

SUMMARY

TITLE	TOBACCO CESSATION COUNSELLING
DATE	31/05/2022
TIME	9:00AM – 12 NOON
NO. OF PARTICIPANTS	66
ORGANISING SECRETORY	DR. GEETIKA ARORA
A Tobacco cessation counselling programme was conducted on 31 May 2022. Around 66 students and faculty members took part in the programme. The programme emphasized on the importance & benefits of cessation of tobacco. The attendees were motivated to practice healthy life.	



Geetika
DR. GEETIKA ARORA
Organising Secretary

List of Activities		
Activity 1	Skit on "Tobacco and its detrimental effects on Health"	Near MRD of IPDC at 9:30am
Activity 2	Tobacco cessation clinic – Tobacco Counselling Session for patients awareness and helping them to Quit Tobacco	TCC at 10:30am
Activity 3	For General Awareness of all the walking patients' posters and slogans were displayed near the Main OPD Registration Counter.	IPDC premises
Activity 4	<p>Tobacco Cessation Camp at Sahibabad Railway Station</p> <ul style="list-style-type: none"> • Skit was performed by Interns of IPDC for general public awareness regarding Tobacco Quitting. • Anti Tobacco Pledge • Distribution of pamphlets and Nicotex samples 	Sahibabad Railway Station



Report on World No Tobacco Day 2022

Every year, on 31st May, the World Health Organization (WHO) and global partners commemorate World No Tobacco Day (WNTD). The annual campaign is an opportunity to raise awareness on the harmful and deadly effects of tobacco on environment and to discourage the use of tobacco in any form. The focus of World No Tobacco Day 2022 was on "Tobacco: Threat to our Environment".

The campaign's objectives were to increase awareness on:

- Negative impact of tobacco on environment.
- Negative impact of tobacco on people's overall health including oral health, from causing Leukoplakia, Oral sub mucous fibrosis to Oral Cancer
- To serve as a call to action, advocating for effective policies to reduce tobacco consumption.
- To raise awareness among the public about the negative environmental impacts of tobacco – from cultivation, production, distribution and waste.

In view of these objectives, **The Department of Public Health Dentistry, Inderprastha Dental College and Hospital, Sahibabad** organized a program on **31st May 2022** on occasion of **World No Tobacco Day**.

The event of World No Tobacco Day was started with an inauguration by **Dr. Rahul Paul** (Director and Principal, Prof. and Head, Department of Orthodontics). It was followed by a Street Play performed by the Interns to raise awareness on **"Tobacco and its detrimental effects on Health"**. Through this skit, students tried to emphasize on awareness of ill effects of tobacco amongst students and interns of



the institute as well as the patients who were visiting college for various treatment near registration counter. And the play ended with an **Anti Tobacco Pledge undertaken by the performing interns.**

Then the patients who were having habit of tobacco, were instructed to get them registered in Tobacco Cessation Clinic of Inderprastha Dental College, situated next to registration room. Apart from registration in TCC, tobacco counselling was also done by using pamphlets, posters, anti tobacco booklets and behaviour counselling videos by using smart TV. The program was attended by approximately 50 students and interns and 20-25 teaching as well as non teaching faculty members actively participated in the program.

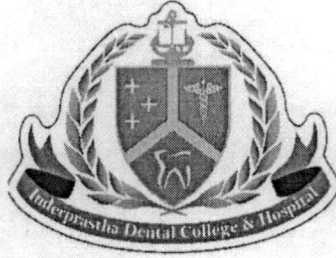
Approximately over 30-40 patients who visited the OPD were benefitted from this campaign.

Posters and Slogans displaying the ill effects of tobacco use and benefits of quitting smoking near Main OPD Registration of the Dental College was done.

Along with these activities, a Tobacco Cessation Camp at Sahibabad Railway Station was also conducted to make the public aware. At Railway station, students of Inderprastha Dental College and Hospital performed skit on "Tobacco and its detrimental effects on Health", lot of passengers who were passing away watched it and enquired about the ways to quit tobacco. Not only this, anti tobacco chewing gumswere also distributed by staff members and students of the dental college. There we have also distributed pamphlets and given them a counselling on "How to Quit Tobacco and What are the advantages of Quitting Tobacco".

Overall this event was a grand success. I would like to extend my regards to Mr Nimish Agarwal Sir (Secretary, IPDC) and Dr Rahul Paul Sir (Principal and Director, IPDC) for their constant support and perfect logistics whenever sought for.





INDERPRASTHA DENTAL COLLEGE AND HOSPITAL

IPDC/PO/Notice/2022/38A

Date:23.05.2022

NOTICE

This is to inform all the interns that a program on "Tobacco Cessation Counselling" will be conducted on 31.05.2022 from 10:00AM onwards at Lecture theatre 2.

All the interns should attend the seminar and make it successful.

Dr.Rahul Paul

(Principal)

C.C: - Secretary &Jt.Secretary

Registrar

Accounts

All Dental& Medical departments

Notice Board



Inderprastha dental collage and hospital

TABACCO CESSATION COUNSELLING 31/5/2022

ATTENDENCE SHEET

S.NO	NAME OF PARTICIPANTS	ABSENT/PRESENT
1.	RABIYA IQBAL	P
2.	VAISHNAVI PANDEY	P
3.	PRACHI GROVER	P
4.	VANSHIKA AGARWAL	P
5.	NITISH GUPTA	P
6.	VEDIKA SINGH	P
7.	NEHA KUMARI	P
8.	SHAHEEN QAMAR	P
9.	AFREEN NASEEM	P
10.	KIRAN GUPTA	P
11.	NAMRATA SINGH	P
12.	HARSHITA	P
13.	MANISHA RAI	P
14.	SAHNI DEVENDRA KUMAR	P
15.	SHIVA GUPTA	P
16.	SHIVESH CHATURVEDI	P
17.	ANUPAMA SRIVASTAVA	P
18.	CHETAN KUMAR SINGH	P
19.	SHRUTI NISHAD	P
20.	SURYANSH SINGH	P
21.	SHUBHANGI ANAND	P
22.	CHHAVI MALHOTRA	P
23.	GUNJAN MALHOTRA	P
24.	MARISHA PANDEY	P
25.	SHIVANGI VERMA	P
26.	KARAN DHAWAN	P
27.	SHRUTI VARUN	P
28.	SONU SINGH	P
29.	SHWETA CHETIWAL	P
30.	ANUSHKA SHARMA	P
31.	HARSH ACHHRA	P
32.	SHUBHANGI KHATOR	P
33.	VISHAL GUPTA	P
34.	KUNAL SHARMA	P
35.	ILA GUPTA	P
36.	TWINKLE BARUAH	P
37.	MOHD.NAFISUL HAQUE	P
38.	ANSHIKA PANDEY	P
39.	ADIBA IQBAL	P



DR GEETIKA ARORA
ORGANIZING SECRETARY

40.	ISHITA SRIVATAVA	P
41.	VARSHA	P
42.	PRIYANKA KUMARI	P
43.	CHETNA MAHAJAN	P
44.	KRISHNA BHATI	P
45.	GARIMA SHARMA	P
46.	MUSKAN GUPTA	P
47.	VIKHYATA SAGAR	P
48.	MOUSUMI SARMAH	P
49.	MUSKAN SINGH	P
50.	PRIYANKA ANJANA	P
51.	KOMAL SAINI	P
52.	URVASHI CHAUHAN	P
53.	ADITI VATS	P
54.	AASTHA SINHA	P
55.	DRISHTY KALRA	P
56.	SHAKEBA HUSSAIN	P
57.	PALAK SARASWAT	P
58.	HIMANI SHARMA	P
59.	SANJANA SRIVASTAVA	P
60.	SHRUTI SRIVASTAVA	P
61.	PRAKSHI SHARMA	P
62.	KANIKA AGGARWAL	P
63.	MOHD.HASNAIN QURAISHI	P
64.	MAMTA	P
65.	ANCHAL BHARTI	P
66.	PRIYA RANI	P



Geetika

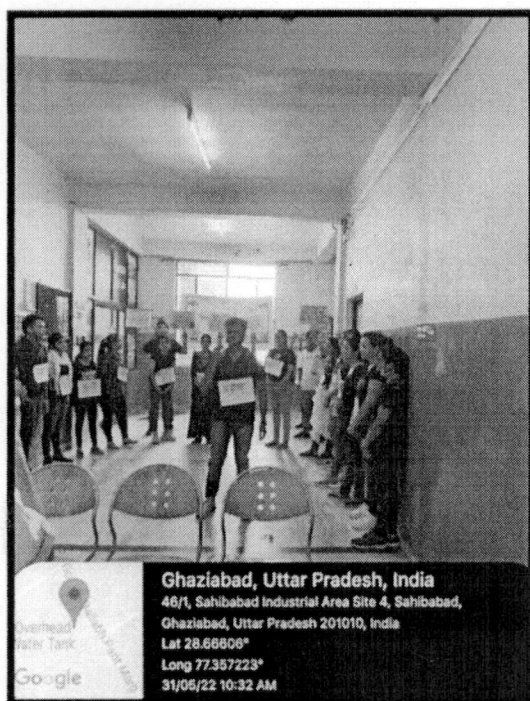
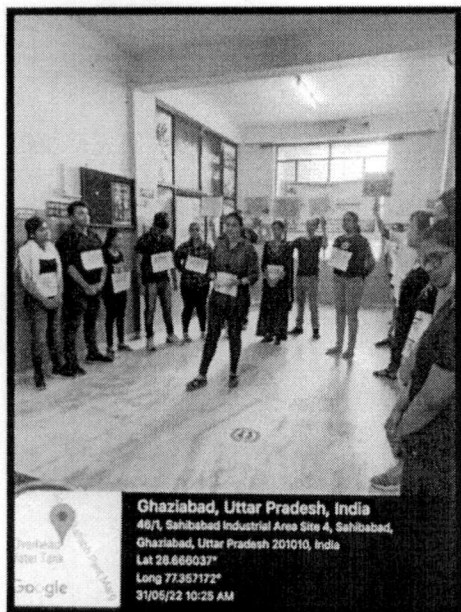
DR GEETIKA ARORA
ORGANIZING SECRETARY

Photo Gallery

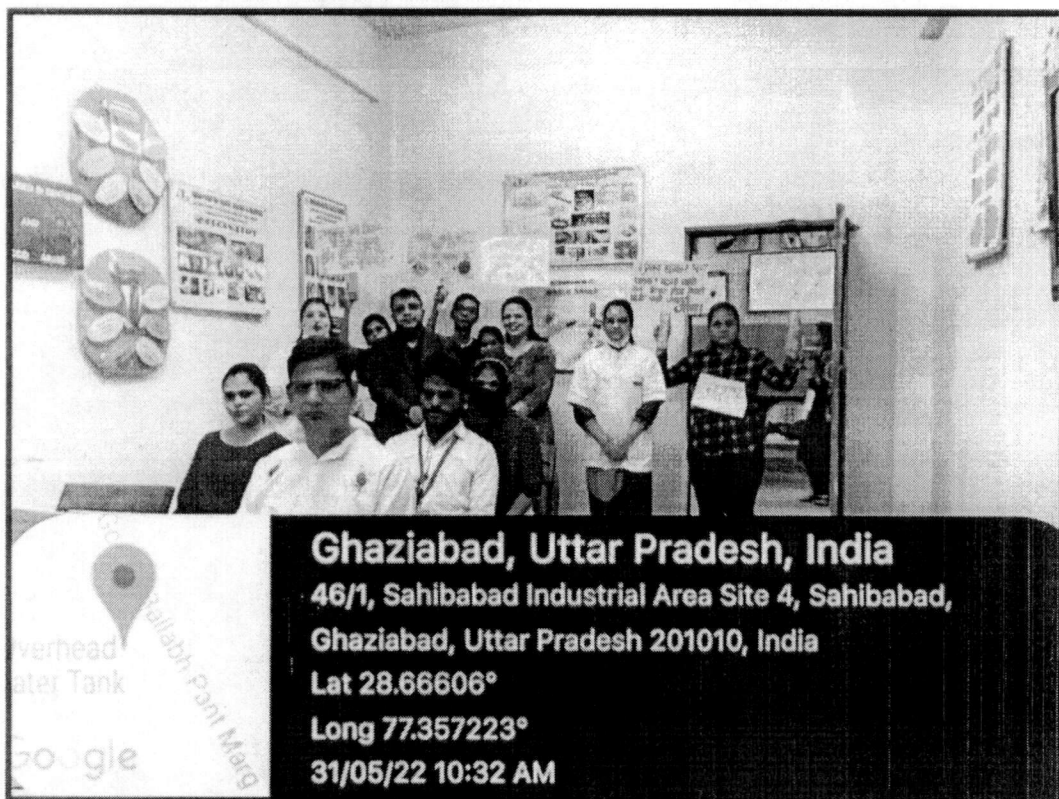
INAUGURATION OF THE EVENT



Activity 1: Skit on "Tobacco and its detrimental effects on Health"



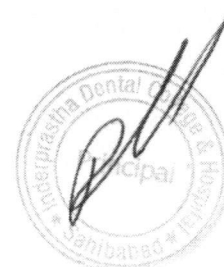
Activity 2: Tobacco cessation clinic – Tobacco Counselling Session for patients awareness and helping them to Quit Tobacco



Ghaziabad, Uttar Pradesh, India
46/1, Sahibabad Industrial Area Site 4, Sahibabad,
Ghaziabad, Uttar Pradesh 201010, India
Lat 28.66606°
Long 77.357223°
31/05/22 10:32 AM

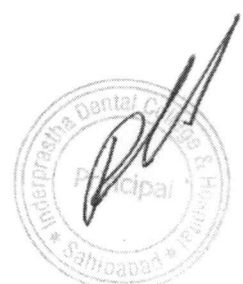
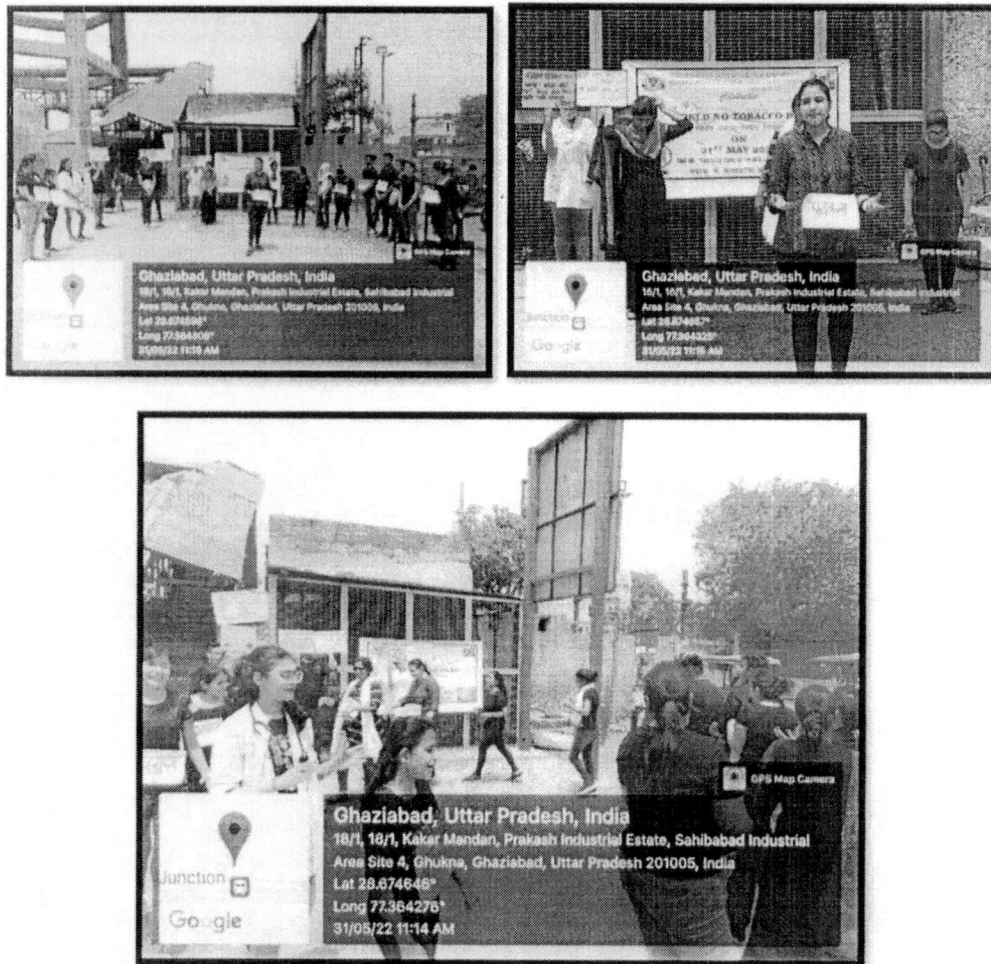


Activity 3: For General Awareness of all the walking patients' posters and slogans were displayed near the Main OPD Registration Counter.

