

PRIORITIZING EMPLOYEE WELL-BEING DALVKOT'S MENTAL HEALTH PROGRAM IN PARTNERSHIP WITH VYDEHI INSTITUTES

At Dalvkot, we are committed to creating a workplace where employee well-being is a top priority. Recognizing that mental health is an integral for both personal and professional success. We hosted an impactful Employee Mental Health Program in collaboration with Vydehi Institute of Medical Sciences and Research Centre and Vydehi Institute of Nursing Sciences and Research Centre



This initiative provided our team with an invaluable opportunity to explore topics crucial to mental health and well-being, including:

Identifying Mental Health Conditions: Understanding key signs and symptoms

Stress Management Techniques: Building tools for resilience in challenging situations

Resilience and Coping: Cultivating strategies to navigate both personal and professional stressors

Work-Life Balance and Self-Care: Promoting sustainable practices for a balanced life

This program aligns with Dalvkot's ongoing commitment to fostering a supportive and healthy work culture. We believe that when employees feel supported in every aspect of their lives, they bring their best selves to work, driving innovation, productivity, and growth.

Thank You to Our Partners

We extend our gratitude to the experts at Vydehi Institute of Medical Sciences and Research Centre and Vydehi Institute of Nursing Sciences and Research Centre for sharing their insights and enriching our team's journey towards a better mental health.

