



ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

COVID

Phone : 0485-2572531, 532, 9188952016, 9188952017

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

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

SGDC/VAL/001/2021.

30.1.2021

CIRCULAR

Subject: Value Added Course on COVID

Department of Public Health Dentistry, St. Gregorios Dental College is organizing a course on COVID for 3rd year, Final year Part 1 and Part 2 students on 2.2.2021 to 3.2.2021 at 8 am via google meet.

For further reference reach out to Dr. Kiran Mathai



PRINCIPAL

PRINCIPAL

St. Gregorios Dental College
Chelad, Kerala - 686 681

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All department
Library





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COVID

2.2.2021 to 3.2.2021

2.02.2021	<ol style="list-style-type: none">1. Introduction to COVID-192. Epidemiology and Spread3. Clinical Manifestations and Pathophysiology4. Diagnosis and Testing5. Public Health Measures and Interventions
3.02.2021	<ol style="list-style-type: none">1. Healthcare System Preparedness and Response2. Societal Impacts and Mental Health3. Misinformation and Infodemics4. Future Outlook and Lessons Learned



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COVID

Course code: SGDC/VAL/001/2021

Course duration: 15 hours

Course schedule: 8pm to 4:30 pm

Course period: February

Course dates: 2.2.2021 to 3.2.2021

Course mode: Online

Course fee:

Resource person & Course coordinator : Dr. Kiran Mathai

Course outline:

The main objective of the Value Added Program “COVID” is to provide comprehensive research on the COVID-19 pandemic from a scientific, social and practical perspective. Students will explore ecology, epidemiology, social impacts, and bacterial response mechanisms. Through lectures, discussions and case studies, students will develop a deeper understanding of epidemiology and develop critical thinking skills to address current and future public health challenges. Emphasis is placed on critical thinking, ethical considerations, and evidence-based solutions. Through lectures, discussions, and projects, students gain an understanding of the challenges of the epidemic and develop skills to address current and future public health challenges. The course fosters a deeper appreciation for the intersection of science, society, and public health in addressing global health problems.



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COURSE CONTENT

MODULE 1: Introduction to COVID-19

- History and emergence of COVID-19
- Structure and classification of the virus
- Transmission modes

MODULE 2: Epidemiology and Spread

- Global and regional spread patterns
- Basic reproduction number (R0) and its significance
- Factors influencing transmission rates

MODULE 3: Clinical Manifestations and Pathophysiology

- Common symptoms and their variability
- Severe cases and complications
- Immune response and disease progression

MODULE 4: Diagnosis and Testing

- Types of diagnostic tests (PCR, antigen, antibody)
- Sensitivity and specificity considerations
- Screening strategies and their efficacy

MODULE 5: Public Health Measures and Interventions

- Non-pharmaceutical interventions (lockdowns, social distancing, masks)
- Vaccination strategies and challenges
- Global cooperation and response mechanisms

MODULE 6: Healthcare System Preparedness and Response

- Hospital surge capacity
- Personal protective equipment (PPE) guidelines
- Telemedicine and remote patient care

MODULE 7: Societal Impacts and Mental Health

- Economic ramifications
- Social inequalities exacerbated by the pandemic
- Psychological effects and coping strategies



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MODULE 8: Misinformation and Infodemics

- Common myths and misconceptions
- Impact of misinformation on public health efforts
- Strategies for combating misinformation

MODULE 9: Future Outlook and Lessons Learned

- Long-term consequences of the pandemic
- Preparedness for future pandemics
- Ethical considerations in pandemic response



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POST-EVENT REPORT: COVID

Date: 2.2.2021 to 3.2.2021

Location: St. Gregorios Dental College, Auditorium

Speaker: Dr. Kiran Mathai

Training Methodology:

This course employs a blended learning approach, incorporating lectures, discussions, interactive activities, and also independent study. Expert-led lectures cover fundamental COVID-19 topics and recent research findings, while facilitated discussions encourage critical analysis of the case studies and debates on pandemic-related issues. Interactive exercises and simulations simulate real-world challenges thereby fostering teamwork and practical problem-solving skills. Assigned readings and research projects prompt students to explore the specific aspects of COVID-19 independently, fostering inquiry and synthesis of knowledge.. This comprehensive methodology equips students to contribute effectively to the pandemic response efforts and public health initiatives.

Key Highlights:

The course stands out for its comprehensive approach to understanding COVID-19, covering scientific, social, and also practical aspects. Through expert-led lectures, interactive discussions, and independent study, students explore the virus's biology, transmission dynamics, societal impacts, and response strategies. Incorporating guest speakers and technology enhances learning diversity. Emphasis on critical thinking and evidence-based decision-making prepares the students to contribute effectively to pandemic response and public health efforts, offering a well-rounded understanding essential for addressing global health challenges.

Conclusion:

In summary, this course has thoroughly explored COVID-19, covering its scientific, social, and practical dimensions. Participants gained a comprehensive understanding of the virus's biology, transmission patterns, and societal impacts through lectures, discussions, and practical activities. Emphasis on critical thinking and evidence-based decision-making has prepared participants to contribute meaningfully to pandemic response efforts and address future global health challenges with informed action.



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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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BROCHURE

ST GREGORIOS DENTAL COLLEGE
CHELAD

COVID GUIDELINES

COVID-19
WHAT?
HOW?

ONLINE SESSION

when

FEB 02-03, 2021
FROM 08:00AM ONWARDS
online platform

 VALUE ADDED
PROGRAM

What you
need to
know

- Covid-19
- General Precaution
- Precaution for clinical students
- Diagnostic & Testing

Session - link will be sent to your
mail id



STOP THE
SPREAD

SESSION BY
DR. KIRAN MATHAI

DEPARTMENT OF PUBLIC HEALTH DENTISTRY & INTERNAL QUALITY ASSURANCE CELL

Phone : 0485-2572531, 532, 9188952016, 9188952017

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



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ATTENDANCE



ST. GREGORIOS DENTAL COLLEGE, CHELAD

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

TOPIC: COVID Guidelines- Online Value Added Course

Date: 2.02.2021-3.02.2021

Sl no.	Name of participant
1.	Aiswarya Narayanan
2.	Akshay Raj M
3.	Akshaya R Nath
4.	Alias Biju
5.	Ann Mary Jose
6.	Anna Mary Saji
7.	Ashly S Reny
8.	Basil Jose
9.	Farsana Muhammed P
10.	Jipsa Bindu Prakash
11.	Justline Jose
12.	Kessiya Babu
13.	Magi Xavier
14.	Merin Varghese
15.	Minna Mariya Jose
16.	Nandu P
17.	Nynu Fathima Sunil
18.	Praise Jose
19.	Richa K C
20.	Rinni Rose Antony
21.	Rose Maria Jaimon
22.	Sangeetha Sasikumar
23.	Sarin Anna Jojee
24.	Shilpa Thomas
25.	Sincy Vincent
26.	Sneha K Antony
27.	Sreelakshmi M S
28.	Sweety Maria George
29.	Linda Maria Jose
30.	Agna K Gheever
31.	Akshaya P R
32.	Alwina Mathew