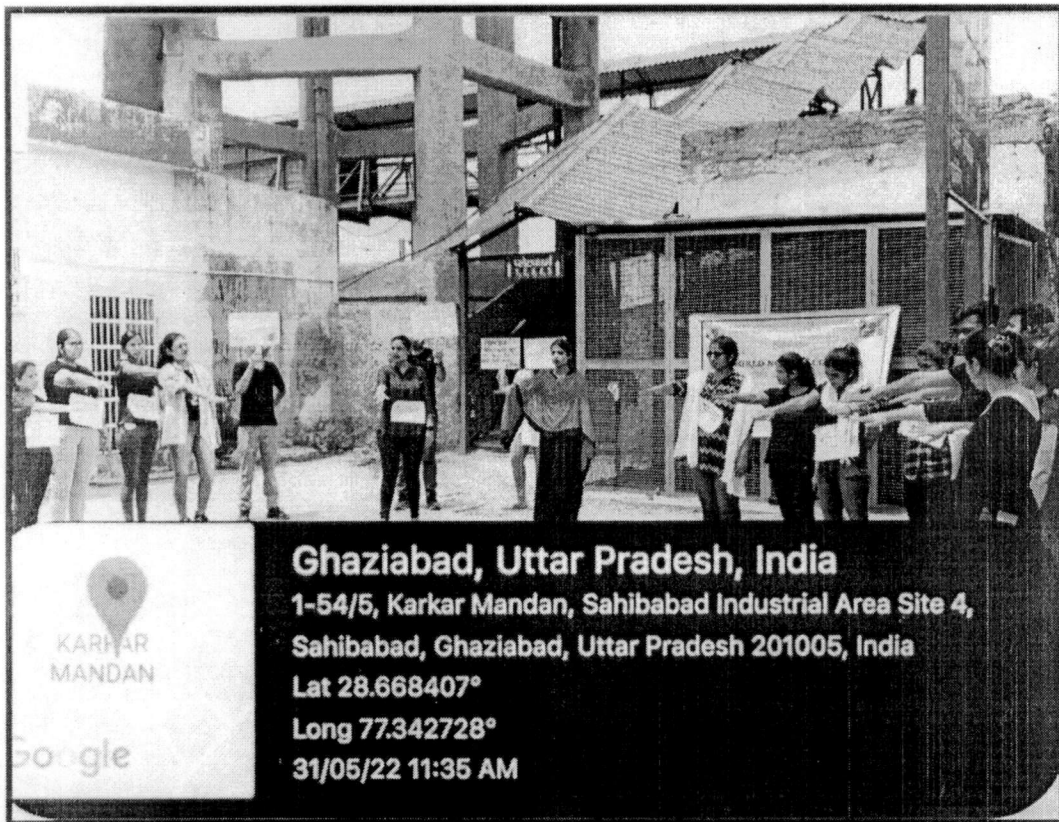


Activity 4: Tobacco Cessation Camp at Sahibabad Railway Station

Skit was performed by Interns of IPDC for general public awareness regarding Tobacco Quitting.



STUDENTS TAKING ANTI TOBACCO PLEDGE



KARKAR
MANDAN

Google

Ghaziabad, Uttar Pradesh, India

1-54/5, Karkar Mandan, Sahibabad Industrial Area Site 4,

Sahibabad, Ghaziabad, Uttar Pradesh 201005, India

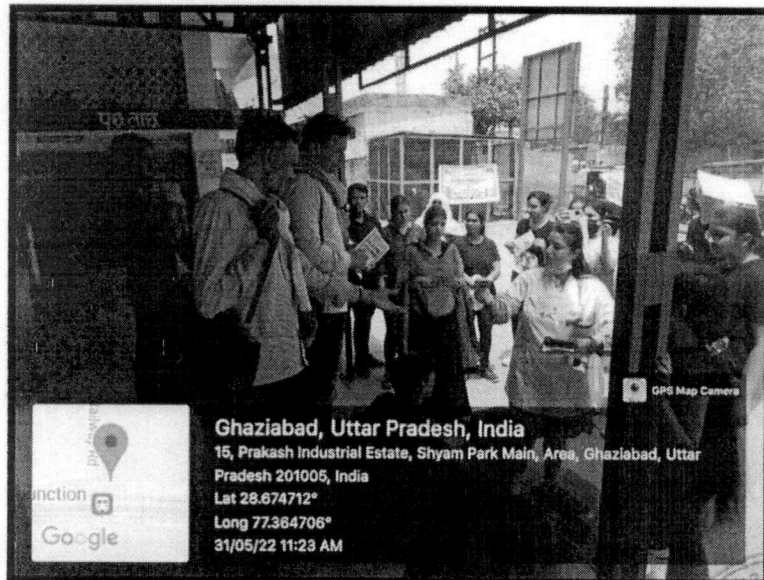
Lat 28.668407°

Long 77.342728°

31/05/22 11:35 AM



Message was delivered regarding Importance of Tobacco Quitting and distribution of pamphlets and nicotex samples was done at railway station.



YOGA	
REPORT	
Venue: College Ground	Date: 22-12-2021, 8.30 am-9.30 am
Resource Person: Mr. Chander Prakash Gupta	
Summary: A Yoga programme was conducted on 22 nd December 2021. The session was held on the College ground. 66 students and faculty members took part in the Yoga Program. The yoga teachers emphasized on the importance and benefits of daily practice of Yoga that will help them combating stress in their day-to-day lives. The students performed several asanas. The attendees were motivated to practice meditation to lead a stress-free and healthy life.	



Dr. Nidhi Sharma

Organizing Secretary





INDERPRASTHA DENTAL COLLEGE AND HOSPITAL

Presents
YOGA PROGRAM
ON
22ND DECEMBER 2021



MR. CHANDER PRAKASH GUPTA
(President of Vasundhara Branch)
BHARTIYA YOG SANSTHAN

ORGANISING TEAM



Dr. Rahul Paul
Principal, HOD

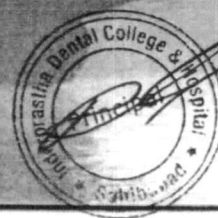


Dr. Geeta Paul
Organising Chairperson



Dr. Nidhi Sharma
Organising Secretary

Venue : IPDC Greens
Time : 08:30 am - 09:30 am





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

IPDC/PO/Notice/2021/55A

Date: 18.12.2021

NOTICE

This is to inform that “Yoga programme” will be conducted on 22nd December 2021. The programme will be held on the Institution grounds from 8.30 am till 9.30 am.

All undergraduate students, post graduate students and faculty are hereby informed to enrol for the programme.

Dr. Rahul Paul

(Principal)

Cc: Secretary & Jt. Secretary

C.E.O.

Accounts

All Dental and Medical Departments

Notice Board



INDERPRASTHA DENTAL COLLEGE & HOSPITAL

Attendance sheet

List of Participants – Yoga Program- 2021-22

S.No.	Name Of Student	Student attendance Present/Absent
1.	Maryam Zaidi	P
2.	Lakshya Garg	P
3.	Ayan Fatima	P
4.	Aisha Zahra	P
5.	Kanishka Panwar	P
6.	Shubham Bajaj	P
7.	Khushi Sharma I	P
8.	Kushika Walia	P
9.	Akshita Shaw	P
10.	Pragya Dabas	P
11.	Nikki Kumari	P
12.	Saurav Prakash	P
13.	Shanu Kumari	P
14.	Saksham Bawa	P
15.	Bharat Bailan	P
16.	Deepanshi Saklani	P
17.	Lakshay Kasana	P
18.	Vanisha Agarwal	P
19.	Tushar Bhardwaj	P
20.	Supriya Yadav	P
21.	Amisha Raj	P
22.	Aanchal Bharti	P
23.	Prachi Jain	P
24.	Abhinav Akash	P
25.	Aditi Jain	P
26.	Pooja Gupta	P
27.	Anju Yadav	P
28.	Mayank Verma	P
29.	Sakshi Anand	P
30.	Swati Singh Rangoli	P

Organizing Secretary

Dr Swati Sharma

Swati

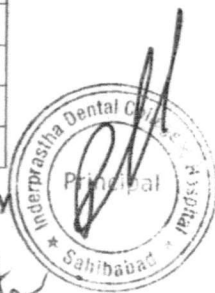


31.	Md. Azzharuddin	P
32.	Shivangi Verma	P
33.	Jaya Srivastava	P
34.	Jyoti Devedi	P
35.	Aishma Gurung	P
36.	Kapil Bhardwaj	P
37.	Anchal Jain	P
38.	Mitali Bargoti	P
39.	Vidhi Kaushik	P
40.	Drishti Jindal	P
41.	Gunjan Malhotra	P
42.	Kunal Garg	P
43.	Jennifer Arul Rahman	P
44.	Himanshu Dahiya	P
45.	Kashish Gupta	P
46.	Muskan Negi	P
47.	Apoorva Tyagi	P
48.	Anshul Sahu	P
49.	Sarah Afreen	P
50.	Manisha Rai	P
51.	Aashtha Verma	P
52.	Afreen Naseem	P
53.	Kiran Gupta	P
54.	Namrata Singh	P
55.	Richa Agarwal	P
56.	Dr Tanya Grover	P
57.	Dr Simran Saxena	P
58.	Dr Aastha Purohit	P
59.	Dr Isha Singh	P
60.	Dr. Rahul Paul	P
61.	Dr. Ish Kumar	P
62.	Dr. Geeta Paul	P
63.	Dr. Geetika Arora	P
64.	Dr. Nidhi Sharma	P
65.	Dr. Kavita	P

Organizing Secretary

Dr Swati Sharma

Swati



66.	Dr.Pratik Pande	P
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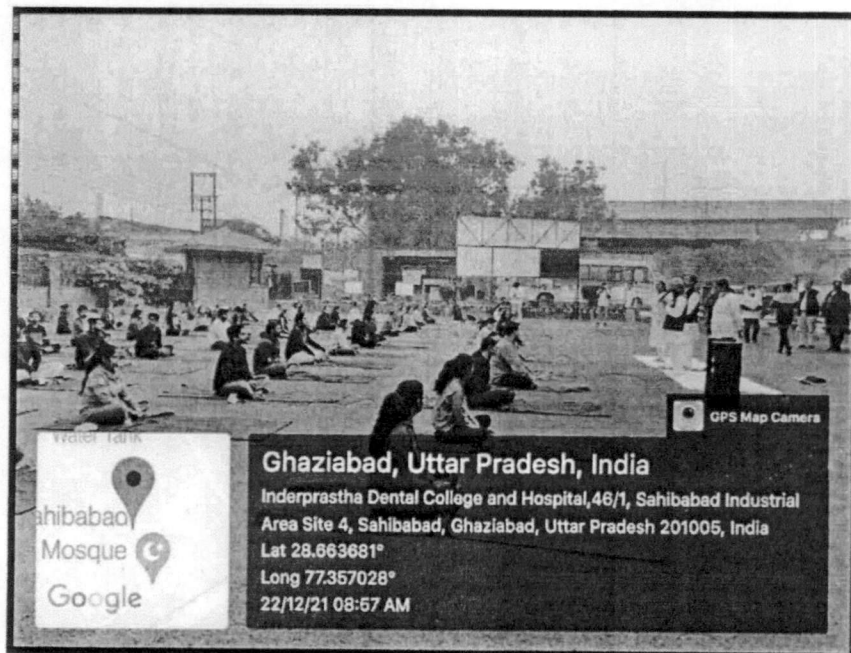
Organizing Secretary

Dr Swati Sharma



Swati

Yoga Trainer Mr. Chander Prakash Gupta training the students to perform yoga asanas





Inderprastha Dental College & Hospital

Certificate of Participation

This certificate is presented to

.....
SWATI ANAND
.....

Has Participated in- Yoga Program

held on 22ND DECEMBER 2021

Dr. Rahul Paul
Principal, HOD

Dr. Geeta Paul
Organising Chairperson

Dr. Nidhi Sharma
Organising Secretary



Inderprastha Dental College & Hospital

Certificate of Participation

This certificate is presented to

AMISHA RAJ

Has Participated in- Yoga Program

held on 22ND DECEMBER 2021

Dr. Rahul Paul
Principal, HOD

Dr. Geeta Paul
Organising Chairperson

Dr. Nidhi Sharma
Organising Secretary



Inderprastha Dental College & Hospital

Certificate of Participation

This certificate is presented to

SARAH AFREEN

Has Participated in- Yoga Program

held on 22ND DECEMBER 2021

Dr. Rahul Paul
Principal, HOD

Dr. Geeta Paul
Organising Chairperson

Dr. Nidhi Sharma
Organising Secretary



Inderprastha Dental College & Hospital

Certificate of Participation

This certificate is presented to

.....*ADITI JAIN*.....

Has Participated in- Yoga Program

held on 22ND DECEMBER 2021

Dr. Rahul Paul
Principal, HOD

Dr. Geeta Paul
Organising Chairperson

Dr. Nidhi Sharma
Organising Secretary



Inderprastha Dental College & Hospital

Certificate of Participation

This certificate is presented to

.....MITALI BARGOTI.....

Has Participated in- Yoga Program

held on 22ND DECEMBER 2021

Dr. Rahul Paul
Principal, HOD

Dr. Geeta Paul
Organising Chairperson

Dr. Nidhi Sharma
Organising Secretary

SUMMARY OF PROGRAM

TITLE	SWACHH BHARAT ABHIYAN
SPEAKER	DR. RAHUL PAUL
DATE	1/10/2021
TIME	9:30 AM TO 12:30 PM WORKING HOURS – 3 HOURS
NO. OF PARTICIPANTS	26
ORGANISING SECRETORY	DR. MANISH BHALLA

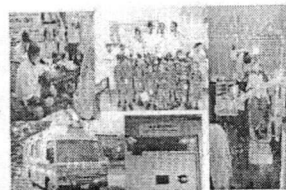


Dr. Manish Bhalla

Organising Secretary



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



Department of Public Health Dentistry

REPORT ON SWACHHA BHARAT ABHIYAAN

ON 1ST OCTOBER 2021

Swachh Bharat Mission (SBM), Swachh Bharat Abhiyan, or Clean India Mission is a country-wide campaign initiated by the Government of India in 2014 to eliminate open defecation and improve solid waste management.

It is a restructured version of the Nirmal Bharat Abhiyan launched in 2009.

Inderprastha Dental College and Hospital SWACHHA BHARAT ABHIYAAN campaign on 1st Oct 2021. This day was celebrated to bring in more awareness regarding the importance of maintaining clean environment.

Dr. Rahul Paul, Principal IPDC shared his knowledge and views regarding the various interventions which are the need of the hour for maintaining clean & hygienic environment.

Staff members, students & non-working staff also played a crucial role in making this event a grand success.

DR. MANISH BHALLA

ORGANISING SECRETARY





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



Department of Public Health Dentistry

IPDC/PO/Notice/2021/ 30A

Date: - 27.09.2021

NOTICE

This is to inform that Inderprastha Dental College & Hospital is conducting a **SWACHHA BHARAT ABHIYAAN** campaign on 1st Oct 2021 at 9:30 am.

All must attend the event & 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

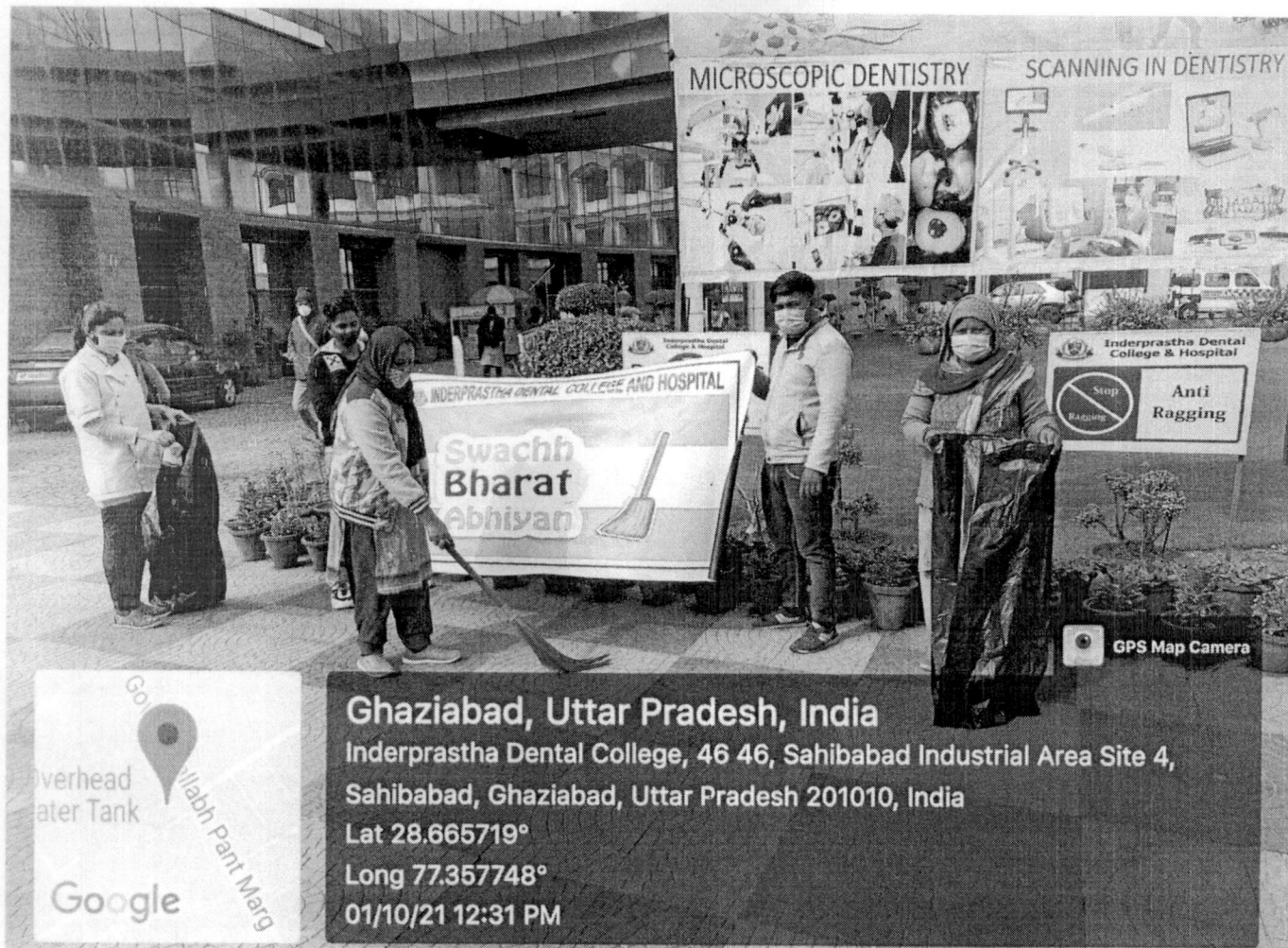
46/1, Site-IV, Industrial Area, Sahibabad
Ghaziabad - 201010 (U.P)

LIST OF PARTICIPANTS

S.NO	PARTICIPANTS	SIGNATURE
1.	Akshita Mathur	P
2.	Anjali Gupta	P
3.	Anshuli Sharma	P
4.	Anushmita Deka	P
5.	Deepti Singh	P
6.	Harischandra Dass	P
7.	Heena Malik	P
8.	Jai Chaudhary	P
9.	Kanchan Kumari	P
10.	Kashaf Raza	P
11.	Komal Karna	P
12.	Meghali Malik	P
13.	Neha Khan	P
14.	Nishtha Sharma	P
15.	Priyanka Yadav	P
16.	Rahul Ranjan	P
17.	Rajshree Verma	P
18.	Ramandeep Vig	P
19.	Saina Khan	P
20.	Samiksha Saini	P
21.	Samridhi Uniyal	P
22.	Sanchari Panda	P
23.	Sanskriti	P
24.	Sayoni Gupta	P
25.	Shaity Tyagi	P
26.	Shazia Talat	P

DR. MANISH BHALLA
ORGANISING SECRETARY

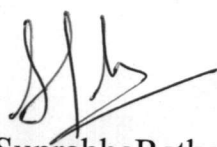




SUMMARY OF PROGRAM

1.	TITLE	WORLD HEALTH DAY
2.	SPEAKER	DR. SHWETA KHURANA, DR. MADHURIMA
3.	DATE	7 TH APRIL 2021
4.	TIME	9:00AM- 2:00PM
5.	NO. OF HOURS	5 hours
6.	NO. OF PARTICIPANTS	55
7.	ORGANIZING SECRETARY	DR. SUPRABHA RATHEE




Dr. Suprabha Rathee
Organising Secretary

WORLD HEALTH DAY

REPORT

Date- 7TH APRIL 2021, 9:00 AM- 2:00PM

A programme was conducted on the occasion of World Health Day, Public Health Dentistry Department celebrated the day by organizing a **CDE PROGRAM with HANDS ON 7th April 2021. The Topic for CDE Program was "COTPA AND Tobacco Cessation Counselling – Trash The Ash".** The Guest speakers were Dr. Shweta Khurana & Dr. Madhurima. The programme emphasized on the importance of health. The attendees were motivated to practice healthy life.

