

**DEPARTMENT OF ORAL MEDICINE & RADIOLOGY, SUBHARTI DENTAL
COLLEGE**

2024

Guest Lecture on “Wellness and Spirituality”

Date: 17.01.2024

Place of Event - Lecture Theatre-4, Subharti Dental College, SVSU, Meerut

Total No. of Participants- 124

Objective of the Activity: To enhance spiritual wellbeing among faculty and post graduates.

Description: Department of Oral Medicine & Radiology in collaboration with Wellness Centre, SVSU conducted a Guest lecture on the topic of “Wellness and Spirituality” for Dental faculty and post graduates under the able guidance of our dynamic Principal Dr. Nikhil Srivastava Sir and Dr. Nagaraju Kamarthi (Co-Chairman, Wellness Centre and Incharge, SDC). The Guest speaker was Dr. Rahul Bansal (Chairman, Wellness Center, SVSU). He explained how wellness and spirituality goes hand in hand. Also, apart from physical and mental health, spiritual wellness also plays a pivotal role in life and how it adds sense of purpose and meaning in life, including one’s morals and ethics. He also exhibited various books written on spirituality by renowned authors around the world.

Outcome of the Activity: The faculty and post graduates showed full enthusiasm and participated whole heartedly. They were motivated and inspired by the lecture.

