

ANNUAL REPORT

2023

STUDENTS' WELLBEING CENTRE



Faculty of Medicine, University of Jaffna.

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Introduction

Recognizing the demanding nature of the MBBS curriculum and the paramount importance of prioritizing the holistic well-being of its students, the Faculty of Medicine and the University of Jaffna has taken a commendable step towards ensuring the physical, social, and mental health of its learners. In response to this imperative, the Faculty, in collaboration with the Wellbeing Centre of the University of Jaffna has successfully established a Wellbeing Centre within the Faculty of Medicine.



STAFFS



1



2



3



4

01. Dr.B.Balagobi, Coordinator

02. Dr.S.Kumaran, Coordinator of Eco-friendly &
Healthy Diet projects

03.Mr.K.Bakeekaran, Technical Officer

04. Ms.S.Theebihai, Management Assistant

Demonstrators of PPDS and Students' Wellbeing Centre



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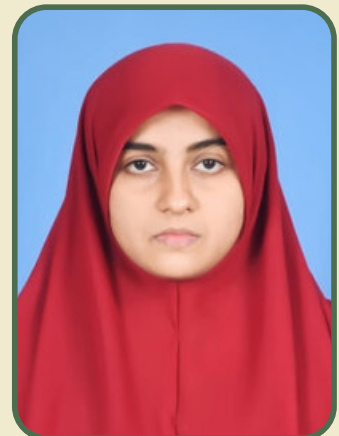
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3



4



5

01. Ms.N.Thanushika

02. Ms.K.Kowsika

03. Ms.V.Nishanthini

04. Ms.T.Thilaxy

05. Ms.I.S.F.Ijasa

FACILITIES

1. Study area

2. Space for mentoring

3. Space for PPDS portfolio supervisor-supervisee discussion

4. Physical space for meeting

5. Reading room

6. Indoor game arena

7. Movie theater

Study area

Students are enthusiastically engaging in self-directed learning and collaborative group discussions, making the most of their physical surroundings.





SPACE FOR MENTORING

Mentoring sessions are carried out to provide guidance, motivation, emotional support and role modeling to mentees by their respective mentors.

Space for PPDS portfolio supervisor- supervisee discussions

The Students' Wellbeing Centre facilitates discussions between PPDS portfolio supervisors and supervisees, ensuring a supportive environment and providing the necessary physical space.



PHYSICAL SPACE FOR MEETING

The Wellbeing Centre provides a physical space for conducting the meetings.



READING ROOM

Medical students are actively engaging in the exploration of novels, storybooks, magazines, and other literary sources to enhance not only their medical knowledge but also to cultivate and refine their soft skills.



INDOOR GAME ARENA

Students are making use of the indoor game arena to partake in activities like chess, carom, table tennis, badminton, darts, etc. as a means of relaxation and entertainment.



MOVIE THEATER



The Movie theatre of Wellbeing Centre, Faculty of Medicine, University of Jaffna was inaugurated on 26th of May 2023 with the support of 19th batch Alumni, Faculty of Medicine to provide support for mental wellbeing, entertainment and socialization.





Team of Thoovanam which was produced by Dr S.Sivansuthan, Consultant Physician, Teaching Hospital, Jaffna streamed their movie on 23rd of June 2023 from 4.00pm to 6.00pm for academic, academic supportive and non-academic Staff of the Faculty of Medicine.



Movie Theater is also being utilized for teaching purpose of students who are doing Family Medicine appointment under the supervision of Dr.S.Kumaran, Senior lecturer, Department of Community of Family Medicine are learning communication skills via video clips.



Students enjoyed by streaming movie at their leisure time. This cinematic experience provided them with an enjoyable evening.

Movie Theater
was utilized for
conducting
student
presentations
and students
oriented
programmes.



Cancer Prevention Workshop was conducted by Dr. Balagobi, Project lead of programme on 5th of December 2023 from 8.00am to 10.00 am.



Department of Surgery with collaboratively Centre for Open and Distance Learning conduct the perioperative care lectures for the course followers.

