



ST. GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

YOGA IN DAILY LIFE

Phone : 0485-2572531, 532, 9188952016, 9188952017

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

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

SGDC/ VAL/ 010/2023

19.06.2023

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 Second year students from 21.06.2023-22.06.2023 at the College Auditorium.

For further reference reach out to Ms. Josna Raju.



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St. Gregorios Dental College
Chelad, Kerala - 686 094

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(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

YOGA IN DAILY LIFE

21.06.2023-22.06.2023

DATE	TOPIC
21.06.2023	<u>YOGA FOUNDATION:</u> 1. Introduction to Yoga 2. Basic Asanas 3. Pranayama and Breathwork 4. Yoga Philosophy 5. Mindfulness Meditation
22.06.2023	<u>DEEPENING PRACTICE AND INTEGRATION:</u> 6. Dynamic Asana Practice 7. Yoga for Stress Relief 8. Anatomy and Alignment 9. Yoga for Wellness 10. Yoga Philosophy: Living Yoga Off the Mat 11. Closing Ceremony and Integration



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HEALTH CLUB AND IQAC

YOGA IN DAILY LIFE

Course code: SGDC/ VAL/ 010/2023

Course duration: 16 hours

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

Course period: June

Course dates: 21.06.2023-22.06.2023

Course mode: Offline

Resource person: Mr. Binnoy Thomas

Course coordinator: Ms. Josna Raju

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

Session 5: Mindfulness Meditation (1 hour)

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



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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

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



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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: 21.06.2023-22.06.2023

Trainer: Mr. Binoy Thomas

Training Methodology:

The training methodology for yoga blended dynamic lectures with multimedia, interactive group discussions, and immersive practical sessions. Participants engaged in guided meditations, yoga postures, and reflective exercises to deepen their understanding and embodiment of yoga principles. Through experiential learning and group feedback, the aim was to foster self-awareness and personal growth, providing a transformative learning experience within the allocated time frame.

Key Highlights:

- Dynamic Lectures integrated with multimedia
- Hands-on practical sessions including guided meditations and yoga postures
- Reflective exercises for deepening understanding
- Fostering self-awareness and personal growth
- Transformational learning experience within the specified time frame

Conclusion:

The event brought together knowledge, practice, and personal development in harmony. The participants were able to go back with an enriched application of the principles learned in yoga through experiential learning and interactive discussion. The reflective exercises embedded self-awareness and mindfulness, leading to a transformation.



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FEEDBACK FORM

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

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

2. Did the program content meet your expectations?

- Yes
- No

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

- Highly relevant
- Somewhat relevant
- Not relevant



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

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

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

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

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

Thank you for your feedback!



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BROCHURE

YOGA IN DAILY LIFE

VALUE ADDED PROGRAM FOR BDS 2ND YEAR STUDENTS



START AT
10:00 AM

21-22
JUNE 2023

COLLEGE
AUDITORIUM

ORGANIZED BY:

HEALTH CLUB
INTERNAL QUALITY ASSURANCE CELL
ST. GREGORIOS DENTAL COLLEGE



RESOURCE PERSON
BINOY THOMAS

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ATTENDANCE LIST



ST. GREGORIOS DENTAL COLLEGE, CHELAD

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CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

TOPIC: *Yoga in Daily Life - Attundam.*

Sl no.	Name of participant	21-6-23 Day 1	22-6-23 Day 2
1.	Adithya vj	Adithya	Adithya
2	Akhila.c	Akhila	Akhila
3.	Aiswarya P.S	Aiswarya	Aiswarya
4.	Aleena Mariam Sarov	Aleena	Aleena
5.	Amritha	Amritha	Amritha
6.	Anakha Sajin	Anakha	Anakha
7.	Angel Babu	Angel	Angel
8.	AURIA SIMON	Auria	Auria
9.	Anjana .PS	Anjana	Anjana
10.	Anju.G	Anju	Anju
11.	ANABEL MARY BENOY	Anabel	Anabel
12.	ANN MARY VIPIN	Ann	Ann
13.	Anupama V. Shally	Anupama	Anupama
14.	Anu Sonny Thomas	Anu	Anu
15.	Aparna Anil	Aparna	Aparna
16.	Christena K Saij	Christena	Christena
17.	Denna shijo	Denna	Denna
18.	Dona david	Dona	Dona
19.	Hampyia	Hampyia	Hampyia
20.	Lois .J. Samuel	Lois	Lois
21.	Maria Leo Paul	Maria	Maria
22.	Meera Dinesh	Meera	Meera
23.	Mounika.G	Mounika	Mounika
24.	Money v. Benny	Money	Money

PRINCIPAL	DEU Convenor	DEU Secretary



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CERTIFICATE



ST. GREGORIOS DENTAL COLLEGE
CHELAD, KOTHAMANGALAM

CERTIFICATE OF MERIT

This certificate is awarded to

MEERA DINESH

FOR SUCCESSFULLY COMPLETEING 15 HOURS OF
VALUE ADDED COURSE ENTITLED "YOGA IN DAILY
LIFE" ORGANISED BY THE DENTAL EDUCATION UNIT
IN ASSOCIATION WITH IQAC.

DR. JAIN MATHEW
PRINCIPAL



DR. ALLU BABY
DEU CONVENOR



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PHOTOS



PHOTOGRAPHS OF VALUE ADDED COURSE-

‘YOGA IN DAILY LIFE’

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BASIC COMPUTER COURSE

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

SGDC/VAL/011/2023

24.6.2023

CIRCULAR

Subject: Basic Computer Course

Dental Education Unit, St. Gregorios Dental College is organizing an Orientation Program for post graduates on 26.06.23 - 27.06.23 at 10 am in college auditorium
For further reference reach out to Dr. Allu Baby.


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Chelad, Kerala - 686 681

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BASIC COMPUTER COURSE

26.06.23 - 27.06.23

26.06.2023	<ol style="list-style-type: none">1. Introduction to Computers2. Operating Systems3. Word Processing4. Spreadsheets5. Presentations6. Internet Basics
27.06.2023	<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/011/2023

Course duration: 15 hours

Course schedule: 8pm to 3:30 pm

Course period: June

Course dates: 26.06.23 - 27.06.23

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

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



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Email Basics

Online Safety and Security

MODULE 7: File Management

Understanding Files and Folders

Navigating File Systems

Organizing Files

File Backup and Recovery

MODULE 8: Basic Troubleshooting

Identifying Common Computer Problems

Software Troubleshooting Techniques

Connectivity Issues

Hardware Troubleshooting Basics

MODULE 9: Computer Security

Introduction to Cybersecurity

Password Management

Malware Protection

Safe Internet Practices

MODULE 10: Introduction to Hardware

Overview of Computer Hardware

Input/Output Devices

Storage Devices

Peripheral Devices

MODULE 11: Basic Computer Networking

Introduction to Computer Networks

Local Area Networks (LAN)

Wide Area Networks (WAN)

IP Addresses and Network Protocols

MODULE 12: Basic Programming Concepts

Introduction to Programming

Algorithms and Logic

Variables and Data Types

Control Structures

MODULE 13: HANDS ON

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POST-EVENT REPORT

Date: 26.06.23 - 27.06.23

Location: St. Gregorios Dental College, Auditorium

Training Methodology:

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

Key Highlights:

Key highlights of the Basic Computer Skills Course included engaging lectures on computer fundamentals, interactive discussions on internet safety and cybersecurity, and participant feedback sessions for continuous improvement. The course proved to be effective in building a collaborative learning environment in which participants could acquire vital computer skills in a supportive setting.

Conclusion:

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



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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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(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

BROCHURE

basic computer course

VALUE ADDED PROGRAM
FOR POSTGRADUATES

RESOURCE PERSON : **SR. KEZIA**



26-27 JUNE 2023

10.00 AM

COLLEGE AUDITORIUM

**DEPT. OF PUBLIC HEALTH DENTISTRY
IQAC | 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: *Basi Computer Course*

Sl no.	Name of participant	26/06/2023 Day 1	27/06/2023 Day 2
1	Dr. Jinson James	<i>Jinson</i>	<i>Jinson</i>
2	Dr. Anya	<i>Anya</i>	<i>Anya</i>
3	Dr. Sr. Jasmin Cyril	<i>Jasmin</i>	<i>Jasmin</i>
4	Dr. Sangeetha S	<i>Sangeetha</i>	<i>Sangeetha</i>
5	Dr. Selenatha VP	<i>Selenatha</i>	<i>Selenatha</i>
6	Dr. Jimmy George	<i>Jimmy</i>	<i>Jimmy</i>
7	Dr. Ann Maximilian Sunny	<i>Ann</i>	<i>Ann</i>
8	Dr. Lucy P. Mathew	<i>Lucy</i>	<i>Lucy</i>
9	Dr. Anandave Malayachandran	<i>Anandave</i>	<i>Anandave</i>
10	Dr. Divya	<i>Divya</i>	<i>Divya</i>
11	Dr. Anandave Malayachandran	<i>Anandave</i>	<i>Anandave</i>
12	Dr. Anitha	<i>Anitha</i>	<i>Anitha</i>
13	Dr. Anitha	<i>Anitha</i>	<i>Anitha</i>
14	Dr. Anitha	<i>Anitha</i>	<i>Anitha</i>
15	Dr. Anitha	<i>Anitha</i>	<i>Anitha</i>
16	Dr. Anitha	<i>Anitha</i>	<i>Anitha</i>
17	Dr. Anitha	<i>Anitha</i>	<i>Anitha</i>
18	Dr. Anitha	<i>Anitha</i>	<i>Anitha</i>
19	Dr. Anitha	<i>Anitha</i>	<i>Anitha</i>
20	Dr. Anitha	<i>Anitha</i>	<i>Anitha</i>
21	Dr. Anitha	<i>Anitha</i>	<i>Anitha</i>
22	Dr. Anitha	<i>Anitha</i>	<i>Anitha</i>

		
PRINCIPAL	DEU Convenor	DEU Secretary



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CERTIFICATE



ST. GREGORIOS DENTAL COLLEGE
CHELAD, KOTHAMANGALAM

CERTIFICATE OF MERIT

This certificate is awarded to

DR. AISHWARYA ULLATHIL

FOR SUCCESSFULLY COMPLETEING 15 HOURS OF
VALUE ADDED COURSE ENTITLED "BASIC
COMPUTER COURSE" ORGANISED BY THE DENTAL
EDUCATION UNIT IN ASSOCIATION WITH IQAC.