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33.	Amelia Maria Desouza
34.	Ammulakshmi M S
35.	Anagha P R
36.	Angel Mary Sajan
37.	Anitta Mathew Kongalathu
38.	Annie Tresa Jesty
39.	Athira S Pisharody
40.	Cerin E Erney
41.	Ciby Abraham
42.	Elbe Jacob
43.	Jia Miria George
44.	Nikky Peter
45.	Preenu Ann Prasad
46.	Richa Sara Sibi
47.	Ruth Rachel Roy
48.	Sarah Verghese
49.	Shamila
50.	Sneha G Nath
51.	Soya Baby
52.	Sruthy S
53.	Treasa Elizabeth Jaimon
54.	Aibin Joy
55.	Akshara T K
56.	Alex Mathew
57.	Alka Susan Binu
58.	Alvin Raju
59.	Aneetta Anna Eldho
60.	Anisha Rachel John
61.	Anoopa T M
62.	Aparana U Raj
63.	Arya Gireesh
64.	Ashley Eldo Paulose
65.	Chippy Elizabeth Philip
66.	Dilna Elizabeth Biju
67.	Gouri Lakshmi S
68.	Hanna Mary Eldho
69.	Jeff Jacob Mathews
70.	Jithin Saji



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71.	Liya Maria Joseph
72.	Manisha Chandran
73.	Mannya Maria Aby
74.	Mariya Elizabeth Sunil
75.	Melvin Thomas
76.	Mishal Ann Mathew
77.	Rinku C Rajeev
78.	Riyana V H
79.	S Mahima Mahendran
80.	Siona Rachel Saji
81.	Sruthy S
82.	Vyshali Jai Prakash



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CERTIFICATE



ST. GREGORIOS DENTAL COLLEGE

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CERTIFICATE

OF APPRECIATION

This certificate is proudly present to :

SINCY VINCENT

for successfully completing 15 hours of value added course entitled COVID from 21/02/2021... to 23/02/2021.. conducted by the Dental Education Unit in association with IQAC..

Dr. Jain Mathew
PRINCIPAL

Dr. Sauganth Paul
**IQAC
COORDINATOR**

Dr. Allu Baby
DEU CONVENOR



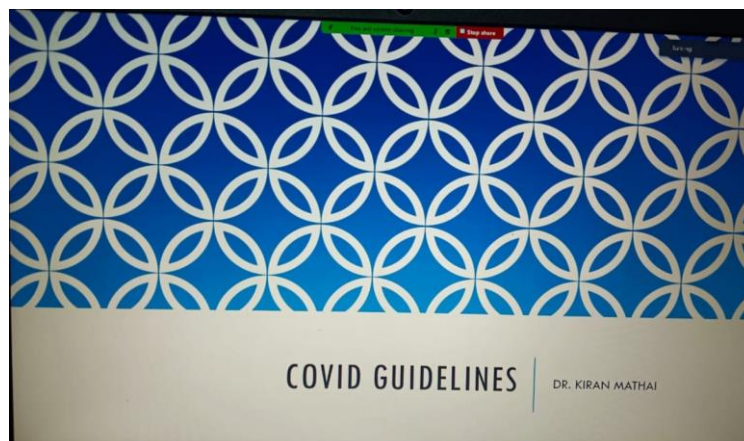
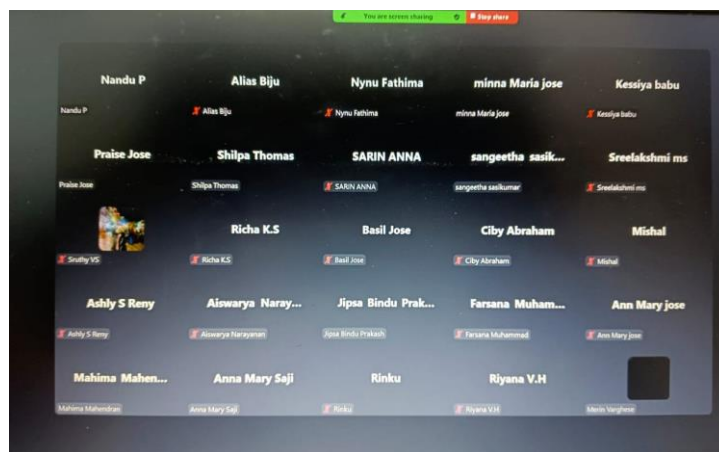
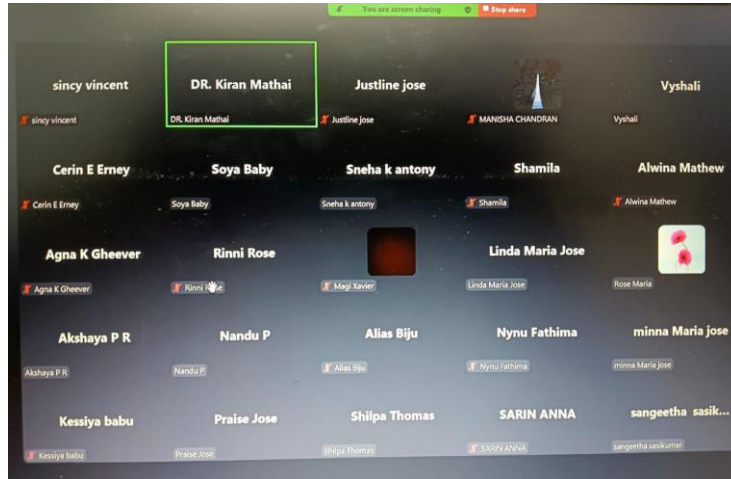
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PHOTOS



SCREENSHOTS OF VALUE ADDED PROGRAMME ENTITLED “COVID GUIDELINES”

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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/002/2021

25.02.2021

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 interns on 1.03.2021 and 02.03.2021 at 8 am at the college auditorium.

