



# Inderprastha

## Dental College & Hospital

### SUMMARY OF THE PROGRAM

1	GUEST SPEAKER	Mr. Chander Prakash Gupta
2	DATE	17-08-2022 19-10-2022 09-12-2022 18-02-2023 10-04-2023 08-05-2023
3	TIME	8:30 – 9:30
4	VENUE	IPDC Greens
5	NO. OF HOUR	1 hour
6	NO. OF PARTICIPANTS	108
7	ORGANISING SECRETARY	Dr. Geetika Arora

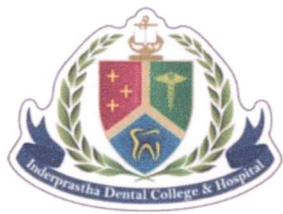
**OBJECTIVE:** The entire objective of yoga is to self-reflect, control the breath, achieve deep relaxation, and grow through meditation, all of this combined will result in better mental, emotional and physical health as we challenge the mind and body through a sequence of yoga asanas.

**OUTCOME:** Yoga improves strength, balance and flexibility. We took at promise from all the participants to take out 20 mins a day to perform yoga and make it a part of their life.

*Geetika*  
Dr. Geetika Arora

ORGANISING SECRETARY





# Inderprastha

## Dental College & Hospital

### YOGA PROGRAM -2022-2023

A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily, in both, body and the mind. Yoga postures, Pranayama and meditation are effective techniques to release stress.

Meditation is relaxation and rejuvenates the body and mind. With this aim in mind, a workshop was organised on the 17<sup>th</sup> August'2022, 19<sup>th</sup> October'2022, 9<sup>th</sup> December'2022, 18<sup>th</sup> February'2023, 10<sup>th</sup> April'2023 and 8<sup>th</sup> May'2023, for the students of Inderprastha Dental College and Hospital in auditorium of the college. The yoga instructor, Mr. Chander Prakash Gupta along with his team, took yoga session with great dedication. The students and staff members participated with full interest, enthusiasm and eagerness.

The session began by seeking the blessings of the Almighty by chanting the Gayatri Mantra. Asanas starting with warming up and stretching were followed by a series of Padmasanas, Sukhasan, Tadasana, BhujangAsana and ending with Shavasana. Exercises for relieving stress, reducing joint pain and enhancing the flexibility of the back were also done for the benefit of the students and staff members.

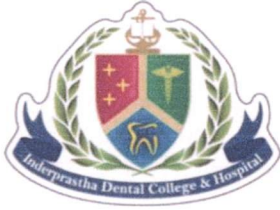
The Principal, Dr Rahul Paul, motivated the staff and students and conveyed the importance of making yoga an integral part of our daily life by extending the practice of yoga beyond the mat. The session concluded with an interactive session between the instructor and the students and staff of the college, in which the queries of the teachers were addressed satisfactorily. The session was very refreshing, reviving and relaxing

*Geetika*

Dr Geetika Arora  
Organizing Secretary







# Inderprastha

## Dental College & Hospital

BROCHURE



## INDERPRASTHA DENTAL COLLEGE AND HOSPITAL

### YOGA PROGRAM



### YOGA & MEDITATION

The best way to stay mentally  
and physically healthy

#### RESOURCE PERSON

MR. CHANDER PRAKASH GUPTA  
(PRESIDENT OF VASUNDHARA BRANCH)  
BHARTIYA YOG SANSTHAN



#### ORGANISING COMMITTEE

YEAR: 2022-2023

VENUE: IPDC GREENS

TIME: 8:30-9:30 AM



DR. RAHUL PAUL  
Organising Chairperson



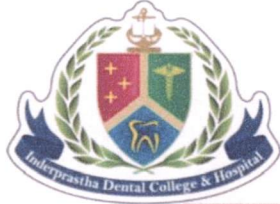
DR. PREETI UPADHYAY  
Organising Co-Chairperson



DR. GEETIKA ARORA  
Organising Secretary







# Inderprastha Dental College & Hospital

## NOTICE



Inderprastha Dental College & Hospital  
46/1, Site-IV, Industrial Area, Sahibabad,  
Ghaziabad-201010 (U.P.)

IPDC/PO/Notice/2023/48

Date: -06.05.2023

### NOTICE

This is to inform that a Yoga programme will be conducted on 8<sup>th</sup> May 2023 on College grounds between 8.30 am to 9.30 am. The students and faculty members interested in taking part in the programme are hereby informed to enrol for the programme and carry track pants on the day.

Dr. Rahul Paul

(Principal)

Cc: Secretary & Jt. Secretary

Registrar

Accounts

All Dental and Medical Departments

Notice Board



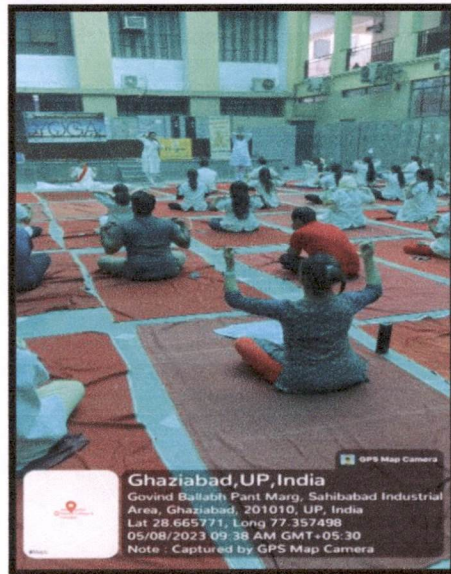




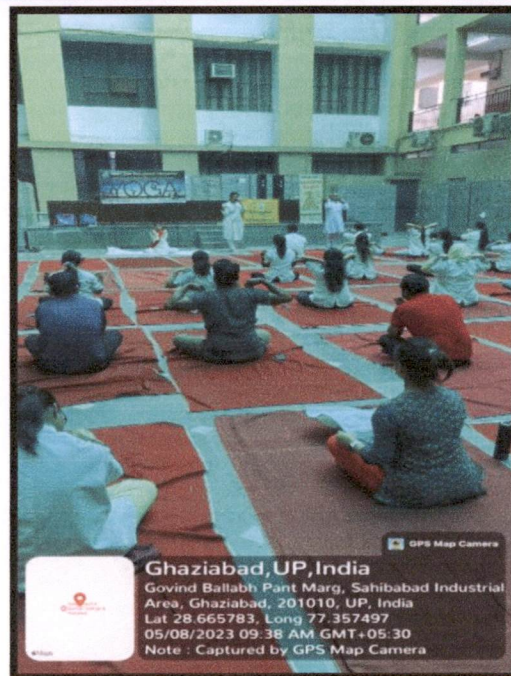
# Inderprastha Dental College & Hospital

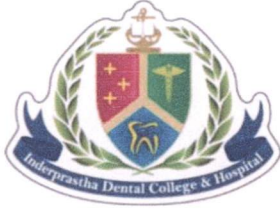
8<sup>th</sup> May 2023- YOGA DAY

Faculties And Students Performing Yoga Under Yoga Trainer Supervision



Students Actively Performed All The Asanas





# Inderprastha

## Dental College & Hospital

### NOTICE



Inderprastha Dental College & Hospital  
46/1, Site-IV, Industrial Area, Sahibabad,  
Ghaziabad-201010 (U.P.)

IPDC/PO/Notice/2023/36A

Date:-05.04.2023

### NOTICE

This is to inform that a Yoga programme will be conducted on 10<sup>th</sup> April 2023 on College grounds between 8.30 am to 9.30 am. The students Interns and faculty members interested in taking part in the programme are hereby informed to enrol for the programme and carry track pants on the day.

Dr. Rahul Paul

(Principal)

Cc: Secretary & Jt. Secretary

Registrar

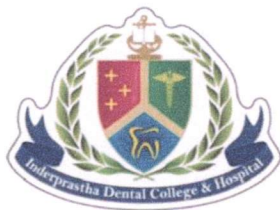
Accounts

All Dental and Medical Departments

Notice Board



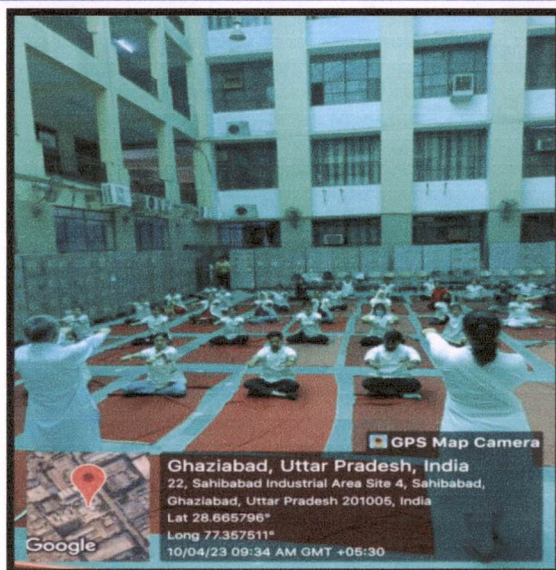




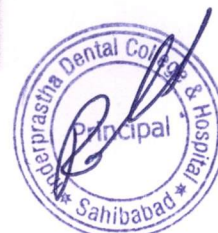
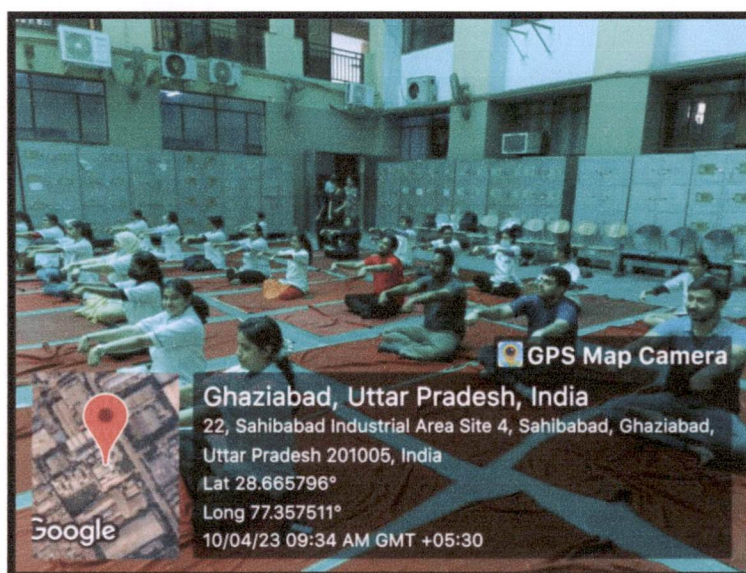
# Inderprastha Dental College & Hospital

10<sup>th</sup> April 2023- YOGA DAY

Faculties And Students Performing Yoga Under Yoga Trainer Supervision



Students Actively Performed All The Asanas





# Inderprastha Dental College & Hospital

## NOTICE



Inderprastha Dental College & Hospital

46/1, Site-IV, Industrial Area, Sahibabad,  
Ghaziabad-201010 (U.P.)

IPDC/PO/Notice/2023/22A

Date: -17.02.2023

### NOTICE

This is to inform that a Yoga programme will be conducted on 18<sup>th</sup> Feb 2023 on College grounds between 8.30 am to 9.30 am. The students and faculty members interested in taking part in the programme are hereby informed to enrol for the programme and carry track pants on the day.

Dr. Rahul Paul

(Principal)

Cc: Secretary & Jt. Secretary

Registrar

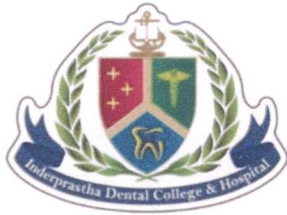
Accounts

All Dental and Medical Departments

Notice Board





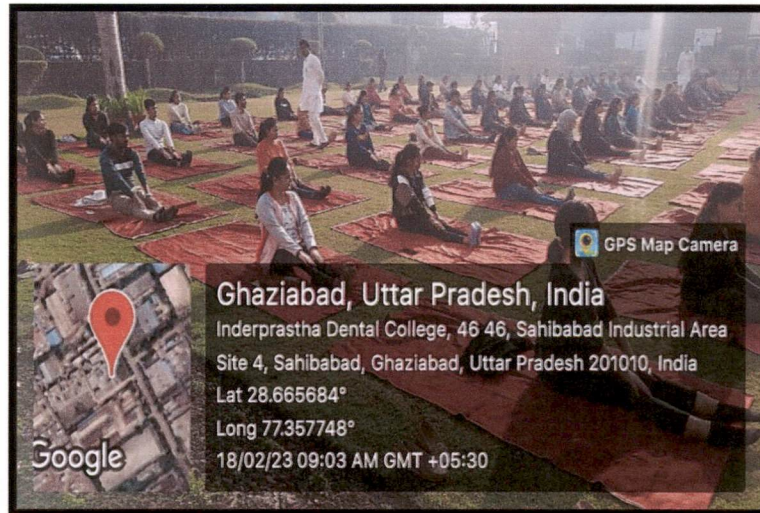


# Inderprastha

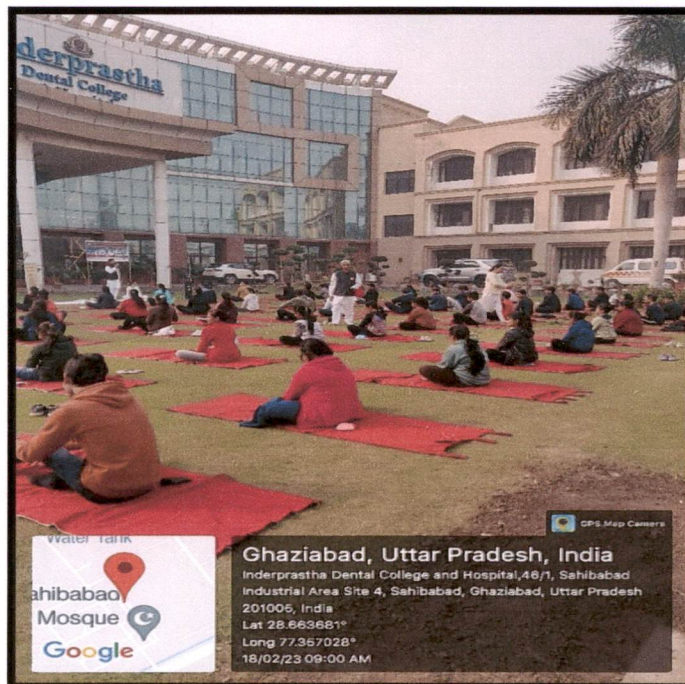
## Dental College & Hospital

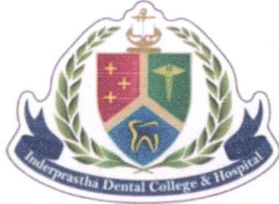
18<sup>th</sup> February 2023- YOGA DAY

Faculties And Students Performing Yoga Under Yoga Trainer Supervision



Students enthusiastically performing asanas





# Inderprastha

## Dental College & Hospital

### NOTICE



Inderprastha Dental College & Hospital  
46/1, Site-IV, Industrial Area, Sahibabad,  
Ghaziabad-201010 (U.P.)

IPDC/PO/Notice/2022/119

Date: 08.12.2022

### NOTICE

This is to inform that a Yoga programme will be conducted on 9<sup>th</sup> December 2022 on College grounds between 8.30 am to 9.30 am. The students and faculty members interested in taking part in the programme are hereby informed to enrol for the programme and carry track pants on the day.

Dr. Rahul Paul  
(Principal)

Cc: Secretary & Jt. Secretary

Registrar

Accounts

All Dental and Medical Departments

Notice Board



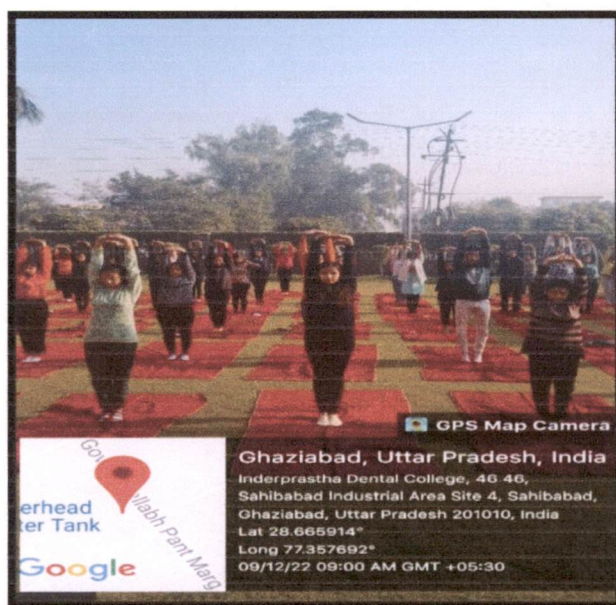




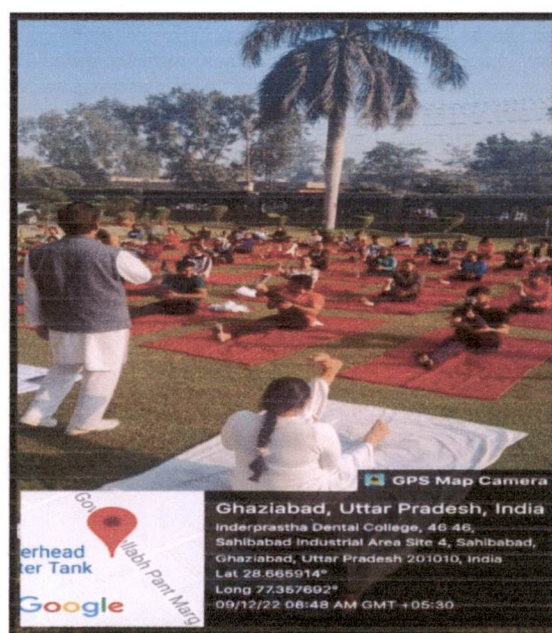
# Inderprastha Dental College & Hospital

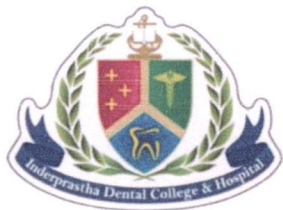
9<sup>th</sup> December 2022- YOGA DAY

Students enthusiastically performing asanas



Faculties And Students Learned New Asanas From Yoga Trainer





# Inderprastha

## Dental College & Hospital

### NOTICE



Inderprastha Dental College & Hospital  
46/L, Site-IV, Industrial Area, Sahibabad,  
Ghaziabad-201010 (U.P.)

IPDC/PO/Notice/2022/92A

Date: 07.10.2022

### NOTICE

This is to inform that a Yoga programme will be conducted on 19<sup>th</sup> October 2022 on College grounds between 8.30 am to 9.30 am. The students and faculty members interested in taking part in the programme are hereby informed to enrol for the programme and carry track pants on the day.

Dr. Rahul Paul

(Principal)

Cc: Secretary & Jt. Secretary

C.E.O.

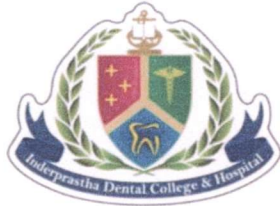
Accounts

All Dental and Medical Departments

Notice Board







# Inderprastha Dental College & Hospital

19<sup>th</sup> October 2022- YOGA DAY

Students and Faculty performing Yoga



Yoga Trainers monitoring each and every steps of Yoga





# Inderprastha

## Dental College & Hospital

### NOTICE



Inderprastha Dental College & Hospital  
46/1, Site-IV, Industrial Area, Sahibabad,  
Ghaziabad-201010 (U.P.)

IPDC/PO/Notice/2022/54A

Date: 13.08.2022

### NOTICE

This is to inform that a Yoga programme will be conducted on 17<sup>th</sup> August 2022 on College grounds between 8.30 am to 9.30 am. The students and faculty members interested in taking part in the programme are hereby informed to enrol for the programme and carry track pants on the day.

Dr. Rahul Paul

(Principal)

Cc: Secretary & Jt. Secretary

C.E.O.