DR. JAIN MATHEW
PRINCIPAL



DR. ALLU BABY
DEU CONVENOR



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PHOTOS



PHOTOS OF BASIC COMPUTER COURSE

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MANAGEMENT OF STRESS AND IMPORTANCE OF MENTAL HEALTH

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ST. GREGORIOS DENTAL COLLEGE
CHELAD, KOTHAMANGALAM

SGDC/ VAL/ 012/2023

02.08.2023

CIRCULAR

Subject: Value added program on MANAGEMENT OF STRESS AND IMPORTANCE OF MENTAL HEALTH.

The Health Club, St. Gregorios Dental College is organizing a value added program entitled 'MANAGEMENT OF STRESS AND IMPORTANCE OF MENTAL HEALTH' for Final year part 2 students on 04.08.2023 at the College Auditorium.

For further reference reach out to Dr. Silpa Abraham.




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MANAGEMENT OF STRESS AND IMPORTANCE OF MENTAL HEALTH

04.08.2023 and 13.10.2023

DATE	TOPIC
04.08.2023	<ol style="list-style-type: none">1. Understanding Stress2. Mental Health Basics3. Self-Care and Well-being
13.10.2023	<ol style="list-style-type: none">4. Stress Management in the Workplace5. Techniques for Managing Stress6. Developing a Personal Action Plan



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HEALTH CLUB

MANAGEMENT OF STRESS AND IMPORTANCE OF MENTAL HEALTH

Course code: SGDC/ VAL/ 012/2023

Course duration: 16 hours

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

Course period: August

Course dates: 04.08.2023 and 13.10.2023

Course mode: Offline

Resource person: Dr. Dido Alex

Course coordinator: Dr. Silpa Abraham

Course outline:

This course helps to understand very clearly how to handle stress using various techniques and make a resilient mindset. Theoretical inputs with practical exercise will enable participants to identify stressors and ways to cope with them and maintain mental well-being in all spheres of their personal and professional life. At the end of the course, the participants will have acquired the skills in emotional intelligence and well-being in overcoming the challenging situations.



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(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

COURSE CONTENT

DAY 1: 04.08.2023

Module 1: Understanding Stress

- Introduction to Stress: Definition and Types
- Causes and Effects of Stress
- Recognizing Signs and Symptoms of Stress
- Stress Management Techniques: Coping Strategies and Relaxation Methods

Module 2: Mental Health Basics

- Importance of Mental Health
- Common Mental Health Disorders
- Stigma and Myths Surrounding Mental Illness
- Seeking Help: Resources and Support Systems

Module 3: Self-Care and Well-being

- Self-awareness and Self-Reflection
- Importance of Self-Care Practices
- Healthy Lifestyle Choices: Diet, Exercise, and Sleep
- Building Resilience and Emotional Intelligence

DAY 2: 13.10.2023

Module 4: Stress Management in the Workplace

- Stress in the Workplace: Causes and Effects



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- Creating a Healthy Work Environment
- Time Management and Work-Life Balance
- Effective Communication and Conflict Resolution

Module 5: Techniques for Managing Stress

- Cognitive Behavioral Techniques
- Mindfulness and Meditation Practices
- Breathing Exercises and Relaxation Techniques
- Setting Boundaries and Prioritizing Tasks

Module 6: Developing a Personal Action Plan

- Goal Setting for Stress Management and Mental Health
- Identifying Triggers and Building Coping Strategies
- Creating a Support Network
- Committing to Ongoing Self-Care and Growth



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POST-EVENT REPORT

Date: 04.08.2023 and 13.10.2023

Training Methodology:

The training methodology used interactive lectures, case studies, group discussions, and experiential exercises for active participation by the trainees. It also taught practical techniques in mindfulness practices and scenarios for role-playing, which helped the trainees acquire and apply the skills. Personalized learning was ensured through continuous feedback and reflection sessions that reinforced the understanding of stress management and mental health concepts.

Key Highlights:

- Principles of stress management covered comprehensively
- Practical tools for improving mental wellbeing
- Learning through interaction
- Personalized feedback
- Real-world application
- Focus on proactive self-care
- Holistic development in a supportive learning environment

Conclusion:

This value-added course on the Management of Stress and Importance of Mental Health thus enables the holistic approach of dealing with stress and paying attention to mental health among participants. Participants are able to gain precious knowledge and skills through this blend of theory, practical exercises, and interactive discussions that will help individuals skillfully handle stressors and help them build up resilience. This course prepares an individual for sustained personal and professional growth by creating an enabling learning environment and underlining proactive self-care.



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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

MANAGEMENT OF STRESS

IMPORTANCE OF MENTAL HEALTH

Value-added program for FINAL YEAR BDS students



RESOURCE PERSON

DR DIXO ALEX



Organized by

Health Club, IQAC

ST. GREGORIOS DENTAL COLLEGE

04/08/23 & 13/10/23

10.00AM - 5:30PM

COLLEGE AUDITORIUM

Phone : 0485-2572531, 532, 9188952016, 9188952017

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



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ATTENDANCE LIST



ST. GREGORIOS DENTAL COLLEGE, CHELAD



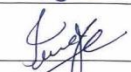
UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

TOPIC: Management of Stress and Importance of Mental Health.

4/8/23 13.10.23.

Sl no.	Name of participant	Day 1	Day 2
1	Manisha Chandran	Manisha	Manisha
2	Leethy Vs.	Leethy	Leethy
3	Off Jacob Mathews	Off Jacob	Off Jacob
4	S. Mahima Mahendran	Mahima	Mahima
5	Mariya Elizabeth Sorial	Mariya	Mariya
6	Divyanya Leelitha K	Divyanya	Divyanya
7	Nishal Am Matthew	Nishal	Nishal
8	Rinku C Raju	Rinku	Rinku
9	Sora Rachel Laji	Sora	Sora
10	Vishali Jaiprakash.	Vishali	Vishali
11	Ribin Joy	Ribin	Ribin
12	Aneekka Anna Eldho	Aneekka	Aneekka
13	Anoopa TM	Anoopa	Anoopa
14	Kaseena Rachel	Kaseena	Kaseena
15	Diyamma Vt	Diyamma	Diyamma
16	Puthri Nora James	Puthri	Puthri
17	Lijana Slibu	Lijana	Lijana
18	Kiya Manya Bugh	Kiya	Kiya
19	Mannya Mariya Asy	Mannya	Mannya
20	Jithin Jose	Jithin	Jithin
21	Hanna Mary Eldho	Hanna	Hanna
22	Arya greesh	Arya	Arya
23	Chippy Elizabeth Philip	Chippy	Chippy
24	Anisha Rachel	Anisha	Anisha
25	GEORGE B UO	George	George

		
PRINCIPAL	DEU Convenor	DEU Secretary



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CERTIFICATE



ST. GREGORIOS DENTAL COLLEGE
CHELAD, KOTHAMANGALAM

CERTIFICATE OF MERIT

This certificate is awarded to

ANOOPA J.M

FOR SUCCESSFULLY COMPLETEING 15 HOURS OF
VALUE ADDED COURSE ENTITLED "MANAGEMENT
OF STRESS AND IMPORTANCE OF MENTAL HEALTH"
ORGANISED BY THE DENTAL EDUCATION UNIT IN
ASSOCIATION WITH IQAC.

DR. JAIN MATHEW
PRINCIPAL



DR. ALLU BABY
DEU CONVENOR



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PHOTOS



PHOTOGRAPHS OF VALUE ADDED COURSE- MANAGEMENT OF STRESS AND IMPORTANCE OF MENTAL HEALTH

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SELF DEFENSE

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ST. GREGORIOS DENTAL COLLEGE

CHELAD, KOTHAMANGALAM

SGDC/VAL/013/2023

04.08.2023

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 10.08.2023

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




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

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SELF DEFENSE

10.08.2023 – 11.08.2023

DATE	TOPIC
10.08.2023	<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
11.08.2023	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/013/2023

Course duration: 15 hours

Course schedule: 12.00PM - 4.00PM (10.08.2023, 11.08.2023), monthly once

Course period: May

Course dates: 10.08.2023 – 11.08.2023

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: 10.08.2023 – 11.08.2023

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



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Conclusion:

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



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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

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Unclear and disorganized

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

Completely achieved

Mostly achieved

Partly achieved

Not achieved at all

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

Thank you for your feedback!




