



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

IPDC/PO/Notice/2022/21A

Date: - 12.4.2022

**NOTICE**

All the students are hereby informed that the "***Fashion Show Competition-2022***" is being held on 7<sup>th</sup> May 2022. Last date for the Students Registration to participate will end on 27.4.2022

Dr. Rahul Paul  
(Principal)

Copy to:

Cc.: Secretary & Jt. Secretary

C.E.O

Manager Administrator

Accounts

All Dental Departments

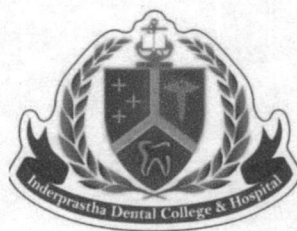
Notice Boards

Girls Hostel

Boys Hostel







## Inderprastha Dental College & Hospital

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

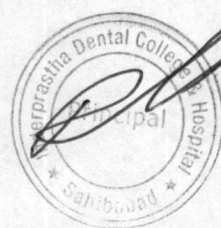
### **REPORT ON FASHION SHOW 2021-22**

Inderprastha Dental College and Hospital organizes Fashion show in the college as part of extracurricular activity for the students. It provides a window for the students to showcase their talents in the fashion arena.

The competition was organized batch-wise for all the batches, including Interns and Post-graduate students. This year, the event was organised on **7<sup>th</sup> May 2022** in the college premises at IPDC Greens. The event was organised by the **Chairman, Mr. Nimish Agarwal** and the **Principal of the college, Dr. Rahul Paul**. Further, the duties were given to various staff members of dental college by creating an organising team and also co-ordinators for the teams for the event.

The organising team includes:

1. **Dr. Rahul Paul - Organizing Chairperson**
2. **Dr. Kalyani Bhargava - Organizing Secretary**
3. **Dr. Pragya Tripathi- Event Coordinator**
4. **Dr. Ritika Ahuja Malhotra - Event Coordinator**
5. **Dr. Nidhi Sharma – Event Coordinator**



## FASHION SHOW



No. of Students	Group
Coordinator	Dr. Pragya Tripathi, Mobile no: Dr. Ritika Ahuja Malhotra, Mobile no:
Event	Fashion Show (Theme Based)
No of participants	Minimum 10 and Maximum 25
Duration	Min 10 mins and max 20 mins
<b>Rules</b>	<ol style="list-style-type: none"> <li>1. Participants should report at least half an hour before the event starts.</li> <li>2. Judges' decision will be final and binding.</li> <li>3. All props, etc. used by the colleges must be cleared immediately from the stage after the performance and from the college premises by the end of the day.</li> <li>4. Obscenity, vulgarity and wardrobe malfunction of any sort will lead to automatic disqualification.</li> <li>5. Do not use fire, flammable substance as props.</li> <li>6. A team which fails to perform during its allotted slot will not be given second chances.</li> <li>7. Anything that promotes obscenity and explicitly is banned</li> <li>8. Exceeding time limit will result to negative marking of the group.</li> <li>9. Participants should confirm registration 30 minutes prior to event.</li> <li>10. Every college is advised to bring own props and music in mp3 format (in pen drive in case of virus CD backup should be there). Props such as cigars, wine bottles etc are banned.</li> <li>11. The event will be judged on the following criteria: Choreography, Music, Co-ordination, Theme Based, Creative and apt display of garments and accessories, Sequence and walk, Confidence and gesture of the models.</li> </ol>







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IPDC/PO/Notice/2022/9A

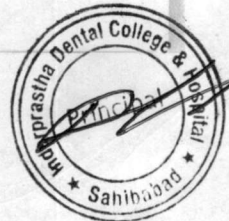
Date: - 15.02.2022

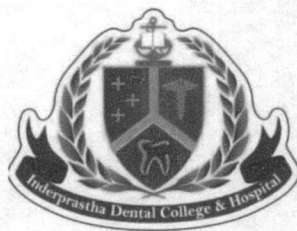
NOTICE

All the students are here by informed that the "**Holi Celebration 2022**" is on 17<sup>th</sup> March 2022. We are organizing Dance competition on this day. All the students are hereby instructed to give their names last by 12.03.2022

It is mandatory for all the faculty, Staff members & Students to Participate & attend the event.

  
Dr. Rahul Paul  
(Principal)  
Copy to:  
Cc.: Secretary & Jt. Secretary  
C.E.O  
Manager Administrator  
Accounts  
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Girls Hostel  
Boys Hostel





## Inderprastha Dental College & Hospital

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

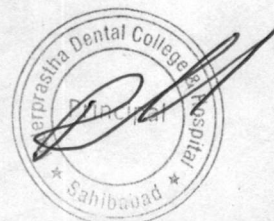
### **REPORT ON TAAL - The Dance Off - 2021-22**

Inderprastha Dental College and Hospital organizes Dance competition in the college “Taál – The Dance Off” as part of extracurricular activity for the students. It provides an opportunity for the students to showcase their talents and at the same time take a break from the tedious academic schedule and refresh their minds. The event consisted of Solo & Group dances and was an Intra-college event.

The competition was organized batch-wise for all the batches, including Interns and Post-graduate students. This year, the event was organised on **17<sup>th</sup> March 2022** in the college premises at IPDC Greens. The event was organised by the **Chairman, Mr. Nimish Agarwal** and the **Principal of the college, Dr. Rahul Paul**. Further, the duties were given to various staff members of dental college by creating an organising team and also co-ordinators for the teams for the event.

The organizing team included

1. **Dr. Vikram Blaggana - Organizing Chairperson**
2. **Dr. Kalyani Bhargava - Organizing Secretary**
3. **Dr. Preeti Sharma – Event Coordinator**
4. **Dr. Prerna Taneja Mathur – Event Coordinator**

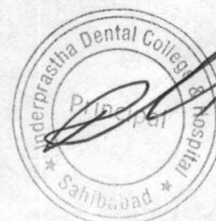




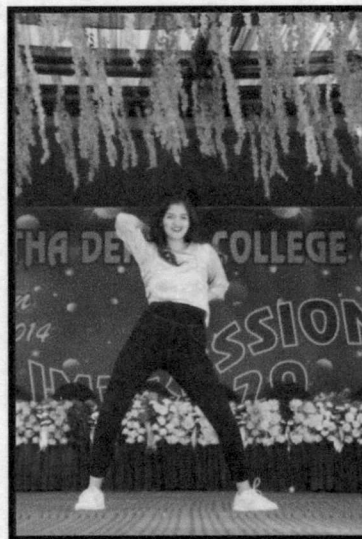
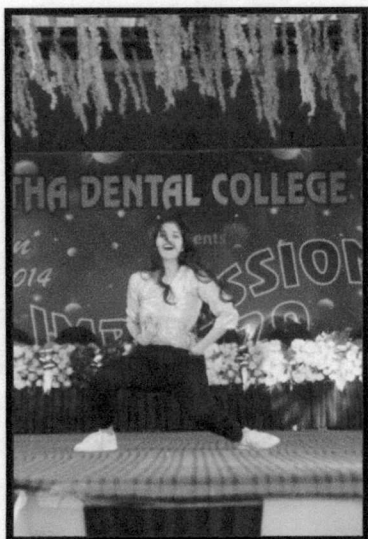
## GROUP DANCE



