

# All India Institute of Medical Sciences, Guwahati



## Student Information Booklet MBBS 2024-25



# Independence Day celebration in AIIMS Guwahati





## Director's message

It is from the vibrant classrooms and the bustling corridors, from the energetic playgrounds and the electrifying atmosphere of the auditoriums of our alma mater that we embark on a journey of discovery. A journey that not only shapes our academic and creative capabilities, but also builds the very foundation of our inner self. In the words of Swami Vivekananda, “We want that education by which character is formed, strength of mind is increased, the intellect is expanded and by which one can stand on one’s own feet.” At AIIMS Guwahati, it is our constant endeavor to provide an atmosphere that is conducive for the holistic development of our students.

It is my proud pleasure to welcome you all to the All India Institute of Medical Sciences Guwahati, an Institute of National Importance. Our country India is a rich and colorful tapestry of cultures and traditions. AIIMS Guwahati, a meeting ground of people from all over the country, embodies the spirit of inclusivity and unity in diversity. Spread over a sprawling campus, the institute has several facilities to cater to the all-round development of the students, be it academic, physical or mental well-being. I encourage the students to engage whole-heartedly in both academic and co-curricular activities, with enthusiasm and zeal.

As young adults, our students are at a significant and pivotal phase of their lives. On one hand, they are full of energy, talent, creativity and hopefulness. On the other hand, it is important to harness this source of power to guide and steer it on a path of integrity and responsibility. At our institute, we strive to inculcate in our students the values of empathy, commitment to the society and a sense of purpose in life. It is my firm belief that the holistic teaching-learning environment at AIIMS Guwahati shall encourage our students to develop well-rounded personalities and prepare them to face the challenges of life with a positive mindset.

Wish you all the best.

**Prof. (Dr.) Ashok Puranik**  
**Executive Director**  
**All India Institute of Medical Sciences**  
**Guwahati, Assam**

## About Guwahati

The Gateway of North East India, Guwahati is situated on the banks of the mighty river, Brahmaputra. It is the biggest city of Assam and derives its name from the Assamese words "Guwa", the areca nut, and "Haat", the market. In ancient times, it was known as 'Pragjyotispura (Astrology city of the East). The city has unique scenic beauty due to its hilly and plain terrains and wide range of flora and fauna. The city enjoys a rich cultural diversity

### Nearby places to visit

The city has a rich cultural history with some of the famous temples like Kamakhya Temple located on the top of Nilachal hill, the Shiv Temple of Umananda located on Peacock Island in the middle of the river Brahmaputra, the Basistha Ashram at the confluence of three streams, the Navagraha Temple- the "temple of nine planets".

Several tourist hot spots like Manas and the Kaziranga National Parks and the Pabitora wildlife sanctuary are located nearby Guwahati.

Moreover, Shillong, Cherrapunji, and Mawsynram, the wettest place on Earth, are located a few hours away from Guwahati.

### Connectivity:

The city is well connected by air, rail, and road to the rest of the country

- Distance between Lokpriya Gopinath Bordoloi International airport, Guwahati and AIIMS Guwahati- 27 km
- Distance between Guwahati Railway Station and AIIMS Guwahati- 23 km
- Distance between Kamakhya Junction and AIIMS Guwahati- 17 km

Distance between Interstate bus terminus (ISBT), Guwahati and AIIMS Guwahati- 22 km



[Picture courtesy: Mr. Ansh Jain (student) and Mr. Pramey Akshunna (student) for first, and last two photos].



## About AIIMS Guwahati



Set in the natural beauty of hilly and plain terrain on the north bank of the river Brahmaputra, the All India Institute of Medical Sciences (AIIMS) Guwahati is an autonomous Institute of National Importance (INI) established by the Ministry of Health & Family Welfare, Government of India under the Pradhan Mantri Swasthya Suraksha Yojna (PMSSY) in May 2017. The foundation stone of the Institute was laid by the Honourable Prime Minister Shri Narendra Modi on May 26, 2017.



AIIMS Guwahati started its first academic session with a batch of 50 MBBS students on January 12, 2021. The current student intake is 100.

