PGs, a dropbox similar to computer complaints by DBMI needs to be placed in prominent position in college premises (**Action:** Academics Section)
3. The mental health session in foundation course for undergraduates may also be extended to post graduates orientation on protocol writing workshops. (**Action:** Faculty Incharge Academic Activities)
4. During the mental health week, a mental health awareness campaign will be conducted from the 3rd of October to the 7th of October in the seminar room in the department of Psychiatry. (**Action:** Department of Psychiatry is conducting a stress and mental health interactive session for PGs on 10.10.2022 at 1:30 pm in LT-1)
5. Workshops will be conducted for residents to help them with stress management, especially on how Yoga and Gyms help deal with stress. (**Action:** Department of Psychiatry)
6. The committee recommends a recreation room for postgraduates that is easily accessible. Since the Public Works Department (PWD) has a separate building, their room adjacent to the Conference Hall may be used for this purpose. The justification is the close proximity to the reading room facility. Alternatively, O/o PWD can be requested to build a room on the top floor of the library block. (**Action:** O/o Medical Director and I/c PWD, GTB Hospital)
7. A counselling room needs to be opened as it's a requirement under Supreme Court guidelines post Aman Kachroo ragging incident as well as various NMC circulars. Similarly, a post of counsellor may be advertised (**Action:** O/c of Principal)
8. A dedicated cultural and sports event for PG residents on Doctors' day or during the college fest (RIPPLE/Avalanche) is proposed (**Action:** Cultural Advisor, Sports Advisor and Staff Advisor)
9. A 24x7 small canteen/kiosk offering snacks in the hospital premises similar to the erstwhile Gol canteen may be operated (**Action:** O/c of Principal)

The meeting ended with thanks to Chair.

Annexures:

Signed minutes of the meeting and copy of notification of Committee

28 Sept '22

NMC PG WELLNESS COMMITTEE
MEETING

1. Dr. M. S. BHATIA msbhatia
28/9/22
2. Dr. SATENDRA SINGH Sr
3. Dr. SHRUTI SRIVASTAVA Shruti
28/9/2022
4. Dr. MANISH NARANG Manish
5. Dr. VIVEK KUMAR VK
6. Dr. ANUSHKA KAPILA AnushkaKapila



UNIVERSITY COLLEGE OF MEDICAL SCIENCES
विश्वविद्यालय चिकित्सा विज्ञान महाविद्यालय

(University of Delhi) (दिल्ली विश्वविद्यालय)

Dilshad Garden, Delhi-110095
(दिलशाद गार्डन, दिल्ली - ११००९५)

Phone/ फ़ोन: 011-22582972-74

Fax/ फ़ैक्स: 0091-11-22590495

No. MC/CCS/2022/ 507-C

Dated: 25.08.2022

NOTICE

As per the directions received from National Medical Commission (PGMEB) vide Letter No. NMC-23(1)(161)/202/Med./PG/029301 dated 10.08.2022, a Committee comprising of the following members has been constituted to ensure "Mental Health and well being of Post Graduate Medical Students":-

- | | | |
|---|---|-------------------|
| 1. Prof. M. S. Bhatia
Deptt. of Psychiatry, UCMS & GTBH | : | Chairperson |
| 2. Prof. Satendra Singh
Deptt. of Physiology, UCMS | : | Member |
| 3. Prof. Shruti Srivastava
Deptt. of Psychiatry, UCMS & GTBH | : | Member |
| 4. Prof. Manish Narang
Deptt. of Pediatrics, UCMS & GTBH | : | Member |
| 5. Dr. Vivek Kumar, UCMS | : | PG-Representative |
| 6. Dr. Anoushka Kapila, UCMS | : | PG-Representative |

The Committee should submit its action taken report at the earliest for onward transmission to National Medical Commission.


26/8/22
PRINCIPAL


Copy to:-

1. Concerned Committee members as above.
2. Assistant Registrar (P.O./J.R.O.), UCMS.



University College of Medical Sciences and GTB Hospital, Delhi

To,

Date: 13 Sept 2022

All Head of Departments,

UCMS Delhi

Sub: “Resident Wellness: You Are Not Alone” Suicide Prevention Workshop for Postgraduate students on 21-22 Sept

Dear Sir/Madam,

The President, Post Graduate Medical Education Board (PGMEB) of the National Medical Commission (NMC), has directed all medical institutions in the country to address the mental health and well-being of postgraduate medical students. An action taken report and practises being followed in the college have been requested by NMC.

