



# ME-FIT

**FROM: 24/2/21 TO 25/3/21**

**ORGANISED BY:  
DEPARTMENT OF PUBLIC HEALTH  
DENTISTRY,  
MGM DENTAL COLLEGE & HOSPITAL,  
KAMOTHE, NAVI MUMBAI**

# FLOW OF EVENTS

SPEAKER : DR. JYOTI MAHESHWARI

TIMING : 1PM – 3PM

MODULES	SESSIONS	DATES	TOPICS
I	1	24/2/21	IDENTIFYING ONE'S OWN STRENGTHS AND WEAKNESS
	2	25/2/21	SELF BELIEF AND SELF ACCEPTANCE, EFFECTS OF EMOTIONAL REACTIONS
II	1	1/3/21	STRESS MANAGEMENT, MANAGING NEGATIVE EMOTIONS
	2	4/3/21	GOOD WORK PLACE RELATIONSHIP, EMPATHY AND COMPASSION
III	1	8/3/21	EFFECTIVE COMMUNICATION SKILLS
	2	10/3/21	TIME MANAGEMENT
IV	1	15/3/21	DECISION MAKING SKILLS
	2	18/3/21	PROBLEM SOLVING SKILLS
V	1	22/3/21	SELF MOTIVATION
	2	25/3/21	GOAL SETTING SKILLS

# ORGANIZING COMMITTEE



**DEPARTMENT OF PUBLIC HEALTH  
DENTISTRY  
MGM DENTAL COLLEGE  
KAMOTHE , NAVI MUMBAI**

## **FACULTY:**

**DR. DEEKSHA K. SHETTY  
DR. VAIBHAV P. THAKKAR  
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DR. PRIYA SINGH  
MRS. SMITA BHIWANDKAR**

## **GUEST FACULTY :**

**DR. JYOTI MAHESHWARI**