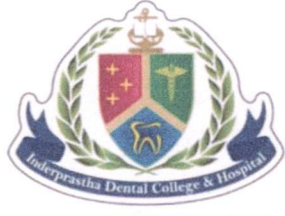
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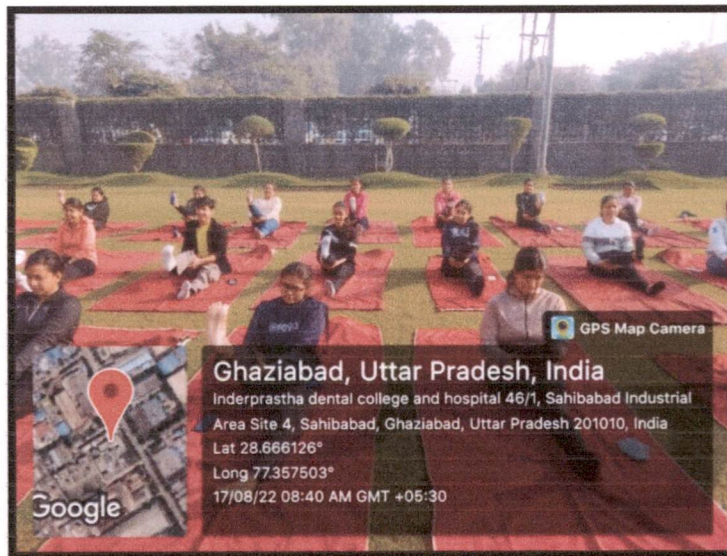




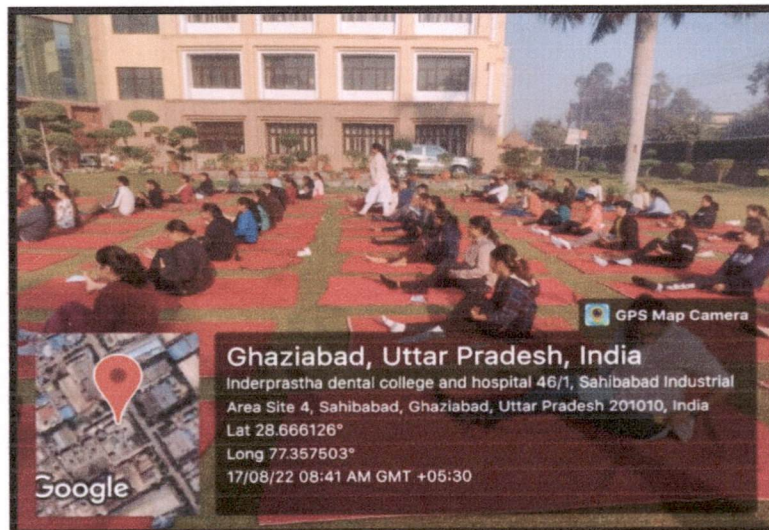
# Inderprastha Dental College & Hospital

17<sup>th</sup> August 2022- YOGA DAY

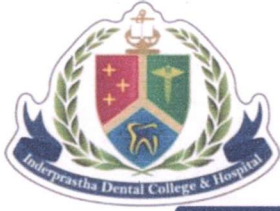
Faculties And Students Performing  
Yoga Under Yoga Trainer Supervision



Yoga Trainers monitoring each and every steps of Yoga







# Inderprastha

## Dental College & Hospital

### ATTENDANCE

#### ATTENDANCE SHEET

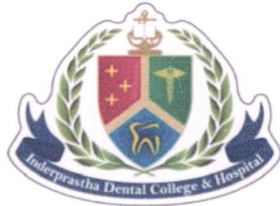
List of students attended YOGA Program -2022-23

S. No.	Name of student	Sign 17/8/22	Sign 19/10/22	Sign 9/12/22	Sign 18/02/23	Sign 10/04/23	Sign 08/05/23
1.	Aafreen Naseem						
2.	Aastha Sinha						
3.	Aditi Jain						
4.	Anshika						
5.	Anshuman Chauhan						
6.	Anupama Srivastava						
7.	Anushka Sharma						
8.	Arushi Dubey						
9.	Ashit Anand						
10.	Chandangshi Kaushik						
11.	Chetan Kumar Singh						
12.	Chetna Mahajan						
13.	Chhavi Malhotra						
14.	Drishty Kalra						
15.	Garima Sharma						
16.	Gunjan Malhotra						
17.	Harsh Achhra						
18.	Pritha Shil						
19.	Himani Sharma						
20.	Ila Gupta						
21.	Harshita						
22.	Aditya Sharma						
23.	Shashwat Singh						
24.	Suma Rani Halder						
25.	Ishita Srivastava						
26.	Mansi Kumari						
27.	Umang Makkar						
28.	Avni Malhotra						
29.	Annanya Rajvanshi						
30.	Ishita Rai						
31.	Anjali Aggarwal						
32.	Niyati Anand						
33.	Sakshi Gupta						
34.	Chhaya Gupta						
35.	Harshveen Kaur						
36.	Roshni Das						
37.	Surbhi						
38.	Ravnoor						



Dr. Geetika Arora  
Organizing Secretary





# Inderprastha

## Dental College & Hospital

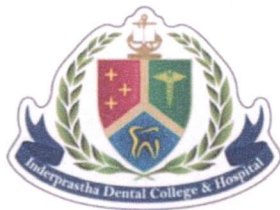
### ATTENDANCE

39.	Bharat Bailan	Ba	Ba	Ba	Ba	Ba	Ba
40.	Deepanshi Saklani	De	De	De	De	De	De
41.	Maanvi	Ma	Ma	Ma	Ma	Ma	Ma
42.	Vanisha Agarwal	Va	Va	Va	Va	Va	Va
43.	Aanandi Soni	As	As	As	As	As	As
44.	Aarohi Singh	As	As	As	As	As	As
45.	Aayush Mishra	Am	Am	Am	Am	Am	Am
46.	Abdullah	Ab	Ab	Ab	Ab	Ab	Ab
47.	Abhishek Raman	Ar	Ar	Ar	Ar	Ar	Ar
48.	Adeeba Khan	Ad	Ad	Ad	Ad	Ad	Ad
49.	Aditi Raj singh	Ar	Ar	Ar	Ar	Ar	Ar
50.	Aditya Rao	Ar	Ar	Ar	Ar	Ar	Ar
51.	Aiman Fatima	Am	Am	Am	Am	Am	Am
52.	Aishwarya Shrivastava	As	As	As	As	As	As
53.	Akansha Jain	Am	Am	Am	Am	Am	Am
54.	Alika Abidi	Al	Al	Al	Al	Al	Al
55.	Alokuta Nora	Al	Al	Al	Al	Al	Al
56.	Amber Srivastava	Am	Am	Am	Am	Am	Am
57.	Amisha Gautam	Am	Am	Am	Am	Am	Am
58.	Ananya Agarwal	An	An	An	An	An	An
59.	Ananya Bansal	An	An	An	An	An	An
60.	Aniket Kumar	An	An	An	An	An	An
61.	Anooshka Maheshwari	An	An	An	An	An	An
62.	Anshika Tripathi	An	An	An	An	An	An
63.	Antriksh Bhardwaj	An	An	An	An	An	An
64.	Anubhav Verma	An	An	An	An	An	An
65.	Ankita	An	An	An	An	An	An
66.	Apoorva Tyagi	Ap	Ap	Ap	Ap	Ap	Ap
67.	Bhupendra	Bh	Bh	Bh	Bh	Bh	Bh
68.	Chhaya Singh	Ch	Ch	Ch	Ch	Ch	Ch
69.	Deepanshi Yadav	De	De	De	De	De	De
70.	Deepika Chaudhary	De	De	De	De	De	De
71.	Dixita	Di	Di	Di	Di	Di	Di
72.	Jennifar Arul Rahman	Ja	Ja	Ja	Ja	Ja	Ja
73.	Karan Raghuvanshi	Ka	Ka	Ka	Ka	Ka	Ka
74.	Mokksh Madhur	Mo	Mo	Mo	Mo	Mo	Mo
75.	Suhani	Sh	Sh	Sh	Sh	Sh	Sh
76.	Tanisha Gupta	Ta	Ta	Ta	Ta	Ta	Ta
77.	Tannu Khanna	Ta	Ta	Ta	Ta	Ta	Ta
78.	Aadya Dharni	Ad	Ad	Ad	Ad	Ad	Ad
79.	Aafia	Aa	Aa	Aa	Aa	Aa	Aa
80.	Aastha Verma	Av	Av	Av	Av	Av	Av
81.	Abhinav Akash	Ab	Ab	Ab	Ab	Ab	Ab
82.	Aishwarya Sharma	As	As	As	As	As	As
83.	Akshat Pandey	Ap	Ap	Ap	Ap	Ap	Ap
84.	Riya Dutt	Ri	Ri	Ri	Ri	Ri	Ri
85.	Sakshi Anand	SA	SA	SA	SA	SA	SA
86.	Saloni Khetarpal	SA	SA	SA	SA	SA	SA



Dr. Geetika Arora  
Organizing Secretary





# Inderprastha

## Dental College & Hospital

### ATTENDANCE

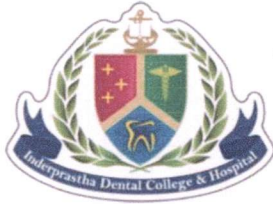
87.	Sarah Afreen	Sarah	Sarah	Sarah	Sarah	Sarah	Sarah
88.	Saumya Mishra	Saumya	Saumya	Saumya	Saumya	Saumya	Saumya
89.	Sheshayi Roy	Sheshayi	Sheshayi	Sheshayi	Sheshayi	Sheshayi	Sheshayi
90.	Siddharth	Siddharth	Siddharth	Siddharth	Siddharth	Siddharth	Siddharth
91.	Simran Balouria	Simran	Simran	Simran	Simran	Simran	Simran
92.	Soumya Yadav	Soumya	Soumya	Soumya	Soumya	Soumya	Soumya
93.	Swati Singh Rangoli	Swati	Swati	Swati	Swati	Swati	Swati
94.	Tarun Pandey	Tarun	Tarun	Tarun	Tarun	Tarun	Tarun
95.	Urvashi Chaudhary	Urvashi	Urvashi	Urvashi	Urvashi	Urvashi	Urvashi
96.	Vidhi Jha	Vidhi	Vidhi	Vidhi	Vidhi	Vidhi	Vidhi
97.	Vishal Choudhary	Vishal	Vishal	Vishal	Vishal	Vishal	Vishal
98.	Yasmeen Khatoon	Yasmeen	Yasmeen	Yasmeen	Yasmeen	Yasmeen	Yasmeen
99.	Aadya Gupta	Aadya	Aadya	Aadya	Aadya	Aadya	Aadya
100.	Aakruti Singh	Aakruti	Aakruti	Aakruti	Aakruti	Aakruti	Aakruti
101.	Aanchal Jain	Aanchal	Aanchal	Aanchal	Aanchal	Aanchal	Aanchal
102.	Aarushi Garg	Aarushi	Aarushi	Aarushi	Aarushi	Aarushi	Aarushi
103.	Aditya Saini	Aditya	Aditya	Aditya	Aditya	Aditya	Aditya
104.	Aishma Gurung	Aishma	Aishma	Aishma	Aishma	Aishma	Aishma
105.	Akshay Panday	Akshay	Akshay	Akshay	Akshay	Akshay	Akshay
106.	Akshit Kumar	Akshit	Akshit	Akshit	Akshit	Akshit	Akshit
107.	Anjali Kumari Ojha	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali
108.	Anju Yadav	Anju	Anju	Anju	Anju	Anju	Anju



Geetika

Dr. Geetika Arora  
Organizing Secretary





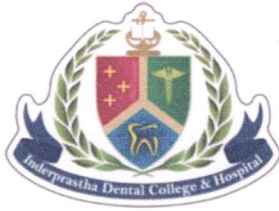
# Inderprastha

## Dental College & Hospital

### CERTIFICATES







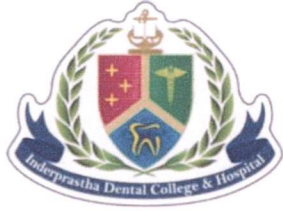
# Inderprastha

## Dental College & Hospital

### CERTIFICATES



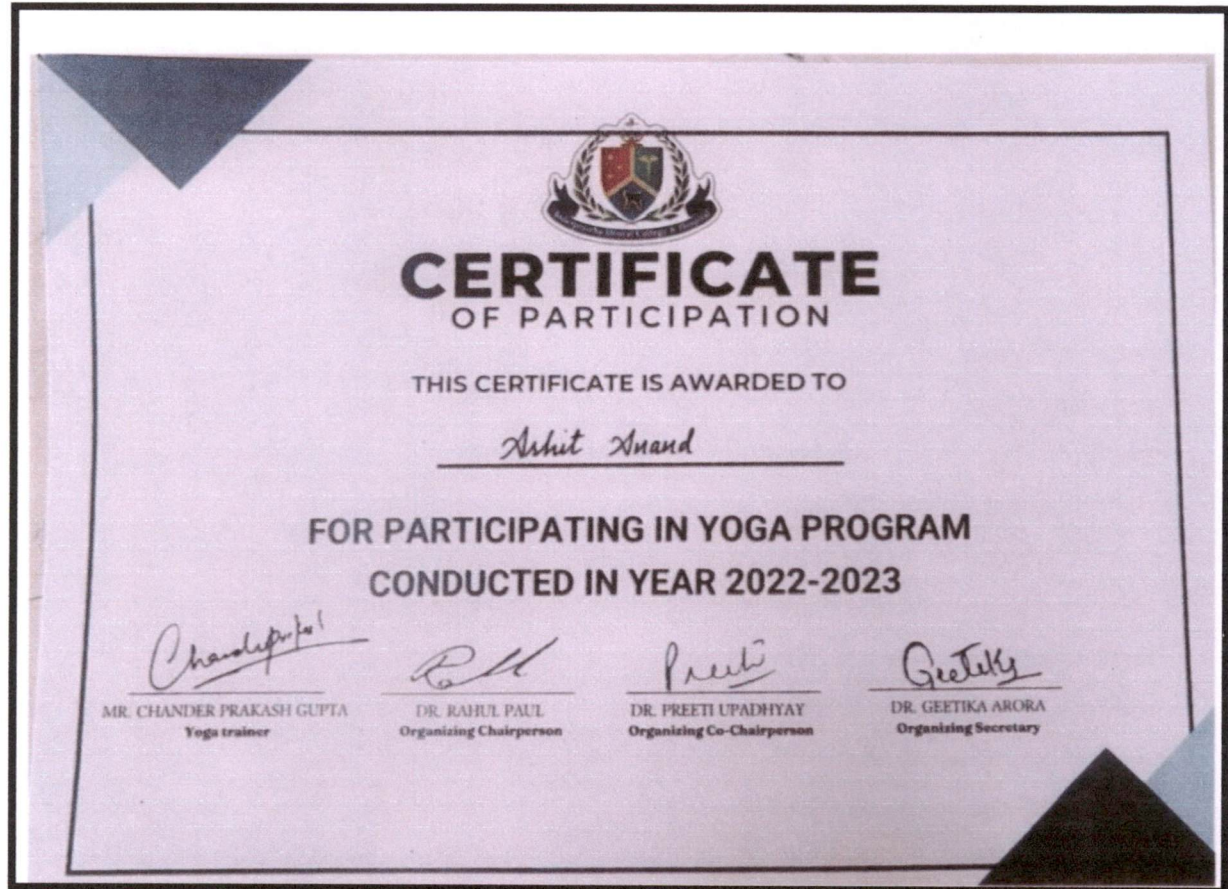




# Inderprastha

## Dental College & Hospital

### CERTIFICATES





# Inderprastha

## Dental College & Hospital

### SUMMARY OF THE PROGRAM

1.	GUEST SPEAKER	DR. Neena M Moitra
2.	DATE	28 <sup>TH</sup> MARCH, 2023
3.	TIME	11.00 AM ONWARDS
4.	VENUE	IPDC, LT-2
5.	NO. OF HOUR	3 HRS
6.	NO. OF PARTICIPANTS	99
7.	ORGANISING SECRETARY	DR. Ritika Ahuja Malhotra

#### OBJECTIVE:

The objective of the program was to prompt each and every people present in the lecture hall regarding positive thinking, emotional health and aids to lead a beautiful persona. In this session the guest had given tips regarding how to secure emotional intelligence and what are the sequels of being a negative thinker.

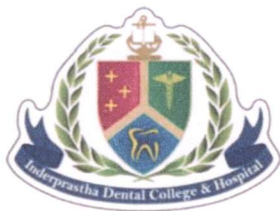
#### OUTCOME:

By the end of program, as a result all the listeners were sincerely inspired and all of them were looking forward to change their perception of life.



DR. RITIKA AHUJA MALHOTRA  
ORGANISING SECRETARY





# **Inderprastha**

## **Dental College & Hospital**

### **REPORT OF PERSONALITY DEVELOPMENT PROGRAM**

Personality development encompasses the dynamic construction and deconstruction of integrative characteristics that distinguish an individual in terms of interpersonal behavioural traits. Personality development is ever-changing and subject to contextual factors and life-altering experiences. Using the good momentum and positive energy to carry you into the next day and next week will already peek a sense of improvement from the last. Here the lecture on Improvement Begin with “I”, was taken by Dr. Neena M. Moitra, which was informative and practical with day to day life. The lecture had basically emphasised on the saying “No one else is responsible for you but you. You cannot change anything unless you change yourself”. Speaker accentuated over optimism. She emphasised on the fact that emotional health strengthens with Positive thinking.

**DR. RITIKA AHUJA MALHOTRA**  
ORGANISING SECRETARY





# Inderprastha

## Dental College & Hospital

### NOTICE



Inderprastha Dental College & Hospital

46/1, Site-IV, Industrial Area, Sahibabad,  
Ghaziabad-201010 (U.P.)

IPDC/PO/Notice/2023/34

Date: -24.03.2023

### NOTICE

This is to inform that a Lecture on 'Improvement begins with "I" is being organized by Inderprastha Dental College and Hospital in association with Indian Dental Association, East Delhi. The programme will be held on 28.3.23 from 11.00 am onwards.

The lecture will be delivered by eminent Guest Speaker Respected Dr. Neena M. Moitra.

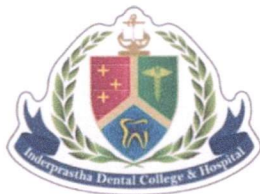
All Interns and Post Graduate students must attend the programme and make it successful.

Dr. Rahul Paul  
(Principal)

Cc.: Secretary & Jt. Secretary  
Registrar  
Manager Administrator  
Accounts  
All Dental Departments







# Inderprastha Dental College & Hospital

## BROCHURE



**GUEST SPEAKER**  
**DR NEENA M MOITRA**  
**BDS, MDS**





Inderprastha Dental College & Hospital  
46/1, Site-IV, Industrial Area, Sahibabad,  
Ghaziabad-201010 (U.P.)

IN COLLABORATION WITH IDA EAST DELHI



IS CONDUCTING A PROGRAM ON  
**PERSONALITY DEVELOPMENT**  
ON THE TOPIC

**IMPROVEMENT BEGINS  
WITH**  
**'I'**

**28TH MARCH 2023**  
**11 AM ONWARDS**



**ORGANISING COMMITTEE**

**PRESIDENT, IDA EAST DELHI**  
**DR UK CHAUDHARY**

**ORGANISING CHAIRPERSON**  
**DR RAHUL PAUL**

**ORGANISING CO-CHAIR PERSON**  
**DR PREETI UPADHYAY**

**HON. SECRETARY, IDA EAST DELHI**  
**DR AASTHA SHARMA**

**CDE, CHAIRMAN, IDA EAST DELHI**  
**DR NIMISH NIMEYA**

**ORGANISING SECRETARY**  
**DR RITIKA AHUJA MALHOTRA**

**ORGANISING CO-SECRETARY**  
**DR GEETIKA ARORA**

**FOR QUERIES CONTACT:**  
**9717308580**

Dr Neena Malik Moitra is a practicing  
Orthodontist in India since 35 years.  
She did her graduation in Dental  
Surgery followed by Masters in  
Orthodontics from Govt. Dental college,  
Ahmedabad, Gujarat in 1987. She has  
been a practicing Orthodontist in Delhi  
for the last 35 years having her own  
multispeciality clinic. She was a  
consultant to the Max group of  
hospitals at Noida & Patparganj.  
She has also been the President of  
Indian Dental Association, East Delhi.  
She is an alumnus of Modern school,  
Barakhamba Road and the personal  
Dentist of the school presently.