The organizing team of this CDE program includes:

1. Dr.Geetika Arora - Organizing Chairperson
2. Dr.Mayura Paul - Co-Organizing Chairperson
3. Dr.Suprabha Rathee- Organizing Secretary
4. Dr. Aastha Manchanda - Co- Organizing Secretary
5. Organizing Team Member : Dr. Ruchi Sharma, Raghavendra Kumar, Dr. Pratibha Tyagi, Dr. Nitin Kumar
6. Dr. Preeti Upadhyay - Scientific Convener

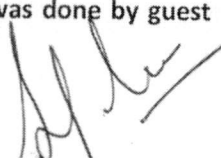
First Guest Speaker - Dr Shweta Khurana, is the District Program Officer for Tobacco Control Cell in Gautam Buddh Nagar, Shamli and Meerut districts of Uttar Pradesh. She is a Public Health Specialist, who holds a degree in Tobacco Control from Johns Hopkins Bloomberg School of Public Health. She was also posted as a dental surgeon under National Health Mission and at Max Hospital, Noida and she has done her residency from AIIMS, Delhi. She enlightens us about tobacco cessation counselling and COTPA.

Second Guest Speaker-Dr. Madhurima is a Dentist by profession and graduated from ITS DENTAL COLLEGE , Ghaziabad .With her keen interest in public health and providing healthcare needs to the people, she joined ATTAC in the year 2019. She discussed about m-cessation app and taught all of us about its usage and advantages

In the beginning we had Slogan Writing and Poster competition on topics Quit Tobacco and Oral Health for Overall Health.

We put a stall organized by CIPLA, who helped us to distribute free samples of Nicotex chewing gum to the patient who were in habit of smoking as a motivational intervention

In the end, vote of thanks to guest speakers and CIPLA team was done by Dr Rahul Paul, Principal of IPDC and prize distribution of poster and slogan writing competition was done by guest speakers. Participation certificates were distributed to all the participants


Organizing Secretary
(Dr.Suprabha Rathee)



CIRCULAR



Indraprastha Dental College & Hospital
4th Floor, Industrial Area, Sahibabad
Ghaziabad 201010 (U.P.)

IPDC PO/Notice/2021/14

Date: - 06.4.2021

NOTICE

This is to inform that the Department of Public Health Dentistry is conducting a CDE Programme on "COTPA & Tobacco cessation counselling " and hands on By Dr.Madhurima and Dr.Shweta Khurana on 7th April 2021 (Wednesday) in LT- 2 at 09.00 AM followed by hand-on in LT-2.

All Interns must attend the programme & make it successful

Dr. Rahul Paul

(Principal)

Cc.: Secretary & Jt. Secretary

C.E.O

Accounts

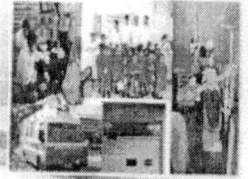
All Dental & Medical Departments

Notice Board





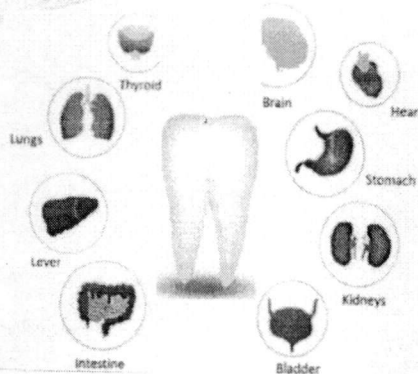
INDERPRASTHA DENTAL COLLEGE AND HOSPITAL
DEPARTMENT OF PUBLIC HEALTH DENTISTRY



WORLD HEALTH DAY 2021
7TH APRIL 2021

**POSTER MAKING
COMPETITION**

**THEME: Oral Health For
Overall Health**



**SLOGAN WRITING
COMPETITION**

THEME: Quit Tobacco

Dr. Rahul Paul
Principal

Dr. Pankaj Datta
Dean

Dr. J.R.Sabharwal
Director

Dr. Geetika Arora
Organizing Chairperson

Dr. Mayura Paul
Co-Organizing Chairperson

Dr. Suprabha Rathee
Organizing Secretary

Dr. Aastha Manchanda
Co-Organizing Secretary

Dr. Preeti Upadhyay
Scientific Convener

Dr. Ruchi Sharma
Organizing Team Member

Dr. Raghvendra Kumar
Organizing Team Member

Dr. Pratibha Tyagi
Organizing Team Member

Dr. Nitin Baisla
Organizing Team Member

**NOTE: All Participants Have To Get Their Own Regular Size Chart Paper Of Any Colour And Material They Want To Use For Making Of Poster.
For Slogan Writing A4 Colour Sheet Can Be Used**



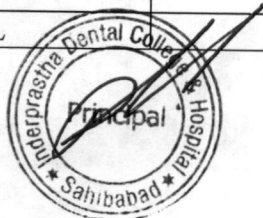
Inderprastha Dental College And Hospital

COTPA AND TABACCO CESSATION COUNSELLING –

7TH APRIL 2021

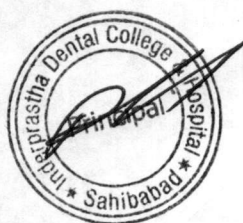
ATTENDANCE SHEET

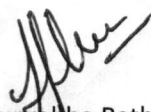
S.NO.	NAME OF PARTICIPANTS	PRESENT(P)/ABSENT(A)
1.	DR. GEETIKA ARORA	P
2.	ADITI BANSHERJEE	P
3.	ADITI JAIN	P
4.	AISHWARYA	P
5.	AJAY PRATAP SINGH	P
6.	AKSHITA MATHUR	P
7.	ANJALI GUPTA	P
8.	ANSHULI SHARMA	P
9.	ANUSMITA DEKA	P
10.	AYUSHI GUPTA	P
11.	AYUSHI KUCHHAL	P
12.	DEEPTI SINGH	P
13.	ESHA YADAV	P
14.	GAURI KUSHWAHA	P
15.	GURPREET SINGH SAHGAL	P
16.	HARISCHANDRA DAS	P
17.	HEENA MALIK	P
18.	JAI CHAUDHARY	P
19.	KANCHAN KUMARI	P
20.	KASHAF RAZA	P
21.	KOMAL KARNA	P
22.	MEGHALI MALIK	P
23.	NAHIDA KHATOON	P
24.	NEHA KHAN	P
25.	NIDA IQBAL	P
26.	NISHTHA SHARMA	P
27.	NUPUR AGGARWAL	P
28.	PRAKASH KR. SINGH	P
29.	PRITHA SHIL	P
30.	PRIYANKA YADAV	P
31.	RAHUL RANJAN	P
32.	RAJSHREE VERMA	P
33.	RAMANDEEP VIG	P
34.	RANYA SINGH	P
35.	SAIMA KHAN	P
36.	SAMIKSHA SAINI	P
37.	SAMRIDHI UNIYAL	P



Dr. Suprabha Rathee
Organising secretary

38.	SANCHARI PANDA	P
39.	SANSKRITI	P
40.	SAYONI GUPTA	P
41.	SHAILY TYAGI	P
42.	SHAZIA TALAT	P
43.	SHIMPY KUMARI	P
44.	SHIVANI SINGH	P
45.	SHIVI MATHUR	P
46.	SHRADDHA BIHANI	P
47.	SHRIYA KUMARI	P
48.	SIMRAN GUPTA	P
49.	SRISHTI MALHOTRA	P
50.	STUTI BABBAR	P
51.	SUDITI SHEKHAR	P
52.	TANVI KHEMKA	P
53.	TANYA DUA	P
54.	UTKARSHINI	P
55.	VERTIKA RASTOGI	P



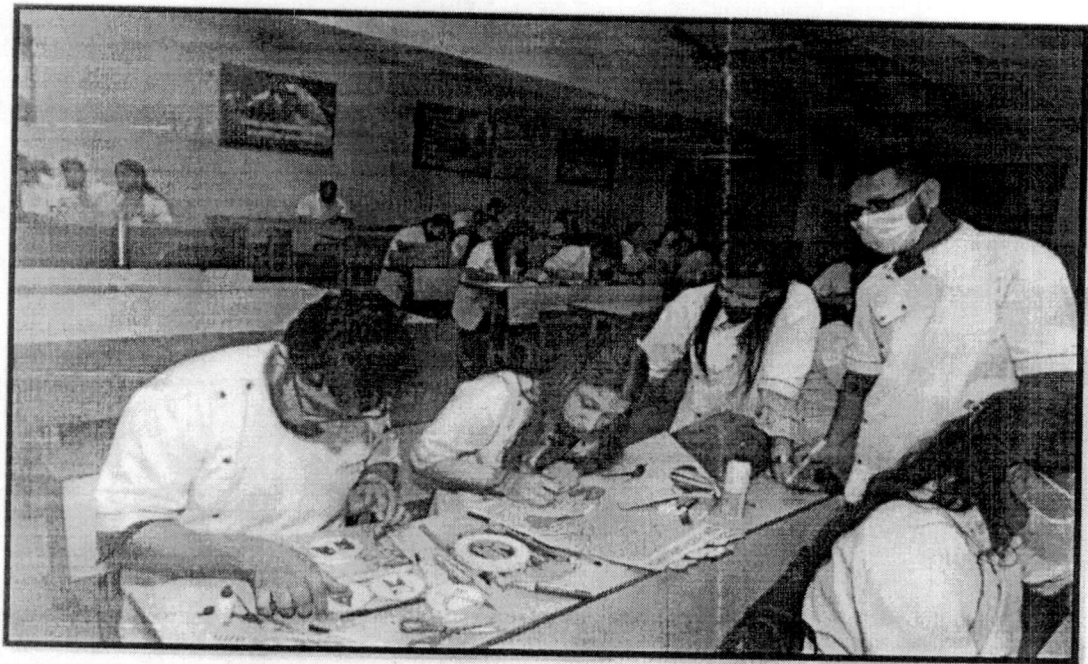

 Dr. Suprabha Rathee
 Organising secretary



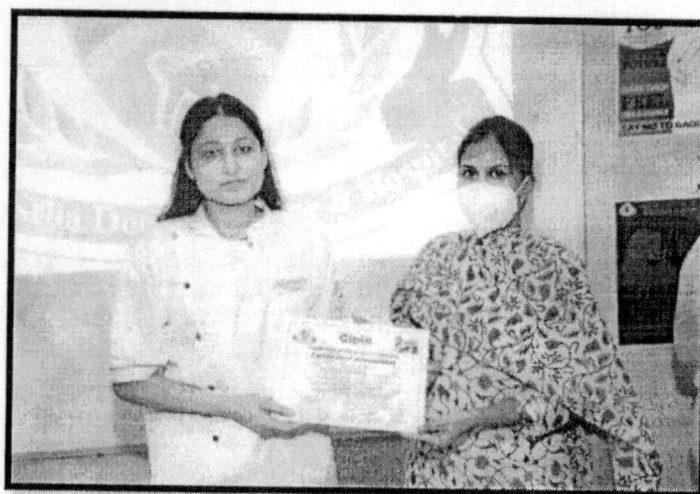
VOTE OF THANKS TO EMINENT SPEAKERS



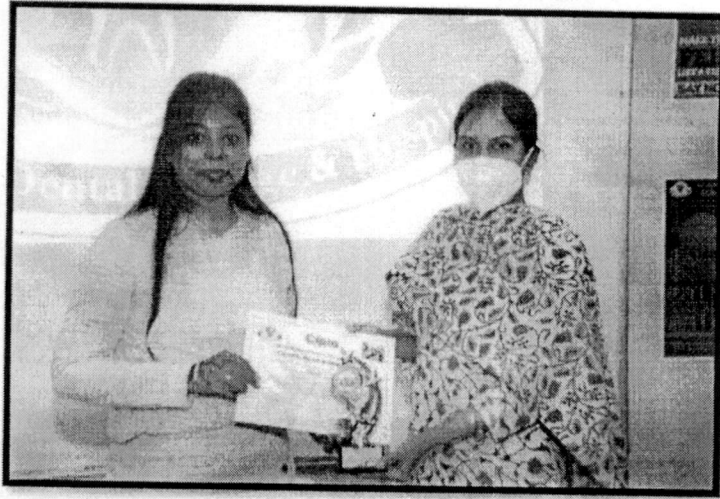


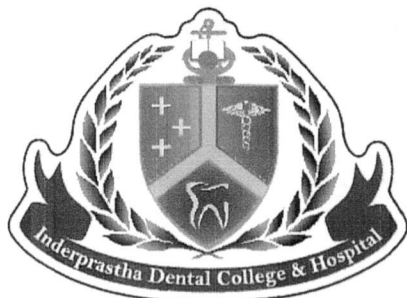


PRIZE DISTRIBUTION OF POSTER COMPETITION



PRIZE DISTRIBUTION OF SLOGAN WRITING COMPETITION





Cipla



DEPARTMENT OF PUBLIC HEALTH DENTISTRY

Certificate of Participation

This is to certify that :

.....
DR. GEETIKA ARORA

has participated in **Poster Making Competition** at
the CDE program and Hand on - on
COTPA & Tobacco Cessation Counselling – Trash The Ash
Held on 7th APRIL 2021

Dr. Janak Raj Sabharwal
Director

Dr. Pankaj Dutta
Dean

Dr. Rahul Paul
Principal

Dr. Geetika Arora
Organizing Chairperson

Dr. Mayura Paul
Organizing Secretary

Dr. Suprabha Rathee
Organizing Secretary

Dr. Aastha Manchanda
Organizing Co - Secretary

Dr. Preeti Upadhyay
Scientific Convener



Cipla



DEPARTMENT OF PUBLIC HEALTH DENTISTRY

Certificate of Participation

This is to certify that :

KOMAL KARNA

.....
has participated in **Poster Making Competition** at
the CDE program and Hand on - on
COTPA & Tobacco Cessation Counselling – Trash The Ash
Held on 7th APRIL 2021

Dr. Janak Raj Sabharwal
Director

Dr. Pankaj Dutta
Dean

Dr. Rahul Paul
Principal

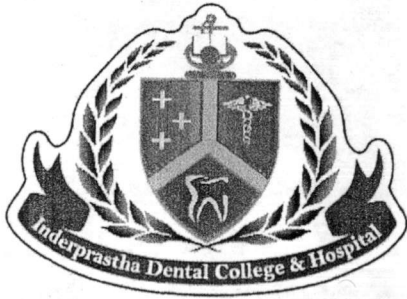
Dr. Geetika Arora
Organizing Chairperson

Dr. Mayura Paul
Organizing Secretary

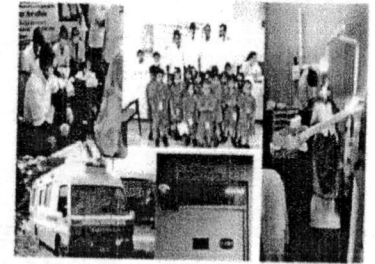
Dr. Suprabha Rathee
Organizing Secretary

Dr. Aastha Manchanda
Organizing Co - Secretary

Dr. Preeti Upadhyay
Scientific Convener



Cipla



DEPARTMENT OF PUBLIC HEALTH DENTISTRY

Certificate of Participation

This is to certify that :

.....
ESHA YADAV
.....

has participated in **Poster Making Competition** at
the CDE program and Hand on - on
COTPA & Tobacco Cessation Counselling – Trash The Ash
Held on 7th APRIL 2021

Dr. Janak Raj Sabharwal
Director

Dr. Pankaj Dutta
Dean

Dr. Rahul Paul
Principal

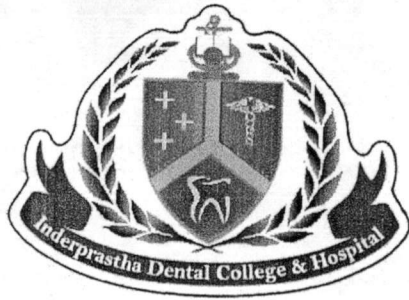
Dr. Geetika Arora
Organizing Chairperson

Dr. Mayura Paul
Organizing Secretary

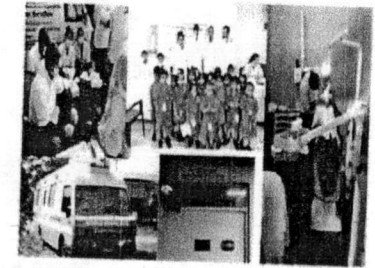
Dr. Suprabha Rathee
Organizing Secretary

Dr. Aastha Manchanda
Organizing Co - Secretary

Dr. Preeti Upadhyay
Scientific Convener



Cipla



DEPARTMENT OF PUBLIC HEALTH DENTISTRY

Certificate of Participation

This is to certify that :

.....
ANJALI GUPTA
.....

has participated in **Poster Making Competition** at
the CDE program and Hand on - on
COTPA & Tobacco Cessation Counselling – Trash The Ash
Held on 7th APRIL 2021

Dr. Janak Raj Sabharwal
Director

Dr. Pankaj Dutta
Dean

Dr. Rahul Paul
Principal

Dr. Geetika Arora
Organizing Chairperson

Dr. Mayura Paul
Organizing Secretary

Dr. Suprabha Rathee
Organizing Secretary

Dr. Aastha Manchanda
Organizing Co - Secretary

Dr. Preeti Upadhyay
Scientific Convener



Cipla



DEPARTMENT OF PUBLIC HEALTH DENTISTRY

Certificate of Participation

This is to certify that :

..... NEHA KHAN

has participated in **Poster Making Competition** at
the CDE program and Hand on - on
COTPA & Tobacco Cessation Counselling – Trash The Ash
Held on 7th APRIL 2021

Dr. Janak Raj Sabharwal
Director

Dr. Pankaj Dutta
Dean

Dr. Rahul Paul
Principal

Dr. Geetika Arora
Organizing Chairperson

Dr. Mayura Paul
Organizing Secretary

Dr. Suprabha Rathee
Organizing Secretary

Dr. Aastha Manchanda
Organizing Co - Secretary

Dr. Preeti Upadhyay
Scientific Convener

YOGA	
REPORT	
Venue: College Ground	Date: 15-1-2020, 8.30 am-9.30 am
Resource Person: Mr. Chander Prakash Gupta	
Summary: A Yoga programme was conducted on 15 th January 2020 on College Ground. At the outset of the programme, Mr. Jai Chaudhary, BDS student, introduced the Yoga Teachers. The program helped the attendees to rejuvenate their lost energy and due to day-to-day schedule. All the attendees performed the asanas and were feeling fresh and relaxed. 70 students and faculty members attended the programme. The students and the faculty members found the programme useful.	