LEISURETIME ACTIVITIES

Students enjoyed the opportunity to spend their leisure time within the premises of the Students Wellbeing Centre.



Activities

1

Physical recreation

2

Cultural events

3

Shiramadhana campaign

4

Healthy Diet Programme

5

Eco-friendly

6

Capacity building



**1. Intra batch tournament
for 45th batch students**

**2. Northern doctors and
students inaugural sports
encounter-2023**

-Jersey & trophy revealing ceremony

INTRA BATCH TOURNAMENT



Intra batch tournament was conducted by Students' Committee of Wellbeing Centre from 20th of May 2023 to 23rd of May 2023 to celebrate the 1st Year Anniversary. Netball, Badminton and Table tennis were conducted among 45th batch.



NORTHERN DOCTORS AND STUDENTS INAUGURAL SPORTS ENCOUNTER-2023



Northern Doctors and Students Inaugural Sports Encounter 2023 was held on 10th of September 2023 , 2.00pm onwards at playground, University of Jaffna with the collaboration of Students' Wellbeing Centre, Jaffna Medical Association and Medical Students' Union, Faculty of Medicine.



TROPHY AND JERSEY REVEALING CEREMONY

HARDBALL CRICKET

Trophy and Jersey revealing ceremony was held on 9th of September 2023 at 1.00 pm, conference hall of Faculty of Medicine on behalf of celebrating hardball cricket encounter among Northern Doctors Cricket Club (NDCC) and Jaffna Medical Faculty Cricket (JMFC) Team.



NET BALL

Netball Jersey handing over ceremony was held on 25th of August 2023 at 5.00 pm, Movie theater of Wellbeing Centre on behalf of celebrating netball encounter among Northern doctors and Students



TROPHY REVEALING

Ceremony was held on the 9th of September 2023 at 1.00pm, conference hall of Faculty of Medicine for the netball match.

CULTURAL EVENT

First Year Anniversary

First year anniversary of Students' Wellbeing Centre, Faculty of Medicine was celebrated on 26th of May 2023, at 8.30am with various events. The 45th batch students' cultural programs significantly enhanced the allure of the event, adding an extra layer of beauty and vibrancy to the event. It was collaboratively organized by by Students' Wellbeing Centre, Personal Professional Development Stream and Medical Education and Audio-Visual Unit, Faculty of Medicine, University of Jaffna.

26
05
2023



SHRAMADHANA

1. Shramadhana

campaign of 45th batch

2. Shramadhana Campaign and
Mosquito Breeding Site Identification



A group of students and a woman are working in a garden. Some are using tools to dig or plant, while others are observing. The background shows a white wall and some trees.

SHRAMADHANA CAMPAIGN OF 45TH BATCH

A Shramadana campaign was held on 13th of May 2023 from 8.00 am to 12.00 pm in the Students' Wellbeing Centre, Faculty of Medicine, University of Jaffna on behalf of 1st year Anniversary of Students' Wellbeing Centre. It was organized by the Students' Management Committee of the Students' Wellbeing Centre. They have taken part in cleaning the surroundings, painting, planting the flower plants etc. Students were actively involved in the beautification of the Students' Wellbeing Centre premises.



Shramadana Campaign and Mosquito Breeding Site Identification

It was carried out on 28th of October 2023 from 8.00 am to 12.45 pm at the Faculty of Medicine, University of Jaffna. It was collaboratively organized by Students' Wellbeing Centre & Centre for Digital Epidemiology (CoDE), Faculty of Medicine, University of Jaffna. It served as a significant community engagement initiative aimed at fostering volunteerism and addressing various social and environmental needs. Several groups of dedicated individuals participated in this event, including staff members from the Students' Wellbeing Centre, the Family Health Centre, Centre for Digital Epidemiology, Women Empowerment Forum and Community Health Workers.



HEALTHY DIET PROGRAMME

In response to the challenging economic conditions affecting medical students' access to nutritious and affordable diets, a proactive solution was implemented.

Recognizing the crucial link between a strong, healthy and happy existence and a nutritious diet, a cost-effective healthy diet program was initiated for medical students.

