**Best Practice 2**

1. **Title of the Practice**

Group counseling for MBBS students.

2. **Objectives of the Practice**

1. To address issues pertaining to academic and examination stress.
2. To assess and address issues related to inter-personal relationships.
3. To address issues related to substance abuse if any.
4. To address issues pertaining to hostel life and separation from parents.
5. To improve motivation to study and excel in professional field.

3. **The Context**

Group Counseling for MBBS Students is a challenging task to design and implement. First of all the planning of course needs to be meticulous in order to correctly determine the problem areas to be addressed. Sometimes a screening questionnaire may be required to tap the perceived problems in students. Once the problem questions are formulated the target members need to be selected from the entire population of students. Then comes the conduct of the session. The environment needs to be comfortable and away from the person whom the students deem as authority figures. This will enable relaxed manner of relating and open interaction. In the end, a feedback must be taken to actually assess the use of such a program.

4. **The Practice**

This practice is new for our institute. It has given a platform for our students to interact more freely with a neutral member. It helps in higher education as management of stress is instrumental in professional and personal advancement. The session was conducted meticulously. The students were benefited and have given a very positive feedback.

5. **Evidence of Success**

The feedback from students was excellent. They felt that the entire targets given were addressed. They felt comfortable and at ease with the presenter. The session was informed and well conducted. They were allowed to speak truly and ask questions. They were given a platform to contribute towards the session. The students mentioned the need for future sessions akin to this. The follow up individual counseling sessions was also a hit.

6. **Problems Encountered and Resources Required**

The unfamiliarity of the facilitator as the facilitator was not from the institution. However this was circumvented to the facilitator making everyone at care. There was no formal screening tool being used. This can be kept in mind for future sessions. Next was the inaccessibility of the facilitator for future reference. This is an unexpected error which could not have been foreseen at the time of conduct and session.

7. **Notes (Optional)**

Group Counseling for MBBS Students is both relevant and necessary. The academic and personal difficulties of a Student are hardly addressed during their MBBS tenure. Giving them a platform to ventilate is known to reduce stress and improve overall performance.