



MAEER'S

**MAHARASHTRA INSTITUTE OF
DENTAL SCIENCES & RESEARCH (DENTAL COLLEGE)**



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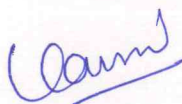
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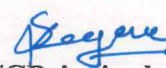
Action Taken Report for Mental Health and Well Being Programme 2025

Sr. No	Details of Event	Particulars
1	Name of the Department/Committee	Academic Committee
2	Types of Activity	Guest Lecture
3	Title of the Activity	Mental Health & Well Being
4	Date or Duration	22/01/2025
5	Guests/ Judges (Name and designation)	Dr. Anil Wartak & Ekalavya Foundation Team, Pune.
6	Venue of the Event	Main Lecture Hall, MIDSR dental college, Latur
7	Sponsor/Collaboration (if any)	-----
8	Other Major Staff/student/Institution involved in the organization of the activity	Dr. Hanumant Karad- Executive Director Dr. Yatish Joshi- Vice Principal Dr. Gauri Ugale- Chairperson
9	Level of the Event (encircle):- International/National/State/University District/College/Department etc.	College
10	Beneficiaries/Participants (Type/Number, etc):-	108
11	Purpose/aim/objective and outcome of the event	To create awareness about mental health issues, to provide resources and support for individuals dealing with mental health challenges & to foster a culture of empathy, inclusion, and well-being.

12	Report/Anyotherinformation/ comment/qualitativemarks:-	Copy Attached
13	Photographswithcaptionssubmitted	Copy Attached
14	Evidenceproduced(Notice,attendancelis t,Certificate,letters, newspapercuttingsetc.):-	Copy Attached
15	Name andSignatureof Chairman/HOD	Dr. Gauri Ugale



CommitteeChairman/HOD



I/CPrincipal

Note:-All Documents shouldbeattached.

MIDSR DC

Mental Health and Well Being Programme Report

The **Mental Health and Well-Being Programme** conducted by **Academic Committee**, MIDSR Dental College, Latur, is likely an initiative aimed at promoting awareness, understanding, and practices for maintaining mental health among students, faculty, and staff.

Objectives of the Programme:

1. **Awareness:** Educating participants about the importance of mental health and its role in overall well-being.
2. **Support:** Providing tools, resources, and strategies to help individuals manage stress, anxiety, and other mental health challenges.
3. **Prevention:** Highlighting ways to prevent burnout, enhance emotional resilience, and maintain a healthy work-life balance.
4. **Community Building:** Creating a supportive environment within the college to encourage open conversations about mental health.

Importance for Dental Students:

Dental education can be demanding, with long hours, clinical pressures, and academic responsibilities. This program likely aims to:

- Reduce stress and anxiety levels.
- Improve focus and performance in academic and clinical settings.
- Promote physical health through mental well-being.



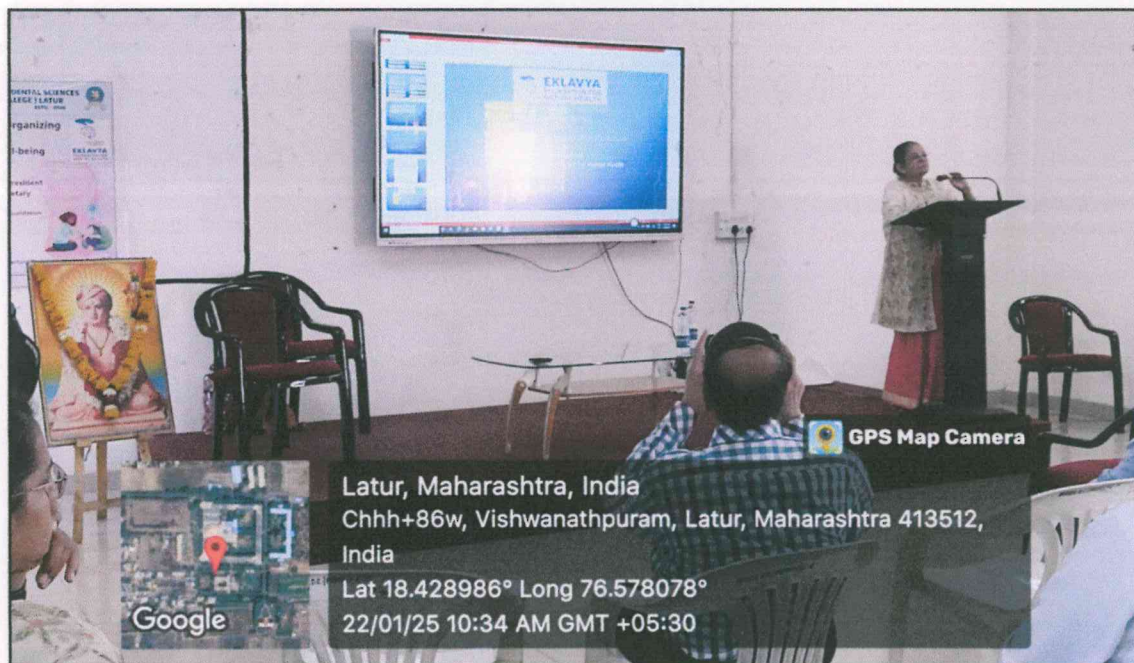
Lamp Lighting by Executive Director & Guest Speaker