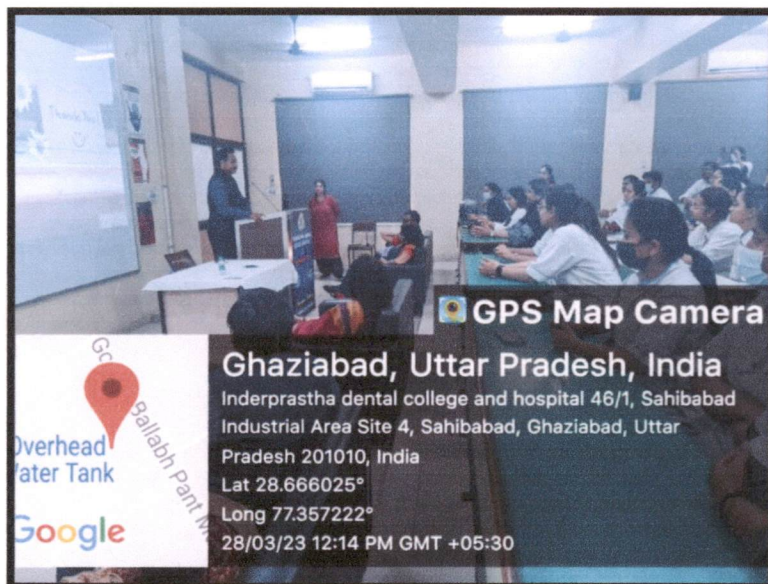




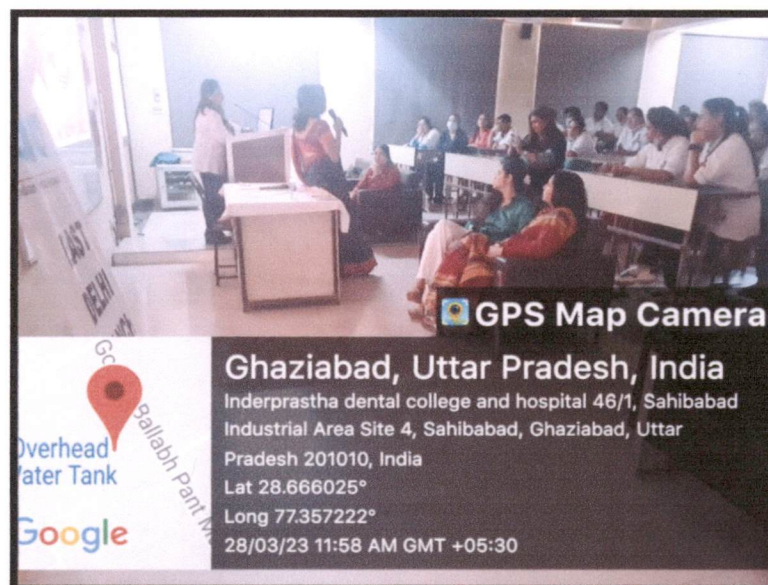


# Inderprastha Dental College & Hospital

## PHOTOGRAPHS OF THE EVENT



Speaker Dr Neena M. Moitra addressed the students



Students took active part in the lecture







# Inderprastha Dental College & Hospital

## ATTENDANCE



Inderprastha Dental College & Hospital  
46/1, Site IV, Industrial Area, Sahibabad  
Ghaziabad-201010 (U.P.)

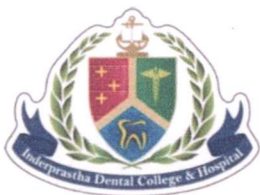
### LECTURE ON- "IMPROVEMENT BEGINS WITH "I""

#### ATTEDANCE LIST

S.NO	NAME	SIGNATURE
1.	Dr. Swati Jha	Swati
2.	Dr. Priyanka Rani	Priyanka Rani
3.	Dr. Ekta Sharma	Ekta
4.	Dr. Aastha Purohit	Aastha
5.	Dr. Sakshi Babra	Sakshi
6.	Dr. Dipankar Sarkar	Dipankar
7.	Dr. Dipesh Grover	Dipesh
8.	Dr. Priyanka Kumari	Priyanka
9.	Dr. Samistha Sinha	Samistha
10.	Dr. Ching Nun Siam	Chingnun
11.	Dr. Sonvita	Sonvita
12.	Dr. Dzuthohulu Thirah	Dzuthohulu
13.	Dr. Chetan Aggarwal	Chetan
14.	Dr. Aditya Gupta	Aditya
15.	Dr. Anjali Meena	Anjali
16.	Dr. Tushar Tyagi	Tushar
17.	Dr. Teisovinuo Kesiezie	Teisovinuo
18.	Dr. Anudeep Sairal	Anudeep
19.	Dr. Akshita Arya	Akshita
20.	Dr. Parul Kotwal	Parul
21.	Dr. Anshika Sharma	Anshika
22.	Dr. Anisha Jain	Anisha
23.	Dr. Sunayana Dutta	Sunayana
24.	Dr. Kumari Ritika	Ritika
25.	Dr. Arnab Chandra Goswami	Arnab
26.	Dr. Singh Anu Arvind	Anu
27.	Dr. Singh Sanaya Mithilesh Kumar	Sanaya
28.	Dr. Muskan Goel	Muskan
29.	Dr. Tooba Fareed	Tooba
30.	Dr. Aishwarya Jolly	Aishwarya
31.	Dr. Ratika Sawhney	Ratika
32.	Dr. Aashutosh Chhabra	Aashutosh
33.	Dr. Apda Darang	Apda
34.	Dr. Uchit Gupta	Uchit
35.	Dr. Bhawani Singh Meena	Bhawani
36.	Dr. Akash Verma	Akash

DR. RITIK SAHJUA MALHOTRA  
ORGANIZING SECRETARY





# Inderprastha

## Dental College & Hospital

### ATTENDANCE



Inderprastha Dental College & Hospital  
46/1, Site IV, Industrial Area, Sahibabad.  
Ghaziabad-201010 (U.P)

37	Dr. Abhilasha Sinha	Abhilasha
38	Aafreen Naseem	Aafreen
39	Aastha Sinha	Aastha
40	Drishity Kalra	Drishity
41	Garima Sharma	Garima
42	Harshita	Harshita
43	Ila Gupta	Ila
44	Ishita Srivastava	Ishita
45	Kanika Aggarwal	Kanika
46	Karan	Karan
47	Jayanti Aneja	Jayanti
48	Aakanksha	Aakanksha
49	Vanshika Tomar	Vanshika
50	Vanshika Agarwal	Vanshika
51	Vikhyata Sagar	Vikhyata
52	Garvita Chaudhary	Garvita
53	Misha Dua	Misha
54	Nupur Yadav	Nupur
55	Himanshu Dahiya	Himanshu
56	Sonu Singh	Sonu
57	Shweta Chetwal	Shweta
58	Priyanka Anjana	Priyanka
59	Muskan Sethi	Muskan
60	Mitali Bargoji	Mitali
61	Shivangi Verma	Shivangi
62	Adiba Iqbal	Adiba
63	Prakash Singh	Prakash
64	Ridhi	Ridhi
65	Apoorva	Apoorva
66	Avinashika Kumari	Avinashika
67	Rabiya Iqbal	Rabiya
68	Prakshi Sharma	Prakshi
69	Urvashi Chauhan	Urvashi
70	Twinkle Baruah	Twinkle
71	Vedika Singh	Vedika
72	Neha Kumari	Neha
73	Sakshi Anand	Sakshi
74	Sheshayi Roy	Sheshayi
75	Soumya Yadav	Soumya
76	Simran Baloutia	Simran
77	Ragini Kumari	Ragini
78	Neelima Singh	Neelima
79	Kashish Gupta	Kashish

DR. RITIKA AHUJA MALHOTRA  
ORGANIZING SECRETARY







# Inderprastha

## Dental College & Hospital

### ATTENDANCE

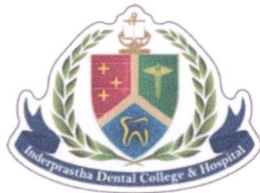


Inderprastha Dental College & Hospital  
46/1, Site-IV, Industrial Area, Sahibabad,  
Ghaziabad-201010 (U.P.)

80.	Aditi Vats	<i>Aditi Vats</i>
81.	Shayeri Sen	<i>Shayeri Sen</i>
82.	Ananya Sharma	<i>Ananya Sharma</i>
83.	Parismita Yasmin	<i>Parismita Yasmin</i>
84.	Pallavi Sharma	<i>Pallavi Sharma</i>
85.	Aviral Tripathi	<i>Aviral Tripathi</i>
86.	Riya Dutt	<i>Riya Dutt</i>
87.	Garima Varsh	<i>Garima Varsh</i>
88.	Siddharth	<i>Siddharth</i>
89.	Arpan Srivastava	<i>Arpan Srivastava</i>
90.	Priya Sharma	<i>Priya Sharma</i>
91.	Prachi Grover	<i>Prachi Grover</i>
92.	Disha Arora	<i>Disha Arora</i>
93.	Aanchal Jain	<i>Aanchal Jain</i>
94.	Renu Pal	<i>Renu Pal</i>
95.	Saba Suhail	<i>Saba Suhail</i>
96.	Mamta	<i>Mamta</i>
97.	Manisha Rai	<i>Manisha Rai</i>
98.	Sanjivini	<i>Sanjivini</i>
99.	Muskan	<i>Muskan</i>

DR. RITIKA AHUJA MALHOTRA  
ORGANIZING SECRETARY





# Inderprastha Dental College & Hospital

## CERTIFICATES



**CERTIFICATE  
OF PARTICIPATION**  
Proudly presented to

Dr. CHETAN AGGARWAL  
for attending lecture on the topic,  
**IMPROVEMENT BEGINS WITH "I"**,  
held on 28th March 2023 at IPDC.

  
**DR U.K CHAUDHARY**  
PRESIDENT  
IDA EAST DELHI

  
**DR RAHUL PAUL**  
ORGANISING  
CHAIRPERSON, IPDC

  
**DR NEENA M. MOITRA**  
GUEST SPEAKER  
IDA EAST DELHI

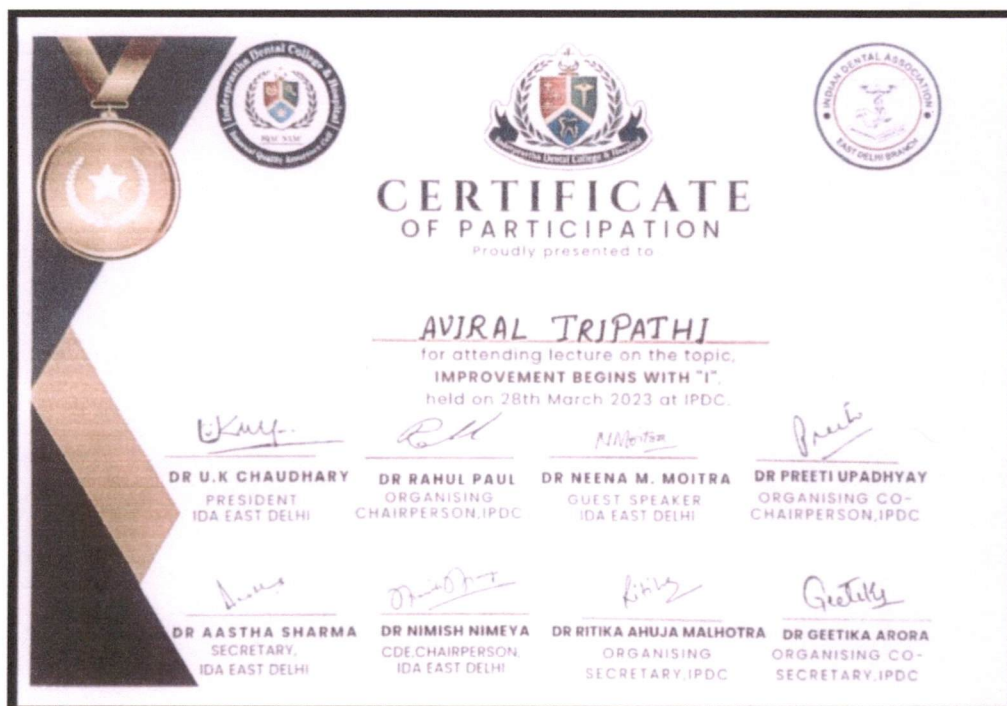
  
**DR PREETI UPADHYAY**  
ORGANISING CO-  
CHAIRPERSON, IPDC

  
**DR AASTHA SHARMA**  
SECRETARY,  
IDA EAST DELHI

  
**DR NIMISH NIMEYA**  
CDE, CHAIRPERSON,  
IDA EAST DELHI

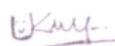
  
**DR RITIKA AHUJA MALHOTRA**  
ORGANISING  
SECRETARY, IPDC


  
**DR GEETIKA ARORA**  
ORGANISING CO-  
SECRETARY, IPDC





**CERTIFICATE  
OF PARTICIPATION**  
Proudly presented to


AVIRAL TRIPATHI  
for attending lecture on the topic,  
**IMPROVEMENT BEGINS WITH "I"**,  
held on 28th March 2023 at IPDC.

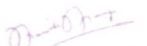
  
**DR U.K CHAUDHARY**  
PRESIDENT  
IDA EAST DELHI


  
**DR RAHUL PAUL**  
ORGANISING  
CHAIRPERSON, IPDC


  
**DR NEENA M. MOITRA**  
GUEST SPEAKER  
IDA EAST DELHI

  
**DR PREETI UPADHYAY**  
ORGANISING CO-  
CHAIRPERSON, IPDC

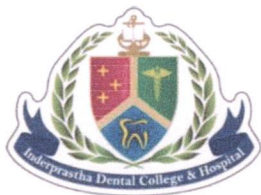
  
**DR AASTHA SHARMA**  
SECRETARY,  
IDA EAST DELHI

  
**DR NIMISH NIMEYA**  
CDE, CHAIRPERSON,  
IDA EAST DELHI

  
**DR RITIKA AHUJA MALHOTRA**  
ORGANISING  
SECRETARY, IPDC

  
**DR GEETIKA ARORA**  
ORGANISING CO-  
SECRETARY, IPDC





# Inderprastha Dental College & Hospital

## CERTIFICATES



### CERTIFICATE OF PARTICIPATION

Proudly presented to

ARPAN SHRIVASTAVA  
for attending lecture on the topic,  
IMPROVEMENT BEGINS WITH "I",  
held on 28th March 2023 at IPDC.

 DR U. K. CHAUDHARY PRESIDENT IDA EAST DELHI	 DR RAHUL PAUL ORGANISING CHAIRPERSON, IPDC	 DR NEENA M. MOITRA GUEST SPEAKER IDA EAST DELHI	 DR PREETI UPADHYAY ORGANISING CO- CHAIRPERSON, IPDC
 DR AASTHA SHARMA SECRETARY, IDA EAST DELHI	 DR NIMISH NIMEYA CDE, CHAIRPERSON, IDA EAST DELHI	 DR RITIKA AHUJA MALHOTRA ORGANISING SECRETARY, IPDC	 DR GEETIKA ARORA ORGANISING CO- SECRETARY, IPDC



### CERTIFICATE OF PARTICIPATION

Proudly presented to

Dr. Muskan Goel  
for attending lecture on the topic,  
IMPROVEMENT BEGINS WITH "I",  
held on 28th March 2023 at IPDC.

 DR U. K. CHAUDHARY PRESIDENT IDA EAST DELHI	 DR RAHUL PAUL ORGANISING CHAIRPERSON, IPDC	 DR NEENA M. MOITRA GUEST SPEAKER IDA EAST DELHI	 DR PREETI UPADHYAY ORGANISING CO- CHAIRPERSON, IPDC
 DR AASTHA SHARMA SECRETARY, IDA EAST DELHI	 DR NIMISH NIMEYA CDE, CHAIRPERSON, IDA EAST DELHI	 DR RITIKA AHUJA MALHOTRA ORGANISING SECRETARY, IPDC	 DR GEETIKA ARORA ORGANISING CO- SECRETARY, IPDC



# Inderprastha Dental College & Hospital

## CERTIFICATES



### CERTIFICATE OF PARTICIPATION

Proudly presented to :

**DR. SIDDHARTH**

for attending lecture on the topic,  
**IMPROVEMENT BEGINS WITH "I"**,  
held on 28th March 2023 at IPDC.

**DR U.K CHAUDHARY**  
PRESIDENT  
IDA EAST DELHI

**DR RAHUL PAUL**  
ORGANISING  
CHAIRPERSON, IPDC

**DR NEENA M. MOITRA**  
GUEST SPEAKER  
IDA EAST DELHI

**DR PREETI UPADHYAY**  
ORGANISING CO-  
CHAIRPERSON, IPDC

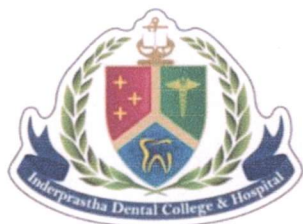
**DR AASTHA SHARMA**  
SECRETARY,  
IDA EAST DELHI

**DR NIMISH NIMEYA**  
CDE, CHAIRPERSON,  
IDA EAST DELHI

**DR RITIKA AHUJA MALHOTRA**  
ORGANISING  
SECRETARY, IPDC

**DR GEETIKA ARORA**  
ORGANISING CO-  
SECRETARY, IPDC





# Inderprastha

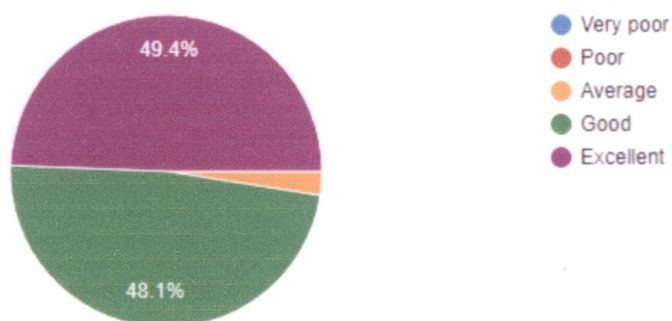
## Dental College & Hospital

### FEEDBACK REPORT

#### FEEDBACK FORM OF PERSONALITY DEVELOPMENT PROGRAM ON 'IMPROVEMENT BEGINS WITH I'

How would you rate the experience of the whole program?

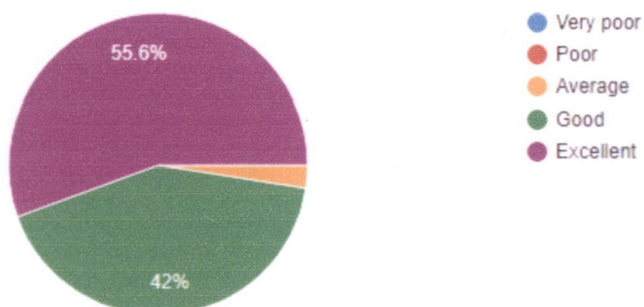
81 responses



**Inference:** 49.4% of the participants rated the program conducted to be of excellent standards whereas 48.1 % believed the program conducted was good.

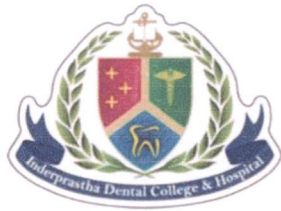
The instructor's effectiveness in teaching the subject matter was :

81 responses



**Inference:** 55.6% of the participants rated instructor's effectiveness in teaching was of excellent standards whereas 42% reported the teaching was good.



