

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

2023

Guest Lecture on “Positive Mental Health” and Visit to Wellness Centre, SVSU

Date: 07.09.2023 and 06.10.2023

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

Total No. of Participants- 103

Objective of the Activity: To enhance emotional and mental wellbeing of the students.

Description: Department of Oral Medicine & Radiology in collaboration with Wellness Centre, SVSU conducted a Guest lecture on the topic of “Positive Mental Health and its role in Career enhancement” for our budding dentists (BDS batch 2023 students) 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 the benefits of maintaining a positive approach towards life, how one should handle stress and understanding the value of having a high spiritual and emotional quotient. It was an insightful session in which students participated enthusiastically. The session was followed by the student’s visit to Wellness Centre, SVSU on 6th Oct2023. Here, Dr Nagaraju K. briefed the students. They were explained that they can look up to Wellness centre experts for their help in case of emotional/ interpersonal stress/ or any kind of difficult situation which they find difficult to handle.

Outcome of the Activity: The students showed full enthusiasm and participated whole heartedly. They were motivated and inspired by the lecture. Few students have also given their personal queries.



 **GPS Map Camera**



Meerut, Uttar Pradesh, India

Subharti Dental College and Hospital, Subharti University, Meerut, Uttar Pradesh 250002, India

Lat 28.959115°

Long 77.637708°

06/10/23 12:28 PM GMT +05:30



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Meerut Division
Uttar Pradesh