



ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA - 686681
(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

ISOLATE AND MAGNIFY

Phone : 0485-2572531, 532, 9188952016, 9188952017

Email : sgdc@rediffmail.com, Web : sgdc.ac.in

From,
Head of the Department,
Department of Conservative Dentistry and Endodontics
St. Gregorios Dental College, Chelad

To,
The Principal,
St. Gregorios Dental College, Chelad

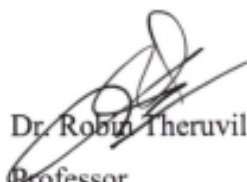
Subject: Request letter for conducting ISOLATE AND MAGNIFY certificate program for Final Year part 1 and Final year part 2 students

Respected Sir,

We are planning to conduct an add on course for Final year part A and part B students on topic entitled ISOLATE AND MAGNIFY on 12/6/2019-15/6/2019 at college auditorium. Details of the program are enclosed here for your reference.

Requesting you to kindly give us permission and guide us to conduct the program.

Thanking you,
Yours sincerely,


Dr. Robin Theruvil
Professor,

Department of Conservative Dentistry and Endodontics

ST. GREGORIOS DENTAL COLLEGE

CHELAD, KOTHAMANGALAM

SDGC/ADD/001/2019

10/06/2019

CIRCULAR

Subject : Certificate course on Isolate And Magnify for Final year Part A and Part B students

This is to inform you that an add on course for Final year part A and part B students is being organised by the Department of Conservative Dentistry and Endodontics on topic entitled Isolate And Magnify from 12/6/2019-15/6/2019 at college auditorium.

For further reference reach out to Dr. Allu Baby.

Copy to :

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All departments

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St. Gregorios Dental College
Chelad, Kerala - 686 684



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DEPARTMENT OF CONSERVATIVE DENTISTRY AND ENDODONTICS

ISOLATE AND MAGNIFY

Venue: St.Gregorios Dental College

Date/time: 12/06/2019-15/06/2019

Course syllabus:

Isolation and magnification in Dental Practice

Preamble:

Endodontics, the specialty concerned with the diagnosis and treatment of diseases and injuries affecting the dental pulp and periapical tissues, has undergone significant advancements in recent years. Effective isolation is fundamental to the success of endodontic procedures. Throughout this course, we will explore various isolation methods, including rubber dam application and the use of isolation devices, discussing their benefits, techniques, and clinical applications.

Moreover, magnification has become an indispensable tool in modern endodontic practice. We will explore the principles of magnification, its ergonomic benefits, and practical considerations for integrating magnification into daily practice.

Rationale of the course:

Through a combination of didactic lectures, hands-on demonstrations, and case-based discussions, this course focuses the importance of isolation and magnification in endodontics and discover how these essential components can transform our approach to root canal therapy and patient care.

Aim:

This course aims to equip, Final year Part A and Part B students with the knowledge and skills necessary to master isolation and magnification techniques in endodontics.

Eligible participants:Final year Part A and Part B students

Course duration: Total 30 hours

Mode of delivery: Offline mode

Course coordinator: Dr. Robin Theruvil

Course Faculty: Dr. Leeba Varghese MDS and faculties of Department of Conservative Dentistry and Endodontics



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COURSE SCHEDULE

DAY 1: 12/06/2019

MODULE 1: INTRODUCTION TO ENDODONTIC ISOLATION AND MAGNIFICATION		
Overview of endodontics as a speciality	Dr. Jain Mathew	8:30am – 9:00am
Importance of isolation and magnification in endodontic procedures	Dr. Robin Theruvil	9:00am – 9:30am
Historical perspective and evolution of isolation and magnification techniques	Dr. Saira George	10:00am – 10:30am
Introduction to key concepts and terminology	Dr. Saira George	10:30am – 11:30am

MODULE 2: ISOLATION TECHNIQUES IN ENDODONTICS		
Principles of isolation	Dr. Leeba Varghese	12:00pm – 12:30pm
Rubber dam application: materials, techniques and armamentarium	Dr. Leeba Varghese	12:30pm – 1:00pm
Alternative isolation methods: isolation devices, cotton rolls and retraction cords	Dr. Leeba Varghese	1:00pm – 1:30pm

MODULE 3: CLINICAL BENEFITS OF ISOLATION IN ENDODONTICS		
Impact of isolation on treatment outcomes and longevity of restorations	Dr. Leeba Varghese	2.00pm- 2.30pm
Reduction of cross-contamination and infection control	Dr. Leeba Varghese	2.30pm- 3.30pm
Case presentations illustrating the clinical significance of effective isolation	Dr. Leeba Varghese	3.30pm- 4.30pm



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DAY 2: 13/06/2019

MODULE 4: INTRODUCTION TO MAGNIFICATION SYSTEMS		
Principles of magnification in endodontics	Dr. Robin Theruvil	8:30am – 9:00am
Types of magnification systems: Dental loupes, surgical microscopes and digital magnification	Dr. Robin Theruvil	9:00am – 9:30am
Selection criteria for magnification systems	Dr. Midhun Paul	10:00am – 10:30am
Ergonomic considerations and benefits of magnification for clinicians	Dr. Allu Baby	10:30am – 11:30

MODULE 5: INTEGRATING MAGNIFICATION INTO ENDODONTIC PRACTICE		
Setting up a magnification system in the dental operatory	Dr. Leeba Varghese	12:00pm – 12:30pm
Calibration and adjustment of magnification devices	Dr. Leeba Varghese	12:30pm – 1:00pm
Techniques for maintaining a comfortable working posture with magnification	Dr. Leeba Varghese	1:00pm – 1:30pm

MODULE 6: CLINICAL APPLICATIONS OF MAGNIFICATION IN ENDODONTICS		
Visualizing and accessing intricate root canal anatomy	Dr. Leeba Varghese	2.00pm- 2.30pm
Detecting and managing calcified canals, isthmuses, and accessory canals	Dr. Leeba Varghese	2.30pm- 3.30pm
Case-based discussions and treatment planning exercises	Dr. Leeba Varghese	3.30pm- 4.30pm



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DAY 3: 14/6/2019

Hands on isolation	Dr. Leeba Varghese	9.30am-12.30pm
Hands on magnification	Dr. Leeba Varghese	1.30pm-4.30pm

DAY 4: 15/06/2019

MODULE 7: ADVANCED TOPICS IN ENDODONTIC ISOLATION AND MAGNIFICATION

Incorporating adjunctive technologies into isolation and magnification protocols	Dr. John Jacob	8.30am - 9.00am
Future trends and innovations in endodontic isolation and magnification	Dr. John Jacob	9.00am-9.30am
Research updates and evidence-based practices in the field	Dr. Robin Theruvil	10.00am-10.30am
Q&A session and panel discussion with expert clinicians		10.30am-11.30am

MODULE 8: PRACTICAL IMPLEMENTATION AND CLINICAL INTEGRATION

Developing personalized protocols for isolation and magnification in your practice	Dr. Jain Mathew	12.00pm-12.30pm
Overcoming barriers to adoption and integrating new techniques into routine procedures	Dr. Midhun Paul	12.30pm-1.00pm
Clinical scenarios and role-playing exercises to reinforce learning	Dr. Saira George	1.00pm-1.30pm

MODULE 9: COURSE CONCLUSION AND RECAP

Review of key takeaways from the course	Dr. Allu Baby	2.00pm-2.30pm
Reflection on personal learning goals and objectives achieved	Dr. John Jacob	2.30pm-3.30pm
Feedback and evaluation: soliciting input for course improvement		3.30pm-4.30pm



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POST EVENT REPORT

Isolation and Magnification Course conducted at St. Gregorios Dental College from June 12 to June 15, 2019, aimed to provide undergraduate students with comprehensive knowledge and practical skills in endodontic isolation techniques and magnification systems. The course was designed to enhance students' understanding of these essential components in endodontic practice, enabling them to deliver high-quality patient care and improve treatment outcomes.

The course was attended By 70 undergraduate students from St. Gregorios Dental College with a keen interest in endodontics and restorative dentistry. Continuous feedback was solicited from participants through interactive sessions and post-event surveys. Faculty members provided individualized feedback to students during practical sessions, focusing on skill development and technique refinement. The Isolation and Magnification Course received positive feedback from participants, who expressed appreciation for the comprehensive curriculum and hands-on learning opportunities. Students reported increased confidence in their ability to apply isolation and magnification techniques in clinical practice, highlighting the practical relevance of the course content.



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FEEDBACK FORM

1. **Overall Course Evaluation:**

How would you rate the overall organization and structure of the course?

- Excellent
- Very Good
- Good
- Fair
- Poor

Did the course meet your expectations?

- Yes
- No

2. **Content and Presentation:**

Rate the quality of the lectures and presentations.

- Excellent
- Very Good
- Good
- Fair
- Poor

Were the topics covered relevant and beneficial to your learning?

- Yes
- No

Were the explanations clear and easy to understand?

- Yes
- No

3. **Hands-on Sessions/Demonstration (if included in the course)**

Rate the effectiveness of the hands-on sessions and practical demonstrations.

- Excellent
- Very Good
- Good
- Fair
- Poor

Did the hands-on sessions enhance your understanding and skills in isolation and magnification techniques?

- Yes
- No

4. **Instructors and Facilitators:**

How would you rate the knowledge and expertise of the instructors?



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- Excellent
- Very Good
- Good
- Fair
- Poor

Were the instructors approachable and responsive to questions?

- Yes
- No

5. **Course Materials:**

Were the course materials (handouts, presentations) helpful in your learning?

- Yes
- No

Do you have any suggestions for improving the course materials?

6. **Logistics and Facilities:**

How would you rate the logistics and facilities provided during the course?

- Excellent
- Very Good
- Good
- Fair
- Poor

Were the venue and equipment suitable for the hands-on sessions?

- Yes
- No

7. **Suggestions for Improvement:**

What aspects of the course did you find most valuable?

Are there any areas of the course that you think could be improved?

Do you have any suggestions for future topics or speakers?

8. **Additional Comments:**

Please share any additional comments or feedback about your experience in the course.

9. **Would you recommend this course to your peers?**

- Yes
- No

10. **Participant Information (Optional):**

Name (Optional):

Email (Optional):

Thank you for your participation and valuable feedback! Your input will help us enhance future educational offerings. Please return the completed form to Dr. John Jacob



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ASSIGNMENT

- 1. Which of the following is NOT a benefit of effective isolation in endodontic procedures?**
 - Enhanced visibility
 - Moisture control
 - Increased risk of post-operative infections
 - Prevention of contamination
 - 2. Rubber dam application in endodontics primarily helps in:**
 - Moisture control
 - Improving visibility
 - Reducing radiation exposure
 - Preventing apical extrusion of debris
 - 3. What is the primary purpose of magnification systems in dentistry?**
 - To improve patient comfort during procedures
 - To enhance the esthetics of restorations
 - To provide a detailed view of the operating field
 - To minimize chairside time for clinicians
 - 4. Dental loupes and surgical microscopes are examples of:**
 - Isolation devices
 - Magnification systems
 - Restorative materials
 - Dental handpieces
 - 5. Which of the following is a clinical benefit of using magnification in endodontics?**
 - Increased risk of procedural errors
 - Reduced visibility of root canal anatomy
 - Enhanced precision in instrumentation
 - Limited access to the operating field
 - 6. Which isolation technique provides the most effective moisture control and contamination prevention in endodontic procedures?**
 - Cotton roll isolation
 - Rubber dam application
 - Saliva ejector use
 - Tissue retraction cord placement
 - 7. How do magnification systems contribute to ergonomic benefits for clinicians?**
 - By increasing the weight of dental instruments
 - By reducing the need to maintain a comfortable working posture
 - By minimizing strain and fatigue during procedures
 - By limiting the range of motion during treatment
-



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- 8. Which of the following is NOT a type of magnification system commonly used in dentistry?**
- Dental loupes
 - Surgical microscopes
 - Endodontic files
 - Digital magnification devices
- 9. What role do isolation and magnification play in enhancing treatment outcomes in endodontics?**
- They have no significant impact on treatment outcomes.
 - They improve patient comfort but have little effect on treatment outcomes.
 - They contribute to more accurate diagnosis and meticulous treatment execution.
 - They primarily increase the speed of treatment without affecting outcomes



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Answer key:

1. c) Increased risk of post-operative infections
2. a) Moisture control
3. c) To provide a detailed view of the operating field
4. b) Magnification systems
5. c) Enhanced precision in instrumentation
6. b) Rubber dam application
7. c) By minimizing strain and fatigue during procedures
8. c) Endodontic files
9. c) They contribute to more accurate diagnosis and meticulous treatment execution



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ATTENDANCE LIST



ST. GREGORIOS DENTAL COLLEGE, CHELAD

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

TOPIC: ISOLATE + MAGNIFY.