The Institute campus is located at Changsari, Kamrup (Rural) District, Guwahati, which spans an area of 189.2 acres. It has a naturally made pond filled with varieties of aquatic flowers including lotus and also serves as a habitat for many bird species including

migratory birds. [Picture courtesy: Prof. Diganta Borah (H.O.D., Physical Medicine and Rehabilitation), Mr. Ansh Jain (MBBS student) and Mr. Pramey Akshunna (MBBS student)].

### **AIIMS Guwahati mission statement:**

To establish a centre of excellence in medical education, training, health care and research imbued with scientific culture, compassion for the sick and commitment to serve the underserved in north eastern India.

### **Contact details:**

E-mail ID: [info@aiimsguwahati.ac.in](mailto:info@aiimsguwahati.ac.in)

[hostelaiimsgghy@gmail.com](mailto:hostelaiimsgghy@gmail.com) (for hostel related issues)

Website: [www.aiimsguwahati.ac.in](http://www.aiimsguwahati.ac.in)

## Facilities available

1. **Boys and Girls Hostel:** Separate well-furnished boys and girls hostels within the campus. Students are required to familiarize themselves with hostel rules available on AIIMS, Guwahati website.
2. **Centrally air-conditioned canteen:** There is an air-conditioned common canteen facility with 4 dining halls. Food is available at most reasonable rates.
3. **Guest house:** Guest house facility at minimal rates can be availed by the students for their parents subject to availability.
4. **Facilities for games:** Facilities for indoor games and outdoor sports are available in both boys and girls hostel.
5. **Bus facility for student and staff:** Transportation for any educational activity including clinical, community and family medicine postings.
6. **ASTC A/C bus service:** ASTC A/C bus service is available from Khanapara to AIIMS Guwahati (7.10 a.m. from Khanapara) and back to Khanapara (4.30 p.m. from AIIMS Guwahati).
7. **Other facilities:** The other facilities available include in-campus branch of SBI for easy banking solutions, Auditorium complex (seat capacity of the main hall is 500), tea/Coffee stall (inside OPD), ATM (in AYUSH building), etc.



## Library facility

The central library of AIIMS Guwahati was inaugurated on 23<sup>rd</sup> February, 2023 by Prof. (Dr.) Ashok Puranik, Executive Director, AIIMS Guwahati. The fully air-conditioned central library has separate reading areas for faculty and students.

**Reading Section:** 9.00 am-10.00 pm (Monday-Saturday) / Closed on Sunday and institute holidays

**Photocopy Section:** 9.00 am-05.00 pm (Monday-Saturday) / Closed on Sunday and institute holidays



## MBBS Course Outline

Bachelor of Medicine and Bachelor of Surgery [MBBS] is a 4 years and 6 months undergraduate medical course followed by one year of compulsory rotatory internship.

Ministry of Health & Family Welfare, GOI has approved 100 MBBS admissions at AIIMS Guwahati for the year 2024-2.

### Phase wise distribution of subjects

<b>1<sup>st</sup> MBBS (1<sup>st</sup> &amp; 2<sup>nd</sup> Sem)</b> <b>Core Subjects-</b> Anatomy, Physiology and Biochemistry <b>Other subjects-</b> Community & Family Medicine, Foundation Course, Medical Humanities/AETCOM <b>Duration-</b> 12 months	<b>2<sup>nd</sup> MBBS (3<sup>rd</sup>, 4<sup>th</sup> &amp; 5<sup>th</sup> Sem)</b> <b>Core Subjects-</b> Pathology, Pharmacology, Microbiology and Forensic Medicine & Toxicology (FMT) <b>Other Subjects-</b> Community & Family Medicine, General Medicine, General Surgery, Obstetrics & Gynaecology, Paediatrics, Medical Humanities/AETCOM <b>Duration-</b> 18 months
<b>3<sup>rd</sup> MBBS Part-I (6<sup>th</sup> &amp; 7<sup>th</sup> Sem)</b> <b>Core Subjects-</b> Community & Family Medicine, Ophthalmology and ENT <b>Other Subjects-</b> General Medicine, General Surgery, Obstetrics & Gynaecology, Paediatrics, Electives <b>Duration-</b> 12 months	<b>3<sup>rd</sup> MBBS Part-II (8<sup>th</sup> &amp; 9<sup>th</sup> Sem)</b> <b>Core Subjects</b> -Medicine, Surgery, Obstetrics & Gynaecology and Paediatrics <b>Duration-</b> 12 months  <b>Compulsory rotatory Internship</b> <b>Duration-</b> 12 months



**Orientation week:** The orientation week at the beginning of the MBBS course is aimed to sensitise the fresh medical student to this new course and also to acclimatise to the new professional environment which would be his/her milieu for a life-long career in the medical profession. The orientation week will be followed by regular classes of medical humanities/AETCOM which will help students to acquire necessary competence in the attitudinal, ethical and communication domains with a sound foundation of this affective domain which will help the budding doctors later in their professional career.

