



REPORT ON National Level Training Program



# **“CAPACITY BUILDING ON LIFE SKILLS: SELF AWARENESS AND COMPASSION”**

**Organised by Department of Public Health Dentistry, Bapuji Dental College & Hospital, Davangere in collaboration with BACE (Bapuji Academy of Continuing Education) and BDCH-PHD (Bapuji PHD Alumni Association)**

**Date: 5<sup>th</sup> October, 10 A.M. – 1.00 P.M.**

**Facilitator: Dr. Sushi Kadanakuppe M.D.S., Ph.D,**

**Reader, Dept of Public Health Dentistry, V.S.Dental College and Hospital, Bengaluru**

**Facilitator, RGNIYD, Ministry of Youth Affairs and Sports, Govt of India, Sriperumbadur, Tamil Nadu**

*REPORT COMPILED BY- DR. DENZY LAWRENCE, LECTURER, DEPT. OF PHD, BDCH*

A National Level Training Program was organised under the aegis of Dept. of Public Health Dentistry, BACE, BDCH-PHD Alumni Association on October 5<sup>th</sup> from 10 A.M. To 1.00 P.M. on a virtual platform (Zoom). The information brochure designed by Dr. Puja C. Yavagal was circulated among staff & students which was uploaded on the college website. The registration committee formalities were carried out by Dr. Veeresh D.J. A total number of 84 registrations were received for the program from Staff & Students (UG & PG) from across the country. The secured online link and instructions for the Zoom Meeting Platform was provided to all the registered participants priorly to facilitate smooth conduct of the workshop. Dr. Usha G.V delivered the welcome address and introduced the Program Facilitator, Dr. Sushikadanakuppe during the inauguration ceremony at 10.A.M. The program along with the group activity and Q&A session was moderated by Dr. Usha G.V. and Dr. Denzy Lawrence. The session continued till 1.00 P.M. with active involvement of the participants and was concluded by Vote of Thanks proposed by Dr. Sapna B. Prof. & HOD, Dept. of PHD. E-certificates & Certificate of Appreciation designed by Dr. Denzy were presented to the participants and Guest Speaker respectively.



# ABOUT THE TRAINING WORKSHOP

## 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!





INFORMATION BROCHURE PREPARED BY DR. PUJA C.YAVAGAL



**BAPUJI DENTAL COLLEGE AND  
HOSPITAL, DAVANGERE  
INVITES DENTAL STUDENTS**



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



**Facilitator:**

**Dr. Sush Kadanakuppe M.D.S., Ph.D,**  
Reader, Dept of Public Health Dentistry,  
V.S.Dental College and Hospital, Bengaluru  
Facilitator, RGNIYD, Ministry of Youth Affairs and Sports,  
Govt of India, Sriperumbadur, Tamil Nadu

**Registration Fee: Rs 100**

**Registration Link**

<https://forms.gle/k6xW89B1RKgVoowf7>

**Organized by :**

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

# TRAINING PROGRAM SCHEDULE

## PROGRAMME SCHEDULE : 5<sup>TH</sup> OCTOBER 2020


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

**E-certificates will be provided to all registered participants**

# PROGRAM INAUGURATION & WELCOME ADDRESS BY DR. USHA G.V.

Recording 00:22:13 View

Talking: Bapuji PHD



Bapuji PHD

Dr. Sushu Kadanakuppe

Unmute Start Video Security Participants 77 Chat Share Screen Record Reactions Leave

The image shows a Zoom meeting interface. At the top, there is a status bar with a green checkmark, a red recording indicator, the text 'Recording', a timer at '00:22:13', and a 'View' button. Below this is a toolbar with icons for window management and a 'Talking: Bapuji PHD' indicator. The main area contains two video thumbnails. The left thumbnail shows a woman with her eyes closed, wearing a black top and a red and white sari, with a name tag 'Bapuji PHD'. The right thumbnail shows a woman with dark curly hair, wearing a yellow and white sari, with a name tag 'Dr. Sushu Kadanakuppe'. At the bottom is a control bar with icons for 'Unmute', 'Start Video', 'Security', 'Participants' (77), 'Chat', 'Share Screen', 'Record', 'Reactions', and a red 'Leave' button. The background of the interface is a wooden floor texture.



# UNDERSTANDING THE SKILLS & CONCEPT OF LIFE SKILLS



Unmute Start Video Security Participants 80 Chat Share Screen Record Reactions Leave

# PROGRAM MODERATORS – DR. USHA G.V. & DR. DENZY LAWRENCE

The screenshot displays a Zoom meeting interface. At the top, a red status bar indicates "You are viewing Dr. Sushi Kadanakuppe's screen" and shows the time as 00:34:19. The main window shows a presentation slide with the following text:

## What are Life Skills?

Dr. Sushi Kadanakuppe M.D.S., [Ph.D](#)  
Reader, Department of Public Health Dentistry  
V. S. Dental College and Hospital, Bengaluru.  
Consultant, Rajiv Gandhi National Institute of Youth Development,  
Ministry of Youth Affairs and Sports, Sriperumbudur, Tamil Nadu.