Sl no.	Name of participant	12/06/19 Day 1	13/06/19 Day 2	14/06/19 Day 3	15/06/19 Day 4
1	Linda Maria Jose	[Signature]	[Signature]	[Signature]	[Signature]
2	Rinni Row	[Signature]	[Signature]	[Signature]	[Signature]
3	Nymu Fathima	[Signature]	[Signature]	[Signature]	[Signature]
4	Hishay Raj M	[Signature]	[Signature]	[Signature]	[Signature]
5	Akshaya R. Nath	[Signature]	[Signature]	[Signature]	[Signature]
6	Rosemaria gamon	[Signature]	[Signature]	[Signature]	[Signature]
7	Sweetly Maria	[Signature]	[Signature]	[Signature]	[Signature]
8	Maggie Xavier	[Signature]	[Signature]	[Signature]	[Signature]
9	Prase Jose	[Signature]	[Signature]	[Signature]	[Signature]
10	Albert Thomas	[Signature]	[Signature]	[Signature]	[Signature]
11	Anna Sandra	[Signature]	[Signature]	[Signature]	[Signature]
12	Ann Mary Paul	[Signature]	[Signature]	[Signature]	[Signature]
13	Justine Jose	[Signature]	[Signature]	[Signature]	[Signature]
14	Nandu prasad	[Signature]	[Signature]	[Signature]	[Signature]
15	Ahas Biju	[Signature]	[Signature]	[Signature]	[Signature]
16	Shilpa Thomas	[Signature]	[Signature]	[Signature]	[Signature]
17	Ajai Joy	[Signature]	[Signature]	[Signature]	[Signature]
18	Primo Peter	[Signature]	[Signature]	[Signature]	[Signature]
19	Anupa Merinoo	[Signature]	[Signature]	[Signature]	[Signature]
20	Basil Jose	[Signature]	[Signature]	[Signature]	[Signature]
21	Sangeetha Sankunari	[Signature]	[Signature]	[Signature]	[Signature]
22	Maya Das	[Signature]	[Signature]	[Signature]	[Signature]
23	Aiswarya Narayanan	[Signature]	[Signature]	[Signature]	[Signature]
24	Richa Shrey	[Signature]	[Signature]	[Signature]	[Signature]
25	Richa. K.C	[Signature]	[Signature]	[Signature]	[Signature]

PRINCIPAL	DEU Convenor	DEU Secretary



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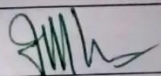


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UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

TOPIC: ISOLATE & MAGNIFY

Sl no.	Name of participant	12/6/19 Day 1	13/6/19 Day 2	14/6/19 Day 3	15/6/19 Day 4
26	Rajjyothi P	Rajjyothi	Rajjyothi	Rajjyothi	Rajjyothi
27	Jithin Jose	Jithin	Jithin	Jithin	Jithin
28	Reshma Marshal	Reshma	Reshma	Reshma	Reshma
29	Bilal George	Bilal	Bilal	Bilal	Bilal
30	Merin John	Merin	Merin	Merin	Merin
31	Nichina Joseph	Nichina	Nichina	Nichina	Nichina
32	Niva Babu	Niva	Niva	Niva	Niva
33	Neethu R	Neethu	Neethu	Neethu	Neethu
34	Nimma Manoj	Nimma	Nimma	Nimma	Nimma
35	Anna Rose	Anna	Anna	Anna	Anna
36	Anna Twinkle	Anna	Anna	Anna	Anna
37	Athira Samee	Athira	Athira	Athira	Athira
38	Akash Kumar	Akash	Akash	Akash	Akash
39	Charon Ms	Charon	Charon	Charon	Charon
40	Geo Thomas	Geo	Geo	Geo	Geo
41	Seelakshmi M	Seelakshmi	Seelakshmi	Seelakshmi	Seelakshmi
42	Rebekah M	Rebekah	Rebekah	Rebekah	Rebekah
43	Anna Mary Saji	Anna	Anna	Anna	Anna
44	Sency Vincent	Sency	Sency	Sency	Sency
45	Muna MJ	Muna	Muna	Muna	Muna
46	Seetha Anna Joji	Seetha	Seetha	Seetha	Seetha
47	Faizana Muhammed	Faizana	Faizana	Faizana	Faizana
48	Raghav Rajan	Raghav	Raghav	Raghav	Raghav
49	Arya Flaidas	Arya	Arya	Arya	Arya
50	Aravind M Nair	Aravind	Aravind	Aravind	Aravind

		
PRINCIPAL	DEU Convenor	DEU Secretary



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TOPIC: ISOLATE + MAGNIFY

Sl no.	Name of participant	12/6/19 Day 1	13/6/19 Day 2	14/6/19 Day 3	15/6/19 Day 4
51	Ashley S Remy	[Signature]	[Signature]	[Signature]	[Signature]
52	GIRISH BABU	[Signature]	[Signature]	[Signature]	[Signature]
53	Bubina Rasheed.	[Signature]	[Signature]	[Signature]	[Signature]
54	Reshma James	Reshma	Reshma	Reshma	Reshma
55	Benoj Nelson	Benoj	Benoj	Benoj	Benoj
56	Alfi Benny	Alfi	Alfi	Alfi	Alfi
57	Priyamedha C.	Priyamedha	Priyamedha	Priyamedha	Priyamedha
58	Annu Ann.	[Signature]	[Signature]	[Signature]	[Signature]
59	Jeney M Jose	[Signature]	[Signature]	[Signature]	[Signature]
60	Tisha George	Tisha	Tisha	Tisha	Tisha
61	Devi sasi	Devi	Devi	Devi	Devi
62	Della Rajar	Della	Della	Della	Della
63	Jeffrey Alexander	[Signature]	[Signature]	[Signature]	[Signature]
64	Keshan Tom	[Signature]	[Signature]	[Signature]	[Signature]
65	Rinku Mariam	[Signature]	[Signature]	[Signature]	[Signature]
66	Anreena jojo	[Signature]	[Signature]	[Signature]	[Signature]
67	Ashiya Aluzha	[Signature]	[Signature]	[Signature]	[Signature]
68	Stephy A Thomas	[Signature]	[Signature]	[Signature]	[Signature]
69	Meha Viji	[Signature]	[Signature]	[Signature]	[Signature]
70	Maarin Vaighese.	[Signature]	[Signature]	[Signature]	[Signature]
71	Keshya Babu.	[Signature]	[Signature]	[Signature]	[Signature]
72	IRENE THOMAS	[Signature]	[Signature]	[Signature]	[Signature]
73	Abina Joy	[Signature]	[Signature]	[Signature]	[Signature]

[Signature]	[Signature]	[Signature]
PRINCIPAL	DEU Convenor	DEU Secretary



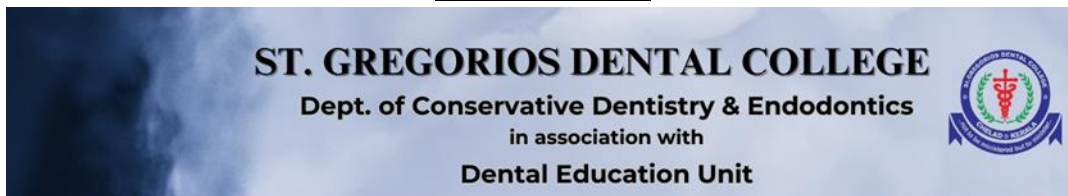
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BROCHURE



ISOLATE & MAGNIFY

for
Final Year Part 1 & Part 2

JUNE 12-15, 2019

@ College Auditorium
Dept. of Endodontics

DR LEEBA VARGHESE
MDS
(Conservative & Endodontics)

**ADD-ON
COURSE**



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CERTIFICATE





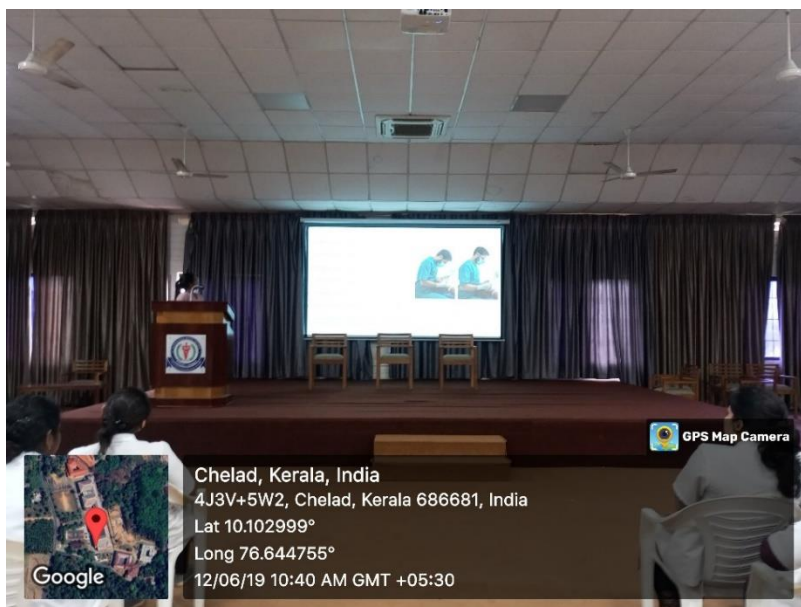
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PHOTOS



PHOTOS OF ADD ON COURSE ENTITLED “ISOLATE AND
MAGNIFY”



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(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

LASER DENTISTRY –A REALISTIC GUIDE TO **MINIMALLY INVASIVE PRACTICE**

From
Head of the Department
Department of Prosthodontics and Crown and Bridge
St. Gregorios Dental College, Chelad

To
The Principal
St. Gregorios Dental College, Chelad

Subject: Request letter for conducting LASER DENTISTRY –A REALISTIC GUIDE TO MINIMALLY INVASIVE PRACTICE certificate program for Final year Part 2 students

Respected Sir,

We are planning to conduct an Add on course for Final year Part 2 students on the topic entitled 'LASER DENTISTRY –A REALISTIC GUIDE TO MINIMALLY INVASIVE PRACTICE' from 17/07/2019 to 20/07/2019 at the college auditorium. Details of the program are enclosed here for your reference.

Requesting you to give us permission and guide us to conduct the program.

Thanking You,

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Dr. George Francis', with a large, stylized flourish above the name.

Dr. George Francis
Professor and Head of the Department
Department of Prosthodontics and Crown and Bridge

ST. GREGORIOS DENTAL COLLEGE
CHELAD, KOTHAMANGALAM

SGDC/ADD/002/2019

15/07/2019

CIRCULAR

Subject: Certificate course on Laser Dentistry –A Realistic Guide to Minimally Invasive Practice for Final Year Part 2 students

This is to inform you that an add on course for Final Year Part 2 students is being organized by the Department of Prosthodontics and Crown and Bridge on the topic entitled Laser Dentistry –A Realistic Guide to Minimally Invasive Practice from 17/07/2019 to 20/07/2019 at the college auditorium.

For further reference, reach out to Dr. Paul Kariyatty.



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ST. GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ
CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681
(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

DEPARTMENT OF PROSTHODONTICS AND CROWN AND BRIDGE

LASER DENTISTRY –A REALISTIC GUIDE TO MINIMALLY INVASIVE PRACTICE

Venue: St. Gregorios Dental College

Date/Time: 17/07/2019-20/07/2019

Course syllabus:

Minimally invasive practice of lasers in dentistry.

Preamble:

This course delves into the forefront of dental innovation where laser technology reshapes traditional treatment methods, enabling precise, efficient and minimally invasive procedures. Throughout the course we explore the fundamental principles of laser tissue interaction, diverse applications of dental lasers and master the art of minimal invasive techniques. Furthermore, the course offered by the department of Prosthodontics includes the intersection of cutting-edge technology and prosthodontic care exploring how laser technology can enhance efficiency and precision in patient outcomes, which helps in reshaping traditional approaches.

Rationale of the course:

Through a combination of lectures, case-based discussions and hands-on demonstrations, the course focuses on technological advancements, patient centric approaches, professional development and inter-disciplinary collaboration within the field of prosthodontics.

Aim:

This course aims to equip Final year Part 2 students with a comprehensive understanding of laser dentistry principles, different techniques, evidence-based decision making, and critical thinking in the integration of laser technology into prosthodontic practice along with hands-on training.

Eligible participants: Final year Part 2 students

Course duration: Total 30 hours

Mode of delivery: Offline mode

Course coordinator: Dr. George Francis

Course faculty: Dr. Alex Mathew and faculties of Department of Prosthodontics and Crown and Bridge



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COURSE SCHEDULE

17/07/2019

MODULE1: INTRODUCTION TO LASER DENTISTRY		
Brief overview of laser dentistry and its evolution.	Dr. George Francis	8.30am-9.00am
Importance of minimally invasive procedures in modern dentistry	Dr. Reba Balakrishnan	9.00am-9.30am
Introduction to the various modules utilized in laser dentistry	Dr. Paul Kariyattty	10.00am-10.30am
Introduction to key concepts and terminology	Dr. Arun Joy	10.30am-11.30am

MODULE 2: SOFT TISSUE LASERS IN DENTISTRY		
Applications of soft tissue lasers	Dr. Alex Mathew	12:00pm-1:00pm
Advantages over traditional methods	Dr. Alex Mathew	1:00pm-1:30pm
Case discussions	Dr. Alex Mathew	1:30pm-2:00pm

MODULE 3: HARD TISSUE LASERS IN DENTISTRY		
Applications of hard tissue lasers	Dr. Alex Mathew	2:30pm-3:00pm
Advantages over traditional drilling techniques	Dr. Alex Mathew	3:00pm-4:00pm
Case discussions	Dr. Alex Mathew	4:00pm-4:30pm



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18/07/2019

MODULE 4: EMPHASIS ON THE TRANSFORMATIVE IMPACT OF LASER DENTISTRY ON MINIMALLY INVASIVE PROCEDURES		
Setting the stage: The traditional approach vs. The evolution of minimally invasive dentistry	Dr. Arun Joy	9.00AM – 9.30AM
Laser technology as a game-changer	Dr. Paul Kariyatt	9.30am- 10.00am
Challenges and Future Directions	Dr. Paul Kariyatt	10.00 AM- 11.00AM

MODULE 5: INTEGRATION OF LASER DENTISTRY ON PROSTHODONTIC TREATMENT		
Laser Applications in Pre-Prosthetic Procedures	Dr. Alex Mathew	11.30AM – 12.00PM
Laser-assisted impression making	Dr. Alex Mathew	12.00PM – 12.30PM
Soft tissue management	Dr. Alex Mathew	12.30PM – 1.00PM
Lasers in RPDs and FPDs	Dr. Alex Mathew	1.00PM – 1.30PM

19/07/2019

Hands-on soft tissue lasers	Dr. Alex Mathew	9.30AM-12.30PM
Hands-on hard tissue lasers	Dr. Alex Mathew	1.30PM-4.30PM



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20/07/2019

MODULE 6: OTHER MODULES USED IN LASER DENTISTRY		
Photobiomodulation (PBM) Lasers	Dr. Mathew. M. Alani	9.00AM – 9.30AM
Diode Lasers	Dr. Mathew. M. Alani	9.30AM- 10.00AM
Carbon Dioxide (CO2) Lasers	Dr. Reba Balakrishnan	10.00 AM- 11.00AM
Yttrium-Aluminum-Garnet (YAG) Lasers	Dr. Reba Balakrishnan	11.00AM- 11.30AM

MODULE 7: CLINICAL INTEGRATION AND PATIENT BENEFITS		
Overview of clinical benefits	Dr. Paul Kariyatty	12:00pm-1:00pm
Overview of patient outcomes	Dr. George Francis	1:00pm-1:30pm
Case discussions	Dr. George Francis	1:30pm-2:00pm

MODULE 8: REVIEW AND FEEDBACK		
Review of key takeaways from the course	Dr. Arun Joy	2.30PM- 3.00PM
Reflection on person all earning goals and objectives achieved	Dr. Arun Joy	3.00PM -3.30PM
Feedback and evaluation: soliciting input for course improvement		3.30PM-4.00PM



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POST EVENT REPORT

‘Laser dentistry –a realistic guide to minimally invasive practice’ Course conducted at St. Gregorios Dental College from July 17 to July 20,2019, aimed to provide final year undergraduate students with comprehensive knowledge and practical skills in latest advancements, applications, and clinical benefits of laser dentistry. The course was designed to enhance students ‘understanding of these essential components in prosthodontic practice, enabling them to deliver high-quality patient care and improve treatment outcomes.