**Dress code:** The students are expected to attend the classes/clinical postings in formal attire and properly groomed. This is extremely important to maintain the dignity of this noble profession. The students must wear full sleeve, knee length lab coat/apron bearing institutional logo.

**Examination Regulations:** 75% attendance in each subject separately for theory & practical/clinical postings is compulsory for appearing in the final examination to be held at the end of 2<sup>nd</sup> semester (1<sup>st</sup> MBBS), 5<sup>th</sup> semester (2<sup>nd</sup> MBBS), 7<sup>th</sup> semester (3<sup>rd</sup> MBBS Part-I) & 9<sup>th</sup> semester (3<sup>rd</sup> MBBS Part-II). Students must secure at least 50% of total marks to pass in any examination conducted in any subject (theory and practical separately). If a candidate fails either in theory or in practical/clinical Examination of a subject he/she will be declared failed in that subject and he / she will have to appear for both theory and practical / clinical Examination again.

No part examination is allowed. The students who donot qualify/ pass MBBS 1st Professional examination in 3 attempts including regular and supplementary exams OR 3 years after joining whichever is later and 2<sup>nd</sup> Professional examination, 3rd Professional and 4th Professional examination in 4 attempts i.e, 2 regular plus 2 supplementary examination (for all subjects), in each phase, then the name of such student will be struck off from the rolls of the institute.

### **WEEKLY SCHEDULE FOR FIRST YEAR**

WEEK	8 – 9 am	9 – 10 am	10– 11am	11 – 12pm	12 – 1 pm	1 – 2pm	2 – 3pm	3 – 4pm
Monday	Anatomy L 1	Physiology L 1	Biochemistry L 1	Anatomy Dissection/ Histology	LUNCH	Anatomy Dissection/Histology		
Tuesday	Anatomy L 2	Physiology L 2	Anatomy L 3	Anatomy Dissection		ECE/Integrated Teaching Physiology / Biochemistry (weekly rotation)		
Wednesday	Physiology L 3	Physiology Tutorial	Anatomy L 4	Anatomy Dissection		Biochemistry Practical		
Thursday	Biochemistry L 2	Biochemistry Tutorial	Anatomy L 5	Anatomy Dissection		Biochemistry Practical		
Friday	Biochemistry L 3	Physiology Practical		Physiology Practical		Physiology Practical		
Saturday	Physiology L 4	Anatomy L 6	Community Medicine	Co-scholastic /Anatomy/Physiology/ Biochemistry/ AETCOM				

**Every Tuesday 2 to 4pm – ECE/Integrated teaching – Physiology / Biochemistry (on rotation)**

**Saturday 11am to 1pm – 1<sup>st</sup> Sat:** AETCOM / Mentor-Mentee / Medical Vocabulary / Recent Advances;**2<sup>nd</sup> Sat:** Anatomy; **3<sup>rd</sup> Sat:** Co-scholastic activities; **4<sup>th</sup> Sat:** Physiology / Biochemistry (on rotation) and **5<sup>th</sup> Sat:** Co-scholastic Events.

**Assessment – 4<sup>th</sup> week of every month: 8 to 10am – Wednesday (Anatomy); Thursday (Biochemistry); Friday (Physiology).**



