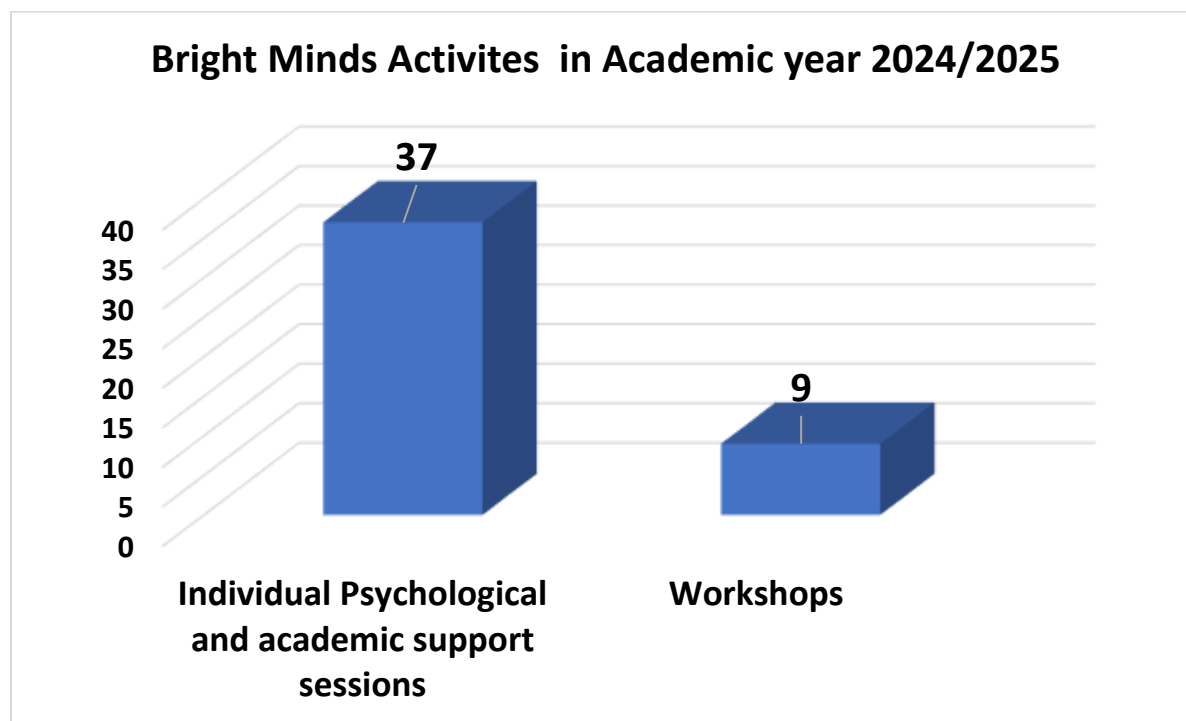


Activities of The Bright Minds Unit in 2024-2025

The Bright Minds Unit is an initiative of the Faculty of Medicine, dedicated to promoting mental health and well-being among medical students, internship doctors, and the assistant teaching staff. The unit provides a safe, supportive, and confidential space for individuals to express their concerns, seek guidance, and receive psychological and emotional support.

Through its activities, Bright Minds aims to enhance mental resilience, emotional awareness, and academic performance. The unit organizes awareness sessions, group discussions, and workshops addressing topics related to stress management, burnout prevention, communication skills, and work-life balance.

This document provides an overview of the main activities and achievements of the Bright Minds Unit throughout the 2 years 2024-2025.



Individual Psychological and Academic Support Sessions

During the year 2024, a total of 16 individual support sessions were conducted by members of the Bright Minds Unit team. These sessions included 10 undergraduate



students, 5 internship doctors, and 3 resident doctors who were facing psychological or academic challenges.

During the year 2025, a total of 21 individual support sessions were conducted by members of the Bright Minds Unit team. These sessions included 9 undergraduate students, 7 internship doctors, 3 assistant lecturers, and 2 resident doctors who were facing psychological or academic challenges.

The sessions were offered upon self-referral or through recommendations from academic mentors who identified students in need of psychological or academic support. They were held as part of the unit's mission to promote mental health and enhance the quality of life within the Faculty of Medicine community. Each session was conducted in a confidential, supportive, and ethical environment, ensuring privacy, empathy, and respect for individual differences. Most participants attended more than one session based on their individual needs.

The sessions included:

- Active listening and providing a safe space for emotional expression and stress relief.
- Helping participants organize their thoughts and recognize their personal strengths and abilities.
- Applying positive psychology tools and techniques to enhance coping and resilience.
- Providing academic guidance and supporting realistic decision-making to overcome challenges.

Follow-up meetings were arranged when needed to monitor progress and maintain ongoing guidance. Participants reported feeling more confident, less anxious, and more motivated to handle their academic responsibilities. Follow-up evaluations and feedback showed that most participants demonstrated noticeable improvement in both their psychological well-being and academic performance.

Group Activities and Workshops

the Bright Minds Unit organized a ,In addition to individual support sessions series of group activities and workshops throughout 2024-2025.

The main workshops that were conducted during the year.