To address the issue, the college has constituted a committee under the chairmanship of Director Professor MS Bhatia, also involving postgraduate residents. Resident support and progression is also a key indicator in the NAAC assessment matrix. In order to build a culture where asking for help is not seen as a sign of weakness but strength, the college has proposed wellness initiatives, and one of them is to conduct sensitization workshops for students, including postgraduate residents, on suicide prevention.

To mark World Suicide Prevention Day, we recently conducted a suicide prevention workshop with Outlive and SPACE (Safe Place for Affective Counselling and Empathy, UCMS) for the delegates of Medicamentum at UCMS. Outlive is a four-year (2020-2024) suicide prevention programme jointly implemented by the Centre for Mental Health Law & Policy, the Indian Law Society, Sangath, and Quicksand Design Studio, and is supported by Comic Relief, UK. We are now addressing postgraduate wellness through these workshops.

We, therefore, request all Heads of the Departments to **nominate interested postgraduates** from first, second, and third years to attend the “*Resident Wellness: You Are Not Alone*” suicide prevention workshop on **September 21st and 22nd** at 2 pm in LT-1. The workshop will be the same on both days, so residents may be nominated as per their schedule for maximum benefits.

Please find the program below and share the name, email and phone number of postgraduate residents with the undersigned to manage logistics.

Time	Program	Facilitator
2.00-2.05	Welcome	Student representative from SPACE
2:05-2:15	Certificate distribution to the best entries in World Suicide Prevention Day contest on ' <i>Resident Wellness: Creating Hope through Action</i> '	Principal, UCMS
2:15-2:25	Trainee Voices: Resident Wellness and Postgraduate Hospital Education Environment	Postgraduate representative
2:25-2:35	Mental health initiatives at UCMS	HOD Psychiatry
2:35-2:45	Wellness initiatives and way forward	Principal, UCMS
2:45-4:15	Suicide Prevention Workshop	Outlive (Sangath Delhi)
4:15	Vote of thanks	

Thanking you,
Sincerely,



Prof (Dr) Satendra Singh
Lead Faculty, Student Support and Progression (NAAC, AQAR)
Member, Committee on Well-being of PG students
Faculty Advisor, Safe Place for Affective Counselling and Empathy (SPACE)
9971782076, ssingh@ucms.ac.in



Dr Shubham Arora, Intern, UCMS



Pragya Mitra, MBBS 2019, UCMS

दूरभाष/Phone : 25367033, 25367035, 25367036
फैक्स/Fax : 0091-11-25367024
ई-मेल/E-mail : pgmeh.section@nmc.org.in

पॉकेट -14, सेक्टर-8, द्वारका, फेस-1, नई दिल्ली-77-
Pocket- 14, Sector- 8, Dwarka,
Phase - 1, New Delhi-77

राष्ट्रीय आयुर्विज्ञान आयोग
National Medical Commission
Post Graduate Medical Education Board (PGMEB)

F.No.NMC-23(1)(161)/2022/Med./PG 029301 Dated:10th August 2022

To

Director/Principal/Dean
All Medical Colleges/ Institutions imparting Post Graduate Courses

Subject: Mental Health and well being of Post Graduate Medical Students

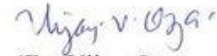
Dear Sir/Madam,

National Medical Commission is in receipt of grievances from Post Graduate (PG) Medical Students (Resident Doctors) stating that they are under stress and depression due to long working hours, no weekly off, non-sanctioning of leave during emergency etc. This issue has been flagged in print media and also raised in the Parliament.

2. Post Graduate Medical Education Board (PGMEB) in its meeting held on 28th June 2022 discussed the numerous grievances received on the issue and decided that all the Medical colleges should take care of the mental health and well being of the PG Medical Students by ensuring adequate rest, weekly off, counseling for those who are under stress, arranging Yoga sessions on regular basis, sanctioning leave when required and respecting their dignity by providing a positive conducive working environment. A committee may be constituted to look into the complaints/grievances including anonymous complaints/grievances which may be submitted by PG students either through mail or received in a drop box specially placed for this purpose.

3. A healthy and stress free resident doctor is critical not only for his/ her own well being but also for the well being of the patients he/she treats. All medical colleges/ institutes are therefore requested to take necessary steps for taking care of the mental health and well-being of the PG Medical Students studying/working with them. An action taken report on the issue as well as the practice being followed in the College/Institute may be provided to National Medical Commission on regular basis specially mentioning the cases of suicide, gender bias and incidences of dishonor to woman decency etc.