Mayura Paul

Dr. Mayura Paul

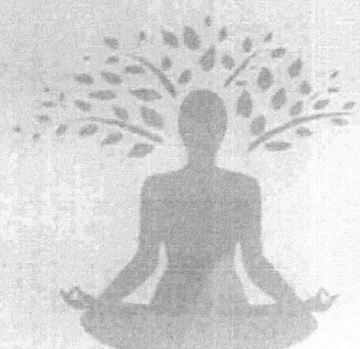
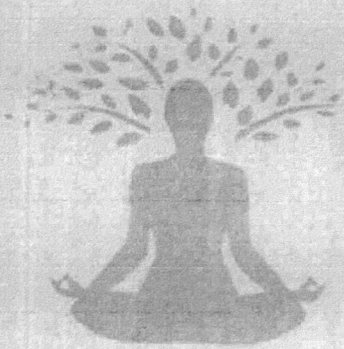
Organizing Secretary





INDERPRASTHA DENTAL COLLEGE AND HOSPITAL

Presents
YOGA PROGRAM
ON
15th JANUARY 2020



MR. CHANDAR PRAKASH GUPTA
(President of Vasundhara Branch)
BHARTIYA YOG SANSTHAN

ORGANISING TEAM



Dr. Rahul Paul
Principal, HOD

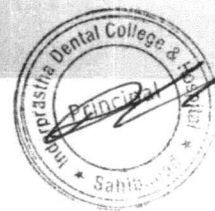


Dr Kalyani Bhargava
Organising Chairperson



Dr Mayura Paul
Organising Secretary

Venue : IPDC Greens
Time : 08:30 am - 09:30 am





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

IPDC/PO/Notice/2020/1

Date: 07.01.2020

NOTICE

This is to inform that a Yoga programme will be conducted on 15th January 2020 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

ATTENDANCE SHEET

List of Participants – Yoga Program-2019-20

S.No.	Name Of The Student	Attendance Present/Absent
1.	Amitoz Kaur	P
2.	Farha Mohammad Rafi	P
3.	Utkarsh Tiwari	P
4.	Wize Umer	P
5.	Siddarth Tejawani	P
6.	Mohammad Faizul	P
7.	Rohit Sharma	P
8.	Shraddha Nair	P
9.	Rishabh Jain	P
10.	Tanishqa Mathur	P
11.	Punchang Appun Doley	P
12.	Priya Awana	P
13.	Chhaya Singh	P
14.	Aarushi Garg	P
15.	Nazia Naureen	P
16.	Priyanka Kumari Verma	P
17.	Rabiya Iqbal	P
18.	Vaishnavi Pandey	P
19.	Anupama Srivastava	P
20.	Chetan Kumar Singh	P
21.	Shruti Nishad	P
22.	Shweta Chetiwal	P
23.	Anushka Sharma	P
24.	Harsh Achhra	P
25.	Shubhangi Khator	P
26.	Vishal Gupta	P
27.	Kunal Sharma	P
28.	Ila Gupta	P
29.	Twinkle Baruah	P
30.	Mohd.Nafisul Haque	P
31.	Anshika Pandey	P
32.	Adiba Iqbal	P
33.	Ishita Srivatava	P
34.	Drishty Kalra	P
35.	Priyanka Kumari	P

Mayura Paul
Organizing Secretary

Dr Mayura Paul



36.	Chetna Mahajan	P
37.	Garima Sharma	P
38.	Muskan Gupta	P
39.	Palak Saraswat	P
40.	Himani Sharma	P
41.	Soham Bhaduri	P
42.	Heena Malik	P
43.	Jai Chaudhary	P
44.	Nahida Khatoon	P
45.	Rahul Ranjan	P
46.	Rajshree Verma	P
47.	Ramandeep Vig	P
48.	Srishti Malhotra	P
49.	Stuti Babbar	P
50.	Suditi Shekhar	P
51.	Subham Sinha	P
52.	Tenzin Wangyal Megeji	P
53.	Ginni Verma	P
54.	Sheena Jain	P
55.	Monica Karmakar	P
56.	Mansheel Arora	P
57.	Nupur Agarwal	P
58.	Ujjawal Garg	P
59.	Akshay Kumar	P
60.	Priyanka Pandey	P
61.	Mayank Agarwal	P
62.	Deep Jyoti Lahkar	P
63.	Deepank John	P
64.	Nishant Kumar Lal	P
65.	Shraddha Singh	P
66.	Dr Rahul Paul	P
67.	Dr Ish Kumar	P
68.	Dr Kalyani Bhargava	P
69.	Dr Mayura Paul	P
70.	Dr Kavita Pal	P

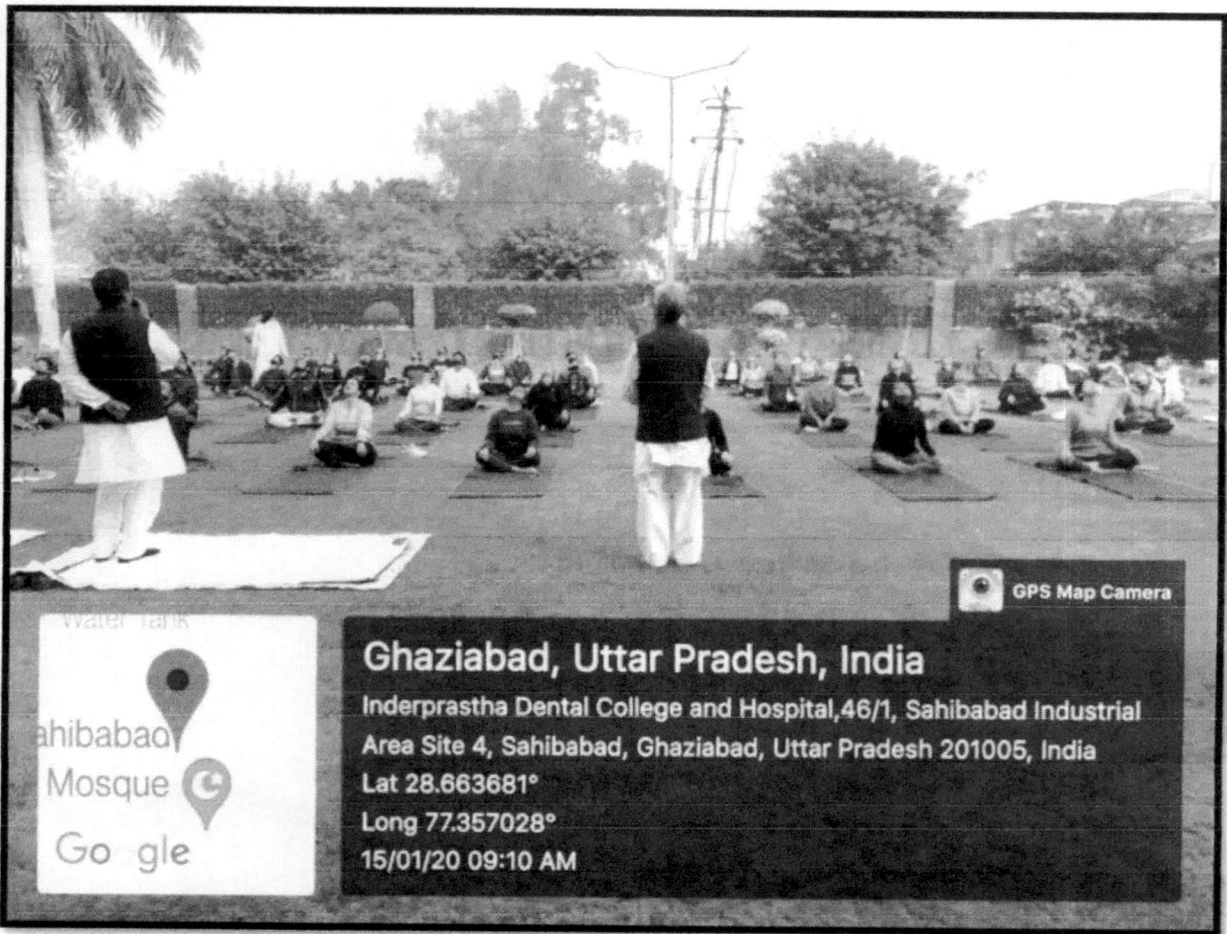


Mayura Paul

Organizing Secretary

Dr Mayura Paul

Trainer Mr Chander Prakash Gupta is training students of IPDC



CERTIFICATES



INDERPRASTHA DENTAL COLLEGE AND HOSPITAL

CERTIFICATE OF PARTICIPATION

This is to certify that

.....Ila Gupta.....

Has attended program on – **Yoga Program**
held on 15th JANUARY 2020

Dr Rahul Paul
Principal, HOD

Dr Kalyani Bhargava
Organising Chairperson

Dr Mayura Paul
Organising Secretary



INDERPRASTHA DENTAL COLLEGE AND HOSPITAL

CERTIFICATE OF PARTICIPATION

This is to certify that

.....NAZIA.....NAWREEN.....

Has attended program on – **Yoga Program**
held on 15th JANUARY 2020

Dr Rahul Paul
Principal, HOD

Dr Kalyani Bhargava
Organising Chairperson

Dr Mayura Paul
Organising Secretary



INDERPRASTHA DENTAL COLLEGE AND HOSPITAL

CERTIFICATE OF PARTICIPATION

This is to certify that

.....*CHEENA MAHAJAN*.....

Has attended program on – **Yoga Program**
held on 15th JANUARY 2020

Dr Rahul Paul
Principal, HOD

Dr Kalyani Bhargava
Organising Chairperson

Dr Mayura Paul
Organising Secretary



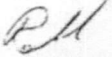
INDERPRASTHA DENTAL COLLEGE AND HOSPITAL

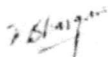
CERTIFICATE OF PARTICIPATION

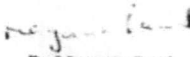
This is to certify that

.....NUPUR AGARWAL.....

Has attended program on – **Yoga Program**
held on **15th JANUARY 2020**


Dr Rahul Paul
Principal, HOD


Dr Kalyani Bhargava
Organising Chairperson


Dr Mayura Paul
Organising Secretary



INDERPRASTHA DENTAL COLLEGE AND HOSPITAL

CERTIFICATE OF PARTICIPATION

This is to certify that

.....SITI BABBAR.....

Has attended program on – **Yoga Program**
held on 15th JANUARY 2020

Dr. Rahul Paul
Principal, HOD

Dr. Kalyani Bhargava
Organising Chairperson

Dr. Mayura Paul
Organising Secretary

YOGA	
REPORT	
Venue: Institution Grounds	Date: 16-10-2019, 8.30-9.30 am
Resource Person: Mr. Chander Prakash Gupta	
Summary: A programme on "Yoga Programme" was conducted on 16 th October 2019 on college ground. At the outset of the programme; Ms. Himani Sharma introduced the Yoga Teachers. Yoga has long been known to be a great antidote to stress. Yoga combines many popular stress-reducing techniques, including exercise and learning to control the breath, clear the mind, and relax the body. Program emphasised that establishing a consistent yoga routine is the best way to experience the difference yoga can make. Yoga practitioners suggested that start with a stress management yoga routine that is intended for beginners who think they don't have time for yoga. They also showed demonstration of various asana. The students and teachers performed all the asana. 105 students and faculty attended the programme. The undergraduate students and faculty members were benefitted from the programme.	

Dr Geetika Dutta
Dr Geetika Dutta

Organising Secretary





INDERPRASTHA DENTAL COLLEGE AND HOSPITAL



Presents
YOGA PROGRAM
ON
16TH OCTOBER 2019



MR. CHANDER PRAKASH GUPTA
(President of Vasundhara Branch)
BHARTIYA YOG SANSTHAN

ORGANISING TEAM



Dr. Rahul Paul
Principal, HOD

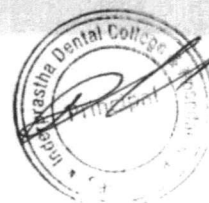


Dr Suprabha Rathee
Organising Chairperson



Dr Geetika Datta
Organising Secretary

Venue : IPDC Greens
Time : 08:30 am - 09:30 am





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

IPDC/PO/Notice/2019/41

Date: 09.10.2019

NOTICE

This is to inform that a programme on "Yoga and wellness" will be conducted by Yoga Trainers on 16th October 2019. The programme will be held on college grounds from 8.30 am till 9.30 am.

All undergraduate students, post graduate students and faculty are hereby informed to attend the programme.

Dr. Rahul Paul

(Principal)

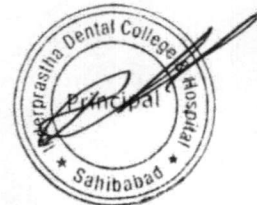
Cc: Secretary & Jt. Secretary

C.E.O.

Accounts

All Dental and Medical Departments

Notice Board



INDERPRASTHA DENTAL COLLEGE & HOSPITAL

ATTENDANCE SHEET

List of Participants attended- Yoga 2019-20

S.No.	Name Of The Student	Attendance Present/Absent
1.	Muddasir Zameer	P
2.	Aniket Dang	P
3.	Priyanka Yadav	P
4.	Shubham Prakash	P
5.	Karishma Gautam	P
6.	Ridhi Shrivastava	P
7.	Devansh Mishra	P
8.	Maryam Rizvi	P
9.	Khushi Tiwari	P
10.	Syed Saad Ahmed	P
11.	Rishabh Jain	P
12.	Anchal Bhati	P
13.	Vedant Khurana	P
14.	Vritika Sachdeva	P
15.	Rohan Kumar	P
16.	Priya Awana	P
17.	Akshat Gakhar	P
18.	Tushar Bhardwaj	P
19.	Amisha Raj	P
20.	Shubham Bisht	P
21.	Avni Tyagi	P
22.	Asjad Iqbal	P
23.	Pragati Sharma	P
24.	Garvita Choudhary	P
25.	Jayanti Aneja	P
26.	Saumya Mishra	P
27.	Nupur Yadav	P
28.	Md. Azzharuddin	P
29.	Antarika Saikia	P
30.	Jaya Srivastava	P
31.	Anchal Jain	P
32.	Tage Apang	P
33.	Mokksh Madhur	P
34.	Tarun Pandey	P
35.	Avinashika Kumari	P
36.	Drishti Jindal	P

Geetika
Dr Geetika Datta

Organizing Secretary



37.	Mohd Sajid	P
38.	Rishi Agarwal	P
39.	Jennifer Arul Rahman	P
40.	Himanshu Dahiya	P
41.	Deepika Choudhary	P
42.	Priya Pallavi	P
43.	Aparna Singh	P
44.	Akshay Panday	P
45.	Uravashi Choudhary	P
46.	Simran Balouria	P
47.	Neelima Singh	P
48.	Priya Rani	P
49.	Komal Kumari	P
50.	Ragini Kumari	P
51.	Divya Rai	P
52.	Rabiya Iqbal	P
53.	Vaishnavi Pandey	P
54.	Prachi Grover	P
55.	Karan Dhawan	P
56.	Kunal Sharma	P
57.	Ila Gupta	P
58.	Twinkle Baruah	P
59.	Mousumi Sarmah	P
60.	Muskan Singh	P
61.	Priyanka Anjana	P
62.	Komal Saini	P
63.	Urvashi Chauhan	P
64.	Aditi Vats	P
65.	Aastha Sinha	P
66.	Drishty Kalra	P
67.	Shakeba Hussain	P
68.	Palak Saraswat	P
69.	Himani Sharma	P
70.	Sanjana Srivastava	P
71.	Shruti Srivastava	P
72.	Prakshi Sharma	P
73.	Kanika Aggarwal	P
74.	Mohd.Hasnain Quraishi	P
75.	Anchal Bharti	P
76.	Ujala Thakur	P
77.	Nida Iqbal	P
78.	Nishtha Sharma	P
79.	Nupur Aggarwal	P
80.	Prakash Kr. Singh	P