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


PRINCIPAL

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

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BASIC LIFE SUPPORT

1.03.2021 - 02.03.2021

DATE	TOPIC
1.03.2021 and 02.03.2021	<ol style="list-style-type: none">1. Introduction to Basic life support2. Recognition of emergencies3. Cardiopulmonary resuscitation (CPR)4. . Automated External Defibrillator (AED)5. Choking6. Special considerations7. Team Dynamics8. 8.Hands on practice and Skill assessment



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BASIC LIFE SUPPORT

Course code: SGDC/VAL/002/2021

Course duration: 15 hours

Course schedule: 8pm to 3:30 pm

Course period: March

Course dates: 1.03.2021 and 02.03.2021

Course mode: offline

Resource person & Course coordinator: Health Careers Institute Private Ltd.

Course outline:

The BLS training event aimed at equipping participants with essential skills to respond effectively to cardiac emergencies. The training was conducted by the Department of Oral and Maxillofacial Surgery and Health Careers Institute Private Ltd. Major objectives of the BLS training include edifying interns about how to recognize cardiac arrest, administering high-quality CPR, using automated external defibrillators (AEDs), and managing choking. In order to increase survival chances during cardiac emergencies, one must possess these abilities. This course involves theoretical lectures, interactive demonstrations as well as practical sessions.



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COURSE CONTENT

A basic life support (BLS) course typically covers fundamental skills needed to respond to cardiac arrest, choking, and other life-threatening emergencies. Here's a general outline:

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

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



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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: BASIC LIFE SUPPORT TRAINING

Date: 01.03.2021 – 02.03.2021

Location: College Auditorium, St. Gregorios Dental College

Training Methodology:

Instructions for the use of the latest CPR and AED guidelines, including specific compression depth, speed, and techniques, were provided to the interns. Through practical sessions, the participants were able to apply what they had learned in simulated cardiac arrest situations. The trainees were instructed by Health Careers Institute Private Ltd representatives in hands-on application. Certificate was given immediately after that.

Key Highlights:

- In-depth conversations about survival importance in making the lives of those who have suffered a heart attack bearable
- Thorough guidelines on the importance of early identification and activation of the emergency medical service systems.
- Demonstrations on practical approaches to chest compressions, airway control and rescue breaths.
- Practice using shock box machines underlining the essence of prompt defibrillations.
- Role-playing as an avenue of creating real-life situations which might occur

Conclusion:

The CPR training was effective in giving interns the necessary skills and knowledge in the Basic Life Support to take appropriate actions during heart attack incidences. This, therefore, enables them to contribute to saving the life of a victim in their various localities through prompt initiation of emergency services. Continued training and reinforcement of skills are necessary for maintaining readiness and ensuring optimal outcomes in emergency situations. In a scenario of urgency, it is crucial for skills enhancement and training to go on simply to keep a state of readiness and increase the chances of getting best results.



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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: *Bair's Life Support (Value added)*

Sl no.	Name of participant	1/3/21	2/3/21
1	Abina Jay	Abina	Abina
2	Anuna Jojo	Anuna	Anuna
3	Akash S Kumar	Akash	Akash
4	Benny Nelson	Benny	Benny
5	Anas Thomas	Anas	Anas
6	Alfi Benny	Alfi	Alfi
7	Ajay Jay	Ajay	Ajay
8	Abhinav K S	Abhinav	Abhinav
9	Akhye Alvin	Akhye	Akhye
10	Della Rajan	Della	Della
11	DEVI SRSI	Devi	Devi
12	Geo Thomas	Geo	Geo
13	Jeebhra George	Jeebhra	Jeebhra
14	Jessy M Jose	Jessy	Jessy
15	Jithin Jon Nellikadans	Jithin	Jithin
16	Poyammaida C	Poyamma	Poyamma
17	Neethu R	Neethu	Neethu
18	Muzin John	Muzin	Muzin
19	Nehina Joseph	Nehina	Nehina
20	PRINCE PETER	Prince	Prince
21	Reshma Marshal Thomas	Reshma	Reshma
22	Rinku Marlam Raji	Rinku	Rinku
23	Sharon MS	Sharon	Sharon
24	Stephy MS	Stephy	Stephy
25	Saumya Xavier	Saumya	Saumya

PRINCIPAL	DEU Convener	DEU Secretary




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BROCHURE




 **ST. GREGORIOS DENTAL COLLEGE**
CHELAD


DEPT. OF ORAL & MAXILLOFACIAL SURGERY & IQAC

BASIC LIFE SUPPORT

VALUE ADDED PROGRAM

LEAD BY 
HEALTH CAREERS INSTITUTE

USA

FOR INTERNS 

01-02
March 2021

9:00 AM to 2:00 PM
VENUE: COLLEGE AUDITORIUM

Phone: 0485-2572531, 532, 9188952016, 9188952017

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



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CERTIFICATE

Health Careers Institute Pvt. Ltd.
Health Careers Institute for Transnational Education

37/1989 A, Bhattathiripad Road, Opp. Elamkulam Kavalakkal Temple,
Off. Kaloor – Kadavanthra Road, Kaloor, Kochi - 682 017, Kerala, India

CERTIFICATE


This is to certify that
DR. PRIYAMVADA C

has successfully completed
BASIC LIFE SUPPORT


1 Day
Course Duration

1/3/2021
Date Completed

Organisational Member of
Quality Council of India
CORP/CS/5598/2019-20


ISO 9001:2015 Certified

20210103001
Certificate No


Jeril Cherian
Principal

Phone: 0485-2572531, 532, 9188952016, 9188952017

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



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PHOTOS



VALUE ADDED PROGRAM

‘BASIC LIFE SUPPORT’ FOR INTERNS

Phone: 0485-2572531, 532, 9188952016, 9188952017

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



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(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

YOGA IN DAILY LIFE

Phone : 0485-2572531, 532, 9188952016, 9188952017

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

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

SGDC/ VAL/ 003/2021

06.03.2021

CIRCULAR

Subject: Value added program on YOGA IN DAILY LIFE.

The Dental Education Unit, St. Gregorios Dental College is organizing an online value added program entitled 'YOGA IN DAILY LIFE' for First and Second year students from 08.03.21-09.03.21 via online platform.

