



ST. GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

EQUAL OPPORTUNITIES- BETTER FUTURE

Phone : 0485-2572531, 532, 9188952016, 9188952017

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

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

SGDC/ VAL/ 010/2022

27.09.2022

CIRCULAR

Subject: Value added program on EQUAL OPPORTUNITIES- BETTER FUTURE.

The Women Empowerment Cell, St. Gregorios Dental College is organizing a value added program entitled 'EQUAL OPPORTUNITIES- BETTER FUTURE' for Interns from 29.09.2022-01.10.2022 at the College Auditorium.

For further reference reach out to Dr. Silpa Abraham.



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St. Gregorios Dental College
Chelad, Kerala - 686 681



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EQUAL OPPORTUNITIES- BETTER FUTURE

29.09.2022-01.10.2022

DATE	TOPIC
29.09.2022	1. Understanding Equality 2. Inequality and Its Consequences
30.09.2022	3. Promoting Equal Opportunities 4. Diversity and Inclusion in the Workplace
01.10.2022	5. Overcoming Systemic Inequality 6. Building a Future of Equality



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(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

WOMEN EMPOWERMENT CELL

EQUAL OPPORTUNITIES- BETTER FUTURE

Course code: SGDC/VAL/010/2022

Course duration: 18 hours

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

Course period: September

Course dates: 29.09.2022-01.10.2022

Course mode: Offline

Resource person: Ms. Lincy Tomy

Course coordinator: Dr. Silpa Abraham

Course outline:

The course "Equal Opportunities, Better Future" covers the principles of equality, which show very different forms of inequality and its consequences. The main module of discussions and workshops is how to promote equality in education and employment. It develops an understanding of systemic inequality through role-plays and debates, and reflection helps in building a person's commitment to the cause of building a more inclusive society.



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COURSE CONTENT

DAY 1:

Module 1: Understanding Equality

Objective: Introducing the concept of equality and its significance in fostering social justice and human rights.

- Definition of equality and its principles
- Historical context and evolution of the equality movement
- Interactive Discussion: Small group discussions on personal experiences with equality and inequality

Module 2: Inequality and Its Consequences

Objective: Examining the various forms of inequality and their adverse effects on individuals and societies.

- Types of inequality: economic, social, racial, gender-based, etc.
- Consequences of inequality on health, education, employment, and overall well-being
- Interactive Activity: Interactive poll or survey to gauge participants' awareness of different forms of inequality

DAY 2:

Module 3: Promoting Equal Opportunities

Objective: Exploring strategies and initiatives aimed at promoting equal opportunities and dismantling barriers to equality.

- Legislative frameworks and policies supporting equal rights and opportunities
- Role of education, healthcare, and employment in promoting equality



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- Interactive Workshop: Group brainstorming session to generate ideas for promoting equal opportunities in local communities

Module 4: Diversity and Inclusion in the Workplace

Objective: Discussing the importance of diversity and inclusion in creating a more equitable and innovative work environment.

- Benefits of diversity in the workplace: creativity, problem-solving, and productivity
- Challenges and barriers to achieving workplace diversity
- Interactive Scenario Analysis: Small group role-playing scenarios depicting workplace diversity challenges, followed by group discussion and problem-solving

DAY 3

Module 5: Overcoming Systemic Inequality

Objective: Analyzing systemic inequalities and exploring ways to address them at individual, institutional, and societal levels.

- Root causes of systemic inequality: discrimination, privilege, structural barriers
- Advocacy and activism as tools for challenging systemic inequality
- Interactive Debate: Structured debate on controversial topics related to systemic inequality, followed by audience Q&A session

Module 6: Building a Future of Equality

Objective: Inspiring action and collaboration to build a future where everyone has equal opportunities to thrive.

- Vision for an inclusive and equitable society
- Role of individuals, communities, and governments in advancing equality
- Interactive Action Planning: Group activity to develop action plans for promoting equality in participants' respective communities or workplaces



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POST-EVENT REPORT

Date: 29.09.2022-01.10.2022

Training Methodology:

The training methodology in the "Equal Opportunities, Better Future" course was innovative and interactive. These strategies combined lectures, interactive discussions and workshops. Role-playing exercises and simulations helped participants apply these ideas. Modern technology tools made it possible to interact. Continuous feedback and reflection created a dynamic learning environment to encourage understanding and action toward fostering inclusivity and social justice.

Key Highlights:

- Engaging and dynamic training methodology.
- Diverse: lecture, interactive discussion, case studies, workshops are incorporated.
- Practical application through role plays and simulation exercises.
- Utilisation of technological tools for better interaction:
- Continuous feedback and reflection for effective learning and action.

Conclusion:

In essence, the lecture series proved to be a life-changing experience of learning that guided every person in promoting inclusivity and justice. Such interactional sessions were instrumental for the participants in grasping the valuable knowledge and instruments for their advocacy for equality in community circles so that every person could move towards a brighter and more just future.



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FEEDBACK FORM

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

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

2. Did the program content meet your expectations?

- Yes
- No

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

- Highly relevant
- Somewhat relevant
- Not relevant



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

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

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

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

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

Thank you for your feedback!



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BROCHURE

ST. GREGORIOS DENTAL COLLEGE
CHELAD

“Equal Opportunities,
No Exceptions.”

VALUE ADDED PROGRAM

TARGET INTERNS

2022
29-30
SEP

GENDER INEQUALITY

GENDER EQUITY

WOMEN CELL, IQAC

TIME: 10.00 AM

Phone : 0485-2572531, 532, 9188952016, 9188952017

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ATTENDANCE LIST



ST. GREGORIOS DENTAL COLLEGE, CHELAD

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

TOPIC: Equal Opportunities - Better future (VALUE ADDED PROGRAM)

Sl no.	Name of participant	29/9/22 Day 1	30/9/22 Day 2	1/10/22 Day 3	Day 4
1.	Akshay Raj.	Akshay	Akshay	Akshay	
2.	Siney Vincent.	Siney	Siney	Siney	
3.	Shilpa Thomas.	Shilpa	Shilpa	Shilpa	
4.	Justine Jose.	Justine	Justine	Justine	
5.)	Nandu Prasad	Nandu	Nandu	Nandu	
6.)	Nyru Fatbima.	Nyru	Nyru	Nyru	
7.)	Prave Jose.	Prave	Prave	Prave	
8.)	Anna Mary Saji	Anna	Anna	Anna	
9.)	Akshaya R. Nath.	Akshaya	Akshaya	Akshaya	
10)	Justine Jose.	Justine	Justine	Justine	
11)	Ann Mary Jose	Ann	Ann	Ann	
12)	Prajyothi .P	Prajyothi	Prajyothi	Prajyothi	
13)	Linda Maria Jose	Linda	Linda	Linda	
14)	Ashwath M.	Ashwath	Ashwath	Ashwath	
15)	Runni Rose Antony	Runni	Runni	Runni	
16)	Aiswarya Narayanan.	Aiswarya	Aiswarya	Aiswarya	
17)	Rose Maria Jaimon	Rose	Rose	Rose	
18)	Jipsa Bindu Prakash	Jipsa	Jipsa	Jipsa	
19)	Sargantha Sankaran	Sargantha	Sargantha	Sargantha	
20)	Alias Biju	Alias	Alias	Alias	
21)	ARYA HARIDAS	Arya	Arya	Arya	
22)	Maya Das	Maya	Maya	Maya	
23)	Ann Mary Paul	Ann	Ann	Ann	
24)	Magi Xavier	Magi	Magi	Magi	
25)	Sani Anna Jose	Sani	Sani	Sani	

PRINCIPAL	DEU Convener	DEU Secretary



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PHOTOS



PHOTOGRAPH OF VALUE ADDED PROGRAM-
'EQUAL OPPORTUNITIES; BETTER FUTURE'



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BASIC COMPUTER COURSE

Phone : 0485-2572531, 532, 9188952016, 9188952017

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

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

SGDC/VAL/011/2022.

26.11.2022

CIRCULAR

Subject: Basic Computer Course

Dental Education Unit, St. Gregorios Dental College is organizing an Orientation Program for post graduates on 28.11.22 to 29.11.22 at the college auditorium

For further reference reach out to Dr. Allu Baby.



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BASIC COMPUTER COURSE

28.11.2022 - 29.11.2022

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



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BASIC COMPUTER COURSE

Course code: SGDC/VAL/008/2022

Course duration: 15 hours

Course schedule: 8pm to 3:30 pm

Course period: November

Course dates: 28.11.2022 to 29.11.2022

Course mode: offline

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.



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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



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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
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



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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

Hands on held at the internet centre



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POST-EVENT REPORT

Date: 28.11.2022 to 29.11.2022

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 activities were also held in the internet

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..



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FEEDBACK FORM

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

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

2. Did the program content meet your expectations?

- Yes
- No

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

- Highly relevant
- Somewhat relevant
- Not relevant

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

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



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

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

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

Thank you for your feedback!



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BROCHURE

ST. GREGORIOS DENTAL COLLEGE
CHELAD
DENTAL EDUCATION UNIT

BASIC COMPUTER COURSE

value added program for post graduates

 **28-29**
NOVEMBER, 2022

TIME: 10.00 AM
VENUE: COLLEGE AUDITORIUM

Phone : 0485-2572531, 532, 9188952016, 9188952017

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



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ATTENDANCE



ST. GREGORIOS DENTAL COLLEGE, CHELAD

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

TOPIC: Basic Computer Course

Sl no.	Name of participant	28.11.22 Day 1	29.11.22 Day 2
1	DR. TINTU PAUL	[Signature]	[Signature]
2	Dr. Jimmy George k.	[Signature]	[Signature]
3	DR. ALSHWARYA UDAYA KUMAR	[Signature]	[Signature]
4	Dr. Dhanya M	[Signature]	[Signature]
5	Mr. Anwarjyo Allathil	[Signature]	[Signature]
6	DR. ARYA ARAVIND	[Signature]	[Signature]
7	Dr. Dithyakumari k	[Signature]	[Signature]
8	Dr. Anu Mariya Sunny	[Signature]	[Signature]
9	Dr. Suresh Sharan	[Signature]	[Signature]
10	Dr. Vidhya K.	[Signature]	[Signature]
11	Dr. Sana Ann Kuria	[Signature]	[Signature]
12	Dr. Seemath V.P	[Signature]	[Signature]
13	Dr. Leslie P Mathew	[Signature]	[Signature]
14	Dr. Shikha B	[Signature]	[Signature]
15	Dr. Sarjini S.	[Signature]	[Signature]
16	Dr. Ash James	[Signature]	[Signature]
17	DR. GOPIKA DINESH	[Signature]	[Signature]
18	Dr. Nisha S. Joseph.	[Signature]	[Signature]
19	Dr. Divya Subramanian	[Signature]	[Signature]
20	Dr. Jasmine Cyril	[Signature]	[Signature]
21	DR. JINSON JAMES	[Signature]	[Signature]
22	Dr. Vidya S.L.	[Signature]	[Signature]
23	Dr. Mathu	[Signature]	[Signature]
24	Dr. Alaya Mariam Joseph	[Signature]	[Signature]
	[Signature]	[Signature]	[Signature]
	PRINCIPAL	DEU Convenor	DEU Secretary