The video gallery on the left shows six participants: Dr. Sushi Kadanakuppe, Baguji PHD, RAVISHANKAR TL, Dr. Denzy Lawrence, Ashwini Mishrik..., and ZebaAfroz Shaikh. The bottom of the screen features a toolbar with icons for Unmute, Stop Video, Security, Participants (81), Chat, Share Screen, Record, Reactions, and a red "Leave" button. The status bar at the bottom left shows "Slide 1 of 55" and "English (India)".



# PROGRAM MODERATORS – DR. USHA G.V. & DR. DENZY LAWRENCE

Zoom Meeting    You are viewing Dr. Sushī Kadanakuppe's screen    View Options

Recording...    02:06:50    View

Dr. Sushī Kadanakuppe

Bapuji PHD

Preetha

Dr. Denzy Lawrence

Unmute   Stop Video   Security   Participants 74   Chat   Share Screen   Pause/Stop Recording   Reactions   Leave

# DIFFERENCE BETWEEN SYMPATHY, EMPATHY & COMPASSION

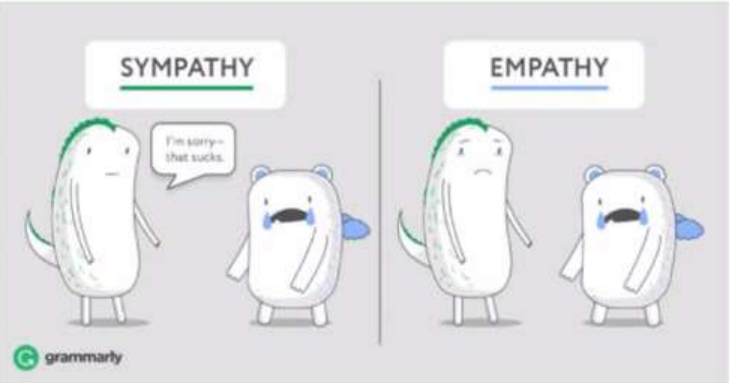
Zoom Meeting    You are viewing Dr. Sushi Kadanakuppe's screen    View Options

Dr. Denzy Law...    Dr. Sushi Kadana...    Megha K S    Babuji PHD    Sindhu Shree    Dr. Akhil Pallepati

Recording...    02:47:29

## Sympathy, Empathy and Compassion

Solipsism: the view or theory that the self is all that can be known to exist.  
The quality of being self-centered or selfish



10/5/2020    44

Unmute    Stop Video    Security    Participants 66    Chat    Share Screen    Pause/Stop Recording    Reactions    Leave

# GROUP ACTIVITY FOR PARTICIPANTS

Zoom Meeting    You are viewing Dr. Sushu Kadanakuppe's screen    View Options

Dr. Sushu Kad...    Bapuji PHD    Dr. Denzy Law...    Vinay Lokapur    Ashwini Mishrik...    ZebaAfroz Sh...

Recording...    01:30:07

Meaning of my name-----  
-----  
-----

5 things that I like and 5 things I dislike about myself -----  
-----

My name-----  
-----  
-----

2 good qualities I possess  
2 qualities I want to change-----  
-----

What others think about me (2 qualities)  
-----  
-----

Unmute    Stop Video (Alt+V)    Security    Participants 78    Chat    Share Screen    Pause/Stop Recording    Reactions    Leave



# VOTE OF THANKS BY DR. SAPNA B. PROFESSOR & HEAD DEPT. OF PUBLIC HEALTH DENTISTRY, BDCH

The screenshot displays a Zoom meeting interface. The main video feed shows a woman in a white lab coat with a blue surgical mask pulled down to her chin. In the background, a presentation slide is visible, featuring four logos: a blue square logo with a white emblem, a yellow circular logo with a graduation cap, a blue circular logo with a white anchor, and a red ribbon logo with the text 'BACE'. The top of the Zoom window shows a 'Recording...' indicator and a timer at 03:43:51. On the right side, a vertical list of participants is shown, including Dr. Denzy Lawrence, Dr. Sushu Kadanakuppe, and Megha K S. Below the participant list is a large pink square with the letter 'M' and the name 'Dr.Megha Ravik...'. The bottom of the Zoom window contains a control bar with icons for Unmute, Stop Video, Security, Participants (58), Chat, Share Screen, Pause/Stop Recording, Reactions, and a red 'Leave' button.

# CLOSING COMMENTS BY THE PROGRAM FACILITATOR – DR. SUSHI KADANAKUPPE



# VIRTUAL GROUP PHOTOGRAPH

Zoom Meeting

Recording...