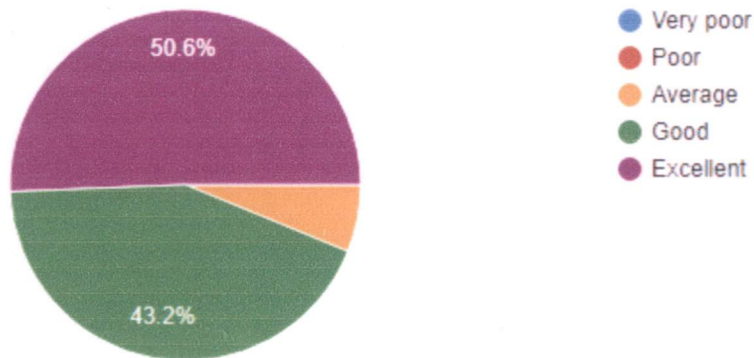


# Inderprastha

## Dental College & Hospital

Clarity of the instructor's voice was :

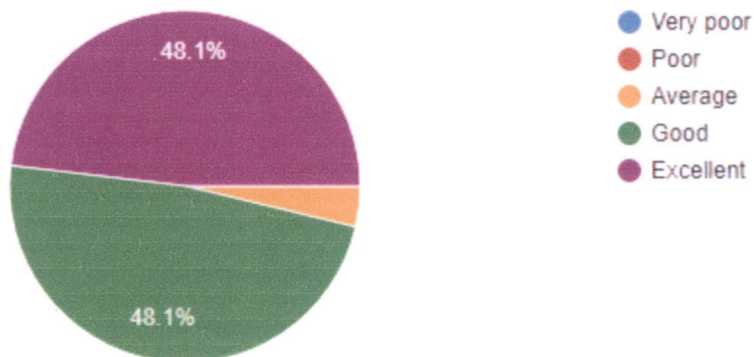
81 responses



**Inference:** 50% of the participants rated the clarity of instructor voice to be of excellent standards.

How would you rate the program experience?

81 responses



**Inference:** 48.1% of the participants responded that the course contents developed were excellent while 48.1% found them to be good.





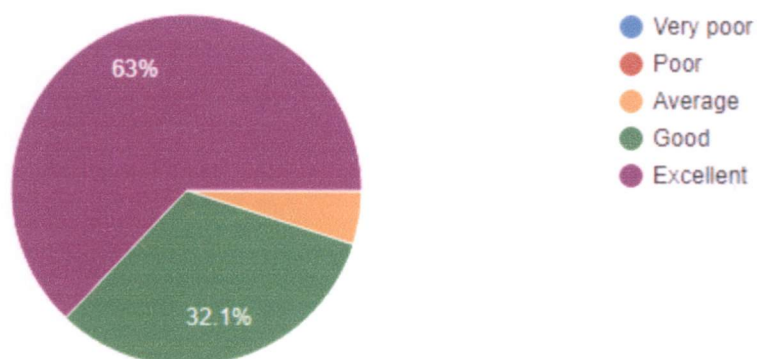


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## Dental College & Hospital

Explanations given by the instructor were:

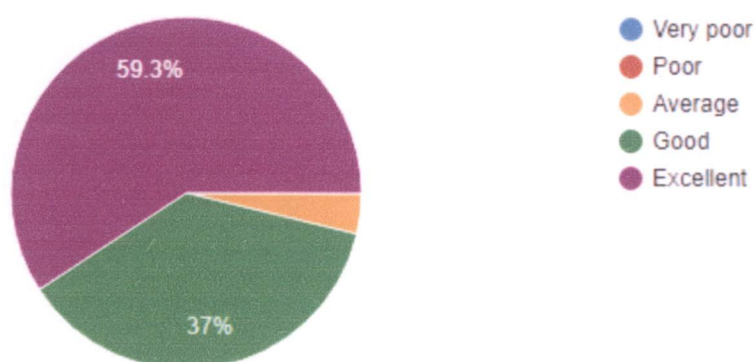
81 responses



**Inference:** 63% of the participants responded that the explanation delivered were excellent while 32.1% found them to be good.

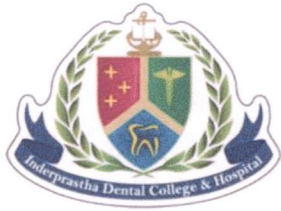
The examples and illustrations use by the instructor for explanation were

81 responses



**Inference:** 59.3% of the participants rated the examples and illustrations used were excellent while 37% found them to be good.



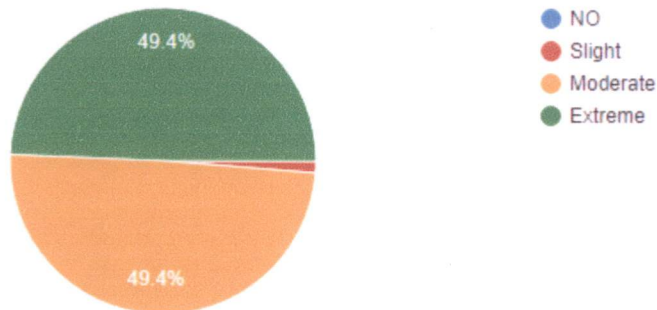


# Inderprastha

## Dental College & Hospital

Do you think this lecture adds additional knowledge into you regarding personality development?

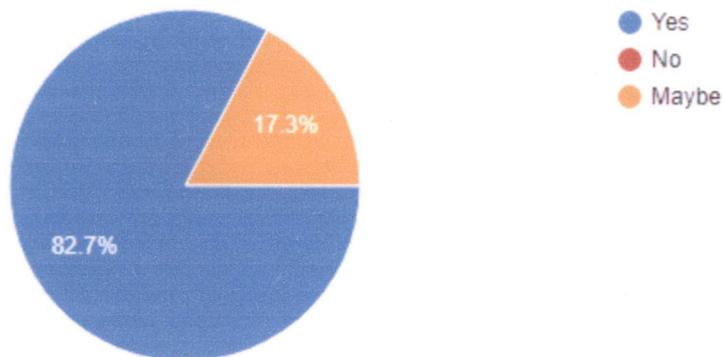
81 responses



**Inference:** 49.4% of the participants responded that the lecture added extreme knowledge to their personality while rest 49.4% believed it moderately modified their personality development.

Will you be able to take up challenges in future?

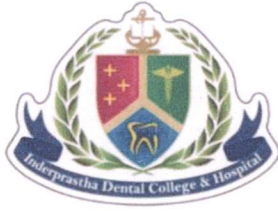
81 responses



**Inference:** 82.7 % of the participants responded that this lecture will help them in taking challenges in future.





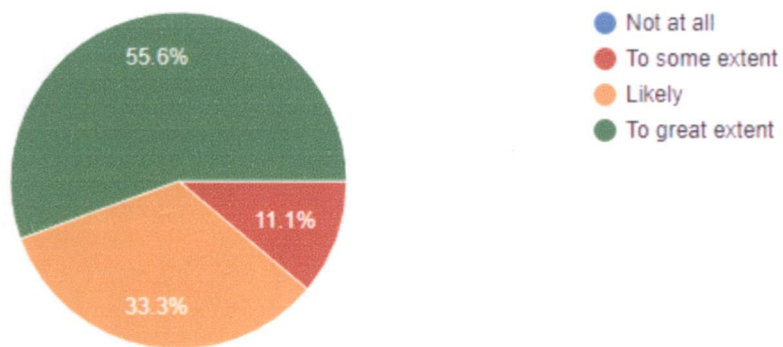


# Inderprastha

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Will the gained knowledge would help you in the future practice?

81 responses



**Inference:** 55.6% of the participants responded that the lecture delivered would help them to gain knowledge that will aid them in their future practice.





# Inderprastha

## Dental College & Hospital

### SUMMARY OF THE PROGRAM

1.	GUEST SPEAKER	DR. SHAMA BATRA
2.	DATE	27 <sup>TH</sup> MARCH, 2023
3.	TIME	11.00 AM ONWARDS
4.	VENUE	IPDC, LT-2
5.	NO. OF HOUR	3 HRS
6.	NO. OF PARTICIPANTS	100
7.	ORGANISING SECRETARY	DR. MANISH BHALLA,

#### OBJECTIVE:

The objective of the program was to prompt each and every people present in the lecture hall regarding better mental health and aid to lead a stress free life. In this session the guest had given tips regarding how to secure mental stability and what are there pros.

#### OUTCOME:

By the end of program, as a result all the listeners were sincerely inspired and all of them took oath to follow the healthy habits for a their stress management and for good mental health.



DR. MANISH BHALLA  
ORGANISING SECRETARY





# Inderprastha Dental College & Hospital

## REPORT OF STRESS MANAGEMENT PROGRAM

Stress management offers a range of strategies to help you better deal with stress and difficulty (adversity) in people's life. Managing stress can help you lead a more balanced, healthier life. Stress is an automatic physical, mental and emotional response to a challenging event. It's a normal part of everyone's life.

Here the lecture on stress management were taken by Dr. Shama Batra, which was very informative and practical with our day to day life. Although this topic has always a part of interest among all the age groups and this lecture had helped most the audience present over there. The lecture had basically emphasised on the daily routine and ways to improve mental health. Few tips were discussed to manage stress and reduce the overall stress of our normal day life activities like by using guided meditation, practicing deep breathing, maintain physical exercise and good nutrition, managing social media time, and connecting with others.

Speaker also accentuated over few strategies for coping with stress like avoid, alter, accept and adapt over the situations over life and by the end of lecture each audience had shown keenness towards better life, self care.



DR. MANISH BHALLA

ORGANISING SECRETARY



# Inderprastha

## Dental College & Hospital

### NOTICE



Inderprastha Dental College & Hospital  
46/1, Site-IV, Industrial Area, Sahibabad,  
Ghaziabad-201010 (U.P.)

IPDC/PO/Notice/2023/33

Date: -24.03.2023

### NOTICE

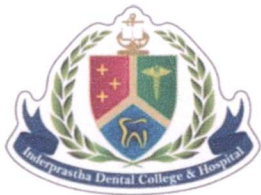
This is to inform that a Lecture on "Stress Managment" is being organised by college. The programme will be held on 27.3.23 from 10.00 am onwards. The lecture will be delivered by eminent Guest Speaker Respected Dr. Shama Batra. All 1<sup>st</sup> year and 2<sup>nd</sup> year BDS students must attend the programme and make it successful

Dr. Rahul Paul  
(Principal)

Cc.: Secretary & Jt. Secretary  
Registrar  
Manager Administrator  
Accounts  
All Dental Departments







# Inderprastha

## Dental College & Hospital

### BROCHURE

Self-care is essential for mental health. Take time for yourself to do things you enjoy.

**Eat a Balanced Diet:** A healthy diet can improve mood and energy levels. Eating a balanced diet with plenty of fruits, vegetables, whole grains, and lean proteins can help support mental health.

**Get Enough Sleep:** Sleep is essential for mental and physical health. Lack of sleep can lead to mood swings, anxiety, and depression. Aim for 7-8 hours of sleep each night and try to establish a regular sleep routine.

**Connect with Others:** Social connections are essential for mental health. Having people to talk to and spend time with can reduce stress and anxiety. Join clubs or organizations that interest you, volunteer for a cause you care about, or attend community events.

**Manage Stress:** Stress can cause anxiety and depression, and it's important to find healthy ways to manage it. Try deep breathing exercises, meditation, yoga, or other relaxation techniques. Exercise is also a great way to manage stress.



## STRESS MANAGEMENT

MENTAL HEALTH PROGRAMME



**DR SHAMA BATRA**  
MD, FICOG  
Medical Superintendent  
at Patel Hospital

27TH MARCH 2023

LT-2, IPDC

11 A.M ONWARDS



It's crucial to take care of your mental health to lead a happy and fulfilling life.

### ORGANISING TEAM



**DR. RAHUL PAUL**  
ORGANISING CHAIRPERSON



**DR. PREETI UPADHYAY**  
ORGANISING  
CO-CHAIRPERSON



**DR. MANISH BHALLA**  
ORGANISING SECRETARY



**DR. RITIKA AHUJA MALHOTRA**  
ORGANISING  
CO-SECRETARY



**DR. SHRADHA SAIKIA**  
EVENT COORDINATOR

FOR QUERIES -  
8178907730



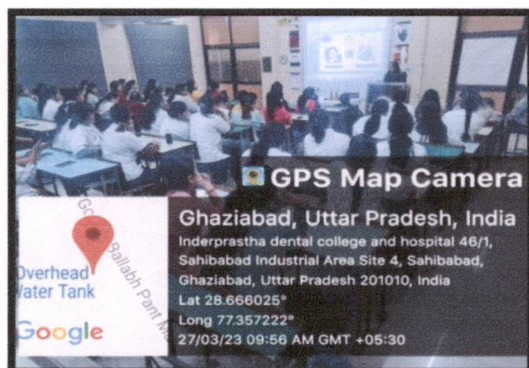




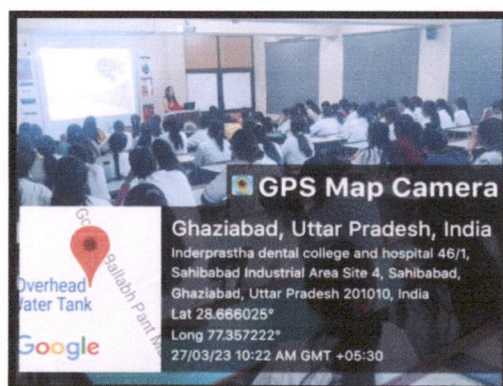
# Inderprastha Dental College & Hospital

## PHOTOGRAPHS OF THE EVENT

### Introduction of Speaker



### Speaker Dr Shama Batra addressed the students







# Inderprastha

## Dental College & Hospital

### ATTENDANCE



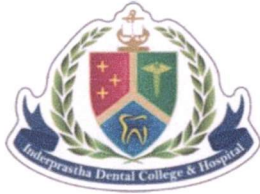
Inderprastha Dental College & Hospital  
46/1, Site IV, Industrial Area, Sahibabad  
Gharuabad - 201010 (U.P.)

#### List of students participated in - STRESS MANAGEMENT

S.N O.	Name of Students	Signature of Attendees- 27 <sup>th</sup> March 2023
1.	Harshita	
2.	Aditya Sharma	
3.	Shashwat Singh	
4.	Suma Rani Halder	
5.	Ishita Srivastava	
6.	Mansi Kumari	
7.	Umang Makkar	
8.	Avni Malhotra	
9.	Annanya Rajvanshi	
10.	Ishita Rai	
11.	Anjali Aggarwal	
12.	Niyati Anand	
13.	Sakshi Gupta	
14.	Chhaya Gupta	
15.	Harshveen Kaur	
16.	Roshni Das	
17.	Surbhi	
18.	Ravnoor	
19.	Kashish Gupta	
20.	Md. Faisal	
21.	Kartik Tyagi	
22.	Lakshay Kasana	
23.	Vinay Singh	
24.	Hafsa Kafeel	
25.	Bobby	
26.	Raghav Thapar	
27.	Apurva	
28.	Vasudha Sharma	
29.	Maryam Zaidi	
30.	Lakshya Garg	
31.	Ayan Fatima	
32.	Arshi Malik	
33.	Ritika Gupta	
34.	Kanishka Panwar	
35.	Shikha Vats	



Dr. Manish Bhalla  
Organizing Secretary



# Inderprastha

## Dental College & Hospital

### ATTENDANCE

36.	Khushi Anuja	Khushi
37.	Riya Sinha	Riya
38.	Gaurav Singh	Gaurav
39.	Aditi Yadav	Aditi
40.	Sneha Sreeta Pradhan	Sneha
41.	Rashika Gupta	Rashika
42.	Muskan Saxena	Muskan
43.	Saksham Bawa	Saksham
44.	Ankita-1	Ankita
45.	Kashish	Kashish
46.	Shubham Bajaj	Shubham
47.	Lallawmzuali	Lallawmzuali
48.	Shruti Keshri	Shruti
49.	Khushi Sharma 1	Khushi Sharma
50.	Kushika Walia	Kushika
51.	Akshita Shaw	Akshita Shaw
52.	Pragya Dabas	Pragya
53.	Nikki Kumari	Nikki
54.	Aman	Aman
55.	Khushi Sharma 2	Khushi Sharma
56.	Tarun Kumar	Tarun
57.	MedongunuoSogotsu	Medongunuo
58.	PriyanshuVashisth	Priyanshu
59.	Shrestha Mishra	Shrestha
60.	Sahil Malik	Sahil
61.	Vashvi Sharma	Vashvi
62.	Saharsh Sandeep Malhotra	Saharsh
63.	Vihaan Singh Dhami	Vihaan
64.	Harshita Yadav	Harshita
65.	Md Shahid	Md Shahid
66.	Piyush Shanker Saha	Piyush
67.	Ishika Pal	Ishika
68.	Aditi Anand	Aditi
69.	Yusra Saifi	Yusra Saifi
70.	Gaurav Choudhary	Gaurav
71.	Subham Garai	Subham
72.	Tirthankar Chowdhury	Tirthankar Chowdhury
73.	Kriti Kumari	Kriti Kumari
74.	Neha Jayant	Neha
75.	Saurav Prakash	Saurav
76.	Shanu Kumari	Shanu Kumari
77.	Ayush	Ayush
78.	Palak Pipal	Palak
79.	Rana Gaurav	Rana
80.	Aaliya Allam	Aaliya
81.	Riya Vats	Riya
82.	Ankita -2	Ankita
83.	Pooja Kasana	Pooja



Dr. Manish Bhalla  
Organizing Secretary





# Inderprastha

## Dental College & Hospital

### ATTENDANCE

84.	Ananya Raj	Ananya Raj
85.	Avantika Yadav	Agadav
86.	Kumkum Pandey	Kumkum Pandey
87.	Deepak Yadav	Deepak
88.	Tripti Sharma	Tripti
89.	Isha Goyal	Isha
90.	Arpita Singh	Arpita
91.	Safali Rahman	Safali Rahman
92.	Sana Naseem	Sana Naseem
93.	Shadan Shakir	Shadan
94.	Arpita Pandey	Arpita
95.	Eshita Mishra	Eshita
96.	Bharat Bailan	Bharat
97.	Deepanshi Saklani	Deepanshi
98.	Maanvi	Maanvi
99.	Kashish Bhambhani	Kashish Bhambhani
100.	Arya	Arya
101.	Abhivansh Jha	Abhivansh
102.	Reetika Singh	Reetika
103.	Sana Dhawan	Sana Dhawan
104.	Anirudh Gaur	Anirudh
105.	Maulik Kathuria	Maulik
106.	Warisha	Warisha
107.	Heena Khan	Heena
108.	Palak Shrivastava	Palak
109.	Lakshit Gupta	Lakshit
110.	Krrish Wadhawan	Krrish
111.	Pranjal Dhyani	Pranjal
112.	Sanskriti Saxena	Sanskriti
113.	Supriya	Supriya
114.	Fakhta Shaheen	Fakhta Shaheen
115.	Anshika Bhargava	Anshika
116.	Mohd Shoaib	Mohd Shoaib
117.	Muskan Kumari	Muskan
118.	Priyanka	Priyanka
119.	Madheha Rais	Madheha
120.	Rimsha Amrin	Rimsha
121.	Akshita Shanker	Akshita
122.	Dolly Arora	Dolly
123.	Shivani Singh	Shivani Singh
124.	Annie Taneja	Annie
125.	Shreya Kaushik	Shreya
126.	Sangwi Sinha	Sangwi
127.	Anshika Yadav	Anshika
128.	Dhruv Shukla	Dhruv
129.	Toinoli V Zhimomi	Toinoli
130.	Kashish Vinod Gupta	Kashish
131.	Shekinali K. Achumi	Shekinali



Dr. Manish Bhalla  
Organizing Secretary



# Inderprastha

## Dental College & Hospital

### ATTENDANCE

132.	Manasvi Aggarwal	Manasvi
133.	Ankit Varshney	Ankit
134.	Ayush Kumar	Ayush
135.	Anamta Saifi	Anamta
136.	Neha Kumari	Neha Kumari
137.	Aaliya Shahreen	Aaliya
138.	Ayati Sharma	Ayati
139.	Saumya Vatsa	Saumya
140.	Gurleen Kaur	Gurleen Kaur
141.	Kelvin Saurav Kamal	Kelvin
142.	Vidhi Jain	Vidhi
143.	Kartik Aggarwal	Kartik
144.	Kartik	Kartik
145.	Shruti Varshney	Shruti
146.	Eram Fatma	Eram Fatma
147.	Dewansh Arora	Dewansh
148.	Vrinda Dhamija	Vrinda
149.	Dr. Rahul Paul	Dr. Rahul Paul
150.	Dr. Preeti Upadhyay	Dr. Preeti Upadhyay
151.	Dr. Manish Bhalla	Dr. Manish Bhalla
152.	Dr. Geetika Arora	Dr. Geetika Arora
153.	Dr. Ritika Ahuja Malhotra	Dr. Ritika Ahuja Malhotra
154.	Dr. Trisha Rastogi	Dr. Trisha Rastogi
155.	Dr. Preeti Sharma	Dr. Preeti Sharma
156.	Dr. Nikhil Puri	Dr. Nikhil Puri

Dr. Manish Bhalla  
Organizing Secretary

Dr. Manish Bhalla





# Inderprastha

## Dental College & Hospital

### CERTIFICATES



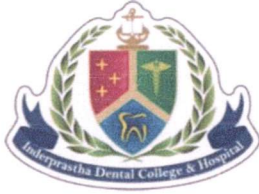


# Inderprastha Dental College & Hospital

## CERTIFICATES







# Inderprastha

## Dental College & Hospital

### CERTIFICATES



## CERTIFICATE OF PARTICIPATION



PROUDLY PRESENTED TO

*Shreya Kaushik*

FOR ATTENDING LECTURE ON THE TOPIC STRESS  
MANAGEMENT HELD ON 27 MARCH 2023 AT IPDC

*Shama*  
DR SHAMA BATRA  
OUR GUEST SPEAKER

*RH*  
DR RAHUL PAUL  
ORGANISING CHAIRPERSON

*Preeti*  
DR PREETI UPADHYAY  
ORGANISING CO-CHAIRPERSON

*Manish*  
DR MANISH BHALLA  
ORGANISING SECRETARY

*Ritika*  
DR RITIKA AHUJA MALHOTRA  
ORGANISING CO-SECRETARY



# Inderprastha

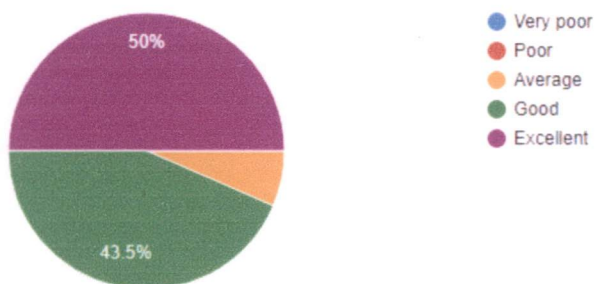
## Dental College & Hospital

### FEEDBACK REPORT

### FEEDBACK FORM OF PERSONALITY DEVELOPMENT PROGRAM ON 'STRESS MANAGEMENT'

How would you rate the program experience?