The course was attended by undergraduate students from final year part 2 from St. Gregorios Dental College with a keen interest in prosthodontics and restorative dentistry. Continuous feedback was solicited from participants through interactive sessions and post-event surveys. Faculty members provided individualized feedback to students during practical sessions, focusing on skill development and technique refinement. The lectures and the hands-on training sessions received positive feedback from participants, who expressed appreciation for the comprehensive curriculum. Students reported increased desire to know and practice more on lasers, highlighting the practical relevance of the course content.



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FEEDBACK FORM

1. Overall Course Evaluation:

How would you rate the overall organization and structure of the course?

- Excellent
- Very Good
- Good
- Fair
- Poor

Did the course meet your expectations?

- Yes
- No

2. Content and Presentation:

Rate the quality of the lectures and presentations.

- Excellent
- Very Good
- Good
- Fair
- Poor

Were the topics covered relevant and beneficial to your learning?

- Yes
- No

Were the explanations clear and easy to understand?

- Yes
- No

3. Hands-on Sessions:

Rate the effectiveness of the hands-on sessions and practical demonstrations.

- Excellent
- Very Good
- Good
- Fair
- Poor

4. Instructions and facilitators



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How would you rate the knowledge and expertise of the instructors?

- Excellent
- Very Good
- Good
- Fair
- Poor

Were the instructors approachable and responsive to questions?

- Yes
- No

5. Course Materials:

Were the course materials (handouts, presentations) helpful in your learning?

- Yes
- No

Do you have any suggestions for improving the course materials?

6. Logistics and Facilities:

How would you rate the logistics and facilities provided during the course?

- Excellent
- Very Good
- Good
- Fair
- Poor

Were the venue and equipment suitable for the hands-on sessions?

- Yes
- No

7. Suggestions for Improvement:

- Which course components did you think were the most beneficial?
- Do you think there is anything about the course that could be made better?
- Do you have any ideas for speakers or subjects for the future?

8. Additional Comments:

- If you have any more remarks or feedback regarding the course, please share them.

9. Would you recommend this course to your peers?

- Yes
- No



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10. Participant Information (Optional):

- **Name (Optional):**
- **Email (Optional):**

Thank you for your participation and valuable feedback! Your input will help us enhance Future educational offerings. Please return the completed form to Dr. Arun Joy



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FEEDBACK ANALYSIS

Analyzing student and instructor perspectives when analyzing feedback on the topic of "Laser Dentistry" requires a multidimensional approach. For the session, the students responded positively. Over 90% of the students took part in the training. Some of them had trouble reading the slides, so they provided comments on how to make the presentation room's lighting system better. Many have shown a wish to learn more about the subject.



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ASSIGNMENT

- 1. Which of the following wavelengths is commonly used in laser dentistry for soft tissue procedures in prosthodontics?**
 - a) 450 nm
 - b) 810 nm
 - c) 1064 nm
 - d) 1550 nm
- 2. Laser-assisted periodontal therapy in prosthodontics primarily aims to:**
 - a) Reduce post-operative discomfort
 - b) Achieve better bonding between prosthetic materials
 - c) Remove carious lesions
 - d) Improve gingival contour for esthetic purposes
- 3. Which type of laser is often preferred for crown lengthening procedures in prosthodontics due to its precise tissue ablation capabilities?**
 - a) Carbon dioxide (CO₂) laser
 - b) Neodymium-doped yttrium aluminum garnet (Nd: YAG) laser
 - c) Erbium: yttrium-aluminum-garnet (Er: YAG) laser
 - d) Diode laser
- 4. Laser activation of tooth whitening agents is advantageous in prosthodontics primarily because:**
 - a) It shortens the treatment time
 - b) It reduces the risk of post-operative sensitivity
 - c) It enhances the longevity of the whitening effect
 - d) It allows for deeper penetration of the whitening agent
- 5. What is a significant advantage of using lasers in tissue management around implant-supported prostheses in prosthodontics?**
 - a) Decreased risk of post-operative infections
 - b) Enhanced osseointegration of the implant
 - c) Preservation of surrounding bone structure
 - d) Improved aesthetics due to minimal scarring
- 6. Laser welding is commonly used in prosthodontics for:**
 - a) Bonding ceramic restorations to metal frameworks
 - b) Securing implant abutments to the prosthesis
 - c) Repairing fractured dentures
 - d) Contouring gingival tissue for crown placement



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- 7. In laser-assisted impression making for prosthodontic restorations, lasers are primarily used to:**
- Sterilize the impression material
 - Harden the impression material for quicker setting
 - Improve the accuracy of impression margins
 - Enhance patient comfort during impression taking
- 8. Which of the following is NOT a potential complication associated with laser use in prosthodontics?**
- Thermal damage to surrounding tissues
 - Delayed wound healing
 - Formation of aerosols containing pathogens
 - Decreased bond strength of prosthetic materials
- 9. Laser-facilitated composite bonding in prosthodontics is advantageous because it:**
- Requires less tooth preparation
 - Enhances the mechanical properties of the composite
 - Reduces the risk of post-operative sensitivity
 - Allows for better color matching with adjacent teeth
- 10. Laser-assisted tissue retraction in prosthodontics is primarily used to:**
- Control bleeding during crown preparation
 - Enhance the retention of crowns and bridges
 - Reduce the risk of pulp exposure
 - Improve the fit of implant-supported prostheses



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Answer key:

1. b) 810 nm
2. a) Reduce post-operative discomfort
3. c) Erbium: yttrium-aluminum-garnet (Er: YAG) laser
4. a) It shortens the treatment time
5. a) Decreased risk of post-operative infections
6. c) Repairing fractured dentures
7. c) Improve the accuracy of impression margins
8. d) Decreased bond strength of prosthetic materials
9. c) Reduces the risk of post-operative sensitivity
10. a) Control bleeding during crown preparation



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ATTENDANCE LIST



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TOPIC: LASER DENTISTRY : A realistic guide to minimally invasive practice

Sl no.	Name of participant	Day 1 17/09/19	Day 2 18/09/19	Day 3 19/09/19	Day 4 20/09/19
1.	Reshma Sunas	Reshma	Reshma	Reshma	Reshma
2	Bunice Peter	Peter	Peter	Peter	Peter
3	Priyanshivada C	Priyanshivada	Priyanshivada	Priyanshivada	Priyanshivada
4	Nura Babu	Nura	Nura	Nura	Nura
5	Nirina Meen	Nirina	Nirina	Nirina	Nirina
6	Athena Sami	Athena	Athena	Athena	Athena
7	Ashiya Ahuja	Ashiya	Ashiya	Ashiya	Ashiya
8	Ana Twinkle Mathew	Ana	Ana	Ana	Ana
9.	Alfi Benny	Alfi	Alfi	Alfi	Alfi
10	Devi sasi	Devi	Devi	Devi	Devi
11.	Della Rajan	Della	Della	Della	Della
12	Neethu R	Neethu	Neethu	Neethu	Neethu
13	Sharon MS	Sharon	Sharon	Sharon	Sharon
14	Soumya Xavier	Soumya	Soumya	Soumya	Soumya
15	Tisha George	Tisha	Tisha	Tisha	Tisha
16.	Annu Thomas	Annu	Annu	Annu	Annu
17	Geo Thomas	Geo	Geo	Geo	Geo
18	Stephy A Thomas	Stephy	Stephy	Stephy	Stephy
19	Rohan Tom Thomas	Rohan	Rohan	Rohan	Rohan
20	Rebecca M	Rebecca	Rebecca	Rebecca	Rebecca
21	Aneena Jojo	Aneena	Aneena	Aneena	Aneena
22	Akash S kumar	Akash	Akash	Akash	Akash
23	Albert Thomas	Albert	Albert	Albert	Albert
24	Abina Joy	Abina	Abina	Abina	Abina
25	Merin George	Merin	Merin	Merin	Merin

PRINCIPAL	DEU Convenor	DEU Secretary



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BROCHURE


LASER DENTISTRY


A REALISTIC GUIDE TO MINIMALLY INVASIVE PRACTICE

**ADD-ON COURSE FOR
FINAL YEAR PART 2 STUDENTS**

ST. GREGORIOS DENTAL COLLEGE
Dept. of Prosthodontics & Implantology
in association
Dental Education Unit

 **JULY 17 - 20
2019**

 **@ COLLEGE
AUDITORIUM**

 **RESOURCE PERSON
DR ALEX MATHEW**

Phone : 0485-2572531, 532, 9188952016, 9188952017

Email : sgdc@rediffmail.com, Web : sgdc.ac.in



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CERTIFICATE

ST. GREGORIOS DENTAL COLLEGE
CHELAD

DEPARTMENT OF PROSTHODONTICS & CROWN & BRIDGE

**CERTIFICATE
OF MERIT**

Proudly present to :

PRINCE PETER

has successfully completed 30 hour of add-on course on "**LASER DENTISTRY - A
REALISTIC GUIDE TO MINIMALLY INVASIVE PRACTISE**" held from **17-07-2019** to
20/07/2019 ----- jointly organized by the INTERNAL QUALITY ASSURANCE CELL and
DENTAL EDUCATION UNIT at St. Gregorios Dental College.

**ADD
ON**

PROF. DR. JAIN MATHEW
PRINCIPAL

DR. ALLU BABY
Convener, DEU

DR. SAUGANTH PAUL M V
Coordinator, IQAC



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PHOTOS



PHOTOGRAPHS OF ADD ON COURSE
‘LASER DENTISTRY: MINIMALLY INVASIVE

Phone : 0485-2572531, 532, 9188952016, 9188952017

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IMPLANTOLOGY

From
Head of the Department
Department of Prosthodontics and Crown and Bridge
St.Gregorios Dental College, Chelad

To
The Principal
St.Gregorios Dental College, Chelad

Subject; Request letter for conducting IMPLANTOLOGY certificate program for PG students.

Respected Sir,

We are planning to conduct an add on course for PG students on IMPLANTOLOGY from 20.08.2019-23.08.2019 in the seminar hall, Department of Prosthodontics and Crown and Bridge. Details of the program are enclosed here for your reference.

Requesting you to kindly give us permission and guide us to conduct the program.

Thanking you,

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Dr. George Francis', with a stylized flourish at the end.

Dr. George Francis
Professor and Head of the Department
Department of Prosthodontics and Crown and Bridge

ST. GREGORIOS DENTAL COLLEGE
CHELAD, KOTHAMANGALAM

SGDC/ADD/003/2019

17/08/2019

CIRCULAR

Subject: Certificate course on Implantology for PG students.

This is to inform you that an add on course for PG students is being organised by the Department of Prosthodontics and Crown and Bridge on topic entitled Implantology from 20.08.2019-23.08.2019 in the seminar hall, Department of Prosthodontics and Crown and Bridge.

For further reference reach out to Dr. Arun Joy.



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DEPARTMENT OF PROSTHODONTICS AND CROWN AND BRIDGE

IMPLANTOLOGY

Venue: St.Gregorios Dental College

Date/time: 20/08/2019-23/08/2019

Course syllabus:

Implants in dental practice.

Preamble:

This comprehensive program is designed to equip dental professionals with the knowledge, skills, and confidence needed to excel in the art and science of dental implantology.

Dental implants have revolutionized the way we approach tooth replacement, offering patients a reliable and esthetic solution that enhances both function and aesthetics. As the demand for implant therapy continues to grow, it is essential for dental practitioners to stay abreast of the latest advancements and best practices in this rapidly evolving field. Throughout this course, participants will embark on a transformative learning experience.

Rationale of the course:

From foundational principles to advanced techniques, our curriculum encompasses the full spectrum of implantology, blending theoretical insights with hands-on clinical training to ensure a well-rounded education.

Aim:

The aim of this lecture is to provide postgraduate students with a comprehensive understanding of dental implantology, focusing on the integration of implant therapy into the prosthetic treatment planning and restoration process.