02:37:17 View

1/3

1/3

Mute Stop Video Security Participants 62 Chat Share Screen Pause/Stop Recording Reactions Leave



# VIRTUAL GROUP PHOTOGRAPH

Recording... 03:50:06 View

Bapuji PHD Dr. Denzy Lawren... Joju Paul alka bharti Saraswati Vaviya

Roshni Monteiro Manjiri Kulkarni Dr. Leena Pati Akhil Pallepalli Dr. Susha Kadanakup...

Sagar Kumbhar N khisha Naik Sindhu Shree akshaya thaliyill Dr. Manjusha Um...

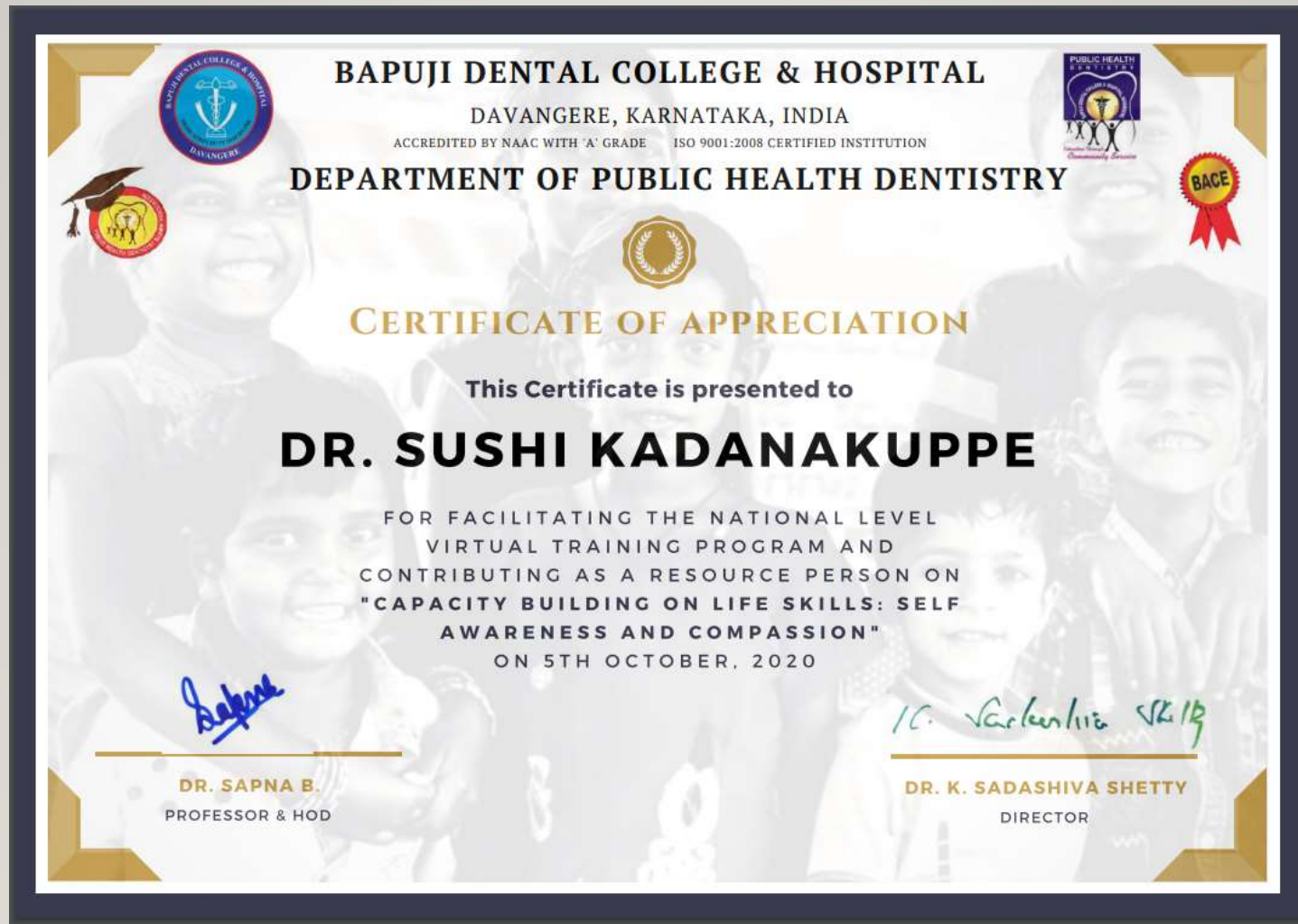
Dr. Aniruddha Das Tanima Deep Dr. Diya Kumari Dr. Megha Raviku... Puja Yavaga

Gazala Malavika Rajan VEERESH Salman Ali

Preetha

Unmute Stop Video Security Participants 59 Chat Share Screen Pause/Stop Recording Reactions Leave

# CERTIFICATE OF APPRECIATION FOR THE PROGRAM FACILITATOR



# E-CERTIFICATES WERE PROVIDED TO ALL PARTICIPANTS