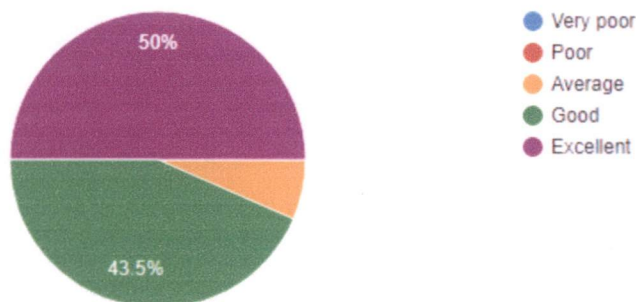
46 responses



**Inference:** 50% of the participants rated the program conducted to be of excellent standards.

How would you rate the content of the course

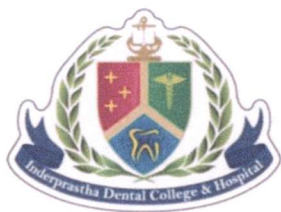
46 responses



**Inference:** 50% of the participants responded that the course contents developed were excellent while 43.5% found them to be good.





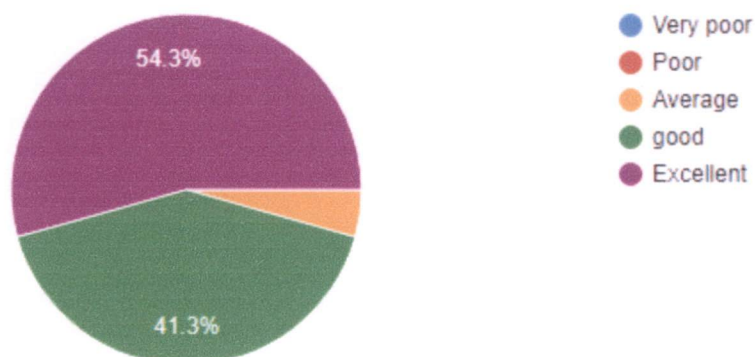


# Inderprastha

## Dental College & Hospital

How would you rate the resource person?

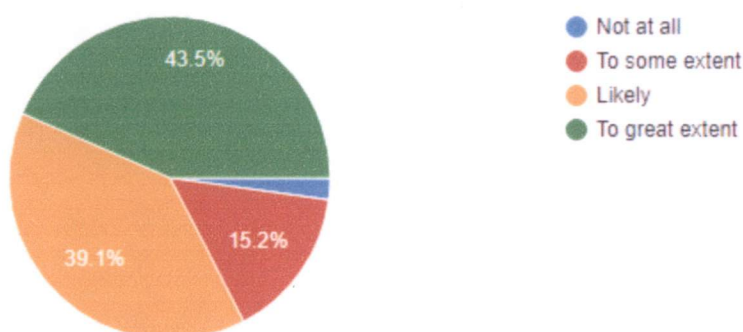
46 responses



**Inference:** 54.3% of the participants rated the resource person for the program to be excellent.

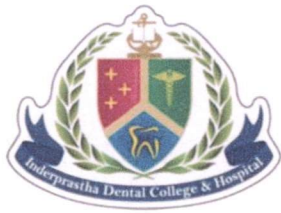
Will the knowledge gained, will have impact in your future practice?

46 responses



**Inference:** 43.5% of the participants found the knowledge asserted through the program to be helpful and to be of potential to improve their future practice, while a few participants did not find them to be that much helpful.





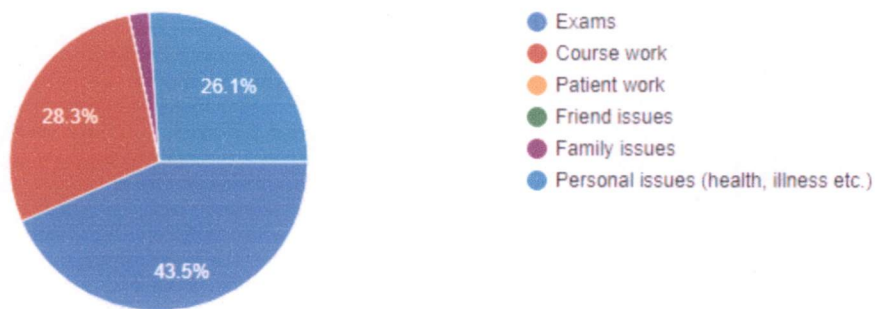
# Inderprastha

## Dental College & Hospital

What according to you causes the most stress in a day to day life style?



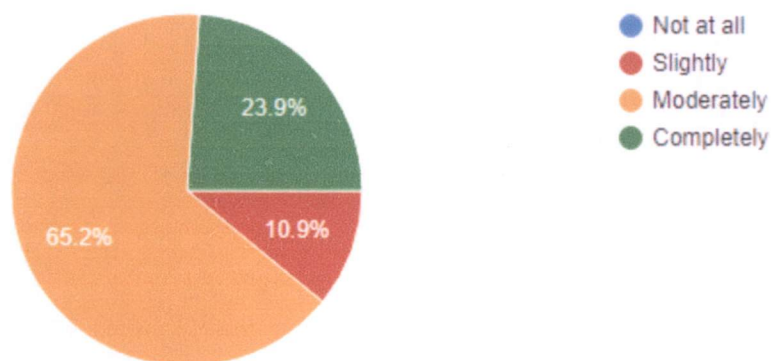
46 responses



**Inference:** 43.5% of the participants revealed that examinations were the main cause of stress in their day-to-day routine, and other factors for some participants included Course work, personal & family issues to be the causes of stress.

How far will you be able to manage stress after this program?

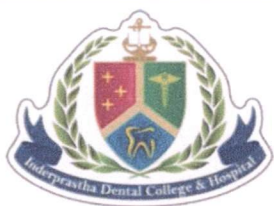
46 responses



**Inference:** Majority of the participants (65.2%) responded that the program will be moderately helpful for them to manage stress in their lives, whereas 23.9% of the participants found the program to be helpful in completely managing stress in their day-to-day routine.







# Inderprastha

## Dental College & Hospital

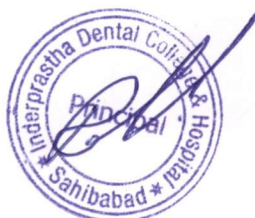
### SUMMARY OF THE PROGRAM

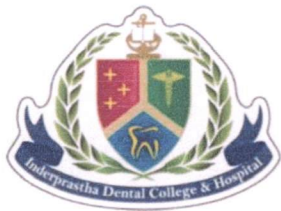
1	GUEST SPEAKER	Dr Geeta Sudhana
2	DATE	29- 11-2022
3	TIME	9:30-11:30 am
4	VENUE	Lecture theatre 2
5	NO. OF HOUR	2 hours
6	NO. OF PARTICIPANTS	85
7	ORGANISING SECRETARY	Dr. Mudita Gupta

**OBJECTIVE:** The objective of the program was to make the student aware of the opportunities and the carrier options for their successful path.

**OUTCOME:** Students were enlighten that there is always a need of improvement in their skills and they should always be updated for the new development.

  
Dr. Mudita Gupta  
ORGANISING SECRETARY





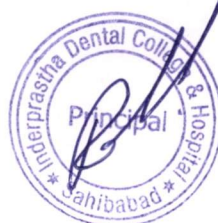
# Inderprastha

## Dental College & Hospital

### REPORT

A programme for “**E- Expedise Campus Recruitment**” was conducted on 29<sup>th</sup> November 2022 in lecture theatre 2, At the outset of the programme; Miss Vaishnavi introduced the speaker Dr Geeta Sudhana, Vice president, e-Expedise. She addressed the gathering and explained simple tips for successful career path. She emphasised on solution-based strategy by designing unique solutions and services for each requirement. 85 interns attended the programme. The students were enlightened about the secret to a successful career is the skill and desire of continuous improvement.

**Dr. Mudita Gupta**  
Organizing Secretary







# Inderprastha

## Dental College & Hospital

### NOTICE



Inderprastha Dental College & Hospital  
46/1, Site-IV, Industrial Area, Sahibabad,  
Ghaziabad-201010 (U.P.)

IPDC/PO/Notice/2022/112A

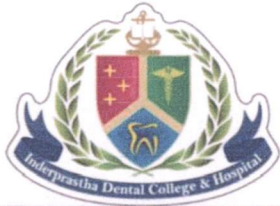
Date: -28.11.2022

### NOTICE

This is to inform all that program for E- Expedise Campus Recruitment will be conducted on 29<sup>th</sup> November '2022 in LT- 2 .All interns are requested to attend the programme.

Dr. Rahul Paul  
(Principal)  
Cc.: Secretary & Jt. Secretary  
Registrar  
All Dental & Medical Departments  
Notice Board

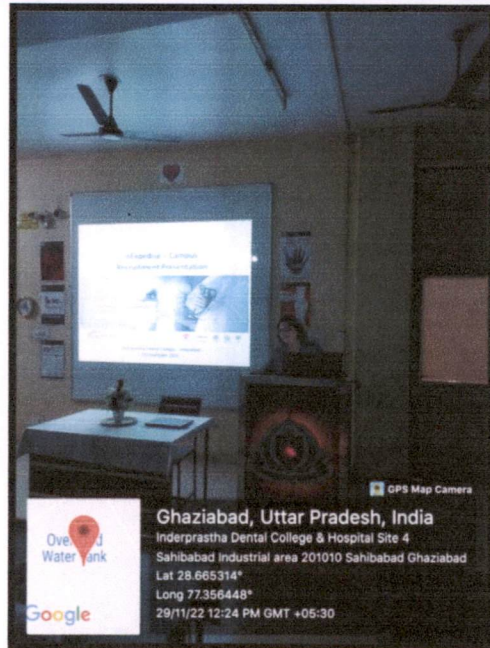




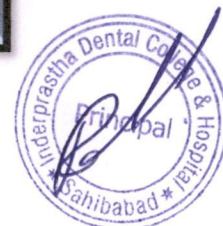
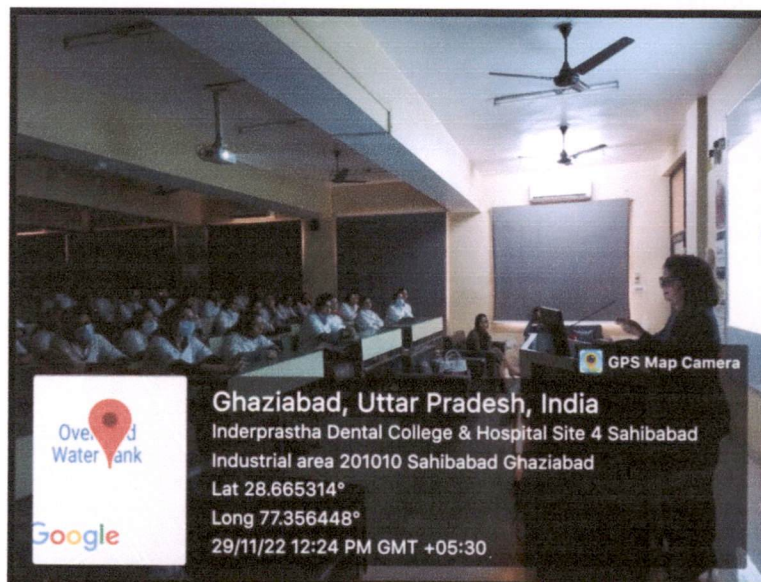
# Inderprastha Dental College & Hospital

## E-EXPEDISE CAMPUS RECRUITMENT DRIVE

Dr Geeta Sudhana, Vice President, E-Expedise addressing the gathering .



Speaker explained simple tips for successful career path to the students







# Inderprastha

## Dental College & Hospital

### ATTENDANCE



E-Expedise Campus Drive  
LIST OF INTERN 2022-2023

S.No.	Student's Name	Signature
1	Aafreen Naseem	
2	Aastha Sinha	
3	Aditi Jain	
4	Anshika	
5	Anshuman Chauhan	
6	Anupama Srivastava	
7	Anushka Sharma	
8	Arushi Dubey	
9	Ashit Anand	
10	Chandangshi Kaushik	
11	Chetan Kumar Singh	
12	Chetna Mahajan	
13	Chhavi Malhotra	
14	Drishty Kalra	
15	Garima Sharma	
16	Gunjan Malhotra	
17	Harsh Achhra	
18	Harshita	
19	Himani Sharma	
20	Ila Gupta	
21	Ishita Srivastava	
22	Ivan Thangkhannang Guite	
23	Kanika Aggarwal	
24	Karan	
25	Kiran Gupta	
26	Krispy	
27	Kriti	
28	Kunal Sharma	
29	Mamta	
30	Manisha Rai	
31	Muskan Gupta	
32	Muskan Singh	
33	Namrata	
34	Neha Kumari	
35	Nishi Singh	



DR MUDITA GUPTA  
ORGANISING SECRETARY



# Inderprastha

## Dental College & Hospital

### ATTENDANCE

36	Nitish Gupta	
37	Piyush Saket	Piyush
38	Prachi Grover	Prachi
39	Prakshi Sharma	Prakshi
40	Priyanka Anjana	Priyanka
41	Rabiya Iqbal	Rabiya Iqbal
42	Rajnandini	Rajnandini
43	Renu Pal	Renu Pal
44	Ruchi Choudhary	Ruchi
45	Saba Suhail	Saba Suhail
46	Sanjana Srivastava	Sanjana
47	Sanjivini Sarkar	Sanjivini
48	Seema Sharma	Seema
49	Shaheen Qamar	Shaheen Qamar
50	Shakeba Hussain	Shakeba
51	Shiva Gupta	Shiva
52	Shivesh	Shivesh
53	Shruti Srivastava	Shruti
54	Shruti Varun	Shruti
55	Shubhangi Anand	Shubhangi
56	Shubhangi Khator	Shubhangi
57	Shweta Chetiwal	Shweta
58	Sonu Singh	Sonu
59	Soumya Omer	Soumya
60	Supriya Yadav	Supriya
61	Suryansh Singh	Suryansh
62	Twinkle Baruah	Twinkle
63	Urvashi Chauhan	Urvashi
64	Utkarsh Agrawal	Utkarsh
65	Vaishnavi Pandey	Vaishnavi
66	Vanshika Agarwal	Vanshika
67	Vanshika Tomar	Vanshika
68	Varsha	Varsha
69	Vedika Singh	Vedika
70	Vishal Gupta	Vishal
71	Sonam Singh	Sonam
72	Shubhanshu Jaiswal	Shubhanshu



*[Signature]*

DR MUDITA GUPTA  
ORGANISING SECRETARY






# Inderprastha

## Dental College & Hospital

### ATTENDANCE

73	Nishant	Nishant
74	Chhavi Raghav	Chhavi
75	Gagandeep Singh	Gagandeep
76	Sayan Sanyal	Sayan
77	Somya Shekhar	Somya
78	Tenzin Wangyal Megeji	Tenzin
79	Aditi Banerjee	Aditi
80	Ayushi Kuchhal	Ayushi
81	Esha Yadav	Esha
82	Gauri Kushwaha	Gauri
83	Aishwarya	Aishwarya
84	Nida Iqbal	Nida
85	Pritha Shil	Pritha



  
DR MUDITA GUPTA  
ORGANISING SECRETARY



Dec 08, 2022

Krispy,

Lala Babu Road,  
Maharani Road,  
New Godown Gaya,  
Bihar- 823002

Dear Krispy,

Sub: Offer Letter for the position of **Medical Officer-Queries**

Thank you for the keen interest in exploring the opportunities to work for our organization.

Consequent to the various interactions that we had with you, we are pleased to offer you the position of **Medical Officer-Queries**. Your annual CTC will be **3.54 Lac** per annum.

**Date of Joining**

As discussed and agreed, you shall be joining the company on or before **Dec 19, 2022**.

**Place of Posting and Governing Conditions**

Your permanent place of posting will be at **Gurgaon**, you will in all respects be governed by the terms, conditions, rules, regulations, various circulars and standing orders issued from time to time some of which may supersede the prevalent terms conditions of the employment on merit or for compliance of laws.

**Joining**

You are required to report to our office located at **Unit no 311, Tower A, Unitech Business zone, Sector 50, Golf course Extension road, Gurugram, Haryana 122001** for joining formalities on or before **Dec 19, 2022**. Please note that our office starts at 09:00 am. In case you fail to join by the stated period here above the offer letter stands withdrawn.

**Probation Period**

Your probation period will be for six months from the date of joining however, the management reserves the right to confirm your employment on or before the expiry of 6 months period. The management also reserve the right to extant your probation period should your contribution is found below par than the expectations of the management or discussed with you otherwise at the time of joining or over the period.

**Right of Deployment of Services**

It is be informed that while your permanent place of posting will be **Gurgaon** where the head quarter of the company is located however the management reserves the right to transfer your services to any other location depending upon business contingencies. It is also informed that all senior positions in the group companies are subject to transfer in the group company due to any business agency, or the position may be an additional charge to the position offered herein.

---

eExpedise Healthcare Private Limited

03rd floor, Unit no 311, Tower A, Unitech Business Zone, Sector 50, Golf  
Course Road Extension road, Gurugram, Haryana 122001

Contact No -+91-0124-4576760|Email:[info@eexpedise.com](mailto:info@eexpedise.com) | CIN

U85300DL2016PTC299989





Contd.....2

- 2 -

**Appointment Letter**

Your formal appointment letter will be issued within one month of your joining, you are advised to complete the joining formalities and submit all necessary documents for the purpose within 7 days of joining the organization to avoid any inconvenience at a later date.

We look forward for an excellent and mutually rewarding sustainable relationship to grow together and wish you an exultant time ahead.

With regards,

Authorized Signatory

eExpedise Healthcare Private Limited

Annexure:      Computation of the offered package  
                 Important Instruction and Advisory Note

---

I have read the offer letter including the Annexure and hereby accept the offer letter. I shall be joining within the period defined in the offer letter.