Eligible participants: PG students

Course duration: Total 30 hours

Mode of delivery: Offline mode

Course coordinator: Dr.Arun Joy

Course Faculty: Dr. Bijo John MDS and faculties of Department of Prosthodontics and Crown and Bridge



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COURSE SCHEDULE

DAY 1: 20/08/2019

MODULE 1 INTRODUCTION TO DENTAL IMPLANTOLOGY		
History and evolution of dental implants	Dr. George Francis	8.30am - 9.00am
Basic terminology and concepts in implant dentistry	Dr. Mathew M. Alani	9.00am-9.30am
Overview of implant components and materials	Dr. Reba Balakrishnan	10.00am-10.30am

MODULE 2 ANATOMY AND PHYSIOLOGY		
Anatomy of the oral cavity, jawbones, and surrounding structures relevant to implant placement	Dr. Bijo John	11.00am - 11.30am
Bone physiology and healing mechanisms	Dr. Bijo John	11.30am-12.30pm
Soft tissue management in implant dentistry	Dr. Bijo John	12.30pm-1.30pm

MODULE 3 IMPLANT TREATMENT PLANNING		
Patient assessment and medical history evaluation	Dr. Bijo John	2.00pm - 2.30pm
Radiographic evaluation (X-rays, CBCT scans) and diagnostic tools	Dr. Bijo John	2.30pm-3.30pm
Principles of treatment planning and interdisciplinary coordination	Dr. Bijo John	3.30pm-4.30pm



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DAY 2: 21/08/2019

MODULE 4 SURGICAL TECHNIQUES IN IMPLANT DENTISTRY		
Surgical anatomy for implant placement	Dr. Bijo John	8.30am - 9.30am
Flap design and tissue management	Dr. Bijo John	9.30am- 10.00am
Bone preparation and implant placement techniques	Dr. Bijo John	10.00am- 10.30am

MODULE 5 PROSTHETIC PRINCIPLES IN IMPLANT DENTISTRY		
Overview of implant prosthodontics	Dr. Arun Joy	11.00am - 11.30am
Prosthetic options for implant-supported restorations	Dr. Paul Kariatty	11.30am- 12.30pm
Prosthetic design considerations for single-tooth, partial, and full-arch restorations	Dr. Reba Balakrishnan	12.30pm- 1.30pm

MODULE 6 IMPLANT COMPLICATIONS AND MANAGEMENT		
Common complications in implant dentistry and their prevention	Dr. Bijo John	2.00pm - 2.30pm
Diagnosis and management of peri-implantitis	Dr. Bijo John	2.30pm- 3.30pm
Strategies for managing implant failure and complications during prosthetic treatment	Dr. Bijo John	3.30pm- 4.30pm



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DAY 3: 22/08/2019

MODULE 7 IMPLANT MAINTENANCE AND LONG-TERM CARE		
Importance of regular maintenance and follow-up care for implant patients	Dr. George Francis	8.30am - 9.00am
Patient education on oral hygiene and home care for implant-supported restorations	Dr. Mathew M. Alani	9.00am-9.30am
Long-term prognosis and monitoring of implant restorations	Dr. Arun Joy	9.30am-10.30am

MODULE 8 EMERGING TECHNOLOGIES AND ADVANCES IN IMPLANT DENTISTRY		
Innovations in implant materials and surfaces	Dr. Paul Kariyatty	11.00am - 11.30am
Digital workflows in implant treatment planning and guided surgery	Dr. Reba Balakrishnan	11.30am-12.30pm
Future trends and developments in implant dentistry	Dr. Arun Joy	12.30pm-1.30pm

MODULE 9 CASE PRESENTATIONS AND DISCUSSION		
Review of clinical cases illustrating various aspects of implant treatment planning, surgery, and prosthetic rehabilitation	Dr. Bijo John	2.30am - 3.30am
Discussion of treatment outcomes, challenges encountered, and lessons learned	Dr. Bijo John	3.30am-4.00pm



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DAY 4: 23/08/2019

Hands on- Impression making	Dr. Bijo John	9.30am-12.30pm
Hands on- Implant placement	Dr. Bijo John	1.30pm-4.30pm

A continuous practical training session would be conducted for **Prosthodontic PG students** every **Tuesdays** from **3:00pm – 6:00pm** for **6 months**. They will be provided advanced hands on training followed by placement of implant on **10 patients** under the guidance of **Dr. Bijo John**.



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UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

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(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

POST EVENT REPORT

Implantology Course conducted at St. Gregorios Dental College from August 20th to August 23rd, 2019, was designed to provide participants with comprehensive theoretical knowledge and practical skills in dental implantology. The event aimed to enhance participants' understanding of implant procedures and equip them with the necessary skills to perform implant surgeries effectively.

The course was attended by the post graduate students of St. Gregorios Dental College. The event commenced with informative lecture sessions covering topics such as implant treatment planning, surgical techniques, prosthetic considerations, and complications management. Following the lectures, participants engaged in hands-on workshops where they had the opportunity to practice various implantology procedures. Feedback forms were distributed to participants at the end of the event to gather their thoughts and suggestions. Overall, the feedback was overwhelmingly positive, with participants expressing satisfaction with the content, organization, and hands-on learning opportunities provided. The event achieved its objectives of delivering high-quality education and fostering professional development within the field.



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FEEDBACK FORM

1. Overall Satisfaction:

- Extremely Satisfied
- Very Satisfied
- Somewhat Satisfied
- Not Satisfied

2. Content Relevance:

- Highly Relevant
- Relevant
- Somewhat Relevant
- Not Relevant

3. Quality of Presentations:

- Excellent
- Good
- Fair
- Poor

4. Hands-On Workshop Experience:

- Excellent
- Good
- Fair
- Poor

5. Organization and Logistics:



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- Excellent
- Good
- Fair
- Poor

6. Faculty Expertise and Interaction:

- Excellent
- Good
- Fair
- Poor

7. What aspects of the event did you find most beneficial?

8. Were there any topics or areas that you felt could have been covered in more detail?

9. Did you find the hands-on workshops helpful in enhancing your practical skills?

10. How would you rate the overall organization and logistics of the event?

11. Do you have any suggestions for improving future events or topics you would like to see covered in similar workshops?

Additional Comments:

12. Please share any additional comments or suggestions you have about the event.

Participant Information (Optional):

- **Name (Optional):**
- **Email (Optional):**

Thank you for your participation and valuable feedback! Your input will help us enhance future educational offerings. Please return the completed form to Dr. Arun Joy.

FEEDBACK ANALYSIS



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Participants praised the Implantology Add-On Course led by Dr. Bijo John for its comprehensive curriculum, interactive learning, and hands-on experience. They appreciated Dr. John's expertise, clear explanations, and guidance during practical sessions, which enhanced their confidence and skills in implant placement and restoration. The course provided valuable networking opportunities and was highly regarded for its relevance to clinical practice and individual learning needs.



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ASSIGNMENT

1. What material is commonly used for the fabrication of dental implants?

- a) Stainless steel
- b) Titanium
- c) Aluminum
- d) Zinc

2. Which of the following is NOT a common type of dental implant?

- a) Endosseous implant
- b) Subperiosteal implant
- c) Transosteal implant
- d) Epidermal implant

3. Osseointegration refers to:

- a) The process of implanting dental crowns
- b) The fusion of the implant with the surrounding bone
- c) The attachment of the implant to the adjacent teeth
- d) The fabrication of dental implants using synthetic materials

4. Which factor is crucial for the success of a dental implant?

- a) Patient's blood type
- b) Implant's color
- c) Proper oral hygiene
- d) Implant's weight

5. Which of the following is a contraindication for dental implant placement?

- a) Healthy bone density
- b) Uncontrolled diabetes
- c) Good oral hygiene
- d) Young age

6. The most common reason for dental implant failure is:

- a) Poor oral hygiene
- b) Allergic reaction to the implant material
- c) Smoking
- d) Improper implant placement



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7. Which of the following is NOT a component of a dental implant?

- a) Abutment
- b) Crown
- c) Root canal
- d) Implant body

8. What is the purpose of the abutment in a dental implant?

- a) To cover the implant screw
- b) To anchor the implant to the jawbone
- c) To connect the implant to the artificial tooth
- d) To provide support to the surrounding gums

9. Which imaging technique is commonly used for assessing bone quality and quantity before dental implant placement?

- a) X-ray
- b) MRI
- c) CT scan
- d) Ultrasound

10. What is the typical healing period after dental implant placement before the prosthetic tooth can be attached?

- a) 1 week
- b) 1 month
- c) 3 months
- d) 6 months



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Answer key:

1. b) Titanium
2. d) Epidermal implant
3. b) The fusion of the implant with the surrounding bone
4. c) Proper oral hygiene
5. b) Uncontrolled diabetes
6. a) Poor oral hygiene
7. c) Root canal
8. c) To connect the implant to the artificial tooth
9. c) CT scan
10. c) 3 months




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BROCHURE

 **ST GREGORIOS DENTAL COLLEGE**
CHELAD

In association with
Dental Education Unit &
Dept. of Prosthodontics & Crown and Bridge

IMPLANTOLOGY

POST GRADUATES

 **Dr. BIJOY JOHN**
RESOURCE PERSON

ADD-ON COURSE

08.30 AM - 4.30 PM

AUG | 20-23th | 2019

Venue: SEMINAR HALL



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CERTIFICATE




ST. GREGORIOS DENTAL COLLEGE
CHELAD

DEPARTMENT OF PROSTHODONTICS & IMPLANTOLOGY

Certificate
OF MERIT

This is to certify that Dr/Mr/Mrs.....*Kavana..... Rajeev*.....has successfully completed 30 hour of add-on course on "IMPLANTOLOGY" held from 20-08-2017 to 23-08-2017..... jointly organized by the INTERNAL QUALITY ASSURANCE CELL and DENTAL EDUCATION UNIT at St. Gregorios Dental College.


PROF.DR. JAIN MATHEW
PRINCIPAL


DR. ALLU BABY
Convener, DEU


DR. SAUGANTH PAUL M V
Coordinator, IQAC



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PHOTOS



PHOTOGRAPH OF ADD ON COURSE- 'IMPLANTOLOGY'



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ROTARY ENDODONTICS

Phone : 0485-2572531, 532, 9188952016, 9188952017

Email : sgdc@rediffmail.com, Web : sgdc.ac.in

From,
Head of the Department,
Department of Conservative Dentistry and Endodontics
St.Gregorios Dental College, Chelad

To,
The Principal,
St.Gregorios Dental College, Chelad

Subject : Request letter for conducting ROTARY ENDODONTICS certificate program for interns

Respected Sir,

We are planning to conduct an add on course for interns on the topic entitled ROTARY
ENDODONTICS on 21/8/2019 - 24/8/2019 at the college auditorium.

Details of the program are enclosed here for your reference. Requesting you to kindly give us
permission and guide us to conduct the program.

Thanking you,

Yours sincerely,



Dr. Robin Theruvil
Professor

Department of Conservative Dentistry and Endodontics

ST. GREGORIOS DENTAL COLLEGE

CHELAD, KOTHAMANGALAM

SGDC/ADD/004/2019

19/08/2019

CIRCULAR

Subject: Certificate course on Rotary Endodontics for interns.

This is to inform you that an add on course for interns is being organised by the Department of Conservative Dentistry and Endodontics on topic entitled Rotary Endodontics from 21/8/2019 - 24/8/2019 at the college auditorium.

For further reference reach out to Dr.Allu Baby.



Copy to:

Notice board

Office

All departments

Library

A handwritten signature in green ink, appearing to read "Allu Baby".

PRINCIPAL

PRINCIPAL
St. Gregorios Dental College
Chelad, Kothamangalam



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DEPARTMENT OF CONSERVATIVE DENTISTRY AND ENDODONTICS

ROTARY ENDODONTICS

Venue: St.Gregorios Dental College

Date/time: 21/08/2019 - 24/08/2019

Course syllabus:

Rotary Endodontics

Preamble:

Endodontics, the specialty concerned with the diagnosis and treatment of diseases and injuries affecting the dental pulp and periapical tissues, has undergone significant advancements in recent years. Rotary endodontics is a method used in dentistry for performing root canal treatments. Traditionally, root canals were performed manually using stainless steel files. However, rotary endodontics utilizes electrically-powered instruments, which are much more efficient and precise. Advantages of rotary endodontics include faster treatment times, reduced discomfort for the patient, and improved success rates due to more thorough cleaning and shaping of the root canal system.

Rationale of the course:

Through a combination of didactic lectures, hands-on demonstrations, and case-based discussions, this course focuses the importance of rotary endodontics and discover how these essential components can transform our approach to root canal therapy and patient care.

Aim:This course aims to equip interns with the knowledge and skills necessary to master rotary endodontics

Eligible participants: Interns

Course duration: Total 30 hours

Mode of delivery: Offline mode

Course coordinator: Dr. Robin Theruvil

Course Faculty : Dr. Vijith Narayanan MDS and faculties of Department of Conservative Dentistry and Endodontics



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COURSE SCHEDULE

DAY 1: 21/08/2019

MODULE 1: INTRODUCTION TO ROTARY ENDODONTICS		
Overview of traditional vs. rotary endodontics techniques	Dr. Robin Theruvil	9:00am - 10:00am
Historical perspective and evolution of rotary endodontics	Dr. Jain Mathew	10:00am - 10:30am
Advantages and limitations of rotary instrumentation	Dr. Midhun Paul	10:30am – 11:30am

MODULE 2: FUNDAMENTALS OF ROTARY ENDODONTIC INSTRUMENTS		
Types of rotary files: stainless steel vs. nickel-titanium	Dr. Vijith Narayanan	12:00 – 12:30pm
Properties of nickel-titanium files	Dr. Vijith Narayanan	12:30 – 1:00pm
Understanding file design	Dr. Vijith Narayanan	1:00 – 1:30pm
Selection criteria for rotary files	Dr. Vijith Narayanan	1:30 – 2:00pm

MODULE 3: ROTARY ENDODONTIC SYSTEMS AND EQUIPMENT		
Components of rotary endodontic systems	Dr. Vijith Narayanan	2:30 – 3:00pm
Overview of popular rotary endodontic systems	Dr. Vijith Narayanan	3:00 – 4:00pm
Features and capabilities of different endodontic motors	Dr. Vijith Narayanan	4:00 – 4:30pm



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DAY 2: 22/08/2019

MODULE 4: CLINICAL APPLICATIONS OF ROTARY ENDODONTICS		
Patient selection criteria	Dr. Robin Theruvil	8:00 – 9:00am
Case selection and treatment planning	Dr. Robin Theruvil	9:00 – 10:00am
Step-by-step protocol for rotary root canal preparation	Dr. Allu Baby	10:00 – 10:30am
Techniques for effective irrigation and disinfection	Dr. Allu Baby	10:30 – 11:00am

