



# ST. GREGORIOS DENTAL COLLEGE

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

---

## BASIC LIFE SUPPORT

---

Phone: 0485-2572531, 532, 9188952016, 9188952017

Email: [sgdc@rediffmail.com](mailto:sgdc@rediffmail.com), Web: [sgdc.ac.in](http://sgdc.ac.in)

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

SGDC/ VAL/ 007/2021

01.12.2021

**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 3.12.2021 - 4.12.2021 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

Copy to

Notice board.

Office

All departments

Library



# ST. GREGORIOS DENTAL COLLEGE

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

---

## **BASIC LIFE SUPPORT**

**3.12.2021 - 4.12.2021**

| DATE                     | TOPIC  |
|--------------------------|--|
| 3.12.2021 -<br>4.12.2021 | <ol style="list-style-type: none"><li>1. Introduction to Basic life support</li><li>2. Recognition of emergencies</li><li>3. Cardiopulmonary resuscitation (CPR)</li><li>4. . Automated External Defibrillator (AED)</li><li>5. Choking</li><li>6. Special considerations</li><li>7. Team Dynamics</li><li>8. 8.Hands on practice and Skill assessment</li></ol> |



# ST. GREGORIOS DENTAL COLLEGE

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

---

## **BASIC LIFE SUPPORT**

**Course code:** SGDC/VAL/007/2021

**Course duration:** 15 hours

**Course schedule:** 8pm to 3:30 pm

**Course period:** December

**Course dates:** 3.12.2021 - 4.12.2021

**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.





# ST. GREGORIOS DENTAL COLLEGE

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

---

## 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)



# ST. GREGORIOS DENTAL COLLEGE

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

---

## 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



# ST. GREGORIOS DENTAL COLLEGE

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

---

## **POST-EVENT REPORT: BASIC LIFE SUPPORT TRAINING**

**Date:** 3.12.2021 - 4.12.2021

**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.



# ST. GREGORIOS DENTAL COLLEGE

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

---

## **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



# ST. GREGORIOS DENTAL COLLEGE

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

---

**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

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

## 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         | 3/12/2021<br>Day 1 | 4/12/2021<br>Day 2 |
|--------|-----------------------------|--------------------|--------------------|
| 1      | <i>Aishwarya Mangam</i>     | <i>[Signature]</i> | <i>[Signature]</i> |
| 2      | <i>Renee Jose</i>           | <i>[Signature]</i> | <i>[Signature]</i> |
| 3      | <i>AKSHAY RAS M</i>         | <i>[Signature]</i> | <i>[Signature]</i> |
| 4      | <i>Alia Biju</i>            | <i>[Signature]</i> | <i>[Signature]</i> |
| 5      | <i>Ann Mary Jose</i>        | <i>[Signature]</i> | <i>[Signature]</i> |
| 6      | <i>Princess Jose</i>        | <i>[Signature]</i> | <i>[Signature]</i> |
| 7      | <i>Ashley S. Remy</i>       | <i>[Signature]</i> | <i>[Signature]</i> |
| 8      | <i>Akshaya R. Nair</i>      | <i>[Signature]</i> | <i>[Signature]</i> |
| 9      | <i>Farhana Mohammed P</i>   | <i>[Signature]</i> | <i>[Signature]</i> |
| 10     | <i>TRENIE THOMAS</i>        | <i>[Signature]</i> | <i>[Signature]</i> |
| 11     | <i>Nandini P.</i>           | <i>[Signature]</i> | <i>[Signature]</i> |
| 12     | <i>ANN MARY PAUL</i>        | <i>[Signature]</i> | <i>[Signature]</i> |
| 13     | <i>Jisha Bindu Frimbach</i> | <i>[Signature]</i> | <i>[Signature]</i> |
| 14     | <i>Maggi Xavier</i>         | <i>[Signature]</i> | <i>[Signature]</i> |
| 15     | <i>Rv [Signature] b/c</i>   | <i>[Signature]</i> | <i>[Signature]</i> |
| 16     | <i>Aanya Haridas</i>        | <i>[Signature]</i> | <i>[Signature]</i> |
| 17     | <i>Meen Viji</i>            | <i>[Signature]</i> | <i>[Signature]</i> |
| 18     | <i>Justina Jose</i>         | <i>[Signature]</i> | <i>[Signature]</i> |
| 19     | <i>Merin Varghese</i>       | <i>[Signature]</i> | <i>[Signature]</i> |
| 20     | <i>Kesriya Babu</i>         | <i>[Signature]</i> | <i>[Signature]</i> |
| 21     | <i>MEERINA MARIA JOSE</i>   | <i>[Signature]</i> | <i>[Signature]</i> |
| 22     | <i>MAYA DAS</i>             | <i>[Signature]</i> | <i>[Signature]</i> |
| 23     | <i>Nyru Fatima</i>          | <i>[Signature]</i> | <i>[Signature]</i> |
| 24     | <i>Prasanthi PP</i>         | <i>[Signature]</i> | <i>[Signature]</i> |
| 25     | <i>Ashwin M nair</i>        | <i>[Signature]</i> | <i>[Signature]</i> |

|                    |                    |                    |
|--------------------|--------------------|--------------------|
| <i>[Signature]</i> | <i>[Signature]</i> | <i>[Signature]</i> |
| PRINCIPAL          | DEU Convenor       | DEU Secretary      |







# ST. GREGORIOS DENTAL COLLEGE

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

## BROCHURE

**ST. GREGORIOS DENTAL COLLEGE**  
CHELAD

# BASIC LIFE SUPPORT

**VALUE ADDED PROGRAM**  
**FOR INTERNS**

LEAD BY:  
**HEALTH CAREERS INSTITUTE**

**03-04**  
DECEMBER 2021

**8.00 AM - 4.00 PM**  
COLLEGE AUDITORIUM

IN ASSOCIATION WITH  
IQAC, DENTAL EDUCATION UNIT & DEPT. OF OMFS

Phone: 0485-2572531, 532, 9188952016, 9188952017

Email: [sgdc@rediffmail.com](mailto:sgdc@rediffmail.com), Web: [sgdc.ac.in](http://sgdc.ac.in)



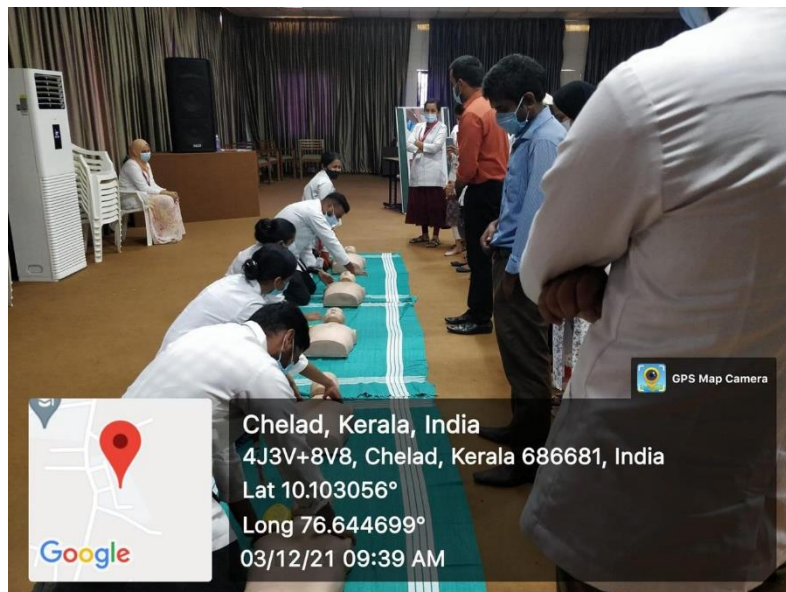
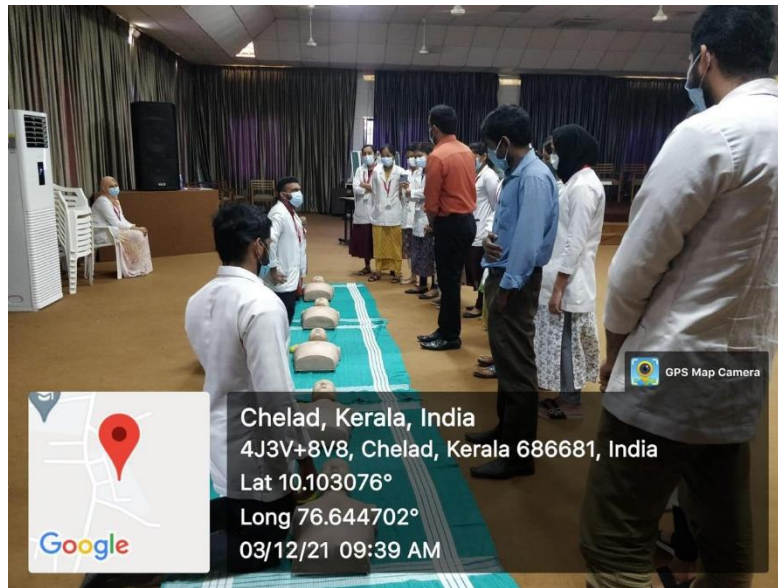




# ST. GREGORIOS DENTAL COLLEGE

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

## PHOTOS



## PHOTOGRAPHS OF BASIC LIFE SUPPORT PROGRAM

Phone: 0485-2572531, 532, 9188952016, 9188952017

Email: [sgdc@rediffmail.com](mailto:sgdc@rediffmail.com), Web: [sgdc.ac.in](http://sgdc.ac.in)



# ST. GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

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

---

## **SELF DEFENSE**

---

Phone: 0485-2572531, 532, 9188952016, 9188952017

Email: [sgdc@rediffmail.com](mailto:sgdc@rediffmail.com), Web: [sgdc.ac.in](http://sgdc.ac.in)

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

SGDC/VAL/001/2022

28.01.2022

**CIRCULAR**

Subject: Value Added Course on Self Defence for 3<sup>rd</sup> year students.

This is to inform that a value-added program entitled SELF DEFENSE is being organised by the Women Empowerment Cell (WEC) of the college for 3<sup>rd</sup> year students from 01.02.2022 at the college auditorium

For further reference, reach out to Dr. Annie V Issac



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

Copy to:  
Notice board  
Office  
All departments  
Library



# ST. GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

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

## SELF DEFENSE

**01.02.2022 -02.02.2022**

| DATE       | TOPIC  |
|------------|--|
| 01.02.2022 | <ol style="list-style-type: none"><li>1. Awareness Training</li><li>2. Basic striking Techniques</li><li>3. Blocking Techniques</li><li>4. Escape techniques</li><li>5. Ground defence</li><li>6. Verbal de escalation</li><li>7. Improvised weapons</li><li>8. Scenario based training</li><li>9. Physical Conditioning</li><li>10. Mental Health</li><li>11. Legal and Ethical considerations</li><li>12. Demonstrations</li></ol> |
| 02.02.2022 | Demonstrations   |



# ST. GREGORIOS DENTAL COLLEGE

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

---

## **SELF DEFENCE**

**Course code:** SGDC/VAL/001/2022

**Course duration:** 15 hours

**Course schedule:** 12.00PM - 4.00PM (01.02.2022, 02.02.2022), monthly once

**Course period:** February

**Course dates:** 01.02.2022 -02.02.2022

**Course mode:** offline

**Resource person & Course coordinator:** Mr. Renjith Jose

### **Course outline:**

The goal of this course is to give dentistry students the fundamental self-defence abilities, situational awareness, and self-assurance they need to defend oneself in a variety of circumstances, including everyday life and clinical settings. Through hands-on learning, role-playing, and conversations about personal safety, students will gain the skills and understanding required to reduce risks and react appropriately in potentially dangerous circumstances.