## TENTATIVE ACADEMIC CALENDAR FOR MBBS BATCH 2024

<b>Beginning of 1<sup>st</sup> semester</b>	<b>1<sup>st</sup> October 2024</b>
<b>WINTER BREAK</b>	<b>24<sup>TH</sup> December 2024 – 1<sup>st</sup> January 2025</b>
1 <sup>st</sup> end-semester exam	20 <sup>th</sup> – 25 <sup>th</sup> January 2025
Beginning of 2 <sup>nd</sup> semester	27 <sup>th</sup> January 2025
<b>SUMMER BREAK</b>	<b>1<sup>st</sup> – 15<sup>th</sup> June 2025</b>
2 <sup>nd</sup> end-semester exam (Pre-Professional exam)	25 <sup>th</sup> July – 7 <sup>th</sup> August 2025
<b>1<sup>st</sup> Professional MBBS Exam</b>	<b>18<sup>th</sup> August – 1<sup>st</sup> September 2025</b>
<b>BREAK</b>	<b>2<sup>nd</sup> – 7<sup>th</sup> September 2025</b>
<b>Beginning of 3<sup>rd</sup> Semester</b>	<b>8<sup>th</sup> September 2025</b>
<b>WINTER BREAK</b>	<b>24<sup>TH</sup> December 2025 – 1<sup>st</sup> January 2026</b>
3 <sup>rd</sup> end-semester exam	18 <sup>th</sup> – 27 <sup>th</sup> February 2026
Beginning of 4 <sup>th</sup> semester	1 <sup>st</sup> March, 2026
<b>SUMMER BREAK</b>	<b>1<sup>st</sup> – 15<sup>th</sup> June 2026</b>
4 <sup>th</sup> end-semester exam	18 <sup>th</sup> – 27 <sup>th</sup> August 2026
Beginning of 5 <sup>th</sup> semester	28 <sup>th</sup> August 2026
<b>WINTER BREAK</b>	<b>24<sup>th</sup> December 2026 – 1<sup>st</sup> January 2027</b>
5 <sup>th</sup> end-semester exam (Pre-Professional exam)	18 <sup>th</sup> January – 4 <sup>th</sup> February 2027
<b>2<sup>nd</sup> Professional MBBS Exam</b>	<b>15<sup>th</sup> February – 4<sup>th</sup> March 2027</b>
<b>BREAK</b>	<b>5<sup>th</sup> – 9<sup>th</sup> March 2027</b>
Beginning of 6 <sup>th</sup> semester	10 <sup>th</sup> March, 2027
<b>SUMMER BREAK</b>	<b>1<sup>st</sup> – 15<sup>th</sup> June, 2027</b>
6 <sup>th</sup> end-semester exam	11 <sup>th</sup> – 19 <sup>th</sup> August 2027
Beginning of 7 <sup>th</sup> semester	20 <sup>th</sup> August, 2027
<b>WINTER BREAK</b>	<b>24<sup>th</sup> December 2027 – 1<sup>st</sup> January 2028</b>
7 <sup>th</sup> end-semester exam (Pre-Professional exam)	21 <sup>st</sup> – 31 <sup>st</sup> January 2028
<b>3<sup>rd</sup> Professional MBBS (Part I) exam</b>	<b>11<sup>th</sup> – 22<sup>nd</sup> February 2028</b>
<b>BREAK</b>	<b>23<sup>rd</sup> – 27<sup>th</sup> February 2028</b>
Beginning of 8 <sup>th</sup> semester	28 <sup>th</sup> February 2028
<b>SUMMER BREAK</b>	<b>1<sup>st</sup> – 15<sup>th</sup> June 2028</b>
8 <sup>th</sup> end-semester exam	2 <sup>nd</sup> – 10 <sup>th</sup> August 2028
Beginning of 9 <sup>th</sup> semester	11 <sup>th</sup> August 2028
<b>WINTER BREAK</b>	<b>24<sup>th</sup> December 2028 – 1<sup>st</sup> January 2029</b>
9 <sup>th</sup> end-semester exam (Pre-Professional exam)	17 <sup>th</sup> January – 1 <sup>st</sup> February 2029
<b>3<sup>rd</sup> Professional MBBS (Part II) Exam</b>	<b>12<sup>th</sup> – 26<sup>th</sup> February 2029</b>
<b>BREAK</b>	<b>27<sup>th</sup> February – 4<sup>th</sup> March 2029</b>
<b>Beginning of internship (regular batch)</b>	<b>5<sup>th</sup> March 2029</b>
<b>End of internship (regular batch)</b>	<b>4<sup>th</sup> March 2030</b>

**N.B. Dates are tentative. Subjected to modification by Dean (A) office as per the Govt. Holiday list or any unforeseen event.**

## Co-scholastic activities

Co-scholastic activities are promoted by way of forming four groups as detailed below.

