

Stress Management in Students – Focus on Mental Health Wellbeing and Suicide Prevention

A workshop on “Stress Management in Students – Focus on Mental Health Wellbeing and Suicide Prevention” was organized by Bharati Vidyapeeth (Deemed to be University) Dental College, Pune, on the 7th and 8th of October 2025 in Lecture Hall A. The workshop was conducted by Dr. Jyoti Shetty, Professor and Head, Department of Psychiatry, Bharati Vidyapeeth Medical College and Bharati Hospital & Research Centre, Pune.

The session for First Year BDS students was held on 7th October 2025, and for Second Year BDS students on 8th October 2025, from 10:00 a.m. to 11:00 a.m. The program was organized as part of the observance of World Mental Health Day, which is commemorated every year on 10th October, to promote awareness and understanding of mental health and well-being.

The program commenced with a welcome address by Dr. Shruti Mulgund, followed by an address by Dr. Rajesh Kshirsagar sir, Principal, who emphasized the significance of maintaining mental well-being and fostering a supportive academic environment for students.

Dr. Shivani Chavan introduced the guest speaker, who delivered an engaging and insightful session on stress management, mental health and suicide prevention.

The session concluded with a Vote of Thanks by Dr. Shivani Chavan, who expressed gratitude to the speaker, the Principal, faculty members, and students for their participation and cooperation.

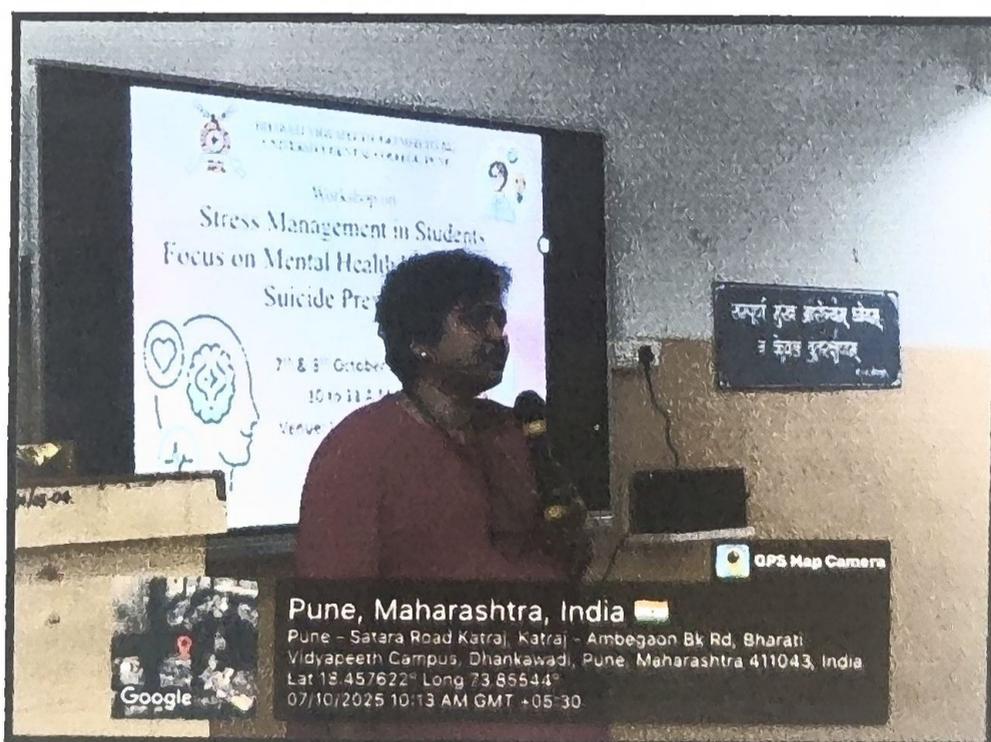


PRINCIPAL
Bharati Vidyapeeth
(Deemed to be University)
Dental College & Hospital
Pune-Satara Road, Pune-411043.

The workshop was co-ordinated by Dr. Mineet Kaul, and was attended by students and several teaching faculty members. The program was well-received and effectively highlighted the importance of mental health awareness, self-care, and emotional resilience, awareness, and strategies for suicide prevention among students.

