



ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

HEPATITIS B VACCINATION PROGRAM

Phone: 0485-2572531, 532, 9188952016, 9188952017

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

**ST. GREGORIOS DENTAL COLLEGE
CHELAD, KOTHAMANGALAM**

SGDC/VAL/001/2019

28.08.2019

CIRCULAR

Subject: Certificate course on Hepatitis B vaccination program for Second year students.

Department of Oral and Maxillofacial Surgery of St. Gregorios Dental College is organizing a value-added program on Hepatitis B vaccination program for Second year students on 01.09.2019 and 02.09.2019 at 10 am in the college auditorium

For further reference, reach out to Dr. Sanjith Salm


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St. Gregorios Dental College
Chelad, Kerala - 686 664

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HEPATITIS B VACCINATION PROGRAM

01.09.2019 – 02.09.2019

DATE	TOPIC
01.09.2019	<ol style="list-style-type: none">1. Introduction to Hepatitis B2. Hepatitis B Vaccines3. Vaccine Administration4. Planning Hepatitis B Vaccination Programs5. Implementation and Monitoring6. Evaluation and Quality Improvement
02.09.2019	<ol style="list-style-type: none">1. Demonstration of Hepatitis B vaccine administration2. Vaccination Administration to students



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(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

HEPATITIS B VACCINATION PROGRAM

Course code: SGDC/VAL/001/2019

Course duration: 15 hours

Course schedule: 8.00AM -4.00PM

Course period: September

Course dates: 01.09.2019 – 02.09.2019

Course mode: offline

Resource person & Course coordinator: Dr. Joseph John

Course outline:

Comprehensive training on the development, execution, and administration of hepatitis B vaccination programmes is offered by this vaccination programme. Undergraduate students will acquire the knowledge and abilities necessary to create, access, and enhance vaccination programmes that will guard against hepatitis B infections and lessen the prevalence of illnesses linked to HBV. Students were shown how to administer the Hepatitis B vaccine by medical personnel from St. Joseph's Hospital in Kothamangalam. On the second day following their pre-vaccination screening, the pupils received their first dose of the Hepatitis B immunisation.



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COURSE CONTENT

1. MODULE 1: Introduction to Hepatitis B

- Overview of hepatitis B virus (HBV) infection: transmission routes, clinical manifestations, and global burden.
- Impact of hepatitis B on public health: morbidity, mortality, and economic costs

2. MODULE 2: Hepatitis B Vaccines

- Types of hepatitis B vaccines: recombinant, plasma-derived, and combination vaccines.
- Components of hepatitis B vaccines: antigen, adjuvant, and preservatives.
- Vaccine schedule: dosing recommendations for infants, adolescents, and high-risk populations.

3. MODULE 3: Vaccine Administration

- Proper vaccine storage and handling: cold chain management and temperature monitoring
- Vaccine administration techniques: intramuscular injection, site selection, and needle safety
- Adverse events following immunization (AEFI): recognition, reporting, and management

4. MODULE 4: Planning Hepatitis B Vaccination Programs

- Assessing population needs: epidemiological data analysis and target population identification
- Developing vaccination goals and objectives: coverage targets, elimination strategies, and timelines
- Strategies for vaccine procurement, distribution, and supply chain management

5. MODULE 5: Implementation and Monitoring

- Vaccine delivery strategies: integrating vaccination into healthcare services, outreach programs,

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and community engagement

- Monitoring vaccination coverage and compliance: data collection methods, surveillance systems, and performance indicators

6. MODULE 6: Evaluation and Quality Improvement

- Evaluating program effectiveness: assessing vaccination coverage, vaccine efficacy, and impact on HBV transmission
- Identifying program strengths and challenges: stakeholder feedback, data analysis, and lessons learned
- Quality assurance and continuous improvement: implementing corrective actions, updating protocols, and fostering innovation

7. MODULE 7: Demonstration of Hepatitis B vaccine administration

- Demonstration of proper injection technique, site selection and needle length



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POST EVENT REPORT

Date: 01.09.2019-02.09.2019

Location: St. Gregorios Dental College

Speaker: Dr. Joseph John

Training Methodology:

To learn about hepatitis B, immunisation, programme design, and evaluation, students attended lively and participatory lectures and presentations. They were given case studies and scenarios to examine and illustrate practical applicability.

Key Highlights:

- A thorough synopsis of the subject that covered diseases, immunisation tactics, programme design, execution, monitoring, and assessment
- As an awareness lecture, the course was designed with those students in mind and emphasised the need of vaccinations for medical professionals before to beginning any kind of practice.
- High-quality instruction and guidance are provided by knowledgeable faculty who have experience with the hepatitis B vaccination, public health, epidemiology, and vaccine management.
- Students had Hepatitis B vaccinations the following day; they were shown case studies and situations to help them learn and become familiar with the real world.



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Conclusion:

The two-day programme for second-year students immunised against hepatitis B provided a rare chance to provide the knowledge and skills necessary for the future generation of dentists and medical professionals to avoid hepatitis B infections. Students participate in a dynamic learning experience that covers programme management, vaccination tactics, the basics of hepatitis B viral transmission, and practical application throughout the training period. Additionally, the training empowered students to confront real-world issues and inequalities in hepatitis B vaccination coverage by encouraging critical thinking, teamwork, and peer learning. Pupils were examined for immunisations against a range of diseases and other health-related concerns. The hepatitis B vaccinations were given the following day by qualified medical personnel following the pre-vaccination screening.



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FEEDBACK FORM

1. How satisfied are you with the value-added program?

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

2. Did the program content meet your expectations?

- Yes
- No

3. How relevant was the program content to your needs?

- Highly relevant
- Somewhat relevant
- Not relevant

4. How clear and organized was the presentation of the program?

- Very clear and organized
- Clear and organized



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Somewhat clear and organized

Unclear and disorganized

5. To what extent did the program help you achieve your learning goals?

Completely achieved

Mostly achieved

Partly achieved

Not achieved at all

6. Any suggestions or comments on how we can improve this program?

Thank you for your feedback!



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ATTENDANCE



ST. GREGORIOS DENTAL COLLEGE, CHELAD

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

TOPIC: Hepatitis B Vaccination Program.

Sl no.	Name of participant	Day 1	Day 2
1	Anoopa TM	[Signature]	[Signature]
2	MANIHA CHANDRAN	[Signature]	[Signature]
3	Michael Ann Mathew	[Signature]	[Signature]
4	Seethy VJ	[Signature]	[Signature]
5	Mariya Elizabeth	[Signature]	[Signature]
6	Kaseesa Rachel	[Signature]	[Signature]
7	Amsha Rachel	[Signature]	[Signature]
8	ALBIN JOY	[Signature]	[Signature]
9	Aiswarya Lizbeth K	[Signature]	[Signature]
10	Alvin Raju	[Signature]	[Signature]
11	Lyana shubi	[Signature]	[Signature]
12	Pinkey C Rajeev	[Signature]	[Signature]
13	Liza Maria Joseph	[Signature]	[Signature]
14	Alshaza F.K	[Signature]	[Signature]
15	Aparna U. Raj	[Signature]	[Signature]
16	Ashley Eldis Pauline	[Signature]	[Signature]
17	George Raju	[Signature]	[Signature]
18	Alka Swain	[Signature]	[Signature]
19	Alina B Paul	[Signature]	[Signature]
20	PUTHRI NORA JAMES	[Signature]	[Signature]
21	Vyshali Jaiprakash	[Signature]	[Signature]
22	Jeff Jacob Mathews	[Signature]	[Signature]
23	Alona Rachel Saji	[Signature]	[Signature]
24	S. Mahima Mohandran	[Signature]	[Signature]
25	Riyana V.H	[Signature]	[Signature]

PRINCIPAL	DEU Convenor	DEU Secretary



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BROCHURE



ST. GREGORIOS DENTAL COLLEGE CHELAD

In association with
Dental Education Unit & Dept. of Oral & Maxillofacial Surgery



Hepatitis B Vaccination Program

VALUE-ADDED

For Second Year BDS Students



Dr. Joseph John

MDS,
(Oral & Maxillofacial Surgery)



September 1-2, 2019
@ College Auditorium

Phone: 0485-2572531, 532, 9188952016, 9188952017

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CERTIFICATE



ST. GREGORIOS DENTAL COLLEGE
CHELAD

VALUE
ADDED
PROGRAM

CERTIFICATE

OF APPRECIATION

Hepatitis B Vaccination Program

THIS IS PRESENTED TO

LIYANA SHIBU

FOR SUCCESSFULLY COMPLETING 15 HOURS VALUE ADDED
COURSE FROM 01/09/2019... TO 02/09/2019... CONDUCTED BY
THE DEPARTMENT OF ORAL AND MAXILLOFACIAL SURGERY IN
ASSOCIATION WITH THE INTERNAL QUALITY ASSURANCE CELL
AND THE DENTAL EDUCATION UNIT.

DR. JAIN MATHEW
PRINCIPAL

DR. ALLU BABY
DEU CONVENOR

DR. SAUGANTH PAUL M. V.
IQAC COORDINATOR



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PHOTOS



PHOTOS OF VALUE-ADDED PROGRAM

‘HEPATITIS B VACCINATION’

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BASIC COMPUTER COURSE

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**ST GREGORIOS DENTAL COLLEGE
CHELAD, KOTHAMANGALAM**

SGDC/VAL/002/2019.

2.9.2019

CIRCULAR

Subject: Value added program on Basic Computer Course

Dental Education Unit, St. Gregorios Dental College is organizing an Orientation Program for post graduates on 4.9.2019 to 5.9.2019 at 8 am in internet café.

For further reference reach out to Dr. Allu Baby.