To address the economic crisis, a vegetable garden was established on the premises of the Wellbeing Centre in July 2022.

In March of this year, Manioc, brinjal, green chilies, long beans, ladies' fingers, and banana trees were planted in the garden, enhancing the availability of fresh produce for meal

preparation within the Faculty and harvested crops were sold to the Medical Faculty canteen caterer, and the proceeds were subsequently deposited into the Alumni account.



From September to November of 2023, an environmentally conscious front, our dedicated eco-friendly team carried out the following activities.

1. The tomato, chili, maize ,green gram, brinjal and okra seeds were sown
2. Manioc stems and banana were planted.





Eco-Friendly Project

As a part of eco-friendly project implementation at the Faculty, Students' Wellbeing Centre organized an implementation event with the great support of the Northern Doctors Forum on 18th of July 2023 at 12.30 pm in the Faculty of Medicine. In that event, Prof.S.Raviraj handed over two sets of colour coded dustbins to the Medical Faculty. The initiative continued with a tree-planting activity in the vicinity of the Examination Hall.

Seedlings that was donated by the Green Layer Environmental organization have been planted in the garden premises on September 22, 2023, with Dr. B. Balagobi, Coordinator of the Students' Wellbeing Centre in the Faculty of Medicine, Dr. S. Raguraman, Senior Lecturer and Consultant Obstetrician and Gynecologist in the Department of Obstetrics and Gynecology, Faculty of Medicine, and the Eco-Friendly Team.

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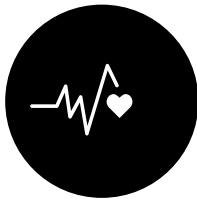
CAPACITY BUILDING

No. 01



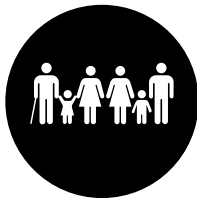
Peer support group Work shop

No. 02



Orientation programme for academic year
2021/2022 (45th batch)

No. 03



A friendly debate

No. 04



Workshop on “Career Guidance for the
Medical Graduates of the 39th Batch

PEER SUPPORT GROUP WORK SHOP

A workshop on "How to be an effective helper and befriender" was convened on 24th of February 2023 at the Conference hall, Faculty of Medicine, University of Jaffna. It was collaboratively organized by Students' Wellbeing Centre and Department of Psychiatry, Faculty of Medicine, University of Jaffna as a training session for 41st, 42nd, 43rd and 44th batch students. Totally 40 students were participated in this session.



Orientation programme for academic year 2021/2022 (45th batch)

