



Department of Periodontics & Implantology
Value added course

Holistic Approach in Well-being and Fitness

Introduction: An educational programme of universal values, using a spiritual approach, to address the issue on a personal level & its consequences at organizational level.

Participants: Interns

Course Objectives:

- To develop values in healthcare profession.
- To develop positivity and co-operation at workplace.
- To help build a healthy body and peaceful mind for holistic development.

Course Duration: 8 Day course

Course contents:

- Module 1- Values-Gain strength through motivation
- Module 2- Peace- Benefit from being calm
- Module 3- Positivity-Harness the power of thoughts
- Module 4- Importance of Diet and Nutrition in Healthcare
- Module 5- Co-operation - Appreciate the wisdom of teams
- Module 6- Valuing yourself- Sustaining the Career
- Module 7 - Fitness in health care practice

- Module 8- Building Resilience-A response to stress and burnout
- Each module will be of 4 hours

Tentative Date/Month: 3rd Week of April.

For details contact
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