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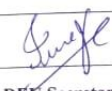
ATTENDANCE

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

TOPIC: *Self Defense*

10/8/23 11/8/23

Sl no.	Name of participant	Day 1	Day 2
	<i>Anjitha</i>	<i>Anjitha</i>	<i>Anjitha</i>
	<i>Abhinaya K Vijay</i>	<i>Abhinaya</i>	<i>Abhinaya</i>
	<i>Abha K. A</i>	<i>Abha</i>	<i>Abha</i>
	ANNET RACHEL TOY	<i>Annet</i>	<i>Annet</i>
	<i>Aspika SM</i>	<i>Aspika</i>	<i>Aspika</i>
	HEPZIBHA TOM	<i>Hepzibha</i>	<i>Hepzibha</i>
	<i>Airidhya Kurian</i>	<i>Airidhya</i>	<i>Airidhya</i>
	<i>Tini Jaji</i>	<i>Tini</i>	<i>Tini</i>
	<i>Marie M Raja</i>	<i>Marie</i>	<i>Marie</i>
	<i>Liya Mevin Paul</i>	<i>Liya</i>	<i>Liya</i>
	<i>Marin Rose</i>	<i>Marin</i>	<i>Marin</i>
	<i>Mahar Jan An</i>	<i>Mahar</i>	<i>Mahar</i>

		
PRINCIPAL	DEU Convenor	DEU Secretary



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CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

TOPIC: SELF DEFENSE

Sl no.	Name of participant	10/8/23 Day 1	11/8/23 Day 2
	MIRWA T P	Mirwa T P	Mirwa T P
	Athma	Athma	Athma
	Pashana	Pashana	Pashana
	Sajeeba	Sajeeba	Sajeeba
	Sandhya Susan	Susi	Susi
	Sandhya Manuvaran	Susi	Susi
	SARA MATHILU	Sara	Sara
	SNEHA N S	Sneha	Sneha
	Snigdha Jayaraj	Snig	Snig
	Beulobhimi Radheer	Beulobhimi	
	SREEMOL C.R	Sreemol	Sreemol
	VAISHNAV	Vaishna	Vaishna

		
PRINCIPAL	DEU Convenor	DEU Secretary



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BROCHURE

ST GREGORIOS DENTAL COLLEGE, CHELAD

SELF DEFENCE

VALUE ADDED



DATE & VENUE

10-11 AUG 2023
09.00 AM
COLLEGE AUDITORIUM

ORGANIZED BY



WOMEN CELL
INTERNAL QUALITY ASSURANCE CELL

Phone: 0485-2572531, 532, 9188952016, 9188952017

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(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

CERTIFICATE



ST. GREGORIOS DENTAL COLLEGE
CHELAD, KOTHAMANGALAM

CERTIFICATE OF MERIT

This certificate is awarded to

KRISHNA PRAKASH

FOR SUCCESSFULLY COMPLETEING 15 HOURS OF
VALUE ADDED COURSE ENTITLED "SELF DEFENSE"
ORGANISED BY THE DENTAL EDUCATION UNIT IN
ASSOCIATION WITH IQAC.

DR. JAIN MATHEW
PRINCIPAL



DR. ALLU BABY
DEU CONVENOR



ST. GREGORIOS DENTAL COLLEGE

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(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

PHOTOS



PHOTOGRAPHS OF VALUE-ADDED PROGRAM

‘SELF DEFENCE’

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AWARENESS ON MENSTRUATION AND MENSTRUAL AIDS

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

SGDC/VAL/014/2023

05.09.2023

CIRCULAR

Subject: AWARENESS ON MENSTRUATION AND MENSTRUAL AIDS

Women Cell, St. Gregorios Dental College is organizing an program entitled "AWARENESS ON MENSTRUATION AND MENSTRUAL AIDS" for BDS students on 7.9.23 - 8.09.23 at 11 am in college auditorium

For further reference reach out to Dr. Reshma Raju

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St. Gregorios Dental College
Chelad, Kerala - 686 684



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(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

AWARENESS ON MENSTRUATION AND MENSTRUAL AIDS

07.09.2023 – 08.09.2023

07.09.2023	<ol style="list-style-type: none">1. Understanding Menstruation2. Menstrual Hygiene Management3. Menstrual Disorders and Conditions4. Menstrual Myths and Taboos5.
08.09.2023	<ol style="list-style-type: none">1. Menstruation and Mental Health2. Menstrual Aids and Alternatives3. Menstrual Health Education and Advocacy4. Practical Demonstration and Q&A Building Resilience



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AWARENESS ON MENSTRUATION AND MENSTRUAL AIDS

Course code: SGDC/VAL/014/2023

Course duration: 15 hours

Course schedule: 8pm to 3:30 pm

Course period: September

Course dates: 07.09.2023 – 08.09.2023

Course mode: offline

Resource person & Course coordinator: Dr. Liza Thomas and Dr Reshma Raju

Course outline:

The goal of the course is to provide participants with education on menstruation and menstrual assistance, including a variety of topics critical to menstrual cleanliness and health. An overview of menstruation is given at the outset, outlining the regular menstrual cycle and its importance for reproductive health. Participants will get knowledge about the different types of period products, how to dispose of them, and good hygienic practices for managing monthly hygiene. In addition, the course covers typical menstrual illnesses and conditions, busts taboos and misconceptions about menstruation, and investigates the relationship between menstruation and mental health. Participants will also learn about sustainable menstruation practices and various menstrual aids and substitutes. The course provides ways for raising awareness and resolving disparities in menstruation health and emphasises the significance of menstrual health education and advocacy. Interactive workshops and real-world examples will improve comprehension.



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COURSE CONTENT

The class focuses on menstruation and menstrual aids, providing in-depth insights into menstrual health, hygiene practices, common disorders, and advocacy efforts for ensuring equitable access to resources and education in this vital area of reproductive health. Understanding Self-Esteem:

Module 1: Introduction to Menstruation

- Definition of menstruation
- Normal menstrual cycle
- Importance of menstruation in reproductive health

Module 2: Menstrual Hygiene Management

- Proper hygiene practices during menstruation
- Types of menstrual hygiene products (sanitary pads, tampons, menstrual cups)
- Disposal of menstrual products
- Importance of clean water and sanitation facilities

Module 3: Menstrual Disorders and Conditions

- Common menstrual disorders (dysmenorrhea, menorrhagia, amenorrhea)
- Symptoms and treatment options for menstrual disorders
- When to seek medical help

Module 4: Menstrual Myths and Taboos

- Addressing cultural and societal taboos surrounding menstruation
- Dispelling myths related to menstruation
- Promoting open dialogue and education to combat stigma

Module 5: Menstruation and Mental Health

- Impact of menstruation on mental health
- Coping strategies for menstrual-related emotional changes
- Importance of supportive environments and mental health resources

Module 6: Menstrual Aids and Alternatives

- Overview of menstrual aid options beyond traditional pads and tampons (menstrual cups, period panties, reusable pads)
- Benefits and considerations for each option
- Sustainable menstruation practices



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Module 7: Menstrual Health Education and Advocacy

- Strategies for promoting menstrual health education in communities
- Advocacy for menstrual equity and access to menstrual products
- Engaging with policymakers and stakeholders to prioritize menstrual health

Module 8: Practical Demonstration and Q&A

- Hands-on demonstration of menstrual hygiene practices (proper pad/tampon use, menstrual cup insertion)
- Question and answer session to address any remaining concerns or misconceptions



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POST-EVENT REPORT

Date: 07.09.2023 TO 08.09.2023

Location: St. Gregorios Dental College, Auditorium

Training Methodology:

The training style takes a multipronged approach, combining several tactics to increase understanding and participation. Through the use of multimedia tools, group discussions, and interactive sessions, participants actively engage with the subject. Through the practical application of concepts, hands-on exercises and demonstrations improve learning. Furthermore, role-playing games and case studies help students develop their critical thinking and problem-solving abilities. continual progress and tailored support for every participant are ensured by means of continual evaluation and feedback procedures. The methodology's overall goal is to establish a dynamic, welcoming learning environment that supports the development of comprehensive knowledge and skills related to menstrual health and cleanliness.

Key Highlights:

The program's salient features encompass a thorough examination of menstruation and menstrual assistance, with a particular focus on menstrual health, hygienic habits, and the management of menstrual diseases. To guarantee practical learning and skill development, the programme includes interactive workshops and practical demonstrations. In addition, it dispels cultural misconceptions and taboos related to menstruation, encouraging candid discussion and awareness. Additionally, the programme has a strong emphasis on advocating for menstruation equity, giving participants the tools they need to encourage community access to services and knowledge. The program's overall goal is to give participants the information, abilities, and self-assurance they need to promote menstrual health and cleanliness, which will enhance their wellbeing and gender parity.



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Conclusion:

In summary, this programme on menstruation and menstrual aids is an important step towards advancing justice, hygienic practices, and menstrual health. The management of monthly diseases, hygienic habits, and menstrual physiology have all become more clear to participants thanks to extensive teaching, hands-on demonstrations, and interactive sessions. Through tackling cultural taboos and promoting menstrual equity, participants gain the ability to dispel stigma, encourage candid conversations, and support community access to resources and knowledge. In the future, this program's influence will go beyond the classroom and support societal advancement, gender parity, and enhanced wellbeing. By working together, we can keep bringing about good change and making sure that menstruation no longer acts as a barrier but rather as a spur for inclusivity and 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

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

AWARENESS OF MENSTRUATION & MENSTRUAL AIDS

VALUE ADDED PROGRAM FOR UNDERGRADUATES

 RESOURCE PERSON
DR LIZA THOMAS

 Organized by
Women Cell
ST. GREGORIOS DENTAL COLLEGE

7-8 SEPT 2023
10.00AM - 5:30PM

**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: Awareness of Mestruation & menstrual Aids.
Date - 7/9/23 - 8/9-23.

Sl no.	Name of participant	Day 1	Day 2
1.	Adithya V.J	[Signature]	[Signature]
2.	Aiswarya Lekshmi	[Signature]	[Signature]
3.	Aiswarya P.S	[Signature]	[Signature]
4.	Akhila E	[Signature]	[Signature]
5.	MICKANISHA PRADEEP	[Signature]	[Signature]
6.	Alakanandha	[Signature]	[Signature]
7.	Aleena Manam Sarou	[Signature]	[Signature]
8.	Alen Sunil	[Signature]	[Signature]
9.	Amitha Grace Abraham	[Signature]	[Signature]
10.	Amaritha P.L	[Signature]	[Signature]
11.	Anakha Sajan	[Signature]	[Signature]
12.	Angel Baby	[Signature]	[Signature]
13.	ANITA SIMON	[Signature]	[Signature]
14.	Anyali Angel	[Signature]	[Signature]
15.	Anjana P.S	[Signature]	[Signature]
16.	Angela G.	[Signature]	[Signature]
17.	ANN MARY VIPIN	[Signature]	[Signature]
18.	ANABEL MARY BENNY	[Signature]	[Signature]
19.	Anu Sonny Thomas	[Signature]	[Signature]
20.	Anupama V. Shally	[Signature]	[Signature]
21.	Aparna Abdul	[Signature]	[Signature]
22.	Christeena K Saija	[Signature]	[Signature]
23.	Denna Shjo	[Signature]	[Signature]
24.	DONA DAVID	[Signature]	[Signature]
25.	Manpriya H	[Signature]	[Signature]

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



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CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

TOPIC: Awareness on Nephrotoxicity of Antibiotic Abuse.