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Chelad, Kerala - 686 684

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BASIC COMPUTER COURSE

4.9.2019 - 5.9.2019

4.09.2019	<ol style="list-style-type: none">1. Introduction to Computers2. Operating Systems3. Word Processing4. Spreadsheets5. Presentations6. Internet Basics
5.09.2019	<ol style="list-style-type: none">1. File Management2. Basic Troubleshooting3. Computer Security4. Introduction to Hardware5. Basic Computer Networking6. Basic Programming Concepts



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KERALA UNIVERSITY OF HEALTH SCIENCES)

BASIC COMPUTER COURSE

Course code: SGDC/VAL/002/2019

Course duration: 15 hours

Course schedule: 8pm to 3:30 pm

Course period: September

Course dates: 4.9.2019 to 5.9.2019

Course mode: offline

Resource person & Course coordinator: Sr. Kezia and Dr. Allu Baby

Course outline:

This course provides an introduction to essential computer concepts and skills for beginners. Students will learn the basics of computer hardware and software, including operating systems, word processing, spreadsheets, presentations, internet usage, file management, basic troubleshooting, computer security, hardware components, networking fundamentals, and introductory programming concepts.



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COURSE CONTENT

The course offers a comprehensive introduction to computer fundamentals, including hardware, software, and essential skills such as word processing, spreadsheets, presentations, internet usage, file management, troubleshooting, and basic programming concepts..

MODULE 1: Introduction to Computers

- Understanding Computer Basics
- Components of a Computer System
- How Computers Work

MODULE 2: Operating Systems

- Introduction to Operating Systems
- File Management
- Customization and Settings
- Basic Troubleshooting

MODULE 3: Word Processing

- Introduction to Word Processing Software
- Formatting Documents
- Editing and Proofreading
- Creating Tables and Graphics

MODULE 4: Spreadsheets

- Introduction to Spreadsheets
- Basic Formulas and Functions
- Data Analysis and Visualization
- Formatting Spreadsheets

MODULE 5: Presentations

- Introduction to Presentation Software
- Creating Slides
- Adding Text, Graphics, and Multimedia
- Delivering Effective Presentations



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MODULE 6: Internet Basics

Introduction to the Internet

Web Browsing

Email Basics

Online Safety and Security

MODULE 7: File Management

Understanding Files and Folders

Navigating File Systems

Organizing Files

File Backup and Recovery

MODULE 8: Basic Troubleshooting

Identifying Common Computer Problems

Software Troubleshooting Techniques

Connectivity Issues

Hardware Troubleshooting Basics

MODULE 9: Computer Security

Introduction to Cybersecurity

Password Management

Malware Protection

Safe Internet Practices

MODULE 10: Introduction to Hardware

Overview of Computer Hardware

Input/Output Devices

Storage Devices

Peripheral Devices

MODULE 11: Basic Computer Networking

Introduction to Computer Networks

Local Area Networks (LAN)

Wide Area Networks (WAN)

IP Addresses and Network Protocols



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MODULE 12: Basic Programming Concepts

Introduction to Programming

Algorithms and Logic

Variables and Data Types

Control Structures



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POST-EVENT REPORT

Date: 4.9.2019 to 5.9.2019

Location: St. Gregorios Dental College, Internet Cafe

Training Methodology:

The training methodology employed for the Basic Computer Skills Course included a combination of lectures and interactive discussions. Participants were introduced to computer basics through engaging presentations and demonstrations. Interactive discussions facilitated knowledge sharing and allowed participants to ask questions and clarify concepts. Group activities and peer-to-peer learning were encouraged to promote collaboration and teamwork. Overall, the training methodology effectively engaged participants and provided a conducive environment for learning and skill development in basic computer usage.

Key Highlights:

Key highlights of the Basic Computer Skills Course included engaging lectures on computer fundamentals, interactive discussions on internet safety and cybersecurity, and participant feedback sessions for continuous improvement. The course successfully fostered a collaborative learning environment, allowing participants to develop essential computer skills in a supportive setting.

Conclusion:

The Basic Computer Skills Course was a valuable opportunity for participants to gain essential computer knowledge. Despite challenges, it successfully achieved its objectives and provided a foundation for further learning.



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FEEDBACK FORM

1. How satisfied are you with the value added program?

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

2. Did the program content meet your expectations?

- Yes
- No

3. How relevant was the program content to your needs?

- Highly relevant
- Somewhat relevant
- Not relevant

4. How clear and organized was the presentation of the program?

- Very clear and organized
- Clear and organized
- Somewhat clear and organized
- Unclear and disorganized

5. To what extent did the program help you achieve your learning goals?

- Completely achieved
- Mostly achieved
- Partly achieved
- Not achieved at all

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6. Any suggestions or comments on how we can improve this program?

Thank you for your feedback!



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KERALA UNIVERSITY OF HEALTH SCIENCES)

ATTENDANCE LIST



ST. GREGORIOS DENTAL COLLEGE, CHELAD

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

TOPIC: Basic Computer Course

Sl no.	Name of participant	4/9/19 Day 1	5/9/19 Day 2
1	Dr. Asha Pious	As	As
2	Dr. S. Maneesh Ahmed.	Ma	Maneesh
3	Dr. Jesline Maria Jose.	Jesline	Jesline
4	Dr. Anitha Devraj.	An	An
5	DR. JERIN ABRAHAM GEORGE	Ja	Ja
6	DR. RAJKA MARIAM JACOB	Raj	Raj
7	DR. Reshma Raju	Res	Res
8	DR. Merlin P Riju Mathew	Mer	Mer
9	Dr. Kiran D. Colton	Kir	Kir
10	Dr. Jesin Thomas	Jes	Jes
11	Dr. Pooja JAYAN	Poo	Poo
12	DR. Kareena Kafel Reynold.	Kar	Kar
13	DR. JISHNU SIVANANDAN	Jish	Jish
14	DR. Anantha Lal	Anantha	Anantha
15	Dr. Aparna Anand	Apa	Apa
16	DR. Sheethal Sree.	Sheethal	Sheethal
17	DR. JAYASREERAJ PRAKASH	Jaya	Jaya
18	DR. MONICA KEVINLA DA	Mon	Mon
19	Dr. VINCYMOL J	Vin	Vin
20	DR. GODWIN GEORGE KURIEN	God	God
21	DR. BESTY LEVI	Besty	Besty
22	DR. Jase Jackson.	Jase	Jase
23	Dr. Harishankaran U.	Har	Har
24	DR. ANN GEORGE	Ann	Ann

PRINCIPAL	DEU Convener	DEU Secretary



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BROCHURE

ST. GREGORIOS DENTAL COLLEGE
CHELAD

Basic Computer Course

FOR
POST GRADUATES

VALUE ADDED program

DATE: September 04-05th, 2019
VENUE: Seminar Hall



ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ
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CERTIFICATE



ST. GREGORIOS DENTAL COLLEGE
CHELAD

VALUE
ADDED
PROGRAM

CERTIFICATE

OF APPRECIATION

Basic Computer Course

THIS IS PRESENTED TO

DR. POOJA JAYAN

FOR SUCCESSFULLY COMPLETING 15 HOURS VALUE ADDED
COURSE FROM *4/09/2019*.... TO *5/09/2019*... CONDUCTED BY
THE INTERNAL QUALITY ASSURANCE CELL AND THE DENTAL
EDUCATION UNIT.

JMch.

DR. JAIN MATHEW
PRINCIPAL

AB

DR. ALLU BABY
DEU CONVENOR

SPM

DR. SAUGANTH PAUL M. V.
IQAC COORDINATOR



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PHOTOS



PHOTO OF BASIC COMPUTER COURSE

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BASIC LIFE SUPPORT

Phone: 0485-2572531, 532, 9188952016, 9188952017

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

**ST. GREGORIOS DENTAL COLLEGE
CHELAD, KOTHAMANGALAM**

SGDC/ VAL/ 003/2019

17.9.2019

CIRCULAR

Subject: Certificate course on Basic life support BLS for Interns.

Department of Oral and Maxillofacial Surgery, St. Gregorios Dental College is organizing a value-added program on Basic life support for BDS final year student on 24.9.2019 to 25.9.2019 at 8 am in college auditorium.

For further reference, reach out to Dr. Sanjith Salim.



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Chelad, Kerala - 686 681

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BASIC LIFE SUPPORT

24.09.2019 to 25.09.2019

DATE	TOPIC
24.09.2019	<ol style="list-style-type: none">1. Introduction to Basic life support2. Recognition of emergencies3. Cardiopulmonary resuscitation (CPR)4. Automated External Defibrillator (AED)
25.09.2019	<ol style="list-style-type: none">5. Choking6. Special considerations7. Team Dynamics8. Hands on practice and Skill assessment

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(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

BASIC LIFE SUPPORT

Course code: SGDC/VAL/003/2019

Course duration: 15 hours

Course schedule: 8pm to 3:30 pm

Course period: September

Course dates: 24.9.2019 to 25.9.2019

Course mode: offline

Resource person & Course coordinator: Angels International Foundation, USA

Course outline:

The goal of the Basic Life Support (BLS) training session was to give participants the fundamental knowledge and abilities they would need to handle cardiac emergencies. The Department of Oral and Maxillofacial Surgery and Angels International Foundation, USA, led the training session. Teaching trainees to recognize cardiac arrest, deliver excellent CPR, use automated external defibrillators (AEDs), and handle choking events are the main goals of the BLS program. Enhancing survival rates in cardiac crises requires these abilities. A combination of interactive demonstrations, theoretical instruction, and practical practice sessions are used in the training.

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(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

COURSE CONTENT

The core skills required to handle cardiac arrest, choking, and other life-threatening situations are usually covered in a basic life support (BLS) training. This is a broad overview:

1. MODULE 1: Introduction to Basic Life Support (BLS)

- Importance of BLS
- Chain of survival

2. MODULE 2: Recognition of Emergencies

- Identifying cardiac arrest
- Recognizing choking

3. MODULE 3: CPR (Cardiopulmonary Resuscitation)

- Chest compressions: technique and rate
- Rescue breaths: technique and ratio.

4. MODULE 4: Automated External Defibrillator (AED)

- AED operation
- When to use an AED

5. MODULE 5: Choking

- Conscious and unconscious choking
- Choking interventions

6. MODULE 6: Special Considerations

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- CPR for infants and children
- CPR in special situations (e.g., drowning, trauma)

7. MODULE 7: Team Dynamics

- Roles and responsibilities in a resuscitation team
- Communication during emergencies

8. MODULE 8. Hands-on Practice and Skills Assessment

- CPR practice on manikins
- AED practice

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POST-EVENT REPORT

Date: 24.9.2019 to 25.9.2019.