Signature \_\_\_\_\_

Date: \_\_\_\_\_

Place: \_\_\_\_\_

(Please send the duly signed scanned copy as confirmation of acceptance; the original copy may be handed over at the time of joining).

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eExpedise Healthcare Private Limited  
03rd floor, Unit no 311, Tower A, Unitech Business Zone, Sector 50, Golf  
Course Road Extension road, Gurugram, Haryana 122001  
Contact No --+91-0124-4576760|Email:[info@eexpedise.com](mailto:info@eexpedise.com) | CIN  
U85300DL2016PTC299989



**Important instructions and Advisory Note:**

- I. **On the date of joining you shall be submitting the following documents**
- a. Duly signed original copy of the Offer Letter as your acceptance of the offer letter.
  - b. Relieving letter from the previous organization (not applicable for fresher).
  - c. 2 pass port size photographs
  - d. 1 cheque of your personal account (one as cancelled check for recording the NEFT details for direct transfer of salary into your account).
  - e. All testimonials with regard to confirmation of your educational qualifications and other accolades for verifications, the originals will be returned after verification.
  - f. Document e.g. residential proof, Pan Card, passport for the purpose of KYC compliance.

Signature \_\_\_\_\_

Date: \_\_\_\_\_

Place: \_\_\_\_\_

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eExpedise Healthcare Private Limited  
03rd floor, Unit no 311, Tower A, Unitech Business Zone, Sector 50, Golf  
Course Road Extension road, Gurugram, Haryana 122001  
Contact No --+91-0124-4576760|Email:[info@eexpedise.com](mailto:info@eexpedise.com) | CIN  
U85300DL2016PTC299989





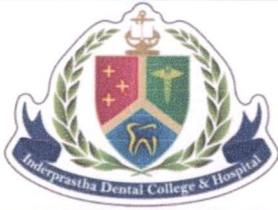
Name – Krispy,  
Designation – Medical Officer- Queries

Compensation Structure		
Particulars	Monthly	Annually
<b>Total CTC (A)</b>	<b>29,547</b>	<b>3,54,562</b>
Provident Fund (Employer)	1,800	21,600
Gratuity	645	7,738
Medical Insurance	264	3,168
Personal Accident	13	156
<b>Benefits Total (B)</b>	<b>2,722</b>	<b>32,662</b>
<b>Gross Salary (A-B)</b>	<b>26,825</b>	<b>3,21,900</b>
Basic Salary	13,413	1,60,950
HRA (as applicable)	6,706	80,475
<b>City Compensatory Allowance</b>	<b>6,706</b>	<b>80,475</b>
<b>Fixed Component (C)</b>	<b>26,825</b>	<b>3,21,900</b>
Provident Fund (Employee)	1,800	21,600
LWF	25	300
<b>Deductions Total (D)</b>	<b>1,825</b>	<b>21,900</b>
<b>Net Salary (C-D)</b>	<b>25,000</b>	<b>3,00,000</b>
v Gratuity as per Government Rule		
v Health Insurance cover for the employee will be taken by employee after confirmation. Insurance Covered maximum of (Rs. 2,00,000/- PA).		
v Group Personal Accident coverage up to Rs.300, 000 Sum Assured		
*All benefits are subject to applicable terms and conditions and may be revised from time to time, at the company's sole discretion		
* Income Tax will be deducting as per Income Tax Act		
Participation in Incentive/Bonus Schemes: You are eligible to participate in the Company's Annual Incentive/Bonus Plan subject to the terms and conditions of such Plan and any amendments as may be made from time to time.		
Deductions: The Company may during your employment, or on termination for whatever reason, deduct from your remuneration any monies due from you to the Company including but not limited to:		
· Any overpayment of salary or expenses or payment made to you by mistake or misrepresentation; and/or		
· Any outstanding loans or advances made to you by the Company; and/or		
· Amounts equal in sum to the amount of any secret/illegitimate profits that you make from the Company's business/interests; and/or		
· Any debt owed by you to the Company; and/or		
· Any other deductions permitted under applicable law including Tax.		

eExpedise Healthcare Private Limited

03rd floor, Unit no 311, Tower A, Unitech Business Zone, Sector 50, Golf Course Road Extension road, Gurugram, Haryana 122001

Contact No -+91-0124-4576760|Email:[info@eexpedise.com](mailto:info@eexpedise.com) | CIN  
U85300DL2016PTC299989



# Inderprastha

## Dental College & Hospital

### Program Report

### Human right Laws and Medical Negligence

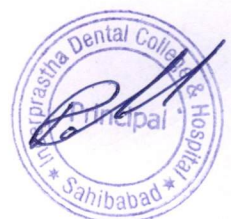
IPDC conducted a Lecture **“Human Right Laws and Medical Negligence”** by Mr. Manav Vohra, an eminent lawyer on 2<sup>nd</sup> November 2022

The lecture highlighted the Human Right Laws like right to life and liberty, right to equality, Education right, Right to Practice any religion and right to freedom of expression. He emphasized on fundamentals of constitution which are neutral to all regardless of caste, race, gender, ethnic origin or any other status.

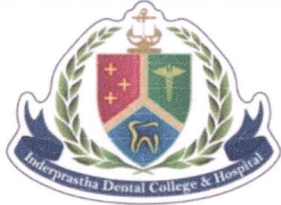
He spoke about the Medical negligence in practice, liability of Dentist while treating male, female or child patient.

The program was attended by a total of 95 male and female participants.

**Dr. Nikhil Puri**  
**Organizing Secretary**







# Inderprastha Dental College & Hospital

## Notice



### Inderprastha Dental College & Hospital

46/1, Site-IV, Industrial Area, Sahibabad,  
Ghaziabad-201010 (U.P.)

#### Program Report

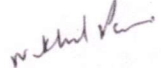
#### Human right Laws and Medical Negligence

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by Mr. Manav Vohra, an eminent lawyer on 2<sup>nd</sup> November 2022

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He spoke about the Medical negligence in practise, liability of dentist while treating male, female or child patient.

The program was attended by a total of 95 male and female participants.

  
Dr. Nikhil Puri  
Organizing Secretary





# Inderprastha

## Dental College & Hospital

### Brochure



**INDERPRASTHA DENTAL COLLEGE AND HOSPITAL**

**TOPIC – HUMAN RIGHT LAWS & MEDICAL NEGLIGENCE**

**Date – 02/11/22**      **Time – 10am onwards**      **Venue – LT-2, Inderprastha Dental College and Hospital**

**ORGANIZING COMMITTEE**



**Dr. Rahul Paul**  
(Principal)



**Dr. Nikhil Puri**  
(Organizing Secretary)



**Dr. Preeti Upadhyay**  
(Organizing Co Secretary)

**GUEST SPEAKER**



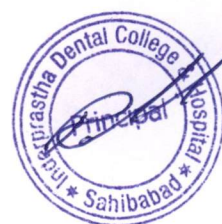
**Mr. Manav Vohra**

Mr. Manav Vohra a renowned lawyer did his BA, LL.B. from Rajiv Gandhi National University of Law, Patiala.

Eminent speaker for Human Right Laws and Women Protective Laws.

He has worked with various top firms in the past and is currently associated with JVK & ASSOCIATES.

For queries contact –  
Dr.Preeti Upadhyay -9910012441







# Inderprastha

## Dental College & Hospital

### Attendance



Inderprastha Dental College & Hospital  
46/1, Site-IV, Industrial Area, Sahibabad,  
Ghaziabad-201010 (U.P.)

#### HUMAN RIGHT LAWS AND MEDICAL NEGLIGENCE

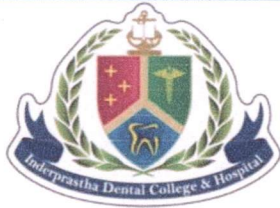
Date - 2/11/22

S. No.	Student's Name	Signature
1.	Ankita	Ankita
2.	Apoorva Tyagi	Apoorva Tyagi
3.	Bhupendra	Bhupendra
4.	Chhaya Singh	Chhaya Singh
5.	Deepanshi Yadav	Deepanshi Yadav
6.	Deepika Chaudhary	Deepika Chaudhary
7.	Dixita	Dixita
8.	Mokksh Madhur	Mokksh Madhur
9.	Suhani	Suhani
10.	Tanisha Gupta	Tanisha Gupta
11.	Tannu Khanna	Tannu Khanna
12.	Aadya Dharmi	Aadya Dharmi
13.	Aafia	Aafia
14.	Aastha Verma	Aastha Verma
15.	Abhinav Akash	Abhinav Akash
16.	Aishwarya Sharma	Aishwarya Sharma
17.	Akshat Pandey	Akshat Pandey
18.	Akshat Gakhar	Akshat Gakhar
19.	Akshita	Akshita
20.	Amisha Raj	Amisha Raj
21.	Amitoj Kaur	Amitoj Kaur
22.	Anagha Anil	Anagha Anil
23.	Aniket Dang	Aniket Dang
24.	Anjali Kumari	Anjali Kumari
25.	Ankit Raj	Ankit Raj



Dr. Nikhil Puri  
Organizing Secretary





# Inderprastha

## Dental College & Hospital

### Attendance

26.	Anshika Chauhan	Anshika
27.	Aqudas Mustafa Khan	Aqudas
28.	Asjad Iqbal	Asjad Iqbal
29.	Avni Tyagi	Avni
30.	Damini Sharma	Damini
31.	Devansh Mishra	Devansh
32.	Divya Sharma	Divya
33.	Farha Mohamed Rafi	Farha
34.	Ghanshikha	Ghanshikha
35.	Ginny	Ginny
36.	Harshita	Harshita
37.	Hemakshi Agnihotri	Hemakshi
38.	Himanshi Gupta	Himanshi
39.	Kajal Chauhan	Kajal
40.	Karishma Gautam	Karishma
41.	Khushi Tiwari	Khushi
42.	Kunal Garg	Kunal Garg
43.	Mani Koli	Mani
44.	Manvi Ujjainia	Manvi
45.	Mariyam Rizvi	Mariyam
46.	Mohammad Faizul Hoda	Mohammad
47.	Muddasir Zameer	Muddasir
48.	Nayneet Singh	Nayneet
49.	Neha Parween	Neha
50.	Nishik Goyal	Nishik
51.	Niti	Niti
52.	Prachi Choudhary	Prachi
53.	Prachi Jain	Prachi
54.	Pragati Sharma	Pragati
55.	Priya Awana D	Priya
56.	Priyanka Yadav	Priyanka
57.	Punchang Appun Dolcy	Punchang
58.	Raghavi Rana	Raghavi
59.	Ravi Saxena	Ravi
60.	Richa Agarwal	Richa
61.	Richa Rawat	Richa



Dr. Nikhil Pari  
Organizing Secretary







# Inderprastha Dental College & Hospital

## Attendance

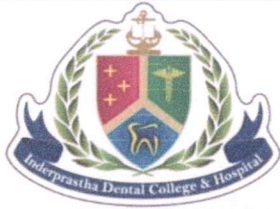
62.	Ridhi Sharma	<i>Ridhi</i>
63.	Rishabh Jain	<i>Rishabh Jain</i>
64.	Rishita Baveja	<i>Rishita</i>
65.	Sana Iqbal	<i>Sana</i>
66.	Sandeep Mallik	<i>Sandeep Mallik</i>
67.	Sanskriti Arora	<i>Sanskriti</i>
68.	Shahbaz Khan	<i>Shahbaz Khan</i>
69.	Shahzad	<i>Shahzad</i>
70.	Shalini Singh	<i>Shalini Singh</i>
71.	Shambhavi Misra	<i>Shambhavi</i>
72.	Sheeba	<i>Sheeba</i>
73.	Shivani Gupta	<i>Shivani Gupta</i>
74.	Shivani Singh	<i>Shivani Singh</i>
75.	Shristi	<i>Shristi</i>
76.	Shubham Bisht	<i>Shubham</i>
77.	Shubham Prakash	<i>Shubham</i>
78.	Siddharth Tejwani	<i>Siddharth</i>
79.	Sneha Ganesh	<i>Sneha</i>
80.	Srishti Purohit	<i>Srishti</i>
81.	Shrishti Upadhyay	<i>Shrishti</i>
82.	Swarnavo Sarkar	<i>Swarnavo</i>
83.	Syed Saad Ahmed	<i>Saad</i>
84.	Tanishqa Mathur	<i>Tanishqa</i>
85.	Tejswani Pandey	<i>Tejswani</i>
86.	Tushar Bhardwaj	<i>Tushar</i>
87.	Utkarsh Tiwari	<i>Utkarsh Tiwari</i>
88.	Vaibhav Shekhar Yadav	<i>Vaibhav</i>
89.	Vedant Khurana	<i>Vedant</i>
90.	Vidhi Srivastava	<i>Vidhi</i>
91.	Vinit Veer	<i>Vinit</i>
92.	Vritika Sachdeva	<i>Vritika</i>
93.	Wize Umer D	<i>Wize</i>
94.	Yash Dewarand Kumbhare	<i>Yash</i>
95.	Zeenat	<i>Zeenat</i>



*Nikhil Puri*  
Dr. Nikhil Puri  
Organizing Secretary

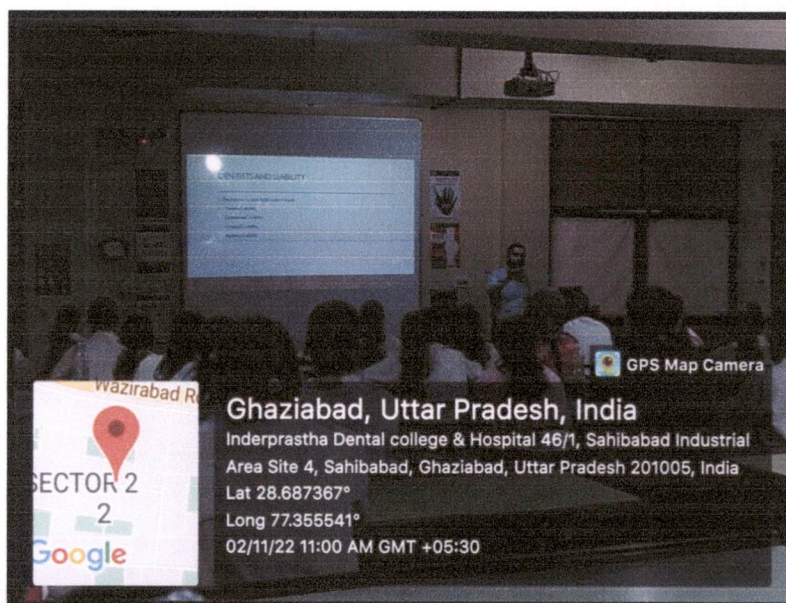
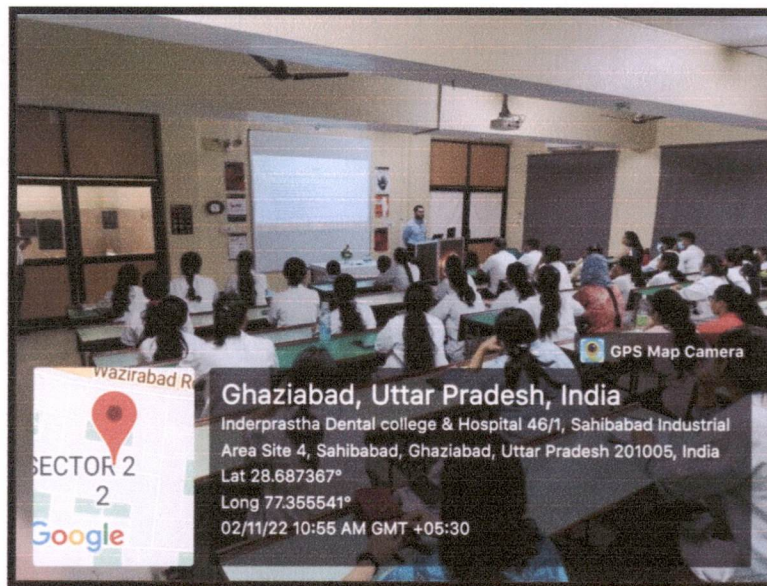






# Inderprastha Dental College & Hospital

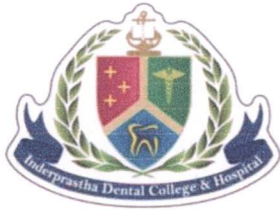
## Glimpse of Event



## Lecture



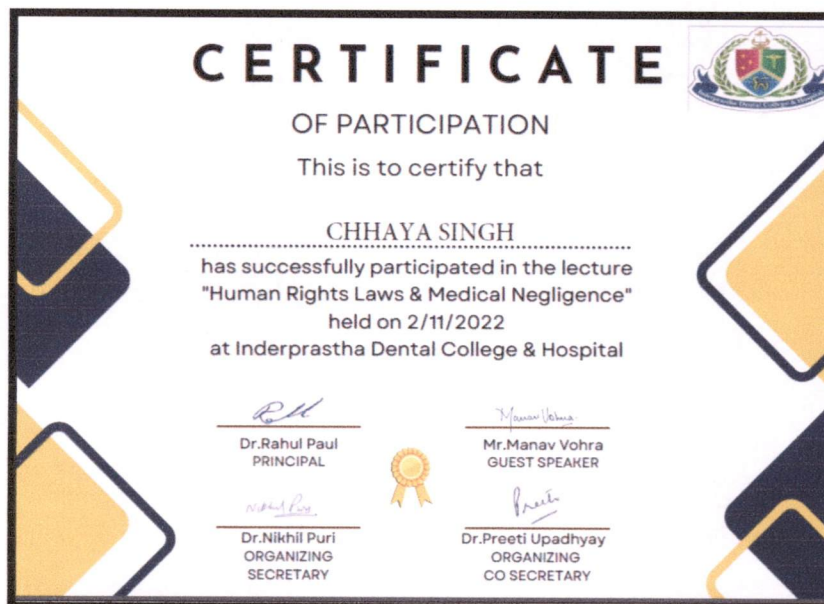


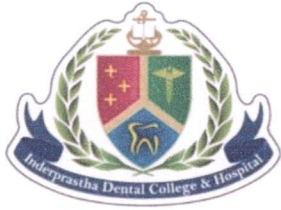


# Inderprastha

## Dental College & Hospital

### Certificates





# Inderprastha Dental College & Hospital

## Certificates

### CERTIFICATE

#### OF PARTICIPATION

This is to certify that

AASTHA VERMA

has successfully participated in the lecture  
"Human Rights Laws & Medical Negligence"  
held on 2/11/2022  
at Inderprastha Dental College & Hospital

Dr. Rahul Paul  
PRINCIPAL



Dr. Nikhil Puri  
ORGANIZING  
SECRETARY

Mr. Manav Vohra  
GUEST SPEAKER

Dr. Preeti Upadhyay  
ORGANIZING  
CO SECRETARY

### CERTIFICATE

#### OF PARTICIPATION

This is to certify that

AKSHAT PANDEY

has successfully participated in the lecture  
"Human Rights Laws & Medical Negligence"  
held on 2/11/2022  
at Inderprastha Dental College & Hospital

Dr. Rahul Paul  
PRINCIPAL

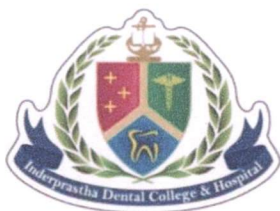


Dr. Nikhil Puri  
ORGANIZING  
SECRETARY

Mr. Manav Vohra  
GUEST SPEAKER

Dr. Preeti Upadhyay  
ORGANIZING  
CO SECRETARY





# Inderprastha

## Dental College & Hospital

### Certificates





# **Inderprastha**

## **Dental College & Hospital**

### **SUMMARY OF THE PROGRAM**

1.	<b>GUEST SPEAKER</b>	<b>Ms. SUJATA CHABBRA</b>
2.	<b>DATE</b>	<b>22<sup>ND</sup> AUGUST, 2022</b>
3.	<b>TIME</b>	<b>10.00 AM ONWARDS</b>
4.	<b>VENUE</b>	<b>IPDC, LT-2</b>
5.	<b>NO. OF HOUR</b>	<b>1 HR</b>
6.	<b>NO. OF PARTICIPANTS</b>	<b>95</b>
7.	<b>ORGANISING SECRETARY</b>	<b>Dr. Geetika Arora</b>

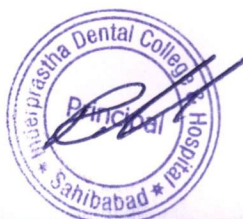
#### **OBJECTIVE:**

The objective of the program was to help students to stay adaptable, remain open to new opportunities, and continually reassess their goals to stay ahead in an ever-changing professional landscape. In this session the guest had given tips how to adapt themselves in difficult and challenging situations in their profession and also effective ways to grab the opportunities which will them to make their future bright.

