

Lecture on Mental Health well-being

Sudha Rustagi College of Dental Sciences and Research, Faridabad along with **Rotary Club of Faridabad Excellence** conducted a lecture about Mental Health well-being titled “*Empowering through Mindfulness*” on 19th September, 2025.

The talk was conducted by the effervescent and charismatic speaker, Mrs. Alka Singhal. The event was attended by Sh. DV Gupta (Chairman), Mr. Deepak Gupta (Secretary), Dr. Garima Gupta (MD, Shanti Devi Memorial Hospital), Dr. CM Marya (Principal), Dr. Vishal Juneja (CEO). Various Rotarians, Mr. Sharat Chandra (President), Mr. Sumit Garg (Secretary), Mr. Prashant Gupta (Treasurer), various Head of the Departments, faculty members, students and non-teaching staff.

The lecture emphasized on concentrating the mind in the present moment rather than dwelling on the past and worrying about the future. It also highlighted the fact that one cannot control the results but only actions. It stressed on seeking help when required and prioritizing self-care. It concluded with the note – What mental health needs is more sunlight, more candor, and more open conversations. Overall, it was an enlightening session on mental wellness.







