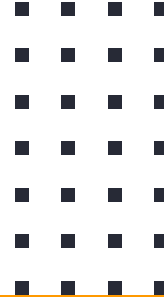




BAPUJI DENTAL COLLEGE AND HOSPITAL, DAVANGERE INVITES DENTAL STUDENTS



National Level Virtual Training Program Capacity Building on Life Skills: Self Awareness and Compassion



Registration Fee: Rs 100

Registration Link

<https://forms.gle/k6xW89B1RKgVoowf7>

Facilitator:

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Organized by :

**Department of Public Health Dentistry
Bapuji Dental College and Hospital
Davangere**

PROGRAMME SCHEDULE : 5TH OCTOBER 2020

Time	Sessions
10.00 – 10.15 am	Registration / Inauguration
10.15 – 10.45 am	What are Life Skills? Understanding Skills and the Concept of Life Skills
10.45 – 12.00 pm	Self-Awareness <ul style="list-style-type: none">• Knowing Yourself• Self-Concept• Self Esteem• Techniques for Self-Awareness: Johari Window & SWOT Analysis
12.00- 12.10 pm	Break
12.10 – 1.00 pm	Compassion <ul style="list-style-type: none">• Differences between sympathy, empathy and compassion• Attribute of a doctor practicing healthcare services

E-certificates will be provided to all registered participants

Capacity Building on Self Awareness and Compassion

Oral health professionals serve patients suffering from extremely complex and painful oral and dental problems. The suffering experienced by our patients is relieved not just by our oral health services but, to a significant extent, by the way we care. Our care is effective when we are aware of the suffering of another coupled with the wish to relieve it. This kind of humane response by a dentist is possible only when he/she is aware of the 'self' within oneself and realizing that the same is true with others. This self awareness awakens the mind to respond to the suffering of others and take action to relieve it. **Self awareness and compassion are the life skills to be acquired to establish a good doctor-patient relationship.** A person with self awareness is capable of showing compassion to others. A compassionate person is always a better dentist!