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CERTIFICATE





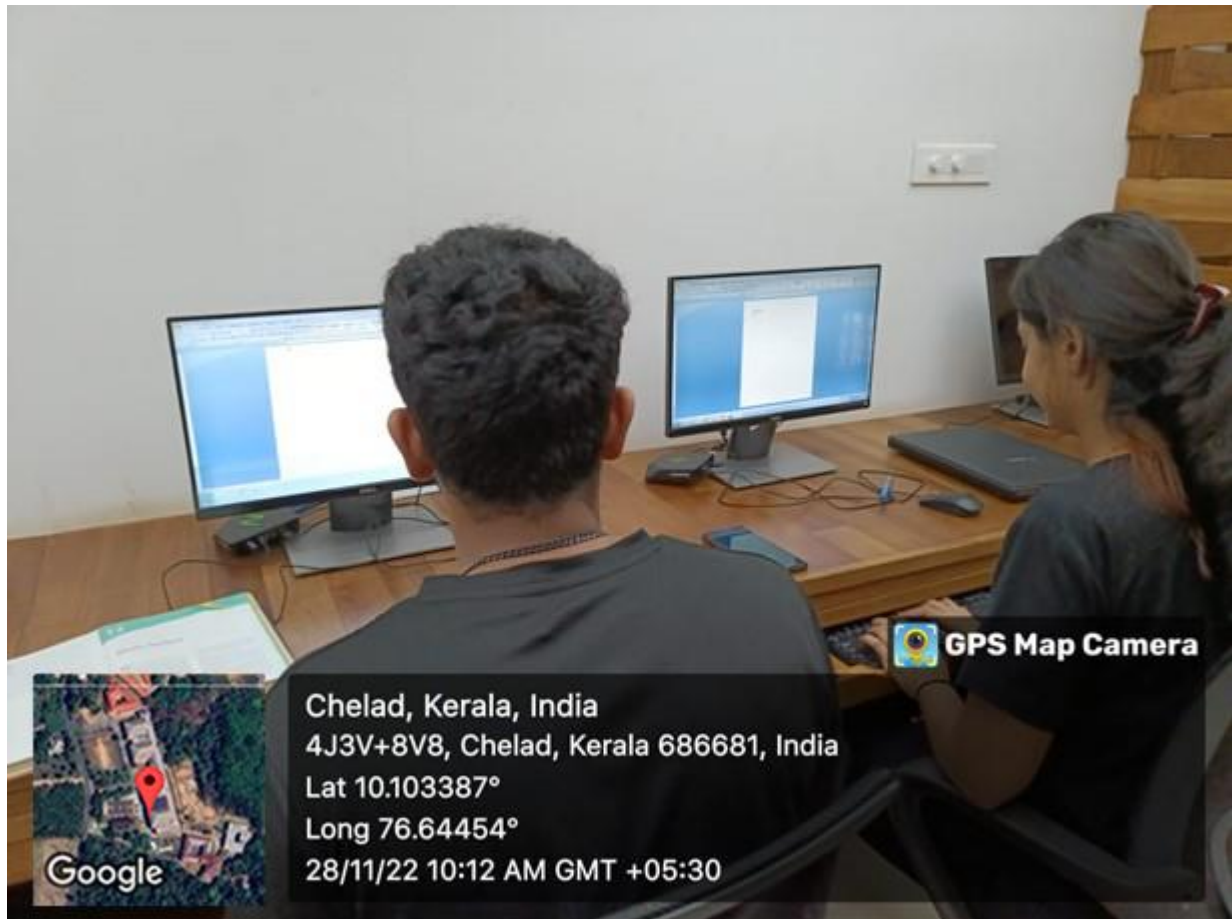
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PHOTOS



PHOTOS OF BASIC COMPUTER COURSE



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YOGA IN DAILY LIFE

Phone : 0485-2572531, 532, 9188952016, 9188952017

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ST. GREGORIOS DENTAL COLLEGE

CHELAD, KOTHAMANGALAM

SGDC/ VAL/ 001/2023

03.01.2023

CIRCULAR

Subject: Value added program on YOGA IN DAILY LIFE.

The Health Club and Internal Quality Assurance Cell, St. Gregorios Dental College are organizing a value added program entitled 'YOGA IN DAILY LIFE' for First and Second year students from 05.01.2023-06.01.2023 at the College Auditorium.

For further reference reach out to Dr. Silpa Abraham.



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YOGA IN DAILY LIFE

05.01.2023-06.01.2023

DATE	TOPIC
05.01.2023	<u>YOGA FOUNDATION:</u> <ol style="list-style-type: none">1. Introduction to Yoga2. Basic Asanas3. Pranayama and Breathwork4. Yoga Philosophy5. Mindfulness Meditation
06.01.2023	<u>DEEPENING PRACTICE AND INTEGRATION:</u> <ol style="list-style-type: none">6. Dynamic Asana Practice7. Yoga for Stress Relief8. Anatomy and Alignment9. Yoga for Wellness10. Yoga Philosophy: Living Yoga Off the Mat11. Closing Ceremony and Integration



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DENTAL EDUCATION UNIT AND IQAC

YOGA IN DAILY LIFE

Course code: SGDC/VAL/001/2023

Course duration: 16 hours

Course schedule: 8:00am to 5:30 pm

Course period: January

Course dates: 05.01.2023-06.01.2023

Course mode: Offline

Resource person: Mr. Binnoy Thomas

Course coordinator: Dr. Silpa Abraham

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.



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COURSE CONTENT

DAY 1: YOGA FOUNDATION (8 HOURS)

Trainer: Mr. Binnoy Thomas

Session 1: Introduction to Yoga (1 hour)

- General overview of yoga: its history, philosophy, and benefits
- Introduction to basic concepts: asanas, pranayama, and meditation

Session 2: Basic Asanas (2 hours)

- Guided practice of basic yoga poses (asanas)
- Correct alignment and attention to the breath; mindful movement

Session 3: Pranayama and Breathwork (1.5 hours)

- Introduction to techniques of pranayama: diaphragmatic breathing, ujjayi breath
- Guided practice of pranayama for relaxation and energy management

Session 4: Yoga Philosophy (1.5 hours)

- The philosophy of yoga: The Yoga Sutras of Patanjali; The Eight Limbs of Yoga
- Discussion of incorporating the philosophy of yoga into daily life



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Session 5: Mindfulness Meditation (1 hour)

- Introduction to mindfulness meditation techniques
- Guided meditation practice with a focus on being in the present moment

DAY 2: DEEPENING PRACTICE AND INTEGRATION (8 HOURS)

Trainer: Mr. Binnoy Thomas

Session 6: Dynamic Asana Practice (2 hours)

- Dynamic flow of yoga asanas to build strength, flexibility, and balance
- Focus on fluid movement and coordination of the breath

Session 7: Yoga for Stress Relief (1.5 hours)

- Gentle yoga sequences and relaxation techniques for reducing stress
- Practice of restorative poses and guided relaxation (Yoga Nidra)

Session 8: Anatomy and Alignment (1.5 hours)

- Understanding basic anatomy relevant to yoga practice
- Principles of alignment and adjustment in yoga poses



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Session 9: Yoga for Wellness (1.5 hours)

- Yoga practice for specific wellness goals: better sleep, improved digestion, immune function
- Breathwork, movement, and meditation for holistic wellness

Session 10: Yoga Philosophy: Living Yoga Off the Mat (1 hour)

- Application of principles of yoga philosophy in daily life
- Group discussion on cultivating mindfulness, compassion, and resiliency

Session 11: Closing Ceremony and Integration (1.5 hours)

- Reflection on the two-day immersion experience
- Closing circle for sharing insights, experiences, and intentions moving forward

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



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POST-EVENT REPORT: YOGA IN DAILY LIFE

Date: 05.01.2023-06.01.2023

Trainer: Mr. Binoy Thomas

Training Methodology:

A mix of theoretical discourse and experiential engagement characterized the instructional approach for lecture and practice sessions on yoga. With the balance of informative presentations and active participation in place, the approach was designed to provide participants with an opportunity to gain a good understanding of the principles of yoga, along with experiencing and practicing the same. It ensured continuous interaction, hands-on experience, and reflective exercises in the process of learning for complete and wholesome comprehension within the time frame.

Key Highlights:

- Integrated with lecture, discussion, exercise, and reflective interaction.
- Emphasis on active participation and experiential learning.
- Continuous feedback loop for skill development.
- Practical application of concepts within the limited timeframe.

Conclusion:

Participants went through a learning process that was transformative and rewarding with valuable insights and practical skills to enhance their yoga practice and improve overall well-being. The positive impact created by this event further underlines the importance of continuing education and community engagement in facilitating growth and collective empowerment.



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FEEDBACK FORM

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

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

2. Did the program content meet your expectations?

- Yes
- No

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

- Highly relevant
- Somewhat relevant
- Not relevant



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

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

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

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

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

Thank you for your feedback!