Location: St. Gregorios Dental College, Auditorium

Training Methodology:

The most recent recommendations for using an AED and doing CPR, including the right compression depth, pace, and technique, were taught to the participants. Participants were able to apply their knowledge in simulated cardiac arrest scenarios through practical exercises. The interns received hands-on training from Angels International Foundation personnel, following which they received a certificate.

Key Highlights:

- Detailed talks about the Chain of Survival and how it helps victims of cardiac arrest have better results.
- Extensive training regarding the need of promptly identifying and initiating the emergency response system.
- Hands-on instruction on rescue breathing techniques, airway management, and efficient chest compressions.
- Practical experience with AEDs, highlighting the significance of prompt defibrillation.
- Role-playing games designed to mimic actual situations and boost participants' self-assurance in their capacity to handle emergencies.

Conclusion:

It was a success that the Basic Life Support training session gave participants the fundamental abilities and information needed to handle cardiac crises. Through the emphasis on early recognition, timely activation of emergency services, and superior CPR, participants have enhanced capacity to positively impact lifesaving within their communities. Maintaining readiness and guaranteeing the best possible results in emergency situations require ongoing training and skill reinforcement.

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FEEDBACK FORM

1. How satisfied are you with the value-added program?

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

2. Did the program content meet your expectations?

- Yes
- No

3. How relevant was the program content to your needs?

- Highly relevant
- Somewhat relevant
- Not relevant

4. How clear and organized was the presentation of the program?

- Very clear and organized
- Clear and organized

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Somewhat clear and organized

Unclear and disorganized

5. To what extent did the program help you achieve your learning goals?

Completely achieved

Mostly achieved

Partly achieved

Not achieved at all

6. Any suggestions or comments on how we can improve this program?

Thank you for your feedback!




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ATTENDANCE


ST. GREGORIOS DENTAL COLLEGE, CHELAD
 UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ
CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

TOPIC: *Basic Life Support*


Sl no.	Name of participant	Day 1	Day 2
1	RISWARYA SATHEESH	<i>[Signature]</i>	<i>[Signature]</i>
2	RESHMA ELIZABETH	<i>[Signature]</i>	<i>[Signature]</i>
3	Ganney Jimmy	<i>[Signature]</i>	<i>[Signature]</i>
4	Dona Davis	<i>[Signature]</i>	<i>[Signature]</i>
5	Anmatha E	<i>[Signature]</i>	<i>[Signature]</i>
6	Angel Kishan	<i>[Signature]</i>	<i>[Signature]</i>
7	Sudheeshna M	<i>[Signature]</i>	<i>[Signature]</i>
8	Saithy Xavier	<i>[Signature]</i>	<i>[Signature]</i>
9	Nimisha Jolly Joseph	<i>[Signature]</i>	<i>[Signature]</i>
10	Alexna Susan Anto	<i>[Signature]</i>	<i>[Signature]</i>
11	DANN CHRIS JOSEPH	<i>[Signature]</i>	<i>[Signature]</i>
12	Goldy Christy	<i>[Signature]</i>	<i>[Signature]</i>
13	Meera Babu	<i>[Signature]</i>	<i>[Signature]</i>
14	MERINA ELDHO	<i>[Signature]</i>	<i>[Signature]</i>
15	GLORY ELDHO	<i>[Signature]</i>	<i>[Signature]</i>
16	ABHISHEK SINDHU	<i>[Signature]</i>	<i>[Signature]</i>
17	Geethya K.V.	<i>[Signature]</i>	<i>[Signature]</i>
18	Anusha Susan Alexandra	<i>[Signature]</i>	<i>[Signature]</i>
19	Anmatha E	<i>[Signature]</i>	<i>[Signature]</i>
20	Anu Anu Brissy	<i>[Signature]</i>	<i>[Signature]</i>
	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
PRINCIPAL	DEU Convenor	DEU Secretary	



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BROCHURE

 **ST. GREGORIOS DENTAL COLLEGE**
CHELAD
IN ASSOCIATION WITH
DENTAL EDUCATION UNIT
AND DEPT. OF ORAL AND MAXILLOFACIAL SURGERY

**BASIC
LIFE
SUPPORT**

DR. SAJITH SALIM

— VALUE ADDED PROGRAM —

SEPTEMBER 24-25, 2019
@ COLLEGE AUDITORIUM



FOR INTERNS

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GENDER EQUALITY TODAY FOR A SUSTAINABLE TOMORROW

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**ST GREGORIOS DENTAL COLLEGE
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SGDC/VAL/004/2019

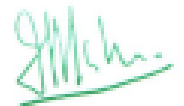
26.11.2019

CIRCULAR

Subject: Value Added Course on GENDER EQUALITY TODAY FOR A SUSTAINABLE TOMORROW
for 3rd year students.

This is to inform you that a Value Added Course for third year students is being organised by
the women cell on the topic entitled 'GENDER EQUALITY TODAY FOR A SUSTAINABLE
TOMORROW' on 28.11.2019 at the college auditorium.

For further reference, reach out to Dr. Nima M Kalapura



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GENDER EQUALITY TODAY FOR A SUSTAINABLE TOMORROW

28.11.2019 to 29.11.2019

28.11.2019	<ol style="list-style-type: none">1. Introduction to Gender Equality2. Gender Equality Frameworks and International Instruments3. Gender Analysis and Intersectionality4. Gender and Education5. Gender and Work
29.11.2019	<ol style="list-style-type: none">1. Gender-based Violence2. Media and Representation3. Men and Gender Equality4. Global Perspectives on Gender Equality5. Action and Advocacy



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GENDER EQUALITY TODAY FOR A SUSTAINABLE TOMORROW

Course code: SGDC/VAL/004/2019

Course duration: 15 hours

Course schedule: 8pm to 3:30 pm

Course period: November

Course dates: 28.11.2019 to 29.11.2019

Course mode: offline

Resource person & Course coordinator : Dr. Elizabeth V Issac & Mrs. Nima M Kalapura

Course outline:

This course delves into the multifaceted realm of gender equality, exploring its historical underpinnings, theoretical frameworks, and contemporary challenges. Through an interdisciplinary lens, students examine the complex interplay of gender with other social identities and structures, gaining insights into the root causes and manifestations of inequality. Discussions encompass feminist theories, intersectionality, gender-based violence, workplace dynamics, media representations, global perspectives, and advocacy strategies. Emphasizing critical analysis and action-oriented approaches, participants engage in activities, presentations, and projects aimed at fostering deeper understanding and promoting meaningful change towards a more equitable society.



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COURSE CONTENT

This course provides a comprehensive examination of gender equality, exploring its historical context, theoretical frameworks, contemporary challenges, and strategies for promoting social change. Through interdisciplinary perspectives and interactive learning activities, students will gain a deeper understanding of gender dynamics and contribute to ongoing efforts for a more equitable world.

MODULE 1: Introduction to Gender Equality

- Definition and significance of gender equality
- Historical overview of gender equality movements
- Key concepts: gender, gender roles, gender stereotypes, sexism

MODULE 2: Theoretical Perspectives on Gender

- Feminist theories and approaches
- Intersectionality: Gender in relation to race, class, sexuality, and other identities
- Masculinity studies and critical studies of men and masculinities

MODULE 3: Gender Analysis and Intersectionality

- Gender analysis: Understanding gender as a social construct
- Intersectionality: Multiple dimensions of identity and inequality
- Applying intersectional analysis to real-world contexts

MODULE 4: Gender and Development

- Gender disparities in education, health, employment, and political participation
- Gender-responsive development strategies and policies
- Empowerment approaches and community-based initiatives

MODULE 5: Gender-Based Violence

- Forms and manifestations of gender-based violence
- Root causes and consequences of gender-based violence
- Strategies for prevention, protection, and support

MODULE 6: Gender, Work, and Economics

- Gender wage gap and occupational segregation
- Unpaid care work and its impact on gender inequality
- Policies and practices for promoting gender equality in the workplace



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MODULE 7: Gender and Media Representation

- Gender stereotypes in media and popular culture
- Representation of gender diversity and inclusivity
- Media literacy and critical engagement with gendered imagery

MODULE 8: Gender, Health, and Reproductive Rights

- Gender disparities in access to healthcare
- Reproductive rights, family planning, and maternal health
- LGBTQ+ health disparities and challenges

MODULE 9: Gender in Global Contexts

- Gender equality challenges and initiatives across different regions
- International frameworks and agreements for gender equality
- Transnational feminist activism and solidarity movements

MODULE 10: Action and Advocacy for Gender Equality

- Strategies for advocacy and social change
- Developing inclusive and intersectional approaches
- Building alliances and collaborative partnerships



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POST-EVENT REPORT

Date: 28.11.2019 to 29.11.2019

Location: St. Gregorios Dental College, Auditorium

Training Methodology:

The training methodology for this course embraced a dynamic and participatory approach to learning. It combined traditional lectures with interactive discussions to provide foundational knowledge and stimulate critical thinking. Group activities, role-plays, and case studies encouraged collaborative problem-solving and empathy-building exercises. Guest speakers and multimedia presentations offered real-world insights and enhanced engagement. Experiential learning through field visits and simulations provided practical applications of theoretical concepts. Reflective assignments prompted students to analyze their learning process and connect theory with personal experiences. Action projects empowered students to apply their knowledge and skills to advocate for gender equality in their communities. Through this multifaceted approach, the course aimed to cater to diverse learning styles and inspire active engagement in promoting social change.

Key Highlights:

Key highlights of the course included its dynamic and participatory approach to learning. Traditional lectures were combined with interactive discussions, providing foundational knowledge and stimulating critical thinking. Group activities, role-plays, and case studies facilitated collaborative problem-solving and empathy-building exercises. Guest speakers and multimedia presentations offered real-world insights, enriching the learning experience. Experiential learning through field visits and simulations provided practical applications of theoretical concepts. Reflective assignments encouraged students to analyze their learning process and connect theory with personal experiences. Action projects empowered students to advocate for gender equality in their communities, fostering a sense of agency and social responsibility.