MODULE 5: ENDODONTIC ANATOMY AND ACCESS PREPARATION		
Understanding root canal anatomy	Dr. Vijith Narayanan	11:00 – 11:30am
Importance of proper access cavity design	Dr. Vijith Narayanan	11:30 – 12:30pm
Strategies for locating and negotiating calcified canals	Dr. Vijith Narayanan	12:30 – 1:00pm

MODULE 6: CLEANING AND SHAPING WITH ROTARY INSTRUMENTS		
Techniques for glide path creation and canal negotiation	Dr. Vijith Narayanan	1:30 – 2:00pm
Principles of canal shaping: crown-down vs. single-length	Dr. Vijith Narayanan	2:00 – 3:00pm
Strategies for managing curved canals and isthmuses	Dr. Vijith Narayanan	3:00 – 4:00pm



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DAY 3: 23/08/2019

MODULE 7: IRRIGATION PROTOCOLS AND TECHNIQUES		
Importance of irrigation in root canal disinfection	Dr Vijith Narayanan	8:00 – 9:00am
Selection of irrigating solutions	Dr Vijith Narayanan	9:00 – 10:00am
Delivery methods and activation techniques	Dr Vijith Narayanan	10:00 – 11:00am

MODULE 8: OBTURATION AND RESTORATION		
Overview of obturation techniques	Dr Vijith Narayanan	11:00 – 11:30am
Importance of three-dimensional obturation	Dr Vijith Narayanan	11:30 – 12:30pm
Considerations for post-endodontic restoration and coronal seal	Dr Vijith Narayanan	12:30 – 1:00pm

MODULE 9: CLINICAL TIPS, TRICKS AND TROUBLESHOOTING		
Common challenges and complications	Dr John Jacob	1:30 – 2:30pm
Strategies for managing instrument separation and ledge formation	Dr John Jacob	2:30 – 3:00pm
Tips for enhancing efficiency and safety in rotary instrumentation	Dr Jain Mathew	3:00 – 4:00pm

DAY 4: 24/08/2019

Hands-on workshop for participants to practice rotary instrumentation techniques	Dr. Vijith Narayanan	8:00 – 1:00PM
Q & A session	Dr. Vijith Narayanan	2:00 – 5:00PM



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POST EVENT REPORT

Rotary Endodontics Course conducted at St. Gregorios Dental College from August 21st to August 24th, 2019, aimed to provide students with the knowledge, skills, and confidence to effectively and safely perform root canal treatments using rotary instrumentation techniques.

The course was designed to enhance students' understanding of these essential components in endodontic practice, enabling them to deliver high quality patient care and improve treatment outcomes.

The course was attended by the interns from St. Gregorios Dental College with a keen interest in endodontics and restorative dentistry. Continuous feedback was solicited from participants through interactive sessions and post-event surveys. Faculty members provided individualized feedback to students during practical sessions, focusing on skill development and technique refinement. The Rotary Endodontics Course received positive feedback from participants, who expressed appreciation for the comprehensive curriculum and hands-on learning opportunities. Students reported increased confidence in their ability to apply isolation and magnification techniques in clinical practice, highlighting the practical relevance of the course content.



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FEEDBACK FORM

1. **Overall Course Evaluation:**

How would you rate the overall organization and structure of the course?

- Excellent
- Very Good
- Good
- Fair
- Poor

Did the course meet your expectations?

- Yes
- No

2. **Content and Presentation:**

Rate the quality of the lectures and presentations.

- Excellent
- Very Good
- Good
- Fair
- Poor

Were the topics covered relevant and beneficial to your learning?

- Yes
- No

Were the explanations clear and easy to understand?

- Yes
- No

3. **Hands-on Sessions:**

Rate the effectiveness of the hands-on sessions and practical demonstrations.

- Excellent
- Very Good
- Good
- Fair
- Poor

Did the hands-on sessions enhance your understanding and skills in isolation and magnification techniques?

- Yes
- No

4. **Instructors and Facilitators:**

How would you rate the knowledge and expertise of the instructors?



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- Excellent
- Very Good
- Good
- Fair
- Poor

Were the instructors approachable and responsive to questions?

- Yes
- No

5. **Course Materials:**

Were the course materials (handouts, presentations) helpful in your learning?

- Yes
- No

Do you have any suggestions for improving the course materials?

6. **Logistics and Facilities:**

How would you rate the logistics and facilities provided during the course?

- Excellent
- Very Good
- Good
- Fair
- Poor

Were the venue and equipment suitable for the hands-on sessions?

- Yes
- No

7. **Suggestions for Improvement:**

What aspects of the course did you find most valuable?

Are there any areas of the course that you think could be improved?

Do you have any suggestions for future topics or speakers?

8. **Additional Comments:**

Please share any additional comments or feedback about your experience in the course.

9. **Would you recommend this course to your peers?**

- Yes
- No

10. **Participant Information (Optional):**

Name (Optional):

Email (Optional):

Thank you for your participation and valuable feedback! Your input will help us enhance future educational offerings. Please return the completed form to Dr. Allu Baby



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ASSIGNMENT

- 1. Which of the following statements best describes rotary endodontics?**
 - a) It involves the use of manual files to shape root canals
 - b) It utilizes motorized instruments to efficiently shape root canals
 - c) It focuses on irrigation techniques in root canal treatment
 - d) It primarily involves the use of lasers in endodontic procedures
- 2. What is the primary advantage of using rotary instruments in endodontic treatment?**
 - a) Increased tactile sensitivity
 - b) Reduced risk of instrument separation
 - c) Enhanced ability to negotiate curved canals
 - d) Greater control over apical preparation
- 3. Which type of motion characterizes rotary endodontic instruments?**
 - a) Reciprocating motion
 - b) Linear motion
 - c) Rotary motion
 - d) Vibratory motion
- 4. Which of the following is NOT a common rotary endodontic instrument?**
 - a) K-file
 - b) ProTaper
 - c) WaveOne
 - d) FlexMaster
- 5. What does the term "taper" refer to in rotary endodontics?**
 - a) The length of the root canal
 - b) The flexibility of the instrument
 - c) The diameter of the instrument at the tip
 - d) The degree of tapering at the instrument's tip
- 6. Which of the following factors influences the selection of rotary endodontic instruments?**
 - a) The patient's age
 - b) The location of the tooth in the arch
 - c) The complexity of the root canal system
 - d) The presence of periapical pathology
- 7. In rotary endodontics, what does the term "apical stop" refer to?**
 - a) The point at which the root canal becomes narrower
 - b) The point of maximum root canal curvature
 - c) The endpoint of instrumentation at the apex of the root
 - d) The final irrigation step in root canal treatment



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- 8. Which of the following techniques is commonly used to verify the working length in rotary endodontics?**
- a) Digital radiography
 - b) Pulse oximetry
 - c) Electronic apex locator
 - d) Cold lateral condensation
- 9. What is the purpose of using lubricants during rotary endodontic procedures?**
- a) To disinfect the root canal
 - b) To enhance the cutting efficiency of instruments
 - c) To decrease the temperature generated during instrumentation
 - d) To remove debris and smear layer from the root canal walls
- 10. What is the recommended speed range for rotary endodontic instruments?**
- a) 1000-2000 rpm
 - b) 3000-5000 rpm
 - c) 6000-8000 rpm
 - d) 10,000-12,000 rpm



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Answer key:

1. b) It utilizes motorized instruments to efficiently shape root canals
2. b) Reduced risk of instrument separation
3. c) Rotary motion
4. a) K-file
5. d) The degree of tapering at the instrument's tip
6. c) The complexity of the root canal system
7. c) The endpoint of instrumentation at the apex of the root
8. c) Electronic apex locator
9. b) To enhance the cutting efficiency of instruments
10. c) 6000-8000 rpm



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ATTENDANCE LIST



ST. GREGORIOS DENTAL COLLEGE, CHELAD

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

TOPIC: Rotary Endodontics.

Sl no.	Name of participant	21/8/19 Day 1	22/8/19 Day 2	23/8/19 Day 3	24/8/19 Day 4
1.	Angel Sara Kurien	Angel	Angel	Angel	Angel
2.	MERINA ELDPAD	Merina	Merina	Merina	Merina
3.	Goldy Christy	Goldy	Goldy	Goldy	Goldy
4.	ANoop RAT P	Anoop	Anoop	Anoop	Anoop
5.	Marzouk C.T	Marzouk	Marzouk	Marzouk	Marzouk
6.	Garshya K.V.	Garshya	Garshya	Garshya	Garshya
7.	Sudheeshan M	Sudheeshan	Sudheeshan	Sudheeshan	Sudheeshan
8.	Milan	Milan	Milan	Milan	Milan
9.	Julia Sam	Julia	Julia	Julia	Julia
10.	Vannamol Francis	Vannamol	Vannamol	Vannamol	Vannamol
11.	Gancy Jimmy	Gancy	Gancy	Gancy	Gancy
12.	AIDA SARA JAMES	Aida	Aida	Aida	Aida
13.	Sneethy Xavier	Sneethy	Sneethy	Sneethy	Sneethy
14.	Gloria Idha	Gloria	Gloria	Gloria	Gloria
15.	Meenu Chandy	Meenu	Meenu	Meenu	Meenu
16.	Meera Baku	Meera	Meera	Meera	Meera
17.	AISWARYA SATHEESH.	Aiswarya	Aiswarya	Aiswarya	Aiswarya
18.	Anubriya Antony	Anubriya	Anubriya	Anubriya	Anubriya
19.	RESHMA EZZEBETH	Reshma	Reshma	Reshma	Reshma
20.	Amrutha E	Amrutha	Amrutha	Amrutha	Amrutha
21.	NIMISHA JOLLY	Nimisha	Nimisha	Nimisha	Nimisha
22.	DNNCHRIS JOSEPH.	Dnnchris	Dnnchris	Dnnchris	Dnnchris
23.	ABHISHEK SIMON	Abhishek	Abhishek	Abhishek	Abhishek
24.	Aswathy Susan Alexander.	Aswathy	Aswathy	Aswathy	Aswathy
25.	Anu Ann Bussy	Anu	Anu	Anu	Anu

PRINCIPAL	DEU Convenor	DEU Secretary




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BROCHURE





**ST. GREGORIOS
DENTAL COLLEGE**
KOTHAMANGALAM

In association with
**DENTAL EDUCATION UNIT
&
DEPT. OF CONSERVATIVE DENTISTRY
& ENDODONTICS**

ROTARY ENDODONTICS

ADD-ON COURSE FOR
INTERNS/PGs





DR. VIJITH NARAYANAN
(Conservative Dentistry & Endodontics)

AT COLLEGE AUDITORIUM

AUGUST | 21-24th | 2019

08.00 AM - 04.00 PM

Phone : 0485-2572531, 532, 9188952016, 9188952017

Email : sgdc@rediffmail.com, Web : sgdc.ac.in



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CERTIFICATE





ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

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PHOTOS



PHOTOS OF ADD ON COURSE
ROTARY ENDODONTICS



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PROHAB 2 TENS: DOES IT ACTUALLY CONTROL **PAIN**

From

Head of the Department

Department of Prosthodontics and Crown and Bridge

St. Gregorios Dental College, Chelad

To

The Principal

St. Gregorios Dental College, Chelad

Subject: Request letter for conducting PROHAB 2 TENS: DOES IT ACTUALLY CONTROL PAIN certificate program for third year students.

Respected Sir,

We are planning to conduct an add on course for third year students on topic entitled PROHAB 2 TENS: DOES IT ACTUALLY CONTROL PAIN on 18/9/2019-21/9/2019 in the college auditorium. Details of the program are enclosed here for your reference.

Requesting you to kindly give us permission and guide us to conduct the program.

Thanking you,

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Dr. George Francis', with a large, stylized initial 'G'.

Dr. George Francis

Professor and Head of the Department

Department of Prosthodontics and Crown and Bridge

ST. GREGORIOS DENTAL COLLEGE

CHELAD, KOTHAMANGALAM

SGDC/ADD/005/2019

16/09/2019

CIRCULAR

Subject: Certificate course on PROHAB 2 TENS for 3- year students

This is to inform you that an add on course for 3- year students is being organised by the Department of Prosthodontics and Crown and Bridge on topic entitled PROHAB 2 TENS: Does It Actually Control Pain from 18/9/2019 -21/9/2019 in the college auditorium.

For further reference reach out to Dr. Arun K Joy



A handwritten signature in green ink, appearing to be "J.M. Ch.", written over a horizontal line.

PRINCIPAL

PRINCIPAL
St. Gregorios Dental College
Chelad, Kerala - 686 681

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DEPARTMENT OF PROSTHODONTICS AND CROWN AND BRIDGE

PROHAB 2 TENS: DOES IT ACTUALLY CONTROL PAIN

Venue: St.Gregorios Dental College

Date/time: 18/9/2019 - 21/9/2019

Course syllabus:

Prohab 2 TENS: Does it actually control pain?

Preamble:

TENS, or transcutaneous electrical nerve stimulation, is a non-invasive pain management technique. Using low-voltage electrical currents to target nerves and change pain perception, this novel approach reduces discomfort. TENS is a popular drug-free approach to pain management because of its efficacy in relieving a variety of acute and chronic pain disorders.

Rationale of the course:

TENS therapy is justified by its capacity to alter how people perceive pain, trigger natural pain management systems, and cause physiological alterations in the muscles and neurological system. For a range of acute and chronic illnesses, TENS provides a non-invasive, drug-free method of pain management by addressing both the sensory and motor aspects of pain.

Aim:

The purpose of this course is to teach participants about the fundamentals, workings, and uses of TENS therapy. This entails being aware of TENS's operation, background, and scientific backing for its usefulness in treating pain.

