

Two day CME/ workshop on Student Wellness, Stress Management & Resilience Building

Date: 28/06/2025



The College of Medical Technology successfully conducted its first-ever comprehensive **Two day workshop** exclusively for post graduate students on **Student Wellness, Stress Management & Resilience Building** on **27th & 28th June 2025**. The event aimed to equip students with essential skill for managing stress, promoting mental well- being and enhancing resilience in the demanding field of medical education.

The workshop began with a Pre workshop evaluation to assess the student's baseline understanding of stress and coping mechanisms.

Dr. Lokendra Sharma, Nodal Officer, CMT warmly welcomed the gathering and introduced the purpose of the event. He invited Director Prof. R.K Dhiman and Dean Dr. Shaleen Kumar of the institute, who inaugurated the workshop and addressed students, emphasizing on importance of mental wellness and resilience in medical training.

Prof. R.K Dhiman, Director, SGPGI emphasized the importance of mental strength, peer support and self-care. He also encouraged students to make most of the workshop in developing lifelong coping skills.

The highlights of two day workshop included speakers including Dr. Romil Gupta, from Psychiatry and Dr. Prerna Gupta General Hospital SGPGIMS, Dr. Akanksha Sharma and Dr. Anuranjan Vishwakarma from RMLIMS, Dr. Naghma Javed from HCL Healthcare, and Dr. Amit Singh and Dr. Devika Raje from KGMU Lucknow. They delivered a series of insightful lectures on psychiatry and psychology. Each speaker addressed key dimension of mental health and wellness, tailored to the challenges faced by medical students.

The workshop was well received with enthusiastic participation and positive feedback from students of College of medical technology. It successfully provided practical knowledge, emotional support and actionable tools for managing stress and building resilience.

Students reported increased self-awareness reduced stigma around mental health and stronger understanding of how to support themselves and each other in challenging in academic environment.

The event marked a significant step in prioritizing student well-being at CMT & AHSc.