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Conclusion:

Participants explored the historical, cultural, and systemic factors that contribute to gender inequality, as well as the intersections of gender with other forms of discrimination. Through critical analysis and discussion, the class empowered individuals to challenge stereotypes, advocate for gender equity, and promote inclusive policies and practices in their personal and professional lives. Ultimately, the goal was to inspire action towards creating a more just and equitable society for all genders. The program was attended by the undergraduate students of 3rd year from St. Gregorios Dental College. Faculty members provided individualised feedback to students during the entire session focusing on principles of fairness and justice in relation to gender. The lecture and demonstrations provided positive feedback from the students and other staff members. Students reported increased desire to know more about the complexity of joint.



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FEEDBACK FORM

1. How satisfied are you with the value added program?

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

2. Did the program content meet your expectations?

- Yes
- No

3. How relevant was the program content to your needs?

- Highly relevant
- Somewhat relevant
- Not relevant

4. How clear and organized was the presentation of the program?

- Very clear and organized
- Clear and organized
- Somewhat clear and organized
- Unclear and disorganized

5. To what extent did the program help you achieve your learning goals?

- Completely achieved
- Mostly achieved
- Partly achieved
- Not achieved at all



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6. Any suggestions or comments on how we can improve this program?

Thank you for your feedback!



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ATTENDANCE LIST



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UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

TOPIC: Gender Equality Today for a sustainable tomorrow

28/11/19 29/11/19

Sl no.	Name of participant	Day 1	Day 2
1.	Amie Traversa Joshy	AND	AND
2.	Anna K Gheevan	AND	AND
3.	Akshaya R Nair	AND	AND
4.	Tia Minlam	AND	AND
5.	ANGEL	AND	AND
6.	Amalakshmi	AND	AND
7.	Reethal	AND	AND
8.	SARAH VARGHESE	AND	AND
9.	Ruth	AND	AND
10.	Richa Sasa	AND	AND
11.	TREASA ELIZABETH JAINION	AND	AND
12.	PREENU ANN PRASAD	AND	AND
13.	NIKKY PETER	AND	AND
14.	Anagha P.R.	AND	AND
15.	Coby Abraham	AND	AND
16.	SPUTHY S	AND	AND
17.	Aloma	AND	AND
18.	Aneeta	AND	AND
19.	Nasra Rani	AND	AND
20.	Sosanna Johnson	AND	AND
21.	Mione B Mommullil	AND	AND
22.	Akhil Varghese	AND	AND
23.	DIJIL DAVID M	AND	AND
24.	SOYA BABY	AND	AND
25.	Divya Mary Philip	AND	AND

PRINCIPAL	DEU Convenor	DEU Secretary



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
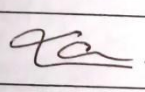
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CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

TOPIC: *Gender Equality Today for a Sustainable Tomorrow*
28/11/19 29/11/19

Sl no.	Name of participant	Day 1	Day 2
26	<i>Manya Benny</i>	<i>[Signature]</i>	<i>[Signature]</i>
27	<i>Aswathi Sunil</i>	<i>[Signature]</i>	<i>[Signature]</i>
28	<i>Johan V Zachariah</i>	<i>[Signature]</i>	<i>[Signature]</i>
29	<i>Ashara Kuziam</i>	<i>[Signature]</i>	<i>[Signature]</i>
30	<i>Mahalakshmi</i>	<i>[Signature]</i>	<i>[Signature]</i>
31	<i>Elly Jacob</i>	<i>[Signature]</i>	<i>[Signature]</i>
32	<i>CERIN ERNY</i>	<i>[Signature]</i>	<i>[Signature]</i>
33	<i>Susha G Nair</i>	<i>[Signature]</i>	<i>[Signature]</i>
34	<i>Athira Pisharody</i>	<i>[Signature]</i>	<i>[Signature]</i>

		
PRINCIPAL	DEU Convenor	DEU Secretary




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CHELAD

INTERNAL QUALITY ASSURANCE CELL & WOMEN CELL

GENDER EQUALITY TODAY

FOR A SUSTAINABLE
TOMORROW

VALUE ADDED PROGRAM

THIRD YEAR BDS STUDENTS

PRIDE!
**in being
Different**

RESOURCE PERSON
DR.ELIZABETH V ISSAC

28,29 NOVEMBER 2019 | COLLEGE AUDITORIUM



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CERTIFICATE



ST. GREGORIOS DENTAL COLLEGE
CHELAD

VALUE
ADDED
PROGRAM

CERTIFICATE

OF APPRECIATION

Gender Equality Today for a Sustainable Tomorrow

THIS IS PRESENTED TO

NIKKY PETER

FOR SUCCESSFULLY COMPLETING 15 HOURS VALUE ADDED
COURSE FROM .28/11/2019... TO .29/11/2019..... CONDUCTED BY
THE WOMEN'S CELL IN ASSOCIATION WITH THE INTERNAL
QUALITY ASSURANCE CELL AND THE DENTAL EDUCATION UNIT.

DR. JAIN MATHEW
PRINCIPAL

DR. ALLU BABY
DEU CONVENOR

DR. SAUGANTH PAUL M. V.
IQAC COORDINATOR



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PHOTOS



PHOTO OF VALUE ADDED PROGRAMME ENTITLED GENDER EQUALITY TODAY
FOR A SUSTAINABLE TOMORROW



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MELODIOUS NOTES

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**ST GREGORIOS DENTAL COLLEGE
CHELAD, KOTHAMANGALAM**

SGDC/VAL/005/2019.

03.12.2019

CIRCULAR

Subject: Melodious Notes – program for first years.

Music Club, St. Gregorios Dental College is organizing an program entitled "Melodios Notes"
for BDS first year students on 5.12.2019 to 6.12.2019 at SPM in college auditorium
For further reference reach out to Mrs. Nima M Kalappura




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MELODIOUS NOTES – FINE ARTS PROGRAM FOR FIRST YEARS

5.12.2019 - 6.12.2019

5.12.2019	<ol style="list-style-type: none">1. Introduction to Music Theory2. Instrument Introduction3. Note Reading and Sight-Reading4. Basic Techniques5. Ear Training6. Music Styles and Genres
6.12.2019	<ol style="list-style-type: none">1. Music Performance2. Basic Music Composition3. Music History4. Music Technology5. Music Appreciation6. Final Project and Evaluation



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(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

MELODIOUS NOTES

Course code: SGDC/VAL/005/2019

Course duration: 15 hours

Course schedule: 8pm to 3:30 pm

Course period: December

Course dates: 5.12.2019 to 6.12.2019

Course mode: offline

Resource person & Course coordinator : Ms Suja Ravi and Mrs. Nima M Kalapura

Course outline:

The Basic Music Fundamentals course is designed to provide students with a comprehensive introduction to essential music concepts and skills. The participants will delve into topics such as music theory, instrumental techniques, note reading, and performance. Beginning with an exploration of rhythm, pitch, and basic notation, students will progress to learning about different musical instruments, mastering note reading and sight-reading, and developing fundamental performance techniques. Throughout the course, emphasis will be placed on practical application and hands-on learning to ensure students are equipped with the necessary skills to play music confidently. By the end of the program, participants will have a solid foundation in music fundamentals and be prepared to continue their musical journey with confidence and enthusiasm.



ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

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(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

COURSE CONTENT

Basic Music Fundamentals: Rhythm, Pitch, Instrument Introduction, Note Reading, Performance Techniques. Hands-on learning, practical application. Gain confidence in music theory and performance skills for continued musical growth.

MODULE 1: Introduction to Music Theory

- Basics of rhythm, pitch, and notation
- Introduction to musical scales and keys
- Understanding basic music terminology

MODULE 2: Instrument Introduction

- Overview of different musical instruments
- Choosing the right instrument for you
- Basic techniques for playing common instruments (e.g., piano, guitar, violin)

MODULE 3: Note Reading and Sight-Reading

- Learning to read musical notation
- Practice exercises for sight-reading music
- Understanding rhythm patterns and timing

MODULE 4: Basic Techniques

- Hand positions and posture for instrument playing
- Proper breathing techniques (for wind and vocal instruments)
- Finger exercises for dexterity and control

MODULE 5: Ear Training

- Developing aural skills for pitch and rhythm recognition
- Identifying intervals and chords by ear
- Transcribing simple melodies and rhythms

MODULE 6: Music Styles and Genres

- Introduction to different music styles (e.g., classical, jazz, pop)
- Exploring the characteristics of each genre
- Learning basic repertoire from various styles

MODULE 7: Music Performance

- Preparation for solo and ensemble performance
- Stage presence and audience engagement
- Overcoming performance anxiety



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MODULE 8: Basic Music Composition

Introduction to music composition techniques
Creating simple melodies and chord progressions
Arranging music for different instruments

MODULE 9: Music History

Overview of music history periods (e.g., Baroque, Classical, Romantic)
Study of prominent composers and their works
Understanding the historical context of music

MODULE 10: Music Technology

Introduction to music software and digital audio workstations (DAWs)
Basic recording and editing techniques
MIDI (Musical Instrument Digital Interface) fundamentals

MODULE 11: Music Appreciation

Listening to and analyzing famous musical compositions
Understanding the elements of music that make it enjoyable
Developing a deeper appreciation for music in various forms

MODULE 12: Final Project and Evaluation

Application of learned skills in a final performance or composition project
Individual evaluation and feedback from instructors
Reflection on progress and future goals in music learning



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POST-EVENT REPORT

Date: 5.12.2019 to 6.12.2019

Location: St. Gregorios Dental College, Auditorium

Training Methodology:

The training methodology employed for the course included interactive lectures, demonstrations, and group activities. Students were introduced to music concepts through theoretical instruction, followed by opportunities for discussion and reflection. Feedback from instructors was provided to support students' understanding and progress. This approach aimed to foster engagement and comprehension among participants.