Eligible participants: 3rd year students

Course duration: Total 30 hours

Mode of delivery: Offline mode

Course coordinator: Dr. George Francis

Course Faculty : Dr. Bilahari N MDS and faculties of Department of Prosthodontics and Crown and Bridge



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COURSE SCHEDULE

DAY 1: 18/09/2019

MODULE 1: INRODUCTION TO TENS		
Definition and overview of TENS	Dr. Reba Balakrishnan	8:00am – 9:00am
Historical background and development	Dr. Arun Joy	9:00am – 10:00am
Evolution of TENS technology	Dr. Arun Joy	10:00am – 11:00am

MODULE 2: PRINCIPLES OF TENS THERAPY		
Gate Control Theory of pain	Dr. Bilahari N	12:00 – 1:00pm
Endorphin release and pain modulation	Dr. Bilahari N	1:00pm – 2:00pm
Activation of descending pain control pathways	Dr. Bilahari N	2:30pm – 3:30pm
Neuroplasticity and long-term effects	Dr. Bilahari N	3:30pm – 4:00pm

DAY 2: 19/09/2019

MODULE 3: MECHANISM OF ACTION		
Electrical stimulation parameters	Dr. Bilahari N	8:00 – 10:00am
Electrode placement techniques	Dr. Bilahari N	10:00 – 10:30am
Modes of stimulation	Dr. Bilahari N	10:30 – 11:30am



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MODULE 4: INDICATIONS AND APPLICATIONS

Types of pain conditions suitable for TENS therapy	Dr. Bilahari N	12:00pm – 1:00pm
Musculoskeletal pain	Dr. Bilahari N	1:00pm – 2:00pm
Neuropathic pain	Dr. Bilahari N	2:30 – 3:30pm
Postoperative pain management	Dr. Bilahari N	3:30 – 4:30pm

DAY 3: 20/9/2019

MODULE 5: CLINICAL CONSIDERATIONS

Patient selection criteria	Dr. Bilahari N	8:00am – 10:00am
Contraindications and precautions	Dr. Bilahari N	10:00am – 11:00pm
Guidelines for safe and effective use	Dr. Bilahari N	11:00pm – 12:00pm
Integration of TENS into multimodal pain management approaches	Dr. Bilahari N	12:00pm – 1:00pm

MODULE 6: EVIDENCE BASED PRACTICE

Review of clinical research and meta-analyses supporting TENS efficacy	Dr. Bilahari N	1:30pm – 2:30pm
Discussion of limitations and controversies in the literature	Dr. Bilahari N	2:30pm – 3:30pm
Future directions for TENS research and innovation	Dr. Bilahari N	3:30pm – 4:30pm



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DAY 4: 21/09/2019

MODULE: 7 PATIENT EDUCATION AND EMPOWERMENT

Importance of patient education in TENS therapy	Dr. Bilahari N	8:00am – 9:30am
Teaching patients self-management techniques	Dr. Bilahari N	9:30am – 10:00am
Resources for obtaining TENS units and accessories	Dr. Billahari N	10:00am – 10:30am

MODULE 8: CONCLUSION

Recap of key points covered in the seminar	Dr. Bilahari N	10:30 – 11:00am
Closing remarks and encouragement for further learning and application	Dr. Bilahari N	11:00 – 11:30am

Open floor for participants to ask questions and seek clarification	Dr. Bilahari N	12:00 – 1:30pm
Discussion of case studies and clinical scenarios	Dr. Bilahari N	2:00 – 4:00pm



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POST EVENT REPORT

The course entitled “Prohab 2: TENS does it actually control pain?” conducted at St. Gregorios Dental College from September 18th to September 21st 2019, aimed to provide students with the comprehensive understanding of Transcutaneous Electrical Nerve Stimulation (TENS) therapy and its applications in managing various types of pain. The course featured presentations and interactive discussions to facilitate learning and knowledge exchange.

The course was attended by the 3rd year students from St. Gregorios Dental College with a keen interest in getting to know more about effective pain management. Continuous feedback was solicited from participants through interactive sessions and post-event surveys.

The course received positive feedback from the participants along with suggestions for future topics and areas of interest were noted for consideration in planning subsequent educational events. Certificates of attendance were distributed to participants to recognize their participation in the course.



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EEDBACK FORM

1. Overall Course Evaluation:

How would you rate the overall organization and structure of the course?

- Excellent
- Very Good
- Good
- Fair
- Poor

Did the course meet your expectations?

- Yes
- No

2. Content and Presentation:

Rate the quality of the lectures and presentations.

- Excellent
- Very Good
- Good
- Fair
- Poor

Were the topics covered relevant and beneficial to your learning?

- Yes
- No

Were the explanations clear and easy to understand?

- Yes
- No

3. Hands-on Sessions:

Rate the effectiveness of the hands-on sessions and practical demonstrations.

- Excellent
- Very Good
- Good
- Fair
- Poor

Did the hands-on sessions enhance your understanding and skills in isolation and magnification techniques?

- Yes
- No

4. Instructors and Facilitators:

How would you rate the knowledge and expertise of the instructors?



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- Excellent
- Very Good
- Good
- Fair
- Poor

Were the instructors approachable and responsive to questions?

- Yes
- No

5. **Course Materials:**

Were the course materials (handouts, presentations) helpful in your learning?

- Yes
- No

Do you have any suggestions for improving the course materials?

6. **Logistics and Facilities:**

How would you rate the logistics and facilities provided during the course?

- Excellent
- Very Good
- Good
- Fair
- Poor

Were the venue and equipment suitable for the hands-on sessions?

- Yes
- No

7. **Suggestions for Improvement:**

What aspects of the course did you find most valuable?

Are there any areas of the course that you think could be improved?

Do you have any suggestions for future topics or speakers?

8. **Additional Comments:**

Please share any additional comments or feedback about your experience in the course.

9. **Would you recommend this course to your peers?**

- Yes
- No

10. **Participant Information (Optional):**

Name (Optional):

Email (Optional):

Thank you for your participation and valuable feedback! Your input will help us enhance future educational offerings. Please return the completed form to Dr. Arun K Joy



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ASSIGNMENT

1. What does TENS stand for?

- a) Transcutaneous Electrical Nerve Stimulation
- b) Transcranial Electrical Nerve Stimulation
- c) Transdermal Electrical Neuro Stimulation
- d) Transverse Electrical Nerve Stimulation

2. Which theory forms the basis of TENS therapy?

- a) Endorphin Theory
- b) Descending Pain Control Theory
- c) Gate Control Theory
- d) Neuromatrix Theory

3. How does TENS modulate pain perception?

- a) By directly blocking pain signals in the brain
- b) By activating endogenous pain control mechanisms
- c) By increasing the transmission of pain signals in the spinal cord
- d) By inhibiting the release of neurotransmitters

4. Which of the following is NOT an application of TENS therapy?

- a) Management of musculoskeletal pain
- b) Treatment of hypertension
- c) Relief of neuropathic pain
- d) Postoperative pain management

5. Which parameter of electrical stimulation can be adjusted in TENS therapy?

- a) Blood pressure
- b) Heart rate
- c) Intensity
- d) Body temperature

6. Where are electrodes typically placed during TENS therapy?

- a) Directly on the site of pain
- b) At random locations on the body
- c) Over the eyes
- d) On the palms of the hands

7. Which of the following is a contraindication for TENS therapy?

- a) Chronic pain conditions
- b) Pacemaker implantation
- c) Muscle spasms
- d) Pregnancy



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8. What role do endorphins play in TENS therapy?

- a) They increase pain sensitivity
- b) They inhibit the transmission of pain signals
- c) They decrease the effectiveness of TENS
- d) They have no effect on pain perception

9. Which mode of TENS stimulation mimics the effects of acupuncture?

- a) Conventional TENS
- b) High-frequency TENS
- c) Burst mode TENS
- d) Low-frequency TENS

10. What is the primary aim of TENS therapy?

- a) To eliminate pain completely
- b) To manage pain and improve quality of life
- c) To induce sleep
- d) To increase anxiety



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Answer key:

1. a) Transcutaneous Electrical Nerve Stimulation
2. c) Gate Control Theory
3. b) By activating endogenous pain control mechanisms
4. b) Treatment of hypertension
5. c) Intensity
6. a) Directly on the site of pain
7. b) Pacemaker implantation
8. b) They inhibit the transmission of pain signals
9. c) Burst mode TENS
10. b) To manage pain and improve quality of life



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ATTENDANCE LIST



ST. GREGORIOS DENTAL COLLEGE, CHELAD

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

TOPIC: *Dis Lab 2 : TENS - Does it Actually Control Pain*

Sl no.	Name of participant	18/09/19 Day 1	19/09/19 Day 2	20/09/19 Day 3	21/09/19 Day 4
1.	Aluina	A	A	A	A
2.	Agna K. Chelvar	A	A	A	A
3.	TREASA ELIZABETH	Trasa	Trasa	Trasa	Trasa
4.	Annie Treasa Jesly	Ann	Ann	Ann	Ann
5.	Mahakshmi Nair	MN	MN	MN	MN
6.	SNEHA G NATH	S	S	S	S
7.	SARAH VARGHESE	S	S	S	S
8.	Richa	R	R	R	R
9.	Ruth	R	R	R	R
10.	Divya Mazy Philip	DM	DM	DM	DM
11.	Arkit Vargheese	A	A	A	A
12.	JOHAN ZACHARIAH	J	J	J	J
13.	Maria Benny	M	M	M	M
14.	Narva Rani	R	R	R	R
15.	Amruthakshmi	A	A	A	A
16.	DITIL DAVID M	D	D	D	D
17.	Ashwath Kucian	A	A	A	A
18.	Ashwath R. Nath	A	A	A	A
19.	Liby Abraham	L	L	L	L
20.	Nikky Peter	N	N	N	N
21.	PREENU ANN PRASAD	P	P	P	P
22.	Susanna Johnson	S	S	S	S
23.	MINNU B MANNOIL	M	M	M	M
24.	SOYA BABY	S	S	S	S
25.	SRUTHY S.	S	S	S	S

PRINCIPAL	DEU Convenor	DEU Secretary



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BROCHURE



ST. GREGORIOS DENTAL COLLEGE

CHELAD

In association with
Dental Education Unit & Dept. of Prosthodontics

PROHAB 2 ; TENS - DOES IT ACTUALLY CONTROL PAIN

**ADD-ON COURSE FOR
THIRD YEAR**

RESOURCE PERSON

DR BILAHARI N
PROFESSOR
DEPT. OF ORAL MEDICINE & RADIOLOGY



TUESDAY 08.30 AM - 4.30 PM

SEPT | 18-21th | 2019

Venue: College Auditorium



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PHOTOS



PHOTOS OF ADD ON COURSE
PROHAB 2: TENS – DOES IT ACTUALLY CONTROL PAIN



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PHYSIOLOGY OF LIFESTYLE DISORDERS

From

Department of Physiology and Biochemistry
St.Gregorios Dental College, Chelad

To

The Principal
St.Gregorios Dental College, Chelad

Subject; Request letter for conducting PHYSIOLOGY OF LIFESTYLE DISORDERS certificate program for First Year students.

Respected Sir,

We are planning to conduct an add on course for First Year students on 'PHYSIOLOGY OF LIFESTYLE DISORDERS' from 09.12.2019-12.12.2019 in the First Year Classroom. Details of the program are enclosed here for your reference.

Requesting you to kindly give us permission and guide us to conduct the program.

Thanking you,

Yours sincerely,



Ms. Jitha K. S.

Department of Physiology and Biochemistry

ST. GREGORIOS DENTAL COLLEGE

CHELAD, KOTHAMANGALAM

SGDC/ADD/006/2019

06/12/2019

CIRCULAR

Subject: Certificate course on Physiology of Lifestyle Disorders for First Year students.

This is to inform you that an add on course for First Year students is being organised by the Department of Physiology and Biochemistry on topic entitled Physiology of Lifestyle disorders from 09.12.2019-12.12.2019 in the First Year Classroom.

For further reference reach out to Ms. Jitha K. S.



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Principal,
St. Gregorios Dental College
Chelad, Kothamangalam



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DEPARTMENT OF PHYSIOLOGY AND BIOCHEMISTRY

PHYSIOLOGY OF LIFESTYLE DISORDERS

Venue: St. Gregorios Dental College

Date/time: 09.12.2019-12.12.2019

Course syllabus:

Physiology of Lifestyle Disorders.

Preamble:

This program is designed to introduce first-year BDS students to the physiological mechanisms underlying common lifestyle disorders and to highlight the relevance of lifestyle factors in oral health and overall well-being.

Lifestyle disorders, also known as non-communicable diseases (NCDs), are health conditions primarily influenced by unhealthy lifestyle choices and behaviors rather than infectious agents. These disorders arise from factors such as poor dietary habits, physical inactivity, tobacco and alcohol use, stress, and inadequate sleep. Understanding lifestyle disorders is of paramount importance for dental students due to the intricate connections between oral health and overall systemic health. As future dental professionals, they play a vital role not only in treating oral diseases but also in promoting holistic health and preventive care.

Rationale of the course:

The rationale for offering a course on the physiology of lifestyle disorders is multifaceted and aligns with the evolving landscape of healthcare and the increasing recognition of the significant impact of lifestyle choices on health outcomes.

Aim:

The aim of the course on the physiology of lifestyle disorders is to equip students with a comprehensive understanding of the physiological mechanisms underlying common health conditions influenced by lifestyle factors.

Eligible participants:

First Year students

Course duration: Total 30 hours

Mode of delivery: Offline mode

Course coordinator: Ms. Jitha K.S.