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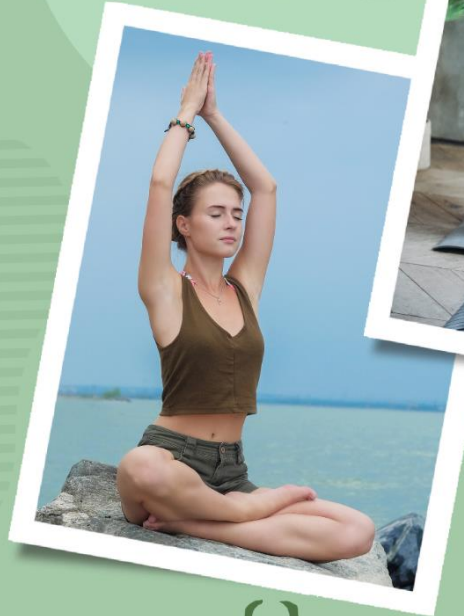
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BROCHURE

YOGA IN DAILY LIFE

VALUE ADDED



05-06 JANUARY
10.00 AM ONWARDS

TARGET: *First year & Second year BDS students*



ST GREGORIOS DENTAL COLLEGE

HEALTH CLUB

INTERNAL QUALITY ASSURANCE CELL

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



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UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

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TOPIC: Yoga in Daily Life

Sl no.	Name of participant	Day 1 5/1/23	Day 2 6/1/23
1.	Adithya V.J	Adithya	Adithya
2.	Aiswarya lakshmi M.J	Aiswarya	Aiswarya
3.	Aiswarya P.S	Aiswarya	Aiswarya
4.	Akshita .C	Akshita	Akshita
5.	Akshatha Peradeep	Akshatha	Akshatha
6.	Alakantha P.S	Alakantha	Alakantha
7.	Aleena Mariam Samu	Aleena	Aleena
8.	Alen Sunil	Alen	Alen
9.	Amitha Grace Abraham	Amitha	Amitha
10.	Anurtha P.K	Anurtha	Anurtha
11.	Anakha Sajon	Anakha	Anakha
12.	Angel Babu	Angelbabu	Angelbabu
13.	Anita simon	Anita	Anita
14.	Anjali Angel	Anjali	Anjali
15.	Anjana P.S	Anjana	Anjana
16.	Anju.G	Anju	Anju
17.	Annamay Vipin	Annamay	Annamay
18.	Annabel Mary Binoy	Annabel	Annabel
19.	Anupama V. Shally	Anupama	Anupama
20.	Anu sony thomas	Anu	Anu
21.	Aparna Anil	Aparna	Aparna
22.	Christeena K. Saiju	Christeena	Christeena
23.	Demna shijo	Demna	Demna
24.	Dona David	Dona	Dona
25.	Hanipriya H	Hanipriya	Hanipriya
			
	PRINCIPAL	DEU Convenor	DEU Secretary



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TOPIC: YOQA IN DAILY LIFE

Sl no.	Name of participant	05/01/23	05/07/23
26.	Jesly Mary Joe	Jesly	Jesly
27.	Kachhaja Shifana	Kach	Kachhaja
28.	Lois J Samuel	Lois	Lois
29.	Mariya Leo paul	Mariya	Mariya
30.	Meesa Dinesh	Meesa	Meesa
31.	Monny V.B	Monny	
32.	moonsika.G	Moonsika	Moonsika
33.	Neethan Jacob	Neethan	Neethan
34.	Nidhi Elizabeth Bobu	Nidhi	Nidhi
35.	Nipona Suchesh	Nipona	Nipona
36.	Pavithra Pradeep	Pavithra	Pavithra
37.	Pooja TK	Pooja	Pooja
38.	Ramgovind	Ramgovind	
39.	Riya Ann Jacob	Riya	Riya
40.	Sapnil M.S	Sapnil	Sapnil
41.	Shravan Rajeev P	Shravan	Shravan
42.	Vandana S.	Vandana	Vandana
43.	Smith Suganan	Smith	Smith

		
PRINCIPAL	DEU Convenor	DEU Secretary



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TOPIC: Yoga in Daily Life.

Sl no.	Name of participant	Day 1 5/11/23	Day 2 6/11/23
1.	Aave Maria Vinod	<i>[Signature]</i>	<i>[Signature]</i>
2.	Aishwarya S.	<i>[Signature]</i>	<i>[Signature]</i>
3.	Ajeema KJ	<i>[Signature]</i>	<i>[Signature]</i>
4.	Aleena Anna Aby	<i>[Signature]</i>	<i>[Signature]</i>
5.	Almit Suresh	<i>[Signature]</i>	<i>[Signature]</i>
6.	Amrutha N.B	<i>[Signature]</i>	<i>[Signature]</i>
7.	Anaina Rajendran	<i>[Signature]</i>	<i>[Signature]</i>
8.	Angela Mathew	<i>[Signature]</i>	<i>[Signature]</i>
9.	Anjali P	<i>[Signature]</i>	<i>[Signature]</i>
10.	Annamaria Riniith	<i>[Signature]</i>	<i>[Signature]</i>
11.	Anna Thomas	<i>[Signature]</i>	<i>[Signature]</i>
12.	Arya L	<i>[Signature]</i>	<i>[Signature]</i>
13.	Ashamsa K Nair	<i>[Signature]</i>	<i>[Signature]</i>
14.	Aswani Joseprakash	<i>[Signature]</i>	<i>[Signature]</i>
15.	Blessy S.R.	<i>[Signature]</i>	<i>[Signature]</i>
16.	Devika V.S	<i>[Signature]</i>	<i>[Signature]</i>
17.	Fathima Salim	<i>[Signature]</i>	<i>[Signature]</i>
18.	Gayathry Devi K.	<i>[Signature]</i>	<i>[Signature]</i>
19.	Husna S.S	<i>[Signature]</i>	<i>[Signature]</i>
20.	Joseph John chettupuzhakkaravan	<i>[Signature]</i>	<i>[Signature]</i>
21.	Lybna Joshy Cheeran	<i>[Signature]</i>	<i>[Signature]</i>
22.	Meenakshi PS	<i>[Signature]</i>	<i>[Signature]</i>
23.	Miriam Gerald	<i>[Signature]</i>	<i>[Signature]</i>
24.	Naivedhya Ciju	<i>[Signature]</i>	<i>[Signature]</i>
25.	Nandana Joy	<i>[Signature]</i>	<i>[Signature]</i>

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



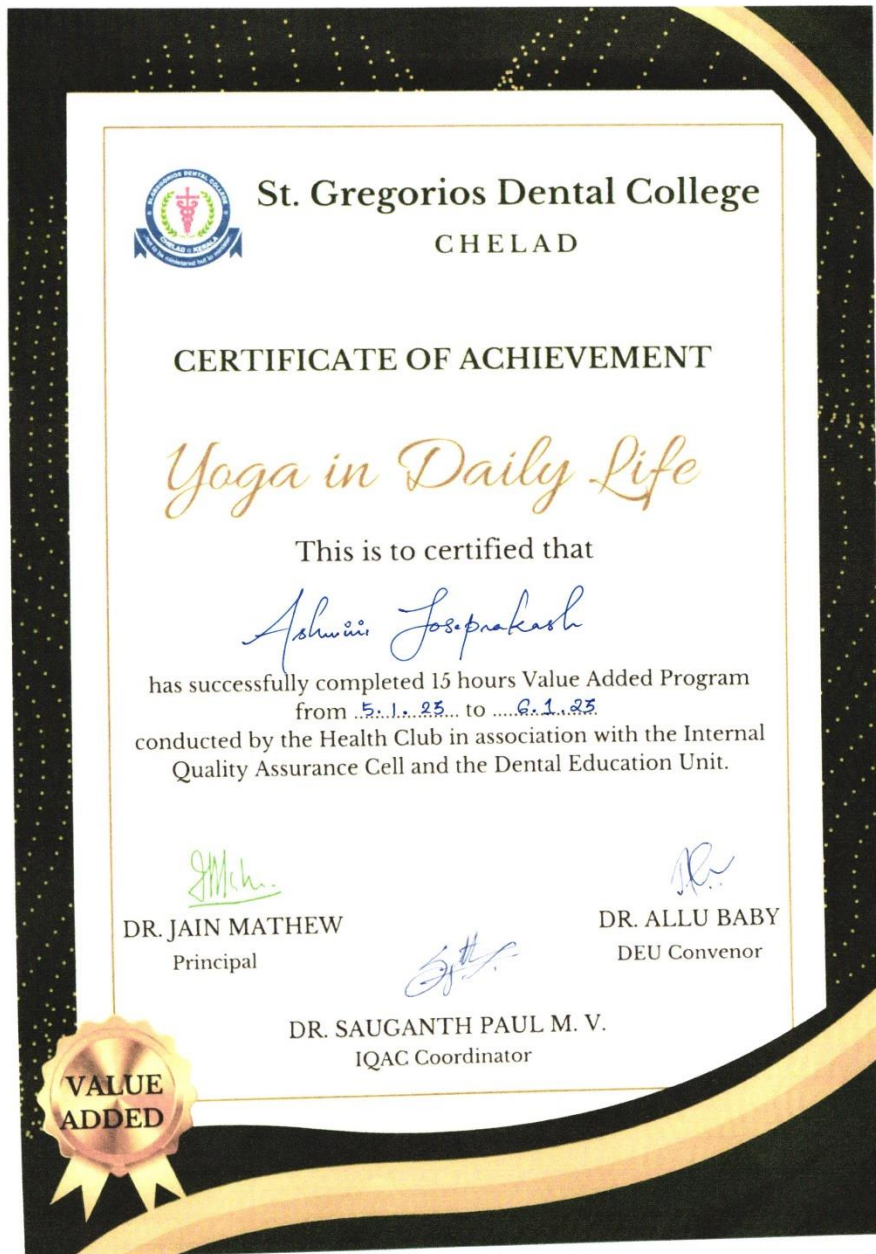
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PHOTOS



PHOTOGRAPH OF VALUE ADDED COURSE-

‘YOGA IN DAILY LIFE’

Phone : 0485-2572531, 532, 9188952016, 9188952017

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



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

SGDC/ VAL/ 002/2023

17.01.2023

CIRCULAR

Subject: Value added program on BE A LEADER, ALWAYS A LEADER.

The Internal Quality Assurance Cell, St. Gregorios Dental College is organizing a value added program entitled 'BE A LEADER, ALWAYS A LEADER' for Final Year Part 1 Students from 19.01.2023-20.01.2023 at the College Auditorium.

For further reference reach out to Dr. Sauganth Paul.




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BE A LEADER, ALWAYS A LEADER

19.01.2023-20.01.2023

DATE	TOPIC
19.01.2023	<ol style="list-style-type: none">1. Introduction to Leadership2. Leadership Styles3. Communication Skills for Leaders4. Interactive Workshop: Leadership Case Studies
20.01.2023	<ol style="list-style-type: none">5. Emotional Intelligence and Leadership6. Decision-Making and Problem-Solving7. Leading Teams and Collaboration8. Interactive Workshop: Leadership Development Plan



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INTERNAL QUALITY ASSURANCE CELL

BE A LEADER, ALWAYS A LEADER

Course code: SGDC/VAL/002/2023

Course duration: 16 hours

Course schedule: 8:00am to 4:00 pm

Course period: January

Course dates: 19.01.2023-20.01.2023

Course mode: Offline

Resource person: Prof. K. M. Kuriakose

Course coordinator: Dr. Sauganth Paul

Course outline:

This two-day workshop provides all-rounded leadership training: from lectures to group interactions, one is able to learn leadership styles, communication skills, emotional intelligence, decision-making, and how to collaborate within teams. A wrap-up of the leadership workshop sums up the training, coupled with the development of personal leadership development plans.



