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INSTITUTE OF DENTAL SCIENCES

(Recognised by Dental Council of India
& Ministry of Health & Family Welfare, New Delhi)



Constituent Unit of Malwanchal University, Indore

Ref.No.:IIDS/Misc.VAC /2024/ 4 |

Date: 16.04.2024

CIRCULAR

Index Institute of Dental Sciences, Indore is organizing a value added course entitled "**BE KIND TO YOUR OWN MIND**" to aware about the importance of self-care and mental well-being . Interested students and interns can attend the session and gain insights for the same. The value added course will be held on 19/04/2024-22/04/24 , at Auditorium IIDS.

Details are as per the ~~prochure~~ attached



S. Ganguly

Dean
Index Institute of Dental Sciences,
Indore


Registrar
Malwanchal University
Indore (M.P.)

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- Registrar (Malwanchal University, Indore)
- All concerned authorities
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Prepared By: Dr. Chinmay Vyas.

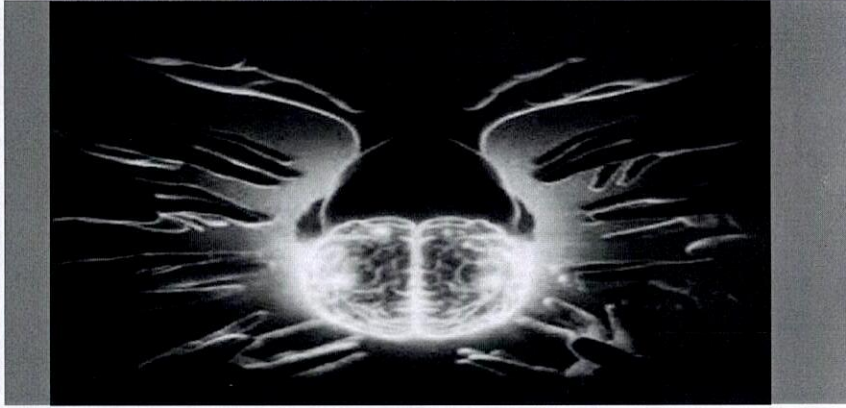
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INSTITUTE OF DENTAL SCIENCES



BE KIND TO YOUR OWN MIND

COURSE OBJECTIVES

- Importance of Mental Health
- Strategies for Being Kind to Your Mind
- Benefits of Kindness to Your Mind

MODULES

1. Self-Kindness
2. Common Humanity
3. Mindfulness
4. Practice Mindfulness
5. Positive Self-Talk
6. Set Boundaries

REGISTRATION CONTACTS

Dr. Anu Vashisht 95619110483
 Department of Conservative Dentistry
 Mr. Shivam Sharma 91952770393
 Student Section , Malwanchal University

ABOUT

"Be Kind to Your Mind" is an essential concept that emphasizes the importance of mental well-being and self-compassion. In today's fast-paced world, individuals often prioritize physical health and productivity over their mental health, leading to increased stress, anxiety, and burnout. This report explores the significance of being kind to oneself, strategies to foster mental wellness, and the benefits of a compassionate mindset.

RESOURCE PERSON

Dr. Anu Vashisht
 19th APRIL -22th APRIL 2024
 Venue – Index Institute Of Dental Science,
 Indore
 Timing – 9:30 am onwards
 Registration Free

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S. Garguhy



PROGRAM OUTCOMES

Being kind to your mind is not just a trend but a necessary approach to living a fulfilling life. By integrating self-compassion and mindfulness into daily routines, individuals can foster a healthier mental state, leading to improved overall well-being. Prioritizing mental health is essential for personal growth, happiness, and resilience in the face of life's challenges.



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Value Added Course - Be Kind To Your Mind

REPORT

Date- 19/04/24- 22/04/24

Venue- Auditorium

Course Code: **IIDS/VAC/2024/06**

Number of attendees: 75

The **Index Institute of Dental Sciences (IIDS)**, Indore, had organized a comprehensive 3-day value-added course titled "**Be Kind To Your Mind**", aimed at providing in-depth knowledge of the importance of mental well-being and self-compassion. The course had been held from **April 19 to April 22, 2024**, and had been a resounding success, with notable sessions led by the esteemed expert **Dr. Anu Vashisht, M.D.S.**, who delivered insightful lectures.