# ST. GREGORIOS DENTAL COLLEGE

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

---

## COURSE CONTENT

### Topics Covered:

1. Awareness Training
2. Basic striking Techniques
3. Blocking Techniques
4. Escape techniques
5. Ground defence
6. Verbal de escalation
7. Improvised weapons
8. Scenario based training
9. Physical Conditioning
10. Mental Health
11. Legal and Ethical considerations
12. DEMONSTRATION AND TRAINING

The topics were covered for the students as lectures. Furthermore, the students were demonstrated on various techniques of self-defence and training. The self-defence training was coordinated for the students on Second Saturday of every month.





# ST. GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

---

## **POST EVENT REPORT**

**Date:** 01.02.2022 – 02.02.2022

**Location:** St. Gregorios Dental College

**Speaker and Trainer:** Mr. Renjith Jose

### **Training Methodology:**

The students receive instruction in self-defence through a combination of classroom theory and real-world application. Key concepts are reviewed at the start of the session, and then there are interactive discussions and demonstrations. Students can build their physical skills through practical practice sessions that emphasise strikes, blocks, escapes, and forceful communication methods. Role-playing games reinforce situational awareness and decision-making by simulating real-life dental practice circumstances. Students can apply acquired skills under pressure through scenario-based instruction, which fosters confidence and adaptability. Throughout the training, safety, moral issues, and the legal ramifications of self-defence are stressed. Students are encouraged to improve their methods and thinking through ongoing feedback and reflection, which promotes a culture of empowerment and readiness in the face of possible threats.

### **Key Highlights:**

- Interactive workshops
- Fostered and experimental learning technique
- Insights from the karate master, Mr. Renjith Jose were astounding to the students
- The workshop gave basic training for the students and the program was continued as practice sessions for the students monthly once on every second Saturday.
- The program was helpful to build their self-confidence and replicate real life scenarios
- Hands on practice was implemented and all students were given equal chances to practice the demonstrations under expert guidance of the master





# ST. GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCruz

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

---

## **Conclusion:**

In summary, the dental students' self-defence training programme is a thorough and customised way to give aspiring dentists the knowledge and frame of mind needed to guarantee their personal safety and security in a variety of practicing settings. The curriculum equips students with the skills necessary to identify possible risks, clearly communicate boundaries, and react confidently in difficult circumstances by fusing academic knowledge with real-world application. By use of practical exercises, authentic situations, and moral direction, learners acquire not just physical competence but also an anticipatory and accountable security mindset. In the end, the programme helps dentistry students develop a culture of readiness, professionalism, and empowerment so they may face their professional lives with courage and resiliency.



# ST. GREGORIOS DENTAL COLLEGE

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

---

## 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?**



# ST. GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

---

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

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

## ATTENDANCE



### ST. GREGORIOS DENTAL COLLEGE, CHELAD

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

TOPIC: *Self Defense* VALUE ADDED COURSE

| Sl no. | Name of participant   | 01/02/2022<br>Day 1 | 02/02/2022<br>Day 2 |
|--------|-----------------------|---------------------|---------------------|
| 1.     | Amal A                | Amal                | Amal                |
| 2.     | Archal Jose           | Archal              | Archal              |
| 3.     | Angela Susan Jacob    | Angela              | Angela              |
| 4.     | ANJITHA ROSE          | Anjitha             | Anjitha             |
| 5.     | Cicilia Mookes        | Cicilia             | Cicilia             |
| 6.     | Dona Davis            | Dona                | Dona                |
| 7.     | Elma Sajjo T          | Elma                | Elma                |
| 8.     | Esha abinudien        | Esha                | Esha                |
| 9.     | Honey Leva Sajin      | Honey               | Honey               |
| 10.    | Jetsy Mariam Jacob    | Jetsy               | Jetsy               |
| 11.    | Kesha Mathew George   | Kesha               | Kesha               |
| 12.    | Malavika Mathew Shaji | Malavika            | Malavika            |
| 13.    | Manya George          | Manya               | Manya               |
| 14.    | Maya Raji Daniel      | Maya                | Maya                |
| 15.    | Maya Mariya Abraham   | Maya                | Maya                |
| 16.    | Nakul P. G.           | Nakul               | Nakul               |
| 17.    | R. Ramani             | Ramani              | Ramani              |
| 18.    | Shruti Shaji Nair     | Shruti              | Shruti              |
| 19.    | Southi V S            | Southi              | Southi              |
| 20.    | SURASHI B. S.         | Surashi             | Surashi             |
| 21.    | Vidhya K S            | Vidhya              | Vidhya              |
|        |                       |                     |                     |
|        |                       |                     |                     |
|        |                       |                     |                     |
|        |                       |                     |                     |

|           |              |               |
|-----------|--------------|---------------|
|           |              |               |
| PRINCIPAL | DEU Convenor | DEU Secretary |

## BROCHURE



# ST. GREGORIOS DENTAL COLLEGE

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

**SELF DEFENCE**  
VALUE ADDED PROGRAM

**2022  
01-02  
FEB**

TARGET  
**3RD YEAR BDS STUDENTS**

LOCATION  
**COLLEGE AUDITORIUM**

ORGANIZED BY  
**WOMEN CELL**  
INTERNAL QUALITY ASSURANCE CELL,  
ST. GREGORIOS DENTAL COLLEGE

Phone: 0485-2572531, 532, 9188952016, 9188952017

Email: [sgdc@rediffmail.com](mailto:sgdc@rediffmail.com), Web: [sgdc.ac.in](http://sgdc.ac.in)



# ST. GREGORIOS DENTAL COLLEGE

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

## CERTIFICATE







# 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



PHOTOGRAPH OF SELF DEFENCE CLASS (KARATE)



# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

---

## **GENDER EQUITY: SUPPORTING GIRLS EDUCATION;** **INVESTING IN FUTURE GENERATIONS**

---

Phone : 0485-2572531, 532, 9188952016, 9188952017

Email : [sgdc@rediffmail.com](mailto:sgdc@rediffmail.com), Web : [sgdc.ac.in](http://sgdc.ac.in)



**ST. GREGORIOS DENTAL COLLEGE**

**CHELAD, KOTHAMANGALAM**

SGDC/ VAL/ 002/2022

05.02.2022

**CIRCULAR**

Subject: Value added program on GENDER EQUITY: SUPPORTING GIRLS EDUCATION;  
INVESTING IN FUTURE GENERATIONS.

The Women Empowerment Cell, St. Gregorios Dental College are organizing a value added program entitled 'GENDER EQUITY: SUPPORTING GIRLS EDUCATION; INVESTING IN FUTURE GENERATIONS' for Third year students from 08.02.2022-09.02.2022 at the College Auditorium.

For further reference reach out to Ms. Nima M. Kalapura.



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

Copy to

Notice board

Office

All department

Library



# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

---

## **GENDER EQUITY: SUPPORTING GIRLS EDUCATION; INVESTING IN FUTURE GENERATIONS**

**08.02.2022-09.02.2022**

| <b>DATE</b> | <b>TOPIC</b>  |
|-------------|---|
| 08.02.2022  | <ol style="list-style-type: none"><li>1. Introduction to Gender Equity and Girls' Education</li><li>2. Understanding the Barriers to Girls' Education</li><li>3. Empowering Girls Through Education</li><li>4. Investing in Girls' Education for Long-Term Impact</li></ol>                         |
| 09.02.2022  | <ol style="list-style-type: none"><li>5. Role of Family and Community in Supporting Girls' Education</li><li>6. Policy and Advocacy for Gender Equity in Education</li><li>7. Innovations in Girls' Education</li><li>8. Sustaining Change: Creating a Gender-Responsive Education System</li></ol> |



# ST.GREGORIOS DENTAL COLLEGE

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: SUPPORTING GIRLS EDUCATION; INVESTING IN FUTURE GENERATIONS

**Course code:** SGDC/VAL/002/2022

**Course duration:** 16 hours

**Course schedule:** 9:00am to 4:30 pm

**Course period:** February

**Course dates:** 08.02.2022-09.02.2022

**Course mode:** Offline

**Resource person:** Ms. Manju Manoharan

**Course coordinator:** Ms. Nima M. Kalapura

#### **Course outline:**

The two-day course on promoting gender equity through the education of girls begins by first seeking to understand what the concept is, its disparities around the globe, and the barriers that impede educational access for girls. The barriers are seen as being socio-cultural, economic, and institutional. Attendees then discuss ways of empowering girls by ensuring they receive quality education, build self-confidence, and are guided in leadership. They will also discuss long-term benefits of investing in the education of girls towards sustainable development. The course emphasizes the role that families, communities, and policies play in creating a gender-responsive education system, provoking change, and continuing to make progress toward gender equity.



# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

---

## COURSE CONTENT

### **DAY 1:**

**Module 1:** Introduction to Gender Equity and Girls' Education 9:00 am - 10:30 am

**Module 2:** Understanding the Barriers to Girls' Education 10:45 am - 12:15 pm

Lunch Break: 12:15 pm - 1:15 pm

**Module 3:** Empowering Girls through Education 1:15 pm - 2:45 pm

**Module 4:** Investing in Girls' Education for Long-Term Impact 3:00 pm - 4:30 pm

### **DAY 2:**

**Module 5:** Role of Family and Community in Supporting Girls' Education 9:00 am - 10:30 am

**Module 6:** Policy and Advocacy for Gender Equity in Education 10:45 am - 12:15 pm

Lunch Break: 12:15 pm - 1:15 pm

**Module 7:** Innovations in Girls' Education 1:15 pm - 2:45 pm

**Module 8:** Sustaining Change: Creating a Gender-Responsive Education System 3:00 pm - 4:30 pm



# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

---

## **POST-EVENT REPORT**

**Date:** 08.02.2022-09.02.2022

### **Training Methodology:**

The training methodology used a mixture of interactive lectures, case studies, group discussions, and practical exercises. Reflective activities helped participants gain deeper understanding and application in real-world scenarios. Interactive sessions promoted collaboration and peer learning, and expert facilitation kept participants engaged and ensured learning retention. Additionally, multimedia and experiential learning techniques enhanced the learning experience, promoting understanding of gender equity issues and strategies for girls' education.

### **Key Highlights:**

- Comprehensive exploration into issues of gender equity in education.
- In-depth analysis of the barriers hindering access to education for girls.
- Quality education and leadership development are probably the best strategies to empower girls.
- Examination of the long-term advantages of investing in girls' education.
- Highlight the contributions that families, communities, and policies can provide in the concern for gender equity.

### **Conclusion:**

This two-day program on advancing gender equity through girls' education provides a comprehensive and engaging learning opportunity, understanding the issues in gender disparities in education, and learning strategies to empower girls. The program sensitizes participants about how important collaborative action is: from families and communities to the policy level, in establishing a gender-responsive education system where everybody has an equal opportunity. We can work together through collaboration, advocacy, and further effort to see a world where every girl can be educated and full of potential.



# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCROUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

---

## **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



# ST. GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

---

#### 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

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

## BROCHURE

# GENDER EQUITY

SUPPORTING GIRLS EDUCATION:  
INVESTING IN FUTURE GENERATIONS

VALUE ADDED PROGRAM  
for third year BDS students



**ORGANIZED BY**

WOMEN CELL, IQAC

ST. GREGORIOS DENTAL COLLEGE, CHELAD



**08-09 FEB  
2022**

**09.00 AM**

**College Auditorium**

St. Gregorios Dental College,  
Chelad

Phone : 0485-2572531, 532, 9188952016, 9188952017

Email : [sgdc@rediffmail.com](mailto:sgdc@rediffmail.com), Web : [sgdc.ac.in](http://sgdc.ac.in)






# ST. GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)



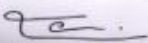
## ATTENDANCE LIST



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

TOPIC: Gender Equity: Supporting Girls Education; Investing in Future Generations

| Sl no. | Name of participant   | 9/2/22<br>Day 1    | 9/3/22<br>Day 2    |
|--------|-----------------------|--------------------|--------------------|
| 1      | AIBIN Joy             | <i>[Signature]</i> | <i>[Signature]</i> |
| 2      | Arroopa T.M           | <i>[Signature]</i> | <i>[Signature]</i> |
| 3      | Alka Susan Binu       | <i>[Signature]</i> | <i>[Signature]</i> |
| 4      | Dilna Sherbeth Biju   | <i>[Signature]</i> | <i>[Signature]</i> |
| 5      | LIYANA SHIBU          | <i>[Signature]</i> | <i>[Signature]</i> |
| 6      | Apoma U. Raj          | <i>[Signature]</i> | <i>[Signature]</i> |
| 7      | Araya Ghosh           | <i>[Signature]</i> | <i>[Signature]</i> |
| 8      | MANUSHA CHANDRAN      | <i>[Signature]</i> | <i>[Signature]</i> |
| 9      | HANNA MARY ELDT       | <i>[Signature]</i> | <i>[Signature]</i> |
| 10     | Alswarya Elizabeth K. | <i>[Signature]</i> | <i>[Signature]</i> |
| 11     | Alena B Paul          | <i>[Signature]</i> | <i>[Signature]</i> |
| 12     | Mamya Maria Aly       | <i>[Signature]</i> | <i>[Signature]</i> |
| 13     | George Biju           | <i>[Signature]</i> | <i>[Signature]</i> |
| 14     | MELVIA THOMAS         | <i>[Signature]</i> | <i>[Signature]</i> |
| 15     | Alex Mathew           | <i>[Signature]</i> | <i>[Signature]</i> |
| 16     | Kareem Rachel Pannan  | <i>[Signature]</i> | <i>[Signature]</i> |
| 17     | Jy Jamb Mathew        | <i>[Signature]</i> | <i>[Signature]</i> |
| 18     | Alvin Raju            | <i>[Signature]</i> | <i>[Signature]</i> |
| 19     | Pinku Oc Rajeev       | <i>[Signature]</i> | <i>[Signature]</i> |
| 20     | Shiby Elizabeth Padi  | <i>[Signature]</i> | <i>[Signature]</i> |
| 21     | RICHANA V.H           | <i>[Signature]</i> | <i>[Signature]</i> |
| 22     | Jithin Saji           | <i>[Signature]</i> | <i>[Signature]</i> |
| 23     | Mihara T.K            | <i>[Signature]</i> | <i>[Signature]</i> |
| 24     | Mary Elizabeth Sunil  | <i>[Signature]</i> | <i>[Signature]</i> |
| 25     | Prasad Lakshmi        | <i>[Signature]</i> | <i>[Signature]</i> |

|   |   |   |
|---|---|---|
|  |  |  |
| PRINCIPAL   | DEU Convenor  | DEU Secretary   |





# ST. GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

## CERTIFICATE



ST. GREGORIOS DENTAL COLLEGE  
C H E L A D

### CERTIFICATE

OF PARTICIPATION

*Gender Equity- Supporting Girls Education;  
Investing in Future Generations*

PROUDLY PRESENTED TO

JEFF JACOB MATHEWS

for successfully completing 15 hours value added program from  
8/2/22..... to 2/2/22..... conducted by the Women  
Empowerment Cell in association with the Internal Quality  
Assurance Cell and the Dental Education Unit.

|  |  |
|--|--|
| <br>_____<br>DR. JAIN MATHEW<br>PRINCIPAL | <br>_____<br>DR. ALLU BABY<br>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



### PHOTOGRAPH OF VALUE ADDED PROGRAM

‘GENDER EQUITY: SUPPORTING GIRLS EDUCATION; INVESTING IN FUTURE GENERATIONS’



# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

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

---

## **SELF ESTEEM AND SELF CONFIDENCE**

---

Phone : 0485-2572531, 532, 9188952016, 9188952017

Email : [sgdc@rediffmail.com](mailto:sgdc@rediffmail.com), Web : [sgdc.ac.in](http://sgdc.ac.in)



**ST GREGORIOS DENTAL COLLEGE  
CHELAD, KOTHAMANGALAM**

SGDC/VAL/003/2022.

8.03.2022

**CIRCULAR**

Subject: Self Esteem and Self Confidence

Department of Conservative Dentistry and Endodontics is organizing a value added program entitled "SELF ESTEEM AND SELF CONFIDENCE" on 10.3.2022 to 11.03.2022 for Part 2 students in the college auditorium.



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

Copy to  
Notice board  
Office  
All department  
Library



# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

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

---

## **SELF ESTEEM AND SELF CONFIDENCE**

**10.03.2022 - 11.03.2022**

|            |   |
|------------|---|
| 10.03.2019 | <ol style="list-style-type: none"><li>1. Understanding Self-Esteem</li><li>2. Building Self-Awareness</li><li>3. Overcoming Negative Self-Talk</li><li>4. Setting and Achieving Goals</li><li>5. Assertiveness and Boundaries</li></ol> |
| 11.03.2022 | <ol style="list-style-type: none"><li>1. Building Resilience</li><li>2. Self-Care and Well-being</li><li>3. Cultivating Self-Compassion</li><li>4. Social Support and Connection</li><li>5. Integration and Application</li></ol>       |



# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

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

---

## **SELF ESTEEM AND SELF CONFIDENCE**

**Course code:** SGDC/VAL/003/2022

**Course duration:** 15 hours

**Course schedule:** 8pm to 3:30 pm

**Course period:** March

**Course dates:** 10.03.2022 to 11.03.2022

**Course mode:** offline

**Course fee:**

**Resource person & Course coordinator :** Fr Shanu K Paulose

### **Course outline:**

An in-depth examination of these crucial ideas is offered by the course on self-esteem and confidence. Participants get an understanding of the elements of self-esteem and how it affects mental health. They discover their values and strengths through self-awareness exercises, and they learn strategies for stopping negative self-talk. Moreover, techniques for goal-setting, assertiveness, resilience, and self-care are discussed, encouraging a comprehensive approach to personal development. Participants acquire skills to develop long-lasting self-esteem and confidence in a variety of life situations through theory and hands-on activities.





# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

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

---

## COURSE CONTENT

An introduction to music theory, notation, rhythm, melody, harmony, and form is given in this course. Examine the fundamentals of both creating and appreciating music.

1. Understanding Self-Esteem:
  - Definition and components of self-esteem
  - Impact of self-esteem on mental health and well-being
  - Recognizing signs of low and high self-esteem
2. Building Self-Awareness:
  - Identifying personal strengths and weaknesses
  - Exploring values, beliefs, and attitudes
  - Self-reflection exercises
3. Overcoming Negative Self-Talk:
  - Challenging and reframing negative thoughts
  - Developing positive affirmations
  - Coping strategies for self-doubt
4. Setting and Achieving Goals:
  - SMART goal-setting techniques
  - Breaking down goals into manageable steps
  - Celebrating successes and learning from setbacks
5. Assertiveness and Boundaries:
  - Assertive communication skills
  - Establishing and maintaining personal boundaries
  - Saying no with confidence
6. Building Resilience:
  - Coping with criticism and rejection
  - Managing setbacks and failures
  - Cultivating a growth mindset
7. Self-Care and Well-being:
  - Importance of self-care practices
  - Stress management techniques
  - Nurturing physical, emotional, and mental well-being



# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

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

---

## 8. Cultivating Self-Compassion:

- Understanding the role of self-compassion in building self-esteem
- Practicing self-compassion exercises
- Embracing imperfection and self-acceptance

## 9. Social Support and Connection:

- Building supportive relationships
- Seeking help when needed
- Community resources for enhancing self-esteem and self-confidence

## 10. Integration and Application:

- Reflecting on personal growth throughout the course
- Developing a personalized action plan for sustaining and enhancing self-esteem and self-confidence in daily life.



# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

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

---

## **POST-EVENT REPORT**

**Date:** 10.03.2022 to 11.03.2022

**Location:** St. Gregorios Dental College, Auditorium

### **Training Methodology:**

Creating supportive environments with peers or mentors, using cognitive-behavioral strategies to confront negative attitudes, and experiential learning to increase competence via achievement are common training methodologies for enhancing self-esteem and confidence. These methods support people in strengthening their sense of self, overcoming obstacles with more skill, and building their general self-assurance and self-worth.

### **Key Highlights:**

The program focuses on enhancing self-esteem and self-confidence through cognitive-behavioral techniques to challenge negative thoughts, experiential learning for skill development and achievement, and creating a supportive environment with mentors or peers. It aims to empower participants to build a stronger self-concept, navigate challenges effectively, and foster personal growth and well-being.

### **Conclusion:**

To sum up, the programme provides a comprehensive strategy for raising self-worth and confidence through experiential learning, cognitive-behavioral methods, and a caring community. Through enabling individuals to transform pessimistic ideas, acquire useful abilities, and obtain motivation, the programme fosters individual development, adaptability, and enhanced overall health.



# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

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

---

## 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

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

Thank you for your feedback!



# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

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

## BROCHURE

 **ST. GREGORIOS DENTAL COLLEGE**  
CHELAD

INTERNAL QUALITY ASSURANCE CELL  
DENTAL EDUCATION UNIT  
DEPT. OF CONSERVATIVE & ENDODONTICS

**SELF ESTEEM**  
**SELF CONFIDENCE**

VALUE ADDED PROGRAM  
FOR FINAL YEAR PART 2

  
**RESOURCE PERSON**  
**FR. SHANU PAULOSE**

  
**9.00 AM - 4.00 PM**

**10-11 MARCH ,2022** 

**COLLEGE AUDITORIUM** 

Phone : 0485-2572531, 532, 9188952016, 9188952017

Email : [sgdc@rediffmail.com](mailto:sgdc@rediffmail.com), Web : [sgdc.ac.in](http://sgdc.ac.in)



# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

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

## ATTENDANCE



**ST. GREGORIOS DENTAL COLLEGE, CHELAD**

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

TOPIC: *Self Esteem and Self Confidence.*

| Sl no. | Name of participant | 10-3-22<br>Day 1   | 11-3-22<br>Day 2   |
|--------|---------------------|--------------------|--------------------|
|        | NIKKY Peter         | <i>[Signature]</i> | <i>[Signature]</i> |
|        | ciby abraham        | <i>[Signature]</i> | <i>[Signature]</i> |
|        | Soya Baby           | <i>[Signature]</i> | <i>[Signature]</i> |
|        | JIA MARIA           | <i>[Signature]</i> | <i>[Signature]</i> |
|        | Angel               | <i>[Signature]</i> | <i>[Signature]</i> |
|        | Annie dreaasa jessy | <i>[Signature]</i> | <i>[Signature]</i> |
|        | Johan V             | <i>[Signature]</i> | <i>[Signature]</i> |
|        | Dijil               | <i>[Signature]</i> | <i>[Signature]</i> |
|        | Angha               | <i>[Signature]</i> | <i>[Signature]</i> |
|        | JOSE SATH AVARAN    | <i>[Signature]</i> | <i>[Signature]</i> |
|        | Prasenu Ann         | <i>[Signature]</i> | <i>[Signature]</i> |
|        | Alwina              | <i>[Signature]</i> | <i>[Signature]</i> |
|        | Ammalakshmi         | <i>[Signature]</i> | <i>[Signature]</i> |
|        | Freasa              | <i>[Signature]</i> | <i>[Signature]</i> |
|        | Aqua                | <i>[Signature]</i> | <i>[Signature]</i> |
|        | Sheetal             | <i>[Signature]</i> | <i>[Signature]</i> |
|        | Mahalakshmi         | <i>[Signature]</i> | <i>[Signature]</i> |
|        | Richa               | <i>[Signature]</i> | <i>[Signature]</i> |
|        | Ruth                | <i>[Signature]</i> | <i>[Signature]</i> |
|        | Shreya              | <i>[Signature]</i> | <i>[Signature]</i> |
|        | Akshaya             | <i>[Signature]</i> | <i>[Signature]</i> |
|        | Aswathy             | <i>[Signature]</i> | <i>[Signature]</i> |
|        | Meria Benny         | <i>[Signature]</i> | <i>[Signature]</i> |
|        | Divya               | <i>[Signature]</i> | <i>[Signature]</i> |
|        | ELBE                | <i>[Signature]</i> | <i>[Signature]</i> |

|                    |                    |                    |
|--------------------|--------------------|--------------------|
| <i>[Signature]</i> | <i>[Signature]</i> | <i>[Signature]</i> |
| PRINCIPAL          | DEU Convenor       | DEU Secretary      |







# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

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

## CERTIFICATE







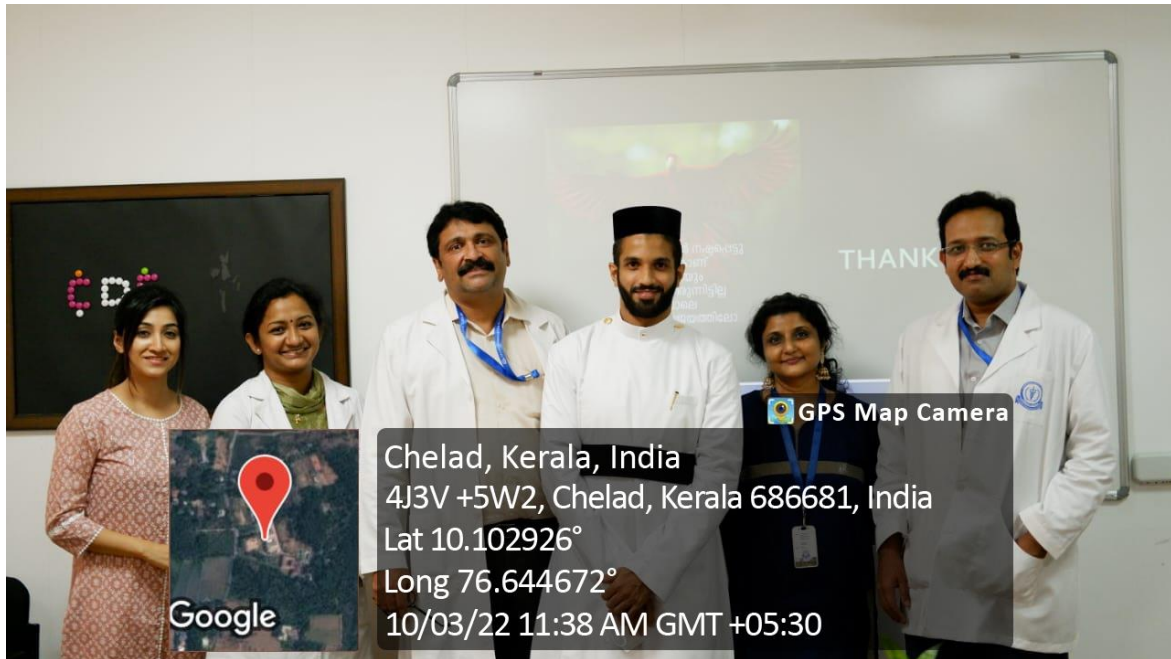
# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

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

---

## PHOTOS



PHOTOGRAPH OF FR.SHANU PAULOSE WITH THE STAFF



# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

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

---

## **TALK ON EMPOWERING WOMEN IN LEADERSHIP POSITIONS**

---

Phone : 0485-2572531, 532, 9188952016, 9188952017

Email : [sgdc@rediffmail.com](mailto:sgdc@rediffmail.com), Web : [sgdc.ac.in](http://sgdc.ac.in)

**ST. GREGORIOS DENTAL COLLEGE**

**CHELAD, KOTHAMANGALAM**

SGDC/VAL/004/2022

30.03.2022

**CIRCULAR**

Subject: Value added program entitled TALK ON EMPOWERING WOMEN IN LEADERSHIP POSITIONS.

The Women Empowerment Cell, St. Gregorios Dental College are organizing a value added program entitled 'TALK ON EMPOWERING WOMEN IN LEADERSHIP POSITIONS' for Second year students from 01.04.2022-02.04.2022 at the College Auditorium.

For further reference reach out to Dr. Silpa Abraham.



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

Copy to

Notice board

Office

All department

Library



# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

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

## **TALK ON EMPOWERING WOMEN IN LEADERSHIP POSITIONS**

**01.04.2022-02.04.2022**

| <b>DATE</b> | <b>TOPIC</b>   |
|-------------|--|
| 01.04.2022  | <ol style="list-style-type: none"><li>1. Introduction to Women in Leadership</li><li>2. Understanding Barriers to Women's Leadership</li><li>3. Leadership Skills Development for Women</li><li>4. Overcoming Impostor Syndrome and Self-Doubt</li></ol> |
| 02.04.2022  | <ol style="list-style-type: none"><li>5. Navigating Organizational Politics and Bias</li><li>6. Building Networks and Mentorship</li><li>7. Negotiation and Advocacy Skills</li><li>8. Creating a Roadmap for Women's Leadership</li></ol>               |



# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

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

---

## WOMEN EMPOWERMENT CELL

### TALK ON EMPOWERING WOMEN IN LEADERSHIP POSITIONS

**Course code:** SGDC/VAL/004/2022

**Course duration:** 16 hours

**Course schedule:** 9:00am to 4:30 pm

**Course period:** April

**Course dates:** 01.04.2022-02.04.2022

**Course mode:** Offline

**Resource person:** Ms. Nima M. Kalapura

**Course coordinator:** Dr. Silpa Abraham

#### **Course outline:**

This two-day program on Empowerment of Women into Leadership provides an all-rounded insight into gender disparities, barriers, and strategies for development. It covers leadership skill development, overcoming self-doubt, bias navigation, networking, negotiation, and creating personalized career roadmaps. The delivery formats include role-plays, group discussions, peer support circles, and speed mentoring, providing ample opportunities for collaboration and skill application. Subjects participate in practical activities to reinforce leadership competencies and help solve any challenges. With the view of ensuring confidence, building networks, and advocating for change, the program equips women with the tools and support needed to thrive in leadership and drive meaningful impact in their organization and beyond.



# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

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

---

## COURSE CONTENT

DAY 1:

### **Module 1: Introduction to Women in Leadership**

- Overview of gender disparities in leadership roles
- **Interactive Session:** Icebreaker activity to gauge participants' expectations and experiences

### **Module 2: Understanding Barriers to Women's Leadership**

- Analysis of socio-cultural, economic, and institutional barriers
- **Interactive Session:** Small group discussions on personal and systemic challenges faced by women leaders

### **Module 3: Leadership Skills Development for Women**

- Identifying and honing essential leadership competencies
- **Interactive Session:** Role-playing exercises and group activities to practice leadership skills

### **Module 4: Overcoming Impostor Syndrome and Self-Doubt**

- Strategies for combating self-limiting beliefs and building confidence
- **Interactive Session:** Guided reflection and peer support circles to share experiences and offer encouragement



# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

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

---

DAY 2:

## Module 5: Navigating Organizational Politics and Bias

- Recognizing and addressing gender bias in the workplace
- **Interactive Session:** Case studies and scenario-based discussions to develop strategies for navigating bias

## Module 6: Building Networks and Mentorship

- Importance of networking and mentorship for career advancement
- **Interactive Session:** Speed mentoring or networking activity to facilitate connections among participants

## Module 7: Negotiation and Advocacy Skills

- Techniques for effective negotiation and advocating for oneself
- **Interactive Session:** Mock negotiation exercises and peer feedback sessions

## Module 8: Creating a Roadmap for Women's Leadership

- Developing personalized action plans for career growth and leadership success
- **Interactive Session:** Goal-setting workshop and peer coaching sessions to support implementation



# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

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

---

## **POST-EVENT REPORT: TALK ON EMPOWERING WOMEN IN LEADERSHIP POSITIONS**

**Date:** 01.04.2022-02.04.2022

**Location:** St. Gregorios Dental College, Auditorium

### **Training Methodology:**

The training modality included interactive lectures, group discussions, role-playing exercises, and peer-mentoring sessions to actively involve participants. Emphasis was placed on experiential learning as participants were given the opportunity to apply the concepts in real-life scenarios. Facilitators were there to guide and support a collaborative and supportive learning environment. Understanding was enhanced with the use of multimedia resources and case studies. Reflection and feedback mechanisms ensured continuous improvement. The methodology empowered women to develop practical skills and strategies in becoming successful leaders.

### **Key Highlights:**

- Interactive lectures and group discussions encourage active participation among the learners.
- Role-play exercises facilitate the practical application of leadership skills.
- Peer mentoring sessions offer support and networking.
- It emphasizes experiential learning to increase understanding and capabilities.
- Resources include rich media and case studies that enrich the experience.





# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

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

---

## **Conclusion:**

Empowerment of Women in Leadership Program creates a dynamic, exhilarating, and learning experience. In taking part in all these interactive sessions and practical exercises, participants benefited from insightful knowledge on how to work through barriers, develop leadership skills, and navigate the intricacies of organizational dynamics. Emphasis on peer support, networking, and mentorship results in community and empowerment. At the end of the program, participants leave with confidence, knowledge, and means to pursue their goals in leadership in order to create a change in workplaces and communities. This journey is the kickoff of a shared effort towards gender equality and the practice of inclusive leadership.



# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

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

---

## **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?**



# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

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

---

- 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

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

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

## BROCHURE

ST. GREGORIOS DENTAL COLLEGE  
CHELAD

EMPOWERING WOMEN IN  
LEADERSHIP POSITIONS

**GENDER EQUITY**

VALUE ADDED PROGRAM FOR  
2ND YEAR BDS STUDENTS

01-02 APRIL 2022  
10.00 AM

ORGANIZED BY  
WOMEN CELL, IQAC

COLLEGE AUDITORIUM

Phone : 0485-2572531, 532, 9188952016, 9188952017

Email : [sgdc@rediffmail.com](mailto:sgdc@rediffmail.com), Web : [sgdc.ac.in](http://sgdc.ac.in)



# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA - 686681

(AFFILIATED TO 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: Talk on Empowering Women in Leadership Positions  
[1-4-22 - 2-4-22]

| Sl no. | Name of participant | Day 1   | Day 2   |
|--------|---------------------|---------|---------|
| 1      | Amal A.             | Amal    | Amal    |
| 2      | Angela Susan Jacob  | Angela  | Angela  |
| 3      | DONA DAVIS          | Dona    | Dona    |
| 4      | Jecky Mariam Jacob. | Jecky   | Jecky   |
| 5      | Anil Jose           | Anil    | Anil    |
| 6      | Anjana Rose.        | Anjana  | Anjana  |
| 7      | Mariya George.      | Mariya  | Mariya  |
| 8      | Simha Saji          | Simha   | Simha   |
| 9      | HONEY LEYA SAJAN.   | Honey   | Honey   |
| 10     | Muthu Hari Saji     | Muthu   | Muthu   |
| 11     | Cicilia Mookan      | Cicilia | Cicilia |
| 12     | MARIYA REJI DANIEL  | Mariya  | Mariya  |
| 13     | Uma Srinandan.      | Uma     | Uma     |
| 14     | Shruti Saji Nair    | Shruti  | Shruti  |
| 15     | Maya Maria Abraham. | Maya    | Maya    |
| 16     | KEEJA MARIUM GEORGE | Keeja   | Keeja   |
| 17     | Nakul PG            | Nakul   | Nakul   |
| 18     | Sreethi V.S         | Sreethi | Sreethi |
| 19     | R. Ramani           | Ramani  | Ramani  |
| 20     | Swathi B.S          | Swathi  | Swathi  |
| 21     | Vidhya K.S          | Vidhya  | Vidhya  |

|           |              |               |
|-----------|--------------|---------------|
|           |              |               |
| PRINCIPAL | DEU Convenor | DEU Secretary |



# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

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

## CERTIFICATE







# 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



PHOTOGRAPH OF VALUE ADDED COURSE-  
'EMPOWERING WOMEN IN LEADERSHIP POSITIONS'



# ST. GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

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

---

**BRING OUT THE BEST IN YOU – A GUIDELINE TO  
SUCCESS**

---

Phone: 0485-2572531, 532, 9188952016, 9188952017

Email: [sgdc@rediffmail.com](mailto:sgdc@rediffmail.com), Web: [sgdc.ac.in](http://sgdc.ac.in)



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

SGDC/VAL/005/2022

15.04.2022

**CIRCULAR**

Subject: Certificate course on "Bring out the Best in You - A guideline to Success" program for Final year Part 1 students.

Department of Prosthodontics and Crown and Bridge of St. Gregorios Dental College is organizing a value-added program entitled 'Bring out the Best in You – A guideline to Success' program for Final year Part 1 students on 18.04.2022-19.04.2022 in the college auditorium

For further reference, reach out to Dr. Arun Joy



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

Copy to:

Notice board

Office

All departments

Library



# ST. GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

## **BRING OUT THE BEST IN YOU – A GUIDELINE TO SUCCESS**

**18.04.2022-19.04.2022**

| DATE       | TOPIC   |
|------------|---|
| 18.04.2022 | <ol style="list-style-type: none"><li>1. Introduction to Personal and Professional Success</li><li>2. Developing a Growth Mindset</li><li>3. Goal setting and Action Planning</li><li>4. Effective Communication and Interpersonal Skills</li><li>5. Leadership and Influence</li></ol> |
| 19.04.2022 | <ol style="list-style-type: none"><li>1. Time Management and Productivity</li><li>2. Wellbeing and work-life Balance</li><li>3. Continuous Learning and Growth</li><li>4. Reflection and Action Planning</li><li>5. Celebration and Integration</li></ol>                               |



# ST. GREGORIOS DENTAL COLLEGE

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

---

## **BRING OUT THE BEST IN YOU – A GUIDELINE TO SUCCESS**

**Course code:** SGDC/VAL/005/2022

**Course duration:** 15 hours

**Course schedule:** 8.00AM -4.00PM

**Course period:** April

**Course dates:** 18.04.2022-19.04.2022

**Course mode:** offline

**Resource person & Course coordinator:** Dr. Civy Pulayath

### **Course outline:**

This course's objective is to enable the final year students realize their potentials in career and personal development. Students will be able to overcome challenges and determine useful targets as well as personal satisfaction through it by use of theoretical approaches together with real-life experiences.



# ST. GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

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

---

## COURSE CONTENT

### **1. MODULE 1: Introduction to Personal and Professional Success**

- Understanding Success
- Defining Personal and Professional Goals
- Importance of Self-awareness and Self-reflection

### **2. MODULE 2: Financial Literacy**

- The Power of Mindset
- Embracing Challenges and Failure
- Cultivating Resilience and Perseverance.

### **3. MODULE 3: Communication Skills**

- Setting SMART Goals
- Breaking Down Goals into Actionable Steps
- Creating a Personal Development Plan

### **4. MODULE 4: Critical Thinking and Problem Solving**

- Communication Styles and Techniques
- Active Listening and Empathetic Communication
- Conflict Resolution and Negotiation Skills

### **5. MODULE 5: Emotional Intelligence**

- Leadership Styles and Qualities
- Leading with Integrity and Purpose
- Inspiring and Motivating Others

### **6. MODULE 6: Time Management and Organization**

- Prioritization Techniques
- Effective Time Management Strategies
- Maximizing Productivity and Efficiency

### **7. MODULE 7: Digital Literacy**

- Stress Management and Self-care Practices
- Establishing Healthy Habits and Routines
- Creating Work-life Harmony

---

Phone: 0485-2572531, 532, 9188952016, 9188952017

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



# ST. GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

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

---

## **8. MODULE 8: Health and Wellness**

- Lifelong Learning Mindset
- Seeking Feedback and Constructive Criticism
- Adaptability and Flexibility in a Changing World

## **9. MODULE 9: Relationship Building**

- Reflecting on Progress and Growth
- Identifying Areas for Improvement
- Creating an Action Plan for Continued Success

## **10. MODULE 10: Career Development**

- Celebrating Achievements and Milestones
- Integrating Learning and Growth into Daily Life
- Committing to Ongoing Personal and Professional Development



# ST. GREGORIOS DENTAL COLLEGE

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

---

## **POST EVENT REPORT**

**Date:** 18.04.2022-19.04.2022

**Location:** St. Gregorios Dental College

**Speaker:** Dr. Civy Pulayath

### **Training Methodology:**

In order to encourage students' personal and professional growth, the undergraduate dental programme "Bring Out the Best in You: A Guideline to Success" used interactive workshops, experiential learning, and guest lecturers. Students identify their skills, shortcomings, and areas for progress through the use of self-assessment tools, goal-setting, and reflective practice. Mindfulness exercises and skill-building seminars support fundamental abilities and overall wellbeing. Professional development seminars and networking events offer chances for skill improvement and career discovery. The program's efficacy is continuously assessed and feedback is given, allowing students to develop the abilities, frame of mind, and routines necessary for success in the dental field. In order to enable students to succeed academically, professionally, and personally as they set out on their path to become qualified and caring dental professionals, an all-encompassing strategy was developed.

### **Key Highlights:**

- Interactive workshops
- Fostered and experimental learning technique
- Insights from the industry expert, Dr. Civy Pulayath offered valuable perspectives, guidance and inspiration to students' personal and professional growth
- The workshop gave a structured approach to goal setting and action planning
- Offered a holistic approach for both academic and personal growth
- The program had continuous feedback and evaluation going on to ensure program effectiveness and improvement



# ST. GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

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

---

## **Conclusion:**

Finally, "Bring Out the Best in You: A Guideline to Success" is a comprehensive and life-changing curriculum created to support final year dental students as they pursue greatness in both their personal and professional lives. Through the use of interactive workshops, experiential learning, and mentorship opportunities, the programme helps students become more self-aware, develop their skills, and become resilient. Students are given the resources and support necessary to successfully negotiate the challenges of dentistry education and practice through networking opportunities, goal-setting, and mindfulness exercises. The program's all-encompassing approach prioritises personal development, wellbeing, and moral leadership in addition to academic success.





# ST. GREGORIOS DENTAL COLLEGE

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

---

## 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



# ST. GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

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

---

**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

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

## ATTENDANCE



### ST. GREGORIOS DENTAL COLLEGE, CHELAD

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

TOPIC: BRING OUT THE BEST IN YOU.

Dates - 18/4/22 - 19/4/22

| Sl no. | Name of participant       | Day 1     | Day 2     |
|--------|---------------------------|-----------|-----------|
| 1.     | AKHIL VARGHESE            | Akhil     | Akhil     |
| 2.     | SUSANNA JOHNSON           | Susan     | Susan     |
| 3.     | Jeff Jacob Mathew         | Jeff      | Jeff      |
| 4.     | MARIA RANI THOMAS         | Maria     | Maria     |
| 5.     | Manisha Chandran          | Manisha   | Manisha   |
| 6.     | MINNU B MANNULLIL         | Minnu     | Minnu     |
| 7.     | Srinath V S               | Srinath   | Srinath   |
| 8.     | Johann Kachariath         | Johann    | Johann    |
| 9.     | Pibin Joy                 | Pibin     | Pibin     |
| 10.    | Divya Olavy Philip        | Divya     | Divya     |
| 11.    | Ashwathi Sunil            | Ashwathi  | Ashwathi  |
| 12.    | Akshara Sivan             | Akshara   | Akshara   |
| 13.    | Aiswarya Elizabeth        | Aiswarya  | Aiswarya  |
| 14.    | Diji David                | Diji      | Diji      |
| 15.    | Akshara Kavian            | Akshara   | Akshara   |
| 16.    | MARIA BENNY               | Maria     | Maria     |
| 17.    | Alka Susom Denny          | Alka      | Alka      |
| 18.    | Aneetha Anna Eldho.       | Aneetha   | Aneetha   |
| 19.    | Anisha Rachel John        | Anisha    | Anisha    |
| 20.    | Abarna U. Raj             | Abarna    | Abarna    |
| 21.    | Georgette CBJU.           | Georgette | Georgette |
| 22.    | ANOOPA IM                 | Anoop     | Anoop     |
| 23.    | Christy Elizabeth Philip. | Christy   | Christy   |
| 24.    | Ashley Eldo Paulose.      | Ashley    | Ashley    |
| 25.    | Hanna Mary Eldho.         | Hanna     | Hanna     |

|           |              |               |
|-----------|--------------|---------------|
|           |              |               |
| PRINCIPAL | DEU Convenor | DEU Secretary |





# ST. GREGORIOS DENTAL COLLEGE

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

## BROCHURE



**ST GREGORIOS  
DENTAL COLLEGE**

INTERNAL QUALITY ASSURANCE CELL

*Bring out the  
best in you*  
**A GUIDELINE TO  
SUCCESS**

VALUE ADDED PROGRAM  
FOR FINAL YEAR PART 1



**RESOURCE PERSON**  
**Dr. CIVY PULAYATH**

**DATE:**  
18-19 APRIL 2022

**VENUE:**  
COLLEGE AUDITORIUM

**TIME:**  
09.00 AM - 4.00 PM







# ST. GREGORIOS DENTAL COLLEGE

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

## CERTIFICATE



ST. GREGORIOS DENTAL COLLEGE  
C H E L A D

### CERTIFICATE

OF PARTICIPATION

*Bring Out the Best in You-  
A Guideline to Success*

PROUDLY PRESENTED TO

MANISHA CHANDRAN

for successfully completing 15 hours value added program from  
..18/4/22... to ...19/4/22... conducted by the Department of  
Prosthodontics 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



### PHOTOGRAPHS OF VALUE-ADDED PROGRAM

‘BRING OUT THE BEST IN YOU – A GUIDELINE TO SUCCESS’





# 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: MOVE, GROOVE AND TRANSFORM**

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

SGDC/VAL/006/2022

29.04.2022

**CIRCULAR**

Subject: Certificate course on "ZUMBA: MOVE, GROOVE AND TRANSFORM" program for First year students

This is to inform that a value-added course on topic entitled 'Zumba: Move, Groove and Transform' for first year students is being organised by the IQAC on 3.5.22-4.5.22 at the college auditorium.