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COURSE CONTENT

DAY 1: FOUNDATIONS OF LEADERSHIP (8 HOURS)

Session 1: Introduction to Leadership

- Definition and significance of leadership.
- Characteristics of effective leaders.

Session 2: Leadership Styles

- Exploration of different leadership styles.
- Self-assessment of personal leadership style.

Session 3: Communication Skills for Leaders

- Importance of effective communication in leadership.
- Techniques for active listening and clear expression.

Session 4: Interactive Workshop: Leadership Case Studies

- Analysis of real-life leadership scenarios.
- Group discussions and role-playing exercises.



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DAY 2: APPLIED LEADERSHIP SKILLS (8 HOURS)

Session 5: Emotional Intelligence and Leadership

- Understanding emotional intelligence in leadership.
- Strategies for managing emotions.

Session 6: Decision-Making and Problem-Solving

- Importance of critical thinking in leadership.
- Techniques for making sound decisions.

Session 7: Leading Teams and Collaboration

- Principles of team dynamics and collaboration.
- Strategies for building high-performing teams.

Session 8: Interactive Workshop: Leadership Development Plan

- Reflection on personal leadership journey.
- Development of individualized leadership plans.



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POST-EVENT REPORT

Date: 19.01.2023-20.01.2023

Location: St. Gregorios Dental College

Training Methodology:

The training methodology for the "Be a Leader, Always a Leader" program involved the use of multi-dimensional, interactive, and participatory approaches in enhancing learning outcomes. These included lectures, group discussions, case studies, experiential activities, and reflection sessions. The emphasis was on active involvement in the application of concepts of leadership, insight sharing, and effective collaboration. Continuous feedback mechanisms ensured that learning experiences are tailored to address individual and group needs in an ever-changing and dynamic learning environment.

Key Highlights:

- Interactive and participatory training approach
- Incorporation of lectures, group discussions, and case studies
- Experiential learning activities to apply leadership concepts
- Reflection sessions for personal and group insights
- Continuous feedback mechanisms for customized learning
- Emphasis on active engagement and collaboration for effective leadership development.

Conclusion:

In conclusion, the "Be a Leader, Always a Leader" program was quite successful and delivered a positive, upbeat, and interactive experience for its participants. This is because the attendees got a number of leadership skills and insights from such interactive sessions, insightful discussions, and practical activities one could apply to many situations. The program shows the importance of continuous learning and development for effective leadership.



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FEEDBACK FORM

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

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

2. Did the program content meet your expectations?

- Yes
- No

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

- Highly relevant
- Somewhat relevant
- Not relevant



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

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

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

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

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

Thank you for your feedback!



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DEPT. OF ANATOMY AND EMBROLOGY
INTERNAL QUALITY ASSURANCE CELL

**BE A
LEADER
ALWAYS A
LEADER**

VALUE ADDED PROGRAM FOR FINAL YEAR PART 1

RESOURCE PERSON
Prof. K M Kuriakose

19-20 JAN 2023 | COLLEGE AUDITORIUM

TIME: 10.00 AM

Phone : 0485-2572531, 532, 9188952016, 9188952017

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



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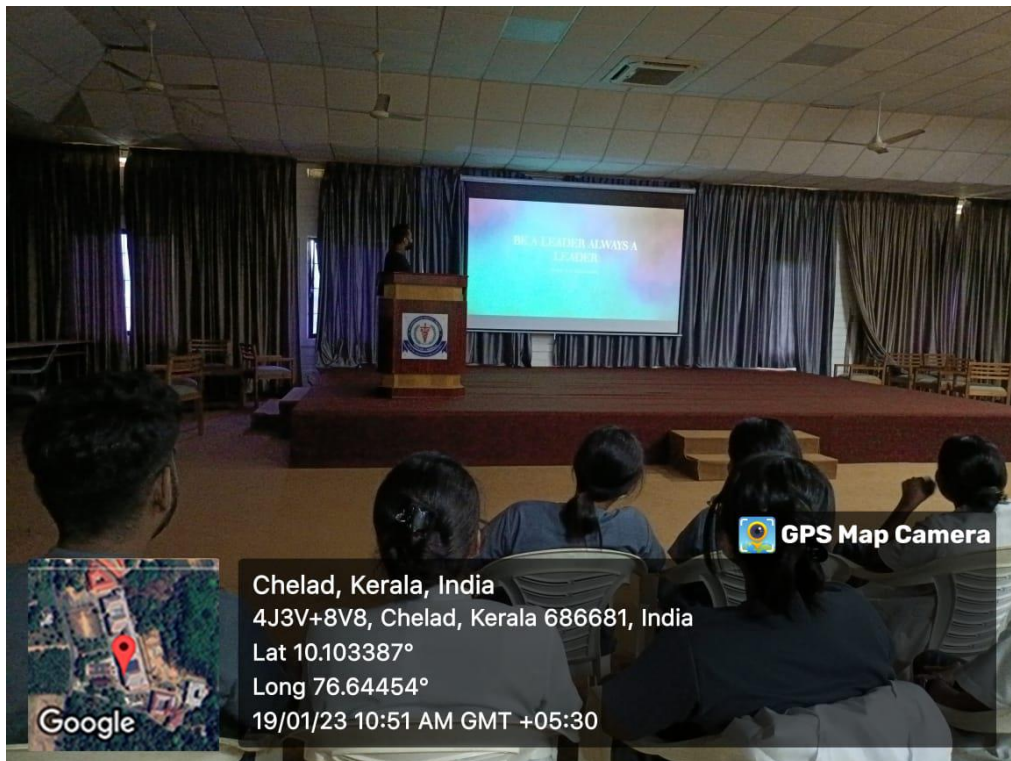
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PHOTOGRAPH



PHOTOGRAPH OF VALUE ADDED COURSE-

‘BE A LEADER, ALWAYS A LEADER’

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MELODIOUS NOTES

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

SGDC/VAL/003/2023

04.02.2023

CIRCULAR

Subject: Melodious Notes – program for first years.

Music Club, St. Gregorios Dental College is organizing an program entitled "Melodious Notes" for BDS first year students on 6.02.2023 - 7.02.2023 at 6 pm in college auditorium
For further reference reach out to Mrs. Nima M Kalappura



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MELODIOUS NOTES

6.02.2023 - 7.02.2023

6.02.2023	<ol style="list-style-type: none">1. Introduction to Music Theory2. Instrument Introduction3. Note Reading and Sight-Reading4. Basic Techniques5. Ear Training6. Music Styles and Genres
7.02.2023	<ol style="list-style-type: none">1. Music Performance2. Basic Music Composition3. Music History4. Music Technology5. Music Appreciation6. Final Project and Evaluation



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MELODIOUS NOTES

Course code: SGDC/VAL/003/2023

Course duration: 15 hours

Course schedule: 8pm to 3:30 pm

Course period: February

Course dates: 6.02.2023 - 7.02.2023

Course mode: offline

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.



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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



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MODULE 8: Basic Music Composition

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

MODULE 9: Music History

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

MODULE 10: Music Technology

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

MODULE 11: Music Appreciation

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

MODULE 12: Final Project and Evaluation

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



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POST-EVENT REPORT

Date: 6.02.2023 - 7.02.2023

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.



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FEEDBACK FORM

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

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

2. Did the program content meet your expectations?

- Yes
- No

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

- Highly relevant
- Somewhat relevant
- Not relevant

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

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

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

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



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

Thank you for your feedback!



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BROCHURE

VALUE ADDED PROGRAM

MELODIOUS NOTES

For first year bds students

FEBRUARY 06-07, 2023

Location :
COLLEGE AUDITORIUM

TIME:
10.00 AM ONWARDS

 **ST. GREGORIOS DENTAL COLLEGE**
CHELAD

INTERNAL QUALITY ASSURANCE CELL
DENTAL EDUCATION UNIT

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ATTENDANCE



ST. GREGORIOS DENTAL COLLEGE, CHELAD

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA - 686681

TOPIC: Medicines Note

Sl no.	Name of participant	6/2/23	07/02/23
1.	Aave Maria Vinod.	<i>[Signature]</i>	<i>[Signature]</i>
2.	Aishwarya S	<i>[Signature]</i>	<i>[Signature]</i>
3.	Ajeena K J	<i>[Signature]</i>	<i>[Signature]</i>
4.	Aleena Anna Aby.	<i>[Signature]</i>	<i>[Signature]</i>
5.	Almit Sumesh.	<i>[Signature]</i>	<i>[Signature]</i>
6.	Alphin K David	<i>[Signature]</i>	<i>[Signature]</i>
7.	Amrutha N B	<i>[Signature]</i>	<i>[Signature]</i>
8.	Anaina Rajendran	<i>[Signature]</i>	<i>[Signature]</i>
9.	Angela Mathew	<i>[Signature]</i>	<i>[Signature]</i>
10.	Angeli A P	<i>[Signature]</i>	<i>[Signature]</i>
11.	Anni Thomas	<i>[Signature]</i>	<i>[Signature]</i>
12.	Ann Maria Rejith	<i>[Signature]</i>	<i>[Signature]</i>
13.	Arya L	<i>[Signature]</i>	<i>[Signature]</i>
14.	Achansa K Nair	<i>[Signature]</i>	<i>[Signature]</i>
15.	Blessymol S R	<i>[Signature]</i>	<i>[Signature]</i>
16.	Devika V S	<i>[Signature]</i>	<i>[Signature]</i>
17.	Fathima Riyas	<i>[Signature]</i>	<i>[Signature]</i>
18.	Fathima Salim	<i>[Signature]</i>	<i>[Signature]</i>
19.	Gayathri Devi K	<i>[Signature]</i>	<i>[Signature]</i>
20.	Haripriya R.	<i>[Signature]</i>	<i>[Signature]</i>
21.	Husna J S	<i>[Signature]</i>	<i>[Signature]</i>
22.	Ashwani Joseprakash.	<i>[Signature]</i>	<i>[Signature]</i>
23.	Jenypriya Shankar	<i>[Signature]</i>	<i>[Signature]</i>
24.	Joseph John Chettupuzhakkattar	<i>[Signature]</i>	<i>[Signature]</i>
25.	Lakshmi A.M.	<i>[Signature]</i>	<i>[Signature]</i>

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



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PHOTOS



PHOTOS OF “MELODIOUS NOTES 2023”



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LIVE YOUR DREAM

Phone: 0485-2572531, 532, 9188952016, 9188952017

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

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

SGDC/VAL/004/2023

03.03.2023

CIRCULAR

Subject: Value Added Program on "Live Your Dream" for Final Year Part 2 students.