Key Highlights:

Key highlights of the course included engaging lectures that provided a comprehensive overview of music theory, instrumental techniques, and performance skills. Interactive demonstrations allowed students to apply theoretical knowledge practically. Group activities and discussions facilitated collaborative learning and encouraged peer interaction. Instructor feedback provided valuable guidance and support throughout the course, ensuring students' understanding and progress. Overall, the course effectively combined theoretical instruction with practical application, creating a dynamic learning environment that fostered enthusiasm and skill development among participants.

Conclusion:

In conclusion, the course successfully achieved its objectives of providing students with a solid foundation in music theory and performance skills. Through engaging lectures, practical demonstrations, and collaborative activities, participants gained valuable knowledge and confidence in their musical abilities. The course fostered a supportive learning environment and facilitated skill development, ensuring that students were well-equipped to continue their musical journey with enthusiasm and proficiency.



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FEEDBACK FORM

1. How satisfied are you with the value added program?

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

2. Did the program content meet your expectations?

- Yes
- No

3. How relevant was the program content to your needs?

- Highly relevant
- Somewhat relevant
- Not relevant

4. How clear and organized was the presentation of the program?

- Very clear and organized
- Clear and organized
- Somewhat clear and organized
- Unclear and disorganized

5. To what extent did the program help you achieve your learning goals?

- Completely achieved
- Mostly achieved
- Partly achieved
- Not achieved at all



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6. Any suggestions or comments on how we can improve this program?

Thank you for your feedback!



ST.GREGORIOS DENTAL COLLEGE

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BROCHURE

ST. GREGORIOS DENTAL COLLEGE

CHELAD

Melodious Notes

VALUE ADDED program

RESOURCE PERSON
SUJA RAVI

DEC 5-6, 2019
8AM - 4PM

FOR BDS FIRST YEAR STUDENTS
@ COLLEGE AUDITORIUM

Phone : 0485-2572531, 532, 9188952016, 9188952017

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



ST.GREGORIOS DENTAL COLLEGE

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ATTENDANCE



ST. GREGORIOS DENTAL COLLEGE, CHELAD

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ
CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

TOPIC: "Melodium nobis!"

Sl no.	Name of participant	5/12/19 Day 1	6/12/19 Day 2
1.	Aashitha Ann Jinnet	Aashitha	Aashitha
2.	Abhirami Suresh	Abhirami Suresh	Abhirami Suresh
3.	Amal A.	Amal A.	Amal A.
4.	Anchel Jose	Anchel Jose	Anchel Jose
5.	Angela Susana Jacob	Angela	Angela
6.	Anjara Rose	Anjara	Anjara
7.	Ari K Raghavan	Ari K R	Ari K R
8.	Annet Theresa Perackel	Annet	Annet
9.	Annie Robert	Annie	Annie
10.	Geetha Muskan	Geetha	Geetha
11.	Malavita Mislam.	Malu	Malu
12.	Nakul Per.	Nakul	Nakul
13.	P. Renzari	Renzari	Renzari
14.	Kesava Maslam Creange.	Kesava	Kesava
15.	Shreethi V.S	Shreethi	Shreethi
16.	Vidhya . K.S .	Vidhya	Vidhya
17.	Jesya Maslam Jacob.	Jesya	Jesya
18.	Dana Davis	Dana	Dana
19.	Honey Laya.	Honey	Honey
20.	Esha Sainudeen	Esha	Esha
21.	Elma Sajjo T.	Elma	Elma
22.	Macya Maslyn. Abzaban.	Macya	Macya
23.	Swarabhi B.S.	Swarabhi	Swarabhi
24.	Divya S.Raj	Divya	Divya
25.	Aziya Baker	Aziya	Aziya

PRINCIPAL	DEU Convenor	DEU Secretary



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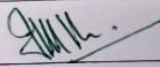


ST. GREGORIOS DENTAL COLLEGE, CHELAD

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

TOPIC: "Melolonia nobis".

Sl no.	Name of participant	5/12/19 Day 1	6/12/19 Day 2
26.	Anna Oshin Benny	Anna	Anna
27.	Abhisand Suresh	Abhinav	Abhinav
28.	Frank Shibu.	Frank	Frank
29.	Anne Robert.	Anne	Anne
30.	Hleora Sony Paul.	Hleora	Hleora
31.	Divya - S. Raj.	Divya	Divya
32.	Sreha .S. Kumar	Sreha	Sreha
33.	Mini K. Raghavan.	Mini	Mini
34.	Annet Theresa. Panakkal	Annet	Annet

		
PRINCIPAL	DEU Convenor	DEU Secretary



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CERTIFICATE

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CHELAD

VALUE ADDED PROGRAM

CERTIFICATE

OF APPRECIATION

Melodious Notes

THIS IS PRESENTED TO

Divya S. Raj

FOR SUCCESSFULLY COMPLETING 15 HOURS VALUE ADDED
COURSE FROM *05.12.2019*..... TO *06.12.2019*..... CONDUCTED BY
THE MUSIC CLUB IN ASSOCIATION WITH THE INTERNAL QUALITY
ASSURANCE CELL AND THE DENTAL EDUCATION UNIT.

[Signature]
DR. JAIN MATHEW
PRINCIPAL

[Signature]
DR. ALLU BABY
DEU CONVENOR

[Signature]
DR. SAUGANTH PAUL M. V.
IQAC COORDINATOR



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PHOTOS



PHOTOS OF “MELODIOUS NOTES 2019”



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GENDER EQUITY: EQUAL PAY; ADDRESSING THE GENDER WAGE GAP

Phone : 0485-2572531, 532, 9188952016, 9188952017

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

**ST. GREGORIOS DENTAL COLLEGE
CHELAD, KOTHAMANGALAM**

SGDC/ VAL/ 001/2020

08.02.2020

CIRCULAR

Subject: Value added program on GENDER EQUITY: EQUAL PAY; ADDRESSING THE GENDER WAGE GAP.

The Women Cell, St. Gregorios Dental College is organizing a value added program entitled 'GENDER EQUITY: EQUAL PAY; ADDRESSING THE GENDER WAGE GAP' for Second year students from 11.02.2020-12.02.2020 at the College Auditorium.

For further reference reach out to Ms. Lincy Tomy.



PRINCIPAL

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

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GENDER EQUITY: EQUAL PAY; ADDRESSING THE

GENDER WAGE GAP

11.02.2020-12.02.2020

DATE	TOPIC
11.02.2020	<ol style="list-style-type: none">1. Understanding the Gender Wage Gap2. Pay Equity Laws and Policies3. Implementing Equal Pay Practices
12.02.2020	<ol style="list-style-type: none">4. Creating a Culture of Inclusion5. Communication and Negotiation Skills6. Tracking Progress and Taking Action



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WOMEN CELL

GENDER EQUITY: EQUAL PAY; ADDRESSING THE GENDER WAGE GAP

Course code: SGDC/VAL/001/2020

Course duration: 16 hours

Course schedule: 8:30am to 4:30 pm

Course period: February

Course dates: 11.02.2020-12.02.2020

Course mode: Offline

Resource person: Dr. Saira George

Course coordinator: Ms. Lincy Tomy

Course outline:

Explore gender equity through modules on the wage gap, pay equity laws, and practical strategies. Acquire negotiation skills, learn how to measure progress, and hold people accountable. Empower participants with communication techniques and tools to advocate for fair compensation and foster inclusive workplaces.



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COURSE CONTENT

DAY 1:

Session 1 (Morning) - 8:30 AM to 12:00 PM:

- 8:30 AM - 9:30 AM: Welcome and Introduction to program
- 9:30 AM - 10:30 AM: Understanding the Gender Wage Gap: Causes and Implications (Module 1)
- 10:30 AM - 10:45 AM: Break
- 10:45 AM - 11:30 AM: Overview of Pay Equity Laws and Policies (Module 2)
- 11:30 AM - 12:00 PM: Q&A and Discussion

Session 2 (Afternoon) - 1:00 PM to 4:30 PM:

- 1:00 PM - 2:00 PM: Implementing Equal Pay Practices (Module 3)
- 2:00 PM - 3:00 PM: Practical Strategies for Closing the Gender Wage Gap
- 3:00 PM - 3:30 PM: Break
- 3:30 PM - 4:30 PM: Creating a Culture of Inclusion (Module 4)

DAY 2:

Session 3 (Morning) - 8:30 AM to 12:00 PM:

- 8:30 AM - 9:30 AM: Communication and Negotiation Skills (Module 5)
- 9:30 AM - 10:30 AM: Promoting Diversity in Leadership and Workforce
- 10:00 AM - 11:00 AM: Break
- 11:00 AM - 12:00 PM: Measuring Progress and Taking Action (Module 6)



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Session 4 (Afternoon) - 1:00 PM to 4:30 PM:

- 1:00 PM - 2:00 PM: Recap and Review of Key Concepts from Previous Sessions
- 2:00 PM - 3:00 PM: Group Discussions: Sharing Insights and Experiences
- 3:00 PM - 3:45 PM: Action Planning: Setting Goals and Strategies for Implementing Gender Equity Initiatives
- 3:45 PM - 4:30 PM: Closing Remarks and Evaluation



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POST-EVENT REPORT

Date: 11.02.2020-12.02.2020

Location: St. Gregorios Dental College, Auditorium

Training Methodology:

This training was carried out through interactive presentations, group discussions, case studies, and practical exercises. The participants were actively involved in learning about issues regarding gender equity and in acquiring relevant skills related to communication and negotiation. Real-life cases and situations were used to put learning into perspective. This helped ensure that effective insights and applications were made to the participants' professional lives. The facilitators guided and ensured an environment that was supportive of open dialogue and knowledge sharing. With such a dynamic approach, both theoretical knowledge and practical tools were acquired, which would be used for driving positive change in achieving gender equity at the participants' workplace.

Key Highlights:

- Comprehensively discusses questions of gender equity, with a focus on the gender wage gap and equal pay.
- In-depth analysis of pay equity laws and policies: It helps develop an understanding of legal frameworks and compliance requirements.
- Practical strategies to be implemented in organizations with regard to equal pay practices, including salary audits and promotion of transparency.
- Development of negotiation skills and advocacy techniques toward assertiveness among the participants when it comes to their compensation.

- Emphasize creating an inclusive and diverse culture to support gender equity efforts at work.
- Measurement of progress toward gender equity goals and establishment of accountability mechanisms for addressing disparities.