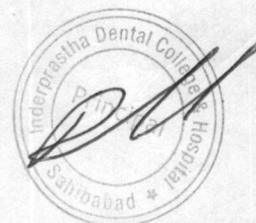
No. of Students	Group
Coordinator	Dr. Preeti Sharma , Mobile : 7838833853 Dr. Prerna Mobile: 9953727626
Event	Group dance
No of participants	Minimum 8 and Maximum 12
Duration	Minimum 3 mins and maximum 10mins
Rules	<ol style="list-style-type: none"> <li>1. Obscenity, vulgarity and wardrobe malfunction of any sort will lead to automatic disqualification.</li> <li>2. No explicit gestures, comments and movements</li> <li>3. Each performance music file must contain its own track and be labeled.</li> <li>4. All music must be submitted 30 mins prior to start of competition.</li> <li>5. Every college is advised to bring own props and music in mp3 format (in pen drive in case of virus CD backup should be there )</li> <li>6. Dancers must be ready to perform 30mins prior to scheduled time.</li> <li>7. Any personal belongings, costumes or dance apparel left behind at the competition will not be our responsibility.</li> <li>8. A team which fails to perform during its allotted slot will not be given second chance.</li> <li>9. Use of props allowed.</li> <li>10. The event will be judged on the following criteria: Creativity, Music, Stage Presence, Team Work, Energy, Choreography, Synchronization, Costume, Crowd Response</li> </ol>



## SOLO DANCE



No. of participants	1
Coordinator	Dr. Preeti Sharma: 7838833853 Dr. Prerna: 9953727626
Event	Solo dance
Duration	3-4 minutes
Rules	<ol style="list-style-type: none"> <li>1. Obscenity, vulgarity and wardrobe malfunction of any sort will lead to automatic disqualification.</li> <li>2. Each performance music file must contain its own track and be labeled.</li> <li>3. All music must be submitted 30 mins prior to start of competition.</li> <li>4. Every student is advised to bring own props and music in mp3 format (in pen drive in case of virus CD backup should be there).</li> <li>5. Dancers must be ready to perform 30mins prior to scheduled time.</li> <li>6. Any personal belongings, costumes or dance apparel left behind at the competition will not be our responsibility.</li> <li>7. An individual which fails to perform during its allotted slot will not be given second chance.</li> <li>8. Use of props is allowed.</li> <li>9. The event will be judged on the following criteria: Creativity, Music, Stage Presence, Team Work, Energy, Choreography, Synchronization, Costume, Crowd Response</li> </ol>







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


IPDC/PO/Notice/2022/03A

Date: - 15.01.2022

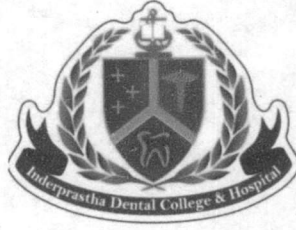
**NOTICE**

All the students are hereby informed that the "**Republic Day Celebration 2022**" is on 25<sup>th</sup> January 2022. We are organizing Rangoli competition on this day. Theme for the competition will be Patriotism. All the students are hereby instructed to give their names last by 20.01.2022

It is mandatory for all the faculty, Staff members & Students to Participate & attend the event.

  
Dr. Rahul Paul  
(Principal)  
Copy to:  
Cc.: Secretary & Jt. Secretary  
C.E.O  
Manager Administrator  
Accounts  
All Dental Departments  
Notice Boards  
Girls Hostel  
Boys Host





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

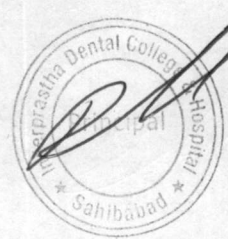
### **REPORT ON REPUBLIC DAY 2022**

India marks 26<sup>th</sup> January as its Republic Day every year. In 2022, the country is celebrating its 73<sup>rd</sup> Republic Day. This year's Republic day was celebrated in IPDC by the students. Our national flag was hoisted in the front lawn of the college by Dr. Rahul Paul, Principal and Mr NK Chaudhry. A Rangoli competition with the theme of "Patriotism" was also organised for the students on 25<sup>th</sup> January for a duration of 2 hours from 10:00-12:00.

Winners were felicitated and sweets were distributed to all the students present in college at the time of flag hoisting.









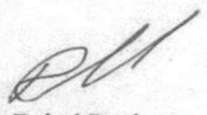
Inderprastha Dental College & Hospital  
46/1, Site-IV, Industrial Area, Sahibabad,  
Ghaziabad-201010 (U.P.)

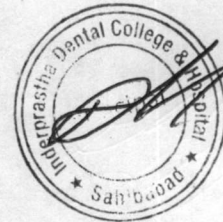
IPDC/PO/Notice/2021/59A

Date: - 27 .12.2021

**NOTICE**

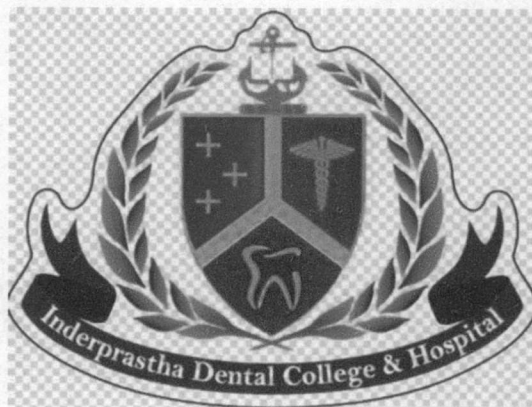
All the Faculty, Staff members and students are here by informed that "***National Youth Day Celebration 2022***" will be celebrated on 12<sup>th</sup> January 2022. On this occasion, we are organizing **Marathon-2022** for all the Faculty, Staff members and students. It is mandatory for all the faculty, Staff members & Students to Participate & attend the event

  
Dr. Rahul Paul  
(Principal)  
Copy to:  
Cc.: Secretary & Jt. Secretary  
C.E.O  
Manager Administrator  
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Boys Hostel