A value-added program on "Live Your Dream" is organised by the Woman Empowerment Cell (WEC) for Final Year Part 2 students on 07.03.2023 and 08.03.2023 at 11.30am in the college auditorium

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

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LIVE YOUR DREAM

07.03.2023 – 08.03.2023

DATE	TOPIC
07.03.2023 – 08.03.2023	<ol style="list-style-type: none">1. Introduction to Living your Dream2. Discovering your Passion and Purpose3. Overcoming Limiting Beliefs and Fear4. Creating a Vision and Action Plan5. Building Resilience and Persistence6. Embracing Change and Adaptability7. Cultivating self-care and well being8. Building Supportive Relationships9. Harnessing the Power of visualization and affirmations10. Embracing Failure and learning from setbacks11. Creating a Supportive Environment for success12. Cultivating financial health and abundance mindset13. Navigating career transitions and pursuing passion projects14. Sustaining momentum and continuous growth15. Empowering others to live their dreams



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WOMEN EMPOWERMENT CELL

LIVE YOUR DREAM

Course code: SGDC/VAL/004/2023

Course duration: 15 hours

Course schedule: 8.30AM -4.30PM

Course period: March

Course dates: 07.03.2023 – 08.03.2023

Course mode: offline

Resource person & Course coordinator: Dr. Mariya Biju, General Practitioner, St. Joseph's Hospital, Dharmagiri, Kothamangalam

Course outline:

A thorough journey towards personal fulfilment and congruence with one's passions and objectives are provided by the "Live Your Dream" course. It starts with self-reflection exercises to find each person's unique passions and strengths, then moves on to fear- and self-limiting belief-busting techniques. A vision and practical strategy are developed by the participants, who also learn how to develop resilience and adaptability to overcome obstacles on their path. The need of developing supporting networks, practicing self-care, and coordinating behaviours with guiding principles is emphasised. Participants learn to find significance in everyday life and materialise their dreams through the use of visualisation techniques. The course promotes financial stability and an abundant mindset while addressing setbacks as chances for personal development. Participants investigate changing careers and maintaining momentum on their path to ongoing development.



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COURSE CONTENT

1. MODULE 1: INTRODUCTION TO LIVING YOUR DREAM

- Overview of the course objectives and structure
- Understanding the concept of living your dream
- Importance of aligning your life with your passions and aspirations

2. MODULE 2: DISCOVERING YOUR PASSION AND PURPOSE

- Self-reflection exercises to uncover personal passions and values
- Identifying strengths and talents that contribute to your dream
- Setting meaningful goals aligned with your purpose

3. MODULE 3: OVERCOMING LIMITING BELIEFS AND FEAR

- Recognizing and challenging self-limiting beliefs
- Strategies for overcoming fear and self-doubt
- Cultivating a growth mindset to embrace challenges and setbacks

4. MODULE 4: CREATING A VISION AND ACTION PLAN

- Visualizing your ideal life and dream fulfilment
- Setting SMART goals to bring your vision to reality
- Developing a step-by-step action plan with measurable milestones

5. MODULE 5: BUILDING RESILIENCE AND PERSISTENCE

- Understanding the importance of resilience in pursuing your dream
- Strategies for staying motivated and resilient during challenges
- Cultivating persistence and perseverance in the face of obstacles

6. MODULE 6: EMBRACING CHANGE AND ADAPTABILITY

- Recognizing the inevitability of change in pursuing your dream
- Developing flexibility and adaptability to navigate uncertainty
- Embracing new opportunities and learning from setbacks

7. MODULE 7: CULTIVATING SELF-CARE AND WELL-BEING

- Prioritizing self-care practices to maintain balance and well-being
- Setting boundaries to protect your time and energy
- Integrating mindfulness and stress management techniques into daily life

8. MODULE 8: BUILDING SUPPORTIVE RELATIONSHIPS

- Nurturing relationships that support your dreams and aspirations



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- Communicating effectively with friends, family, and mentors
- Seeking out and fostering a supportive community of like-minded individuals

9. MODULE 9: HARNESSING THE POWER OF VISUALIZATION AND AFFIRMATIONS

- Utilizing visualization techniques to manifest your dreams and goals
- Crafting powerful affirmations to reprogram your mindset for success
- Incorporating daily visualization and affirmation practices into your routine

10. MODULE 10: EMBRACING FAILURE AND LEARNING FROM SETBACKS

- Shifting your perspective on failure as a natural part of the journey
- Extracting lessons and growth opportunities from setbacks and mistakes
- Developing resilience and bouncing back stronger after failures

11. MODULE 11: CREATING A SUPPORTIVE ENVIRONMENT FOR SUCCESS

- Evaluating your physical environment and its impact on your productivity and well-being
- Surrounding yourself with people who uplift and inspire you
- Designing a supportive workspace and daily routines conducive to success

12. MODULE 12: CULTIVATING FINANCIAL HEALTH AND ABUNDANCE MINDSET

- Understanding the role of financial health in pursuing your dreams
- Budgeting and saving strategies to support your dream pursuits
- Cultivating an abundance mindset and attracting financial abundance into your life

13. MODULE 13: NAVIGATING CAREER TRANSITIONS AND PURSUING PASSION SUBJECTS

- Strategies for transitioning into a career aligned with your passions and values
- Exploring avenues for pursuing passion projects and side hustles
- Overcoming fear and uncertainty in making career changes and pursuing unconventional paths

14. MODULE 14: SUSTAINING MOMENTUM AND CONTINUOUS GROWTH

- Techniques for staying motivated and maintaining momentum in your journey
- Setting new goals and aspirations to fuel continuous growth and development
- Embracing the journey of lifelong learning and personal evolution

15. MODULE 15: EMPOWERING OTHERS TO LIVE THEIR DREAMS

- Paying it forward by supporting and empowering others in their dream

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POST EVENT REPORT

Date: 07.03.2023 – 08.03.2023

Location: St. Gregorios Dental College

Speaker: Dr. Mariya Biju, General Practitioner, St. Joseph's Hospital, Dharmagiri, Kothamangalam

Training Methodology:

During the motivating speech, Dr. Mariya Biju—a courageous woman who, despite being paralysed after an accident, is confined to a wheelchair—told many relevant anecdotes and inspirational tales to the students. The training methodology for "Live Your Dream" involves a blend of interactive lectures, group discussions, self-reflection exercises, and practical activities. Through engaging sessions, participants explore their passions, set meaningful goals, and develop strategies to overcome obstacles. Emphasis is placed on experiential learning, fostering a supportive environment for personal growth and empowerment.

Key Highlights:

- The program was orated beautifully by the Braveheart, Dr. Mariya Biju
- Self-reflection activities to identify interests and assets.
- Realistic techniques for establishing objectives and conquering challenges
- A focus on self-care, adaptation, and resilience.
- Possibilities for introspection, affirmation, and visualisation
- Empowerment to motivate others and bring about constructive change
- Resources for continued growth and a community that is supportive

Conclusion:

To sum up, the "Live Your Dream" programme presents a revolutionary route to self-actualization and empowerment. Participants get the tools necessary to match their lives with their passions and goals through self-discovery activities, useful tactics, and supportive communities. They set out on a path of self-discovery and ongoing development by conquering challenges, accepting resilience, and placing a high value on self-care. Through the program's encouragement of introspection, goal-setting, and action, participants are given the tools they need to live truly and confidently follow their aspirations. By accepting their individual paths and serving as role models for others, participants add to a shared vision of positive transformation and fulfilment in their personal and professional lives.



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FEEDBACK FORM

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

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

2. Did the program content meet your expectations?

- Yes
- No

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

- Highly relevant
- Somewhat relevant
- Not relevant

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

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

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

- Completely achieved
- Mostly achieved



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- Partly achieved
- Not achieved at all

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

Thank you for your feedback!




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BROCHURE

 **ST. GREGORIOS DENTAL COLLEGE**
CHELAD

WOMEN CELL
INTERNAL QUALITY ASSURANCE CELL

Live your dream

VALUE ADDED PROGRAM FOR FINAL YEAR PART II

RESOURCE PERSON
DR. MARIYA BIJU

7-8 March 2023
COLLEGE AUDITORIUM
TIME: 10.00 AM

Phone: 0485-2572531, 532, 9188952016, 9188952017

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



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CERTIFICATE



St. Gregorios Dental College

CHELAD

CERTIFICATE OF ACHIEVEMENT

Live your Dream

This is to certified that

JOSE SAJU AVARAN

has successfully completed 15 hours Value Added Program
from ~~7/3/23~~ to ~~8/3/23~~
conducted by the Women Empowerment Cell in association
with the Internal Quality Assurance Cell and the Dental
Education Unit.

DR. JAIN MATHEW
Principal

DR. ALLU BABY
DEU Convenor

DR. SAUGANTH PAUL M. V.
IQAC Coordinator

VALUE
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PHOTOS



PHOTOGRAPH OF VALUE-ADDED PROGRAM 'LIVE YOUR DREAM'



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NATIONAL VACCINATION DAY – ‘VACCINE WORK FOR EVERYONE’

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

SGDC/VAL/005/2023

13.03.2023

CIRCULAR

Subject: Value Added Program on 'National Vaccination Day – Vaccine Work for Everyone' for Second year students.

Department of Physiology of St. Gregorios Dental College is organizing a value-added program on "National Vaccination Day - Vaccine Work for Everyone" for Second year students on 16.03.2023 and 17.03.2023 at 8.30am in the college auditorium

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

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NATIONAL VACCINATION DAY – ‘VACCINE WORK FOR EVERYONE’

16.03.2023 – 17.03.2023

DATE	TOPIC
16.03.2023	<ol style="list-style-type: none">1. Understanding Vaccines2. Types of vaccines3. Vaccine development process4. Vaccine safety and efficacy5. Herd community6. Vaccine distribution and Access
17.03.2023	<ol style="list-style-type: none">1. COVID 19 vaccines2. Addressing vaccine Hesitancy3. Vaccine administration4. Post vaccination guidelines5. Demonstration of vaccine administration



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(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

NATIONAL VACCINATION DAY – VACCINE WORK FOR EVERYONE

Course code: SGDC/VAL/005/2023

Course duration: 15 hours

Course schedule: 8.30AM -4.30PM

Course period: March

Course dates: 16.03.2023 – 17.03.2023

Course mode: offline

Resource person & Course coordinator: Dr. Lisa Thomas, General Physician, St. Joseph's Hospital, Dharmagiri, Kothamangalam

Course outline:

A comprehensive examination of vaccines and their vital role in public health is provided by the course. Participants learn about the significance of vaccines at the outset before delving into the complex mechanisms of the immune system and how vaccinations use them to provide immunity against illnesses. Along with learning about safety and efficacy metrics, participants gain insight into the vaccine development process, which includes preclinical investigations, clinical trials, and post-approval monitoring. Additionally, the course covers ideas like herd immunity and the effects of COVID-19 vaccinations worldwide. Participants obtain useful knowledge on vaccine delivery, storage, and monitoring, with an emphasis on fair distribution and tactics for overcoming vaccine hesitancy. The course was concluded with the demonstration of administration of vaccine.