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Conclusion:

In sum, this value-added program on gender equity has provided the participants with a robust understanding of the gender wage gap and the issue of equal pay. With deep analysis of pay equity laws and concrete strategies for implementation, participants are able to be agents for change within their organizations. Through negotiation skills and culture-building techniques, the course empowers participants to advocate for fair pay and create an environment where all people have an opportunity to excel. Measurement and accountability ensure progress toward gender equity goals are made over time, hence producing more just and inclusive workplaces.



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FEEDBACK FORM

1. How satisfied are you with the value added program?

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

2. Did the program content meet your expectations?

- Yes
- No

3. How relevant was the program content to your needs?

- Highly relevant
- Somewhat relevant
- Not relevant



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4. How clear and organized was the presentation of the program?

- Very clear and organized
- Clear and organized
- Somewhat clear and organized
- Unclear and disorganized

5. To what extent did the program help you achieve your learning goals?

- Completely achieved
- Mostly achieved
- Partly achieved
- Not achieved at all

6. Any suggestions or comments on how we can improve this program?

Thank you for your feedback!




ST.GREGORIOS DENTAL COLLEGE


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BROCHURE



ST. GREGORIOS DENTAL COLLEGE 

GENDER EQUITY EQUAL PAY

ADDRESSING THE GENDER
WAGE GAP
value added program

College Auditorium
FEB 11-12,2020
Time : 8.00 AM

Organized by
Women Cell
Internal Quality Assurance Cell

FOR SECOND YEAR BDS
STUDENTS

Phone : 0485-2572531, 532, 9188952016, 9188952017

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




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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: GENDER EQUITY: Equal Pay, Addressing the Gender Wage Gap

11/02/2020 12/02/2020

Sl no.	Name of participant	Day 1	Day 2
1	Abin Jay	Abin	Abin
2	Aiswarya L. Betha K	Abin	Abin
3	Akshara T K	Abin	Abin
4	Alex Mathew	Abin	Abin
5	Alka Susan Binu	Abin	Abin
6	Anetta Anna Eldo	Abin	Abin
7	Anusha Rachel John	Abin	Abin
8	Anurpa T M	Abin	Abin
9	Aparna Kurang	Abin	Abin
10	Anya Gireesh	Abin	Abin
11	Ashley Ede Paulose	Abin	Abin
12	Chippy Elizabeth Philip	Abin	Abin
13	Elizabeth Kadiyattil	Abin	Abin
14	George Binu	Abin	Abin
15	Georn Lakshmi S	Abin	Abin
16	Hanna Mary Eelhu	Abin	Abin
17	Jeff Jacob Mathewe	Abin	Abin
18	Juthin Raji	Abin	Abin
19	Lija Maria Joseph	Abin	Abin
20	Manisha Chandran	Abin	Abin
21	Mannya Mariya Aby	Abin	Abin
22	Manish Elizabeth Sunil	Abin	Abin
23	Melvin Thomas	Abin	Abin
24	Michael Ann Mathew	Abin	Abin
25	Prinka C George	Abin	Abin

		
PRINCIPAL	DEU Convenor	DEU Secretary



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ST. GREGORIOS DENTAL COLLEGE, CHELAD

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

TOPIC: GENDER EQUITY: Equal Pay; addressing the gender wage gap

11/02/2020 12/02/2020

Sl no.	Name of participant	Day 1	Day 2
26	Riyanca Vtt	Riyanca	Riyanca
27	S. Mahima Mahendran	S. Mahima	S. Mahima
28	Siona Rachel Saji	Siona	Siona
29	Sathy VS	Sathy	Sathy
30	Vashali Jaiprakash	Vashali	Vashali
31	Alina B. Paul	Alina	Alina
32	Alvin Raju	Alvin	Alvin
33	Dilna Elizabeth Biju	Dilna	Dilna
34	Kareena Rachel Punnan	Kareena	Kareena
35	Abhigna Shikha	Abhigna	Abhigna
36	Pattina Nosa Jones	Pattina	Pattina
37	Susathy Trasa Cheerian	Susathy	Susathy

		
PRINCIPAL	DEU Convenor	DEU Secretary



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CERTIFICATE

 ST. GREGORIOS DENTAL COLLEGE
CHELAD

**VALUE
ADDED
PROGRAM**

CERTIFICATE

OF APPRECIATION

*Gender Equity: Equal Pay;
Addressing the Gender Wage Gap*

THIS IS PRESENTED TO

MARIYA ELIZABETH SUNIL

FOR SUCCESSFULLY COMPLETING 15 HOURS VALUE ADDED
COURSE FROM ..11/02/2020... TO ..12/02/2020... CONDUCTED BY
THE WOMEN'S CELL IN ASSOCIATION WITH THE INTERNAL
QUALITY ASSURANCE CELL AND THE DENTAL EDUCATION UNIT.

JMch.
DR. JAIN MATHEW
PRINCIPAL

AB
DR. ALLU BABY
DEU CONVENOR

SPH
DR. SAUGANTH PAUL M. V.
IQAC COORDINATOR



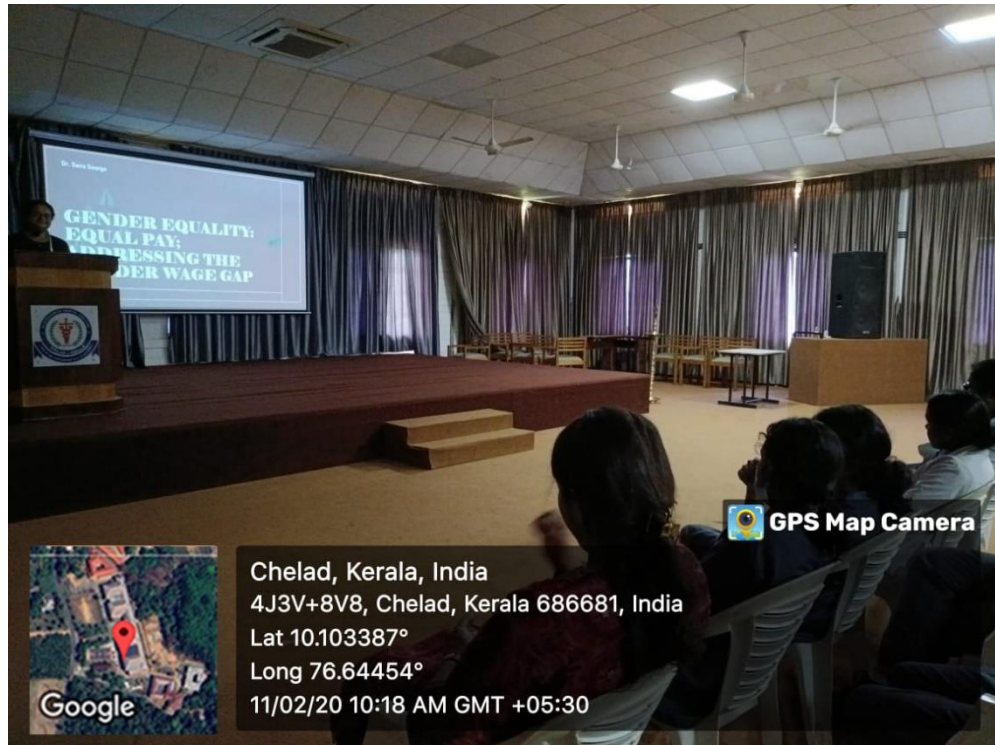
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CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

PHOTOS



PHOTOGRAPH OF VALUE ADDED COURSE-

‘GENDER EQUITY: EQUAL PAY; ADDRESSING THE GENDER WAGE GAP’

Phone : 0485-2572531, 532, 9188952016, 9188952017

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(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

ZUMBA: DANCE YOUR WAY TO FITNESS

Phone: 0485-2572531, 532, 9188952016, 9188952017

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

**ST. GREGORIOS DENTAL COLLEGE
CHELAD, KOTHAMANGALAM**

SGDC/VAL/002/2020

25.02.2020

CIRCULAR

Subject: Certificate course on "ZUMBA: DANCE YOUR WAY TO FITNESS" program for First year students

This is to inform that a value-added course on topic entitled 'Zumba: Dance Your way to Fitness' for first year students is being organised by the IQAC on 28.02.2020 and 29.02.2020 at the college auditorium.

For further reference, reach out to Dr. Souganth Paul M. P.




PRINCIPAL

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St. Gregorios Dental College
Chelad, Kerala - 686 684

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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)

ZUMBA: DANCE YOUR WAY TO FITNESS

28.02.2020 - 29.02.2020

DATE	TOPIC
28.02.2020	<ol style="list-style-type: none">1. Introduction to Zumba2. Latin Dance Rhythms3. Reggaeton and Hip-hop fusion4. International Dance Party5. Core and Balance6. High Intensity Interval Training (HIIT)
29.02.2020	<ol style="list-style-type: none">1. Toning And Sculpting2. Flexibility and Flow3. Part Mix4. Dance Challenge5. Participant Showcase6. Celebration and Review

*The students engage in Zumba training monthly twice on Wednesdays and Fridays.

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(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

ZUMBA: DANCE YOUR WAY TO FITNESS

Course code: SGDC/VAL/002/2020

Course duration: 15 hours

Course schedule: 09.00am – 1.00pm

Course period: February

Course dates: 28.02.2020-29.02.2020

Course mode: offline

Resource person & Course coordinator: Ms. Minnu Kandirickal

Course outline:

With lively music and entertaining dance routines, this Zumba class combines dancing and fitness to help participants enhance their flexibility, cardiovascular health, and general well-being. This workshop, which is appropriate for all fitness levels, will cover a variety of dance forms and fitness methods to produce a thorough and interesting exercise.



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COURSE CONTENT

1. MODULE 1: Introduction to Zumba

- Warm-up: Simple stretches and mild aerobic exercise
- Workout: An overview of fundamental Zumba steps and motions
- Relaxation and stretching methods for winding down

2. MODULE 2: Latin Dance Rhythms

- Warm-up: Stretches with a salsa flair
- Exercise: Merengue, Cumbia, and Salsa routines
- Cool-down: Light stretches with an emphasis on the lower body
- Emphasis: Acquiring and perfecting Latin dance moves.