# MARATHON

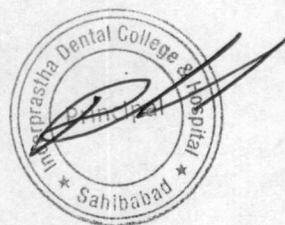


## MARATHON

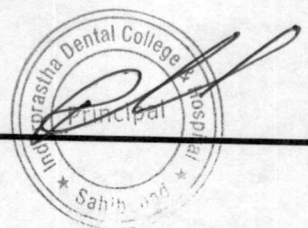
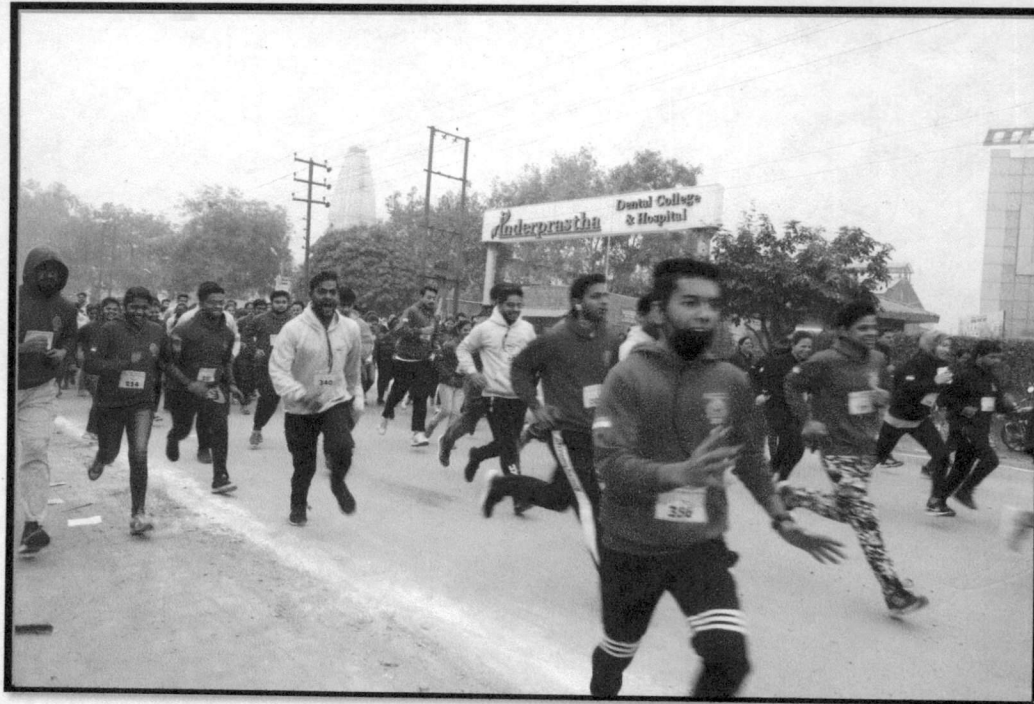
### MARATHON

A 5km run is scheduled for all with a break at every km where water and batches will be provided on the occasion NATIONAL YOUTH DAY.

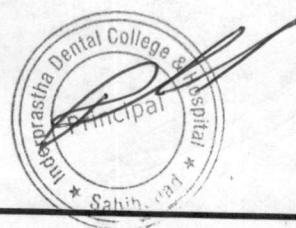
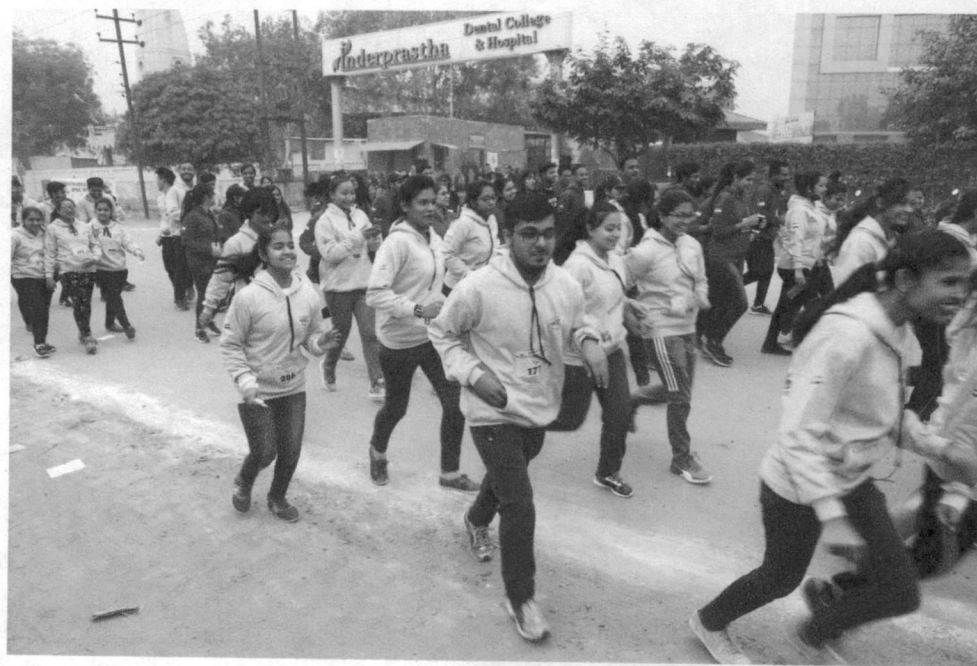
Marathon categories are as follows: Males (Students) , Males( Faculty), Females (Students), Females (Faculty).