#### **OUTCOME:**

By the end of program, as a result all the listeners were sincerely inspired and all of them were looking forward to acquire and refine their skills, this will further help them to position themselves as a valuable asset in the job market and enhance your future career prospects.

**Dr. Geetika Arora**  
ORGANISING SECRETARY







# Inderprastha

## Dental College & Hospital

### REPORT OF SOFT SKILL DEVELOPMENT PROGRAM

Continuous learning, as its name suggests, is the practice of learning regularly and throughout your life. Businesses that invest in their employees' continuous learning are likely to be more efficient, adapt more easily to industry changes, innovate more, and have higher retention rates. In this lecture, speaker taught students about how adaptability and resilience go hand in hand, when they grow into adulthood, they will need to learn how to manage their emotional thinking, especially when faced with challenges, how to dispel the Fear of Failure and also motivates them for continuous Learning. Here the lecture on “**Adaptability and Continuous Learning**”, was taken by Ms. Sujata Chhabra, which was informative and practical with day-to-day life.

**Dr. Geetika Arora**  
Organising Secretary





# Inderprastha

## Dental College & Hospital

### NOTICE



### Inderprastha Dental College & Hospital

46/1, Site-IV, Industrial Area, Sahibabad,  
Ghaziabad-201010 (U.P.)

IPDC/PO/Notice/2022/ 59A

Date: - 17<sup>th</sup> Aug'2022

### NOTICE

All the First and Second Year students are here by requested to gather in LT-2 for a lecture on **ADAPTABILITY AND CONTINUOUS LEARNING** By Ms. Sujata Chhabra from 10.00 AM on 22<sup>nd</sup> August '2022 (Monday).

All First and Second Year students must attend the program & make it successful

Dr. Rahul Paul

(Principal)

Cc.: Secretary & Jt. Secretary

C.E.O

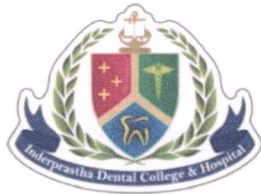
Accounts

All Dental & Medical Departments

Notice Board







# Inderprastha

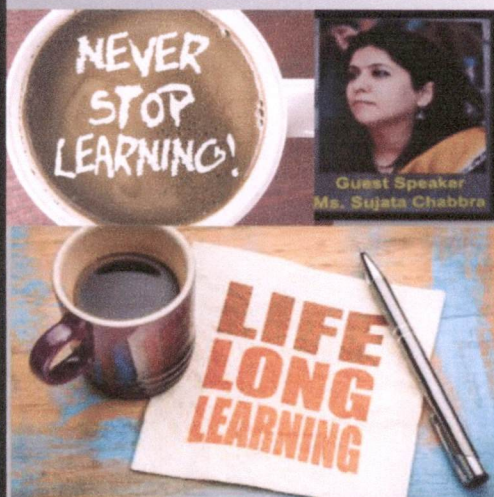
## Dental College & Hospital

### BROCHURE



## INDERPRASTHA DENTAL COLLEGE AND HOSPITAL

### ADAPTABILITY AND CONTINUOUS LEARNING



Sujata Chhabra is a Certified Trainer from University of Cambridge and British Council. She holds a CELTA certification AND customer Service Coach qualification from UK. Being an ELT expert, she has been extensively delivering soft skills programs across various schools, colleges and corporate offices across India and over a decade. She is actively involved in programs for enhancing vocational skills across various industries. She has undergone special certified course of Child Protection training and equality and Diversity Training, UK and works actively for Women empowerment across India and Nepal. In her current profile, she actively delivers student and teacher trainings on behalf of Pearson India Private Limited, British Council, Cambridge University Press and various NGOs

**DATE: 22ND AUGUST' 22**

**VENUE: LECTURE THEATRE 3**

#### ORGANISING COMMITTEE



**DR. RAHUL PAUL**  
Organising Chairperson



**DR. PREETI UPADHYAY**  
Organising Co-Chairperson



**DR. GEETIKA ARORA**  
Organising Secretary



**DR. RITIKA AHUJA MALHOTRA**  
Organising Co-Secretary



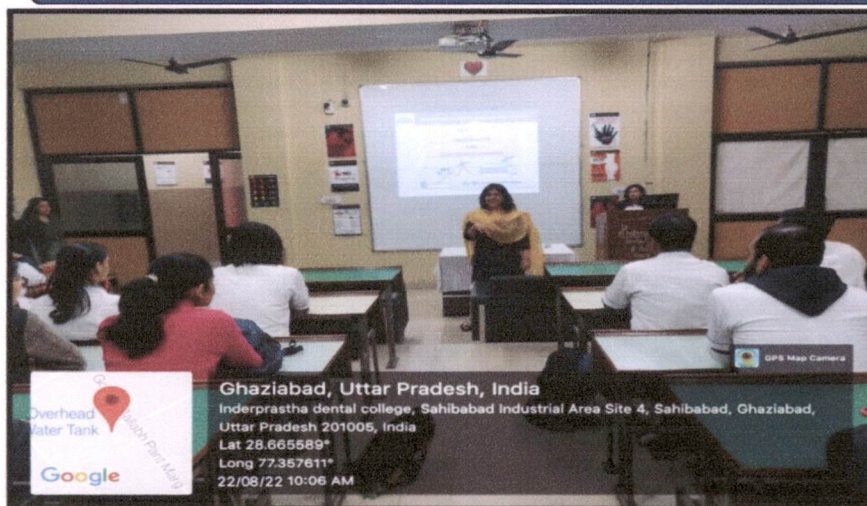




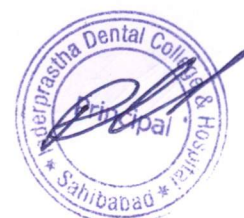
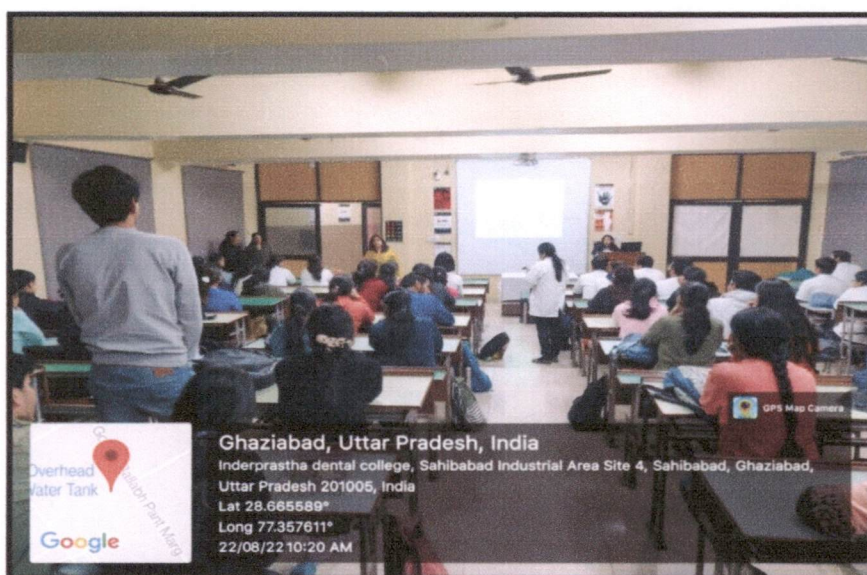
# Inderprastha Dental College & Hospital

## PHOTOGRAPHS OF THE PROGRAM

### Speaker addressing students



### Students took active part in the program







# Inderprastha

## Dental College & Hospital

### ATTENDANCE



#### INDERPRASTHA DENTAL COLLEGE & HOSPITAL

#### LECTURE ON – ADAPTABILITY AND CONTINUOUS LEARNING

#### ATTENDANCE SHEET

S.No.	Student Name	Student's Signature – 22 <sup>nd</sup> August 2022
1.	Aanandi Soni	Aanandi
2.	Aarohi Singh	Aarohi
3.	Aiman Fatima	Aiman
4.	Aishwarya Shrivastava	Aishwarya
5.	Akansha Jain	Akansha
6.	Amber Srivastava	Amber
7.	Amisha Gautam	Amisha
8.	Ananya Agarwal	Ananya
9.	Ananya Bansal	Ananya
10.	Aniket Kumar	Aniket
11.	Anshika Tripathi	Anshika
12.	Antriksh Bhardwaj	Antriksh
13.	Bhavya Grover	Bhavya
14.	Daimanta Deb	Daimanta
15.	Debashis Mudoi	Debashis
16.	Fariya Zameer	Fariya
17.	Garima Singh	Garima
18.	Harshit Agarwal	Harshit Agarwal
19.	Ishikaa Kaur	Ishikaa
20.	Ishita Singh	Ishita
21.	Jagriti Kumari	Jagriti
22.	Jahnabi Sharma	Jahnabi
23.	Kumar Vedika	Kumar
24.	Manpreet Kaur	Manpreet
25.	Mansa Mitra	Mansa
26.	Misha Raj	Misha
27.	Mishita Tyagi	Mishita
28.	Monema Perwaiz	Monema
29.	Nidhi Mishra	Nidhi
30.	Priyanka Kumari	Priyanka
31.	Rishabh Arya	Rishabh
32.	Rishabh Verma	Rishabh

Organizing Secretary  
Dr Geetika Arora







# Inderprastha

## Dental College & Hospital

### ATTENDANCE



33.	Ritika Roswal	Ritika
34.	Riya Singh	Riya Singh
35.	Saema Aquil	Saema
36.	Sakshi Kumari	Sakshi
37.	Sameer Roy	Sameer
38.	Sanaa Shahab	Sanaa
39.	Sejal Gupta	Sejal
40.	Shalini Sinha	Shalini
41.	Shivam Chaudhary	Shivam
42.	Sristi Kumari	Sristi
43.	Sudhanshu Ranjan	Sudhanshu
44.	Surbhi Keshri	Surbhi
45.	Tanya Nirwan	Tanya
46.	Twinkle Malhotra	Twinkle
47.	Vidhi Kaushik	Vidhi
48.	Vishakha	Vishakha
49.	Writhika	Writhika
50.	Yashika Bansal	Yashika
51.	Zarqa Faridi	Zarqa
52.	Ishita Srivastava	Ishita
53.	Mansi Kumari	Mansi
54.	Anjali Aggarwal	Anjali
55.	Niyati Anand	Niyati
56.	Sakshi Gupta	Sakshi
57.	Chhaya Gupta	Chhaya
58.	Harshveen Kaur	Harshveen
59.	Roshni Das	Roshni
60.	Kartik Tyagi	Kartik
61.	Lakshay Kasana	Lakshay
62.	Vinay Singh	Vinay
63.	Lakshya Garg	Lakshya
64.	Ayan Fatima	Ayan
65.	Ritika Gupta	Ritika
66.	Khushi Aneja	Khushi
67.	Riya Sinha	Riya
68.	Gaurav Singh	Gaurav
69.	Aditi Yadav	Aditi
70.	Sneha Sreeta Pradhan	Sneha
71.	Rashika Gupta	Rashika
72.	Muskan Saxena	Muskan

Organizing Secretary  
Dr Geetika Arora







# Inderprastha

## Dental College & Hospital

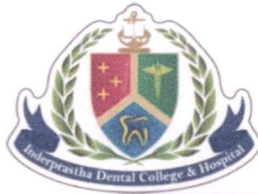
### ATTENDANCE



73.	Saksham Bawa	Saksham
74.	Shubham Bajaj	Shubham
75.	Lallawmzuali	Lalli
76.	Shruti Keshri	Shruti
77.	Khushi Sharma 1	Khushi
78.	Kushika Walia	Kushika
79.	Akshita Shaw	Akshita
80.	Pragya Dabas	Pragya
81.	Khushi Sharma 2	Khushi
82.	Medongunuo Sogotsu	Medo
83.	Priyanshu Vashisth	Priyanshu
84.	Shrestha Mishra	Shrestha
85.	Kumkum Pandey	Kumkum
86.	Deepak Yadav	Deepak
87.	Tripti Sharma	Tripti
88.	Arpita Singh	Arpita
89.	Safali Rahman	Safali
90.	Sana Naseem	Sana
91.	Shadan Shakir	Shadan
92.	Arpita Pandey	Arpita
93.	Vanisha Agarwal	Vanisha
94.	Aisha Zahra	Aisha
95.	Shashwat Singh	Shashwat

Geetika  
Organizing Secretary  
Dr Geetika Arora





# Inderprastha

## Dental College & Hospital

### CERTIFICATES



INDERPRASTHA DENTAL COLLEGE & HOSPITAL

## CERTIFICATE

OF PARTICIPATION

This certificate is presented to

Aarushi Singh

for actively participating in the program on the topic  
"ADAPTABILITY AND CONTINUOUS LEARNING",  
22nd August 2022.

DR. RAHUL PAUL  
Organizing Chairperson

DR. PREETI UPADHYAY  
Organizing Co-Chairperson

DR. GEETIKA ARORA  
Organizing Secretary

DR. RITIKA AHUJA MALHOTRA  
Organizing Co-Secretary



INDERPRASTHA DENTAL COLLEGE & HOSPITAL

## CERTIFICATE

OF PARTICIPATION

This certificate is presented to

Anshika Tripathi

for actively participating in the program on the topic  
"ADAPTABILITY AND CONTINUOUS LEARNING",  
22nd August 2022.

DR. RAHUL PAUL  
Organizing Chairperson

DR. PREETI UPADHYAY  
Organizing Co-Chairperson

DR. GEETIKA ARORA  
Organizing Secretary

DR. RITIKA AHUJA MALHOTRA  
Organizing Co-Secretary





# Inderprastha

## Dental College & Hospital

### CERTIFICATES



INDERPRASTHA DENTAL COLLEGE & HOSPITAL

## CERTIFICATE

OF PARTICIPATION


This certificate is presented to

Richabh Verma

for actively participating in the program on the topic  
"ADAPTABILITY AND CONTINUOUS LEARNING",  
22nd August 2022.

  
DR. RAHUL PAUL  
Organizing Chairperson

  
DR. PREETI UPADHYAY  
Organizing Co-Chairperson

  
DR. GEETIKA ARORA  
Organizing Secretary

  
DR. RITIKA AHUJA MALHOTRA  
Organizing Co-Secretary



INDERPRASTHA DENTAL COLLEGE & HOSPITAL

## CERTIFICATE

OF PARTICIPATION

This certificate is presented to

Harshit Agarwal

for actively participating in the program on the topic  
"ADAPTABILITY AND CONTINUOUS LEARNING",  
22nd August 2022.

  
DR. RAHUL PAUL  
Organizing Chairperson

  
DR. PREETI UPADHYAY  
Organizing Co-Chairperson

  
DR. GEETIKA ARORA  
Organizing Secretary

  
DR. RITIKA AHUJA MALHOTRA  
Organizing Co-Secretary



# Inderprastha

## Dental College & Hospital

### CERTIFICATES







# Inderprastha

## Dental College & Hospital

### Program Report

### Human right Laws

IPDC conducted a Lecture **“Human Right Laws”** on **24 September 2022**, by Mr. Manav Vohra, an eminent lawyer.

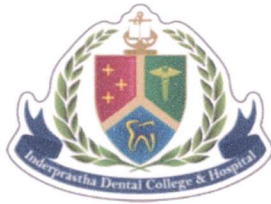
The lecture highlighted the various Human Right Laws specific to male and female individually. Laws form the basis for the relationship between the government and the individual.

The speaker briefed about the laws specific to right to life and liberty and right to freedom of expression.

The program was attended by a total of 73 male and female participants.

  
Dr. Preeti Upadhyay  
Organizing Secretary





# Inderprastha

## Dental College & Hospital

### Brochure



#### INDERPRASTHA DENTAL COLLEGE AND HOSPITAL

##### TOPIC – HUMAN RIGHT LAWS

Date – 24/9/22

Time – 10am onwards

Venue – LT-2,  
Inderprastha Dental  
College and Hospital

##### ORGANIZING COMMITTEE



Dr. Rahul Paul  
(Principal)



Dr. Preeti Upadhyay  
(Organizing Secretary)



Dr. Nikhil Puri  
(Organizing Co Secretary)



Dr. Heena Gandhi  
(Program Coordinator)

##### GUEST SPEAKER



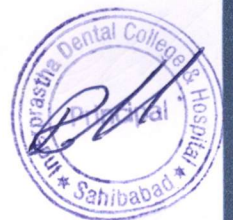
Mr. Manav Vohra

Mr. Manav Vohra a renowned lawyer did his BA. LLB. from Rajiv Gandhi National University of Law, Patiala.

Eminent speaker for Human Right Laws and Women Protective Laws.

He has worked with various top firms in the past and is currently associated with JVK & ASSOCIATES.

For queries contact –  
Dr. Heena Gandhi - 9971666390







# Inderprastha Dental College & Hospital

## Notice



Inderprastha Dental College & Hospital  
46/1, Site-IV, Industrial Area, Sahibabad,  
Ghaziabad-201010 (U.P.)

IPDC/PO/Notice/2022/81

Date: -20.09.2022

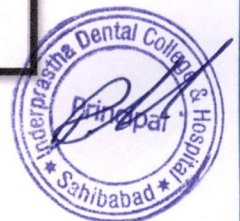
### NOTICE

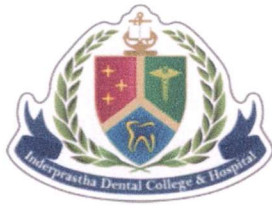
This is to inform that a Lecture on "Human Right Laws" will be conducted by Mr. Manav Vohra.

The program will be held on 24 September 2022 in LT -2, 10 am onwards.

All Final Year Undergraduate and Interns students must attend the program.

Dr. Rahul Paul  
(Principal)  
Cc.: Secretary & Jt. Secretary  
Registrar  
Accounts  
All Dental Departments  
Notice Board





# Inderprastha

## Dental College & Hospital

### Attendance



### Inderprastha Dental College & Hospital

46/1, Site-IV, Industrial Area, Sahibabad,  
Ghaziabad-201010 (U.P.)