For further reference reach out to Dr. Allu Baby.

PRINCIPAL

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



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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)

YOGA IN DAILY LIFE

08.03.21 - 09.03.2021

DATE	TOPIC
08.03.2021	<ol style="list-style-type: none">1. Introduction to Yoga2. Pranayama (Breath Control)3. Warm-up and Stretching
09.03.2021	<ol style="list-style-type: none">4. Backbends and Heart Openers5. Meditation and Mindfulness6. Closing and Reflection



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(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

DENTAL EDUCATION UNIT

YOGA IN DAILY LIFE

Course code: SGDC/VAL/003/2021

Course duration: 15 hours

Course schedule: 8:30am to 1:00 pm

Course period: March

Course dates: 08.03.21-09.03.2021

Course mode: Online

Resource person: Mr. Binoy Thomas

Course coordinator: Dr. Allu Baby

Course outline:

This is an online course in which all principles and practices, related applications to yoga everyday life, are explored. Course participants are led through a progression of different areas of yoga: breath control, physical postures, meditation, and mindfulness. The online sessions will be guided, and the course will be interwoven with interactive modules. Through these, the student will more clearly understand the philosophy of yoga and grow a personal yoga practice that suits their individual needs. The students will leave the course with precious tools for the betterment of physical, mental, and spiritual well-being, which yoga can bring.



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COURSE CONTENT

This online course provides an all-rounded introduction to yoga, providing students with some of the most crucial tools to deal with stress and improve their well-being with breathing control, physical posture, meditation, and mindfulness practices.

Module 1: Introduction to Yoga

- Overview of yoga philosophy and its benefits
- Basic principles of yoga practice

Module 2: Pranayama (Breath Control)

- Introduction to pranayama techniques
- Practice of deep breathing (Dirga Pranayama) and alternate nostril breathing (Nadi Shodhana)

Module 3: Warm-up and Stretching

- Gentle warm-up exercises to prepare the body for yoga practice
- Basic stretching asanas such as Tadasana (Mountain Pose) and Cat-Cow Stretch

Module 4: Backbends and Heart Openers

- Exploration of backbending asanas to improve spinal flexibility and open the heart center
- Practice of Ustrasana (Camel Pose) and Setu Bandhasana (Bridge Pose)

Module 5: Meditation and Mindfulness

- Introduction to meditation techniques for mental clarity and stress relief
- Practice of mindfulness meditation and guided visualization



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Module 6: Closing and Reflection

- Gentle stretching and relaxation exercises to conclude the session
- Reflection on the practice and setting intentions for continued yoga practice in daily life

Yoga sessions, led by a student leader, will be conducted weekly (1 hour morning sessions) following the completion of the two-day course.



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POST-EVENT REPORT: YOGA IN DAILY LIFE

Date: 08.03.21-09.03.2021

Trainer: Mr. Binoy Thomas

Training Methodology:

The training program of this course utilized a combination of instructional modules, interactive exercises, and guided practice sessions followed by peer discussions to facilitate experiential learning and the development of skills in yoga philosophy and practice.

Key Highlights:

- Blended instructional modules with active exercise participation
- Guided practice to facilitate active learning
- Discussions with the group for sharing experiences and integration
- Focus on hands-on learning to enhance practical skills
- Comprehensive course content on yoga philosophy and practices
- Individually adapted for stress management and well-being
- Incorporated breath control, physical postures, meditation, and mindfulness techniques.

Conclusion:

In conclusion, the session drew a great turnout of actively interested students, therefore showing much interest in the topic. The feedback gotten from the participants shall be instrumental in refining future sessions to better cater to the needs and expectations of the students. In general, the positive response emphasizes the importance of including yoga practices in the life of students and points to further possibilities of growth and development in this area.



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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!



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BROCHURE

YOGA IN DAILY LIFE

VALUE ADDED PROGRAM

ONLINE

March 2021

08 – 09

Venue:

ONLINE MODE

ORGANIZED BY DENTAL EDUCATION UNIT
FOR BDS FIRST & SECOND YEAR STUDENTS



ST. GREGORIOS DENTAL COLLEGE
CHELAD

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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: Yoga in Daily Life- Value Added Courses (Online)

Date: 08/03/2021-09/03/2021

Sl no.	Name of participant
1.	Aashitha Ann Jinnet
2.	Abhirami Suresh
3.	Amal A
4.	Aneena Anna Gym
5.	Angela Susan Jacob
6.	Ani K Raghavan
7.	Anjana Rose
8.	Anna Oshin Benny
9.	Annet Theresa Panackal
10.	Annie Robert
11.	Anziya Baker
12.	Cicitta Mookken
13.	Divya S Raj
14.	Elma Sajjo T
15.	Esha Sainudeen
16.	Frank Shibu
17.	Henna Sony Paul
18.	Jetsy Mariam Jacob
19.	Kezia Mariam George
20.	Malavika Miriam Shaji
21.	Mariya Reji Daniel
22.	Melbin K Reeson
23.	Nakul P G
24.	Nidhiya Elias
25.	R. Ramani
26.	Riya Elezabeth Shashs
27.	Sameera Saji
28.	Sarah Sunil
29.	Shruti Saji Nair
30.	Sneha S Kumar
31.	Sreeraj S
32.	Sruthi V S



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33.	Surabhi B S
34.	Abhinaya K A
35.	Ahsana Nazreen
36.	Aleena Elezabeth Issac
37.	Aneena Mariya Boban
38.	Anit Simon
39.	Anjitha K Vijay
40.	Arsha K A
41.	Arun V A
42.	Aswani G
43.	Athira Kunhiraman
44.	Athira P R
45.	Gopika S M
46.	Hephziba Tom
47.	Hridya Kuriakose
48.	Jia Suresh
49.	Jini Jiji
50.	Krishna Prakash
51.	Maria M Raju
52.	Mehar Jan Shaw
53.	Merin Rose M T
54.	Merin Xavier
55.	Mirwa Tp
56.	Nihma A
57.	Rajmohan
58.	Rintu Sunil
59.	S Farhana
60.	Sajeesha Sasi
61.	Sandra Mariam Thomas
62.	Sara Mathew
63.	Sneha N S
64.	Snigdha Jayaraj
65.	Sreelakshmi
66.	Sreemol C R



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CERTIFICATE



ST. GREGORIOS DENTAL COLLEGE
CHELAD, KOTHAMANGALAM

CERTIFICATE

OF APPRECIATION

This certificate is proudly present to :

ANNIE ROBERT

for successfully completeing 15 hours of value added course
entitled YOGA IN DAILY LIFE from 21/03/2021.. to
02/03/2021.. conducted by the Dental Education Unit in
association with IQAC..