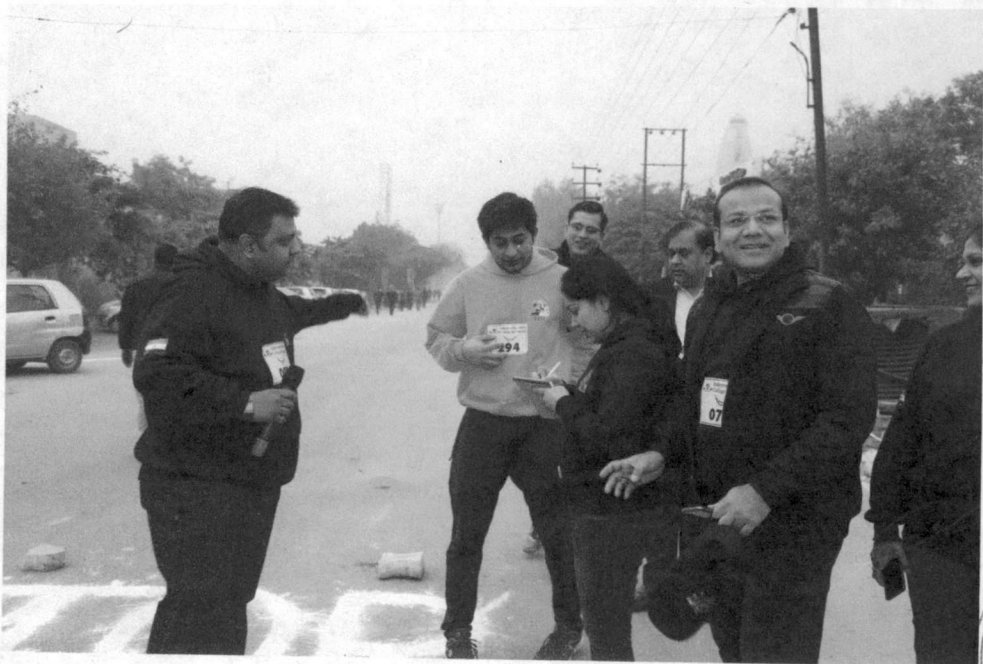
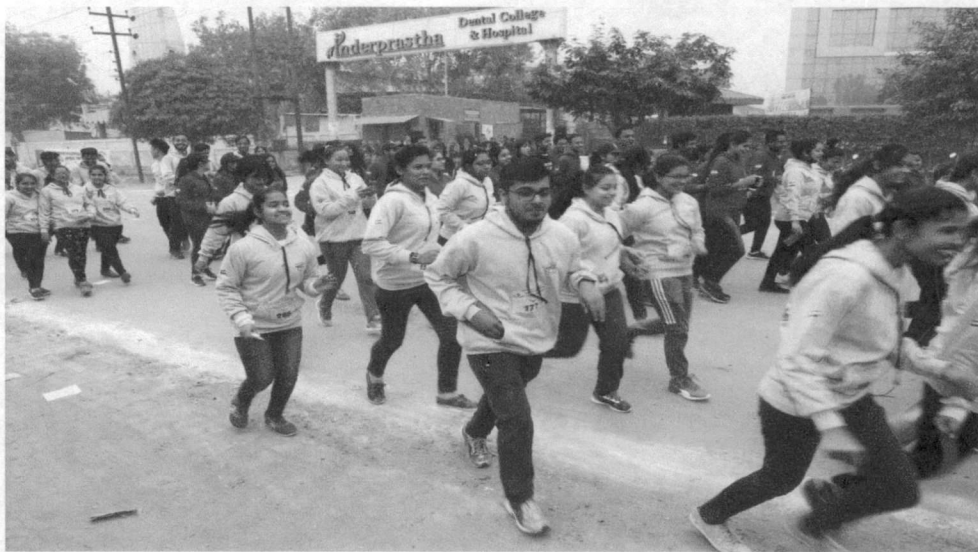


# MARATHON













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

All the students are here by informed that the "**Right To Vote 2021**" is on 29<sup>th</sup> December 2021. We are organizing **Poster Making competition** on this day. Last date for the Students Registration to participate will end on 23 .12.2021

It is mandatory for all the faculty, Staff members & Students to Participate & attend the event.

Dr. Rahul Paul  
(Principal)

Copy to:

Cc.: Secretary & Jt. Secretary  
C.E.O

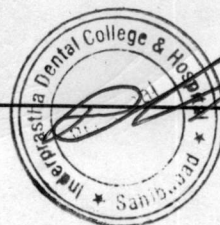
Manager Administrator  
Accounts

All Dental Departments

Notice Boards

Girls Hostel

Boys Hostel

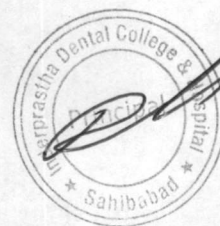
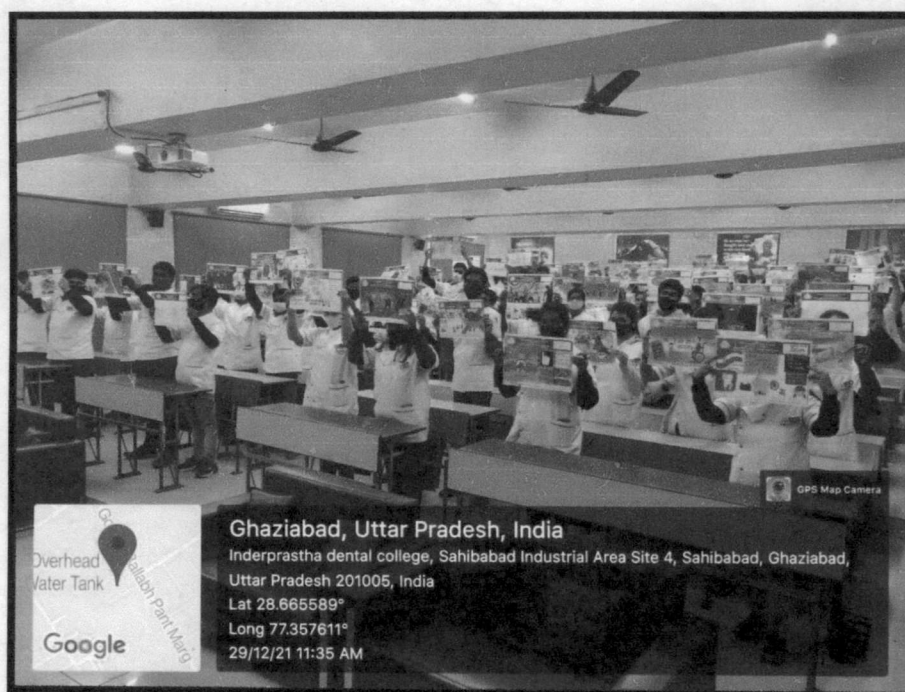