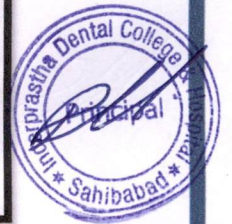
### Human Right Laws

Date - 24.09.2022

S.No.	Name	Signature
1.	Akars Srivastava	Akars
2.	Anchal Bharti	Anchal
3.	Karan Pratap Singh	Karan
4.	Komal Saini	Komal
5.	Krishna Bhati	Krishna
6.	Marisha Pandey	Marisha
7.	Mohd. Nafisul Haque	Nafis
8.	Shubham Ghai	Shubham
9.	Aadya Gupta	Aadya
10.	Aakruti Singh	Aakruti
11.	Aanchal Jain	Aanchal
12.	Aarushi Garg	Aarushi
13.	Aditya Saini	Aditya
14.	Aishma Gurung	Aishma
15.	Akshay Panday	Akshay
16.	Akshit Kumar	Akshit
17.	Anjali Kumari Ojha	Anjali
18.	Anju Yadav	Anju
19.	Anshul Sahu	Anshul
20.	Antarika Saikia	Antarika
21.	Aparna Singh	Aparna
22.	Apoorva	Apoorva
23.	Arpan Shrivastava	Arpan
24.	Avinashika Kumari	Avinashika
25.	Aviral Tripathi	Aviral
26.	Ayman Hassan	Ayman
27.	Bhavya Arora	Bhavya
28.	Cedric Byorning Barua	Cedric
29.	Disha Arora	Disha



Dr. Preeti Upadhyay  
Organizing Secretary







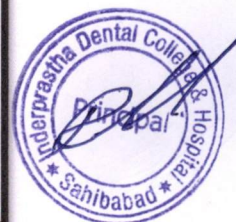
# Inderprastha Dental College & Hospital

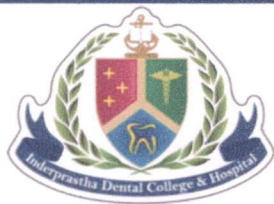
## Attendance

30.	Drishti Jindal	Drishti
31.	Ekta	Ekta
32.	Garima Vaish	Garima
33.	Garvita Chaudhary	Garvita
34.	Himanshu Dahiya	Himanshu
35.	Jaya Srivastava	Jaya
36.	Jayanti Aneja	Jayanti
37.	Jyoti Devedi	Jyoti
38.	Kapil Bhardwaj	Kapil
39.	Kashish Gupta	Kashish
40.	Komal Kumari	Komal
41.	Mayank Verma	Mayank
42.	MD. Azharuddin	MD. Azhar
43.	Misha Dua	Misha
44.	Mitali Bargoti	Mitali
45.	Mohd. Sajid	Mohd. Sajid
46.	Murchana Mahanta	Murchana
47.	Muskaan Ranjan Sethi	Muskaan
48.	Muskan Negi	Muskan
49.	Nazia Naureen	Nazia
50.	Neelima Singh	Neelima
51.	Nicky Kumari	Nicky
52.	Nupur Yadav	Nupur
53.	Pallavi Sharma	Pallavi
54.	Pooja Gupta	Pooja
55.	Priya Rani	Priya
56.	Priyanka Kumari Verma	Priyanka
57.	Ragini Kumari	Ragini
58.	Rakhi Kumari	Rakhi
59.	Riya Dutt	Riya
60.	Sakshi Anand	Sakshi
61.	Saloni Khetarpal	Saloni
62.	Sarah Afireen	Sarah
63.	Saumya Mishra	Saumya
64.	Sheshayi Roy	Sheshayi
65.	Siddharth	Siddharth
66.	Simran Balouria	Simran
67.	Soumya Yadav	Soumya
68.	Swati Singh Rangoli	Swati
69.	Tarun Pandey	Tarun
70.	Urvashi Chaudhary	Urvashi
71.	Vidhi Jha	Vidhi
72.	Vishal Choudhary	Vishal
73.	Yasmeen Khatoun	Yasmeen



Dr. Preeti Upadhyay  
Organizing Secretary

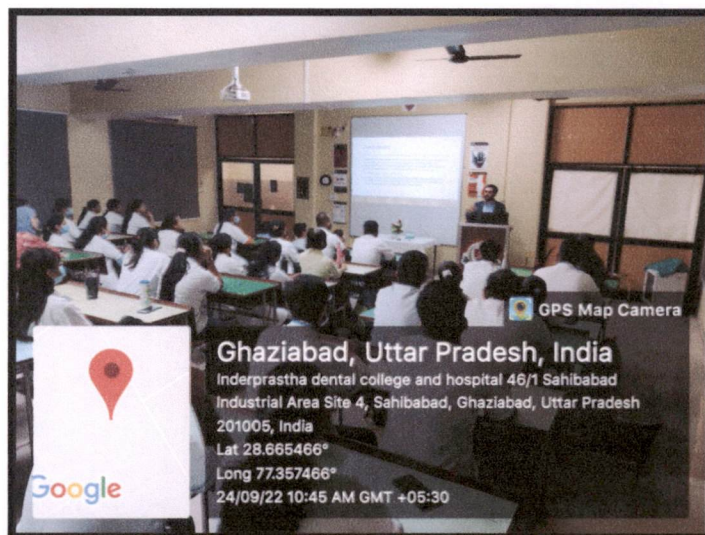




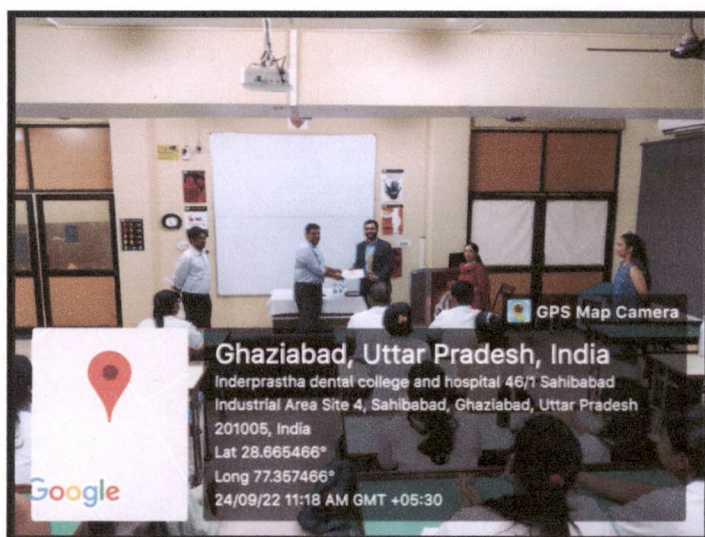
# Inderprastha

## Dental College & Hospital

### Glimpse of Event



### Lecture



### Felicitation







# Inderprastha

## Dental College & Hospital

### Certificates

**CERTIFICATE**

**OF PARTICIPATION**

This is to certify that

Akshay Pandey

has successfully participated in the lecture  
"Human Right Laws"  
held on 24/9/2022  
at Inderprastha Dental College & Hospital

Dr. Rahul Paul  
PRINCIPAL

Mr. Manav Vohra  
GUEST SPEAKER

Dr. Preeti Upadhyay  
ORGANIZING  
SECRETARY

Dr. Nikhil Puri  
ORGANIZING  
CO SECRETARY

Dr. Heena Gandhi  
PROGRAM  
COORDINATOR

**CERTIFICATE**

**OF PARTICIPATION**

This is to certify that

Shubham Ghat

has successfully participated in the lecture  
"Human Right Laws"  
held on 24/9/2022  
at Inderprastha Dental College & Hospital

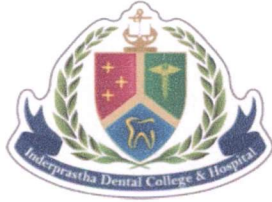
Dr. Rahul Paul  
PRINCIPAL

Mr. Manav Vohra  
GUEST SPEAKER

Dr. Preeti Upadhyay  
ORGANIZING  
SECRETARY

Dr. Nikhil Puri  
ORGANIZING  
CO SECRETARY

Dr. Heena Gandhi  
PROGRAM  
COORDINATOR



# Inderprastha

## Dental College & Hospital

### Certificates







# Inderprastha

## Dental College & Hospital

### SUMMARY OF THE PROGRAM

1.	GUEST SPEAKER	Ms. Tripti Tyagi
2.	DATE	12 <sup>th</sup> September, 2022
3.	TIME	10.00 AM ONWARDS
4.	VENUE	IPDC, LT-2
5.	NO. OF HOUR	1 HR
6.	NO. OF PARTICIPANTS	89
7.	ORGANISING SECRETARY	Dr. Geetika Arora

#### OBJECTIVE:

The objective of the program was to communicate a message through the use of words and sounds, providing contextual clarity to a message geared toward a receiver. In this session the guest had given tips to control the tone, pitch, and pacing of our voices while delivering message to others.

#### OUTCOME:

By the end of program, as a result all the listeners were sincerely inspired and all of them were looking forward to change tone and pace of voice for effective communication at workplace. It helps all the students to learn how effectively they can build good relationships and trust between the people and themselves.



*Geetika*  
**Dr. Geetika Arora**  
ORGANISING SECRETARY



# Inderprastha

## Dental College & Hospital

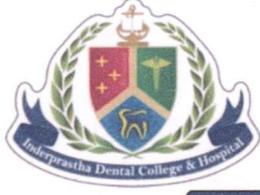
### REPORT OF LANGUAGE AND COMMUNICATION SKILL DEVELOPMENT PROGRAM

Paraverbal communication refers to the messages that we transmit through the tone, pitch, and pacing of our voices. It is how we say something, not what we say. This program helps children to add context to their speech and in some instances can completely change the message that is conveyed to the people at workplace. This type of communication is essential for students to learn so that they can convey their message in the right context. Paraverbal elements of communication include voice, pitch tone and speed of speech. Here the lecture on **“Paraverbal Communication: It’s All In How You Say It”**, was taken by Ms. Tripti Tyagi, which was informative and practical with day to day life.

**Dr. Geetika Arora**  
Organising Secretary







# Inderprastha

## Dental College & Hospital

### NOTICE



### Inderprastha Dental College & Hospital

46/1, Site-IV, Industrial Area, Sahibabad,  
Ghaziabad-201010 (U.P.)

IPDC/PO/Notice/2022/71A

Date: -09.09.2022

### NOTICE

All the Third and Final Year students are here by requested to gather in LT-2 for a lecture on **PARAVERBAL COMMUNICATION: IT'S ALL IN HOW YOU SAY IT** By Ms. Tripti Tyagi from 10.00 AM on 12<sup>th</sup> September '2022(Monday).

All Third and Final Year students must attend the program & make it successful

Dr. Rahul Paul  
(Principal)  
Cc.: Secretary & Jt. Secretary  
C.E.O  
Accounts  
All Dental & Medical Departments  
Notice Board





# Inderprastha

## Dental College & Hospital

### BROCHURE



## INDERPRASTHA DENTAL COLLEGE AND HOSPITAL

### PARAVERBAL COMMUNICATION : IT'S ALL IN HOW YOU SAY IT



Ms Tripti Tyagi is an Assistant Professor , Department of English currently working in Manav Rachna International Institute of Research and Studies. She has an experience of more than 10 years. She also received PhD degree from Delhi university in the year 2019. Awarded in the year 2017 as BEST TEACHERS AWARD, NCWEB from University of Delhi.



### ORGANISING COMMITTEE



**DR. RAHUL PAUL**  
Organising Chairperson



**DR. PREETI UPADHYAY**  
Organising Co-Chairperson



**DR. GEETIKA ARORA**  
Organising Secretary



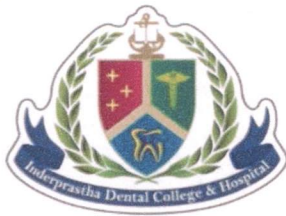
**DR. RITIKA AHUJA MALHOTRA**  
Organising Co-Secretary

**DATE: 12TH SEPTEMBER '22**

**VENUE: LECTURE THEATRE 2**







# Inderprastha

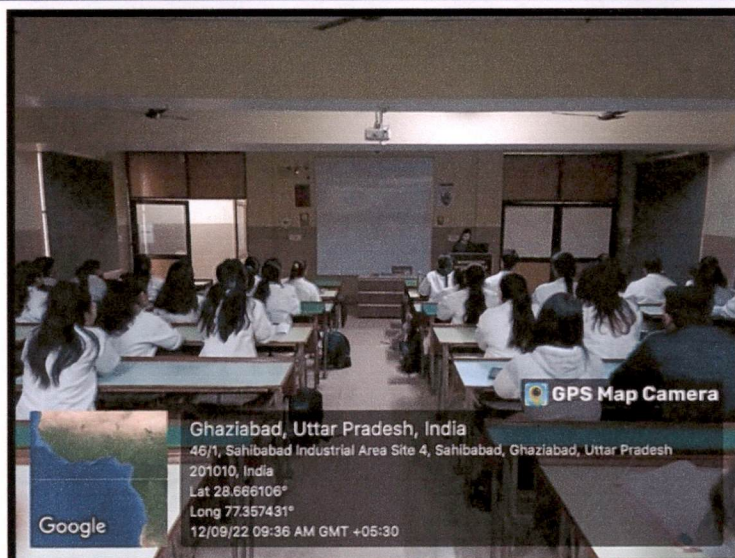
## Dental College & Hospital

### PHOTOGRAPHS OF THE PROGRAM

#### Speaker addressing students



#### Students took active part in the program







# Inderprastha

## Dental College & Hospital

### ATTENDANCE



#### INDERPRASTHA DENTAL COLLEGE & HOSPITAL

LECTURE ON – PARAVERBAL COMMUNICATION: IT'S ALL IN HOW YOU SAY IT

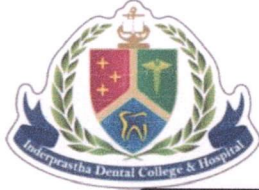
#### ATTENDANCE SHEET

S.No.	Student Name	Student's Signature - 12 <sup>th</sup> September 2022
1.	Aadya Gupta	Aadya
2.	Aakruti Singh	Aakruti
3.	Aishma Gurung	Aishma
4.	Akshay Panday	Akshay
5.	Akshit Kumar	Akshit
6.	Anju Yadav	Anju
7.	Antarika Saikia	Antarika
8.	Aparna Singh	Aparna
9.	Apoorva	Apoorva
10.	Arpan Shrivastava	Arpan
11.	Avinashika Kumari	Avinashika
12.	Aviral Tripathi	Aviral
13.	Ayman Hassan	Ayman
14.	Bhavya Arora	Bhavya
15.	Garvita Chaudhary	Garvita
16.	Himanshu Dahiya	Himanshu
17.	Jayanti Aneja	Jayanti
18.	Murchana Mahanta	Murchana
19.	Muskaan Ranjan Sethi	Muskaan
20.	Muskan Negi	Muskan
21.	Nicky Kumari	Nicky
22.	Nupur Yadav	Nupur
23.	Pallavi Sharma	Pallavi
24.	Pooja Gupta	Pooja
25.	Riya Dutt	Riya
26.	Sakshi Anand	Sakshi
27.	Saumya Mishra	Saumya
28.	Sheshayi Roy	Sheshayi
29.	Siddharth	Siddharth
30.	Simran Balouria	Simran
31.	Soumya Yadav	Soumya
32.	Swati Singh Rangoli	Swati

Organizing Secretary  
Dr Geetika Arora







# Inderprastha

## Dental College & Hospital

### ATTENDANCE

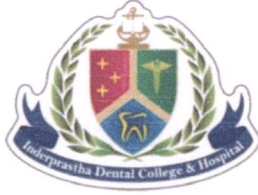


33.	Tarun Pandey	Tarun
34.	Vidhi Jha	Vidhi
35.	Aadya Dharni	Aadya
36.	Aafia	Aafia
37.	Akshat Gakhar	Akshat
38.	Akshat Pandey	Akshat
39.	Aniket Dang	AP
40.	Aniket Kumar	Aniket
41.	Ankit Raj	Ankit
42.	Anshika Chauhan	Anshika
43.	Avni Tyagi	Avni
44.	Farha Mohamed Rafi	Farha
45.	Grusha John Phillip	Grusha
46.	Harshita	Harshita
47.	Himanshi Gupta	Himanshi
48.	Kajal Chauhan	Kajal
49.	Karishma Gautam	Karishma
50.	Kunal Garg	Kunal
51.	Mani Koli	Mani
52.	Manvi Ujjainia	Manvi
53.	Mohammad Faizul Hoda	Mohammad
54.	Muddasir Zameer	Muddasir
55.	Navneet Singh	Navneet
56.	Nishik Goyal	Nishik
57.	Prachi Choudhary	Prachi
58.	Prachi Jain	Prachi
59.	Pragati Sharma	Pragati
60.	Punchang Appun Doley	Punchang
61.	Raghavi Rana	Raghavi
62.	Ravi Saxena	Ravi
63.	Richa Agarwal	Richa
64.	Richa Rawat	Richa
65.	Ridhi Sharma	Ridhi
66.	Sana Iqbal	Sana
67.	Sandeep Mallik	Sandeep
68.	Sanskriti Arora	Sanskriti
69.	Shalini Singh	Shalini
70.	Shambhavi Mishra	Shambhavi
71.	Shraddha Nair	Shraddha
72.	Shubham Bisht	Shubham

Organizing Secretary  
Dr Geetika Arora








# Inderprastha

## Dental College & Hospital

### ATTENDANCE



73.	Shubham Prakash	<i>Shubham</i>
74.	Siddharth Teiwani	<i>ST</i>
75.	Shrishti Upadhyay	<i>Shrishti</i>
76.	Swarnavo Sarkar	<i>Swarnavo</i>
77.	Tejswani Pandey	<i>Tejswani</i>
78.	Tushar Bhardwaj	<i>Tushar</i>
79.	Utkarsh Tiwari	<i>Utkarsh</i>
80.	Vedant Khurana	<i>Vedant</i>
81.	Vidhi Srivastava	<i>Vidhi</i>
82.	Vinit Veer	<i>Vinit</i>
83.	Vritika Sachdeva	<i>Vritika</i>
84.	Zeenat	<i>Zeenat</i>
85.	Sheeba	<i>Sheeba</i>
86.	Shivani Gupta	<i>Shivani Gupta</i>
87.	Shivani Singh	<i>Shivani Singh</i>
88.	Shahbaz Khan	<i>Shahbaz</i>
89.	Shahzad	<i>Shahzad</i>

*Geetika*  
Organizing Secretary  
Dr Geetika Arora



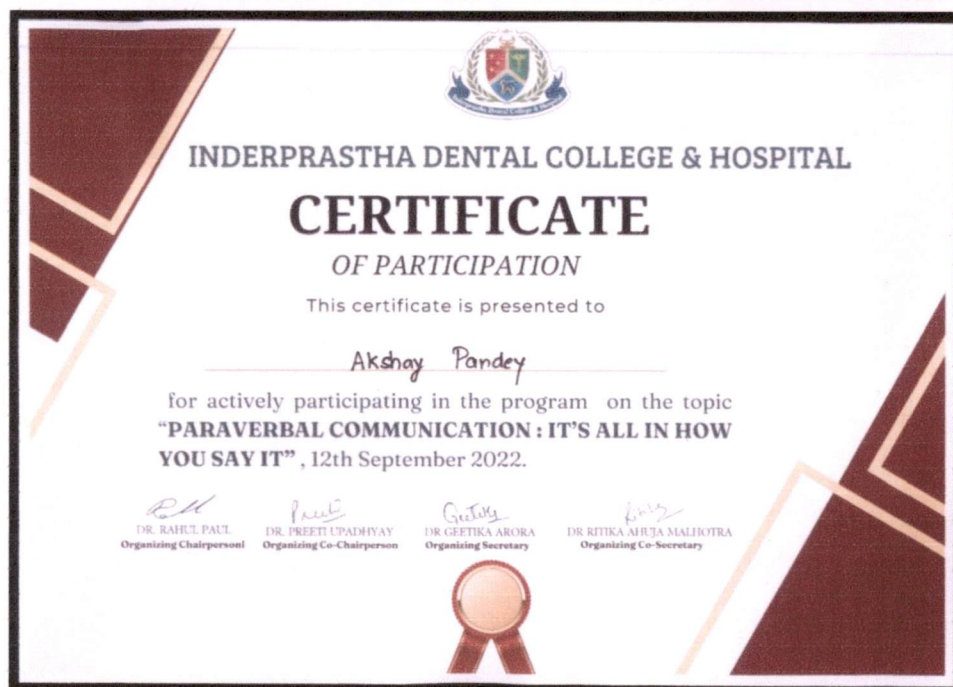




# Inderprastha

## Dental College & Hospital

### CERTIFICATES





# Inderprastha Dental College & Hospital

## CERTIFICATES



INDERPRASTHA DENTAL COLLEGE & HOSPITAL

## CERTIFICATE

OF PARTICIPATION

This certificate is presented to

Swati Singh Rangoli

for actively participating in the program on the topic  
"PARAVERBAL COMMUNICATION : IT'S ALL IN HOW  
YOU SAY IT", 12th September 2022.

  
DR. RAHUL PAUL  
Organizing Chairperson

  
DR. PREETI UPADHYAY  
Organizing Co-Chairperson

  
DR. GEETIKA ARORA  
Organizing Secretary

  
DR. RITIKA AHUJA MALHOTRA  
Organizing Co-Secretary



INDERPRASTHA DENTAL COLLEGE & HOSPITAL

## CERTIFICATE

OF PARTICIPATION

This certificate is presented to

Vidhi Iha

for actively participating in the program on the topic  
"PARAVERBAL COMMUNICATION : IT'S ALL IN HOW  
YOU SAY IT", 12th September 2022.

  
DR. RAHUL PAUL  
Organizing Chairperson

  
DR. PREETI UPADHYAY  
Organizing Co-Chairperson

  
DR. GEETIKA ARORA  
Organizing Secretary

  
DR. RITIKA AHUJA MALHOTRA  
Organizing Co-Secretary







# Inderprastha

## Dental College & Hospital

### CERTIFICATES