Felicitation by Executive Director to Guest Speaker



Lecture by Anil Wartak Sir

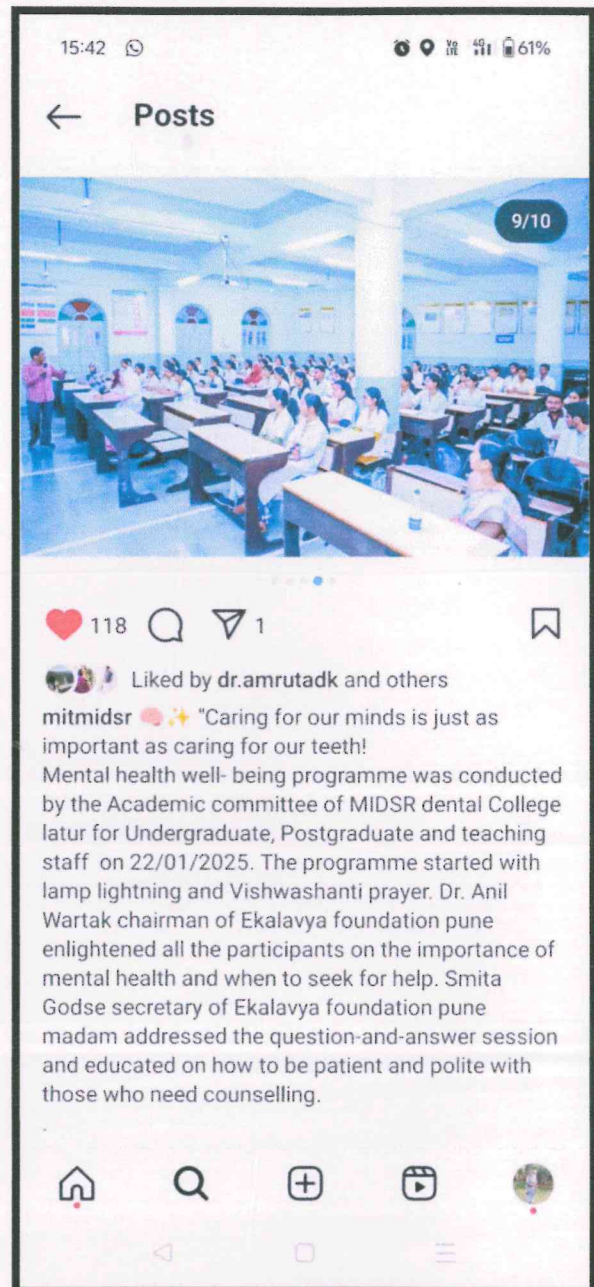
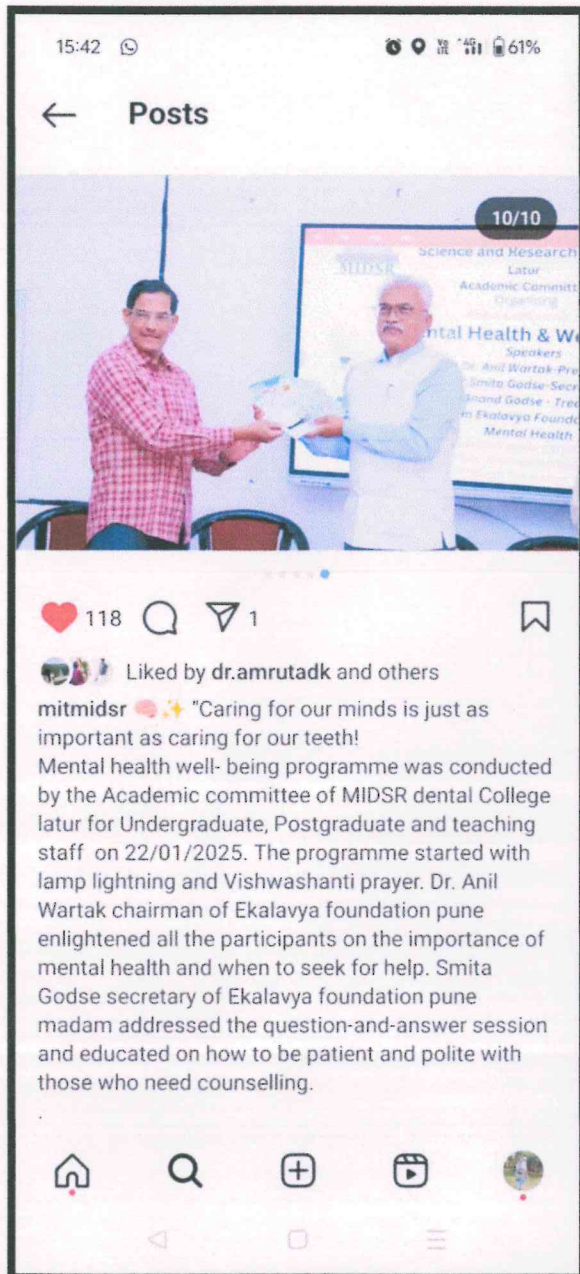