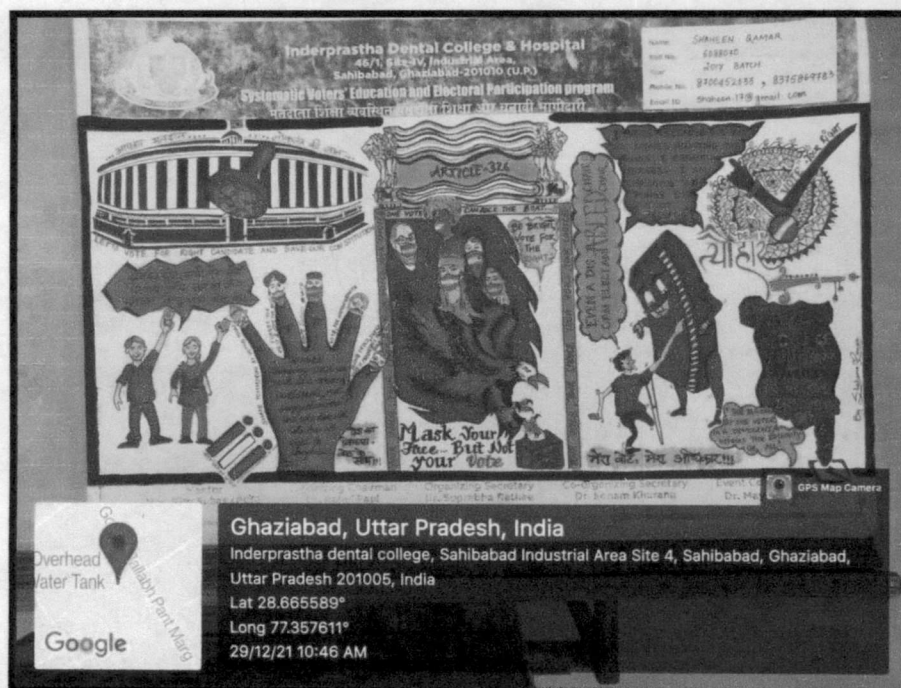
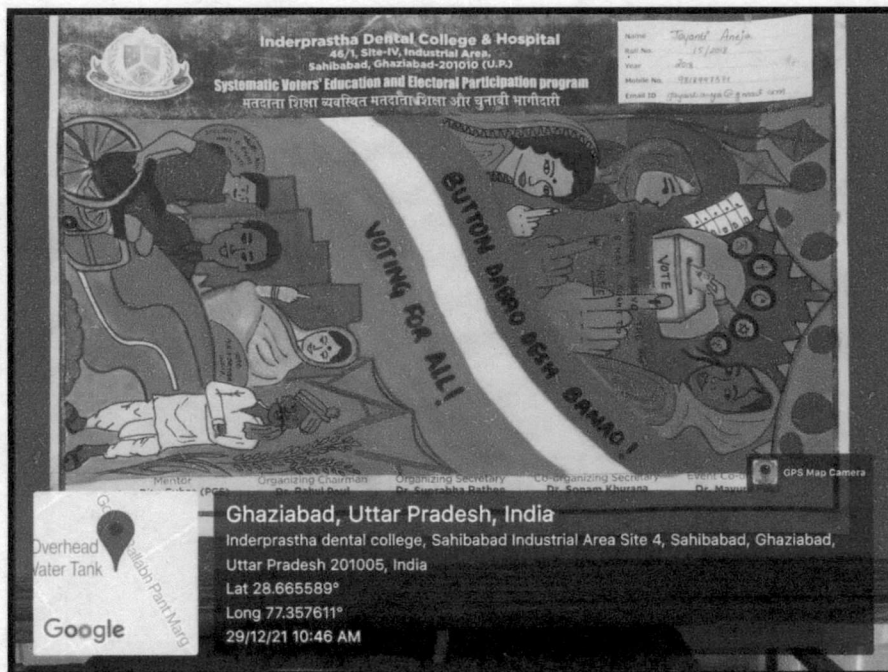
## Inderprastha Dental College & Hospital

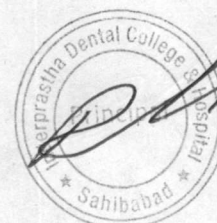
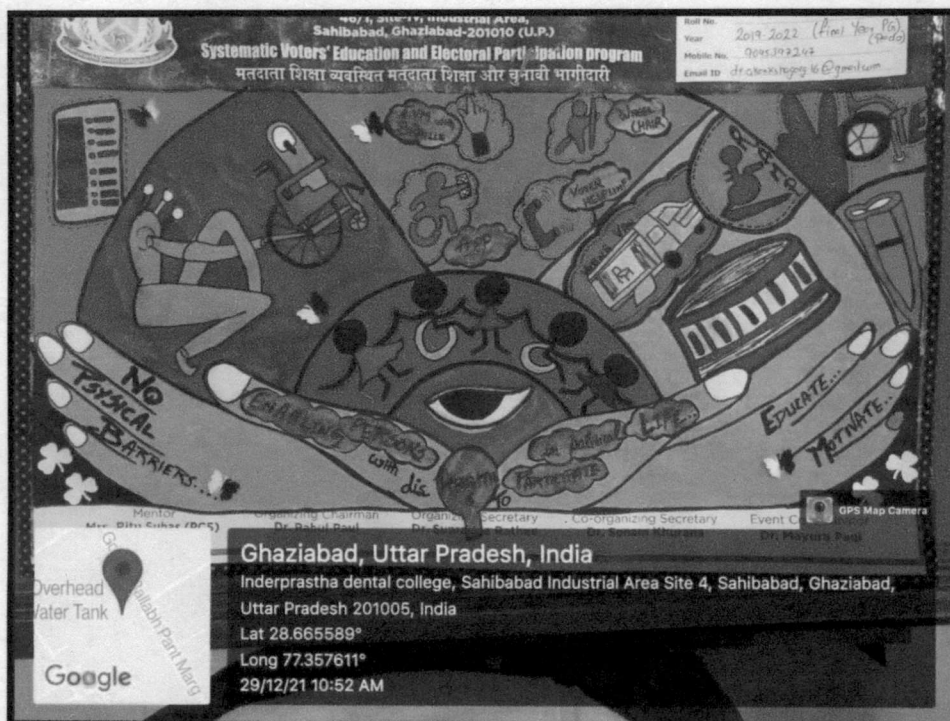
46/1, Site-IV, Industrial Area, Sahibabad,  
Ghaziabad – 201010 (U.P.)

IPDC puts in its best effort to motivate student to exercise their right to vote. With the same thought process electoral “SVEEP” Program was conducted in the college on 29/12/2021. The theme-based poster making competition was organized in which students were informed to make posters on the program and the winners for the same will be awarded. Also figure depicting event was held on the occasion. The guest of Honor was Ms Ritu Suhas (PCS, ADM Ghaziabad). She motivated the student to cast their vote. The program was concluded with a thank you note by the Principal.