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



Copy to:  
Notice board  
Office  
All departments  
Library

**PRINCIPAL**

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



# 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

3.5.22-4.5.22

| DATE   | TOPIC   |
|--------|---|
| 3.5.22 | <ol style="list-style-type: none"><li>1. Introduction to Zumba</li><li>2. Latin Dance Rhythms</li><li>3. Reggaeton and Hip-hop fusion</li><li>4. International Dance Party</li><li>5. Core and Balance</li><li>6. High Intensity Interval Training (HIIT)</li></ol> |
| 4.5.22 | <ol style="list-style-type: none"><li>1. Toning And Sculpting</li><li>2. Flexibility and Flow</li><li>3. Part Mix</li><li>4. Dance Challenge</li><li>5. Participant Showcase</li><li>6. Celebration and Review</li></ol>  |

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



# 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: MOVE, GROOVE AND TRANSFORM**

**Course code:** SGDC/VAL/006/2022

**Course duration:** 15 hours

**Course schedule:** 12.00pm – 6.00pm

**Course period:** May

**Course dates:** 3.5.22-4.5.22

**Course mode:** offline

**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.



# ST.GREGORIOS DENTAL COLLEGE

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

---

## 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



# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

---

## 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



# ST.GREGORIOS DENTAL COLLEGE

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

---

## **POST EVENT REPORT**

**Date:** 3.5.22-4.5.22

**Location:** St. Gregorios Dental College

**Speaker:** Zin 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:**

The purpose of the Zumba: Move, Groove and Transform course is to offer a fun, engaging, and useful approach to using dance to improve fitness. 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 was the ultimate goal of this course. The students gave positive feedback for the course.





# ST.GREGORIOS DENTAL COLLEGE

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

---

## 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?**



# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

---

- 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

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

## ATTENDANCE



**ST. GREGORIOS DENTAL COLLEGE, CHELAD**

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

TOPIC: ZOMSA : Move, Groove and transform.

3/5/22 4/5/22

| Sl no. | Name of participant | Day 1       | Day 2       |
|--------|---------------------|-------------|-------------|
| 1      | Jini Jiji           | Jini        | Jini        |
| 2      | Mazia M. Raju       | Mazia       | Mazia       |
| 3      | Nehma A             | Nehma       | Nehma       |
| 4      | Shigda Jayaraj      | Shigda      | Shigda      |
| 5      | Usharani Sebu       | Usharani    | Usharani    |
| 6      | Laya Nham Paul      | Laya        | Laya        |
| 7      | MIRWA TP            | Mirwa       | Mirwa       |
| 8      | Saeleekshmi         | Saeleekshmi | Saeleekshmi |
| 9      | Abhinaya K A        | Abhinaya    | Abhinaya    |
| 10     | Sneha NS            | Sneha       | Sneha       |
| 11     | Gopika S.M          | Gopika      | Gopika      |
| 12     | Neha San Shaw       | Neha        | Neha        |
| 13     | Sandya Manoj Thomas | Sandya      | Sandya      |
| 14     | Arjitha K Vijay     | Arjitha     | Arjitha     |
| 15     | Rupzhe Thom         | Rupzhe      | Rupzhe      |
| 16     | Sandra Susan        | Sandra      | Sandra      |
| 17     | Annet Rachel        | Annet       | Annet       |

|   |   |   |
|---|---|---|
|  |  |  |
| PRINCIPAL   | DEU Convenor  | DEU Secretary   |





# ST.GREGORIOS DENTAL COLLEGE

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

## BROCHURE

# ZUMBA MOVE, GROOVE, TRANSFORM

**VALUE ADDED PROGRAM  
FOR 1ST YEAR BDS STUDENTS**

03 - 04 MAY 2022  
TIME: 08.00 AM  
COLLEGE AUDITORIUM

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





# ST.GREGORIOS DENTAL COLLEGE

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

## CERTIFICATE



ST. GREGORIOS DENTAL COLLEGE  
C H E L A D

### CERTIFICATE

OF PARTICIPATION

*Lumba: Move, Groove and Transform*

PROUDLY PRESENTED TO

MIRWA.T.P

for successfully completing 15 hours value added program from  
...3/5/22... to ...4/5/22... 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



# ST.GREGORIOS DENTAL COLLEGE

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

## PHOTOGRAPH



PHOTOGRAPH OF VALUE ADDED PROGRAM

'ZUMBA – MOVE, GROOVE AND TRANSFORM'

Phone: 0485-2572531, 532, 9188952016, 9188952017

Email: [sgdc@rediffmail.com](mailto:sgdc@rediffmail.com), Web: [sgdc.ac.in](http://sgdc.ac.in)



# 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

---

Phone : 0485-2572531, 532, 9188952016, 9188952017

Email : [sgdc@rediffmail.com](mailto:sgdc@rediffmail.com), Web : [sgdc.ac.in](http://sgdc.ac.in)



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

SGDC/VAL/007/2022

09.05.2022

**CIRCULAR**

Subject: Value added program on YOGA IN DAILY LIFE.

The Dental Education Unit and Internal Quality Assurance Cell, St. Gregorios Dental College are organizing a value added program entitled 'YOGA IN DAILY LIFE' for First year students from 11.05.2022-14.05.2022 at the College Auditorium.

For further reference reach out to Dr. Tina Elizabeth Jacob.



Copy to  
Notice board  
Office  
All department  
Library

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



# 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

**11.05.2022-14.05.2022**

| DATE       | TOPIC   |
|------------|---|
| 11.05.2022 | 1. Initiation to Yoga<br>2. Pranayama (Breath Mastery)<br>3. Warm-up and Flexibility              |
| 12.05.2022 | 4. Backbends and Heart Expansion<br>5. Meditation and Presence<br>6. Conclusion and Contemplation |
| 13.05.2022 | 7. Yoga and Meditation Practice Session (2 hours)   |
| 14.05.2022 | 8. Yoga and Meditation Practice Session (2 hours)   |



# ST. GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

---

## DENTAL EDUCATION UNIT AND IQAC

### YOGA IN DAILY LIFE

**Course code:** SGDC/VAL/007/2022

**Course duration:** 16 hours

**Course schedule:** 8:00am to 2:00 pm

**Course period:** May

**Course dates:** 11.05.2022-14.05.2022

**Course mode:** Offline

**Resource person:** Mr. Binoy Thomas

**Course coordinator:** Dr. Tina Elizabeth Jacob

#### **Course outline:**

Through the practice of yoga, a transformative journey begins as students are ushered through a holistic exploration of wellness: from control of breathing to practicing the postures of the body, meditation, and mindfulness—the transformative power of Yoga is embraced. With the two in philosophy and practical techniques, they are able to tailor individual practice for balance and vitality. Together, they celebrate growth and embrace Yoga's profound impact on their lives, fostering harmony and wellness.



# ST. GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

---

## COURSE CONTENT

This 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: Initiation to Yoga**

- Introduction to Yoga philosophy and origins
- Benefits of practicing Yoga for physical and mental well-being
- Introduction to fundamental Yoga poses (asanas) and their significance

### **Module 2: Pranayama (Breath Mastery)**

- Understanding the significance of breath in Yoga practice
- Learning various Pranayama techniques for breath regulation and relaxation
- Practicing guided breathing exercises to develop awareness and control of breath

### **Module 3: Warm-up and Flexibility**

- Gentle warm-up exercises to prepare the body for Yoga practice
- Dynamic stretching techniques to enhance flexibility and mobility
- Focus on releasing tension and enhancing circulation in major muscle groups

### **Module 4: Backbends and Heart Expansion**

- Introduction to backbend poses (asanas) and their advantages
- Sequences to safely open the chest and heart center
- Emphasis on proper alignment and modifications for individual needs



# ST. GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

---

## **Module 5: Meditation and Presence**

- Exploration of meditation techniques to nurture present-moment awareness
- Guided mindfulness practices for stress reduction and relaxation
- Integrating mindfulness into daily life for greater peace and clarity

## **Module 6: Conclusion and Contemplation**

- Gentle cool-down exercises to conclude the practice session
- Guided relaxation and savasana (corpse pose) for deep rest and integration
- Opportunity for contemplation on the practice experience and setting intentions for continued growth

**Yoga sessions, led by a student leader, will be conducted weekly for 1 hour following the completion of the four-day course.**



# ST. GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

---

## **POST-EVENT REPORT**

**Date:** 11.05.2022-14.05.2022

**Trainer:** Mr. Binoy Thomas

### **Training Methodology:**

This four-day Yoga program for dental students consisted of dynamic training methods that are adapted to their needs and time factors. The program included interactive workshops, practice sessions, and educational lectures to give a comprehensive introduction to Yoga, considering their busy schedules.

### **Key Highlights:**

- Interactive workshops and practical sessions
- Energizing Yoga sessions focusing on breathe control and relaxation
- Educational lectures on Yoga philosophy and anatomy relevant to dental students
- Hands-on guidance on integrating Yoga into daily routines
- Emphasis on stress management and promoting overall well-being
- Supportive and inclusive learning environment
- Valuable tools and strategies for personal and professional growth

### **Conclusion:**

In conclusion, the four-day Yoga program for First year students offered a comprehensive and immersive experience, providing practical tools and knowledge to enhance their well-being and resilience. Through interactive sessions and educational lectures, participants gained valuable insights into integrating Yoga into their lives, promoting holistic health and stress management in both personal and professional domains.