### Sports group

Based on the concept of “**Health is Wealth**” the sports committee of AIIMS Guwahati encourages sports activities amongst students and motivates them to participate and play regularly. The MBBS time table has been designed to accommodate sports activities for both boys and girls that helps them to refresh and re-energize.

The sports committee had conducted Sports events and competitions for the students as well as faculties within the campus of AIIMS Guwahati. The sports committee organizes various games (cricket, volley ball etc.) for students, nursing officers and staff of AIIMS Guwahati. This activity helps the students to know their colleagues better, to follow their passion for sports and develop professional relationships despite their hectic academic schedule.



### Literary group

"ExQUIZite 1.0", an open quiz was conducted by the students of the literary club." The Brocas' Broadcast", the first edition of the college magazine was prepared and compiled by the literary club. It was released on the Teachers Day in 2023. The first position in a debate

competition organized by the environment group on earth day was bagged by members of the literary club. A drama on the occasion of earth day celebration was written and directed by members of the literary club. A lot of individual accolades were bagged by members from the literary club in various competitions in the institute day celebrations, including the 1st prize in debate, extempore speech, etc.



### Cultural group

The cultural group members (faculties and students) meet regularly for performing songs of different genre, instrumentals, recitation, dance etc. The cultural group is specially active during all important celebrations in the institute. Below are few of the different events held during the session Sept 2023- Sept 2024:

**Teachers' Day 2023 (5th September):** The Cultural Society gathered together for a string of performances to honour our beloved teachers along with some fun games.

**Freshers' Day (13th October):** Incoming MBBS Batch 2023 was given their Freshers' party by batch 2022

**ETERNIA '23 Cultural events (29 Nov- 2nd Dec):** AIIMS Guwahati's first ever socio-cultural fest was organised with imminent enthusiasm.

**Institution Day (12 Jan 2024):** The AIIMS Guwahati Institution day was celebrated amongst all the dignitaries and the alma mater was paid its due respect.

**Teachers' Day celebration (5th Sept 2024):** Teachers' Day 2024 was celebrated amongst all our beloved teachers with a string of performances and fun events.





### Environment group

The team visited the various areas inside the campus to plan and make the campus green and eco-friendly. The team members identified various locations for the plantation to serve as shade providers, air purifiers and for the purpose of beautification.

This group celebrates various international days related to environment and is involved in spreading general awareness about a pollution free environment. World environment day is celebrated on 5th June every year. Healthy environment is much need for living beings to lead a healthy life. To Mark this day, Environmental Team of AIIMS Guwahati in collaboration with Department of Physiology organised competition for the students, faculty members and staff of AIIMS Guwahati inviting essay, slogan, poster & painting on **“Living Sustainably in Harmony with Nature”**. *Theme 2021: Theme 2022: Only One Earth.*





### **Mentor-Mentee programme**

The institute has a Mentor-mentee initiative under which student admitted in first years is assigned a faculty member as his/her Mentor for guidance and support during the MBBS course.

The Mentor mentee contact session is planned every month and apart from this the mentee can approach the Mentor anytime for guidance and discussion of problems and issues during his / her MBBS course.

### **Student Wellness Committee (SWC)**

Student Wellness Committee (SWC) consists of student representatives, faculty from various departments, and Dean (Academic). The SWC organizes various wellness programs for their peers that focusses on various dimensions of wellness (e.g., Health and Wellness, networking, mental health, Yoga). The SWC has plans to develop its own programs such as a box with motivational messages for students, a yoga class, and monthly spotlight stories. SWC also has a student wellness cum service center, to provide immediate help to fellow students in crisis of any kind (mental, physical, or social).

## **ANTI RAGGING POLICY-AIIMS GUWAHATI**

This is a ragging free campus and the institute strictly adheres to the anti-ragging policy and guidelines laid by the University Grants Commission (UGC). The students are required to visit the website [www.antiragging.in](http://www.antiragging.in) and read all the guidelines pertaining to ragging. The students are also required to submit declaration and online affidavit pledging to abide with all the anti-ragging regulations. The students must understand what constitutes ragging and must report any incidence of ragging that they experience/ witness to any of the members of the anti-ragging committee mentioned below. Other measures taken by the institute to curb ragging include surprise inspection by mobile anti-ragging squad and provision of complaint box. Details of anti-ragging committee and squad are available in the official website of AIIMS Guwahati.