Day 1


The program had been scheduled for 16 hours, running from **April 19 to April 22, 2024**. The modules had been discussed during the free hours of the students, and registration had been free for all participants. The total duration of the course had been 16 hours, with **Dr. Anu Vashisht** serving as the resource person. Different modules were covered in detail, with simultaneous student interaction.

"Be Kind To Your Mind" had been an essential concept that emphasized the importance of mental well-being and self-compassion. In today's fast-paced world, individuals often prioritized physical health and productivity over mental health, leading to increased stress, anxiety, and burnout. This course had explored the significance of being kind to oneself, strategies to foster mental wellness, and the benefits of a compassionate mindset.

Mental health had been recognized as a crucial component of overall well-being, influencing how individuals think, feel, and act. A positive mental state contributed to better relationships, improved decision-making, and enhanced quality of life. Neglecting mental health could lead to various issues, including:

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- Anxiety disorders
- Depression
- Stress-related illnesses
- Decreased productivity

Self-compassion involved treating oneself with kindness and understanding during difficult times. It encompassed three core components:

1. **Self-Kindness:** Being gentle and understanding toward oneself rather than being self-critical.
2. **Common Humanity:** Recognizing that suffering and personal inadequacy were part of the shared human experience.
3. **Mindfulness:** Maintaining a balanced awareness of one's emotions without over-identifying with them.

Day 2

Strategies for Being Kind to Your Mind:

1. **Practice Mindfulness:** Engaging in mindfulness techniques such as meditation, deep breathing, or yoga to stay present and reduce stress.
2. **Positive Self-Talk:** Challenging negative thoughts and replacing them with positive affirmations. Speaking to oneself as one would speak to a friend.
3. **Set Boundaries:** Learning to say no and prioritizing mental health by limiting exposure to toxic relationships and environments.
4. **Engage in Self-Care:** Dedicating time to activities that bring joy and relaxation, such as hobbies, exercise, or nature walks.
5. **Seek Support:** Reaching out to friends, family, or mental health professionals when feeling overwhelmed.

Benefits of Kindness to Your Mind:

Practicing kindness toward oneself had led to numerous benefits, including:

- **Improved Emotional Resilience:** An enhanced ability to cope with stress and recover from setbacks.
- **Increased Happiness:** Greater life satisfaction and emotional stability.
- **Better Physical Health:** Reduced symptoms of stress-related illnesses and improved immune function.
- **Enhanced Relationships:** Improved empathy and understanding toward others.

Day 3

Dr. Anu Vashisht had been felicitated by Dr. ~~Ravneet Malik~~ Registrar for her contribution to the course.



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Conclusion:

Being kind to your mind had been seen not just as a trend but as a necessary approach to living a fulfilling life. By integrating self-compassion and mindfulness into daily routines, individuals could foster a healthier mental state, leading to improved overall well-being. Prioritizing mental health had been deemed essential for personal growth, happiness, and resilience in the face of life's challenges.

Recommendations:

- Incorporate self-compassion practices into educational and workplace environments.
- Promote mental health awareness campaigns to reduce stigma.
- Encourage regular mental health check-ins within communities.

