



BHARATI VIDYAPEETH  
(DEEMED to be UNIVERSITY)  
DENTAL COLLEGE AND HOSPITAL  
SECTOR -7, C.B.D. (BELAPUR), NAVI MUMBAI –400614



**Report of “UNMASKING THE MIND- OVERCOMING INNER STRUGGLES IN A COLLEGE SETTING” – A motivational talk**

Date: 12.02.2025

Venue: lecture hall 1, 2<sup>nd</sup> floor BVDUDCH Navi Mumbai

Time: 10 am – 12 pm

Speaker: **Mr. George Ebenezer**

Number of students attended: 59

Organized by: STUDENT PROGRESS COMMITTEE

The student progress committee, BVDUDCH, Navi Mumbai organized a motivational talk for the BDS students to help cope with college setting. The session was facilitated by Mr. George Ebenezer, who is a distinguished mental health coach and motivational speaker, visionary, consultant, teen mentor and emotional trauma specialist with extensive experience engaging prestigious audiences. He is the founder Beyond Barriers Consultancy, and the NGO Santhosha Samsara.

The objectives of the session were:

- Learning effective strategies to manage stress, anxiety, addiction, inter-personal relationships and other personal challenges.
- Developing coping mechanisms to navigate academic pressures and personal issues.
- Gaining valuable insights into mental health and emotional well-being.
- Receiving guidance from an expert in a supportive and informative environment.


There was a Q&A session too in which the speaker addressed the queries of the audience.


Dr. Sandhya Methal

Coordiantor

Student Progress Committee

## Notice

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**DENTAL COLLEGE AND HOSPITAL**  
SECTOR 7, C.B.D BELAPUR, NAVI MUMBAI



BV/DU/DC/H/PM/993/2024

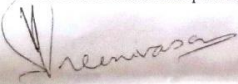
**NOTICE**


To,  
All HODS/ In charges  
Bharati Vidyapeeth Dental College and Hospital,  
Navi Mumbai.

Dear Faculty Members,

This is to inform you that the Faculty Bonding Committee will be organizing a **Counselling Session on Balancing Professional and Personal Life** on **25th September 2024 (Wednesday)** at 1:30 PM in Lecture Hall No. 1. We will be felicitating the faculty members who have received awards/ achievements. We will also be welcoming the new faculty to our fold and bidding adieu to the faculty who have left the Institution.

Let us ensure maximum participation and make this event successful.

  
Dr V. Sreenivasan  
Principal

  
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Invites all BDS students


**UNMASKING THE MIND**

OVERCOMING INNER STRUGGLES IN A COLLEGE SETTING

A SESSION BY - MR. GEORGE EBENEZER  
Distinguished Mental Health Coach  
and Motivational Speaker

ORGANISED BY  
STUDENT PROGRESS COMMITTEE





**VENUE:** LECTURE HALL 1, 2ND FLOOR, BVDUCH  
**TIME:** 10:00 A.M. TO 12:00 P.M.  
**DATE:** 12/02/25, WEDNESDAY

## Attendance

31. Shristi J Gupta	75	<u>Bpt</u>
32. Pratyaksha Telang	60	<u>Dilip</u>
33. Samadhi Joshi	08	<u>Sjoshi</u>
34. Dhanashree Bhange	57	<u>Bhange</u>
35. Marazi Gurav	50	<u>Gurav</u>
36. Ishika Bora	54	<u>I P Bora</u>
37. Santa Patil	97	<u>Santa</u>
38. Vrushali Patil	53	<u>Patil</u>
39. Aysha Samoni	58	<u>Samoni</u>
40. Aastha Joshi	69	<u>Joshi</u>
41. Hetavi Bhanushali	92	<u>Hetavi</u>
42. Vaishnavi Sawant	59	<u>Sawant</u>
43. Namrata Chakwad	64	<u>Chakwad</u>
44. Nidhi Pandav	91	<u>Nidhi</u>
45. Aditi Labde	54	<u>Aditi</u>
46. Ammar Ansari	9	<u>Ammar</u>
47. Nuh Armar	80	<u>Nuh</u>
48. Mayuri Nyawahare	1	<u>Mayuri</u>
49. Khan Misgat	45	<u>Khan</u>
50. Shafa Mulim Sayed	82	<u>Shafa</u>
51. Aamna Memon	4	<u>Aamna</u>
52. Zubiya Khar	62	<u>Zubiya</u>
53. Pragati Nishant Upadhyay	87	<u>Pragati</u>
54. Reecha Kumari	88	<u>Reecha</u>
55. Shiksha Upadhyay	95	<u>Shiksha</u>
56. Sinkarshn Thete	30	<u>Thete</u>
57. vedant.v. Kulkarni	100	<u>Vedant</u>
58. Shreya Mishra	94	<u>Shreya</u>
59. Shrutika Begde	96	<u>Shrutika</u>