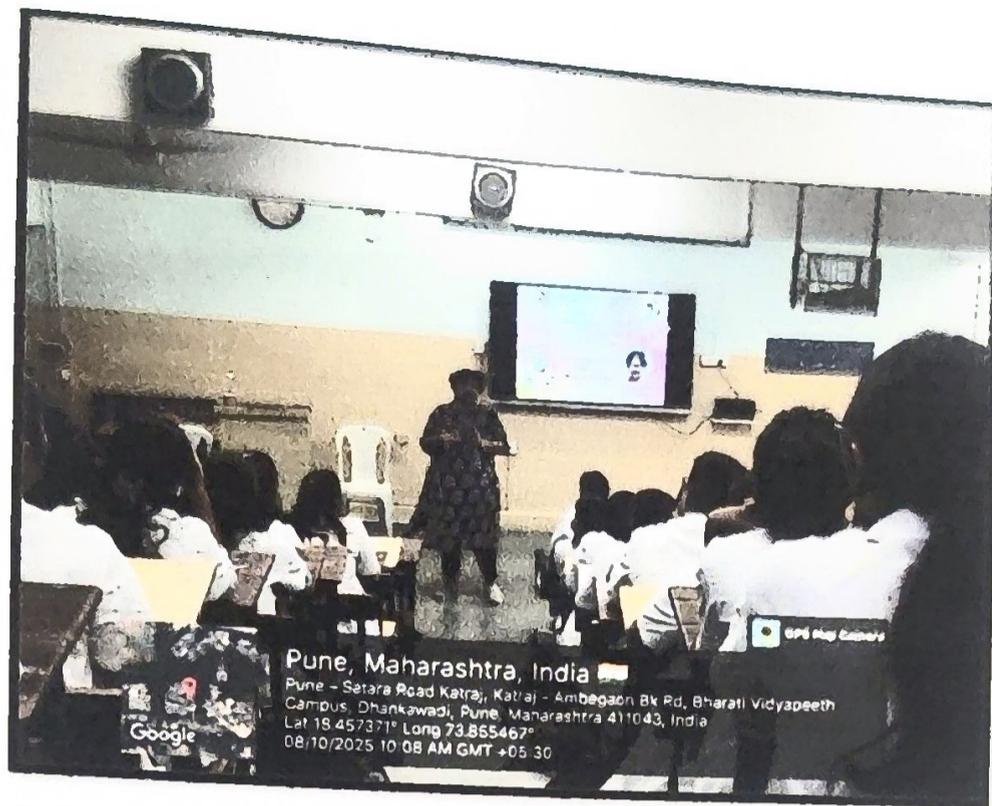


Our Principal, Dr. Rajesh Kshirsagar, Addressing the Audience Stating the Importance of Mental Health for Students

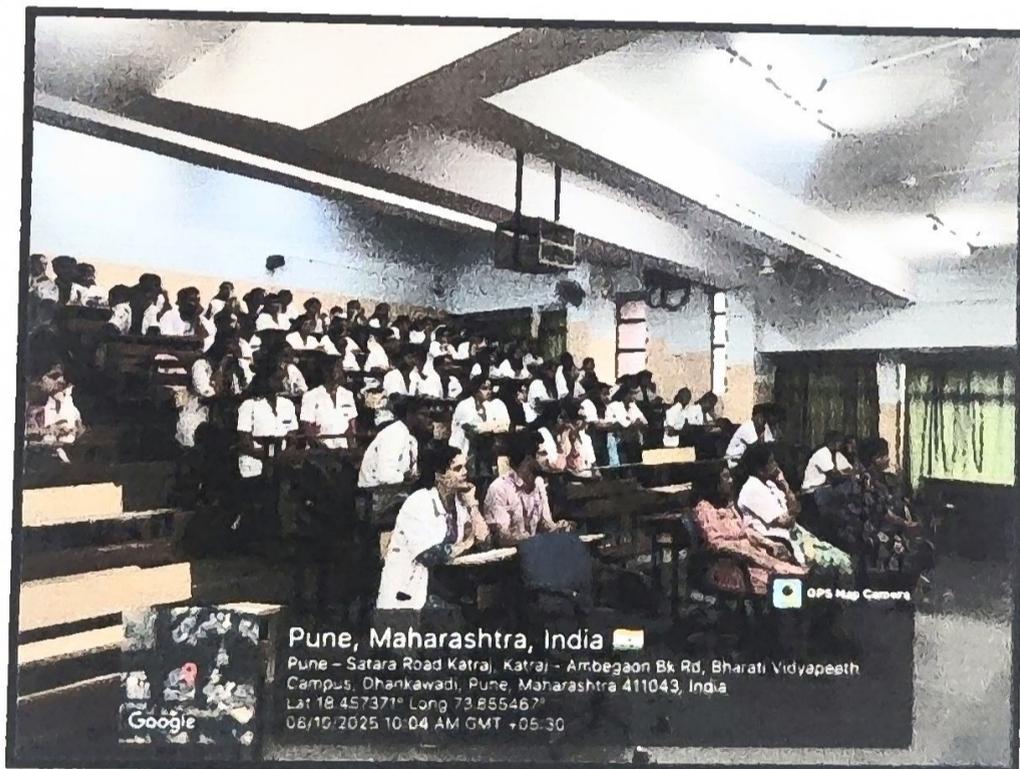


Invited Speaker, Dr. Jyoti Shetty, Delivering an Insightful Session on the Importance of Mental Health Awareness among Students to 1 Year B.D.S Students

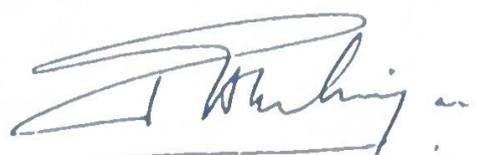

Principal
Bharati Vidyapeeth
(Deemed to be University)
Dental College & Hospital
Pune-Satara Road, Pune-411043



Dr. Jyoti Shetty Delivering A Session On Stress Management For II Year B.D.S Students, Highlighting Effective Strategies To Maintain Balance And Mental Well-Being During Academic Challenges



Participants Actively Listening During the Session on Mental Health Awareness


PRINCIPAL
Bharati Vidyapeeth
(Deemed to be University)
Dental College & Hospital
Pune-Satara Road, Pune-411043.