Yours sincerely,



(Dr, Vijay Oza)
President, PGMEB



Dr Satendra Singh <dr.satendra@gmail.com>

Fwd: Reg. Mental Health and well being of Post Graduate Medical Students

UCMS Principal <principal@ucms.ac.in>
To: dr.satendra@gmail.com

Fri, Aug 12, 2022 at 11:51 AM

Dear Satendra
For necessary action please.
regards
Piyush

----- Forwarded message -----

From: **PGMEB Section** <pgmeb.section@nmc.org.in>

Date: Thu, 11 Aug 2022 at 11:50

Subject: Reg. Mental Health and well being of Post Graduate Medical Students

To: Principal Dr. SN Medical College Jodhpur <PRINCIPAL.DRSNMC.JOD@rajasthan.gov.in>, ichcal@yahoo.com <ichcal@yahoo.com>, directorihbas@vsnl.net <directorihbas@vsnl.net>, ilbs.academics@gmail.com <ilbs.academics@gmail.com>, directorims@gmail.com <directorims@gmail.com>, imhh.agra@gmail.com <imhh.agra@gmail.com>, INHS ASVINI <cmdeacad@gmail.com>, nephrourology.institute@gmail.com <nephrourology.institute@gmail.com>, director@inmas.drdo.in <director@inmas.drdo.in>, jehtry@gmail.com <jehtry@gmail.com>, director.ipgmer@yahoo.co.in <director.ipgmer@yahoo.co.in>, principal_ims@yahoo.co.in <principal_ims@yahoo.co.in>, infoiimsr@iul.ac.in <infoiimsr@iul.ac.in>, principal.medcol@iqct.in <principal.medcol@iqct.in>, irtpmc@yahoo.co.in <irtpmc@yahoo.co.in>, contact@jimsh.org <contact@jimsh.org>, jnumedicalcampus@nujaipur.ac.in <jnumedicalcampus@nujaipur.ac.in>, jnktrmchmadhepura@gmail.com <jnktrmchmadhepura@gmail.com>, jipmerpgcourses@jipmer.edu.in <jipmerpgcourses@jipmer.edu.in>, dean@jipmer.edu.in <dean@jipmer.edu.in>, Jnims Porompat <jnims.2009@gmail.com>, principal.jlnmc.ajmr@rajasthan.gov.in <principal.jlnmc.ajmr@rajasthan.gov.in>, principal.jnmc@amu.ac.in <principal.jnmc@amu.ac.in>, PRINCIPAL <principal@nmc.edu>, principal.ilnmc@rediffmail.com <principal.ilnmc@rediffmail.com>



College Phone: 22582972-74
Hospital Phone: 22586282
Fax: 22590495

UNIVERSITY COLLEGE OF MEDICAL SCIENCES
(UNIVERSITY OF DELHI)
DILSHAD GARDEN
DELHI-110 095

No.MC/ACAD/2022/

Dated: 22.08.2022

Dr. Satendra Singh
Founder, Health Humanities Group
Founder, SPACE
Professor of Physiology
University College of Medical Sciences
Dilshad Garden
Delhi-110 095

Subject: - Proposal to conduct Suicide Prevention workshop for students and Faculty with Outlive, Sangath Delhi

Dear Sir,

Please refer to your letter no. MHG/2022/SPACE/SPW dated 11.08.2022 regarding the above-mentioned subject.

The undersigned has been directed to convey the approval/permission to conduct Suicide Prevention workshop for students and Faculty with Outlive, Sangath Delhi. *in the month of Sept./Oct/2022.*

Regards.

Yours faithfully,

Section Officer
(Acad.)



UNIVERSITY COLLEGE OF MEDICAL SCIENCES
विश्वविद्यालय चिकित्सा विज्ञान महाविद्यालय
(University of Delhi) (दिल्ली विश्वविद्यालय)
Dilshad Garden, Delhi-110095
(दिलशाद गार्डन, दिल्ली - ११००९५)
Phone/ फ़ोन: 011-22582972-74
Fax/ फ़ैक्स: 0091-11-22590495

No. MC/CCS/2022/ 507-C

Dated: 25.08.2022

NOTICE

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The Committee should submit its action taken report at the earliest for onward transmission to National Medical Commission.


26/8/22
PRINCIPAL


Copy to:-

1. Concerned Committee members as above.
2. Assistant Registrar (P.O./J.R.O.), UCMS.