



Department of Periodontics & Implantology
Value Added Course

VIHASA

Introduction: Values in Healthcare is a modular development programme which enables healthcare professionals and teams to better support themselves and their patients. Through experiential exercises and opportunities for reflection and self-enquiry, participants can identify their own core values and discover how their insights can enhance their work and revitalise them.

Course Objectives:

1. To develop values in healthcare profession
2. To develop positivity and co-operation at workplace.
3. To help build a healthy body and peaceful mind for holistic development.

Modules:

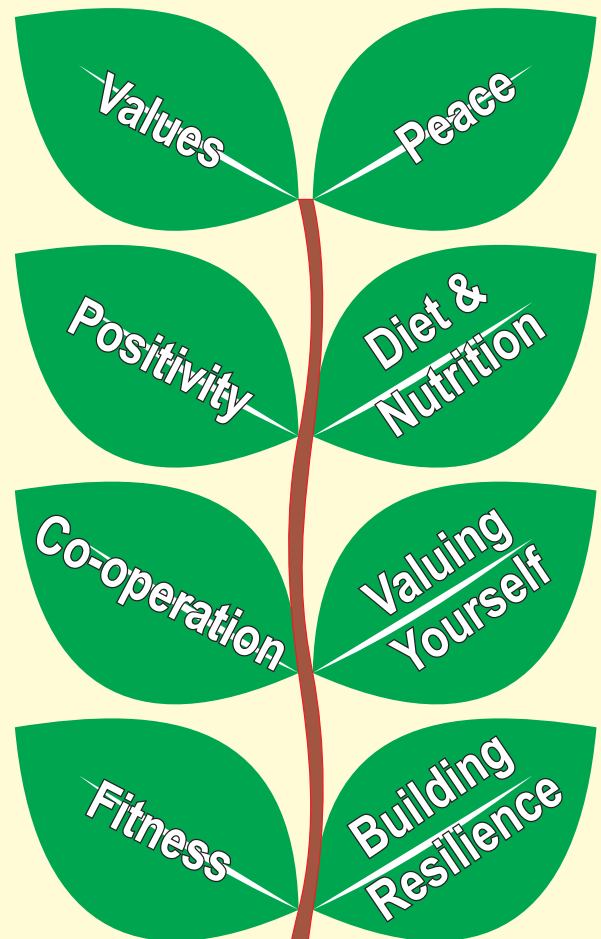
Module 1-Values-Gain strength through motivation

Module 2- Peace-Benefit from being calm

Module 3-Positivity-Harness the power of thoughts

Module 4- Importance of Diet and Nutrition in Healthcare

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



Module 6- Valuing yourself-Sustaining the Career

Module 7- Fitness in health care practice

Module 8- Building Resilience-A response to stress & burnout

Course Duration: 8 Day course

Tentative Date: 2nd Week of January

Target Audience: Interns