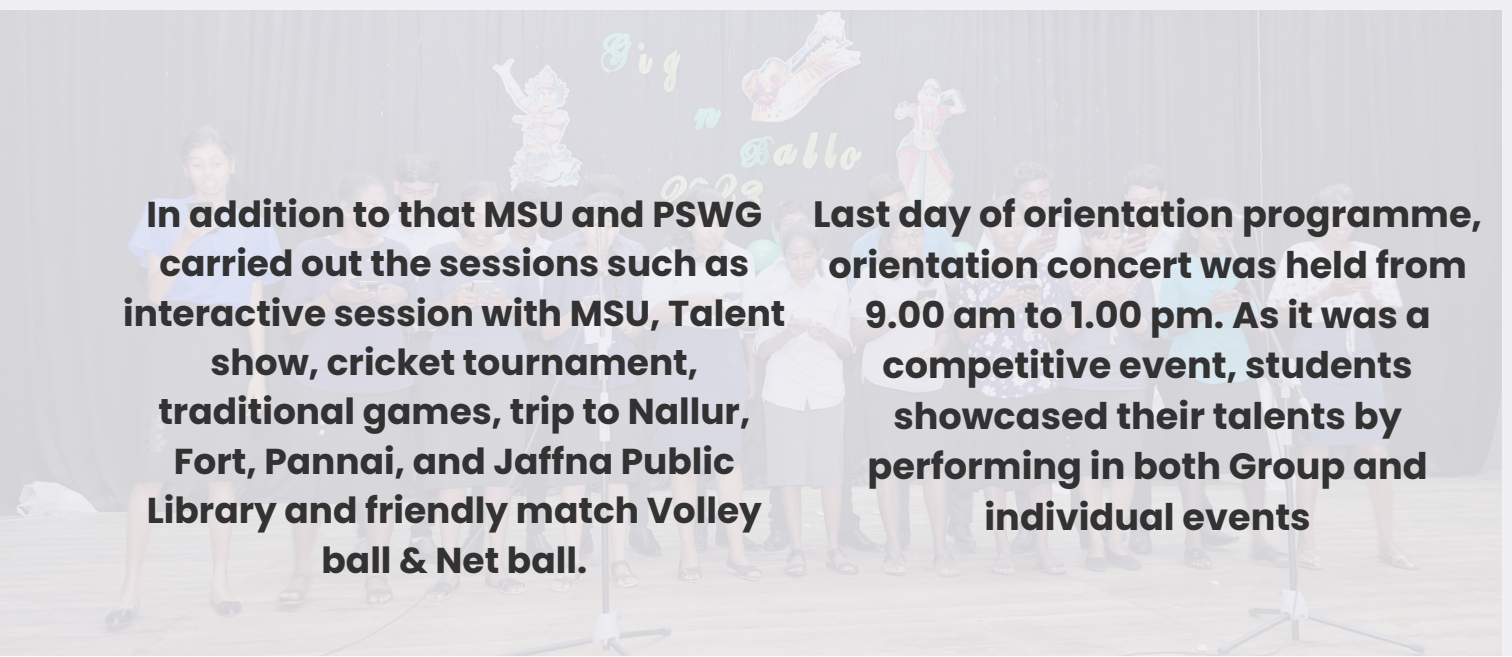


Orientation Programme for the Academic year of 2021/2022 (45th Batch) was organized by Students' Wellbeing Centre of Faculty of Medicine, University of Jaffna from 27th of February to 10th of March 2023 with the support of office of the Dean.

During the orientation programme, Teaming and Motivational exercise, University Business linkage, Faculty tour, coffee with Rajendra, Introduction to Faculty, Importance of extra-curricular activities as a medical student, quiz on Faculty, The talk on the Art of medicine, motivational exercise with Laughter Therapy, motivational speech, effective learning, and stress management and some tricky ideas for memorizing the subjects, FUNducation session, gracefully grooming as a doctor, seven habits of highly effective people, Coping Skills for fresher's, fun games, sports day, Introduction to mentoring programme, Dancing to drums were covered for students.

In addition to that MSU and PSWG carried out the sessions such as interactive session with MSU, Talent show, cricket tournament, traditional games, trip to Nallur, Fort, Pannai, and Jaffna Public Library and friendly match Volley ball & Net ball.

Last day of orientation programme, orientation concert was held from 9.00 am to 1.00 pm. As it was a competitive event, students showcased their talents by performing in both Group and individual events





A friendly debate

A friendly debate contest on “Individual learning or learning as a group, which is effective way of learning in medical faculty” was held on 20th of March 2023 from 2.00pm to 4.00pm at the Hoover Auditorium, Faculty of Medicine, University of Jaffna for the 45th batch students. It was collaboratively organized by PPDS & Students’ Wellbeing Centre.



Workshop on “Career Guidance for the Medical Graduates of the 39th Batch

Workshop on “Career Guidance for the Medical Graduates of the 39th Batch” was held on 28th of April 2023 at conference hall, Faculty of Medicine, University of Jaffna. It was conducted by Jaffna Medical Association in collaboration with Students’ Wellbeing Centre, Faculty of Medicine, University of Jaffna.



*Thank
You*

Dr.B.Balagobi

Coordinator

**Students'Wellbeing Centre,
Faculty of Medicine,
University of Jaffna.**

Dr.S.Kumaran

Coordinator

**Ecofriendly Project/
Healthy Diet Programme,
Faculty of Medicine,
University of Jaffna.**