

**PRAVARA INSTITUTE OF MEDICAL SCIENCES, LONI**

**(Deemed to be University)**

**RURAL DENTAL COLLEGE, LONI**

**DEPT. OF PUBLIC HEALTH DENTISTRY**

**&**

**DEPT. OF PERIODONTOLOGY**

**In collaboration with**

**Yoga Prabha Bharati (Seva Sanstha) Trust Mumbai**

**On the occasion of**



**WORLD HEALTH DAY - 2018**

**WORKSHOP ON STRESS MANAGEMENT  
& MEDITATION TECHNIQUES**

**DATE: 07/04/2018**

**VENUE: SARARASWATI HALL**

**TIME: 09:30 AM TO 11:30 AM**

To,  
All Teaching, Non Teaching faculty, Students [U.G., P.G.  
Interns]

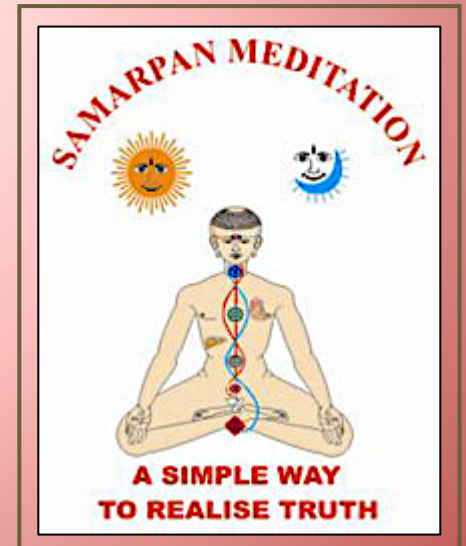
[R.M.C; R.D.C; Dr.A.P.J.A.K.C.O.Pth; C.O.N; Allied Health  
Sciences, C.S.M]

On the Occasion of "World Health Day 2018", a workshop on  
Stress Management & Meditation Techniques has been  
organized at Saraswati Hall from 09:30 am to 11:30 am.

In today's era, stress management is the need of the hour,  
especially for the healthcare professionals and students for better  
performance in their academics and practice as also to reduce  
burn out.

Yoga Prabha Bharati (Seva Sanstha) Trust Mumbai, which has a  
vast experience of training health professionals in various  
medical & dental colleges in Mumbai has specially designed this  
program for our institute.

On behalf of the Organizing Committee, you are cordially invited  
to be a part of this workshop and take away rich experiences.



**NO REGISTRATION CHARGES**

**For More Details Contact:**

**Dept. of Public Health Dentistry, R.D.C, Loni**

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