

Value Added Course – Stress Management

Objective: Interactive Session

Activity: A two day value added course on “*Stress Management*” was conducted by Department of Prosthodontics and Crown & Bridge on 29.07.2022 and 30.07.2022. The course comprised of a Guest Lecture by Dr. Shalabh Kumar, Prof. & Head, Department of Prosthodontics and Crown & Bridge, Teerthankar Mahaveer Dental College and Research Center, Moradabad and a session on breathing exercises afterwards by Dr. Abhijith K.B., Asstt. Professor, Maharishi Aurobindo Subharti College & Hospital of Naturopathy & Yogic Sciences. The course highlighted the different types of stresses, factors causing stress and techniques to cope up with the stress, along with various breathing exercises such as Alternate Nostril breathing, Diaphragmatic breathing etc. This course lead to the overall mental development of the participants which is beneficial for the dental practice and personality development of the practitioner.

Place of Event: LT-4, Subharti Dental College & Hospital, Meerut

Total Participants: 126