Sl no.	Name of participant	7/9/23 Day 1	8/9/23 Day 2
26.	JENY MARY JOE	Jeny	Jeny
27.	Kadecja Shifana	Kadecja	Kadecja
28.	Lois J. Sanceef	Lois	Lois
29.	Maria Leo Paul	Maria	Maria
30.	Meera Divesh	Meera	Meera
31.	Moncy V.B	Moncy	Moncy
32.	Mounika.G	Mounika	Mounika
33.	NEATHAN JACOB	Neathan	Neathan
34.	NINDY PAVITHRA	Nindy	Nindy
35.	Niyora Suresh	Niyora	Niyora
36.	NIDHI ELIZABETH BABU	Nidhi	Nidhi
37.	Pooja TR	Pooja	Pooja
38.	RANGOVINDH	Rangovindh	Rangovindh
39.	RIYA ANN JACOB	Riya	Riya
40.	SOPNIL MS	Sopnil	Sopnil
41.	SHRAVAN RAJEEV	Shraavan	Shraavan
42.	VANDANA S	Vandana	Vandana
43.	SRUTHY SUCUNAN	Sruthy	Sruthy

		
PRINCIPAL	DEU Convener	DEU Secretary



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CERTIFICATE



ST. GREGORIOS DENTAL COLLEGE
CHELAD, KOTHAMANGALAM

CERTIFICATE OF MERIT

This certificate is awarded to

CHRISTEENA K SAIJU

FOR SUCCESSFULLY COMPLETEING 15 HOURS OF
VALUE ADDED COURSE ENTITLED "AWARENESS OF
MENSTRUATION AND MENSTRUAL AIDS"
ORGANISED BY THE DENTAL EDUCATION UNIT IN
ASSOCIATION WITH IQAC AND WOMEN
EMPOWERMENT CELL.

DR. JAIN MATHEW
PRINCIPAL



DR. ALLU BABY
DEU CONVENOR



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PHOTOS



PHOTOS OF VALUE ADDED PROGRAMME ENTITLED

“AWARENESS ON MENSTRUATION AND MENSTRUAL AIDS”



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MELODIOUS NOTES

Phone : 0485-2572531, 532, 9188952016, 9188952017

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

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

SGDC/VAL/015/2023

20.09.2023

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 22.09.23-23.09.2023 at 6pm in college auditorium
For further reference reach out to Mrs. Nima M Kalappura




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

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MELODIOUS NOTES – FINE ARTS PROGRAM FOR FIRST YEARS

22.09.23-23.09.2023

22.09.2023	<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
23.09.2023	<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/015/2023

Course duration: 15 hours

Course schedule: 8pm to 3:30 pm

Course period: September

Course dates: 22.09.23-23.09.2023

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: 22.09.23-23.09.2023

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

 **ST. GREGORIOS DENTAL COLLEGE**
CHELAD

MELODIOUS NOTES

VALUE ADDED PROGRAM FOR BDS 1ST YEARS

DATE & TIME



**22-23
SEPT 2023**
8:30am
COLLEGE AUDITORIUM

RESOURCE PERSON

SUJA RAVI

Organized by
MUSIC CLUB, INTERNAL QUALITY ASSURANCE CELL

Phone : 0485-2572531, 532, 9188952016, 9188952017

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



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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: MELODIAS, NOTES - Value added course.

Sl no.	Name of participant	22/9/23 Day 1	23/9/23 Day 2
1.	Sapnel M.S	[Signature]	[Signature]
2.	Aishwarya Lakshmi	[Signature]	[Signature]
3.	Aiswarya S	[Signature]	[Signature]
4.	Akhila C	[Signature]	[Signature]
5.	AFFANCHA. PRADEEP	[Signature]	[Signature]
6.	Alaka Nanda	[Signature]	[Signature]
7.	Aleena Manam Samu	[Signature]	[Signature]
8.	Alessa Sunil	[Signature]	[Signature]
9.	Amita Grace	[Signature]	[Signature]
10.	Amentha	[Signature]	[Signature]
11.	Anakha Sajjan	[Signature]	[Signature]
12.	Angel Babul	[Signature]	[Signature]
13.	ANITA SIMON	[Signature]	[Signature]
14.	Anjali Angel	[Signature]	[Signature]
15.	Angana PS	[Signature]	[Signature]
16.	Anju G	[Signature]	[Signature]
17.	ANN MARY VIPIN	[Signature]	[Signature]
18.	ANABEL MARY BENDY	[Signature]	[Signature]
19.	Anu Sony Thomas	[Signature]	[Signature]
20.	Anupama V. Shalby	[Signature]	[Signature]
21.	Aparna Anil	[Signature]	[Signature]
22.	Christeena	[Signature]	[Signature]
23.	Denna	[Signature]	[Signature]
24.	DONA DAVID	[Signature]	[Signature]
25.	Hampriya H	[Signature]	[Signature]

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



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CERTIFICATE



ST. GREGORIOS DENTAL COLLEGE
CHELAD, KOTHAMANGALAM

CERTIFICATE OF MERIT

This certificate is awarded to

NIYONA SUCHESM

FOR SUCCESSFULLY COMPLETEING 15 HOURS OF
VALUE ADDED COURSE ENTITLED "MELODIOUS
NOTES" ORGANISED BY THE DENTAL EDUCATION
UNIT IN ASSOCIATION WITH IQAC.

DR. JAIN MATHEW
PRINCIPAL



DR. ALLU BABY
DEU CONVENOR



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(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

PHOTOS



PHOTOS OF MELODIOUS NOTES 2023

Phone : 0485-2572531, 532, 9188952016, 9188952017

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GENDER EQUALITY EVERYONE'S RESPONSIBILITY

Phone : 0485-2572531, 532, 9188952016, 9188952017

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

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

SGDC/VAL/016/2023

12.12.2023

CIRCULAR

Subject: GENDER EQUALITY EVERYONE'S RESPONSIBILITY

Women Cell, St. Gregorios Dental College is organizing an program entitled "GENDER EQUALITY EVERYONE'S RESPONSIBILITY" for BDS 2nd year students on 14.12.23-15.12.23 at 10am in college auditorium

For further reference reach out to Dr. Annie V Issac



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P.D. Issac
St. Gregorios Dental College
Chelad, Kerala - 686 681



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GENDER EQUALITY EVERYONE'S RESPONSIBILITY

14.12.23 - 15.12.23

14.12.23	<ol style="list-style-type: none">1. Introduction to Gender Equality2. Historical Perspectives on Gender Inequality3. Gender Stereotypes and Bias4. Intersectionality and Gender Equality5. Role of Institutions in Promoting Gender Equality
15.12.23	<ol style="list-style-type: none">1. Gender Equality in the Workplace2. Gender-Based Violence and Harassment3. Educational Initiatives for Gender Equality4. Media Representation and Gender Equality5. Engaging Men and Boys in Gender Equality Menstruation and Mental Health



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GENDER EQUALITY EVERYONE'S RESPONSIBILITY

Course code: SGDC/VAL/016/2023

Course duration: 15 hours

Course schedule: 8pm to 3:30 pm

Course period: December

Course dates: 14.12.23 - 15.12.23

Course mode: offline

Resource person & Course coordinator: Dr. Annie V Issac and Dr Reshma Raju

Course outline:

The goal of the course "Gender Equality: Everyone's Responsibility" is to give participants a thorough awareness of gender equality issues as well as the knowledge and resources they need to advance gender equality in a variety of contexts. The concept of gender equality is introduced at the outset, and its historical background—including significant occasions and movements—is examined. Participants examine the effects of bias and preconceptions related to gender as well as how gender intersects with other identities. The course covers specific topics such the workplace, education, and media representation while exploring the role of institutions in promoting gender equality. In addition, it addresses harassment and violence against women while emphasising preventative and supportive measures. The course also stresses the significance of enlisting boys and men as allies in the pursuit of gender equality.



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COURSE CONTENT

Achieving gender equality is essential in today's world for everyone, not just a few. This essay examines the significance of it, its origins, the issues it presently faces, and the reasons it is imperative that we all cooperate to improve things.

MODULE 1: Introduction to Gender Equality:

- Understanding the concept of gender equality.
- Exploring the importance of gender equality in society.
- Recognizing the different dimensions of gender inequality.

MODULE 2: Historical Perspectives on Gender Inequality:

- Tracing the historical roots of gender inequality.
- Examining key events and movements in the fight for gender equality.
- Understanding how gender roles have evolved over time.

MODULE 3: Gender Stereotypes and Bias:

- Identifying common gender stereotypes.
- Exploring the impact of gender bias on individuals and society.
- Strategies for challenging and combating gender stereotypes.

MODULE 4: Intersectionality and Gender Equality:

- Understanding the intersection of gender with other identities (race, class, sexuality, etc.).
- Recognizing how intersecting identities impact experiences of inequality.
- Strategies for promoting inclusive approaches to gender equality.

MODULE 5: The Role of Institutions in Promoting Gender Equality:

- Examining the role of government, NGOs, and international organizations in advancing gender equality.
- Policies and initiatives aimed at promoting gender equality in various sectors (education, employment, healthcare, etc.).
- Challenges and opportunities in implementing gender equality measures at institutional levels.



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MODULE 6: Gender Equality in the Workplace:

- Addressing gender disparities in the workforce.
- Strategies for promoting gender diversity and inclusion in the workplace.
- Implementing policies to ensure equal opportunities and pay for all genders.

MODULE 7: Gender-Based Violence and Harassment:

- Understanding the prevalence and impact of gender-based violence.
- Exploring different forms of gender-based violence (domestic violence, sexual harassment, etc.).
- Prevention strategies and support services for survivors.

MODULE 8: Educational Initiatives for Gender Equality:

- Promoting gender equality in education systems.
- Addressing gender bias in curriculum and teaching practices.
- Encouraging girls' participation and achievement in STEM fields.

