



# VSPM'S DENTAL COLLEGE & RESEARCH CENTRE, NAGPUR INTERNS MONITORING COMMITTEE



## VIHASA value added course

*An educational program 'VIHASA' to facilitate the experience of universal values, using a spiritual approach, to address the issues on a personal level and its consequences at an organizational level.*



**3 Key  
Principles**

Physician heal thyself



Learning through experience



Relevance to work



# 7 Spiritual Tools



Meditation



Visualisation



Reflection



Listening



Appreciation



Play

Creativity



# 8

## MODULES



**Module 1-Values-Gain strength through motivation**



**Module 2- Peace- Benefit from being calm**



**Module 3-Positivity-Harness the power of thoughts**



**Module 4- Compassion- Release healing energy**



**Module 5-Co-operation-Appreciate the wisdom of teams**



**Module 6- Valuing yourself- Sustaining the Carer**



**Module 7-Spirituality in healthcare-Spiritual care in practice**



**Module 8- Building Resilience-A response to stress and burnout**

**Course Facilitators-  
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&  
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