3. MODULE 3: Reggaeton and Hip-Hop Fusion

- Dynamic hip-hop stretches as a warm-up
- Exercise: Hip-hop and reggaeton dancing steps
- Stretching to loosen up the back and hips is the cool-down.
- Emphasis: Fusing hip-hop motions with reggaeton tunes

4. MODULE 4: International Dance Party

- Warm-up: Stretches with a global dancing theme
- Exercise: International dance routines (such as Bollywood and African dancing).
- Warm-up: Full-body stretches
- Emphasis: Examining various ethnic dance forms

5. MODULE 5: Core and Balance

- Warm-up: Exercises that activate the core
- Exercise: Dancing sequences emphasising balance and core strength
- Cool-down: Stretches for the lower back and abdomen
- Focus: Increasing balance and fortifying the core

6. MODULE 6: High-Intensity Interval Training (HIIT)

- Warm-up: Stretches for cardio
- Workout: Zumba moves with an HIIT twist
- Stretching to help the body as a whole calm down
- Focus: Using interval training to increase cardiovascular endurance



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7. MODULE 7: Toning and Sculpting

- Warm-up: Resistance band stretches and light weightlifting
- Exercise: Resistance bands and weights used in dance routines
- Cool-down: Stretching with an emphasis on the working muscle groups
- Focus: Improving strength and tone of muscles

8. MODULE 8: Flexibility and Flow

- Dynamic stretches to increase flexibility as a warm-up
- Exercise: Fluid movement-focused dance routines
- Cool-down: Extensive stretches and calmness
- Focus: Increasing range of motion and suppleness

9. MODULE 9: Party Mix

- Warm-up: A combination of stretches from earlier classes
- Exercise: A combination of the course's most well-liked routines
- Cool-down: Extensive stretches
- Goal: Taking in a range of dancing moves in a single session.

10. MODULE 10: Dance Challenge

- Full-body stretches as a warm-up
- Workout: Difficult exercises that assess your stamina and abilities
- Stretches for whole body relaxation as a cool-down
- Focus: Testing progress and pushing boundaries

11. MODULE 11: Participant Showcase

- The warm-up is led by the participants.
- Exercise: Individuals design and present their own programmes
- Group stretching exercises as a cool-down
- Focus: Fostering self-assurance and inventiveness

12. MODULE 12: Celebration and Review

- Warm-up: Your go-to warm-up exercises
- Exercise: jovial and joyous dancing steps
- Cool-down: Stretching with reflection and relaxation
- Highlights: Highlighting successes and talking about long-term fitness objectives



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POST EVENT REPORT

Date: 28.02.2020-29.02.2020

Location: St. Gregorios Dental College

Speaker: Ms. Minnu Kandirickal

Training Methodology:

The goal of this Zumba class's training style is to provide an organised, entertaining, and welcoming atmosphere where students can get fitter while having fun with dance moves. To guarantee participants' growth and enjoyment, the methodology incorporates a number of instructional strategies, feedback mechanisms, and support systems.

Key Highlights:

- Provided a structured session for students
- Different dance styles are taught
- Various modifications can be made for different fitness levels
- Engaging and interactive sessions
- Many group activities are provided
- Proper warm up and cool down techniques are learnt from the session

Conclusion:

Zumba: Dancing Your Way to Fitness aimed to give participants a fun, engaging, and useful approach to using dancing to improve their level of fitness. Participants benefitted from structured sessions, a range of dancing styles, and an emphasis on adaptation in an environment that is supportive and inviting to all fitness levels. Motivational techniques, interactive training, and community-building exercises improved the experience. Resources related to health, safety, and other areas are offered to guarantee participants' continued development and well-being. Through ongoing feedback, assessments, and a final display, participants have the opportunity to track their progress and acknowledge their achievements. The ultimate goal of this course was to provide participants the ability to enjoy dancing while achieving their fitness goals.



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FEEDBACK FORM

1. How satisfied are you with the value-added program?

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

2. Did the program content meet your expectations?

- Yes
- No

3. How relevant was the program content to your needs?

- Highly relevant
- Somewhat relevant
- Not relevant

4. How clear and organized was the presentation of the program?

- Very clear and organized
- Clear and organized
- Somewhat clear and organized
- Unclear and disorganized



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5. To what extent did the program help you achieve your learning goals?

- Completely achieved
- Mostly achieved
- Partly achieved
- Not achieved at all

6. Any suggestions or comments on how we can improve this program?

Thank you for your feedback!



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ATTENDANCE



ST. GREGORIOS DENTAL COLLEGE, CHELAD

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

TOPIC: Zumba : Dance your way to fitness

Dates : 28/02/20, 29/02/20.

Sl no.	Name of participant	Day 1	Day 2
1	Anal A	Anal	Anal
2	Anchel Jose	Anch	Anch
3	Angela Susan Jacob	Anal	Ang
4	Anjana Rose	Anjan	Anja
5	Geetha Moolan	Geeth	Geeth
6	Dona Daws	Dona	Dona
7	Elma Sajjo T	Elma	Elma
8	Eha Samudeen	Eha	Eha
9	Honey Laya Sajjan	Honey	Honey
10	Jesly Mariam Jacob	Jesly	Jesly
11	Kezia Marwan George	Kezia	Kezia
12	Malavika Minami Shaji	Malav	Malav
13	Maryia George	Maryia	Maryia
14	Maryia Reji Daniel	Maryia	Maryia
15	Maya Maria Abraham	Maya	Maya
16	Nakul P C	Nakul	Nakul
17	R. Ranani	Ranani	Ranani
18	Shruti Saji Nair	Shruti	Shruti
19	Sathi VS	Sathi	Sathi
20	Simabhi BS	Simabhi	Simabhi
21	Vidhya KS	Vidhya	Vidhya
22	Pashitha Ann Jinnat	Pashitha	Pashitha
23	Abhrami Suresh	Abhrami	Abhrami
24	Ani K Raghavan	Ani	Ani
25	Anne Oshin Benny	Anne	Anne

PRINCIPAL	DEU Convenor	DEU Secretary



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TOPIC: Zumba: Dance your way to fitness
Dates - 28/02/20, 29/02/20

Sl no.	Name of participant	Day 1	Day 2
26	Annet Theresa Panackal	Annet	Annet
27	Annie Robert	Annie	Annie
28	Ansiya Baker	Ansiya	Ansiya
29	Divya S Raj	Divya	Divya
30	Frank Shibu	Frank	Frank
31	Hanne Sony Paul	Hanne	Hanne
32	Nachya elias	Nachya	Nachya
33	Smehen S Kumar	Smehen	Smehen
34	Sreej S.	Sreej	Sreej

PRINCIPAL	DEU Convenor	DEU Secretary



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BROCHURE

**DANCE YOUR WAY
TO FITNESS**

ZUMBA

for first year bds students

ORGANIZED BY
WOMEN CELL, IQAC
ST. GREGORIOS DENTAL COLLEGE, CHELAD

**28-29 FEB
2020**

09.00 AM
College Auditorium

Phone: 0485-2572531, 532, 9188952016, 9188952017

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



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**VALUE
ADDED
PROGRAM**

CERTIFICATE

OF APPRECIATION

Gumba- Dance your Way to Fitness

THIS IS PRESENTED TO

ESHA SAINUDEEN

**FOR SUCCESFULLY COMPLETING 15 HOURS VALUE ADDED
COURSE FROM ...25/02/2020... TO ...29/02/2020... CONDUCTED BY
THE INTERNAL QUALITY ASSURANCE CELL AND THE DENTAL
EDUCATION UNIT.**



DR. JAIN MATHEW
PRINCIPAL



DR. ALLU BABY
DEU CONVENOR



DR. SAUGANTH PAUL M. V.
IQAC COORDINATOR



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PHOTOS



PHOTOGRAPH OF VALUE ADDED PROGRAM

‘ZUMBA- DANCE YOUR WAY TO FITNESS’

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FUNDAMENTAL LIFE SKILLS

Phone: 0485-2572531, 532, 9188952016, 9188952017

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

ST. GREGORIOS DENTAL COLLEGE

CHELAD, KOTHAMANGALAM

SGDC/VAL/003/2020

20.03.2020

CIRCULAR

Subject: "Fundamental Life Skills" program for Final year Part 1 and Part 2 students.

Department of Orthodontics and Dentofacial Orthopaedics of St. Gregorios Dental College is organizing a value-added program on Fundamental Life Skills program for Final year Part 1 and Part 2 students on 25.03.2020 and 26.03.2020at 8.30am through an online platform

For further reference ,reach out to Dr. Tony Michael




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St. Gregorios Dental College
Chelad, Kothamangalam - 686 524

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FUNDAMENTAL LIFE SKILLS

25.03.2020-26.03.2020

DATE	TOPIC
25.03.2020	<ol style="list-style-type: none">1. Introduction to Fundamental Life Skills2. Financial Literacy3. Communication Skills4. Critical Thinking and Problem Solving5. Emotional Intelligence6. Time Management and Organization7. Digital Literacy
26.03.2020	<ol style="list-style-type: none">1. Health and Wellness2. Relationship Building3. Career Development4. Cultural Competence5. Personal Development6. Home Management7. Recap of basic skills



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FUNDAMENTAL LIFE SKILLS PROGRAM

Course code: SGDC/VAL/003/2020

Course duration: 15 hours

Course schedule: 8.00AM -4.00PM

Course period: March

Course dates: 25.03.2020-26.03.2020

Course mode: online (Zoom meeting)

Resource person & Course coordinator: Dr. Vincy Antony

Course outline:

The "Fundamental Life Skills" course equips students with essential skills for personal and professional success. Topics include financial literacy, communication, critical thinking, emotional intelligence, time management, digital literacy, health and wellness, relationship building, career development, cultural competence, personal development, and home management. Throughout the course, students engage in activities, discussions, and practical exercises to apply and reinforce their learning, culminating in a holistic understanding and application of fundamental life skills.