### **Handling Stress as a Medical Student**

Undergraduate medical students in India face numerous stresses and challenges. The rigorous academic curriculum requires extensive study hours and regular assessments, leading to high levels of academic pressure. The competitive environment further exacerbates stress, as students strive for excellence. Additionally, coping up with a new place, friends and food habits along with cultural differences is often challenging and may result in difficulty in balancing academics with personal life, leading to feelings of isolation and burnout. Moreover, the expectations from family and society can be immense, contributing to mental health issues such as anxiety and depression. One of the primary impacts of stress on medical students is mental health deterioration. Chronic stress can lead to anxiety, depression, and other psychological disorders. Burnout is another significant consequence of prolonged stress among medical students. Medical students experiencing burnout may feel emotionally drained, detached from their studies and patients, and may have a negative outlook towards pursuing a medical career.

Physical health is also adversely affected by stress and burnout. Students often experience sleep disturbances, fatigue, and somatic symptoms such as headaches, gastrointestinal issues, and muscle tension. The immune system may also be weakened, making students more susceptible to illnesses and infections. Academic performance is directly impacted by stress and burnout due to impaired concentration, memory, and decision-making abilities.

Interpersonal relationships may be affected. Relationships with family, friends, and peers can suffer as students may have limited time and energy to invest in social interactions. This social isolation can further exacerbate feelings of loneliness and depression. Moreover, stress and burnout can lead to an increased risk of substance abuse. The long-term impacts of stress and burnout may extend beyond medical school up to one's professional life. In conclusion, stress and burnout have profound and far-reaching impacts on undergraduate medical students.

Addressing these issues is of utmost importance and requires a comprehensive approach, which includes healthy personal habits and attitudes, access to adequate mental health support. The following personal care strategies may serve helpful if practiced on a regular basis.

1. **Time Management:** Prioritize tasks and create a study schedule to manage time effectively.
2. **Regular Exercise:** Engage in physical activities such as jogging, yoga, or sports to reduce stress.
3. **Healthy Diet:** Maintain a balanced diet with adequate nutrition to support overall well-being.
4. **Adequate Sleep:** Ensure 7-9 hours of quality sleep each night to improve cognitive function and mood.
5. **Mindfulness Meditation:** Practice mindfulness or meditation to reduce anxiety and improve focus.
6. **Seek Support:** Talk to friends, family, or counsellors about stress and seek their support.
7. **Break Tasks into Smaller Steps:** Divide large assignments into manageable parts to avoid feeling overwhelmed.
8. **Limit Caffeine:** Reduce the intake of caffeine to avoid increased anxiety and sleep disturbances.
9. **Stay Hydrated:** Drink plenty of water to maintain energy levels and cognitive function.
10. **Relaxation Techniques:** Practice deep breathing, progressive muscle relaxation, or other relaxation methods.
11. **Set Realistic Goals:** Establish achievable academic and personal goals to avoid unnecessary pressure.
12. **Take Regular Breaks:** Incorporate short breaks during study sessions to rest and recharge.

13. **Maintain Hobbies:** Engage in activities or hobbies outside of medicine to relax and enjoy personal interests.
14. **Positive Self-Talk:** Replace negative thoughts with positive affirmations to boost confidence.
15. **Socialize:** Spend time with friends and peers to foster a sense of community and support.
16. **Volunteer:** Participate in volunteer work to gain perspective and give back to the community.
17. **Limit social media:** Reduce time spent on social media to prevent distraction and comparison stress.
18. **Create a Comfortable Study Environment:** Set up a quiet, organised, and comfortable space for studying.
19. **Practice Gratitude:** Keep a gratitude journal to focus on positive aspects of life.
20. **Engage in Creative Activities:** Explore creative outlets such as drawing, writing, or playing music.
21. **Learn to Say No:** Set boundaries and decline additional responsibilities when overwhelmed.
22. **Utilize Campus Resources:** Take advantage of mental health services, academic advising, and wellness programs.
23. **Stay Organized:** Keep track of assignments, deadlines, and schedules using planners or apps.
24. **Practice Assertiveness:** Communicate needs and concerns effectively without aggression.
25. **Develop Problem-Solving Skills:** Approach challenges with a solution-focused mindset.
26. **Join Support Groups:** Participate in support groups or study groups for shared experiences and advice.
27. **Laugh Often:** Watch comedies, read humorous books, or spend time with funny friends to relieve stress.
28. **Practice Self-Compassion:** Be kind to oneself and avoid self-criticism during challenging times.
29. **Avoid Alcohol Consumption:** Reduce alcohol intake to avoid its negative effects on mental health.
30. **Learn Relaxation Apps:** Use apps designed for relaxation, meditation, or stress management.
31. **Seek Mentorship:** Find a mentor for guidance, support, and professional advice.