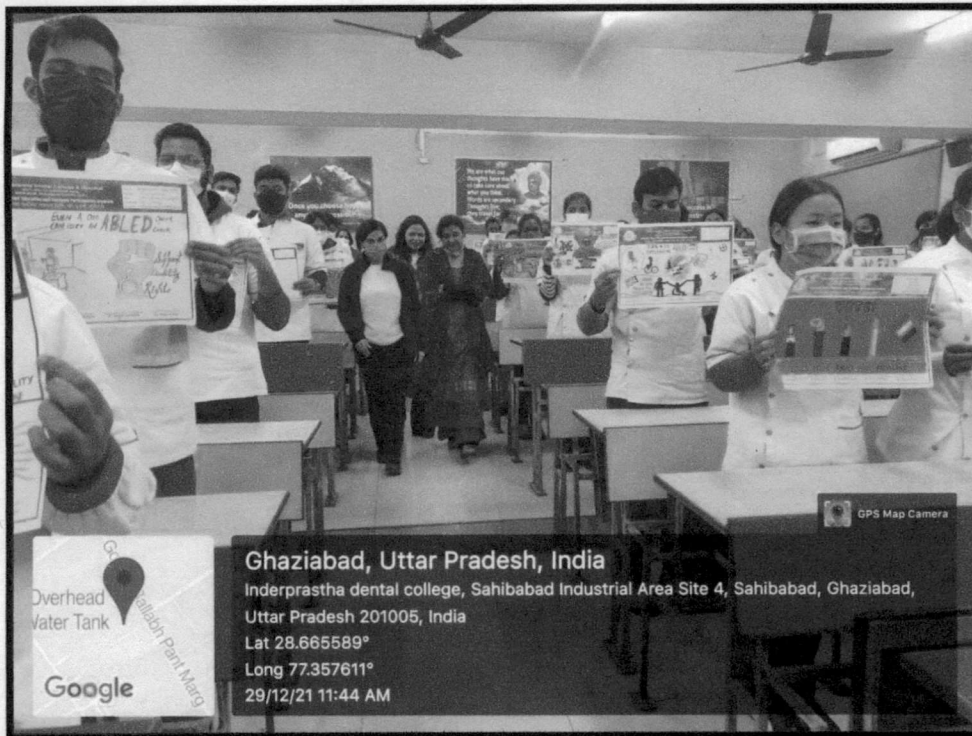












Guest Of Honor judging the poster competition.

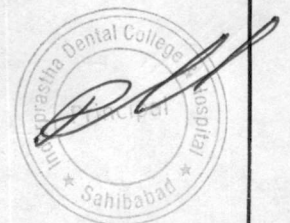
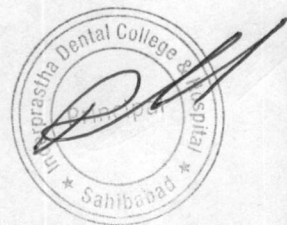
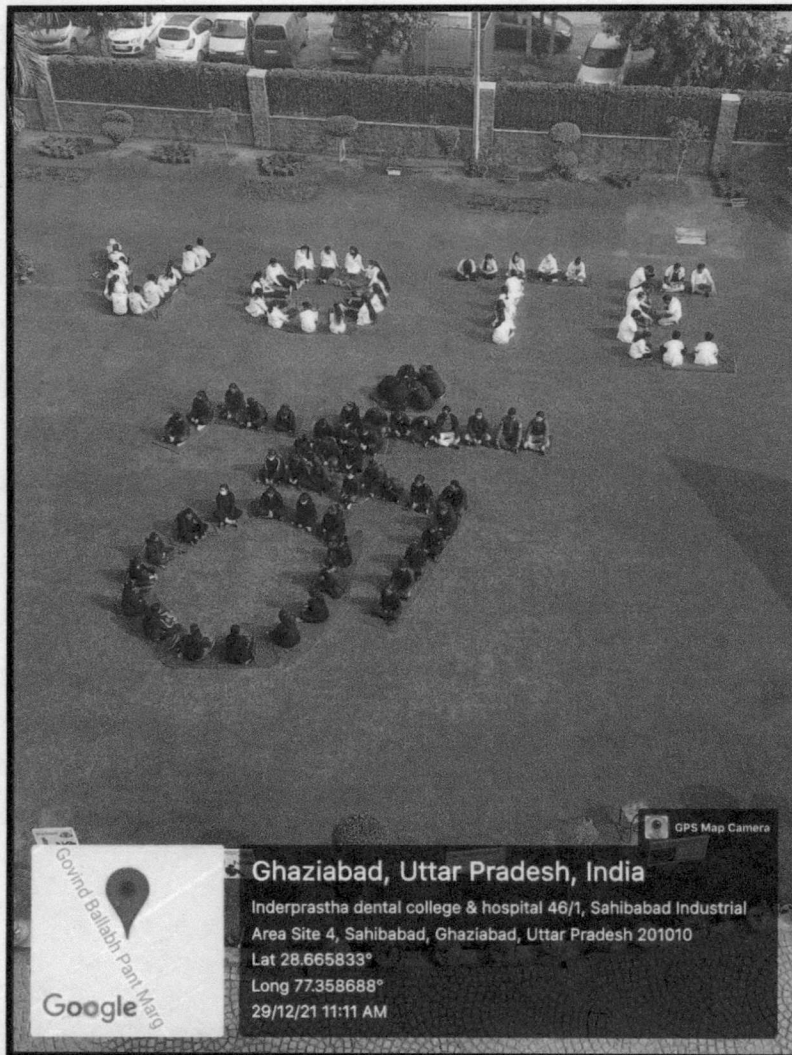
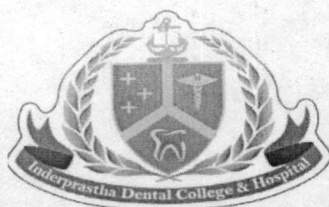


Figure Depicting Event







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

IPDC/PO/Notice/2021/55B

Date: - 18.12.2021

**NOTICE**

All the students are here by informed that the "**Christmas Celebration 2021**" is on 24<sup>th</sup> December 2021. We are organizing **Departmental decoration competition** on this day.

It is mandatory for all the faculty, Staff members & Students to Participate & attend the event.

Dr. Rahul Paul  
(Principal)

Copy to:

Cc.: Secretary & Jt. Secretary

C.E.O

Manager Administrator

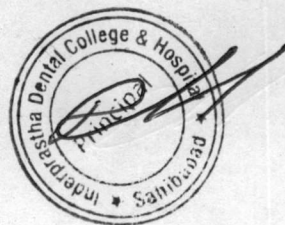
Accounts

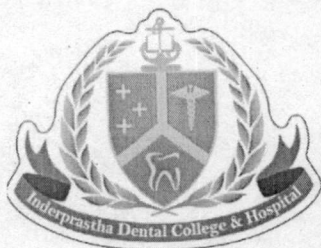
All Dental Departments

Notice Boards

Girls Hostel

Boys Hostel





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## **REPORT ON CHRISTMAS DAY CELEBRATION**

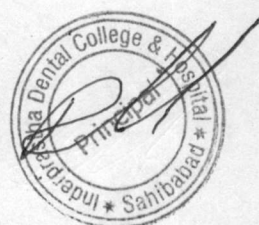
Inderprastha Dental College and Institution keeps the spirit up of its faculty and students by celebrating various festivals in the campus, this year Christmas Day was celebrated. The Guest of Honor was Mr. Sudhir Agarwal. The Events conducted in the festive celebration occasion were:

1. Inter –Departmental Christmas theme Decoration- For the Best theme-based decoration “Dept. Of Pedodontics” was awarded.
2. Musical Chair













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

IPDC/PO/Notice/2021/32A

Date: -19.10.2021

NOTICE

All the students are hereby informed that the "*Singing Competition 2021*" is being held on 1<sup>st</sup> November 2021. Last date for the Students Registration to participate will end on 26.10.2021.