MODULE 9: Media Representation and Gender Equality:

- Analyzing gender portrayals in media and popular culture.
- Exploring the influence of media on shaping attitudes towards gender.
- Promoting more diverse and positive representations of gender in media.

MODULE 10: Engaging Men and Boys in Gender Equality:

- Understanding the role of men and boys in promoting gender equality.
- Exploring the concept of positive masculinity.
- Strategies for involving men and boys as allies in the fight for gender equality.



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POST-EVENT REPORT

Date: 14.12.23 - 15.12.23

Location: St. Gregorios Dental College, Auditorium

Training Methodology:

This course's training methodology combines a number of approaches in a dynamic and engaging way to guarantee successful learning results. To enhance their comprehension of gender equality issues, participants will partake in a variety of lectures, debates, case studies, group activities, and multimedia presentations. To improve relevance and applicability, the training will also include practical exercises and real-world situations. In addition, there will be chances for participants to reflect on themselves and learn from their peers, creating a welcoming and inclusive learning atmosphere. To increase engagement and knowledge retention, trainers will support critical thinking, promote active involvement, and offer tailored feedback. In general, the training approach is meant to be dynamic, captivating, and powerful, giving learners the tools they need to become change agents and advance gender equality.

Key Highlights:

One of the course's main attractions is its thorough examination of gender equality concerns, from historical viewpoints to current difficulties. Participants will acquire a sophisticated comprehension of gender stereotypes, prejudices, and the effects they have on people and the community. The relevance of intersectionality—recognizing the ways in which gender intersects with other identities including race, class, and sexual orientation—is emphasised throughout the course. We'll look at doable tactics for advancing gender equality in the workplace, in the classroom, and in the media, among other contexts. The workshop also emphasises how important it is to include boys and men as allies in the fight for gender equality. Through hands-on workshops, practical demonstrations, and group projects, participants will gain the skills and information need to effectively promote gender equality both inside and outside of their communities.



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Conclusion:

To sum up, this course has offered a thorough examination of gender equality as a shared duty. The significance of gender equality and the complex nature of its pursuit have been clear to participants through an analysis of historical settings, current issues, and useful tactics. Participants become more capable of confronting inequality in their individual domains when they acknowledge the intersections of gender with other identities and participate in critical dialogues regarding prejudices and stereotypes. It is essential that the ideas and understandings acquired in this course be put into practice going forward in order to promote systemic change and create inclusive settings. In the end, achieving gender equality will need our combined efforts, which we can pursue by continuing to raise awareness, educate the public, and take action.



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FEEDBACK FORM

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

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

2. Did the program content meet your expectations?

- Yes
- No

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

- Highly relevant
- Somewhat relevant
- Not relevant

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

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

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

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



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

Thank you for your feedback!



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BROCHURE

UNITE FOR WOMEN

GENDER EQUALITY

EVERYONE'S RESPONSIBILITY

VALUE ADDED PROGRAM FOR BDS 2ND YEARS

14-15 DEC 2023
08.30 am

COLLEGE AUDITORIUM

Organized by
WOMEN CELL, INTERNAL QUALITY ASSURANCE CELL

RESOURCE PERSON
DR RESHMA RAJU

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: Gender Equity ; Engineer's Responsibility

Date - 14-12-23 15-12-23

Sl no.	Name of participant	Day 1	Day 2
1.	Adithya Vj	Adithya	Adithya
2.	Akhila C	Akhila	Akhila
3.	Aiswarya P.S	Aiswarya	Aiswarya
4.	Aleena Manam Samu	Aleena	Aleena
5.	Amentha	Amentha	Amentha
6.	Anakha Sajan	Anakha	Anakha
7.	Angel Babu	Angel	Angel
8.	ANITA SIMON	Anita	Anita
9.	Anjana PS	Anjana	Anjana
10.	Anju G	Anju	Anju
11.	ANWABEL MARY BENNY	Anwabel	Anwabel
12.	ANN MARY VIPIN	Ann Mary	Ann Mary
13.	Anupama V. Shally	Anupama	Anupama
14.	Anu Sonny Thomas	Anu	Anu
15.	Aparna Anil	Aparna	Aparna
16.	Christena K Saiju	Christena	Christena
17.	Denna shijo	Denna	Denna
18.	Dona david	Dona	Dona
19.	Harpriya	Harpriya	Harpriya
20.	Lois J sarsuel	Lois	Lois
21.	Maria Leo Paul	Maria	Maria
22.	Neera Dinesh	Neera	Neera
23.	Mounika G	Mounika	Mounika
24.	Money V Benny	Money	Money

		
PRINCIPAL	DEU Convenor	DEU Secretary



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CERTIFICATE



ST. GREGORIOS DENTAL COLLEGE
CHELAD, KOTHAMANGALAM

CERTIFICATE OF MERIT

This certificate is awarded to

ANGEL BABU

FOR SUCCESSFULLY COMPLETEING 15 HOURS OF
VALUE ADDED COURSE ENTITLED "GENDER
EQUALITY: EVERYONE'S RESPONSIBILTY"
ORGANISED BY THE DENTAL EDUCATION UNIT IN
ASSOCIATION WITH IQAC AND WOMEN
EMPOWERMENT CELL

DR. JAIN MATHEW
PRINCIPAL



DR. ALLU BABY
DEU CONVENOR



ST. GREGORIOS DENTAL COLLEGE

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PHOTOS



PHOTO OF GENDER EQUALITY EVERYONE'S RESPONSIBILITY
VALUE ADDED PROGRAMME.



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DEMOCRATISING INNOVATION (YIP)

Phone: 0485-2572531, 532, 9188952016, 9188952017

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

ST. GREGORIOS DENTAL COLLEGE

CHELAD, KOTHAMANGALAM

SGDC/VAL/001/2024

12.02.2024

CIRCULAR

Subject: Certificate course on "DEMOCRATISING INNOVATION – YOUNG INNOVATORS PROGRAM" for Interns

This is to inform that a value added course on topic entitled 'Democratising Innovation (Young Innovator's Program)' for interns is being organised by the IQAC from 16.02.2024 at the college auditorium.

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




PRINCIPAL

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

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DEMOCRATISING INNOVATION (YIP)

16.02.2024 - 24.02.2024

DATE	TOPIC
16.02.2024 - 24.02.2024	<ol style="list-style-type: none">1. Introduction to innovation2. Understanding Democratised Innovation3. Tools and Technologies for Young Innovators4. The Power of Open Source5. Crowdsourcing Ideas and Resources6. Collaborative innovation and teamwork7. From ideas to prototypes8. Innovation in Different Fields9. Ethics and Social Impact10. Showcasing and Pitching Innovations



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DEMOCRATISING INNOVATION

Course code: SGDC/VAL/001/2024

Course duration: 16 hours

Course schedule: 10.00pm – 12.00pm

Course period: March

Course dates: 16.02.2024-24.02.2024

Course mode: offline

Resource person & Course coordinator: Ms. Anjali Skaria

Course outline:

An introduction to innovation, its importance, and historical examples is covered at the start of this course. Next, utilising examples from everyday life, it delves into the fundamentals of democratised innovation. In addition to taking part in practical workshops, students will learn about makerspaces and digital technologies. The open-source movement, its advantages, difficulties, and ways to get involved are all covered in the course. It also explores planning crowdfunding campaigns and crowdsourcing concepts. The use of collaboration tools, cooperative techniques, and collaborative invention are emphasised. Ideas are developed and refined through the use of rapid prototyping and the design thinking process. Innovations unique to the healthcare, education, and environmental sectors are examined, along with the moral implications and societal ramifications. In a culminating display, students will refine their presentation abilities and present their innovations. Participation, projects, and the final pitch are all evaluated. Students will have gained an understanding of democratised innovation, tool utilisation, successful collaboration, prototype development, confident idea presentation, and ethical impact recognition by the end of the course.



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COURSE CONTENT

1. INTRODUCTION TO INNOVATION

- Overview of innovation
- Importance
- Activities: discussion on favourite innovation , exploration of everyday innovations
- Assignments: reflective essays

2. UNDERSTANDING DEMOCRATISED INNOVATION

- Concepts and principles
- Real world examples
- Activities: case study analysis, group discussions

3. TOOLS AND TECHNOLOGIES FOR YOUNG INNOVATORS

- Digital tools and platforms
- Makerspaces and Fab Labs
- Activities: Hands-on workshop, demonstrations of key tools
- Assignment: project using a digital tool or platform

4. THE POWER OF OPEN SOURCE

- Open source Movement
- Activities: exploring popular open source projects, sessions on contribution to an open source project
- Assignments: an open source project or contributions to one

5. CROWDSOURCING IDEAS AND RESOURCES

- Crowdsourcing basics
- Crowdfunding for young innovators
- Activities: workshop on creating a crowdfunding campaign
- Assignment: planning and outlining a campaign

6. COLLABORATIVE INNOVATION AND TEAMWORK

- Working in teams
- Co-creation techniques
- Activities: Group project, role playing exercises
- Assignments: document and present the group project



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7. FROM IDEAS TO PROTOTYPES

- Design thinking process
- Prototyping techniques
- Activities: design thinking workshop, rapid prototyping session
- Assignment: creating prototype

8. INNOVATION IN DIFFERENT FIELDS

- Sector specific innovations
- Activities: guest lectures, field trip
- Assignments: research project

9. ETHICS AND SOCIAL IMPACT

- Ethical considerations
- Social implications and responsibilities
- Activities: debate on ethical delimmas, analysis of social impact

10. SHOWCASING AND PITCHING INNOVATIONS

- Presentation skills and pitching ideas
- Activities: Practicing pitch sessions, final showcase event
- Assignment: Developing and delivering a pitching for the final project



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POST EVENT REPORT

Date: 16.02.2024- 24.02.2024

Location: St. Gregorios Dental College

Speaker: Ms. Anjali Skaria

Training Methodology:

Project-based learning, cooperative group projects, and practical exercises are all used in the course. Interactive workshops centre around design thinking, whilst mentorship programmes and hackathons offer practical perspectives. Digital tool training and ethical dialogues deepen comprehension. Progress is ensured via peer evaluations, constructive criticism, and ongoing assessment. Students pitch their innovations at the course's final exhibition, which is accompanied by sessions on presentation techniques and reflective journaling.