Geetika
Dr Geetika Datta
 Organizing Secretary



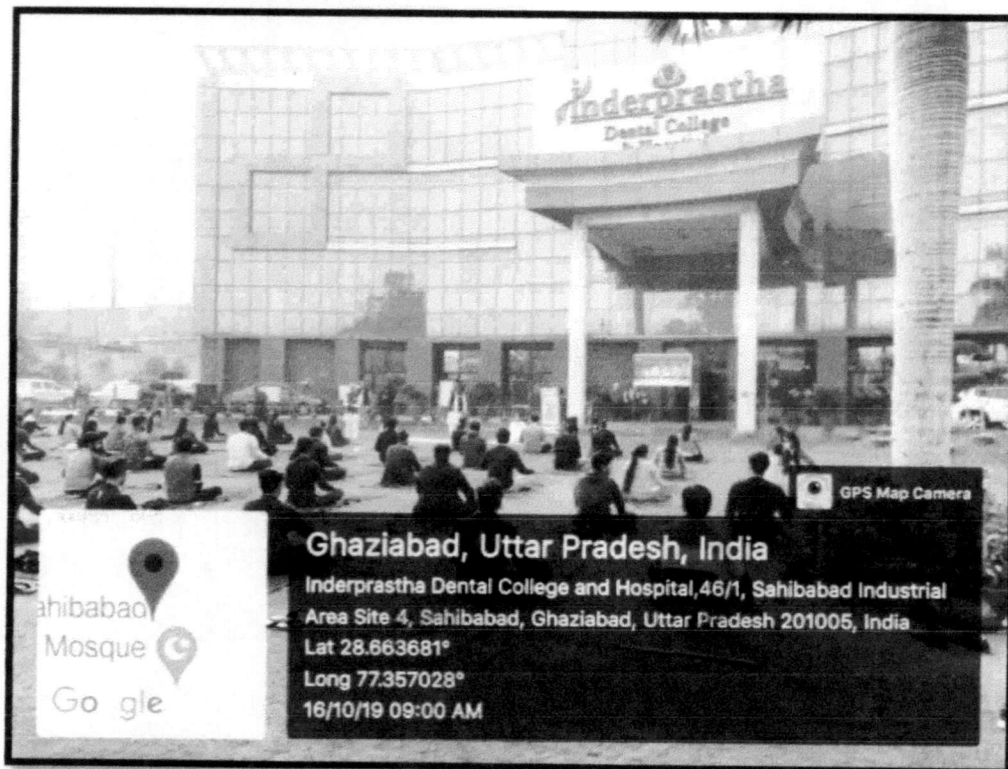
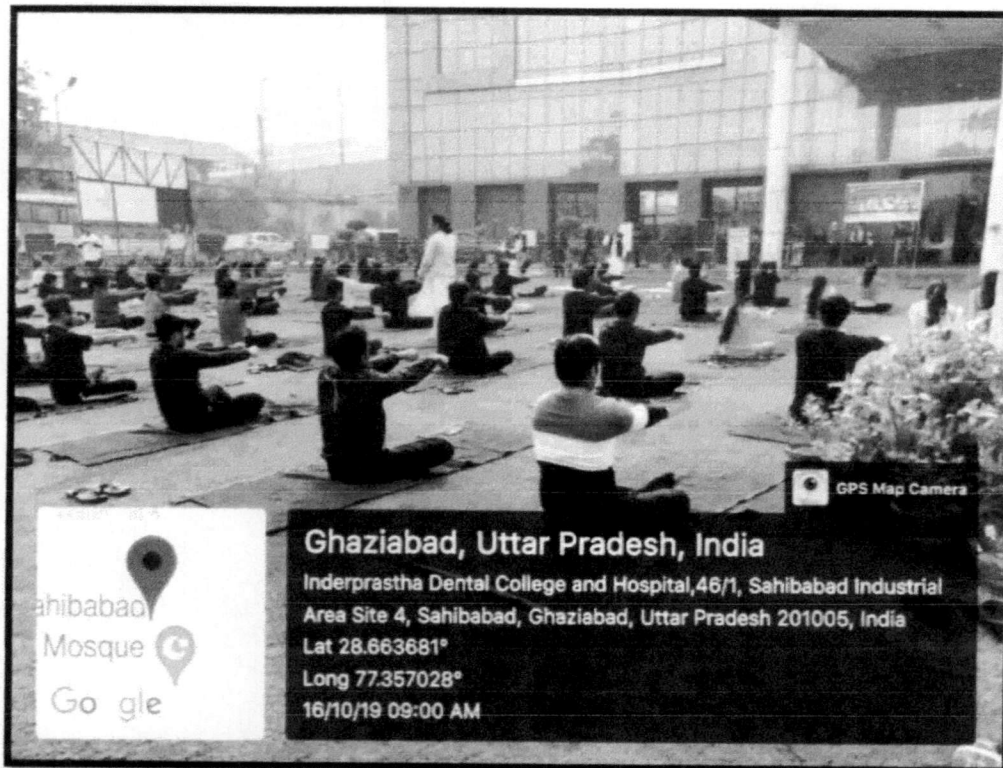
81.	Pritha Shil	P
82.	Priyanka Yadav	P
83.	Shimpy Kumari	P
84.	Shweta Sharma	P
85.	Mhayani. T. Murry	P
86.	Anchal Maurya	P
87.	Shreya Dharni	P
88.	Sandhyadeep Das	P
89.	Numrah Haque	P
90.	Ria Pachauri	P
91.	Ginni Verma	P
92.	Sudhanshu Singh	P
93.	Monica Karmakar	P
94.	Akshay Kumar	P
95.	Shelly Sharma	P
96.	Dr Akash Verma	P
97.	Dr Sneha Priya	P
98.	Dr Linda Lalramthar	P
99.	Dr Neha Jaiswal	P
100.	Dr Rahul Paul	P
101.	Dr Suprabha Rathee	P
102.	Dr Geetika Datta	P
103.	Dr Sonia Datta	P
104.	Dr Akash Sachdeva	P
105.	Dr Kalyani Bhargava	P

Geetika
Dr Geetika Datta

Organizing Secretary



Yoga trainer Mr Chander Prakash Gupta training students



Certificates



INDERPRASTHA DENTAL COLLEGE AND HOSPITAL

CERTIFICATE OF PARTICIPATION

This is to certify that

.....*PRIYANKA ANJANA*.....

Has attended program On – **Yoga Program**

held on 16th OCTOBER 2019

Dr. Rahul Paul
(Principal)

Dr Suprabha Rathee
Organising Chairperson

Dr Geetika Datta
Organising Secretary



INDERPRASTHA DENTAL COLLEGE AND HOSPITAL

CERTIFICATE OF PARTICIPATION

This is to certify that

.....GINNI...VERMA.....

Has attended program On – **Yoga Program**

held on 16th OCTOBER 2019 .

Dr. Rahul Paul
(Principal)

Dr Suprabha Rathee
Organising Chairperson

Dr Geetika Datta
Organising Secretary



INDERPRASTHA DENTAL COLLEGE AND HOSPITAL

CERTIFICATE OF PARTICIPATION

This is to certify that

.....**KHUSHI TIWARI**.....

Has attended program On – **Yoga Program**
held on 16th OCTOBER 2019

Dr. Rahul Paul
(Principal)

Dr Suprabha Rathee
Organising Chairperson

Dr Geetika Datta
Organising Secretary



INDERPRASTHA DENTAL COLLEGE AND HOSPITAL

CERTIFICATE OF PARTICIPATION

This is to certify that

.....KANIKA AGGARWAL.....

Has attended program On – **Yoga Program**
held on 16th OCTOBER 2019

Dr. Rahul Paul
(Principal)

Dr. Suprabha Rathee
Organising Chairperson

Dr. Geetika Datta
Organising Secretary



INDERPRASTHA DENTAL COLLEGE AND HOSPITAL

CERTIFICATE OF PARTICIPATION

This is to certify that

.....SHAKEBA.....HUSSAIN.....

Has attended program On – **Yoga Program**

held on 16th OCTOBER 2019


Dr. Rahul Paul
(Principal)

Dr. Suprabha Rathee
Organising Chairperson

Dr. Geetika Datta
Organising Secretary

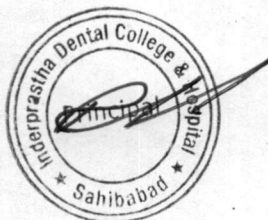
SUMMARY OF PROGRAMME

TITLE	SWACHH BHARAT ABHIYAN
SPEAKER	DR. RAHUL PAUL
DATE	1/10/2019
TIME	9:30 AM TO 12:30 PM WORKING HOURS – 3 HOURS
NO. OF PARTICIPANTS	25
ORGANISING SECRETORY	DR. GEETIKA ARORA



DR. GEETIKA ARORA

Organising Secretary





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



Department of Public Health Dentistry

REPORT ON SWACHHA BHARAT ABHIYAAN

ON 1ST OCTOBER 2019

Swachh Bharat Mission (SBM), Swachh Bharat Abhiyan, or Clean India Mission is a country-wide campaign initiated by the Government of India in 2014 to eliminate open defecation and improve solid waste management.

It is a restructured version of the Nirmal Bharat Abhiyan launched in 2009.

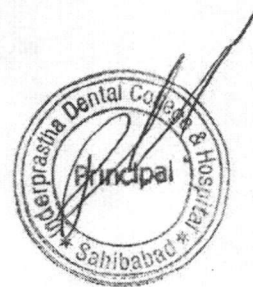
Inderprastha Dental College and Hospital SWACHHA BHARAT ABHIYAAN campaign on 1st Oct 2019. This day was celebrated to bring in more awareness regarding the importance of maintaining clean environment.

Dr. Rahul Paul, Principal IPDC shared his knowledge and views regarding the various interventions which are the need of the hour for maintaining clean & hygienic environment.

Staff members, students & non-working staff also played a crucial role in making this event a grand success.

DR. GEETIKA ARORA

ORGANISING SECRETARY





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



Department of Public Health Dentistry

IPDC/PO/Notice/2019/ 87A

Date: - 25.09.2019

NOTICE

This is to inform that Inderprastha Dental College & Hospital is conducting a **SWACHHA BHARAT ABHIYAAN** campaign on 1st Oct 2019 at 9:30 am.

All must attend the event & make it successful.

Dr. Rahul Paul

(Principal)

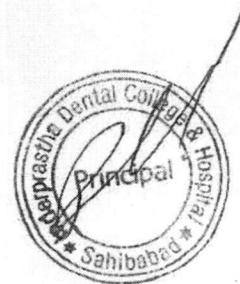
Cc: Secretary & Jt. Secretary

C.E.O

Accounts

All Dental & Medical Departments

Notice Board

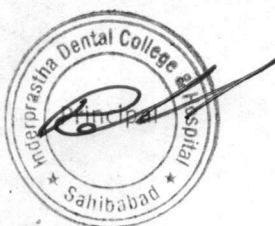


Inderprastha dental college and hospital

SWACCHA BHARAT ABHIYAAN 1/10/2019

ATTENDANCE LIST

S.NO	NUMBER OF PARTICIPANTS	PRESENT (P)/ ABSENT(A)
1.	DR TABISH AHMED	P
2.	DR SHIVAM KATYAL	P
3.	DR YUVRAJ KAPUR	P
4.	DR JYOTI MISHRA	P
5.	DR ARCHANA SEN	P
6.	DR ISHFAQ BASHIR	P
7.	DR SHABANA ALAM	P
8.	DR SHARON JAISWAL	P
9.	DR PALLAVI SHRIVASTAVA	P
10.	DR RASHI ADHIKARI	P
11.	DR SHEFALI BHAT	P
12.	DR NEHA SINGH	P
13.	DR ASTHA AGRAWAL	P
14.	DR NIKITA TYAGI	P
15.	ARIF KHAN	P
16.	UJJAWAL GARG	P
17.	AKSHAY KUMAR	P
18.	PRIYANKA PANDEY	P
19.	NIHARIKA NAWAL	P
20.	BINITA NATH	P
21.	SHAFQUAT SHAHEEN	P
22.	KINJALIKA	P
23.	VAIBHAV SRIVASTAV	P
24.	MAYANK AGARWAL	P
25.	ANIL KR. SINGH	P

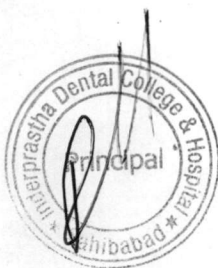


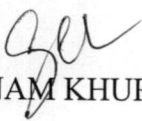
Geetika
DR. GEETIKA ARORA
ORGANIZING SECRETARY



SUMMARY OF PROGRAMME

TITLE	WORLD HEART DAY
SPEAKER	DR. PREETI SHARMA
DATE	29/09/2019
TIME	9:00 AM TO 12:00 PM WORKING HOURS – 3 HOURS
NO. OF PARTICIPANTS	96
ORGANISING SECRETORY	DR. SONAM KHURANA




DR. SONAM KHURANA
Organising Secretary

REPORT ON WORLD HEART DAY 2019

Every year, the celebrations of World Heart Day take place across the globe highlighting the actions that individuals can take to prevent and control cardiovascular diseases. Various events and activities related to heart health are organized. Each year's celebrations have a different theme, reflecting key issues and topics related to heart health.


The theme for this year's World Heart Day on September 29th was "Creating Heart-Healthy Environments". World Heart Day was a global observance. By empowering and inspiring people around us, World Heart Day 2019 will promote changes in their lifestyle and habits. It aimed to create awareness among students regarding healthy heart environments.

World Heart Day was celebrated in **Inderprastha Dental College & Hospital on 29th September, 2019** with the aim of creating global health awareness regarding Heart-Healthy Environments.

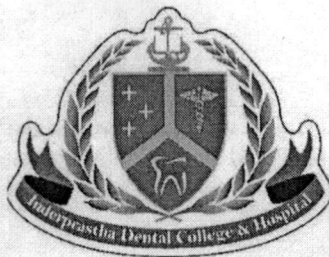
The day was inaugurated by **Secretary of IPDC Mr, Nimish Aggarwal and Principal Dr. Rahul Paul** followed by lamp lighting. On this day, a lecture on health issues related to heart was delivered by **Dr Preeti Sharma, HOD of Biochemistry Department**

Health talks were delivered by students of **1st year BDS** on harmful effects of lifestyle on heart. A total of 92 students and 4 faculties participated in the program. Other dignitaries present at the occasion were Mr. Nimish Agarwal, Mr. HL Aggarwal, Mr N Chaudhary.

The event was organized by Department of Biochemistry under the leadership of Dr. Preeti Sharma. Special thanks to our Honourable Secretary Mr. Nimish Agarwal for this novel event.


DR SONAM KHURANA
ORGANISING SECRETARY





Inderprastha Dental College and Hospital

IPDC/PO/Notice/2019/87A

DATE: 23.09.2019

NOTICE

All the faculty and students are hereby informed that world heart day shall be conducted on 29.09.2019. All the faculty and students shall appear for the same.

The purpose of the function is to motivate everyone for healthy heart and better lifestyle.

Dr. Rahul Paul

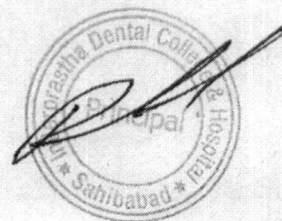
Principal

Cc: secretary & Jt. Secretary

Registrar

All concern department

Notice Board



Inderprastha dental college and hospital

WORLD HEART DAY- 29TH SEPTEMBER 2019

ATTENDANCE SHEET-

S.NO	NAME OF THE PARTICIPANTS	PRESENT (P)/ ABSENT (A)
1.	DR. RAHUL PAUL	P
2.	DR. RITIKA AHUJA MALHOTRA	P
3.	DR. VIKRAM BLAGGANA	P
4.	DR. KAPIL GANDHI	P
5.	AMITAJ KAUER	P
6.	SANA IQBAL	P
7.	UTKARSH TIWARI	P
8.	MUDDASIR ZAMEER	P
9.	ANIKET DANG	P
10.	ANSHIKA CHAUHAN	P
11.	HIMAKSHI AGNIHOTRI	P
12.	SHEEBA	P
13.	FARHA MOHAMMAD RAFI	P
14.	SANDEEP MALLIK	P
15.	DIVYA SHARMA	P
16.	PRIYANKA YADAV	P
17.	SHRISTHI	P
18.	GINNY	P
19.	SHUBHAM PRAKASH	P
20.	SIDDARTH TEJWANI	P
21.	AADYA DHARNI	P
22.	ANKIT RAJ	P
23.	AKSHAT PANDEY	P
24.	WIZE UMER	P
25.	AAFIA	P
26.	MOHAMMAD FAIZUL	P
27.	KARISHMA GAUTAM	P
28.	RIDHI SHRIVASTAVA	P
29.	KUNAL	P
30.	DEVANSH MISHRA	P
31.	RAVI SAXENA	P
32.	AKSHIT	P
33.	TEJSWANI PANDEY	P
34.	SHALINI SINGH	P
35.	ROHIT SHARMA	P
36.	SHRADDHA NAIR	P
37.	SHRISTHI GAUR	P