Attendees-

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AASTHA SAHU
ABHINAV GAUR
ADITYA KUSHWAH
AKSHAT SONI
AMERA PATEL
AMI THAKUR
ANIKET SANWALIYA
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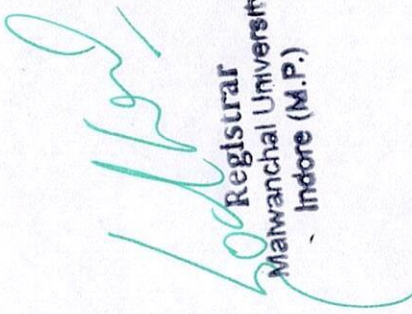
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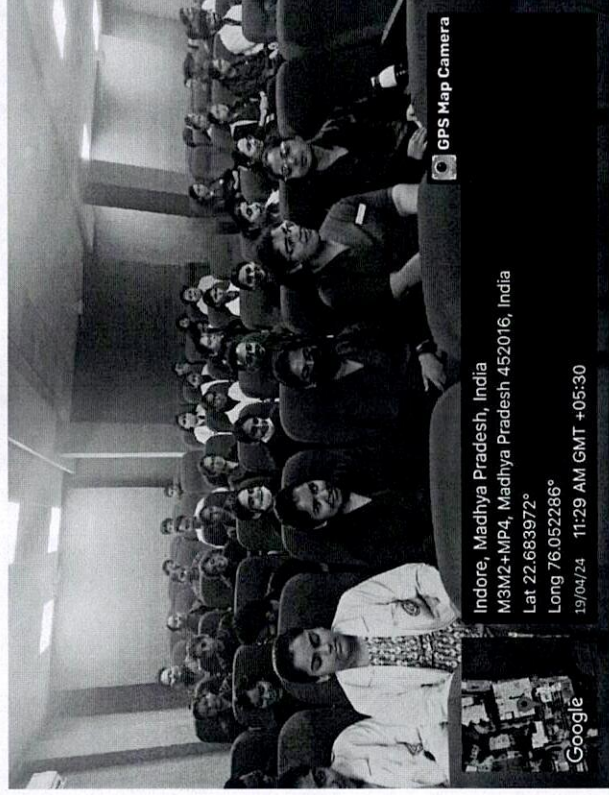
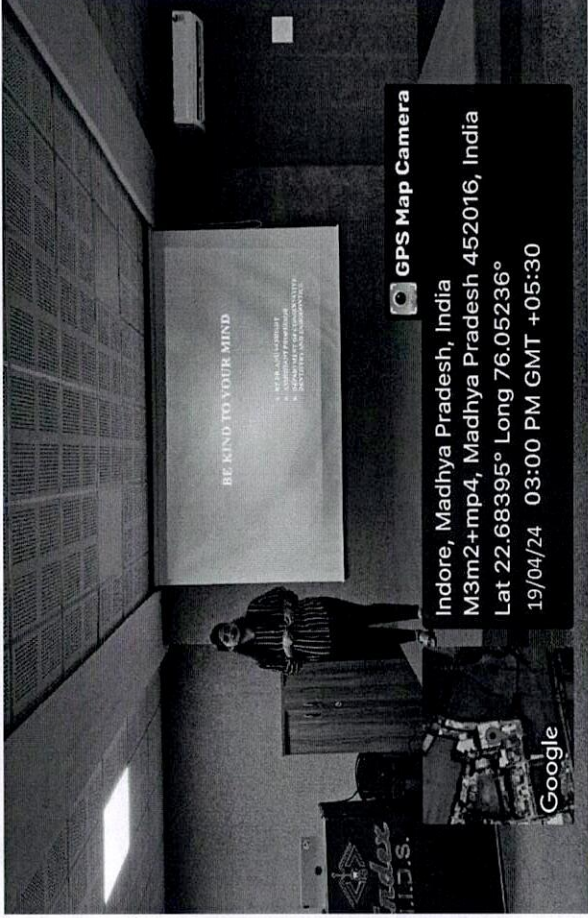
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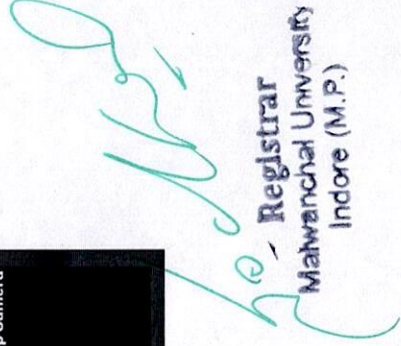


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