

REPORT ON:- Sensitization programme

Title of the Activity	Sensitization Lecture on "Thinking Better, Healing Better, Cognitive Behavioral Solutions for Stress in Medical Profession."	Level of Program (State/National/International etc.)	Regional
Focused Area	Awareness and Human Values	Date of Activity (From-To) (DD/MM/YYYY)	28.08.2024
Activity Organized By	Dept. of Oral Medicine and Radiology	Day	Wednesday
Name of the Associated Faculty/College/Department/Outside Agency	Subharti Dental College and Hospital	Time	8:30 to 9:30am
Name and address of Guest Speaker	Dr. Shalu Nehra, Faculty of Art and Social Sciences	Venue	Faculty of Dental Sciences
Total Participants	176	Organizing Coordinator(s)	Dr. Nagaraju Kamarthi
Students	120	Report Prepared by	Dr. Khushboo Bhalla
Teachers	56		
Non-Teaching Staff			
Others (Specify)			

Objective of the Activity: To enhance mental wellbeing among dental professionals

Description: Department of Oral Medicine & Radiology, SVSU conducted a Guest lecture on the topic of "Thinking Better, Healing Better, Cognitive Behavioral Solutions for Stress in Medical Profession" for Dental faculty and post graduates under the able guidance of our dynamic Principal Dr. Nikhil Srivastava Sir. The Guest speaker was Dr. Shalu Nehra (Asst. Professor, Faculty of Art and Social sciences, SVSU). She explained the significance of mental wellbeing in the life of medical and dental professionals, and how Cognitive Behavioral Therapy plays a pivotal role in the management of stress. It was learned session.

Outcome of the Activity: The faculty and post graduates showed full enthusiasm and participated whole heartedly.