Key Highlights:

- Interactive workshops and hackathons
- Hands-on learning including prototyping and makerspace tools
- Training of digital tools
- Continuous assessment of the students

Conclusion:

Students who complete the course "Democratising Innovation for Young Innovators" will have the necessary abilities, know-how, and resources to actively engage with and support the innovation ecosystem. Students receive information and ideas from professionals in the field through practical experience, group projects, and mentoring. The course places a strong emphasis on innovation's societal impact and ethical issues. The programme ends in a final display where students demonstrate their creative ideas and exhibit their capacity for critical thought, teamwork, and innovation. Graduates of this programme will be well-equipped to drive innovation in a variety of disciplines and to take on leadership roles.



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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

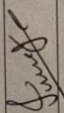
Department: *IQAC*

Course: *Dentistry Innovation Year Innovators Program (YIP)*

Sl. No.	Name of Student	10/1/21	10/2/21	10/3/21	10/4/21	10/5/21	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
1	<i>Albin Joy</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>
2	<i>Abhinaya K</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>
3	<i>Akshaya T.K</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>
4	<i>Diya Mary Philip</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>
5	<i>Sandhya V.S</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>
6	<i>Vishali Jaiprakash</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>
7	<i>Aparna V Raj</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>
8	<i>Rishma V H</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>
9	<i>Shiva Rishi Raj</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>
10	<i>S. Mahima Mahandran</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>


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DEU Convener


DEU Secretary



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UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ


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
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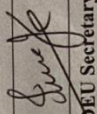
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 CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

Department: _____
 Course: _____

Sl. No.	Name of Student	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
1	Marsela Elizabeth Suneil	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>																				
2	Michael Ann Mathew	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>																				
3	Rinku C. Rajeev	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>																				
4	Liya Mania Joseph	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>																				
5	MARISHA CHANDRAN	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>																				
6	Manya Mania Aji	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>																				
7	Gouri Lakshmi S	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>																				
8	Hanna Mary eldho	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>																				
9	Jeff Jacob Mathew	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>																				
10	Christy Elizabeth Philip	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>																				


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DEU Convener


DEU Secretary



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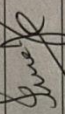

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Department:

Course:

Sl. No.	Name of Student	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
1	Elizabeth Kadiyathi																									
2	George Bijju																									
3	Ancopa T.M.																									
4	Anya Gireesh																									
5	Ashley Elho																									
6	Alfred Susan Penna																									
7	Ancetta Anna Elho																									
8	Anisha Raichel John																									
9	Minni B Mammilal																									
10	Sosanna Johnson																									

	 DEU Convenor	 DEU Secretary
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BROCHURE

Coordinated by

K-DISC
Kerala Development and Innovation
Strategic Council

YIP
YOUNG INNOVATORS PROGRAMME

DEMOCRATISING INNOVATION

YOUNG INNOVATORS PROGRAM YIP

Empower future innovators

COLLEGE AUDITORIUM	FEBRUARY
10 AM - 12 PM	16-24 2024

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PROGRAM**

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CERTIFICATE



ST. GREGORIOS DENTAL COLLEGE
CHELAD, KOTHAMANGALAM

CERTIFICATE OF MERIT

This certificate is awarded to

SRUTHY . V . S

FOR SUCCESSFULLY COMPLETEING 15 HOURS OF
VALUE ADDED COURSE ENTITLED "DEMOCRATISING
INNOVATION (YIP)" ORGANISED BY THE DENTAL
EDUCATION UNIT IN ASSOCIATION WITH IQAC.

DR. JAIN MATHEW
PRINCIPAL



DR. ALLU BABY
DEU CONVENOR



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PHOTOS



PHOTOGRAPH OF VALUE ADDED PROGRAM

‘DEMOCRATISING INNOVATION’



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(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

ZUMBA: MOVE TO THE RHYTHM

Phone: 0485-2572531, 532, 9188952016, 9188952017

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

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

SGDC/VAL/004/2024

20.05.2024

CIRCULAR

Subject: Certificate course on "ZUMBA: MOVE TO THE RHYTHM" program for First year students

This is to inform that a value-added course on topic entitled 'Zumba: Move to the Rhythm' for first year students is being organised by the IQAC on 22.05.2024-23.05.2024 at the college auditorium.

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

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St. Gregorios Dental College
Chelad, Kerala - 686 681



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ZUMBA: MOVE TO THE RHYTHM

22.05.2024-23.05.2024

DATE	TOPIC
22.05.2024	<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)
23.05.2024	<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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ZUMBA: MOVE TO THE RHYTHM

Course code: SGDC/VAL/004/2024

Course duration: 15 hours

Course schedule: 12.00pm – 6.00pm

Course period: March

Course dates: 22.05.2024-23.05.2024

Course mode: offline

Resource person & Course coordinator: Ms. Minnu Kandirickal

Course outline:

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



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COURSE CONTENT

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

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

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

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

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

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

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

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

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

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

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

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



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7. MODULE 7: Toning and Sculpting

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

8. MODULE 8: Flexibility and Flow

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

9. MODULE 9: Party Mix

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

10. MODULE 10: Dance Challenge

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

11. MODULE 11: Participant Showcase

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

12. MODULE 12: Celebration and Review

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



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POST EVENT REPORT

Date: 22.05.2024-23.05.2024

Location: St. Gregorios Dental College

Speaker: Ms. Minnu Kandirickal

Training Methodology:

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

Key Highlights:

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

Conclusion:

An engaging, thought-provoking, and useful approach to using dance to improve fitness is what the Zumba: Move to the Rhythm course aimed to offer. Participants benefit from structured classes, a range of dancing genres, and an emphasis on adaptation in an environment that is supportive and inviting to all fitness levels. Multimedia instruction, inspirational strategies, and team-building exercises improve the experience. Participants' continued advancement and well-being are guaranteed by the provision of safety, health, and other resources. Through regular feedback, assessments, and a final demonstration, participants receive the opportunity to track their progress and celebrate their successes. Enabling students to attain their health goals and enjoy dancing was the ultimate goal of this training.



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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



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CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

TOPIC: ZUMBA - Move to the Rhythm

22-05-2024, 03-05-2024

Sl no.	Name of participant	Day 1	Day 2
1.	Zesha fathima.	<i>[Signature]</i>	<i>[Signature]</i>
2.	Rashtiana. ranbir	<i>[Signature]</i>	<i>[Signature]</i>
3.	Vyithnavy AD	<i>[Signature]</i>	<i>[Signature]</i>
4.	Joseph Sebastian.		<i>[Signature]</i>
5.	Maisha S	<i>[Signature]</i>	<i>[Signature]</i>
6.	Anusree V.A.	<i>[Signature]</i>	
7.	Anna Robin	<i>[Signature]</i>	<i>[Signature]</i>
8.	Maria Rose.	<i>[Signature]</i>	<i>[Signature]</i>
9.	Aiswarya V.S	<i>[Signature]</i>	<i>[Signature]</i>
10.	Bhagathi R. benny	<i>[Signature]</i>	<i>[Signature]</i>
11.	Madhuwma Lamesh	<i>[Signature]</i>	<i>[Signature]</i>
12.	Jesha saji.		<i>[Signature]</i>
13.	Asbilka. saji	<i>[Signature]</i>	
14.	Preetha rajamohanar	<i>[Signature]</i>	<i>[Signature]</i>
15.	Devika lose.	<i>[Signature]</i>	
16.	Meenu. S.	<i>[Signature]</i>	<i>[Signature]</i>
17.	Anamikha. jayakumar	<i>[Signature]</i>	<i>[Signature]</i>
18.	Kavya santhosh	<i>[Signature]</i>	
19.	Alvinda BA MH		<i>[Signature]</i>
20.	Ferni gomex.	<i>[Signature]</i>	
21.	H Seena	<i>[Signature]</i>	<i>[Signature]</i>
22.	Leine Thomas	<i>[Signature]</i>	
23.	Neha mathews		<i>[Signature]</i>
24.	Devika Saath	<i>[Signature]</i>	

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



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BROCHURE

ZUMBA

MOVE TO THE
RHYTHM

VALUE ADDED PROGRAM



TARGET : FIRST YEAR BDS
VENUE: COLLEGE AUDITORIUM

22-23
MAY 2024

ORGANIZED BY:

INTERNAL QUALITY ASSURANCE CELL
ST GREGORIOS DENTAL COLLEGE

Phone: 0485-2572531, 532, 9188952016, 9188952017

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



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CERTIFICATE



ST. GREGORIOS DENTAL COLLEGE
CHELAD, KOTHAMANGALAM

CERTIFICATE OF MERIT

This certificate is awarded to

IRENE THOMAS

FOR SUCCESSFULLY COMPLETEING 15 HOURS OF
VALUE ADDED COURSE ENTITLED "ZUMBA:MOVE TO
THE RHYTHM" ORGANISED BY THE DENTAL
EDUCATION UNIT IN ASSOCIATION WITH IQAC.

DR. JAIN MATHEW
PRINCIPAL



DR. ALLU BABY
DEU CONVENOR



ST. GREGORIOS DENTAL COLLEGE

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PHOTOS



PHOTOGRAPH OF VALUE ADDED PROGRAM

‘ZUMBA: MOVE TO THE RHYTHM

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BE CLEAN BE HEALTHY

Phone : 0485-2572531, 532, 9188952016, 9188952017

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

ST. GREGORIOS DENTAL COLLEGE

CHELAD, KOTHAMANGALAM

SGDC/ VAL/ 002/2024

19.03.2024

CIRCULAR

Subject: Value added program on BE CLEAN BE HEALTHY.

The Women Empowerment Cell, St. Gregorios Dental College is organizing a value added program entitled 'BE CLEAN BE HEALTHY' for Final year part 1 students from 21.03.2024-22.03.2024 at the College Auditorium.