32. **Engage in Nature:** Spend time outdoors, in parks or gardens, to relax and recharge.
33. **Focus on Breathing:** Practice controlled breathing exercises to calm the mind.
34. **Prioritize Self-Care:** Allocate time for self-care activities.
35. **Stay Flexible:** Adapt to changes and remain open to adjusting plans and strategies as needed.

Self-care and self-help strategies are crucial for medical students to manage stress and distress effectively. These strategies help maintain physical, mental, and emotional well-being, enabling students to cope with the demanding nature of medical education.

**Students are encouraged to approach the psychiatry department or any of their mentor faculty if they identify any of the following situations:**

1. **Persistent Feelings of Hopelessness:** If a student feels persistently hopeless, overwhelmed, or unable to see a positive future despite trying self-help strategies, it may be time to seek professional help.
2. **Inability to Function:** When stress or distress significantly interferes with daily activities, academic responsibilities, or personal relationships, professional help may be necessary.
3. **Physical Symptoms:** Experiencing chronic physical symptoms such as headaches, gastrointestinal issues, or unexplained aches and pains that do not improve with self-care could indicate the need for professional assistance.
4. **Sleep Disturbances:** Persistent insomnia, excessive sleeping, or nightmares that impact daily functioning and do not improve with sleep hygiene practices warrant professional evaluation.
5. **Emotional Instability:** Frequent mood swings, intense emotional reactions, or feelings of anger and irritability that are difficult to control may require psychiatric intervention.
6. **Substance Abuse:** Using alcohol, drugs, or other substances to cope with stress, or noticing an increase in substance use, can be a sign that professional help is needed.
7. **Social Withdrawal:** If a student begins to withdraw from friends, family, and social activities, or experiences significant loneliness and isolation, it may be time to seek help.
8. **Self-Harm or Suicidal Thoughts:** Any thoughts of self-harm, suicide, or engaging in self-destructive behaviours are serious and require immediate professional help.
9. **Persistent Anxiety or Panic Attacks:** Experiencing ongoing anxiety, panic attacks, or constant worry that interferes with daily life indicates the need for professional evaluation and support.

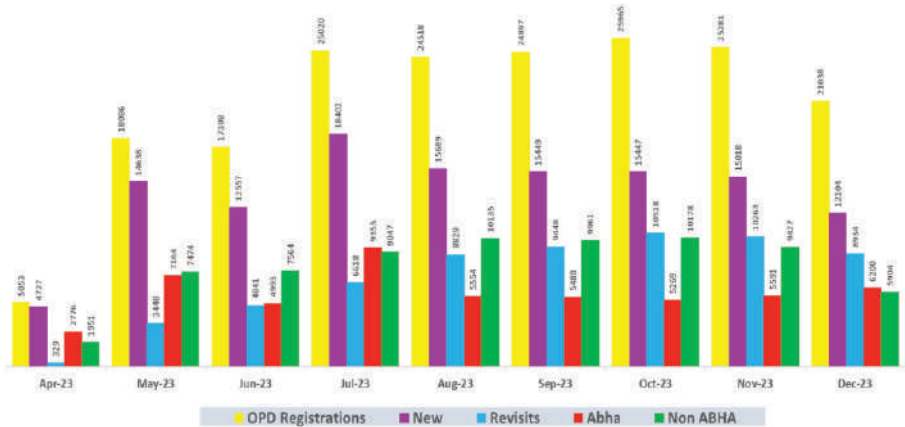
10. **Loss of Interest:** A noticeable loss of interest in activities that were once enjoyable, including academic pursuits and hobbies, may signal depression or other mental health issues requiring professional attention.

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## Hospital information

AIIMS Guwahati was inaugurated by Honourable Prime Minister Shri Narendra Modi on 14<sup>th</sup> April, 2023. Currently 35 Departments are operational in this institute, which is to going to be expanded further in the near future.

### OPD Stats 2023



### OPD Stats 2024