Table: Group Activities and Workshops (2025)

Date	Title	Facilitator(s)	Main Content	Target Group	Place
January ,27 2024	Career Exploration	Edris .Dr Hassan Zaki – Consultant Pediatriician and member of the Bright Minds Unit	The session aimed to understand and our ,discover us personality and match our personality with the most suitable specialty	Internship doctors (MED 57)	Zoom meeting
March ,3 2024	Doctor Vs Medical Students (uncover the hidden life areas)	Yasmin .Dr Ismail Ahmed – Assistant Lecturer of Family Medicine and Member of the Bright Minds Unit	The session aimed to understand different aspects of life understand life wheels and ots 8 aspects and how-to achieve balance between these aspects	Internship doctors (MED 58)	Mahmoud .Prof ,Raafat Hall Administrative Building – Assiut University
February 1, 2025	Professional Skills and Time Management	Dr. Edris Hassan Zaki – Consultant Pediatriician and member of the Bright Minds Unit	The session aimed to help internship doctors build a strong personal identity and develop effective time management skills to handle workload efficiently without emotional .exhaustion	Internship doctors (MED 59)	Lecture Hall 2, Medical Complex, Faculty of Medicine – Assiut University
March 6, 2025	Mental Wellness for Medical Staff	Dr. Amany Heshmat Abdelmoneam – Lecturer and consultant of Family Medicine and Director f the Bright Minds Unit	An awareness lecture focusing on the psychological challenges faced by medical staff during the internship period, and ways to promote self-care and mental resilience. The session also emphasized the	Internship doctors (MED 60)	Prof. Mahmoud Raafat Hall, Administrative Building – Assiut University

			importance of self-esteem and confidence building.		
April 27, 2025	From surviving to thriving (mental wellness of medical staff)	Dr. Amany Heshmat Abdelmoneam – Lecturer and consultant of Family Medicine and Director of the Bright Minds Unit	The aim of the activity was to raise awareness about the importance of mental health among healthcare professionals, promote resilience, and encourage a culture of psychological well-being within the medical community.	As part of the student day activities during the 35th Annual Conference of the Faculty of Medicine	Prof. Mahmoud Raafat Hall, Administrative Building – Assiut University
May 27, 2025	Between Pressure and Success... Where Are You?	Dr. Amany Heshmat Abdelmoneam – Lecturer and consultant of Family Medicine and Director of the Bright Minds Unit Dr. Yasmine Ismail Ahmed – Assistant Lecturer of Family Medicine and Member of the Bright Minds Unit	The workshop consisted of two main sessions: (1) Life Balance: explored the concept of balancing personal and professional life, identifying gaps in different life areas, and introduced practical steps for holistic improvement. (2) Building Mental Habits: aimed to help participants understand how mental habits are formed.	Medical students, internship doctors, and new residents	Lecture Hall 2, Medical Complex, Faculty of Medicine – Assiut University
August 6, 2025	Journey of Medical Success	Edris . Dr Hassan Zaki – Consultant Pediatrician and member of the Bright Minds Unit	The session highlighted essential skills such as career planning, time management, and coping with academic and	Medical students, interns, and new residents	Lecture Hall 2 – Medical Lecture Complex, Faculty of Medicine, Assiut University

			psychological challenges. The session also emphasized self-awareness and personal development as key components of a successful and balanced medical career.		
September 17, 2025	High quality studying skills for medical students	Edris .Dr Hassan Zaki – Consultant Pediatrician and member of the Bright Minds Unit it	The session aimed to help medical students develop effective and high-quality study skills to enhance their learning efficiency, academic performance, and long-term retention of medical .knowledge	Medical students and postgraduates	Zoom meeting
September 22, 2025	High quality studying skills for medical students Mind map workshop	Dr. Amany Heshmat Abdelmoneam – Lecturer and consultant of Family Medicine and Director of the Bright Minds Unit Dr. Yasmine Ismail Ahmed – Assistant Lecturer of Family Medicine and Member of the Bright Minds Unit	The Mind Map activity aimed to teach students how to organize medical information visually, making it easier to understand, remember, and apply during their studies.	Medical students and postgraduate	Zoom meeting

Documentation and Photo Gallery

This section includes photos documenting the Bright Minds meetings and activities.





ألقى المحاضرة الدكتور إمريس حسن زكي مدير وحدة براكث ميندز بكلية الطب جامعة أسيوط، بمشاركة كبيرة من أطباء الامتياز بمختلف الجامعات المصرية.

وشملت المحاضرة ثلاثة محاور أساسية هي:
- متى يعرف الطبيب أن اختياره لتخصص النهاية كان صحيحاً أم لا ؟
- ما هي الخطوات الأربعة التي تضمن لك اختيار صحيح لتخصصك الطبي؟
- وماذا لو اضطررت لاختيار نهاية لا تحبها؟

للمزيد من الأخبار
<https://www.aun.edu.eg/hospitals/ar/home>

لامستشفيات_جامعة_أسيوط

الوعي بالتخصصات المختلفة - Career Exploration

٢٧ يناير ٢٠٢٤



اليوم الترحيبي والافتتاحي لأطباء التدريب

٣ مارس ٢٠٢٤





إدارة الوقت - Time Management

فبراير ٢٠٢٥



Mentalwellnessfor medicalstaff

6 march 2025



From Surviving to thriving

27 April 2025



Journey of medical success 6 August 2025



Between pressure and sucse where are you? 27 May 2025



17 sep 2025
22 sep 2025