Lecture by Smita Godse Madam



Attendance for Staff & Students on Programme

Social Evidence



Certificate of Appreciation



Certificate of Participation



No. MIDSER/STU/834/366 /2025

Date: 21/01/2025

MAEER PUNE`s
MIDSER Dental College, Latur

Circular

The Academic Committee of MIDSER Dental College, Latur is pleased to organize a guest lecture, discussion, and problem-solving session on "Mental Health Well-being" by Dr. Anil Wartak and Team from Eklavya Foundation, Pune.

Schedule:

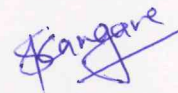
- Doctor`s, Post Graduate Students, Interns, III & IV BDS Students: 09:00 am, Main Lecture Hall
- I & II BDS Students: 10:00 am, Orthotech Lecture Hall

Date: 22/01/2025

We invite all students and staff to take advantage of this opportunity and benefit from the expertise of Dr. Anil Wartak and his team.



Chairman,
Academic Committee,
MIDSER Dental College, Latur



Principal,
MIDSER Dental College, Latur



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**MAHARASHTRA INSTITUTE OF DENTAL
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(DENTAL COLLEGE & HOSPITAL)



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No. MIDSR/Academic/ / /2025

Date: 14/01/2025

To,

The Principal,
MIDSR Dental College,
Latur- 413531.

Subject: Permission to organize program on Mental Health & Well-being
for Students.

Respected Sir,

As per the above said subject we the Academic Committee in collaboration with Eklavya Foundation for Mental Health, Pune want to organize Lecture on "Mental Health & well-being" for all BDS & MDS Students on 22nd January 2025 at 09.00 am in Main Lecture Hall.

Kindly permit us to conduct the program.

Thank you

Yours sincerely,

Chairman,
Academic Committee,
MIDSR Dental College,
Latur

Fwd to E.D. Sir for approval

MIDSR Dental College, Latur

Academic Committee

Ekalavya Foundation for Mental Health

"Mental Health & Well-being"

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