Dr. Rahul Paul  
(Principal)

Copy to:

Cc.: Secretary & Jt. Secretary

C.E.O

Manager Administrator

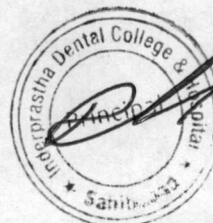
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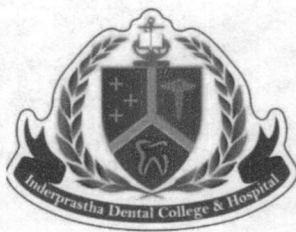
All Dental Departments

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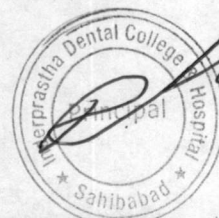
### **REPORT ON SINGING COMPETITION – 2021-22**

Inderprastha Dental College and Hospital organizes singing competition in the college as part of extracurricular activity for the students. Such an event is a platform for the young maestros in the Institution to showcase their tap on the melody. The event consisted of Solo & Rap singing and was an Intra-college event.

The competition was organized batch-wise for all the batches, including Interns and Post-graduate students. This year, the event was organised on **1<sup>st</sup> November 2021** in the college premises at IPDC Greens. The event was organised by the **Chairman, Mr. Nimish Agarwal** and the **Principal of the college, Dr. Rahul Paul**. Further, the duties were given to various staff members of dental college by creating an organising team and also co-ordinators for the teams for the event.

The organising team includes:

- 1. Dr. Vikram Blaggana - Organizing Chairperson**
- 2. Dr. Kalyani Bhargava - Organizing Secretary**
- 3. Dr. Kannu Sharma – Event Coordinator**
- 4. Dr. Shivangi Tyagi – Event Coordinator**

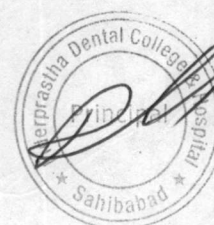




## SOLO SINGING



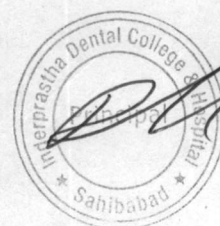
No. of participants	1
Coordinator	Dr.Kannu Sharma:7248046826 Dr. Shivangi Tyagi: 9999317858
Event	Solo singing
Duration	Maximum 3 minutes
Rules	<ol style="list-style-type: none"><li>1. Karaoke/background music is not allowed.</li><li>2. Song selection should be non communal-not favouring any particular religion or sect</li><li>3. Songs with any vulgar lyrics will be immediately disqualified.</li><li>4. The event will be judged on the basis of voice quality, rhythm and fluency.</li></ol>



## RAP SINGING



No. of participants	Minimum 1 to maximum 4
Coordinator	Dr. Kannu Sharma: 7248046826 Dr. Shivangi Tyagi: 9999317858
Event	Rap singing
Duration	Maximum 4 minutes
Rules	<ol style="list-style-type: none"> <li>1. Karaoke/background music is not allowed.</li> <li>2. Beatboxing is allowed.</li> <li>3. Lyrics should be non communal-not favouring any particular religion or sect</li> <li>4. Lyrics should not promote any sort of obscenity or vulgarity.</li> <li>5. Participants who are abusive or offensive towards any particular person, organization, religion or sect and are in any way deemed unsuitable by the judges will be immediately disqualified.</li> <li>6. The event will be judged on the basis of lyrics, rhythm, fluency, presentation and coordination.</li> </ol>







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

IPDC/PO/Notice/2021/25A

Date: - 9.8.2021

**NOTICE**

All the Faculty, Staff Members and students are here by informed that the "*Football Competition 2021*" is on 28<sup>th</sup> August 2021. Students are hereby instructed to give their names last by 21.08.2021.

It is mandatory for all the staff members & Students to attend the event.

Dr. Rahul Paul  
(Principal)

Copy to.

Cc.: Secretary & Jt. Secretary

C.E.O

Manager Administrator

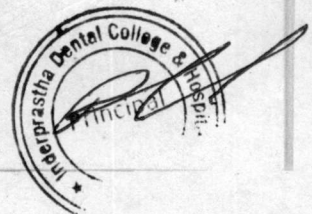
Accounts

All Dental Departments

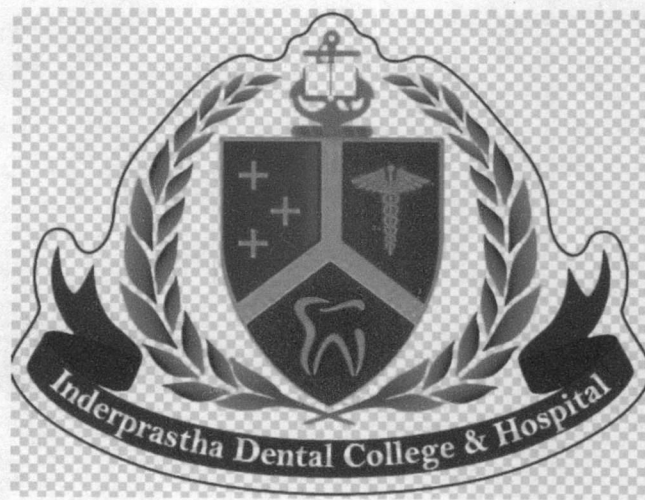
Notice Boards.

Girls Hostel

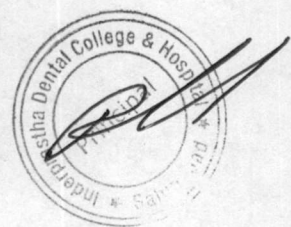
Boys Hostel



# IPDC FOOTBALL LEAGUE



The college football league tournament was organized in the IPDC. Students across all the batches enthusiastically participated in the event. The event included league matches followed by finals. The event winners were awarded with the winning trophy. The Guest of Honor Mr. Nimish Agrwal motivated students to actively participate in all extracurricular activities and maintain the sportsmanship spirit.