Dr. Jain Mathew
PRINCIPAL

Dr. Sauganth Paul
IQAC
COORDINATOR

Dr. Alu Baby
DEU CONVENOR



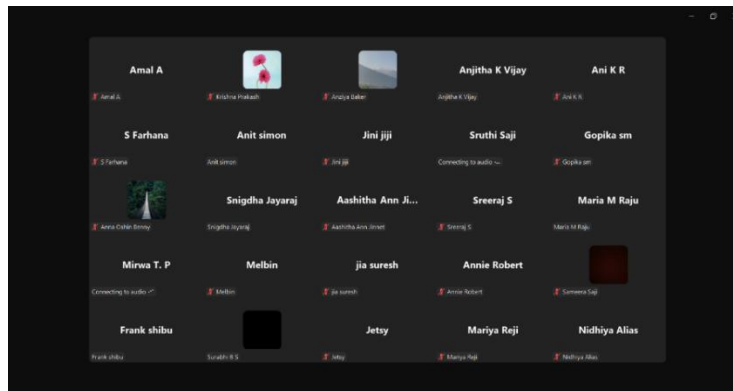
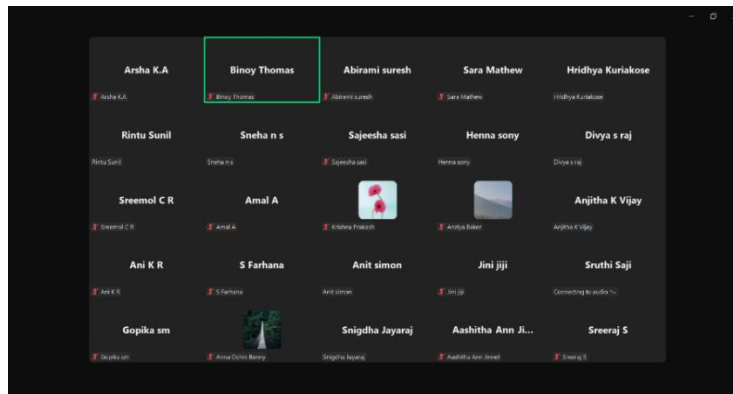
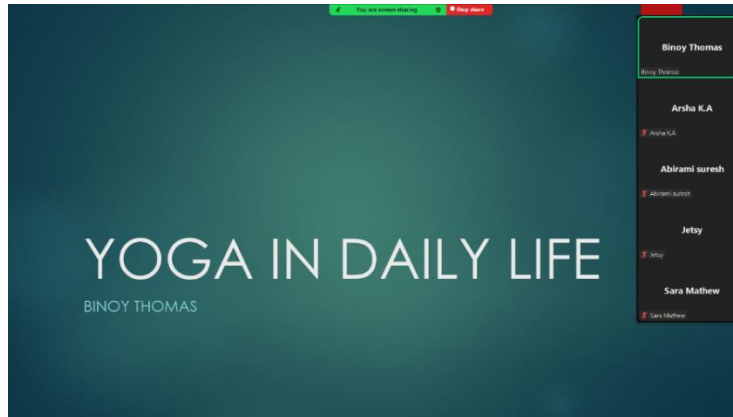
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PHOTOS



SCREENSHOTS OF ONLINE VALUE ADDED PROGRAM- 'YOGA IN DAILY LIFE'

Phone : 0485-2572531, 532, 9188952016, 9188952017

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



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BASIC COMPUTER COURSE

Phone : 0485-2572531, 532, 9188952016, 9188952017

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

**ST GREGORIOS DENTAL COLLEGE
CHELAD, KOTHAMANGALAM**

SGDC/VAL/004/2021.

03.04.2021

CIRCULAR

Subject: Basic Computer Course

Dental Education Unit, St. Gregorios Dental College is organizing an Orientation Program for post graduates on 6.4.2021 to 7.4.2021 at 8 am in college auditorium
For further reference reach out to Dr. Allu Baby.


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03.04.2021
St. Gregorios Dental College
Chelad, Kerala - 686 011



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BASIC COMPUTER COURSE

6.4.2021 - 7.4.2021

6.04.2021	<ol style="list-style-type: none">1. Introduction to Computers2. Operating Systems3. Word Processing4. Spreadsheets5. Presentations6. Internet Basics
7.04.2021	<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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BASIC COMPUTER COURSE

Course code: SGDC/VAL/004/2021

Course duration: 15 hours

Course schedule: 8pm to 3:30 pm

Course period: April

Course dates: 6.4.2021 to 7.4.2021

Course mode: offline

Course fee:

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

Course outline:

This course gives an introduction to essential computer concepts and skills for beginners. Students 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 also 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: 6.4.2021 to 7.4.2021

Location: St. Gregorios Dental College, Auditorium

Training Methodology:

The training method for the basic computer skills course involved a combination of lectures and interactive discussions. Participants were introduced to computer basics through presentations and interesting demonstrations. Interactive discussions facilitated knowledge sharing and allowed participants to ask questions and clarify ideas. Group activities and peer learning were encouraged to promote cooperation and teamwork. Overall, the training approach effectively engaged the participants and provided a conducive environment for learning and skill development in basic computer applications.

Key Highlights:

Highlights of the Basic Computer Skills Course include an engaging lecture on computer basics, an interactive discussion on internet safety and cybersecurity, and a participant feedback session to further improve the Course provided participants with essential computer skills in a supportive environment.