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COURSE CONTENT

1. MODULE 1: UNDERSTANDING VACCINES

- Overview of how the vaccines work.
- Importance and significance

2. MODULE 2: TYPES OF VACCINES

- Different types of vaccines
- Impact of vaccines on immune system

3. MODULE 3: VACCINE DEVELOPMENT PROCESS

- Stages of vaccine development

4. MODULE 4: VACCINE SAFETY AND EFFICACY

- Safety and efficacy of vaccine in clinical trials
- Regulatory approval

5. MODULE 5: HERD COMMUNITY

- Concept of Herd Community
- Protection for communities

6. MODULE 6: VACCINE DISTRIBUTION AND ACCESS

- Challenges related to vaccine distribution
- Strategies for equitable access

7. MODULE 7: COVID 19 VACCINES

- Development of Covid 19 vaccines
- Effectiveness
- Importance in controlling the pandemic



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8. MODULE 8: ADDRESSING VACCINE HESITANCY

- Reason for hesitancy
- Strategies for addressing vaccine hesitancy

9. MODULE 9: VACCINE ADMINISTRATION

- Process of administration
- Storage requirements
- Dosing schedules
- Potential side effects

10. MODULE 10: POST VACCINATION GUIDELINES

- Side effects of vaccines
- Management of side effects
- Medical care

11. MODULE 11: DEMONSTRATION OF VACCINE ADMINISTRATION



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POST EVENT REPORT

Date: 16.03.2023 – 17.03.2023

Location: St. Gregorios Dental College

Speaker: Dr. LISA THOMAS, General Physician, St. Joseph's Hospital, Dharmagiri,
Kothamangalam

Training Methodology:

A blended learning strategy is used in the training process, which combines case studies, lectures, interactive discussions, and demonstrations. In addition to self-paced learning modules, participants participate in live sessions that allow for real-time discussion and idea clarification. Group activities encourage cooperation and the real-world application of knowledge, while assessments guarantee understanding and retention.

Key Highlights:

- A thorough rundown of vaccinations, including everything from fundamentals to COVID-19 shots.
- Interactive teaching strategies include group discussions, case studies, and demonstration lectures
- A focus on vaccine efficacy, safety, and equitable distribution.
- Techniques to combat vaccine scepticism and advance public health.
- Useful advice on administering vaccinations and providing aftercare
- Demonstrative classes on vaccine administration
- Resources for advocacy and continuing education.



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Conclusion:

To sum up, this course offers a thorough grasp of vaccinations and gives participants the tools they need to successfully negotiate the challenges associated with vaccine production, distribution, and administration. Participants learn about the value of vaccinations for public health through engaging teaching techniques and useful advice, with an emphasis on solving issues like vaccine reluctance and guaranteeing fair access. Through encouraging teamwork and offering tools for continued education, this course equips participants to support immunisation campaigns and advance global health initiatives.



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FEEDBACK FORM

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

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

2. Did the program content meet your expectations?

- Yes
- No

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

- Highly relevant
- Somewhat relevant
- Not relevant

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

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



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

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

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

Thank you for your feedback!



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ATTENDANCE



ST. GREGORIOS DENTAL COLLEGE, CHELAD

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

TOPIC: 'VACCINE WORK FOR EVERYONE'

Sl no.	Name of participant	16-3-23 Day 1	17-3-23 Day 2
1.	ABHINAYA . K.A	[Signature]	[Signature]
2.	Jini Jini	[Signature]	[Signature]
3.	Shena .NS	[Signature]	[Signature]
4.	Sogra Mathew	[Signature]	[Signature]
5.	Mama .TP	[Signature]	[Signature]
6.	Ansha K.A .	[Signature]	[Signature]
7.	S.FARHANA	[Signature]	[Signature]
8.	Saimal C.R	[Signature]	[Signature]
9.	Vaishnavi S	[Signature]	[Signature]
10.	Rinju Sund	[Signature]	[Signature]
11.	Gopika S.M	[Signature]	[Signature]
12.	Nama .A	[Signature]	[Signature]
13.	Sajeesh Sasi	[Signature]	[Signature]
14.	Martin Xavier	[Signature]	[Signature]
15.	Sreelakshmi	[Signature]	[Signature]
16.	Anjitha K Vijay	[Signature]	[Signature]
17.	Annett Rachel Joy	[Signature]	[Signature]
18.	Hephraiba Tann	[Signature]	[Signature]
19.	Liya Mesrin Paul	[Signature]	[Signature]
20.	Maria M. Rajin.	[Signature]	[Signature]
21.	Mohar dan Slah.	[Signature]	[Signature]
22.	Sandya Naveen - Prana	[Signature]	[Signature]
23.	Habdya Karikose	[Signature]	[Signature]
24.	Melin Rose M.T	[Signature]	[Signature]
25.	Sandhya Susan Salan	[Signature]	[Signature]

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



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BROCHURE

VACCINE WORK FOR EVERYONE

IN ACCORDANCE WITH
NATIONAL VACCINATION DAY
FOR SECOND YEAR BDS STUDENTS

RESOURCE PERSON
DR. LIZA THOMAS



**ST. GREGORIOS DENTAL
COLLEGE**
CHELAD

DEPT. OF PHYSIOLOGY
DENTAL EDUCATION UNIT

COLLEGE AUDITORIUM
VACCINATION VENUE

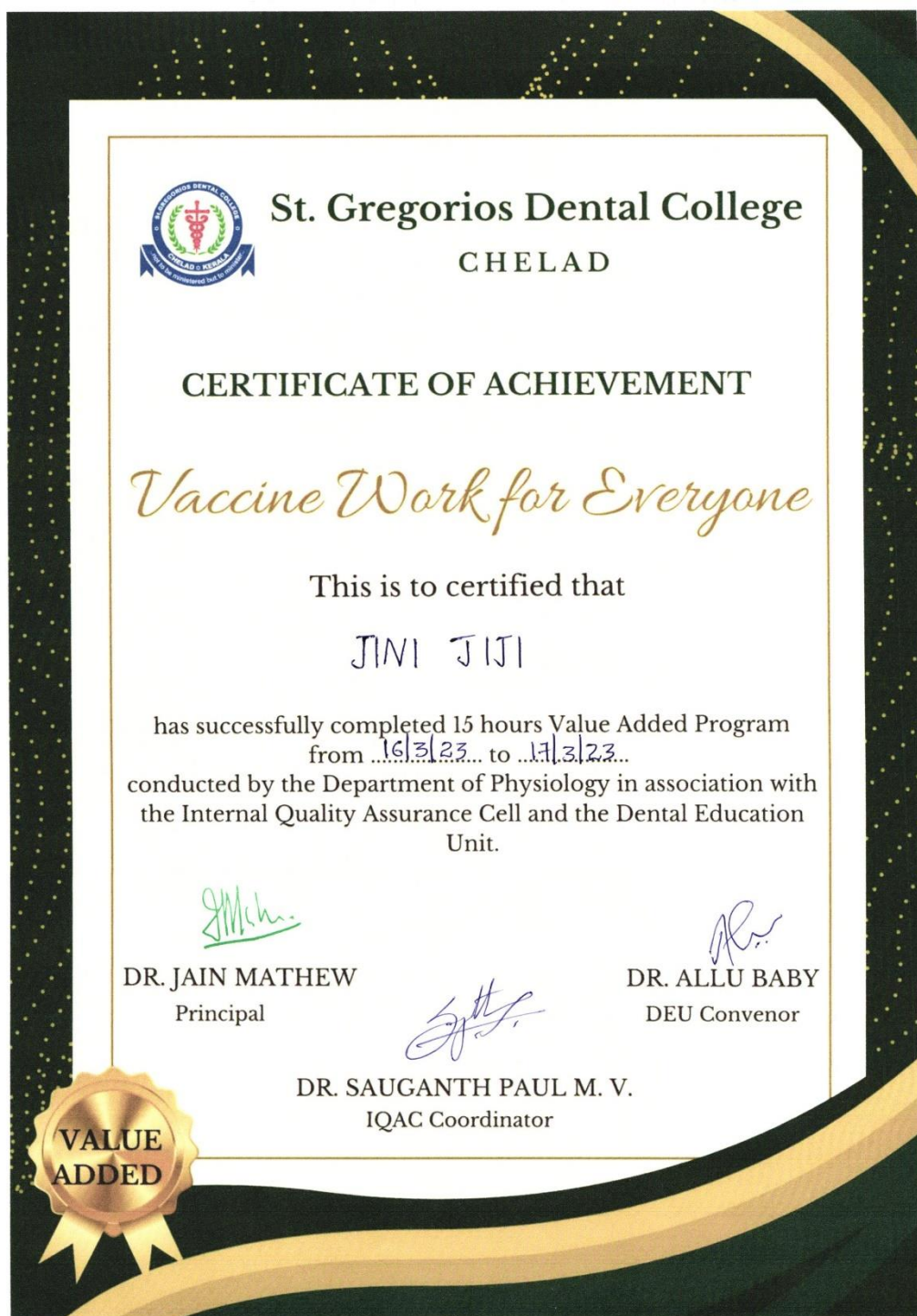
16-17 MARCH 2023 09.00AM - 04.00PM



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CERTIFICATE





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PHOTOS



PHOTOGRAPH OF VALUE-ADDED PROGRAM

‘VACCINATION FOR EVERYONE’



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ZUMBA: WHERE FITNESS MEETS FUN

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

SGDC/VAL/006/2023

21.03.2023

CIRCULAR

Subject: Certificate course on "ZUMBA: WHERE FITNESS MEETS FUN" program for First year students

This is to inform that a value-added course on topic entitled 'Zumba: Where Fitness Meets Fun' for first year students is being organised by the IQAC on 23.3.23-24.3.23 at the college auditorium.

