



Department of Conservative Dentistry & Endodontics Presents  
Value Added Course

## **Spruz-Up** **Guiding Gen-X Professionals**

Introduction: Personality development can help students to improve their social relationships. It helps in gaining recognition and acceptance from society as well as people around. Keeping this aspect of development in mind Department of conservative dentistry & endodontics conducts a value added course “Spruz up”. Guiding gen X professionals.

**Target audience:** Second year BDS

### **Learning Objectives:**

- To develop the personality of the students as to improve their social relationship.
- Helping them to gain recognition and acceptance from the society as well as people around

**Course Duration:** 32 hours

### **Course Contents:**

#### **Day 1:**

- Pre Test
- Lecture on Professional Ethics
- Lecture on Stress Management
- Interactive Session

#### **Day 2:**

Lecture on Personal Grooming

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- Lecture on Emotional Management
- Interactive Session

#### **Day 3:**

- Lecture on Conflict Management
- Lecture on Time Management
- Interactive Session

#### **Day 4:**

- Lecture on Ergonomics
- Lecture on Practice Management
- Interactive Session
- Post Test

**Tentative month:** April