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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BROCHURE

 ST GREGORIOS DENTAL COLLEGE
CHELAD

Basic Computer Skills

VALUE
ADDED
PROGRAM

POST GRADUATES

DATE: APRIL 06-07, 2021
VENUE: A V Hall

ORGANIZED BY
DENTAL EDUCATION UNIT & IQAC

Phone : 0485-2572531, 532, 9188952016, 9188952017

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



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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 Computer skills

Sl no.	Name of participant	6/4/21	7/4/21
1	Dr. Jishnu Sivasaram	[Signature]	[Signature]
2	Dr. Jilin Abraham George	[Signature]	[Signature]
3	Dr. Anna George	[Signature]	[Signature]
4	Dr. Raveesh Matham Jacob	[Signature]	[Signature]
5	Dr. Amalika Lal	[Signature]	[Signature]
6	Dr. Hani Krishnan	[Signature]	[Signature]
7	Dr. Gimmey George	[Signature]	[Signature]
8	Dr. Saenath U.P	[Signature]	[Signature]
9	Dr. Jose Nelson	[Signature]	[Signature]
10	Dr. Kishan D Costa	[Signature]	[Signature]
11	Dr. Aya Aravind	[Signature]	[Signature]
12	Dr. Karoona Miraliam	[Signature]	[Signature]
13	Dr. Jinson James	[Signature]	[Signature]
14	Dr. Jasin Thomas	[Signature]	[Signature]
15	Dr. Aparna Arand	[Signature]	[Signature]
16	Dr. Sarvin S	[Signature]	[Signature]
17	Dr. Sheethal sara	[Signature]	[Signature]
18	Dr. Luni P. Mathew	[Signature]	[Signature]
19	Dr. Jayapree J. Prakash	[Signature]	[Signature]
20	Dr. S. Maneezh Ahmed	[Signature]	[Signature]
21	Dr. JESMIN CYRI	[Signature]	[Signature]
22	Dr. Poofa Jayan	[Signature]	[Signature]
23	Dr. Jelin Maria Jose	[Signature]	[Signature]
24	Dr. Ann Mariya	[Signature]	[Signature]

PRINCIPAL	DEU Convenor	DEU Secretary



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CERTIFICATE



ST. GREGORIOS DENTAL COLLEGE
CHELAD, KOTHAMANGALAM

CERTIFICATE

OF APPRECIATION

This certificate is proudly present to :

DR. JESWIN MARIA JOSE

for successfully completing 15 hours of value added course
entitled BASIC COMPUTER COURSE from 06/09/2021... to
07/09/2021... conducted by the Dental Education Unit in
association with IQAC..

Dr. Jain Mathew
PRINCIPAL

Dr. Sauganth Paul
**IQAC
COORDINATOR**

Dr. Allu Baby
DEU CONVENOR



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PHOTOS



PHOTO OF BASIC COMPUTER COURSE



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GENDER EQUITY: ADVOCATING GENDER NEUTRAL LANGUAGE AND PRACTICES

Phone : 0485-2572531, 532, 9188952016, 9188952017

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

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

SGDC/ VAL/ 005/2021

19.04.2021

CIRCULAR

Subject: Value added program on GENDER EQUITY: ADVOCATING GENDER NEUTRAL LANGUAGE AND PRACTICES.

The Women Empowerment Cell, St. Gregorios Dental College is organizing an online value added program entitled 'GENDER EQUITY: ADVOCATING GENDER NEUTRAL LANGUAGE AND PRACTICES' for Second year students from 21.4.2021-22.4.2021 via online platform.

For further reference reach out to Ms. Manju Manoharan.

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Chelad, Kerala - 686 681



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GENDER EQUITY: ADVOCATING GENDER NEUTRAL LANGUAGE AND PRACTICES

21.04.21 - 22.04.2021

DATE	TOPIC
21.4.2021	<ol style="list-style-type: none">1. Understanding Gender and Gender Equity2. Introduction to Gendered Language3. Strategies for Using Gender-Neutral Language
22.4.2021	<ol style="list-style-type: none">4. Advocating for Gender-Neutral Practices5. Addressing Resistance and Overcoming Barriers6. Taking Action and Creating Change



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UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA - 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

WOMEN EMPOWERMENT CELL

GENDER EQUITY: ADVOCATING GENDER NEUTRAL LANGUAGE AND PRACTICES

Course code: SGDC/VAL/005/2021

Course duration: 16 hours

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

Course period: April

Course dates: 21.4.2021-22.4.2021

Course mode: Online

Resource person: Dr. Annie V. Isaac

Course coordinator: Ms. Manju Manoharan

Course outline:

Take part in the 16-hour, 2-day program that plunges into the world of gender equity advocacy. Get through modules that deconstruct gender, language, and progressive practices. The course includes role-playing, group activities, and more, all for developing the practical skills of the student and cultivating an inclusive mindset. Uncover how to counter the resistance that exists, which would be helpful in leading the change and even creating personalized action plans. Each day is composed of teaching and resourceful activities, coupled with enriching discussion. Take away the means and inspiration to become an unbiased advocate for gender equity.



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COURSE CONTENT

DAY 1:

Morning Session

9:00 am - 9:30 am: Registration and Welcome

9:30 am - 10:30 am: **Module 1:** Understanding Gender and Gender Equity

10:30 am - 10:45 am: Tea Break

10:45 am - 12:00 pm: **Module 2:** Introduction to Gendered Language

12:00 pm- 1:00 pm: Lunch Break

Afternoon Session

1:00 pm- 2:00 pm: **Module 3:** Strategies for Using Gender-Neutral Language

2:00 pm- 3:00 pm: **Module 4:** Advocating for Gender-Neutral Practices

3:00 pm- 3:15 pm: Tea Break

3:15 pm- 4:00 pm: **Interactive Activity:** Role-Playing and Scenario Analysis



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DAY 2:

Morning Session

9:00 am - 10:30 am: **Module 5:** Addressing Resistance and Overcoming Barriers

10:30 am - 10:45 am: Tea Break

10:45 am - 12:00 pm: **Module 6:** Taking Action and Creating Change

12:00 pm- 1:00 pm: Lunch Break

Afternoon Session

1:00 pm- 2:30 pm: **Group Discussion:** Sharing Action Plans

2:30 pm- 3:30 pm: **Group Discussion:** Perspectives on Gender Equity Advocacy

3:30 pm- 3:45 pm: Tea Break

3:45 pm- 4:30 pm: Course Reflection and Closing



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POST-EVENT REPORT: GENDER EQUITY; ADVOCATING GENDER NEUTRAL LANGUAGE AND PRACTICES

Date: 8:30am to 4:30 pm

Training Methodology:

The training methodology combined lectures with a lot of interaction in the form of discussions, group activities, and practical exercises. Participants also went through role-plays so that the concepts learned can be applied in real-life scenarios. Group projects were designed to enhance interaction and innovation. A feedback session was also in place to encourage reflection and growth. Emphasis was placed on practical experience, while at the same time, encouragement was given for full participation in order to ensure that the course participants acquire and effectively apply the concepts of gender equity.