Course Faculty: Ms. Josna Raju



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COURSE SCHEDULE

DAY 1: 09/12/2019

MODULE 1 INTRODUCTION TO LIFESTYLE DISORDERS		
Definition and Classification	Ms. Josna Raju	8.30am - 9.00am
Epidemiology and Global Impact	Ms. Josna Raju	9.00am- 9.30am
Public Health Implications	Ms. Josna Raju	10.00am- 10.30am

MODULE 2 OBESITY AND METABOLIC SYNDROME		
Pathophysiology of Obesity	Ms. Josna Raju	11.00am - 11.30am
Metabolic Syndrome Components	Ms. Josna Raju	11.30am- 12.30pm
Consequences of Obesity	Ms. Josna Raju	12.30pm- 1.30pm

MODULE 3 DIABETES MELLITUS		
Physiology of Glucose Homeostasis	Ms. Josna Raju	2.00pm - 2.30pm
Type 1 Diabetes Mellitus	Ms. Josna Raju	2.30pm- 3.30pm
Type 2 Diabetes Mellitus	Ms. Josna Raju	3.30pm- 4.30pm



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DAY 2: 10/12/2019

MODULE 4 CARDIOVASCULAR DISEASES		
Anatomy and Physiology of the Cardiovascular System	Ms. Jitha K.S.	8.30am - 9.30am
Atherosclerosis and Coronary Artery Disease	Ms. Jitha K.S.	9.30am- 10.00am
Hypertension and Stroke	Ms. Jitha K.S.	10.00am- 10.30am

MODULE 5 CANCER AND LIFESTYLE FACTORS		
Cancer Biology and Tumor Development	Ms. Jitha K.S.	11.00am - 11.30am
Lifestyle Factors and Cancer Risk	Ms. Jitha K.S.	11.30am- 12.30pm
Psychosocial Factors and Cancer	Ms. Jitha K.S.	12.30pm- 1.30pm

MODULE 6 RESPIRATORY DISORDERS		
Anatomy and Physiology of the Respiratory System	Ms. Josna Raju	2.00pm - 2.30pm
Chronic Obstructive Pulmonary Disease (COPD)	Ms. Josna Raju	2.30pm- 3.30pm
Asthma and Allergic Disorders	Ms. Josna Raju	3.30pm- 4.30pm



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DAY 3: 11/12/2019

MODULE 7 MENTAL HEALTH AND WELL-BEING		
Neurobiology of Mental Health	Ms. Josna Raju	8.30am - 9.00am
Depression and Anxiety Disorders	Ms. Josna Raju	9.00am- 9.30am
Sleep Disorders and Circadian Rhythms	Ms. Josna Raju	9.30am- 10.30am

MODULE 8 GASTROINTESTINAL DISORDERS		
Anatomy and Physiology of the Digestive System	Ms. Josna Raju	11.00am - 11.30am
Gastroesophageal Reflux Disease (GERD) and Peptic Ulcer Disease	Ms. Josna Raju	11.30am- 12.30pm
Inflammatory Bowel Disease (IBD) and Irritable Bowel Syndrome (IBS)	Ms. Josna Raju	12.30pm- 1.30pm

MODULE 9 RENAL DISORDERS		
Anatomy and Physiology of the Urinary System	Ms. Jitha K.S.	2.00pm - 2.30pm
Chronic Kidney Disease (CKD) and Hypertension	Ms. Jitha K.S.	2.30pm- 3.30pm
Urinary Tract Infections (UTIs) and Kidney Stones	Ms. Jitha K.S.	3.30pm- 4.30pm



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DAY 4: 12/12/2019

MODULE 10 MUSCULOSKELETAL DISORDERS		
Bone Biology and Mineral Homeostasis	Ms. Josna Raju	8.30am - 9.00am
Osteoarthritis and Rheumatoid Arthritis	Ms. Josna Raju	9.00am- 9.30am
Exercise Physiology and Physical Activity Recommendations	Ms. Josna Raju	9.30am- 10.30am

MODULE 11 REPRODUCTIVE HEALTH AND LIFESTYLE FACTORS		
Female Reproductive Physiology	Ms. Josna Raju	11.00am - 11.30am
Male Reproductive Health	Ms. Josna Raju	11.30am- 12.30pm
Pregnancy and Lifestyle Considerations	Ms. Josna Raju	12.30pm- 1.30pm

MODULE 12 AGING AND LONGEVITY		
Physiological Changes with Aging	Ms. Jitha K.S.	2.00pm - 2.30pm
Age-Related Diseases and Lifestyle Interventions	Ms. Jitha K.S.	2.30pm- 3.30pm
Geriatric Dentistry and Oral Health Considerations	Ms. Jitha K.S.	3.30pm- 4.30pm



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(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

POST EVENT REPORT

‘Physiology of Lifestyle Disorders’ Course conducted at St. Gregorios Dental College from December 9th to December 12rd, 2019, was designed to provide participants with a comprehensive understanding of the physiological mechanisms underlying common health conditions influenced by lifestyle factors. Through a series of interactive lectures, discussions, and case studies, attendees gained insights into the complex interplay between lifestyle choices and physiological processes, and explored strategies for prevention and management of lifestyle-related disorders.

The course was attended by the First Year students of St. Gregorios Dental College. The course delved into the physiology of various lifestyle disorders, including obesity, diabetes, cardiovascular diseases, cancer, respiratory disorders, and mental health conditions. Participants gained a deeper understanding of the underlying mechanisms driving these conditions and their clinical implications. Feedback forms were distributed to participants at the end of the event to gather their thoughts and suggestions. Participants expressed appreciation for the relevance of the course content to their professional practice. Many found the discussions on the physiological mechanisms underlying lifestyle disorders particularly insightful and applicable to their work.



ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

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(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

FEEDBACK FORM

1. Overall Satisfaction:

- Very Satisfied
- Satisfied
- Neutral
- Dissatisfied
- Very Dissatisfied

2. Relevance of Content:

- Highly Relevant
- Relevant
- Somewhat Relevant
- Not Very Relevant
- Not Relevant at All

3. Quality of Presentations:

- Excellent
- Good
- Fair
- Poor
- Very Poor

4. Effectiveness of Interactive Activities (e.g., Case Studies, Group Discussions):

- Highly Effective
- Effective
- Somewhat Effective
- Not Very Effective
- Not Effective at All



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5. Expertise of Presenters:

- Highly Knowledgeable
- Knowledgeable
- Somewhat Knowledgeable
- Not Very Knowledgeable
- Not Knowledgeable at All

6. Networking Opportunities:

- Valuable
- Somewhat Valuable
- Neutral
- Not Very Valuable
- Not Valuable at All

7. Suggestions for Improvement:

- More Practical Sessions
- Include Diverse Perspectives
- Clarify Course Objectives and Expectations
- Other (Please Specify): _____

Additional Comments:

8. Please share any additional comments or suggestions you have about the event.

Participant Information (Optional):

- Name (Optional):
- Email (Optional):

Thank you for your participation and valuable feedback! Your input will help us enhance future educational offerings. Please return the completed form to Dr. Jitha K.S.



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FEEDBACK ANALYSIS

The response to the course content and delivery was very positive among participants. They highly valued the deeper level of understanding acquired about physiological mechanisms underlying common health conditions that involve a lifestyle contribution. Many indicated that the interactive lectures, discussions, and case studies were particularly enlightening for a good understanding of the complex interplay between lifestyle choices and physiological processes. They further indicated that the course content was highly relevant to professional practice and that they found the discussions on clinical implications of lifestyle-related disorders very applicable. All in all, the feedback reflected high satisfaction with the course in terms of increasing participants' knowledge and awareness of conditions having to do with lifestyle.



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ASSIGNMENT

- 1. Which of the following lifestyle factors is NOT associated with an increased risk of cardiovascular diseases?**
 - a) Physical inactivity
 - b) High dietary fiber intake
 - c) Smoking
 - d) Unhealthy diet high in saturated fats
- 2. Obesity is characterized by:**
 - a) Excessive weight loss
 - b) Low body mass index (BMI)
 - c) Accumulation of excess body fat
 - d) Normal metabolic rate
- 3. Type 2 diabetes mellitus is primarily characterized by:**
 - a) Insulin deficiency
 - b) Autoimmune destruction of pancreatic beta cells
 - c) Insulin resistance
 - d) Hyperglycemia due to excessive insulin secretion
- 4. What is the primary risk factor for the development of chronic obstructive pulmonary disease (COPD)?**
 - a) High dietary cholesterol intake
 - b) Smoking
 - c) Sedentary lifestyle
 - d) Exposure to air pollution
- 5. Which lifestyle factor has been identified as a modifiable risk factor for reducing the incidence of certain types of cancer?**
 - a) Regular physical activity
 - b) Consumption of processed meats
 - c) Exposure to ultraviolet (UV) radiation
 - d) Genetic predisposition



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- 6. The primary hormone responsible for regulating blood glucose levels in the body is:**
- a) Insulin
 - b) Glucagon
 - c) Cortisol
 - d) Thyroxine
- 7. What is the leading cause of chronic kidney disease (CKD) worldwide?**
- a) Hypertension
 - b) Diabetes mellitus
 - c) Smoking
 - d) High dietary sodium intake
- 8. Which of the following lifestyle factors is associated with a decreased risk of osteoporosis?**
- a) Excessive alcohol consumption
 - b) Sedentary lifestyle
 - c) Inadequate calcium intake
 - d) Regular weight-bearing exercise
- 9. Which of the following statements regarding mental health disorders is true?**
- a) Mental health disorders are not influenced by lifestyle factors.
 - b) Physical activity has no impact on mental health outcomes.
 - c) Chronic stress is associated with an increased risk of depression and anxiety.
 - d) Sleep quality does not affect mental well-being.
- 10. What is a common consequence of gastroesophageal reflux disease (GERD)?**
- a) Increased appetite
 - b) Esophageal ulcers
 - c) Reduced gastric acid production
 - d) Improved digestion



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Answer key:

1. b) High dietary fiber intake
2. c) Accumulation of excess body fat
3. c) Insulin resistance
4. b) Smoking
5. a) Regular physical activity
6. a) Insulin
7. b) Diabetes mellitus
8. d) Regular weight-bearing exercise
9. c) Chronic stress is associated with an increased risk of depression and anxiety.
10. b) Esophageal ulcers



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ATTENDANCE LIST



ST. GREGORIOS DENTAL COLLEGE, CHELAD

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

TOPIC: PHYSIOLOGY OF LIFE STYLE DISORDERS

Sl no.	Name of participant	Day 1 9/12/19	Day 2 10/12/19	Day 3 11/12/19	Day 4 12/12/19
1.	Aashitha Ann Jimnet	Aashitha	Aashitha	Aashitha	Aashitha
2.	Abhirami Suresh	Abhirami	Abhirami	Abhirami	Abhirami
3.	Amal A	Amal	Amal	Amal	Amal
4.	Anchel Jose	Anchel	Anchel	Anchel	Anchel
5.	Angela Susan Jacob	Angela	Angela	Angela	Angela
6.	Anjana Rose	Anjana	Anjana	Anjana	Anjana
7.	ANI K RAGHAVAN	Ani	Ani	Ani	Ani
8.	Annet Theresa Parakkal	Annet	Annet	Annet	Annet
9.	Annie Robert	Annie	Annie	Annie	Annie
10.	Aritha Mookan	Aritha	Aritha	Aritha	Aritha
11.	Dalavita Narian	Dalavita	Dalavita	Dalavita	Dalavita
12.	Nakul P.G	Nakul	Nakul	Nakul	Nakul
13.	R. Raimoni	Raimoni	Raimoni	Raimoni	Raimoni
14.	Teziya Marian George	Teziya	Teziya	Teziya	Teziya
15.	Shruthi V.S	Shruthi	Shruthi	Shruthi	Shruthi
16.	Vidhya E S	Vidhya	Vidhya	Vidhya	Vidhya
17.	Jethy Marian Jacob	Jethy	Jethy	Jethy	Jethy
18.	Dona Davis	Dona	Dona	Dona	Dona
19.	Honey Laya	Honey	Honey	Honey	Honey
20.	Sasha Samuddeen	Sasha	Sasha	Sasha	Sasha
21.	Imy Srip T.	Imy	Imy	Imy	Imy
22.	Yajna Maryam Abraham	Yajna	Yajna	Yajna	Yajna
23.	Shabhi B S	Shabhi	Shabhi	Shabhi	Shabhi
24.	Anaiya Baker	Anaiya	Anaiya	Anaiya	Anaiya
25.	Divya S. Raj	Divya	Divya	Divya	Divya

PRINCIPAL	DEU Convenor	DEU Secretary



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BROCHURE

ST. GREGORIOS DENTAL COLLEGE
CHELAD

JOINTLY CONDUCTED BY
DEPARTMENT OF PHYSIOLOGY

Physiology of lifestyle disorders

I BDS STUDENTS

Resource Person
MS JOSNA

DECEMBER 09 - 12, 2019
VENUE: 1ST YEAR CLASS ROOM

ADD-ON COURSE



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CERTIFICATE





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PHOTOS



PHOTOGRAPHS OF ADD-ON COURSE ON PHYSIOLOGY OF LIFESTYLE DISORDERS

Phone : 0485-2572531, 532, 9188952016, 9188952017

Email : sgdc@rediffmail.com, Web : sgdc.ac.in



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BLOOD BORNE PATHOGENS

Phone : 0485-2572531, 532, 9188952016, 9188952017

Email : sgdc@rediffmail.com, Web : sgdc.ac.in

From

Department of General Microbiology and Pathology
St.Gregorios Dental College, Chelad

To

The Principal
St.Gregorios Dental College, Chelad

Subject: Request letter for conducting BLOOD BORNE PATHOGENS certificate program for
Second Year students.

Respected Sir,

We are planning to conduct an add on course for Second Year students on 'BLOOD BORNE
PATHOGENS' from 03.02.2020-06.02.2020 in the Microbiology Lab. Details of the program
are enclosed here for your reference.

Requesting you to kindly give us permission and guide us to conduct the program.

Thanking you,

Yours sincerely,



Ms. Lincy Tomy,

Department of General Microbiology and Pathology

ST. GREGORIOS DENTAL COLLEGE
CHELAD, KOTHAMANGALAM

SGDC/ADD/001/2020

31/01/2020

CIRCULAR

Subject: Certificate course on 'Blood Borne Pathogens' for Second Year students.

This is to inform you that an add on course for Second Year students is being organised by the Department of General Microbiology and Pathology on topic entitled 'Blood Borne Pathogens' from 03.02.2020 - 06.02.2020 in the Microbiology Lab.

For further reference reach out to Ms. Lincy Tomy.



A handwritten signature in green ink, appearing to read 'G.M. Thomas'.