For further reference reach out to Dr. Lynette Beena Mathai.



A handwritten signature in green ink, appearing to be "L. Mathai", written over a horizontal line.

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Chelad, Kerala - 686 681

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BE CLEAN BE HEALTHY

21.03.2024-22.03.2024

DATE	TOPIC
21.03.2024	<ol style="list-style-type: none">1. Overview of Menstrual Health2. Menstrual Hygiene Practices3. Managing Menstrual Discomfort4. Menstrual Health and Emotional Well-Being
22.03.2024	<ol style="list-style-type: none">5. Nutrition and Menstrual Health6. Exercise and Menstrual Health7. Menstrual Health across the Lifespan8. Empowerment and Advocacy



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WOMEN EMPOWERMENT CELL

BE CLEAN BE HEALTHY

Course code: SGDC/ VAL/ 002/2024

Course duration: 16 hours

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

Course period: March

Course dates: 21.03.2024-22.03.2024

Course mode: Offline

Resource person: Dr. Elizabeth V. Isaac

Course coordinator: Dr. Lynette Beena Mathai

Course outline:

This is a comprehensive course on menstrual hygiene, safe and healthy menstrual hygiene, and integrated well-being. It will have interactive sessions on menstrual hygiene practices, debunking myths surrounding menstruation, and strategizing the management of menstrual discomfort effectively. This course looks at ensuring that knowledge and the necessary skills are provided to all those concerned in maintaining optimum menstrual hygiene and health.



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COURSE CONTENT

DAY 1:

9:00 AM - 10:30 AM: OVERVIEW OF MENSTRUAL HEALTH

- Understanding the menstrual cycle
- Importance of menstrual health for overall well-being
- Debunking myths and misconceptions

10:30 AM - 10:45 AM: Break

10:45 AM - 12:30 PM: MENSTRUAL HYGIENE PRACTICES

- Proper hygiene practices during menstruation
- Different types of menstrual products and their usage
- Sustainable menstrual hygiene options

12:30 PM - 1:30 PM: Lunch Break

1:30 PM - 3:00 PM: MANAGING MENSTRUAL DISCOMFORT

- Common menstrual symptoms and their causes
- Strategies for managing menstrual pain and discomfort naturally
- Importance of self-care during menstruation

3:00 PM - 3:15 PM: Break

3:15 PM - 5:00 PM: MENSTRUAL HEALTH AND EMOTIONAL WELL-BEING

- Understanding the emotional aspects of menstruation



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- Coping mechanisms for dealing with emotional changes
- Creating a supportive environment for menstrual health

DAY 2:

9:00 AM - 10:30 AM: NUTRITION AND MENSTRUAL HEALTH

- The role of diet in managing menstrual symptoms
- Foods to eat and avoid during menstruation
- Nutritional tips for promoting menstrual health

10:30 AM - 10:45 AM: Break

10:45 AM - 12:30 PM: EXERCISE AND MENSTRUAL HEALTH

- Benefits of regular exercise for menstrual health
- Suitable exercises during menstruation
- Yoga and mindfulness practices for menstrual well-being

12:30 PM - 1:30 PM: Lunch Break

1:30 PM - 3:00 PM: MENSTRUAL HEALTH ACROSS THE LIFESPAN

- Menstrual health considerations for different age groups
- Menstrual disorders and when to seek medical help
- Menstrual health during pregnancy and menopause

3:00 PM - 3:15 PM: Break



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3:15 PM - 5:00 PM: EMPOWERMENT AND ADVOCACY

- Promoting menstrual health awareness in communities
- Advocacy for menstrual equity and access to menstrual products
- Action planning for promoting menstrual health initiatives



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POST-EVENT REPORT

Date: 21.03.2024-22.03.2024

Location: St. Gregorios Dental College

Training Methodology:

Training methods included interactive lectures, group discussions, practice, and case studies to engage participants. The practical, hands-on activities through role-plays and simulation exercises increased the acquisition and application of skills. Personalized learning was fostered through constant feedback and reflection sessions in a supportive environment to explore the topic of menstrual health with confidence and empowerment.

Key Highlights:

- Lecture with interactivity and group discussion
- Practical exercises such as role plays, cases, and simulation techniques
- Continuous feedback and reflective sessions
- Tailor-made learning approach
- Supportive environment for empowerment and confidence building

Conclusion:

In short, this two-day program on menstrual health will comprehensively dwell on essential topics and empower participants with practical knowledge and skills. It is through interactive sessions and a supportive environment that the attendees will be equipped to advocate for menstrual health, spread awareness, and bring about positive change in their communities and beyond.



ST. GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

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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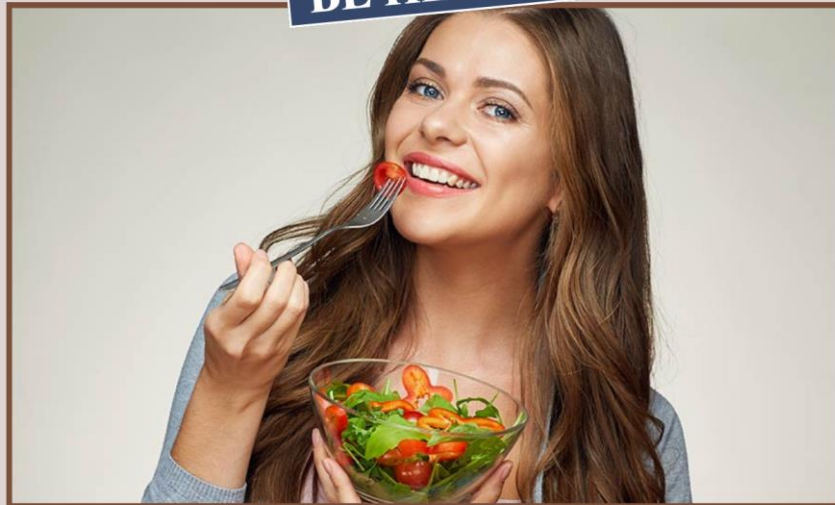
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BROCHURE

BE CLEAN BE HEALTHY



VALUE ADDED PROGRAM FOR FINAL YEAR BDS PART 1

MARCH 21-22, 2024 | 08:30 AM

COLLEGE AUDITORIUM

RESOURCE PERSON
DR ELIZABETH V ISSAC

ORGANIZED BY:
**WOMEN CELL
ST GREGORIOS DENTAL COLLEGE**

Phone : 0485-2572531, 532, 9188952016, 9188952017

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



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ATTENDANCE LIST






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UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

TOPIC: *Be Clean, Be Healthy*

Sl no.	Name of participant	21/03/24 Day 1	22/03/24 Day 2
1	MIRWA TP	<i>Mirwa</i>	<i>Mirwa</i>
2	Vaishnavi Sabu	<i>Vaishnavi</i>	<i>Vaishnavi</i>
3	Hephiba Tom	<i>Hephiba</i>	<i>Hephiba</i>
4	Seelakshmi	<i>Seelakshmi</i>	<i>Seelakshmi</i>
5	Sandra Mariam Thomas	<i>Sandra</i>	<i>Sandra</i>
6	GOPIKA SM	<i>Gojika</i>	<i>Gojika</i>
7	Hardya kusakka	<i>Hardya</i>	<i>Hardya</i>
8	Riya Elizabeth Sasi	<i>Riya</i>	<i>Riya</i>
9	Nihma A	<i>Nihma</i>	<i>Nihma</i>
10	Seemol cr	<i>Seemol</i>	<i>Seemol</i>
11	Sneha MS	<i>Sneha</i>	<i>Sneha</i>
12	Vija Muri Paul	<i>Vija</i>	<i>Vija</i>
13	Angdha jayaram	<i>Angdha</i>	<i>Angdha</i>
14	Abhinaya k	<i>Abhinaya</i>	<i>Abhinaya</i>
15	Sandra Susan	<i>Sandra</i>	<i>Sandra</i>
16	Maria M Raju	<i>Maria</i>	<i>Maria</i>
17	Muri Rom	<i>Muri</i>	<i>Muri</i>
18	Samara saji	<i>Samara</i>	<i>Samara</i>
19	Sarah Mathew	<i>Sarah</i>	<i>Sarah</i>
20	FRANK SHIBU	<i>Frank</i>	<i>Frank</i>
21	Angitha k vijay	<i>Angitha</i>	<i>Angitha</i>
22	N. DHIVA ELIAS	<i>N. Dhiva</i>	<i>N. Dhiva</i>
23	JINI JINI	<i>Jini</i>	<i>Jini</i>
24	Ani KR	<i>Ani</i>	<i>Ani</i>
25	Prashitha Ann Jinneth	<i>Prashitha</i>	<i>Prashitha</i>

		
PRINCIPAL	DEU Convenor	DEU Secretary



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PHOTOS



PHOTOGRAPH OF VALUE ADDED COURSE

‘BE CLEAN; BE HEALTHY’

Phone : 0485-2572531, 532, 9188952016, 9188952017

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BASIC LIFE SUPPORT

Phone: 0485-2572531, 532, 9188952016, 9188952017

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

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

SGDC/ VAL/003/2024

01.04.2024

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 04.04.2024 and 05.04.2024 from 8 am at the college auditorium.

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




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Chelad, Kerala - 686 681

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BASIC LIFE SUPPORT

04.04.2024 – 05.04.2024

DATE	TOPIC
04.04.2024 - 05.04.2024	<ol style="list-style-type: none">1. Introduction to Basic life support2. Recognition of emergencies3. Cardiopulmonary resuscitation (CPR)4. . Automated External Defibrillator (AED)5. Choking6. Special considerations7. Team Dynamics8. 8.Hands on practice and Skill assessment



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BASIC LIFE SUPPORT

Course code: SGDC/VAL/003/2024

Course duration: 15 hours

Course schedule: 8pm to 3:30 pm

Course period: April

Course dates: 04.04.2024 - 05.04.2024

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

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

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

- Importance of BLS
- Chain of survival

2. MODULE 2: Recognition of Emergencies

- Identifying cardiac arrest
- Recognizing choking

3. MODULE 3: CPR (Cardiopulmonary Resuscitation)

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

4. MODULE 4: Automated External Defibrillator (AED)

- AED operation
- When to use an AED

5. MODULE 5: Choking

- Conscious and unconscious choking
- Choking interventions

6. MODULE 6: Special Considerations

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



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7. MODULE 7: Team Dynamics

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

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

- CPR practice on manikins
- AED practice



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POST-EVENT REPORT

Date: 04.04.2024 - 05.04.2024

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



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Unclear and disorganized

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

Completely achieved

Mostly achieved

Partly achieved

Not achieved at all

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

Thank you for your feedback!