Key Highlights:

- Comprehensive exploration of gender equity advocacy.
- Detailed coverage of the subtleties of gender identity, language, and how to practice inclusion.
- Engaging interactive sessions involve role-playing and group projects.
- Strategies to challenge resistance and drive transformative change.
- Practical application of the learned concepts in real-life scenarios.

Conclusion:

This program takes participants on a life-altering journey to become advocates for gender equity. It takes participants through an interactive experience with gender nuances, language dynamics, and inclusive practices to which they are exposed. They have learned valuable insights and practical skills through interactive sessions, collaborative projects, and guest speakers, fostering a deeper understanding and commitment to creating equitable environments. As they leave, they take with them tools, inspiration, and strength to continue to advocate boldly for gender equity. With their newfound knowledge and empowered by collective action, they will be ready to provide



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impetus for positive change in their communities and workplaces, making them places where justice and equity prevail.

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



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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!



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BROCHURE

ST. GREGORIOS DENTAL COLLEGE
CHELAD

VALUE ADDED PROGRAM

GENDER EQUITY

ADVOCATING GENDER NEUTRAL LANGUAGE & PRACTICES
(II nd Year BDS)



21,22 APRIL 2021

🕒 10.00 AM

Organized by
— WOMEN CELL —
INTERNAL QUALITY ASSURANCE CELL

Online

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: ADVOCATING GENDER NEUTRAL LANGUAGE AND PRACTICES
(Online)

Date: 21.4.2021-22.4.2021

Sl no.	Name of participant
1.	Aashitha Ann Jinnet
2.	Abhirami Suresh
3.	Amal A
4.	Anchel Jose
5.	Aneena Anna Gym
6.	Angela Susan Jacob
7.	Anjana Rose
8.	Anna Oshin Benny
9.	Annet Theresa Panackal
10.	Annie Robert
11.	Anziya Baker
12.	Cicitta Mookan
13.	Divya S Raj
14.	Dona Davis
15.	Elma Sajjo T
16.	Esha Sainudeen
17.	Henna Sony Paul
18.	Honey Leya Sajan
19.	Jetsy Mariam Jacob
20.	Kezia Mariam George
21.	Malavika Miriam Shaji
22.	Mariya George
23.	Mariya Reji Daniel
24.	Maya Mariya Abraham
25.	Melbin K Reeson
26.	Nakul P G
27.	Nidhiya Elias
28.	R. Ramani
29.	Sameera Saji
30.	Sarah Sunil
31.	Shruti Saji Nair
32.	Sneha S Kumar



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33.	Sreeraj S
34.	Sruthi V S
35.	Surabhi B S
36.	Vidhya K S



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CERTIFICATE



ST. GREGORIOS DENTAL COLLEGE

CHELAD, KOTHAMANGALAM

CERTIFICATE

OF APPRECIATION

This certificate is proudly present to :

HONEY LEYA SAJAN

for successfully completeing 15 hours of value added course
entitled GENDER EQUALITY: ADVOCATING GENDER
NEUTRAL LANGUAGE AND PRACTICES from
21/09/2021.. to 22/09/2021... conducted by the Dental Education
Unit in association with IQAC and Women Cell.

Dr. Jain Mathew
PRINCIPAL

Dr. Sauganth Paul
IQAC
COORDINATOR

Dr. Alu Baby
DEU CONVENOR



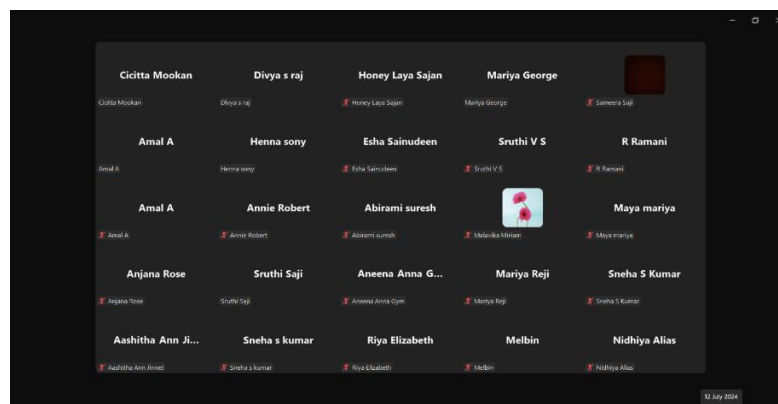
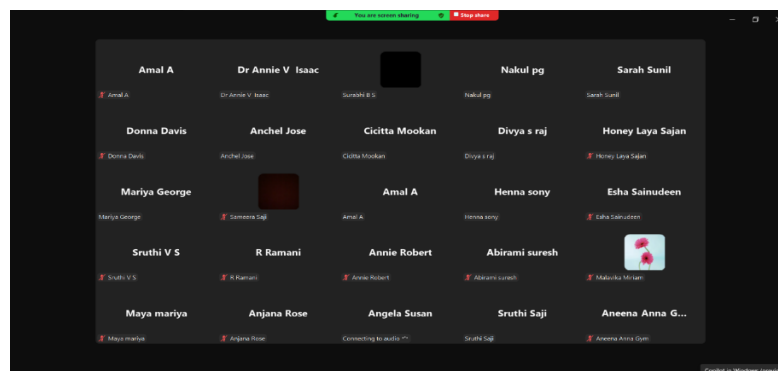
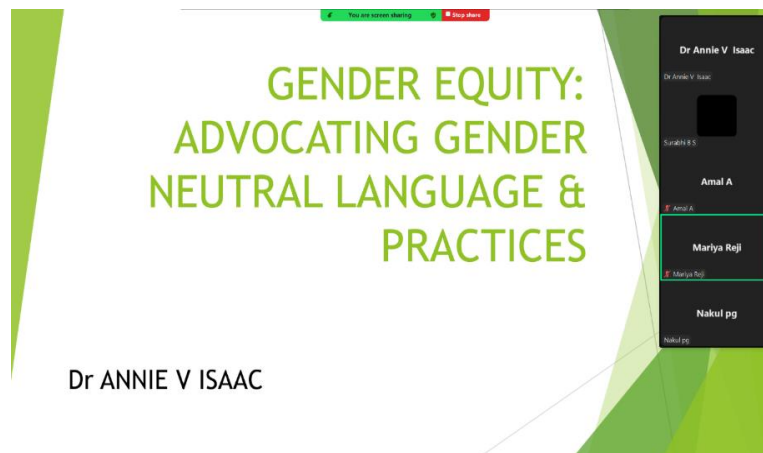
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PHOTOS



SCREENSHOTS OF VALUE ADDED PORGRAM- 'GENDER EQUITY; ADVOCATING GENDER NEUTRAL LANGUAGE AND PRACTICES'

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



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ZUMBA: LET'S DANCE OUR WAY TO HEALTH

Phone: 0485-2572531, 532, 9188952016, 9188952017

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

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

SGDC/VAL/006/2021

1.05.2021

CIRCULAR

Subject: Online Certificate course on "ZUMBA: LETS DANCE OUR WAY TO HEALTH" program for First year students

This is to inform that an online value-added course on topic entitled 'Zumba: let's dance our way to health' for first year students is being organised by the IQAC on 05.05.2021 and 06.05.2021.

