



GODAVARI FOUNDATION'S

# DR. ULHAS PATIL MEDICAL COLLEGE & HOSPITAL

Recognized by National Medical Commission, Approved by Central Govt. of India, New Delhi,

Letter no. MCI-34(41)/2012-med./158127, dated 05/02/2013

Affiliated to Maharashtra University of Health Sciences, Nashik [College Code-1306]

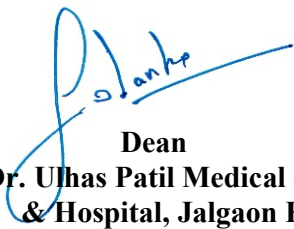
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## **BEST PRACTICES**

Well-being and resilience programs are crucial for medical students and faculty members to avoid burnout and foster a positive learning environment. These programs include stress management workshops, mindfulness training, mental health awareness campaigns, counseling services, peer support groups, and wellness initiatives. They provide tools and resources for staff and students to seek help when needed. Topics like professional identity construction, self-care techniques, and work-life balance can also be included in the curriculum. Encouraging resilience and well-being helps develop skills needed for medical practice and teaching, reducing burnout and attrition. Medical institutions should prioritize ongoing assessment and enhancement of well-being programs, with support from mental health specialists and integration into the organization's structure. Interprofessional education (IPE) helps students acquire competencies for productive cooperation and teamwork in healthcare environments. It increases results for the healthcare system and patient care. Medical colleges should collaborate with other healthcare disciplines to create shared learning spaces and integrate interprofessional material into the curriculum.



  
**Dean**  
**Dr. Ulhas Patil Medical College**  
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