

DENTIST STRESS MANAGEMENT: FROM BURNOUT TO BALANCE

*Mastering Self-Leadership in Modern
Dental & Healthcare Practice*



MS. SONJA PFEIFFER

Licensed Psychoanalyst &
Healthcare Burnout Specialist
(Germany)



1st December 2025



10:00 AM – 12:00 PM



**AJ Dental Sciences,
Mangalore**

Register Now for FREE

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A.J. INSTITUTE OF DENTAL SCIENCES
Kuntikana, Mangalore

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November 26, 2025

To

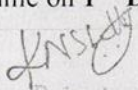
The HOD's
All departments
AJIDS

Gyan CDE Cell in Association with Department of Oral Pathology & Microbiology is pleased to conduct a CDE Programme on **"Dentist Stress Management – From Burnout to Balance"** on **1st December, 2025** at **9.30 a.m** at the Auditorium, V Floor, AJIDS.

Resource Person : 1. Ms. Sonja Pfeiffer
Psychologist and Health Care Specialist
Germany

All the HOD's and Teaching Faculty are invited to attend the CDE Programme on **1st December, 2025** at **9.30 a.m** at the Auditorium, V Floor, AJIDS.

The HOD's are requested to relieve the I BDS and IV BDS Students for the CDE Programme on **1st December, 2025** between **9.00 a.m** to **12.00 noon**.


DR. K. NILLAN SHETTY
PRINCIPAL

A.J. Institute of Dental Sciences
N.H. 66, Kuntikana
MANGALORE - 575 004
C.C : *Vice President*

HOD, Dept. of Anatomy
HOD, Dept. of Biochemistry
HOD, Dept. of Oral Medicine
HOD, Dept. of Prosthodontics
HOD, Dept. of Orthodontics
HOD, Dept. of Pedodontics
HOD, Dept. of Oral Pathology

Dr. Bharath Prabhu, IQAC Co-ordinator

Dr. Shamila Shetty, Reader & Gyan CDE Cell, Convenor

Mr. Purushotham – Maintenance Incharge.

Mr. Sachin, Photographer, AJIMS

HOD, Department of Physiology

HOD, Dept. of Conservative Dentistry

HOD, Dept. of Periodontics

HOD, Dept. of Oral Surgery

HOD, Dept. of Public Health Dentistry

Ms. Vinaya, House Keeping Supervisor

Mr. Ravi, EDP

