

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

2024

Guest Lecture on “Wellness and Positive Mental Health” for Non-teaching staff

Date: 09.04.2024 and 10.04.2024

Place of Event - Lecture Theatre-1, Subharti Dental College, SVSU, Meerut

Total No. of Participants- 89

Objective of the Activity: To enhance emotional & mental wellbeing among non-teaching staff.

Description: Department of Oral Medicine & Radiology in collaboration with Wellness Centre, SVSU conducted a Guest lecture on the topic of “Wellness and Positive Mental Health and its Role in personal and professional life” for non-teaching staff of SDC 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. Also, apart from physical and mental health, spiritual wellbeing also plays a pivotal role in life and how it adds sense of purpose and meaning in life, including one's morals and ethics.

Outcome of the Activity: The staff found it an interesting interaction. They were motivated and inspired by the lecture. They agreed that further such session should be conducted and should include their family members.