DR. SONAM KHURANA
ORGANISING SECRETARY

38.	SRISHTI UPADHYAY	P
39.	PRACHI CHAUDHARY	P
40.	SWARNAVO SARKAR	P
41.	RICHA RAWAT	P
42.	SHAMBHAVI MISHRA	P
43.	MARYAM RIZVI	P
44.	KHUSHI TIWARI	P
45.	SYED SAAD AHMED	P
46.	RAGHAVI RANA	P
47.	HIMANSHI GUPTA	P
48.	PARISMITA GOGOI	P
49.	SHRISTI	P
50.	TANISHQA MATHUR	P
51.	PUNCHANG APPUN DOLEY	P
52.	RISHABH JAIN	P
53.	ANCHAL BHATI	P
54.	YASH DEWANAND KUMBHARI	P
55.	AISHWARYA SHARMA	P
56.	SHIVANI GUPTA	P
57.	RISHITA BAWEJA	P
58.	VEDANT KHURANA	P
59.	VRITIKA SACHDEVA	P
60.	ROHAN KUMAR	P
61.	NISHIK GOYAL	P
62.	ANAGHA ANIL	P
63.	ANISH SINGH	P
64.	MANVI UJJAINIA	P
65.	SANSKRITI ARORA	P
66.	VIDHI SHRIVASTAVA	P
67.	PRIYA AWANA	P
68.	AKSHAT GAKHAR	P
69.	TUSHAR BHARDWAJ	P
70.	SNEHA GANESH	P
71.	G.PREETHI	P
72.	DAMINI SHARMA	P
73.	ZEENAT	P
74.	SHAHBAZ KHAN	P
75.	DEEPANSHI SHEKHAWAT	P
76.	NITI	P
77.	MANIKOLI	P
78.	ANIKET KUMAR	P
79.	SHIVANI SINGH	P
80.	VAIBHAV SHEKHAR YADAV	P



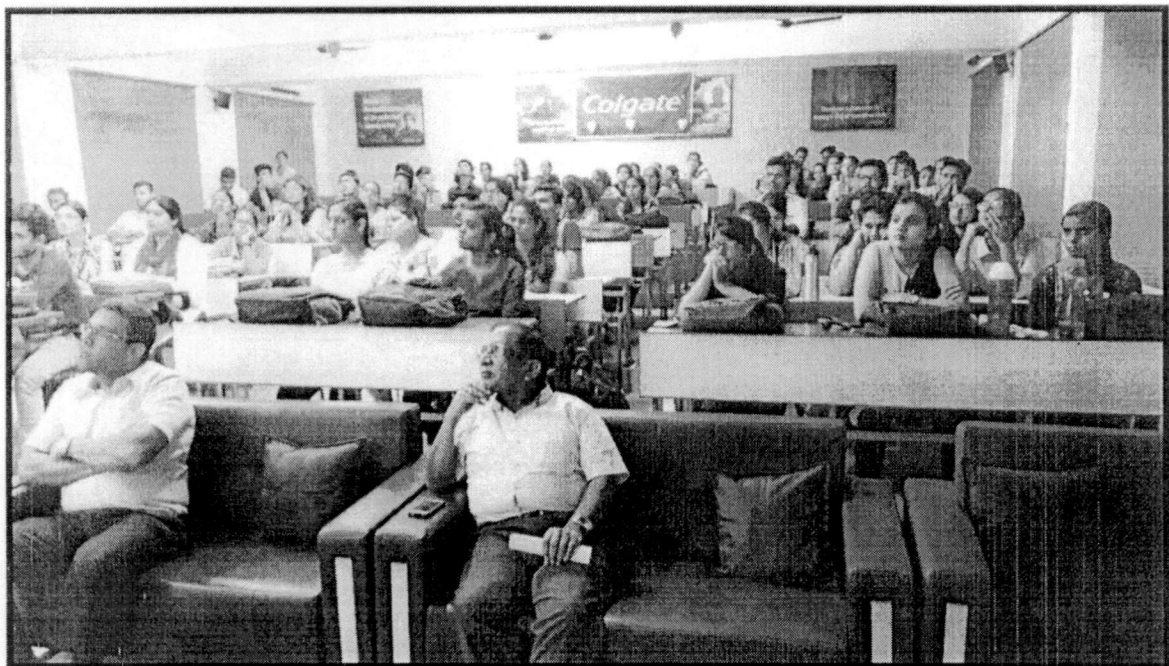
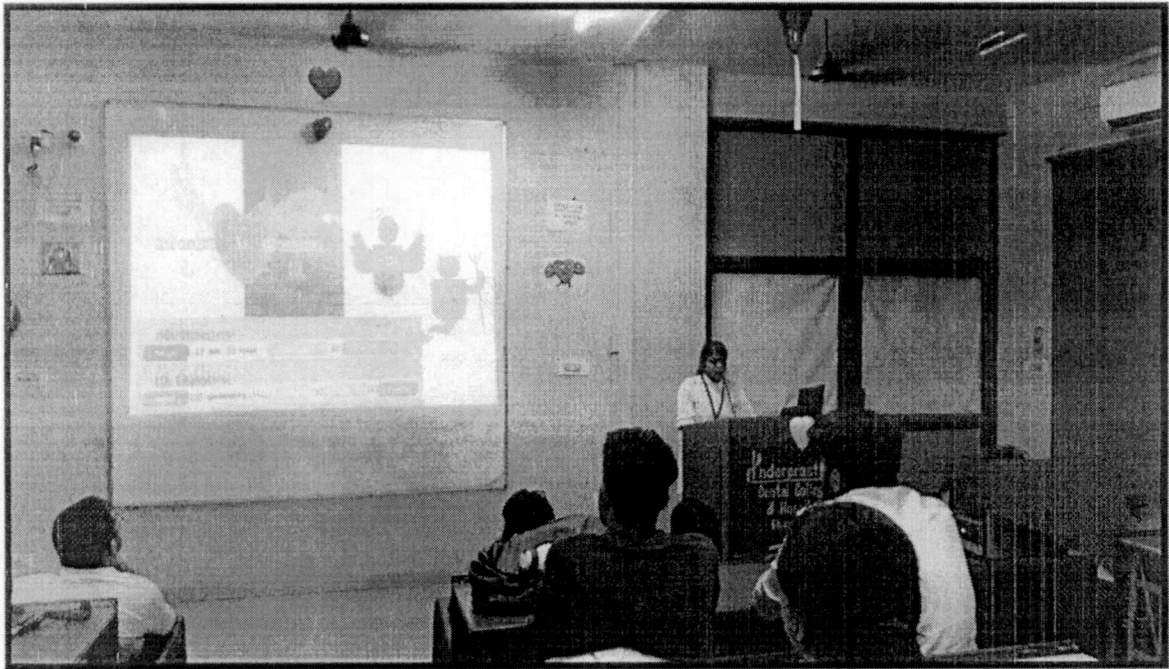
DR. SONAM KHURANA
ORGANISING SECRETARY

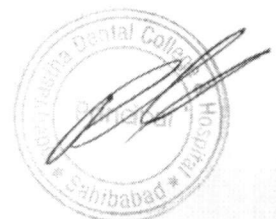
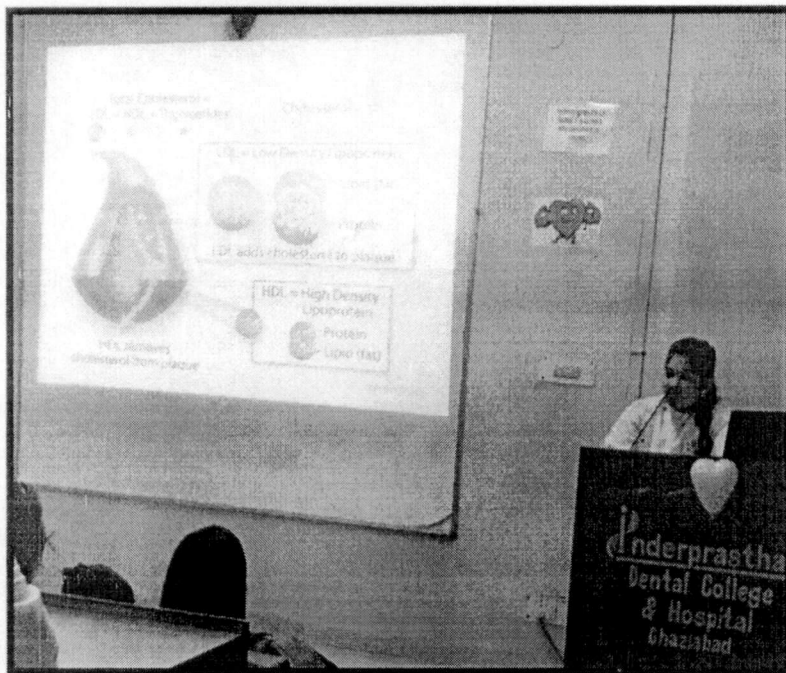
81.	AMISHA RAJ	P
82.	GHANSHIKHA	P
83.	SHAHZAD	P
84.	SHUBHAM BISHT	P
85.	AVNI TYAGI	P
86.	PRACHI JAIN	P
87.	ABHINAV AKASH	P
88.	KAJAL CHAUHAN	P
89.	AQUDAS MUSTAFA KHAN	P
90.	ASJAD IQBAL	P
91.	PRAGATI SHARMA	P
92.	GRUSHA JOHN PHILLIP	P
93.	NAVNEET SINGH	P
94.	NEHA PARWEEN	P
95.	VINIT VEER	P
96.	ANJALI KUMARI	P



SK
DR. SONAM KHURANA
ORGANISING SECRETARY

GLIMPSES OF THE EVENT

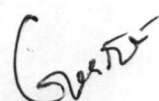




SUMMARY OF PROGRAMME

TITLE	ILL EFFECTS OF TABACCO ON ORAL AND GENERAL HEALTH
SPEAKER	DR. RAHUL PAUL
DATE	31/05/2019
TIME	9:30 AM TO 12:30 PM WORKING HOURS – 3 HOURS
NO. OF PARTICIPANTS	75
ORGANISING SECRETORY	DR. GEETIKA ARORA




DR. GEETIKA ARORA
Organising Secretary

REPORT ON NO TOBACCO DAY CELEBRATION

ON 31ST MAY 2019

Every year, on 31 May, the World Health Organization (WHO) and global partners celebrate World No Tobacco Day (WNTD). The annual campaign is an opportunity to raise awareness on the harmful and deadly effects of tobacco use and second-hand smoke exposure, and to discourage the use of tobacco in any form. The focus of World No Tobacco Day 2019 was on "tobacco and lung health."

The campaigns objectives were to increase awareness on:

- Negative impact of tobacco on people's lung health, starting from respiratory diseases to lung cancer.
- Negative impact of tobacco on people's oral health, from causing Leukoplakia, Oral sub mucous fibrosis to Oral Cancer
- The fundamental role lungs play for the health and well-being of all people.
- To serve as a call to action, advocating for effective policies to reduce tobacco consumption.
- In view of these objectives, **The Dept of Public Health Dentistry, Inderprastha Dental College and Hospital, Sahibabad** organized a program on **31st May 2019** on occasion of **World No Tobacco Day**.
- The activities of No Tobacco Day were inaugurated by **Dr. Rahul Paul, Principal, IPDC**. After that the Students of Final Year BDS and Interns presented a skit on "**Ill Effects Of Tobacco On Oral And General Health**". Through this skit students tried to emphasized on awareness of ill effects of tobacco amongst students and interns of the institute as well as the patients who were visiting college for various treatment. The program was attended by approximately 50 students and interns. Approximately 20-25 teaching as well as non teaching faculty members actively participated in the program.
- In the end, special thanks to the management and principal of IPDC for their constant support and to make this event a successful one.

Geetika

DR GEETIKA ARORA

ORGANISING SECRETARY





Inderprastha Dental College and Hospital

IPDC/PO/Notice/2019/65A

DATE: 22.05.2019

NOTICE

This is to inform all the faculty and students that Tabaco cessation day shall be conducted on 31.05.2019. All the faculty and students shall appear for the same.

The purpose of the function is to motivate everyone for healthy heart, how to quit smoking and therefore how to live a better life.

Dr. Rahul Paul

Principal

Cc: secretary & Jt. Secretary

Registrar

All concern department

Notice Board



Inderprastha dental college and hospital

ILL EFFECTS OF TABACCO ON ORAL AND GENERAL HEALTH-

31ST MAY. 2019

ATTENDANCE SHEET- STUDENTS

S.NO	NAME OF THE PARTICIPANTS	PRESENT (P)/ ABSENT (A)
1.	BINITA NATH	P
2.	SHAFQUAT SHAHEEN	P
3.	KINJALIKA	P
4.	VAIBHAV SRIVASTAV	P
5.	MAYANK AGARWAL	P
6.	ANIL KR. SINGH	P
7.	SHELLY SHARMA	P
8.	PRATIBHA SHARMA	P
9.	SHUBHAM KATHURIA	P
10.	DEEP JYOTI LAHKAR	P
11.	DEEPANK JOHN	P
12.	BHAVYA	P
13.	REKHA	P
14.	BASIMA RASHEED GANIE	P
15.	MEHVASH SALMAN	P
16.	VERSHA YADAV	P
17.	NIDHI SHREE	P
18.	NISHANT KUMAR LAL	P
19.	KHUSHAL KOHLI	P
20.	NARGIS BANO	P
21.	HARSHIT KUMAR AGRAWAL	P
22.	KASHFI SAGHIR	P
23.	PULKIT MALAAN	P
24.	SHRADDHA SINGH	P
25.	MALLIKA - E - SEERAT	P
26.	AKANKSHA VERMA	P
27.	PRIYANKA CHATURVEDI	P
28.	UDAY VIR SINGH	P
29.	PANKAJ RATTAN	P
30.	YASMIN KHAN	P
31.	SHIVANI PUROHIT	P
32.	SWATI MISHRA	P
33.	UPASNA JAIN	P
34.	SHUBHAM JAIN	P
35.	ADITYA SHARMA	P



DR. GEETIKA ARORA

ORGANISING SECRETARY

36.	YASH KUMAR	P
37.	HIMANSHU SHRIVASTAVA	P
38.	JYOTSANA RAI	P
39.	HAT DEIH CHING	P
40.	MONIKA GUPTA -I	P
41.	MANVI NARULA	P
42.	NIDHI AGGARWAL	P
43.	SALONI GUPTA	P
44.	SHUBHANSHU JAISWAL	P
45.	CHING LUNNIANG	P
46.	TANMOYEE DUARAH	P
47.	SHRESHTHA GUPTA	P
48.	SOHAM BISWAS	P
49.	REETIVA SHARMA	P
50.	VISHAKHA DIXIT	P



Geetika
DR. GEETIKA ARORA
ORGANISING SECRETARY

Inderprastha dental college and hospital

ILL EFFECTS OF TABACCO ON ORAL AND GENERAL HEALTH-

31ST MAY. 2019

ATTENDANCE SHEET- FACULTY

S.NO	NAME OF THE PARTICIPANTS	PRESENT (P)/ ABSENT (A)
1.	DR. RAHUL PAUL	P
2.	DR. VINEET GOLCHA	P
3.	DR. DEEPTI YADAV	P
4.	DR. MUDITA GUPTA	P
5.	DR. PANKAJ DATTA	P
6.	DR. GEETA PAUL	P
7.	DR. AJAI GUPTA	P
8.	DR. SUPRABHA RATHEE	P
9.	DR. ANIKA MITTAL	P
10.	DR. SHIFALI DADU	P
11.	DR. AKASH SACHDEVA	P
12.	DR. NITIN KUMAR	P
13.	DR. AASTHA MANCHANDA	P
14.	DR. ANCHAL GOEL	P
15.	DR. MAYURA PAUL	P
16.	DR. KAPIL GANDHI	P
17.	DR. RITIKA AHUJA MALHOTRA	P
18.	DR. PREETI UPDHYAY	P
19.	DR. KAVITA PAL	P
20.	DR. RUCHI SHARMA	P
21.	DR. DIVYA KAPOOR	P
22.	DR. SHWETA ARORA	P
23.	DR. JITENDER KUMAR	P
24.	DR. AMAN KUMAR	P
25.	DR. ZOYA NAJAM KHAN	P

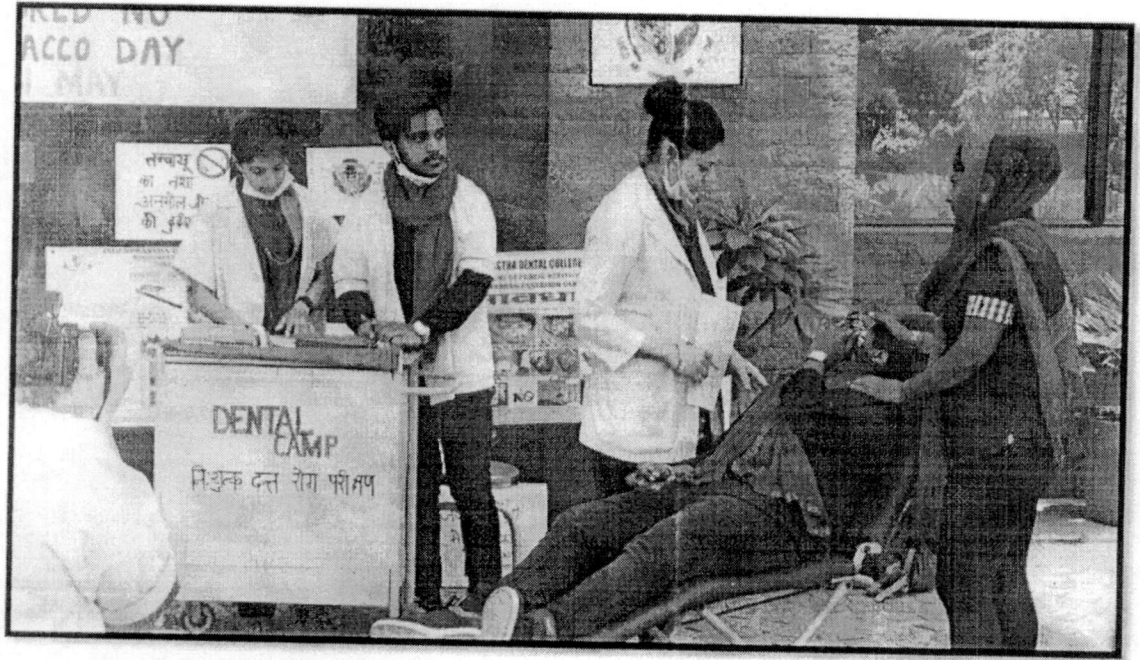


Geetika
DR. GEETIKA ARORA

ORGANISING SECRETARY

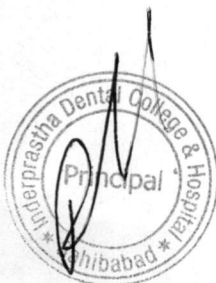
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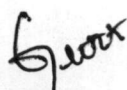




SUMMARY OF PROGRAMME

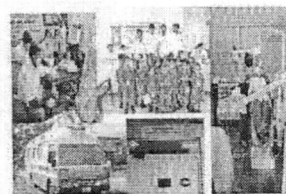
TITLE	SWACHH BHARAT ABHIYAAN
SPEAKER	DR. RAHUL PAUL
DATE	1/10/2018
TIME	9:30 AM TO 12:30 PM WORKING HOURS – 3 HOURS
NO. OF PARTICIPANTS	22
ORGANISING SECRETORY	DR. GEETIKA ARORA




DR. GEETIKA ARORA
Organising Secretary



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



Department of Public Health Dentistry
REPORT ON SWACHHA BHARAT ABHIYAAN

ON 1ST OCTOBER 2018

Swachh Bharat Mission (SBM), Swachh Bharat Abhiyan, or Clean India Mission is a country-wide campaign initiated by the Government of India in 2014 to eliminate open defecation and improve solid waste management.