# ST. GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

---

## **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





# ST. GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

---

#### 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

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

## BROCHURE



St. Gregorios Dental College

Chelad

# YOGA IN DAILY LIFE

value added program  
for 1st year BDS students

**ORGANIZED BY**

**Dental Education Unit**  
**INTERNAL QUALITY ASSURANCE CELL**



**09.30 AM - 1.00 PM**

**11-14**  
**May 2022**

**@ COLLEGE AUDITORIUM**

Phone : 0485-2572531, 532, 9188952016, 9188952017

Email : [sgdc@rediffmail.com](mailto:sgdc@rediffmail.com), Web : [sgdc.ac.in](http://sgdc.ac.in)




# ST. GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

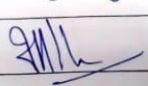

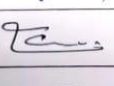
## ATTENDANCE LIST



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

TOPIC: *Yoga in Daily Life*

| Sl no. | Name of participant | 11/5/22<br>Day 1  | 12-05-22<br>Day 2 | 13-05-22<br>Day 3 | 14-05-22<br>Day 4 |
|--------|---------------------|-------------------|-------------------|-------------------|-------------------|
| 1.     | Ana Maria Inad      | <i>Ana</i>        | <i>Ana</i>        | <i>Ana</i>        | <i>Ana</i>        |
| 2.     | Aparna K J          | <i>AKJ</i>        | <i>AKJ</i>        | <i>AKJ</i>        | <i>AKJ</i>        |
| 3.     | Annitha N.R         | <i>Annitha</i>    | <i>Annitha</i>    | <i>Annitha</i>    | <i>Annitha</i>    |
| 4.     | Ana Maria Rujilla   | <i>AMR</i>        | <i>AMR</i>        | <i>AMR</i>        | <i>AMR</i>        |
| 5.     | Blessy R            | <i>Blessy</i>     | <i>Blessy</i>     | <i>Blessy</i>     | <i>Blessy</i>     |
| 6.     | Zybra Joshy         | <i>Zybra</i>      | <i>Zybra</i>      | <i>Zybra</i>      | <i>Zybra</i>      |
| 7.     | POOJA               | <i>Pooja</i>      | <i>Pooja</i>      | <i>Pooja</i>      | <i>Pooja</i>      |
| 8.     | Fathima Mawana      | <i>Fathima</i>    | <i>Fathima</i>    | <i>Fathima</i>    | <i>Fathima</i>    |
| 9.     | Sneha Suresh        | <i>Sneha</i>      | <i>Sneha</i>      | <i>Sneha</i>      | <i>Sneha</i>      |
| 10.    | Maanathi P.S        | <i>Maanathi</i>   | <i>Maanathi</i>   | <i>Maanathi</i>   | <i>Maanathi</i>   |
| 11.    | Fathima Salim       | <i>Fathima</i>    | <i>Fathima</i>    | <i>Fathima</i>    | <i>Fathima</i>    |
| 12.    | Ashamea K Nair      | <i>Ashamea</i>    | <i>Ashamea</i>    | <i>Ashamea</i>    | <i>Ashamea</i>    |
| 13.    | Anno Thomas         | <i>Anno</i>       | <i>Anno</i>       | <i>Anno</i>       | <i>Anno</i>       |
| 14.    | Robin K Mathew      | <i>Robin</i>      | <i>Robin</i>      | <i>Robin</i>      | <i>Robin</i>      |
| 15.    | Abhishecha Ciju     | <i>Abhishecha</i> | <i>Abhishecha</i> | <i>Abhishecha</i> | <i>Abhishecha</i> |
| 16.    | Miriam Crestald     | <i>Miriam</i>     | <i>Miriam</i>     | <i>Miriam</i>     | <i>Miriam</i>     |
| 17.    | Amil Luvish         | <i>Amil</i>       | <i>Amil</i>       | <i>Amil</i>       | <i>Amil</i>       |
| 18.    | Anya L              | <i>Anya</i>       | <i>Anya</i>       | <i>Anya</i>       | <i>Anya</i>       |
| 19.    | Gayathri Das K      | <i>Gayathri</i>   | <i>Gayathri</i>   | <i>Gayathri</i>   | <i>Gayathri</i>   |

|   |   |   |
|---|---|---|
|  |  |  |
| <b>PRINCIPAL</b>  | <b>DEU Convenor</b>   | <b>DEU Secretary</b>  |



# ST. GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)



## ST. GREGORIOS DENTAL COLLEGE, CHELAD

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

TOPIC: YOGA IN DAILY LIFE

| Sl no. | Name of participant         | 11-05-22<br>Day 1 | 12-05-22<br>Day 2 | 13-05-22<br>Day 3 | 14-05-22<br>Day 4 |
|--------|-----------------------------|-------------------|-------------------|-------------------|-------------------|
| 20     | Aruna Rajendran             | Aruna             | Aruna             | Aruna             | Aruna             |
| 21     | Devika J                    | DEV               | DEV               | DEV               | DEV               |
| 23     | Saniya Elise Rapi           | Saniya            | Saniya            | Saniya            | Saniya            |
| 24     | Nandhana Jay                | Nandhana          | Nandhana          | Nandhana          | Nandhana          |
| 25     | Angela Mathew               | Angela            | Angela            | Angela            | Angela            |
| 26     | Husna JS                    | Husna             | Husna             | Husna             | Husna             |
| 27     | Joseph John Chettipokkukkal | Joseph            | Joseph            | Joseph            | Joseph            |
| 28     | Alicia Anna Abby            | Alicia            | Alicia            | Alicia            | Alicia            |
| 29     | Vadakkil Sara Jacob         | Vadakkil          | Vadakkil          | Vadakkil          | Vadakkil          |
| 30     | R. Anukha                   | Anukha            | Anukha            | Anukha            | Anukha            |
| 31     | Janthi B                    | Janthi            | Janthi            | Janthi            | Janthi            |
| 32     | Aishwari Jaxa Prakash       | Aishwari          | Aishwari          | Aishwari          | Aishwari          |
| 33     | Shree Anji                  | Shree             | Shree             | Shree             | Shree             |
| 34     | Francis Johnson             | Francis           | Francis           | Francis           | Francis           |
| 35     | Ashwanya S                  | Ashwanya          | Ashwanya          | Ashwanya          | Ashwanya          |
| 36     | Arushi AP                   | Arushi            | Arushi            | Arushi            | Arushi            |
|        |                             |                   |                   |                   |                   |
|        |                             |                   |                   |                   |                   |
|        |                             |                   |                   |                   |                   |
|        |                             |                   |                   |                   |                   |

|           |              |               |
|-----------|--------------|---------------|
|           |              |               |
| PRINCIPAL | DEU Convenor | DEU Secretary |





# ST. GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

## CERTIFICATE





# ST. GREGORIOS DENTAL COLLEGE

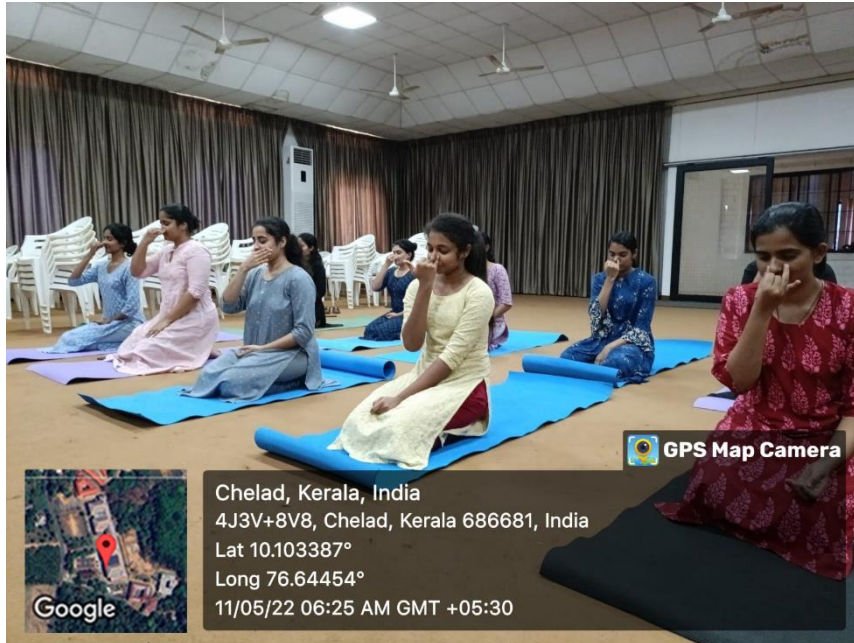
UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

---

## PHOTOS



PHOTOGRAPH OF VALUE ADDED COURSE

- YOGA IN DAILY LIFE

---

Phone : 0485-2572531, 532, 9188952016, 9188952017

Email : [sgdc@rediffmail.com](mailto:sgdc@rediffmail.com), Web : [sgdc.ac.in](http://sgdc.ac.in)



# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

---

## **BASIC COMPUTER COURSE**

---

Phone : 0485-2572531, 532, 9188952016, 9188952017

Email : [sgdc@rediffmail.com](mailto:sgdc@rediffmail.com), Web : [sgdc.ac.in](http://sgdc.ac.in)



**ST GREGORIOS DENTAL COLLEGE  
CHELAD, KOTHAMANGALAM**

SGDC/VAL/008/2022.

24.5.2022

**CIRCULAR**

Subject: Basic Computer Course

Dental Education Unit, St. Gregorios Dental College is organizing an Orientation Program for post graduates on 26.5.2022 to 27.5.2022 at in college auditorium  
For further reference reach out to Dr. Allu Baby.

  
**PRINCIPAL**

St. Gregorios Dental College  
Chelad, Kerala - 686 681

Copy to  
Notice board  
Office  
All department  
Library





# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

---

## **BASIC COMPUTER COURSE**

**26.5.2022 - 27.5.2022**

|            |   |
|------------|---|
| 26.05.2022 | <ol style="list-style-type: none"><li>1. Introduction to Computers</li><li>2. Operating Systems</li><li>3. Word Processing</li><li>4. Spreadsheets</li><li>5. Presentations</li><li>6. Internet Basics</li></ol>                                |
| 27.05.2022 | <ol style="list-style-type: none"><li>1. File Management</li><li>2. Basic Troubleshooting</li><li>3. Computer Security</li><li>4. Introduction to Hardware</li><li>5. Basic Computer Networking</li><li>6. Basic Programming Concepts</li></ol> |



# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

---

## **BASIC COMPUTER COURSE**

**Course code:** SGDC/VAL/008/2022

**Course duration:** 15 hours

**Course schedule:** 8pm to 3:30 pm

**Course period:** May

**Course dates:** 26.5.2022 to 27.5.2022

**Course mode:** offline

**Course fee:**

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

### **Course outline:**

The course is an introduction to essential computer concepts and skills for beginners. Students will learn about some of the basic 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.



# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

---

## **COURSE CONTENT**

The course offers a comprehensive introduction to computer fundamentals, which include hardware, software, and essential skills in word processing, spreadsheet, presentation, internet use, file management, troubleshooting, and basic concepts in programming.

### **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

### **MODULE 6: Internet Basics**

Introduction to the Internet  
Web Browsing  
Email Basics



# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

---

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

## **MODULE 12: Basic Programming Concepts**

Introduction to Programming

Algorithms and Logic

Variables and Data Types

Control Structures

## **MODULE 13: HANDS ON**



# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

---

## **POST-EVENT REPORT**

**Date:** 26.05.2022-27.05.2022

**Location:** St. Gregorios Dental College, Auditorium

### **Training Methodology:**

Basic Computer Skills Course training used a combination of lecture and interactive discussion. The basics of the computer were introduced through stimulating presentations and demonstrations. Interactive discussion facilitated learning through the sharing of knowledge and allowed participants the chance to ask questions and clarify concepts. Group activities and peer-to-peer learning were encouraged to develop collaboration and teamwork. Overall, the training methodology was planned to make sure it engages participants and provides a conducive environment for learning and skill development in basic computer usage. Hands on was held at the internet centre.

### **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 proved to be effective in building a collaborative learning environment in which participants could acquire vital computer skills in a supportive setting.

### **Conclusion:**

The Basic Computer Skills Course provided an opportunity for the participants to acquire the most basic knowledge of computers. The course had some challenges, but it still went very well and addressed the basic course objectives..



# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

---

## **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

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





# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

---

Thank you for your feedback!



# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

## BROCHURE

# BASIC COMPUTER COURSE

VALUE ADDED PROGRAM FOR POST GRADUATES



DENTAL EDUCATION UNIT | INTERNAL QUALITY ASSURANCE CELL



8:00am - 2:00pm  
26 - 27 MAY, 2022

ST. GREGORIOS DENTAL COLLEGE

Chelad



Location  
LIBRARY HALL | COLLEGE AUDITORIUM

Phone : 0485-2572531, 532, 9188952016, 9188952017

Email : [sgdc@rediffmail.com](mailto:sgdc@rediffmail.com), Web : [sgdc.ac.in](http://sgdc.ac.in)





# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

## CERTIFICATE





# 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

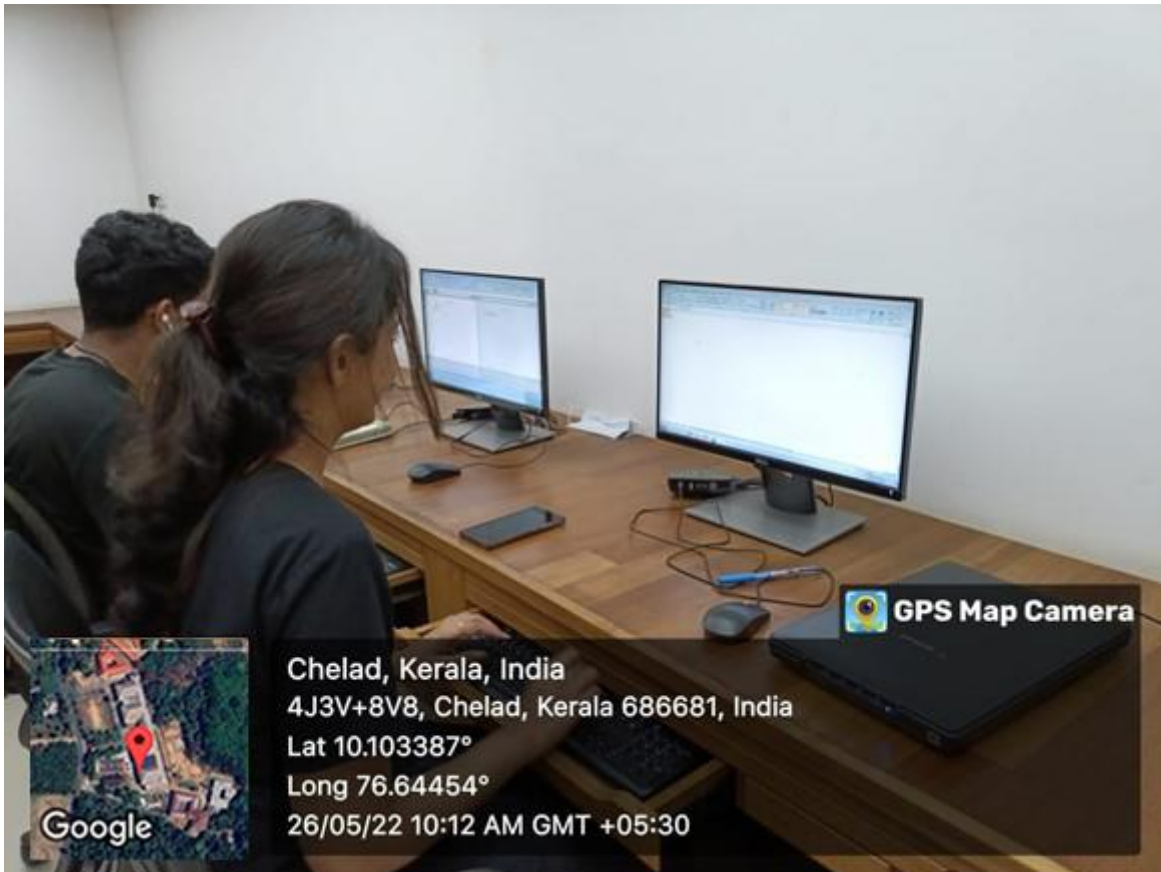


PHOTO OF BASIC COMPUTER COURSE



# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

---

## **MELODIOUS NOTES**

---

Phone : 0485-2572531, 532, 9188952016, 9188952017

Email : [sgdc@rediffmail.com](mailto:sgdc@rediffmail.com), Web : [sgdc.ac.in](http://sgdc.ac.in)



**ST GREGORIOS DENTAL COLLEGE  
CHELAD KOTHAMANGALAM**

SGDC/VAL/009/2022

27.05.2022

**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 30.05.2022 to 31.05.2022 in college auditorium

For further reference reach out to Mrs. Nima M Kalappura



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

Copy to  
Notice board  
Office  
All department  
Library





# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

---

## **MELODIOUS NOTES – FINE ARTS PROGRAM FOR FIRST YEARS**

**30.05.2022 to 31.05.2022**

|            |   |
|------------|---|
| 30.05.2022 | <ol style="list-style-type: none"><li>1. Introduction to Music Theory</li><li>2. Instrument Introduction</li><li>3. Note Reading and Sight-Reading</li><li>4. Basic Techniques</li><li>5. Ear Training</li><li>6. Music Styles and Genres</li></ol> |
| 31.05.2022 | <ol style="list-style-type: none"><li>1. Music Performance</li><li>2. Basic Music Composition</li><li>3. Music History</li><li>4. Music Technology</li><li>5. Music Appreciation</li><li>6. Final Project and Evaluation</li></ol>                  |



# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

---

## MELODIOUS NOTES

**Course code:** SGDC/VAL/009/2022

**Course duration:** 15 hours

**Course schedule:** 8pm to 3:30 pm

**Course period:** May

**Course dates:** 30.05.2022 to 31.05.2022

**Course mode:** offline

**Course fee:**

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

### **Course outline:**

This course, 'Melodious Notes', is meant to provide students with a complete overview of fundamental music concepts and skills. The participants will address topics such as musical theory, instruments playing and listening to pieces of music. Therefore, it starts from the study of rhythm, pitch and basic notation before moving on to various musical instruments, note reading and sight-reading; it then ends with developing initial performance techniques. In this regard, it is worth mentioning that emphasis is laid on practicality throughout the course in order to ensure that students are equipped with necessary skills for self-expression in music making. By the end of this program, participants will have established a good foundation in music basics thereby embarking on future studies confidently.



# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

---

## COURSE CONTENT

An introduction to music theory, notation, rhythm, melody, harmony, and form is given in this course. Examine the fundamentals of both creating and appreciating music.

### **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



# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

---

## **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



# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

---

## **POST-EVENT REPORT**

**Date:** 30.05.2022 to 31.05.2022

**Location:** St. Gregorios Dental College, Auditorium

### **Training Methodology:**

The course's instructional approach comprised group projects, interactive lectures, and demonstrations. Theoretical education was used to expose students to music concepts, and then there were opportunities for debate and reflection. Instructor feedback was given to help pupils understand and advance. The goal of this strategy was to increase participant involvement and comprehension.

### **Key Highlights:**

Engaging lectures that provide a thorough introduction of music theory, instrumental techniques, and performing skills were among the course's main features. Students were able to practically apply their academic understanding through interactive demonstrations. Peer engagement was promoted and collaborative learning was enabled through group activities and conversations. Throughout the course, instructor feedback ensured that students understood and made progress. It was a valuable source of direction and support. All things considered, the course successfully blended academic education with real-world application, fostering a dynamic learning environment that encouraged participants' interest and skill development.

### **Conclusion:**

In summary, the course's goals of giving students a strong foundation in music theory and performance techniques were accomplished. Participants obtained useful knowledge and self-assurance in their musical abilities through interesting lectures, hands-on demonstrations, and group activities. With the help of the course's encouraging atmosphere and skill-building opportunities, students left feeling prepared and enthusiastic to pursue their musical endeavours further.



# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

---

## **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



# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

---

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

Thank you for your feedback!





# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

## BROCHURE

.....

.....

CALM YOUR MIND

# FINE ARTS

2022 | 30-31 MAY | 8.00 - 4.00 PM

---

**VALU ADDED PROGRAM (2ND YEAR BDS)**

COLLEGE AUDITORIUM

**ORGANIZED BY**

**MUSIC CLUB, DEU**

**INTERNAL QUALITY ASSURANCE CELL, ST. GREGORIOS DENTAL COLLEGE**

**RESOURCE PERSON**

**P J ANTONY**



# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

## ATTENDANCE



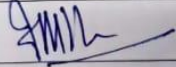

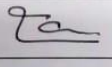
### ST. GREGORIOS DENTAL COLLEGE, CHELAD

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

TOPIC: *Melodious notes*

| Sl no. | Name of participant | 30/8/2022<br>Day 1   | 31/08/2022<br>Day 2  |
|--------|---------------------|----------------------|----------------------|
| 1      | Abhinaya            | <i>Abhinaya</i>      | <i>Abhinaya</i>      |
| 2      | Anjitha             | <i>Anjitha</i>       | <i>Anjitha</i>       |
| 3      | Ashwina             | <i>Ashwina</i>       | <i>Ashwina</i>       |
| 4      | Asha                | <i>Asha</i>          | <i>Asha</i>          |
| 5      | Aswani              | <i>Aswani</i>        | <i>Aswani</i>        |
| 6      | Swathi              | <i>Swathi</i>        | <i>Swathi</i>        |
| 7      | Annet R J           | <i>Annet R J</i>     | <i>Annet R J</i>     |
| 8      | Anil Simon          | <i>Anil Simon</i>    | <i>Anil Simon</i>    |
| 9      | Aleena              | <i>Aleena</i>        | <i>Aleena</i>        |
| 10     | Aneena              | <i>Aneena</i>        | <i>Aneena</i>        |
| 11     | Ancha               | <i>Ancha</i>         | <i>Ancha</i>         |
| 12     | Snigdha             | <i>Snigdha</i>       | <i>Snigdha</i>       |
| 13     | Sandra Susan        | <i>Sandra Susan</i>  | <i>Sandra Susan</i>  |
| 14     | Sandea Mariam       | <i>Sandea Mariam</i> | <i>Sandea Mariam</i> |
| 15     | Sajeebu             | <i>Sajeebu</i>       | <i>Sajeebu</i>       |
| 16     | Parham              | <i>Parham</i>        | <i>Parham</i>        |
| 17     | Rishi               | <i>Rishi</i>         | <i>Rishi</i>         |
| 18     | Roshni              | <i>Roshni</i>        | <i>Roshni</i>        |
| 19     | Nihina              | <i>Nihina</i>        | <i>Nihina</i>        |
| 20     | Vaishnavi           | <i>Vaishnavi</i>     | <i>Vaishnavi</i>     |
| 21     | Melha               | <i>Melha</i>         | <i>Melha</i>         |
| 22     | Mavis Rose          | <i>Mavis Rose</i>    | <i>Mavis Rose</i>    |
| 23     | Mavis Xavier        | <i>Mavis Xavier</i>  | <i>Mavis Xavier</i>  |
| 24     | Misha               | <i>Misha</i>         | <i>Misha</i>         |
| 25     | Sreemol             | <i>Sreemol</i>       | <i>Sreemol</i>       |

|   |   |  |
|---|---|--|
|  |  |  |
| PRINCIPAL   | DEU Convenor  | DEU Secretary  |





# ST.GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

## CERTIFICATE







# 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



PHOTOS OF “MELODIOUS NOTES 2022”