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


PRINCIPAL
St. Gregorios Dental College
Chelad, Kottayam - 686 634



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ZUMBA: WHERE FITNESS MEETS FUN

23.3.23-24.3.23

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

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



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FUNDAMENTAL LIFE SKILLS PROGRAM

Course code: SGDC/VAL/006/2023

Course duration: 15 hours

Course schedule: 12.00pm – 6.00pm

Course period: May

Course dates: 23.3.23-24.3.23

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.



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COURSE CONTENT

1. **MODULE 1: Introduction to Zumba**

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

2. **MODULE 2: Latin Dance Rhythms**

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

3. **MODULE 3: Reggaeton and Hip-Hop Fusion**

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

4. **MODULE 4: International Dance Party**

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

5. **MODULE 5: Core and Balance**

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

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

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



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7. MODULE 7: Toning and Sculpting

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

8. MODULE 8: Flexibility and Flow

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

9. MODULE 9: Party Mix

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

10. MODULE 10: Dance Challenge

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

11. MODULE 11: Participant Showcase

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

12. MODULE 12: Celebration and Review

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



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POST EVENT REPORT

Date: 23.3.23-24.3.23

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 goal of the Zumba: Where Fitness Meets Fun course was to provide an enjoyable, interesting, and practical method of using dance to increase fitness. In a setting that is encouraging and welcoming to all fitness levels, participants can take advantage of structured lessons, a variety of dancing genres, and an emphasis on adaptation. The experience is enhanced by interactive training, motivational approaches, and community-building activities. Safety, health, and other resources are provided to ensure the well-being and ongoing progress of participants. Participants got the chance to monitor their development and recognise their accomplishments through regular feedback, evaluations, and a final demonstration. The ultimate purpose of this course was to enable individuals to enjoy dancing while reaching their fitness objectives. The students gave positive response for the course.



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FEEDBACK FORM

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

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

2. Did the program content meet your expectations?

- Yes
- No

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

- Highly relevant
- Somewhat relevant
- Not relevant

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

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

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

- Completely achieved



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Mostly achieved

Partly achieved

Not achieved at all

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

Thank you for your feedback!



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ATTENDANCE



ST. GREGORIOS DENTAL COLLEGE, CHELAD




UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

TOPIC: Zumba : where fitness meets fun.

23-03-2023 24-03-2023

Sl no.	Name of participant	Day 1	Day 2
1	ADHITHYA VS	Atk	Atk
2	AISWARYA LAKSHMI MJ	Atk	Atk
3	AISWARYA P S	Atk	Atk
4	AKHILA C	Atk	Atk
5	AKKASHA PRADEEP	Atk	Atk
6	ALAKANANDA P S	Atk	Atk
7	ALEENA SAMU	Atk	Atk
8	ALEN SUNIL	Atk	Atk
9	AMTHA GRACE ABRAHAM	Atk	Atk
10	AMRITHA P K	Atk	Atk
11	ANAKHA SAJAN	Atk	Atk
12	ANGEL BABU	Atk	Atk
13	ANNA SIMON	Atk	Atk
14	ANJALI ANGEL	Atk	Atk
15	ANJANA P S	Atk	Atk
16	ANJU G	Atk	Atk
17	ANNA BEL MARY BENYO	Atk	Atk
18	ANN MARY VIPIN	Atk	Atk
19	ANUPAMA V SHALLY	Atk	Atk
20	ANU SONNY THOMAS	Atk	Atk
21	APARNA ANIL	Atk	Atk
22	CHRISTEENA K SAJU	Atk	Atk
23	DENNA SHIRO	Atk	Atk
24	DONA DAVID	Atk	Atk
25	HARIPRIYA H	Atk	Atk

		
PRINCIPAL	DEU Convenor	DEU Secretary



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BROCHURE

ST GREGORIOS DENTAL COLLEGE

2023

ZUMBA

WHERE FITNESS MEETS FUN

VALUE ADDED PROGRAM
FOR FIRST YEAR BDS
STUDENTS

ORGANIZED BY
INTERNAL QUALITY ASSURANCE
CELL



DATE & VENUE

23,24 March, 2023
08.30 am



COLLEGE
AUDITORIUM



ST.GREGORIOS DENTAL COLLEGE

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PHOTOS



PHOTOGRAPH OF VALUE ADDED PROGRAM

‘ZUMBA – WHERE FITNESS MEETS FUN’



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BODY POSITIVITY; EMBRACE DIVERSE BEAUTY **STANDARDS**

Phone: 0485-2572531, 532, 9188952016, 9188952017

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

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

SGDC/VAL/007/2023


01.04.2023

CIRCULAR

Subject: Value added program on 'Body Positivity; Embracing Diverse Beauty Standards'

This is to inform that a value-added course on topic entitled 'Body Positivity; Embracing Diverse Beauty Standards' for second year students is being organised by the Women Empowerment Cell on 4.4.23-6.4.23 at the college auditorium.

For further reference, reach out to Ms. Nima M Kalappura



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

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BODY POSITIVITY; EMBRACING DIVERSE BEAUTY STANDARDS

4.4.23-6.4.23

DATE	TOPIC
04.05.2023	<ol style="list-style-type: none">1. Introduction to Body Positivity2. Media Literacy and Body Image
05.05.2023	<ol style="list-style-type: none">1. Understanding and Embracing Diversity in Beauty Standards2. Psychological Aspects of Body Image
06.05.2023	<ol style="list-style-type: none">1. Advocacy and Social Change2. Practical applications



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BODY POSITIVITY; EMBRACING DIVERSE BEAUTY STANDARDS

Course code: SGDC/VAL/007/2023

Course duration: 15 hours

Course schedule: 12.00pm – 5.00pm

Course period: April

Course dates: 4.4.23-6.4.23

Course mode: offline

Resource person & Course coordinator: Dr. Allu Baby

Course outline:

The purpose of this course is to teach learners the significance of accepting a variety of beauty standards, the impact of media and culture on body image, and the relevance of body positivity. Participants will receive the skills and information need to support diversity in their communities and cultivate self-acceptance through interactive courses.



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COURSE CONTENT

1. MODULE 1: Introduction to Body Positivity

- Definition And History
 - What body positivity means
 - The background information and beginnings of the body positive movement
 - Important players and turning points in the movement
- Importance of Body Positivity
 - Advantages on a psychological and emotional level
 - impact on wellbeing and physical health
 - The advantages of body positivity for society

2. MODULE 2: Media Literacy and Body Image

- Media Influence on Body Image
 - Examining how beauty is portrayed in the media
 - Social media's influence on beauty standards
 - The effects of celebrity culture and advertising
- Critical Media Consumption
 - Methods for evaluating media material critically
 - Recognising and questioning unattainable ideals of beauty
 - encouraging a range of media representations

3. MODULE 3: Understanding and Embracing Diversity in Beauty Standards

- Cultural and Historical Perspectives
 - Beauty standards across different cultures and historical periods
 - How culture influences perceptions of beauty
- Inclusive Beauty Standards
 - Honouring the variety of body types, sizes, and characteristics
 - Recognising and appreciating cultural variations in beauty
 - Intersectionality's function in body positivity



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4. MODULE 4: Psychological Aspects of Body Image

- Body Image and Mental Health
 - Relationship between body image and self-esteem
 - Common body image issues and their psychological impact
 - Coping mechanisms and strategies for improving body image
- Promoting Positive Body Image
 - Self-compassion and self-care practices
 - Affirmations and positive self-talk
 - Building a supportive community

5. MODULE 5: Advocacy and Social Change

- Becoming a Body Positivity Advocate
 - Ways to promote body positivity in personal and professional life
 - Tools and resources for advocacy
- Creating Inclusive Spaces
 - Fostering inclusive environments in schools, workplaces, and communities
 - Implementing policies and practices that support body diversity
- Engaging in Social Change
 - Participating in or organizing body positivity events and campaigns
 - Using social media for positive change

6. MODULE 6: Practical Applications

- Body Positivity in Everyday Life
 - Practical tips for embracing body positivity daily
 - Navigating body image challenges in different settings (e.g., work, social events)
- Supporting Others
 - How to support friends and family in their body positivity journey
 - Recognizing and addressing body shaming



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POST EVENT REPORT

Date: 4.4.23-6.4.23

Location: St. Gregorios Dental College

Speaker: Dr. Allu Baby

Training Methodology:

Emphasis is placed on interactive and experiential learning via role-playing, media analysis, and case studies. Projects involving groups of people and peer groups encourage collaborative learning. Essays and other reflective activities like journaling promote personal development. Expert perspectives are offered via panels and guest speakers. Safe sharing is ensured in a supportive environment. Ongoing evaluation and input direct development. Real-world impact is ensured by practical application through action plans and community projects. Multimedia and reading lists are two resources that help with continuous learning.

Key Highlights:

- The program utilised case studies, media analysis and role playing to engage participants
- It encouraged peer learning groups and group projects
- Incorporated journaling and reflection essays
- Gave expert insight on diverse perspectives
- The program created a safe space for open, non-judgemental sharing

Conclusion:

The goal of the "Body Positivity: Embracing Diverse Beauty Standards" training technique is to provide a thorough, interesting, and encouraging learning environment. Through the integration of interactive and immersive methods with blended learning, the course cultivates a profound comprehension of body positivity and a range of beauty standards. Reflective and collaborative techniques foster personal development, and real-world relevance is ensured by professional insights and useful applications. Participants' development is further supported by ongoing

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evaluation and a secure learning environment. This all-encompassing strategy gives people the information and resources they need to support diversity and body positivity, which eventually helps to create a culture that is more tolerant and inclusive.

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FEEDBACK FORM

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

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

2. Did the program content meet your expectations?

- Yes
- No

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

- Highly relevant
- Somewhat relevant
- Not relevant

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

- Very clear and organized
- Clear and organized

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Somewhat clear and organized

Unclear and disorganized

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

Completely achieved

Mostly achieved

Partly achieved

Not achieved at all

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

Thank you for your feedback!



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: Body Positivity : Embracing Diverse Beauty Standards.