PRINCIPAL

PRINCIPAL,
St. Gregorios Dental College
Chelad, Kerala - 686 031

Copy to:
Notice board
Office
All departments
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DEPARTMENT OF GENERAL MICROBIOLOGY AND PATHOLOGY

BLOOD BORNE PATHOGENS

Venue: St.Gregorios Dental College

Date/time: 03.02.2020-06.02.2020

Course syllabus:

Blood Borne Pathogens

Preamble:

In this course, second-year BDS students will explore blood-borne pathogens prevalent in dental practice. Through lectures and interactive sessions, students will grasp the fundamentals of transmission, prevention, and management of blood-borne diseases like Hepatitis B, Hepatitis C, and HIV/AIDS. Emphasis will be placed on infection control protocols, sharps safety, post-exposure management, and ethical considerations, preparing students to uphold the highest standards of patient and personnel safety in their dental careers.

Rationale of the course:

Preclinical students must grasp the significance of blood-borne pathogens early in their education to cultivate habits of infection control, ensuring safe practices from the outset of their clinical training. This knowledge lays the foundation for adherence to strict protocols, minimizing risks of exposure to pathogens during patient care and establishing a culture of safety in their future dental practice.

Aim:

This course aims to educate second-year BDS students on the risks, prevention, and management of blood-borne pathogens in dental practice. Students will gain an understanding of common blood-borne diseases, modes of transmission, infection control protocols, and strategies for minimizing the risk of exposure in the dental setting.



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Eligible participants: Second Year BDS students

Course duration: Total 30 hours

Mode of delivery: Offline mode

Course coordinator: Dr. Stephin Stephan

Course Faculty: Ms. Lincy Tomy



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COURSE SCHEDULE

DAY 1: 03/02/2020

MODULE 1 INTRODUCTION TO BLOOD-BORNE PATHOGENS		
Definition and Overview	Ms. Lincy Tomy	8.30am -9.00am
Epidemiology and Impact	Ms. Lincy Tomy	9.00am-10.00am
Historical Context and Significance	Ms. Lincy Tomy	10.30am- 11.00am

MODULE 2 COMMON BLOOD-BORNE DISEASES		
Hepatitis B	Ms. Lincy Tomy	11.00am - 11.30am
Hepatitis C	Ms. Lincy Tomy	11.30am- 12.30pm
HIV/AIDS	Ms. Lincy Tomy	12.30pm-1.30pm

MODULE 3 MODES OF TRANSMISSION		
Percutaneous Exposure	Ms. Lincy Tomy	2.00pm -2.30pm
Mucous Membrane Exposure	Ms. Lincy Tomy	2.30pm-3.00pm
Other Routes of Transmission	Ms. Lincy Tomy	3.00pm-4.00pm



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DAY 2: 04/02/2020

MODULE 4 OCCUPATIONAL EXPOSURE RISKS		
Risks Faced by Dental Healthcare Providers	Ms. Lincy Tomy	8.30am -9.00am
Factors Influencing Transmission Risk	Ms. Lincy Tomy	9.00am-10.00am
Strategies for Risk Reduction	Ms. Lincy Tomy	10.30am- 11.00am

MODULE 5 INFECTION CONTROL MEASURES - PART 1		
Introduction to Infection Control Protocols	Ms. Lincy Tomy	11.00am - 11.30am
Standard Precautions	Ms. Lincy Tomy	11.30am- 12.30pm
Transmission-Based Precautions	Ms. Lincy Tomy	12.30pm-1.30pm

MODULE 6 INFECTION CONTROL MEASURES - PART 2		
Personal Protective Equipment (PPE) Requirements	Ms. Lincy Tomy	2.00pm -2.30pm
Hand Hygiene Protocols	Ms. Lincy Tomy	2.30pm-3.00pm
Surface Disinfection and Sterilization Procedures	Ms. Lincy Tomy	3.00pm-4.00pm



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DAY 3: 05/02/2020

MODULE 7 SHARPS SAFETY		
Safe Handling of Sharps	Ms. Lincy Tomy	8.30am -9.00am
Disposal Guidelines for Biohazardous Waste	Ms. Lincy Tomy	9.00am-10.00am
Environmental Considerations in Waste Management	Ms. Lincy Tomy	10.30am- 11.00am

MODULE 8 WASTE MANAGEMENT		
Segregation and Disposal of Biohazardous Waste	Ms. Lincy Tomy	11.00am - 11.30am
Environmental Considerations in Waste Management	Ms. Lincy Tomy	11.30am- 12.30pm
Occupational Health and Safety Considerations	Ms. Lincy Tomy	12.30pm-1.30pm

MODULE 9 POST-EXPOSURE MANAGEMENT		
Immediate Actions Following an Exposure Incident	Ms. Lincy Tomy	2.00pm -2.30pm
Reporting Procedures and Documentation Requirements	Ms. Lincy Tomy	2.30pm-3.00pm
Follow-Up Evaluation and Counseling for Exposed Individuals	Ms. Lincy Tomy	3.00pm-4.00pm



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DAY 4: 06/02/2020

MODULE 10 ETHICAL AND LEGAL CONSIDERATIONS		
Professional Responsibilities in Infection Control	Ms. Lincy Tomy	8.30am -9.00am
Legal Obligations and Regulations	Ms. Lincy Tomy	9.00am-10.00am
Patient Confidentiality and Informed Consent	Ms. Lincy Tomy	10.30am- 11.00am

MODULE 11 CASE STUDIES AND PRACTICAL SCENARIOS		
Application of Infection Control Principles	Ms. Lincy Tomy	8.30am -9.00am
Problem-Solving and Decision-Making Skills	Ms. Lincy Tomy	9.00am-9.30am
Integration of Knowledge into Practice	Ms. Lincy Tomy	10.00am- 10.30am

MODULE 12 REVIEW AND ASSESSMENT		
Recap of Key Concepts	Ms. Lincy Tomy	2.00pm -2.30pm
Assessment of Student Understanding	Ms. Lincy Tomy	2.30pm-3.00pm
Reflection and Future Directions	Ms. Lincy Tomy	3.00pm-4.00pm



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POST EVENT REPORT

The 'Blood Borne Pathogens' lecture conducted at St. Gregorios Dental College from February 3rd to February 6th, 2020, aimed to educate the participants about the risks, prevention, and management of blood-borne diseases in the dental setting. By providing a thorough understanding of common blood-borne pathogens such as Hepatitis B, Hepatitis C, and HIV/AIDS, the lecture aims to equip students with the knowledge and skills necessary to implement effective infection control measures in their future dental practice.

The session began with an overview of common blood-borne diseases, including Hepatitis B, Hepatitis C, and HIV/AIDS, followed by an in-depth discussion on modes of transmission and occupational exposure risks in the dental setting. Key topics such as infection control measures, sharps safety, and post-exposure management were comprehensively covered, with practical examples provided to enhance understanding. Feedback from students was generally positive, with many expressing appreciation for the practical relevance of the lecture content to their future clinical practice.



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FEEDBACK FORM

1. Rate your overall satisfaction with the lecture:

- Very satisfied
- Satisfied
- Neutral
- Dissatisfied
- Very dissatisfied

2. Was the content of the lecture relevant and informative?

- Yes
- No

3. How would you rate the lecturer's delivery of the material?

- Excellent
- Good
- Fair
- Poor

4. Were the concepts explained clearly and effectively?

- Yes
- No

5. Did you find the lecture engaging and interactive?

- Yes
- No

6. Were the interactive activities and discussions helpful in understanding the material?

- Yes
- No



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7. Do you feel that the topics covered are relevant to your future practice as a dental professional?

- Yes
- No

8. What aspects of the lecture could be improved?

- Length of the lecture
- Use of multimedia resources
- Incorporation of more case studies
- Other (please specify):

9. Any additional comments or feedback?

Participant Information (Optional):

- **Name (Optional):**
- **Email (Optional):**

Thank you for your participation and valuable feedback! Your input will help us enhance future educational offerings. Please return the completed form to Ms. Lincy Tomy.



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FEEDBACK ANALYSIS

Participants felt that the session was highly informative and of great utility. It took into consideration the common blood-borne diseases like Hepatitis B, Hepatitis C, and HIV/AIDS and provided insights into practical infection control and post-exposure management. More importantly, the lecture focuses on occupational exposure risks in the dental setting. All in all, the participants felt that they had been equipped with valuable knowledge and skills required to ensure the safety of both the patients and the practitioners in clinical practice in their future career.



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ASSIGNMENT

- 1. Which of the following is a common blood-borne pathogen prevalent in healthcare settings?**
 - a) Tuberculosis
 - b) Influenza
 - c) Hepatitis B
 - d) Malaria
- 2. What is the primary route of transmission for blood-borne pathogens in the dental setting?**
 - a) Airborne transmission
 - b) Droplet transmission
 - c) Percutaneous exposure
 - d) Contact transmission
- 3. Which of the following blood-borne diseases can be prevented through vaccination?**
 - a) HIV/AIDS
 - b) Hepatitis C
 - c) Hepatitis B
 - d) Tuberculosis
- 4. What type of precautions are recommended for all patient encounters, regardless of suspected infection status?**
 - a) Contact precautions
 - b) Droplet precautions
 - c) Standard precautions
 - d) Airborne precautions



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- 5. Which of the following is an example of personal protective equipment (PPE) used to prevent exposure to blood-borne pathogens?**
- a) Stethoscope
 - b) Scrubs
 - c) Hand sanitizer
 - d) Face shield
- 6. What is the appropriate action to take immediately after a needlestick injury in the dental setting?**
- a) Wait for symptoms to develop
 - b) Wash the affected area with soap and water
 - c) Apply a bandage to the wound
 - d) Ignore the injury and continue working
- 7. Which of the following is NOT a component of standard precautions in infection control?**
- a) Hand hygiene
 - b) Use of personal protective equipment (PPE)
 - c) Safe injection practices
 - d) Airborne precautions
- 8. What is the primary goal of post-exposure management following an exposure incident?**
- a) To prevent transmission of blood-borne pathogens
 - b) To ignore the incident and continue working
 - c) To report the incident to a colleague
 - d) To administer first aid to the exposed individual



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9. Which legal obligation requires healthcare providers to maintain patient confidentiality?

- a) Health Insurance Portability and Accountability Act (HIPAA)
- b) Occupational Safety and Health Act (OSHA)
- c) Americans with Disabilities Act (ADA)
- d) Civil Rights Act

10. How can healthcare workers minimize the risk of exposure to blood-borne pathogens during procedures?

- a) Avoid using personal protective equipment (PPE)
- b) Recap needles after use
- c) Dispose of sharps in designated containers immediately after use
- d) Reuse single-use items such as needles and syringes



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Answer key:

1. c) Hepatitis B
2. c) Percutaneous exposure
3. c) Hepatitis B
4. c) Standard precautions
5. d) Face shield
6. b) Wash the affected area with soap and water
7. d) Airborne precautions
8. a) To prevent transmission of blood-borne pathogens
9. a) Health Insurance Portability and Accountability Act (HIPAA)
10. c) Dispose of sharps in designated containers immediately after use



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ATTENDANCE LIST



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UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

TOPIC: BLOOD BORNE PATHOGENS

Sl no.	Name of participant	Day 1 02/02/20	Day 2 04/02/20	Day 3 05/02/20	Day 4 06/02/20
1	Ashin Jay	Ashin	Ashin	Ashin	Ashin
2	Mannya Maria Ahy	Mannya	Mannya	Mannya	Mannya
3	Alex Mathew	Alex	Alex	Alex	Alex
4	Jeff Jacob	Jeff	Jeff	Jeff	Jeff
5	Alina B Paul	Alina	Alina	Alina	Alina
6	Vyshali Jaiprakash	Vyshali	Vyshali	Vyshali	Vyshali
7	Melvis Thomas	Melvis	Melvis	Melvis	Melvis
8	Aiswarya Lizbeth	Aiswarya	Aiswarya	Aiswarya	Aiswarya
9	Liyana Shibu	Liyana	Liyana	Liyana	Liyana
10	Rujana V.H.	Rujana	Rujana	Rujana	Rujana
11	Akshara T.k	Akshara	Akshara	Akshara	Akshara
12	Ashley Eldho.	Ashley	Ashley	Ashley	Ashley
13	Shreeta Anwar Eldho	Shreeta	Shreeta	Shreeta	Shreeta
14	Jithin Saji	Jithin	Jithin	Jithin	Jithin
15	Manisha Chandan	Manisha	Manisha	Manisha	Manisha
16	Chippy Elizabeth	Chippy	Chippy	Chippy	Chippy
17	Alvin Raju	Alvin	Alvin	Alvin	Alvin
18	Puthai Neer James	Puthai	Puthai	Puthai	Puthai
19	Anya Nireesh	Anya	Anya	Anya	Anya
20	Lya Maria Joseph	Lya	Lya	Lya	Lya
21	Elizabeth kodiyatt	Elizabeth	Elizabeth	Elizabeth	Elizabeth
22	Rinku C Rajeev	Rinku	Rinku	Rinku	Rinku
23	Dilna Elizabeth	Dilna	Dilna	Dilna	Dilna
24	Kareera Rachel	Kareera	Kareera	Kareera	Kareera
25	Alka Susar Binu	Alka	Alka	Alka	Alka

PRINCIPAL	DEU Convenor	DEU Secretary



ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA - 686681 (AFFILIATED
TO KERALA UNIVERSITY OF HEALTH SCIENCES)

BROCHURE

ST. GREGORIOS DENTAL COLLEGE
CHELAD

ORGANIZED BY
DEPT. OF MICROBIOLOGY

**BLOOD BORNE
PATHOGENS**

FOR SECOND YEAR BDS STUDENTS

DATE: FEB 03-06, 2020
2ND YEAR CLASS ROOM
MICROBIOLOGY LAB

15 hours theory
15 hours demonstration/hands on training

RESOURCE PERSON
MS. LINCY TOMY

**ADD ON
COURSE**

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CERTIFICATE





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PHOTOS



PHOTOGRAPHS OF ADD-ON COURSE- 'BLOOD BORNE
PATHOGENS'