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ATTENDANCE



ST. GREGORIOS DENTAL COLLEGE, CHELAD

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

TOPIC: BLS (Basic Life Support)

04/04/24 05/04/24

Sl no.	Name of participant	Day 1	Day 2
1	Munizhe Chandan	[Signature]	[Signature]
2	Santosh VS.	[Signature]	[Signature]
3	Off Jacob Mathew	[Signature]	[Signature]
4	S. Mahim Mahendran	[Signature]	[Signature]
5	Manya Elizabeth Sunil	[Signature]	[Signature]
6	Aiswarya Elizabeth K	[Signature]	[Signature]
7	Nishal Anu Mathew.	[Signature]	[Signature]
8	Rohini C Rajeev	[Signature]	[Signature]
9	Sania Rachel Biji	[Signature]	[Signature]
10	Vishali Jaibrakash	[Signature]	[Signature]
11	Dibin Joy	[Signature]	[Signature]
12	Anetta Anna Eldho	[Signature]	[Signature]
13	Anoopa TM	[Signature]	[Signature]
14	Kareena Rachel	[Signature]	[Signature]
15	Rishona VH	[Signature]	[Signature]
16	Puthri Nora James	[Signature]	[Signature]
17	Liyana Shibu	[Signature]	[Signature]
18	Lilya Maria Joseph	[Signature]	[Signature]
19	Mammya Maria Aby	[Signature]	[Signature]
20	Jithin Jose	[Signature]	[Signature]
21	Hanna Mary Eldho	[Signature]	[Signature]
22	Amia Goush	[Signature]	[Signature]
23	Chippy Elizabeth Philip	[Signature]	[Signature]
24	Anisha Rachel	[Signature]	[Signature]
25	GEORGE Biju	[Signature]	[Signature]
	PRINCIPAL	DEU Convenor	DEU Secretary



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BROCHURE



Basic LIFE SUPPORT

- 📍 04, 05 APRIL
- 📍 COLLEGE AUDITORIUM
- 📍 TIME- 8:30AM

DR SANJITH SALIM
RESOURCE PERSON

ORGANIZED BY:

DEPT. OF ORAL & MAXILLOFACIAL SURGERY
ST GREGORIOS DENTAL COLLEGE, CHELAD

Phone: 0485-2572531, 532, 9188952016, 9188952017

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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

Rinku C Rajeev

has successfully completed
Basic Life Support (BLS)
Provider Course

1 Day	04 th April 2024	04 th April 2026
<small>Course Duration</small>	<small>Date Completed</small>	<small>Expires On</small>

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



ISO 9001:2015 Certified

2024/03/MWTGA

Certificate No



Jeril Cherian
Principal



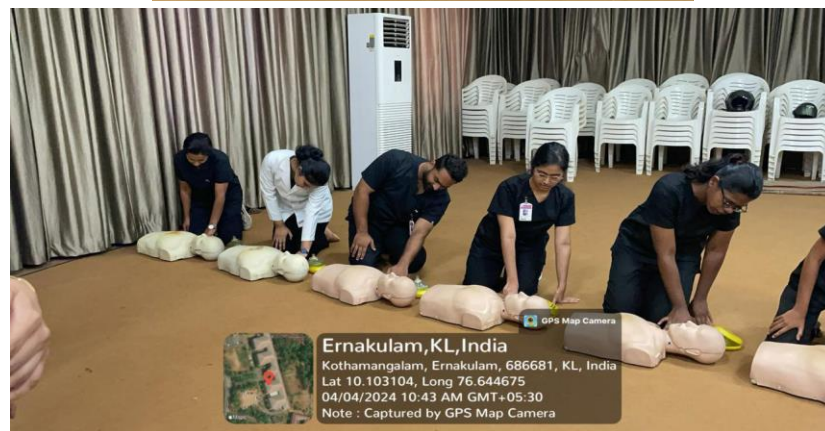
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PHOTOS



PHOTOGRAPHS OF BLS CLASS

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SELF DEFENSE

Phone: 0485-2572531, 532, 9188952016, 9188952017

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

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

SGDC/VAL/005/2024

27.05.2024

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 28.05.2024

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




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Chelad, Kothamangalam

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SELF DEFENSE

28.05.2024 – 29.05.2024

DATE	TOPIC
28.05.2024	<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
29.05.2024	Demonstrations

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

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SELF DEFENSE

Course code: SGDC/VAL/005/2024

Course duration: 15 hours

Course schedule: 12.00PM - 4.00PM (28.05.2024, 29.05.2024), monthly once

Course period: May

Course dates: 28.05.2024 – 29.05.2024

Course mode: offline

Resource person & Course coordinator: Mr. Renjith Jose

Course outline:

This course aims to provide dental students with the basic self-defence skills, situational awareness, and confidence they need to defend themselves in a range of situations, including daily life and professional settings. With practical instruction, role-playing, and discussions about personal safety, students will acquire the knowledge and abilities needed to lower risks and respond effectively in potentially hazardous situations.



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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 subjects were lectured to the students. Additionally, the pupils watched demonstrations of a variety of training and self-defence methods. Under Mr. Renjith Jose's direction, the students' self-defence instruction was coordinated once a month.



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POST EVENT REPORT

Date: 28.05.2024 – 29.05.2024

Location: St. Gregorios Dental College

Speaker and Trainer: Mr. Renjith Jose

Training Methodology:

Self-defence is taught to the pupils by combining classroom theory with practical application. The course begins with a review of key ideas followed by interactive discussions and demonstrations. Through hands-on training that emphasises blows, blocks, escapes, and powerful communication techniques, students can develop their physical talents. Because role-playing games mimic real-world dental practice situations, they strengthen situational awareness and decision-making skills. Scenario-based training helps students apply learned skills under pressure, which builds their confidence and flexibility. Safety, ethical concerns, and the legal implications of self-defence are emphasised throughout the course. Through continuous feedback and reflection, students are motivated to enhance their approaches and thinking, fostering a culture of empowerment and preparedness for potential dangers.

Key Highlights:

- Engaging seminars
- Encouraged and innovative methods of learning
- The students were astounded by the karate teacher Mr. Renjith Jose's insights.
- The students received basic training in the workshop, and the programme was continued with monthly practice sessions held on the second Saturday of each month.
- The programme helped them imitate real-life situations and increase their self-confidence.
- Practical instruction was used, and each student had an equal opportunity to practise the demonstrations under the master's knowledgeable supervision.



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Conclusion:

In conclusion, the comprehensive and personalised self-defence training plan offered to dentistry students equips future professionals with the skills and mindset necessary to ensure their own safety and security in a range of practice environments. The programme integrates academic information with practical application to provide students the skills they need to recognise potential hazards, convey limits properly, and behave boldly in challenging situations. Through hands-on activities, real-world scenarios, and moral guidance, students develop not just their physical skills but also a proactive and responsible security mindset. Ultimately, the course assists dental students in cultivating a mindset of preparedness, professionalism, and self-determination so they can approach their careers with bravery and fortitude.



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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: SELF DEFENSE .

Sl no.	Name of participant	28/5/24	29/5/24
1	Aarve Maria Vinod	<i>[Signature]</i>	<i>[Signature]</i>
2	Angela Mathew	<i>[Signature]</i>	<i>[Signature]</i>
3	Arcana K J	<i>[Signature]</i>	<i>[Signature]</i>
4	R. Anabha	<i>[Signature]</i>	<i>[Signature]</i>
5	Blessy Susan Raja	<i>[Signature]</i>	<i>[Signature]</i>
6	Nandana Jay	<i>[Signature]</i>	<i>[Signature]</i>
7	Minim Abald.	<i>[Signature]</i>	<i>[Signature]</i>
8	Amutha NB	<i>[Signature]</i>	<i>[Signature]</i>
9	Fathima Salim	<i>[Signature]</i>	<i>[Signature]</i>
10	Anna Thomas	<i>[Signature]</i>	<i>[Signature]</i>
11	Gayathrydevi K	<i>[Signature]</i>	<i>[Signature]</i>
12	Ann Maria Ranjith	<i>[Signature]</i>	<i>[Signature]</i>
13	Ahanya K Nair	<i>[Signature]</i>	<i>[Signature]</i>
14	Meenalekshi P S	<i>[Signature]</i>	<i>[Signature]</i>
15	Anjali AP	<i>[Signature]</i>	<i>[Signature]</i>
16	Shini Shaji		<i>[Signature]</i>
17	Layana Jushy Geeran		<i>[Signature]</i>
18	Smithy B	<i>[Signature]</i>	<i>[Signature]</i>
19	Aleena Anna Ahy	<i>[Signature]</i>	<i>[Signature]</i>
20	Pooja Raj P		<i>[Signature]</i>
21	Ayda L	<i>[Signature]</i>	<i>[Signature]</i>
22	Nivedhya Lijia	<i>[Signature]</i>	<i>[Signature]</i>
23	Sanya Zia Raja	<i>[Signature]</i>	<i>[Signature]</i>
24	Devika VS	<i>[Signature]</i>	<i>[Signature]</i>
25	Fahara	<i>[Signature]</i>	<i>[Signature]</i>

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



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FOR THIRD YEAR BDS STUDENTS



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DATE & TIME
28-29 MAY 2024

VENUE:
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ORGANIZED BY:
**WOMEN CELL
ST GREGORIOS DENTAL COLLEGE**

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PRINCIPAL



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PHOTOS



PHOTOGRAPHS OF VALUE-ADDED PROGRAM

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