It is a restructured version of the Nirmal Bharat Abhiyan launched in 2009.

Inderprastha Dental College and Hospital has organised SWACHHA BHARAT ABHIYAAN campaign on 1st Oct 2018. This day was celebrated to bring in more awareness regarding the importance of maintaining clean environment.

Dr. Rahul Paul, Principal IPDC shared his knowledge and views regarding the various interventions which are the need of the hour for maintaining clean & hygienic environment.

Faculty, students & staff also played a crucial role in making this event a grand success.

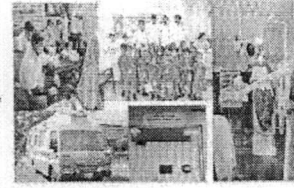
DR. GEETIKA ARORA

ORGANISING SECRETARY





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



Department of Public Health Dentistry

IPDC/PO/Notice/2018/ 66 A

Date: - 20.09.2018

NOTICE

This is to inform that Inderprastha Dental College & Hospital is conducting a **SWACHHA BHARAT ABHIYAAN** campaign on 1st Oct 2018 at 9:30 am.

All must attend the event & make it successful.

Dr. Rahul Paul

(Principal)

Cc: Secretary & Jt. Secretary

C.E.O

Accounts

All Dental & Medical Departments

Notice Board



Inderprastha dental collage and hospital

SWACHHA BHARAT ABHIYAAN 1/10/18

ATTENDENCE SHEET

S.NO	NAME OF PARTICIPANTS	ABSENT/PRESENT
1.	DR. RACHITA MEHLAWAT	P
2.	DR. PRATIK PANDE	P
3.	DR. SWETA SHABNAM	P
4.	DR. SAUMYA TANEJA	P
5.	DEEPANK JOHN	P
6.	BHAVYA	P
7.	REKHA	P
8.	BASIMA RASHEED GANIE	P
9.	MEHVASH SALMAN	P
10.	VERSHA YADAV	P
11.	NIDHI SHREE	P
12.	NISHANT KUMAR LAL	P
13.	KHUSHAL KOHLI	P
14.	NARGIS BANO	P
15.	HARSHIT KUMAR AGRAWAL	P
16.	KASHFI SAGHIR	P
17.	PULKIT MALAAN	P
18.	SHRADDHA SINGH	P
19.	MALLIKA - E - SEERAT	P
20.	AKANKSHA VERMA	P
21.	YOGITA MAVI	P
22.	PRIYANKA CHATURVEDI	P



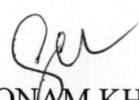
DR RAHUL PAUL
ORGANISING SECRETARY



SUMMARY OF PROGRAMME

TITLE	WORLD HEALTH DAY
SPEAKER	DR. PRETTI SHARMA
DATE	7/04/2018
TIME	9:00 AM TO 2:00 PM WORKING HOURS – 5 HOURS
NO. OF PARTICIPANTS	96
ORGANISING SECRETORY	DR. SONAM KHURANA




DR. SONAM KHURANA
Organising Secretary

<u>WORLD HEALTH DAY</u>
<u>REPORT</u>
Date- 7 TH APRIL 2018, 9:00 AM- 2:00PM
A programme was conducted on the occasion of World Health Day, We celebrated the day by organizing a CDE PROGRAM with HANDS ON 7th April 2018 . The topic for the celebration was on "NUTRITIONAL DEFICIENCIES AND HEALTH ISSUES . A total of 92 students participated in the program. Other dignitaries present at the occasion were Mr. HL Aggarwal, Mr. N Chaudhary, Dr Meenakshi Arora, Dr Sonam Khurana, Dr Kalyani Bhargava . The programme emphasized on the importance of health. The attendees were motivated to practice healthy life.

World Health Day was celebrated in **Inderprastha Dental College & Hospital on 7th April, 2018** with the aim of creating global health awareness about rise in nutritional deficiency diseases. Health talks were delivered by students of **1st year BDS** on harmful effects of vitamins and minerals deficiencies on health. A total of 92 students and 4 faculties participated in the program. Other dignitaries present at the occasion were **Mr. HL Aggarwal, Mr N Chaudhary, Dr Meenakshi Arora, Dr Sonam Khurana, Dr Kalyani Bhargava**

The day was inaugurated by **Principal Dr. Rahul Paul** followed by lamp lighting. On this day, a lecture on health issues related to deficiencies of minerals and vitamins was delivered by **Dr Preeti Sharma**, HOD of Biochemistry Department

Health talks were delivered by students of **1st year BDS** on harmful effects of vitamins and minerals deficiencies on health. A total of 92 students and 4 faculties participated in the program. Other dignitaries present at the occasion were **Mr. HL Aggarwal, Mr N Chaudhary, Dr Meenakshi Arora, Dr Sonam Khurana, Dr Kalyani Bhargava**

The event was organized by Department of Biochemistry under the leadership of Dr. Preeti Sharma. Special thanks to our **Honourable Secretary Mr. Nimish Agarwal** for this novel event.

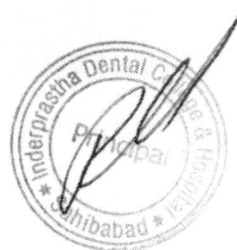


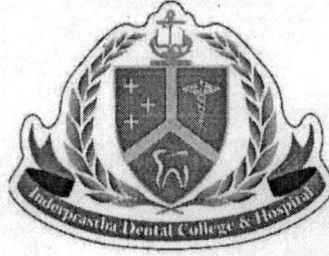
DR SONAM KHURANA

ORGANISING SECRETARY



World Health Day





Inderprastha Dental College and Hospital

IPDC/PO/Notice/2018/25A

DATE: 02.04.2018

NOTICE

This is to inform all the faculty and students that world health day shall be conducted on 07.04.2018. All the faculty and students shall appear for the same.

The purpose of the function is to motivate and encourage everyone for healthy life.

Dr. Rahul Paul

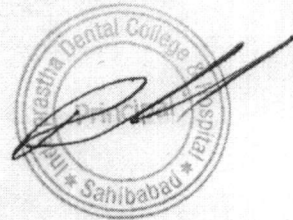
Principal

Cc: secretary & Jt. Secretary

Registrar

All concern department

Notice Board




Inderprastha dental collage and hospital

WORLD HEALTH DAY 07/04/2018

ATTENDENCE SHEET

S.NO	NAME OF PARTICIPANTS	ABSENT/PRESENT
1.	RABIYA IQBAL	P
2.	VAISHNAVI PANDEY	P
3.	PRACHI GROVER	P
4.	VANSHIKA AGARWAL	P
5.	NITISH GUPTA	P
6.	VEDIKA SINGH	P
7.	NEHA KUMARI	P
8.	SHAHEEN QAMAR	P
9.	AFREEN NASEEM	P
10.	KIRAN GUPTA	P
11.	NAMRATA SINGH	P
12.	HARSHITA	P
13.	MANISHA RAI	P
14.	SAHNI DEVENDRA KUMAR	P
15.	SHIVA GUPTA	P
16.	SHIVESH CHATURVEDI	P
17.	ANUPAMA SRIVASTAVA	P
18.	CHETAN KUMAR SINGH	P
19.	SHRUTI NISHAD	P
20.	SURYANSH SINGH	P
21.	SHUBHANGI ANAND	P
22.	CHHAVI MALHOTRA	P
23.	GUNJAN MALHOTRA	P
24.	MARISHA PANDEY	P
25.	SHIVANGI VERMA	P
26.	KARAN DHAWAN	P
27.	SHRUTI VARUN	P
28.	SONU SINGH	P
29.	SHWETA CHETIWAL	P
30.	ANUSHKA SHARMA	P
31.	HARSH ACHHRA	P
32.	SHUBHANGI KHATOR	P
33.	VISHAL GUPTA	P
34.	KUNAL SHARMA	P
35.	ILA GUPTA	P
36.	TWINKLE BARUAH	P
37.	MOHD.NAFISUL HAQUE	P
38.	ANSHIKA PANDEY	P
39.	ADIBA IQBAL	P


DR SONAM KHURANA
ORGANIZING SECRETARY

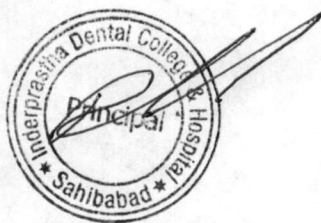


40.	ISHITA SRIVATAVA	P
41.	VARSHA	P
42.	PRIYANKA KUMARI	P
43.	CHETNA MAHAJAN	P
44.	KRISHNA BHATI	P
45.	GARIMA SHARMA	P
46.	MUSKAN GUPTA	P
47.	VIKHYATA SAGAR	P
48.	MOUSUMI SARMAH	P
49.	MUSKAN SINGH	P
50.	PRIYANKA ANJANA	P
51.	KOMAL SAINI	P
52.	URVASHI CHAUHAN	P
53.	ADITI VATS	P
54.	AASTHA SINHA	P
55.	DRISHTY KALRA	P
56.	SHAKEBA HUSSAIN	P
57.	PALAK SARASWAT	P
58.	HIMANI SHARMA	P
59.	SANJANA SRIVASTAVA	P
60.	SHRUTI SRIVASTAVA	P
61.	PRAKSHI SHARMA	P
62.	KANIKA AGGARWAL	P
63.	MOHD.HASNAIN QURAISHI	P
64.	MAMTA	P
65.	ANCHAL BHARTI	P
66.	RENU PAL	P
67.	JYOTI SINGH	P
68.	RAJNANDINI	P
69.	PARISMITA YASMIN	P
70.	VANSHIKA TOMAR	P
71.	KARAN PRATAP	P
72.	SHAYERI SEN	P
73.	SOUMYA OMER	P
74.	SOHAM BHADURI	P
75.	SUPRIYA YADAV	P
76.	RUCHI CHOUDHARY	P
77.	AAKANSHA VERMA	P
78.	UTKARSH AGGARWAL	P
79.	ANSHUMAN CHAUHAN	P
80.	SEEMA SHARMA	P
81.	AKARS SRIVASTAVA	P
82.	ARUSHI DUBEY	P
83.	ADITI JAIN	P
84.	SHWETIKA SINGH	P

DR SONAM KHURANA
ORGANIZING SECRETARY

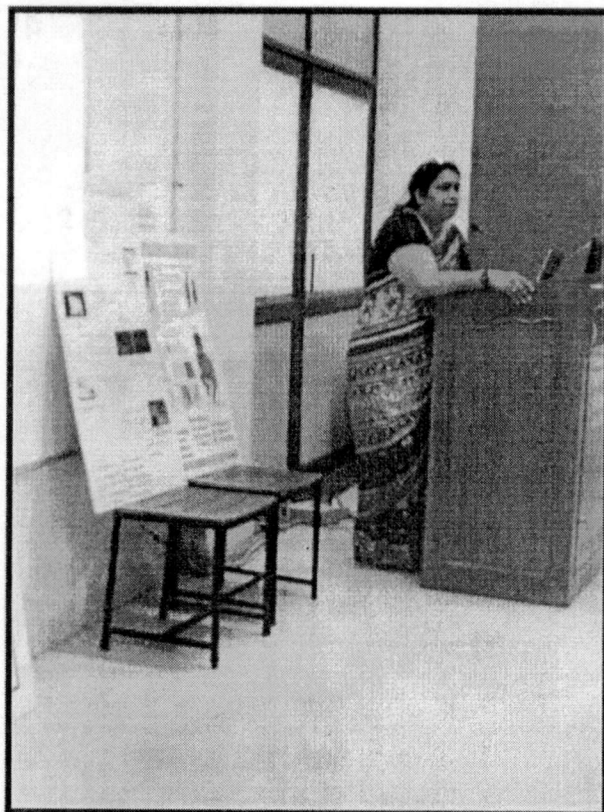


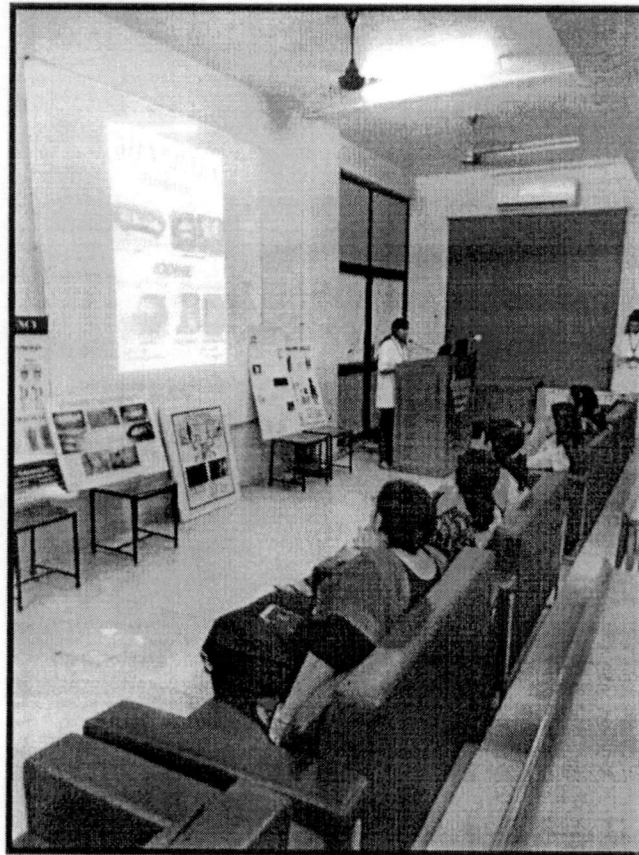
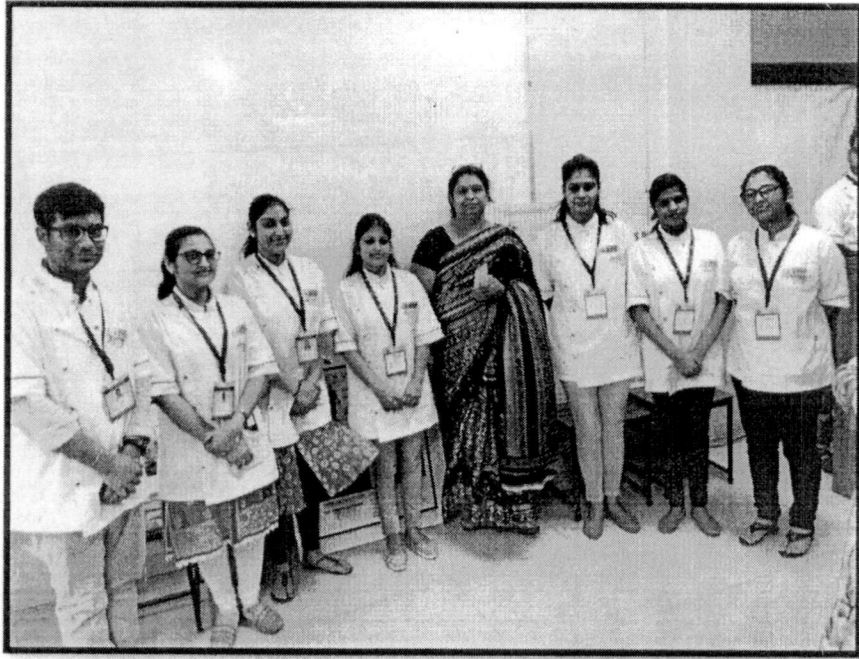
79.	ANSHUMAN CHAUHAN	P
80.	SEEMA SHARMA	P
81.	AKARS SRIVASTAVA	P
82.	ARUSHI DUBEY	P
83.	ADITI JAIN	P
84.	SHWETIKA SINGH	P
85.	KRITI	P
86.	NISHI SINGH	P
87.	UJALA THAKUR	P
88.	ANANYA SHARMA	P
89.	SAHIL	P
90.	AKSHITA NIRBHA KAR	P
91.	CHANDANGSHI KAUSHIK	P
92.	SHUBHAM GHAI	P
93.	DR. RITIKA AHUJA MALHOTRA	P
94.	DR. NIMISHA KUMARI	P
95.	DR. ASHISH PANDIT	P
96.	DR. PRAGYA TRIPATHI	P




 DR SONAM KHURANA
 ORGANIZING SECRETARY

GLIMPSES OF THE EVENT





YOGA
REPORT
Venue: College Ground Date: 17-1-2018, 8.30 am-9.30 am Resource Person: Mr. Chander Prakash Gupta
Summary: A Yoga programme was conducted on 17 th January 2018 on College Ground. At the outset of the programme, Akanksha Gupta, BDS Student, introduced the Yoga Teachers. The programme began with emphasizing the necessity of Yoga for a calm mind and a healthy body. They conducted the session to de-stress the attendees, which in turn helped them to cope with the stress of the work place. 104 students and faculty members attended the programme.