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COURSE CONTENT

1. MODULE 1: Introduction to Fundamental Life Skills

- Overview of life skills
- Importance and benefits
- Assessing current skills and setting goals

2. MODULE 2: Financial Literacy

- Budgeting and Money Management
- Saving and Investing
- Understanding Credit and Debt.

3. MODULE 3: Communication Skills

- Verbal Communication
- Written Communication
- Active Listening and Nonverbal Communication

4. MODULE 4: Critical Thinking and Problem Solving

- Analytical Thinking
- Logical Reasoning
- Decision-Making Techniques

5. MODULE 5: Emotional Intelligence

- Self-awareness and Self-regulation
- Empathy and Social Skills
- Conflict Resolution

6. MODULE 6: Time Management and Organization

- Prioritization
- Goal Setting
- Productivity Techniques

7. MODULE 7: Digital Literacy

- Basics of Technology Use
- Internet Safety and Security
- Digital Communication and Collaboration

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8. MODULE 8: Health and Wellness

- Nutrition and Exercise
- Mental Health Awareness
- Stress Management and Self-care

9. MODULE 9: Relationship Building

- Building and Maintaining Healthy Relationships
- Effective Communication in Personal and Professional Settings
- Conflict Resolution Skills

10. MODULE 10: Career Development

- Resume Writing and Job Search Strategies
- Interview Skills
- Professional Networking and Etiquette

11. MODULE 11: Cultural Competence

- Respect for Diversity
- Understanding Different Cultures
- Fostering Inclusive Environments

12. MODULE 12: Personal Development

- Goal Setting and Self-reflection
- Continuous Learning and Growth
- Resilience and Adaptability

13. MODULE 13: Home Management

- Basic Cooking Skills
- Cleaning and Organization
- Household Maintenance

14. MODULE 14: Recap

- Recap of all the basic life skills
- Feedback of the students



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POST EVENT REPORT: FUNDAMENTAL LIFE SKILLS PROGRAM

Date: 25.03.2020-26.03.2020

Location: St. Gregorios Dental College

Speaker: Dr. Vincy Antony

Training Methodology:

The training methodology for the "Fundamental Life Skills" course integrates diverse techniques to ensure effective learning. It employs a combination of lectures, interactive discussions, case studies, role-playing exercises, and real-life simulations. Additionally, hands-on activities, group projects, and self-assessment tools are utilized to enhance engagement and understanding. Continuous feedback and reflection opportunities are provided to facilitate skill development and application in practical contexts.

Key Highlights:

- Multifaceted approach integrating lectures, discussions, and interactive activities.
- Utilization of case studies and role-playing for practical skill application.
- Group projects to enhance engagement and collaboration.
- Incorporation of self-assessment tools and feedback mechanisms for continuous improvement.
- Emphasis on real-life simulations to simulate authentic learning experiences.
- Facilitated reflection sessions to reinforce learning and promote personal growth.

Conclusion:

The two-day certificate course of the "Fundamental Life Skills" consolidates learners' understanding and application of essential skills for personal and professional success. Through reflection, participants assess their growth and development throughout the course. Emphasizing the significance of lifelong learning, the conclusion encourages ongoing practice and refinement of acquired skills. Undergraduates leave equipped with the tools and confidence to navigate life's challenges effectively, fostering holistic well-being and resilience.



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FEEDBACK FORM

1. How satisfied are you with the value added program?

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

2. Did the program content meet your expectations?

- Yes
- No

3. How relevant was the program content to your needs?

- Highly relevant
- Somewhat relevant
- Not relevant

4. How clear and organized was the presentation of the program?

- Very clear and organized
- Clear and organized
- Somewhat clear and organized
- Unclear and disorganized



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5. To what extent did the program help you achieve your learning goals?

- Completely achieved
- Mostly achieved
- Partly achieved
- Not achieved at all

6. Any suggestions or comments on how we can improve this program?

Thank you for your feedback!



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ATTENDANCE



ST. GREGORIOS DENTAL COLLEGE, CHELAD

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

TOPIC: FUNDAMENTAL LIFE SKILLS (ONLINE)

DATE: 25.03.2020 – 26.03.2020

SL NO	NAME OF PARTICIPANTS
1.	Aiswarya Narayanan
2.	Abina Joy
3.	Ajai Joy
4.	Akshay Raj M
5.	Akshaya R Nath
6.	Albert Thomas
7.	Alfi Benny
8.	Alias Biju
9.	Ann Mary Jose
10.	Ann Mary Paul
11.	Anna Mary Saji
12.	Anna Rose K Jose
13.	Anna Sandra Collins
14.	Anna Twinkle Mathew
15.	Annu Thomas
16.	Anupa Merium Agish
17.	Aravind M
18.	Arya Haridas
19.	Ashiya Alwyn
20.	Ashly S Reny
21.	Athira Sami
22.	Basil Jose
23.	Benoy Nelson
24.	Bilin George
25.	Christy Maria Cheriyan



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26.	Della Rajan
27.	Devi Sasi
28.	Farsana Muhammed P
29.	Geo Thomas
30.	Greeshma George
31.	Irene Thomas
32.	Jeffry Alexander Thomas
33.	Jeney M Jose
34.	Justline Jose
35.	Kessiya Babu
36.	Linda Maria Jose
37.	Magi Xavier
38.	Mayadas
39.	Merin George
40.	Merin Varghese
41.	Merin Viji
42.	Minna Mariya Jose
43.	Nandu P
44.	Neethu R
45.	Nihina Joseph
46.	Niva Babu
47.	Nynu Fathima Sunil
48.	Praise Jose
49.	Prajyothi P P
50.	Prince Peter
51.	Priyamvada C
52.	Raghavi Rajan
53.	Rebekh M James
54.	Reshma James



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55.	Reshma Marshal Thomas
56.	Richa K C
57.	Richa Sherry
58.	Rinku Mariam Reji
59.	Rinni Rose Antony
60.	Roshan Tom Thomas
61.	Sangeetha Sasikumar
62.	Sarin Anna Jojee
63.	Sharon M S
64.	Shilpa Thomas
65.	Sincy Vincent
66.	Sneha K Antony
67.	Soumya xavier
68.	Soumya Xavier
69.	Sreelakshmi M S
70.	Stephy A Thomas
71.	Sweety Maria George
72.	Tisha George Thykadavil



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BROCHURE



ST. GREGORIOS DENTAL COLLEGE

CHELAD

“FUNDAMENTAL

LIFE SKILLS”

FOR
FINAL YEAR BDS
STUDENTS

**VALUE
ADDED
PROGRAM**



RESOURCE PERSONS
FACULTIES
DEPT. OF ORTHODONTICS & ORTHOPEDICS

DATE: MAR 25-26, 2020
VENUE: COLLEGE AUDITORIUM

Phone: 0485-2572531, 532, 9188952016, 9188952017

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



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CHELAD

VALUE
ADDED
PROGRAM

CERTIFICATE

OF APPRECIATION

Fundamental Life Skills

THIS IS PRESENTED TO

NEETHU R

FOR SUCCESSFULLY COMPLETING 15 HOURS VALUE ADDED
COURSE FROM ..25/03/2020.. TO ..26/03/2020... CONDUCTED BY
THE DEPARTMENT OF ORTHODONTICS IN ASSOCIATION WITH
THE INTERNAL QUALITY ASSURANCE CELL AND THE DENTAL
EDUCATION UNIT.

DR. JAIN MATHEW
PRINCIPAL

DR. ALLU BABY
DEU CONVENOR

DR. SAUGANTH PAUL M. V.
IQAC COORDINATOR



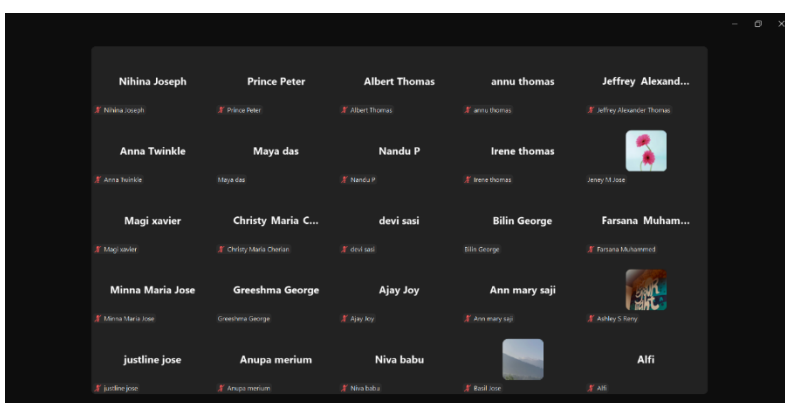
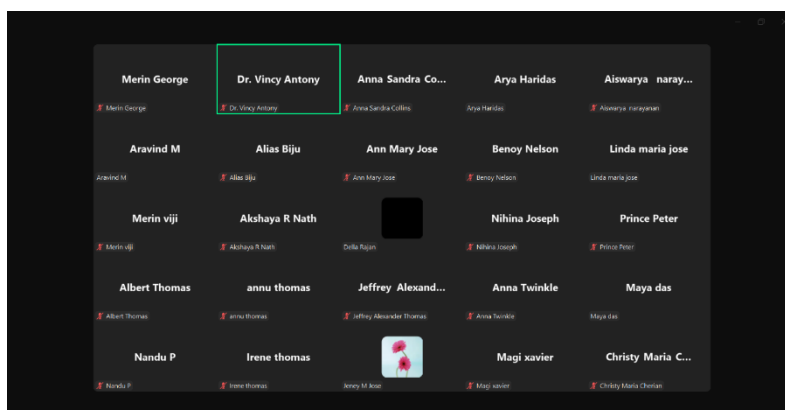
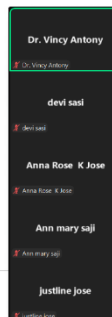
ST.GREGORIOS DENTAL COLLEGE

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

PHOTOS

FUNDAMENTAL LIFE SKILLS

DR. VINCY ANTONY



PHOTOGRAPHS OF ONLINE VALUE-ADDED PROGRAM 'FUNDAMENTAL LIFE SKILLS'