Name	Roll no.	Sign
① Gaganpreet Kaur Gill	17	<u>Gaganpreet</u>
② Omruv Khandekar	31	<u>Omruv</u>
③ Om Kadam	63	<u>Om</u>
④ Harsh Nalvi	29	<u>Harsh</u>
⑤ Bhavika Suthkar	98	<u>Bhavika</u>
⑥ Tanvi Chaudhary	11	<u>Tanvi</u>
⑦ Pooja Chaudhary	12	<u>Pooja</u>
⑧ Nishant K	36	<u>Nishant</u>
⑨ Anushka Kharg	23	<u>Anushka</u>
⑩ Zinnarah Khan	24	<u>Zinnarah</u>
⑪ Anushka Mungkar	19	<u>Anushka</u>
⑫ Snehal Dhumal	41	<u>Snehal</u>
⑬ Nikkita Hadawale	33	<u>Nikkita</u>
⑭ Divya Dongare	61	<u>Divya</u>
⑮ Anushka Khar	35	<u>Anushka</u>
⑯ Diva Patel	78	<u>Divya</u>
⑰ Ashwinder	51	<u>Ashwinder</u>
⑱ Chiranjeevi	72	<u>Chiranjeevi</u>
⑲ Sakshi	65	<u>Sakshi</u>
⑳ Samadhi Chaudhary	37	<u>Samadhi</u>
21 Shreya Aftab Mulla	03	<u>Shreya</u>
22 Maria Mofua Shaikh	30	<u>Maria</u>
23 Durva Naik	02	<u>Durva</u>
24 Pavni Sinha	29	<u>Pavni</u>
25 Mare Vaibhavi	49	<u>Mare</u>
26 Kunal Kishor	66	<u>Kunal</u>
27 Aniket Kumar	73	<u>Aniket</u>
28 Sneha Pandey	93	<u>Sneha</u>
29 Dhanashree Wagh	20	<u>Dhanashree</u>
30 Pradnya Baviskar	21	<u>Pradnya</u>



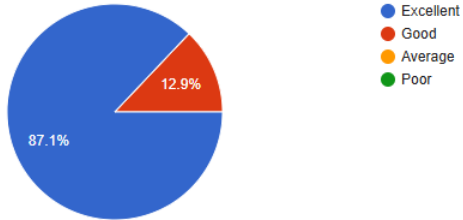
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# Feedback

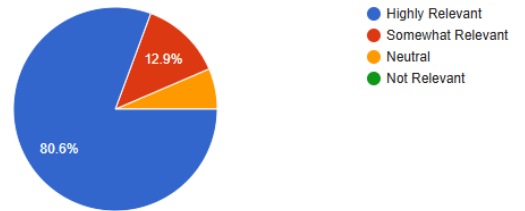
How would you rate the overall effectiveness of the program?

31 responses



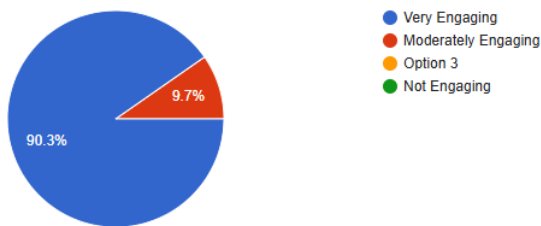
Did you find the program relevant to the challenges faced by students?

31 responses



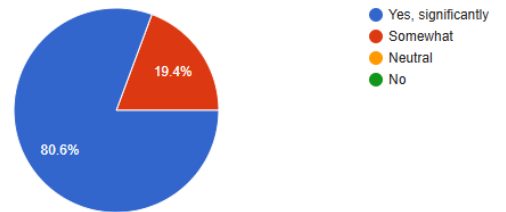
How engaging was the speaker/facilitator?

31 responses



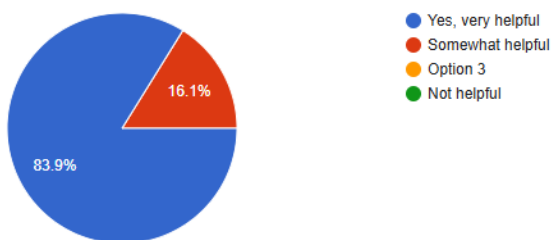
Did the session help you in identifying inner struggles?

31 responses



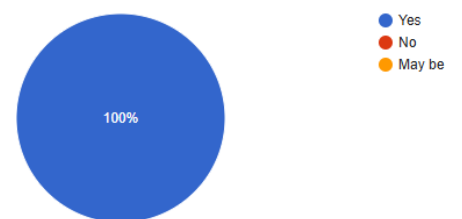
Were the interactive activities (Q&A, discussions) helpful?

31 responses



Would you like to have more programs like this

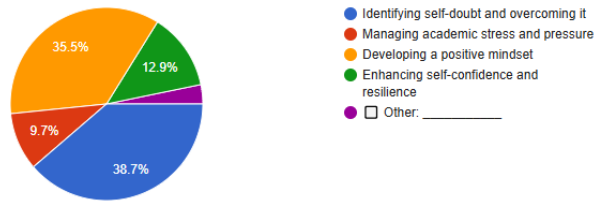
31 responses



What was the most valuable insight or lesson you gained from the program

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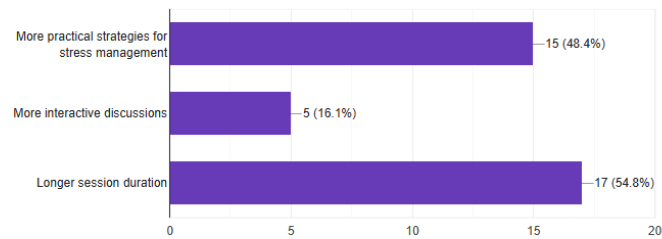
31 responses



What aspects of the session could be improved? select all that are applicable

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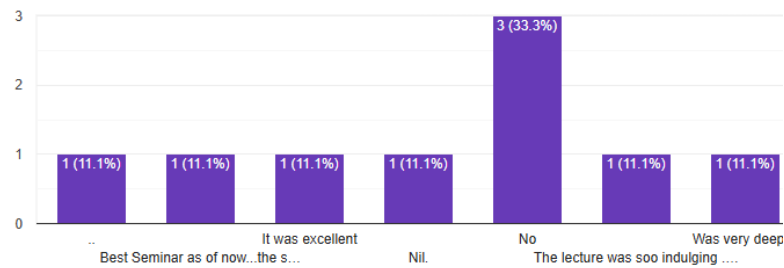
31 responses



any other suggestions

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responses



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