Kanika Sethi

Dr. Kanika Sethi

Organizing Secretary





INDERPRASTHA DENTAL COLLEGE AND HOSPITAL

Presents
Yoga Program
On
17th January 2018



MR. CHANDER PRAKASH GUPTA
(President of Vasundhara Branch)
BHARTIYA YOG SANSTHAN

ORGANISING TEAM



Dr. Rahul Paul
Principal, IPDC

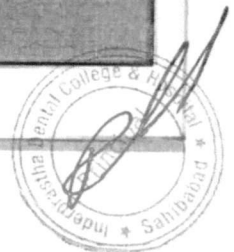


Dr. Mayura Paul
Organizing Chairperson



Dr. Kanika Sethi
Organizing Secretary

Venue : IPDC Greens
Time : 08:30 am - 09:30 am





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

IPDC/PO/Notice/2018/1A

Date: 05.01.2018

NOTICE

This is to inform that a Yoga programme will be conducted on 17th January 2018 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

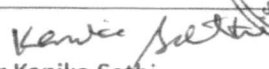


INDERPRASTHA DENTAL COLLEGE AND HOSPITAL

ATTENDANCE SHEET

List of Participants attended YOGA- 2017-18

S.No.	Name Of The Student	Attendance Present/Absent
1.	Vanshika Agarwal	P
2.	Nitish Gupta	P
3.	Vedika Singh	P
4.	Shaheen Qamar	P
5.	Afreen Naseem	P
6.	Kiran Gupta	P
7.	Shivesh Chaturvedi	P
8.	Anupama Srivastava	P
9.	Suryansh Singh	P
10.	Gunjan Malhotra	P
11.	Sonu Singh	P
12.	Harsh Achhra	P
13.	Garima Sharma	P
14.	Muskan Gupta	P
15.	Aditi Vats	P
16.	Drishty Kalra	P
17.	Shakeba Hussain	P
18.	Prakshi Sharma	P
19.	Kanika Aggarwal	P
20.	Karan Pratap	P
21.	Arushi Dubey	P
22.	Ajay Pratap Singh	P
23.	Akshita Mathur	P
24.	Esha Yadav	P
25.	Heena Malik	P
26.	Kashaf Raza	P
27.	Neha Khan	P
28.	Nida Iqbal	P
29.	Shaily Tyagi	P
30.	Shivi Mathur	P
31.	Shraddha Bihani	P
32.	Shriya Kumari	P
33.	Simran Gupta	P
34.	Stuti Babbar	P
35.	Tanya Dua	P
36.	Akanksha Gupta	P
37.	Anshul Mudgal	P
38.	Pranjali Vashisth	P
39.	Thang Lun Niang	P


Dr Kanika Sethi
Organizing Secretary



40.	Chhavi Raghav	P
41.	Ruchi Sarswat	P
42.	Madhurima Samanta	P
43.	Tenzin Wangyal Megeji	P
44.	Rekha Pal	P
45.	Shivanshi Tyagi	P
46.	Vaishali Gupta	P
47.	Nikky Verma	P
48.	Ginni Verma	P
49.	Kashfi Saghir	P
50.	Pulkit Malaan	P
51.	Pankaj Rattan	P
52.	Yasmin Khan	P
53.	Yash Kumar	P
54.	Himanshu Shrivastava	P
55.	Monika Gupta -I	P
56.	Manvi Narula	P
57.	Nidhi Aggarwal	P
58.	Saloni Gupta	P
59.	Reetiva Sharma	P
60.	Vishakha Dixit	P
61.	Anjali Mangtani	P
62.	Gursimran Kaur	P
63.	Rainii Nyapai Michelle Pao	P
64.	Nancy Nengnethiem	P
65.	Gurleen Khokher	P
66.	Syed Ayesha	P
67.	Indibar Goswami	P
68.	Mohit Sharma	P
69.	Mansi Jindal	P
70.	Somya Mishra	P
71.	Aishwarya Sawhney	P
72.	Shubham Jain	P
73.	Priyanka Sharma	P
74.	Anshika Sharma	P
75.	Prashant Vats	P
76.	Nitin Kumar	P
77.	Imlikokla Lomaocheer	P
78.	Shekhar Naranyat	P
79.	Priya Sharma	P
80.	Bhavna Singh	P
81.	Piyush Gandhok	P
82.	Chanchal Panchal	P
83.	Shivangi Tyagi	P
84.	Sonam Singh	P
85.	Blessy Charles	P
86.	Sandeep Nain	P
87.	Himalaya Saini	P



Kanika Sethi
Dr Kanika Sethi
Organizing Secretary

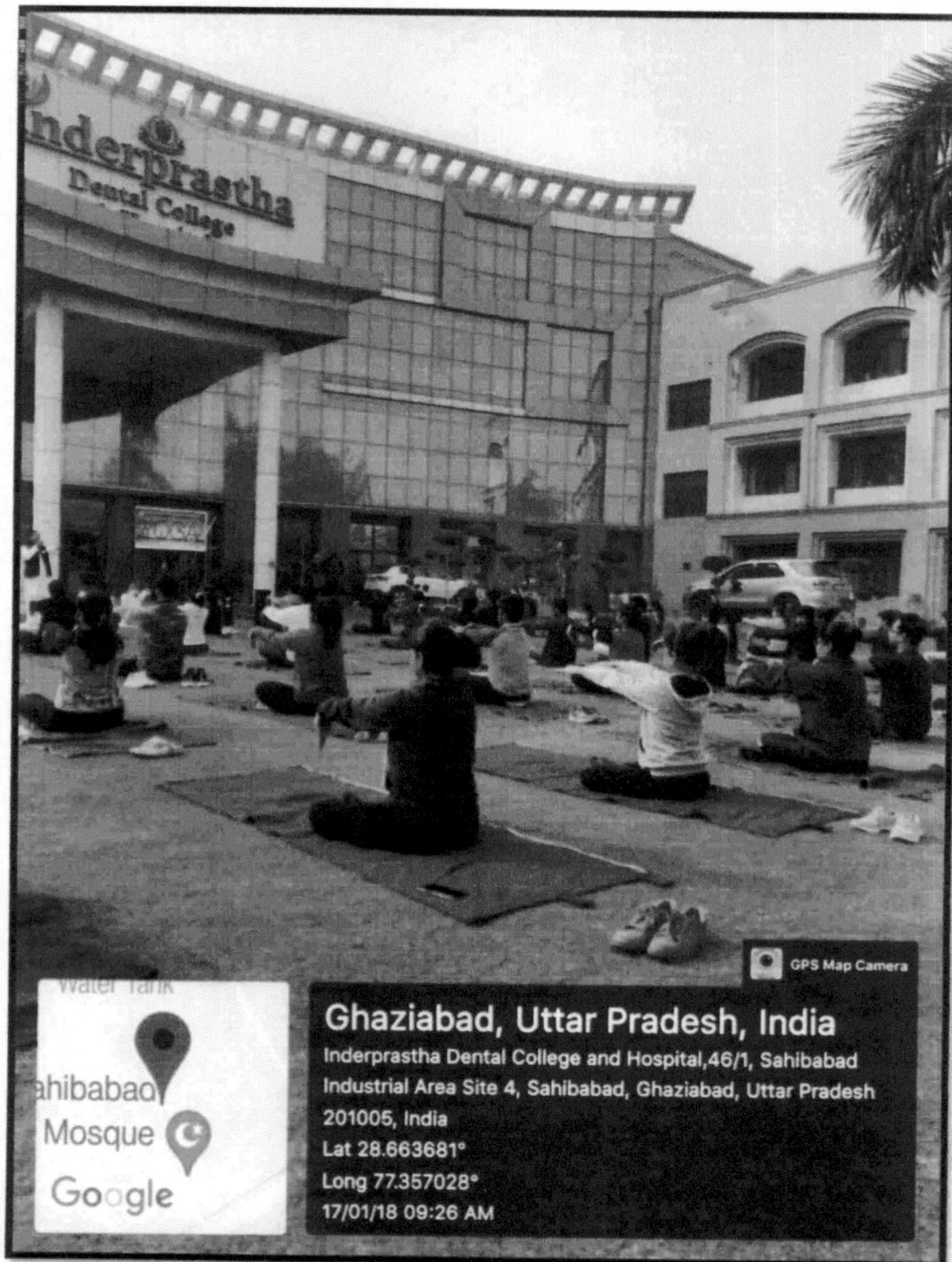
88.	Mayank Sharma	P
89.	Aquiba Hussain	P
90.	Rashmi Pandey	P
91.	Dr Potsangbam Tarishma	P
92.	Dr Lalchungnungi Lakher	P
93.	Dr Herojit Naorem	P
94.	Dr Aanchal Taneja	P
95.	Dr Vikas Arora	P
96.	Dr Aakarshita Singh	P
97.	Dr Tijith Thomas	P
98.	Dr Mayank Gupta	P
99.	Dr Sandeep Rana	P
100.	Dr Awantika Rathore	P
101.	Dr Rahul Paul	P
102.	Dr Mayurapaul	P
103.	Dr Kanika Sethi	P
104.	Dr Sonia Sood Datta	P



Kanika Sethi

Dr Kanika Sethi
Organizing Secretary

Yoga Trainer, Mr Chander Prakash Gupta, trained students different asanas



CERTIFICATES



Inderprastha Dental College & Hospital

Certificate of Participation

This is to certify that:

SHIVANGI TYAGI

Has Participated in- Yoga Program

held on 17th JANUARY 2018

Dr. Rahul Paul
Principal, HOD

Dr Mayura Paul
Organising Chairperson

Dr Kanika Sethi
Organising Secretary



Inderprastha Dental College & Hospital

Certificate of Participation

This is to certify that:

CHANCHAL PANCHAL

Has Participated in- Yoga Program

held on 17th JANUARY 2018

Dr. Rahul Paul
Principal, HOD

Dr Mayura Paul
Organising Chairperson

Dr Kanika Sethi
Organising Secretary



Inderprastha Dental College & Hospital

Certificate of Participation

This is to certify that:

MONIT SHARMA

Has Participated in- Yoga Program

held on 17th JANUARY 2018

Dr. Rahul Paul
Principal, HOD

Dr Mayura Paul
Organising Chairperson

Dr Kanika Sethi
Organising Secretary



Inderprastha Dental College & Hospital

Certificate of Participation

This is to certify that:

SHUBHAM JAIN

Has Participated in- Yoga Program

held on 17th JANUARY 2018

Dr. Rahul Paul
Principal, HOD

Dr Mayura Paul
Organising Chairperson

Dr Kanika Sethi
Organising Secretary



Inderprastha Dental College & Hospital

Certificate of Participation

This is to certify that:

VEDIKA SINGH

Has Participated in- Yoga Program

held on 17th JANUARY 2018

Dr. Rahul Paul
Principal, HOD


Dr Mayura Paul
Organising Chairperson

Dr Kanika Sethi
Organising Secretary

SUMMARY OF PROGRAMME

TITLE	WORLD HEART DAY
SPEAKER	DR. PRETTI SHARMA
DATE	29/09/2017
TIME	9:00 AM TO 12:00 PM WORKING HOURS – 3 HOURS
NO. OF PARTICIPANTS	96
ORGANISING SECRETORY	DR. SONAM KHURANA




DR. SONAM KHURANA
Organising Secretary

REPORT ON WORLD HEART DAY 2017

World Heart Day is an international campaign organized by the World Heart Federation with the aim of engaging with individuals, families, communities and governments around the world to spread awareness of the causes and prevention of cardiovascular disease (CVD).

The theme for this year's World Heart Day on September 29th was 'Share the power'. By empowering and inspiring people around us, World Heart Day 2017 will promote making "small changes", such as eating a healthy diet, getting more exercise, and giving up smoking, in order to make a powerful difference to heart health. While World Heart Day aimed to raise awareness that CVD is the number one cause of death worldwide, this year's campaign emphasizes the need for increased prevention against cardiovascular diseases among people.

World Heart Day was celebrated in **Inderprastha Dental College & Hospital on 29th September, 2017** with the aim of creating global health awareness about rise in heart diseases.

The day was inaugurated by **Secretary of IPDC Mr, Nimish Aggarwal and Principal Dr. Rahul Paul** followed by lamp lighting. On this day, a lecture on health issues related to heart was delivered by **Dr Preeti Sharma, HOD of Biochemistry Department**

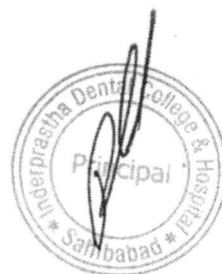
Health talks were delivered by students of **1st year BDS** on harmful effects of lifestyle on heart. A total of 92 students and 4 faculties participated in the program. Other dignitaries present at the occasion were Mr. Nimish Agarwal, Mr. HL Aggarwal, Mr N Chaudhary.

The event was organized by Department of Biochemistry under the leadership of Dr. Preeti Sharma. Special thanks to our Honourable Secretary Mr. Nimish Agarwal for this novel event.



DR SONAM KHURANA

ORGANISING SECRETARY



Kinderprastha

Dental College & Hospital

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

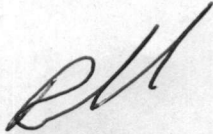
IPDC/PO/NOTICE/2017/59A

DATE: 25.09.2017

NOTICE

This is to inform all the faculty and students that world heart day shall be conducted on 29.09.2017. all the faculty and students shall appear for the same.

The purpose of the function is to motivate everyone for healthy heart and better lifestyle.



Dr. Rahul Paul

(Principal)

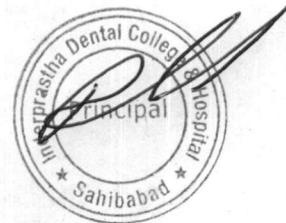
Cc: secretary & jt. Secretary

Registrar

Accounts

All dental and medical

Dept. notice board

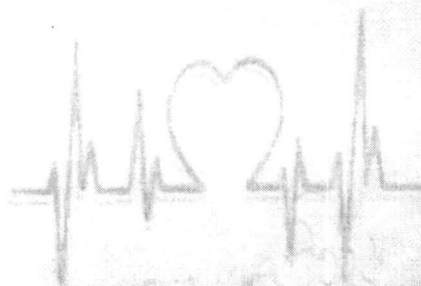


WORLD HEART DAY



This world heart day
take oath...
to protect your
heart and hearts
around you

W R D



WORLD HEART DAY

ORGANISED BY

DEPARTMENT OF

BIOCHEMISTRY

INDERPRASITHA DENTAL

COLLEGE

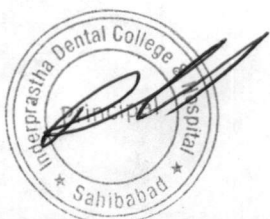


Inderprastha dental collage and hospital

WORLD HEART DAY 29/9/2017

ATTENDENCE SHEET

S.NO	NAME OF PARTICIPANTS	ABSENT/PRESENT
1.	DR. RACHITA MEHLAWAT	P
2.	DR. PRATIK PANDE	P
3.	DR. SWETA SHABNAM	P
4.	DR. SAUMYA TANEJA	P
5.	RABIYA IQBAL	P
6.	VAISHNAVI PANDEY	P
7.	PRACHI GROVER	P
8.	VANSHIKA AGARWAL	P
9.	NITISH GUPTA	P
10.	VEDIKA SINGH	P
11.	NEHA KUMARI	P
12.	SHAHEEN QAMAR	P
13.	AFREEN NASEEM	P
14.	KIRAN GUPTA	P
15.	NAMRATA SINGH	P
16.	HARSHITA	P
17.	MANISHA RAI	P
18.	SAHNI DEVENDRA KUMAR	P
19.	SHIVA GUPTA	P
20.	SHIVESH CHATURVEDI	P
21.	ANUPAMA SRIVASTAVA	P
22.	CHETAN KUMAR SINGH	P
23.	SHRUTI NISHAD	P
24.	SURYANSH SINGH	P
25.	SHUBHANGI ANAND	P
26.	CHHAVI MALHOTRA	P
27.	GUNJAN MALHOTRA	P
28.	MARISHA PANDEY	P
29.	SHIVANGI VERMA	P
30.	KARAN DHAWAN	P
31.	SHRUTI VARUN	P
32.	SONU SINGH	P
33.	SHWETA CHETIWAL	P
34.	ANUSHKA SHARMA	P
35.	HARSH ACHHRA	P
36.	SHUBHANGI KHATOR	P
37.	VISHAL GUPTA	P



DR SONAM KHURANA
ORGANISING SECRETARY

40.	TWINKLE BARUAH	P
41.	MOHD.NAFISUL HAQUE	P
42.	ANSHIKA PANDEY	P
43.	ADIBA IQBAL	P
44.	ISHITA SRIVATAVA	P
45.	VARSHA	P
46.	PRIYANKA KUMARI	P
47.	CHETNA MAHAJAN	P
48.	KRISHNA BHATI	P
49.	GARIMA SHARMA	P
50.	MUSKAN GUPTA	P
51.	VIKHYATA SAGAR	P
52.	MOUSUMI SARMAH	P
53.	MUSKAN SINGH	P
54.	PRIYANKA ANJANA	P
55.	KOMAL SAINI	P
56.	URVASHI CHAUHAN	P
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65.	PRAKSHI SHARMA	P
66.	KANIKA AGGARWAL	P
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68.	MAMTA	P
69.	ANCHAL BHARTI	P
70.	RENU PAL	P
71.	JYOTI SINGH	P
72.	RAJNANDINI	P
73.	PARISMITA YASMIN	P
74.	VANSHIKA TOMAR	P
75.	KARAN PRATAP	P
76.	SHAYERI SEN	P
77.	SOUMYA OMER	P
78.	SOHAM BHADURI	P
79.	SUPRIYA YADAV	P
80.	RUCHI CHOUDHARY	P
81.	AAKANSHA VERMA	P
82.	UTKARSH AGGARWAL	P
83.	ANSHUMAN CHAUHAN	P
84.	SEEMA SHARMA	P



DR SONAM KHURANA
ORGANISING SECRETARY

85.	AKARS SRIVASTAVA	P
86.	ARUSHI DUBEY	P
87.	ADITI JAIN	P
88.	SHWETIKA SINGH	P
89.	KRITI	P
90.	NISHI SINGH	P
91.	UJALA THAKUR	P
92.	ANANYA SHARMA	P
93.	SAHIL	P
94.	AKSHITA NIRBHAKAR	P
95.	CHANDANGSHI KAUSHIK	P
96.	SHUBHAM GHAI	P




 DR SONAM KHURANA
 ORGANISING SECRETARY

GLIMPSES OF THE EVENT