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


PRINCIPAL

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

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ZUMBA: LET'S DANCE OUR WAY TO HEALTH

5.05.2021-6.5.2021

DATE	TOPIC
05.05.2021	<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)
06.05.2021	<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 - LET'S DANCE OUR WAY TO HEALTH

Course code: SGDC/VAL/006/2021

Course duration: 15 hours

Course schedule: 12.00pm – 6.00pm

Course period: May

Course dates: 5.05.2021-6.5.2021

Course mode: Online (Zoom Meeting)

Resource person & Course coordinator: Zin 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: 5.05.2021-6.5.2021

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:

Providing a fun, engaging, and useful approach to using dance to improve fitness is the aim of the Zumba: Let's Dance Our Way to Health course. Participant benefits include scheduled sessions, a range of dancing styles, and an emphasis on adaptation in an environment that is supportive and inclusive of all fitness levels. Community-building exercises, incentive strategies, and interactive training all improve the experience. To guarantee participants' continued improvement and well-being, safety, health, and other services are offered. With frequent feedback, assessments, and a final demonstration, participants may track their progress and celebrate their successes. Enabling people to enjoy dancing while achieving their fitness goals is the ultimate goal of this course.



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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!



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: ZUMBA – LET’S DANCE OUR WAY TO HEALTH (ONLINE)

DATE: 05.05.2021-06.05.2021

S.NO	NAME OF PARTICIPANTS
1	Abhinaya K A
2	Ahsana Nazreen
3	Aleena Elezabeth Issac
4	Aneena Mariya Boban
5	Anit Simon
6	Anjitha K Vijay
7	Annet Rachel Joy
8	Arsha K A
9	Arun V A
10	Aswani G
11	Athira Kunhiraman
12	Athira P R
13	Gopika Joshi
14	Gopika S M
15	Hephziba Tom
16	Hridya Kuriakose
17	Jia Suresh
18	Jini Jiji
19	Krishna Prakash
20	Liya Merin Paul
21	Maria M Raju
22	Mehar Jan Shaw
23	Merin Rose M T
24	Merin Xavier
25	Mirwa T P



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UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ
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26	Nihma A
27	Rajmohan
28	Rintu Sunil
29	Roshini Robin
30	S Farhana
31	Sajeesha Sasi
32	Sandra Mariam Thomas
33	Sandra Susan
34	Sara Mathew
35	Sneha N S
36	Snigdha Jayaraj
37	Sreelakshmi
38	Sreemol C R
39	Swathi S Prasad
40	Vaishnavi S



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BROCHURE


LET'S DANCE OUR WAY TO HEALTH **ZUMBA**

value added program for
1st year BDS students



ORGANIZED BY

**WOMEN CELL, IQAC
ST. GREGORIOS DENTAL COLLEGE, CHELAD**

-  **05-06 MAY 2021**
-  **ONLINE PLATFORM**
-  **10.00 AM**

Online





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CERTIFICATE



ST. GREGORIOS DENTAL COLLEGE
CHELAD, KOTHAMANGALAM

CERTIFICATE

OF APPRECIATION

This certificate is proudly present to :

JIA SURESH

for successfully completing 15 hours of value added course
entitled ZUMBA: LET'S DANCE OUR WAY TO
HEALTH from 05/05/2021 to 09/05/2021.. conducted by the
Dental Education Unit in association with IQAC..

Dr. Jain Mathew
PRINCIPAL

Dr. Sauganth Paul
IQAC
COORDINATOR

Dr. Allu Baby
DEU CONVENOR

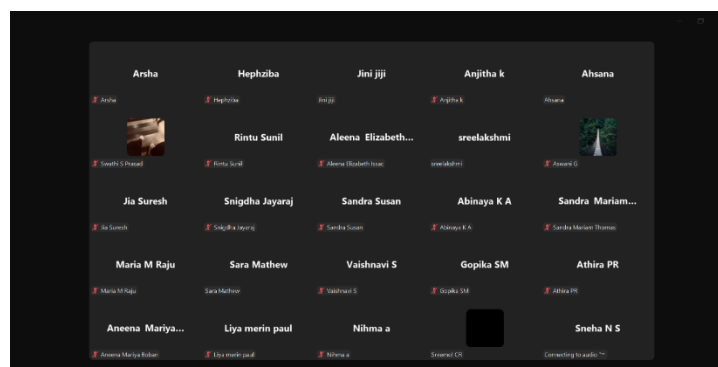
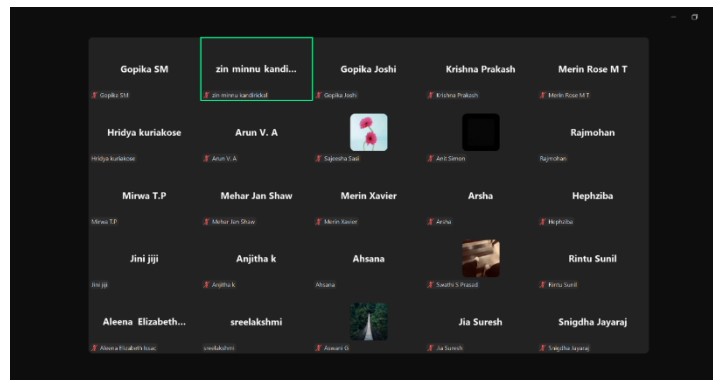


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PHOTOS



PHOTOGRAPHS OF ONLINE VALUE-ADDED PROGRAM

‘ZUMBA – LET’S DANCE OUR WAY TO HEALTH