

Report on Scientific Lecture : Stress Management: A day to Day Practice.

The stress levels of students have increased and primarily the stress handling capacity has decreased. Keeping this in mind the Department of Oral & Maxillofacial Pathology & Microbiology, Sri Aurobindo College of Dentistry, Indore, organized a scientific lecture under the human value development scheme. The lecture was on Stress: Day to Day management, the Guest Speaker for the event was Dr. Pawan Rathi, Professor & Head, Department of Psychiatry, Sri Aurobindo Institute of Medical Science, Indore. The celebrations began with lamp lightening followed by a welcome speech by Dr. Kanteshwari I.K Principal, SADC, Indore. The speaker was felicitated by the Principal and was introduced to the gathering by Dr. Shradha Jaiswal(Head of Dept, Dept of Oral & Maxillofacial Pathology & Microbiology, SADC, Indore.)

This was followed by a scientific session by Dr. Pawan Rathi on "Stress Management: A day to Day Practice."The session was very informative and interactive and left the audience spell bound. Dr. Rathi talked in detail about the causes and symptoms of stress. He also told about a 12 point rule to relieve stress.

The session ended with vote of thanks delivered by Dr. Bhupesh Bagulkar(Professor, Dept of Oral & Maxillofacial Pathology & Microbiology, Sri Aurobindo College of Dentistry, Indore.)