4.4.23 5.4.23 6.4.23

Sl no.	Name of participant	Day 1	Day 2	Day 3
	MIRWA JP	Present	Present	Present
	Ananya P Sugha Jayaraj	Present	Present	Present
	Mhara. d. Abhina	Present	Present	Present
	Sandya Moayan Anan	Present	Present	Present
	SNEHANA	Present	Present	Present
	Fathima Abang Anif Simon	Present	Present	Present
	Sra Mathan	Present	Present	Present
	SATHEEHA	Present	Present	Present
	Arestha Preethi Vaishnavi	Present	Present	Present
	SREEMOL	Present	Present	Present

PRINCIPAL	DEU Convener	DEU Secretary



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CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

TOPIC: Body Positivity: Embracing Diverse Beauty Standards

4.4.23 5.4.23 6.4.23

Sl no.	Name of participant	Day 1	Day 2	Day 3
	Arijtha	[Signature]	[Signature]	[Signature]
	Athira Kunjan	[Signature]	[Signature]	[Signature]
	Arsha	[Signature]	[Signature]	[Signature]
	GOPIKA SM	[Signature]	[Signature]	[Signature]
	RESHMI ROBIN	[Signature]	[Signature]	[Signature]
	Reshmi Robin	[Signature]	[Signature]	[Signature]
	Athira R	[Signature]	[Signature]	[Signature]
	Manaya	[Signature]	[Signature]	[Signature]
	Mecia Rose	[Signature]	[Signature]	[Signature]
	Mecia Ramei	[Signature]	[Signature]	[Signature]
	Jani Jiji	[Signature]	[Signature]	[Signature]
	Meher San Shah	[Signature]	[Signature]	[Signature]
	Maniya M. Raju	[Signature]	[Signature]	[Signature]
	GOPIKA JOSHI	[Signature]	[Signature]	[Signature]
	Annet Rachel Jijy	[Signature]	[Signature]	[Signature]
	LIYA MERIN PAUL	[Signature]	[Signature]	[Signature]
	RANTUCUNU	[Signature]	[Signature]	[Signature]
	HEERISIBA	[Signature]	[Signature]	[Signature]
	Jiya	[Signature]	[Signature]	[Signature]

PRINCIPAL	DEU Convenor	DEU Secretary




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BROCHURE

ST. GREGORIOS DENTAL COLLEGE
CHELAD



BODY POSITIVITY

EMBRACING DIVERSE BEAUTY STANDARDS

VALUE ADDED

FOR SECOND YEAR BDS



**DR ALLU
BABY
SPEAKER**

 **VENUE**
COLLEGE AUDITORIUM


**4-6 APRIL,
2023**
8:30am

ORGANIZED BY
WOMEN CELL, IQAC

Phone: 0485-2572531, 532, 9188952016, 9188952017

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



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CERTIFICATE





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PHOTOS



PHOTOGRAPH OF VALUE ADDED PROGRAM

‘BODY POSITIVITY; EMBRACING DIVERSE BEAUTY STANDARDS’



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BASIC LIFE SUPPORT

Phone: 0485-2572531, 532, 9188952016, 9188952017

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

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

SGDC/ VAL/ 008/2023

03.05.2023

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 05.05.2023 and 06.05.2023 at 8 am at the college auditorium.

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



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St. Gregorios Dental College
Chelad, Kerala - 686 681



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BASIC LIFE SUPPORT

05.05.2023 – 06.05.2023

DATE	TOPIC
05.05.2023 - 06.05.2023	<ol style="list-style-type: none">1. Introduction to Basic life support2. Recognition of emergencies3. Cardiopulmonary resuscitation (CPR)4. . Automated External Defibrillator (AED)5. Choking6. Special considerations7. Team Dynamics8. 8.Hands on practice and Skill assessment



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CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

BASIC LIFE SUPPORT

Course code: SGDC/VAL/008/2023

Course duration: 15 hours

Course schedule: 8pm to 3:30 pm

Course period: May

Course dates: 05.05.2023 – 06.05.2023

Course mode: offline

Resource person & Course coordinator: MWT Global Academy Pvt. 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 MWT Global Academy Pvt. Ltd. Major objectives of the BLS training include edifying interns about how to recognize cardiac arrest, administering high-quality CPR, using automated external defibrillators (AEDs), and managing choking. In order to increase survival chances during cardiac emergencies, one must possess these abilities. This course involves theoretical lectures, interactive demonstrations as well as practical sessions.



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COURSE CONTENT

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

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

- Importance of BLS
- Chain of survival

2. MODULE 2: Recognition of Emergencies

- Identifying cardiac arrest
- Recognizing choking

3. MODULE 3: CPR (Cardiopulmonary Resuscitation)

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

4. MODULE 4: Automated External Defibrillator (AED)

- AED operation
- When to use an AED

5. MODULE 5: Choking

- Conscious and unconscious choking
- Choking interventions

6. MODULE 6: Special Considerations

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

7. MODULE 7: Team Dynamics



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

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

- CPR practice on manikins
- AED practice



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POST-EVENT REPORT

Date: 05.05.2023 – 06.05.2023

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 for the students.

Key Highlights:

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

Conclusion:

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



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FEEDBACK FORM

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

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

2. Did the program content meet your expectations?

- Yes
- No

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

- Highly relevant
- Somewhat relevant
- Not relevant

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

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



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

Completely achieved

Mostly achieved

Partly achieved

Not achieved at all

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

Thank you for your feedback!



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ATTENDANCE



ST. GREGORIOS DENTAL COLLEGE, CHELAD

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

TOPIC: BASIC LIFE SUPPORT

Sl no.	Name of participant	5/5/23	6/5/23
		Day 1	Day 2
1	AKHIL VARUGHESE	Akhal	Akhal
2	Annulakshmi	Ak	Ak
3	John V Zachariah	John	John
4	Ashwin Mathew	Ashwin	Ashwin
5	DISIL DAVID	Disil	Disil
6	Annie Treasa Jesty	Annie	Annie
7	Dinaya Mary philip	Dinaya	Dinaya
8	CerTo Eroy	CerTo	CerTo
9	ANAGHA PR	Anagha	Anagha
10	TREASA JAISON	Treasa	Treasa
11	MAHALEXANDER	Maha	Maha
12	Shanile	Shanile	Shanile
13	Ruth Rachel	Ruth	Ruth
14	Bibha George	Bibha	Bibha
15	Richa Sara	Richa	Richa
16	Kavathy Smit	Kavathy	Kavathy
17	Elbe Jacob	Elbe	Elbe
18	Christy Mariam Cheriaan	Christy	Christy
19	MARIA RANI	Maria	Maria
20	AKSHARA ELIZABETH KURIEN	Akshara	Akshara
21	Liby Abraham	Liby	Liby
22	Agna K Ghevar	Agna	Agna
23	Preenu Ann Prasad	Preenu	Preenu
24	Aishaya PR	Aishaya	Aishaya
25	Amelia Maria Rouse	Amelia	Amelia

PRINCIPAL	DEU Convenor	DEU Secretary



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BROCHURE

MWT GLOBAL ACADEMY PVT.LTD

BASIC LIFE SUPPORT

VALUE ADDED PROGRAM

 ST GREGORIOS DENTAL COLLEGE

DEPT. OF ORAL AND MAXILLOFACIAL SURGERY
INTERNAL QUALITY ASSURANCE CELL

RESOURCE PERSON

DR. SANJITH SALIM
MWT GLOBAL ACADEMY
PVT.LTD

05-06 MAY 2023

COLLEGE AUDITORIUM
TIME: 10.00 AM

Phone: 0485-2572531, 532, 9188952016, 9188952017

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



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CERTIFICATE

MWT
ACADEMY
Education for Employment

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

CERTIFICATE

This is to certify that
Dr. JIA MIRIA GEORGIE

has successfully completed
Basic Life Support (BLS)
Provider Course

1 Day	06 th May 2023	07 th May 2025
Course Duration	Date Completed	Expires On

Organisational Member of
Quality Council of India
CORP/CS/5598/2021-22

2023/06/MWTGA
Certificate No

Jeril Cherian
Principal

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PHOTOS



PHOTOGRAPHS OF BLS 2022-2023

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SELF DEFENSE

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

SGDC/VAL/009/2023

04.05.2023

CIRCULAR

Subject: Value Added Course on Self Defence for 3rd 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 3rd year students from 08.05.2023

For further reference, reach out to Ms. Nima M. Kalappura

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St. Gregorios Dental College
Chelad, Kerala - 686 681

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SELF DEFENSE

08.05.2023 – 09.05.2023

DATE	TOPIC
08.05.2023	<ol style="list-style-type: none">1. Awareness Training2. Basic striking Techniques3. Blocking Techniques4. Escape techniques5. Ground defence6. Verbal de escalation7. Improvised weapons8. Scenario based training9. Physical Conditioning10. Mental Health11. Legal and Ethical considerations12. Demonstrations
09.05.2023	Demonstrations

*Self-defence classes conducted under the guidance of Mr. Renjith Jose, Karate master monthly once for the students



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(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

SELF DEFENSE

Course code: SGDC/VAL/009/2023

Course duration: 15 hours

Course schedule: 12.00PM - 4.00PM (08.05.2023, 09.05.2023), monthly once

Course period: May

Course dates: 08.05.2023 – 09.05.2023

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.



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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 monthly once under the guidance of Mr. Renjith Jose.



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POST EVENT REPORT

Date: 08.05.2023 – 09.05.2023

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

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

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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.

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FEEDBACK FORM

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

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

2. Did the program content meet your expectations?

- Yes
- No

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

- Highly relevant
- Somewhat relevant
- Not relevant

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

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



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

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

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


Thank you for your feedback!



ST. GREGORIOS DENTAL COLLEGE

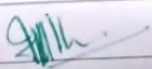

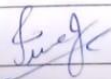
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ATTENDANCE


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

TOPIC: SELF DEFENSE

Sl no.	Name of participant	8/5/23	9/5/23
1	Abhinaya K. A	Att	Att
2	Ashrafa Sa	Att	Att
3	Jini Jiji	Ji	Ji
4	Mishra	Att	Att
5	Sandra Susan	Att	Att
6	ANSITHA K VIJAY	Att	Att
7	max m rasu	Att	Att
8	Nibha A	Att	Att
9	Sandya Mariam	Att	Att
10	SNEHA NS	Att	Att
11	Smathi & prascal	Att	Att
12	Robin	Att	Att
13	Annet Rachel Joy	Att	Att
14	S. Sushana	Att	Att
15	Liya Mann	Att	Att
16	SARA & Mathew	Att	Att
17	Aleena	Att	Att
18	ANIGDHA JAYARAJ	Att	Att
19	Sayagasia Sasi	Att	Att
20	Geopka S M	Att	Att
21	mehar jan shaw	Att	Att
22	Aswani	Att	Att
23	Sreelakshmi	Att	Att

		
PRINCIPAL	DEU Convenor	DEU Secretary



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BROCHURE

VALUE ADDED PROGRAM FOR THIRD BDS

SELF DEFENCE

WOMEN CELL, INTERNAL QUALITY ASSURANCE CELL



MAY 08-09, 2023 | 9 AM to 4 PM
COLLEGE AUDITORIUM



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PHOTOS



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