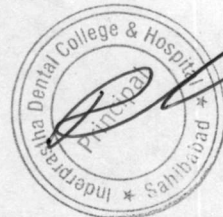




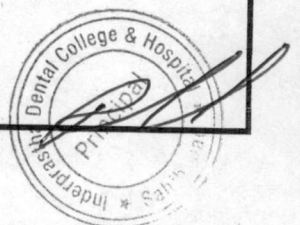
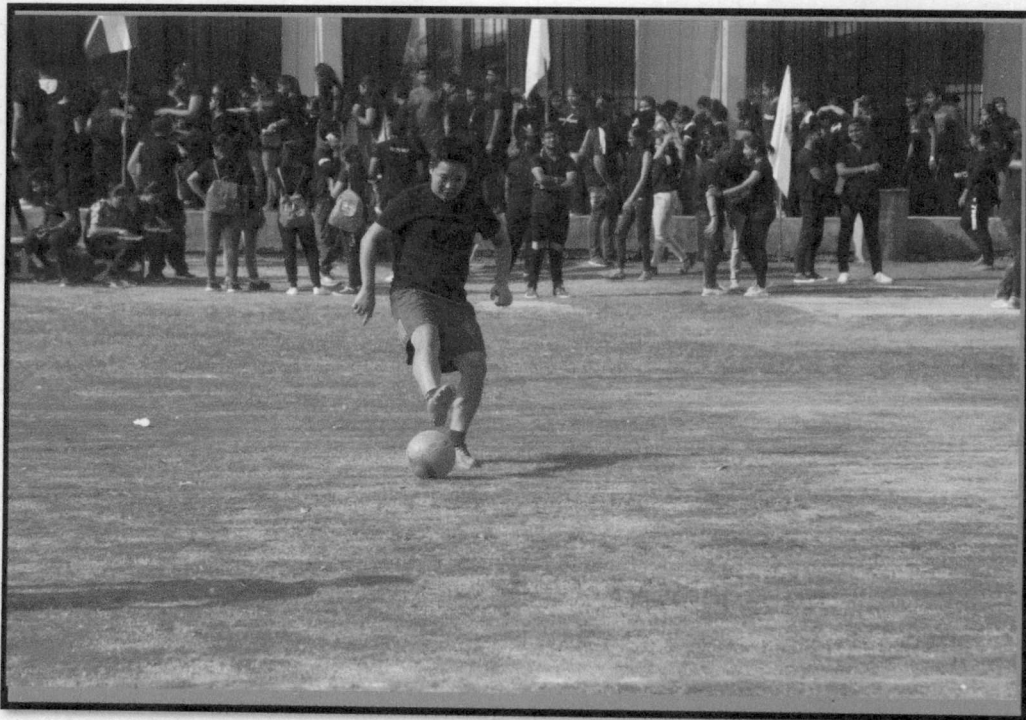
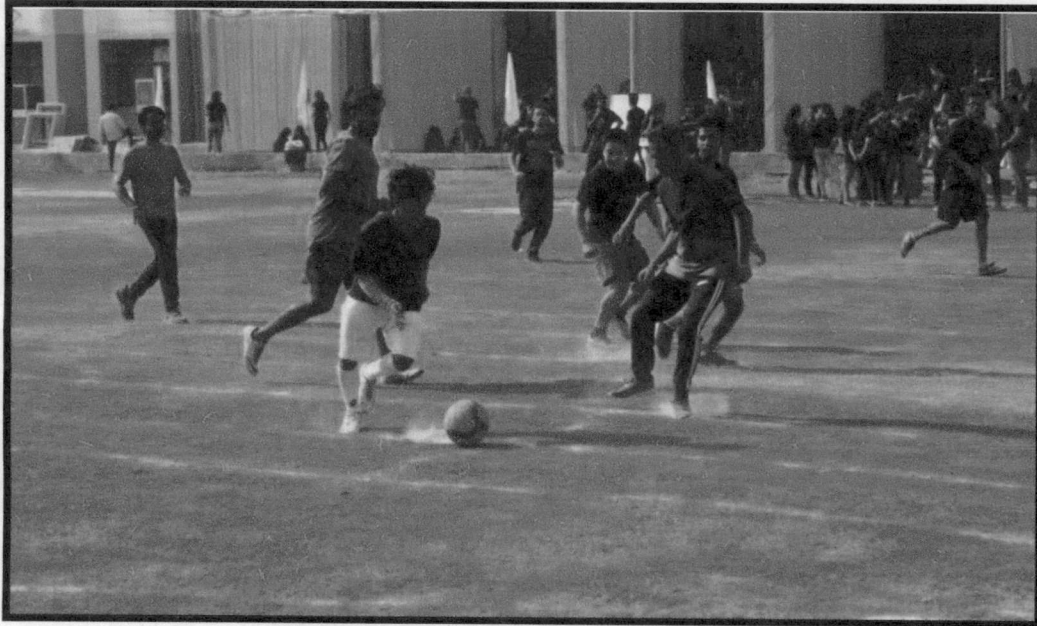
# RULES FOR FOOTBALL

## Football

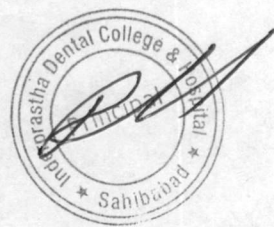
- Only 1 team from each year.
- Each team must have 11 players, out of which only 8 will be playing at a time
- 8- A side match
- Ball will be provided by the college during the match
- Time limits 10-5-10 minutes
- Referee's decision will be final



## FOOTBALL









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

IPDC/PO/Notice/2021/09A

Date: 10.02.2021

NOTICE

All the students are here by informed that the "**Talent Show Competition 2021**" is on 6<sup>th</sup> March 2021. All the students are hereby instructed to give their names last by 27.02.2021. It is mandatory for all the faculty, Staff members & Students to Participate & attend the event.

Dr. Rahul Paul  
(Principal)

Copy to:

Cc.: Secretary & Jt. Secretary

C.E.O

Manager Administrator

Accounts

All Dental Departments

Notice Boards

Girls Hostel

Boys Hostel







## Inderprastha Dental College & Hospital

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

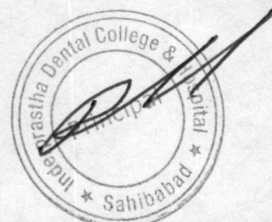
### **REPORT ON TALENT SHOW- 2020-21**

Inderprastha Dental College and Hospital organised a Dance & Singing competition in the college “IPDC TALENT SHOW” as part of extracurricular activity for the students. It provides an opportunity for the students to showcase their talents and at the same time take a break from the tedious academic schedule and refresh their minds. The event consisted of Solo dances and singing competition and was an Intra-college event.

The competition was organized batch-wise for all the batches, including Interns and Post-graduate students. This year, the event was organised on **6<sup>th</sup> March 2021** in the college premises at IPDC Greens. The event was organised by the **Chairman, Mr. Nimish Agarwal** and the **Principal of the college, Dr. Rahul Paul**. Further, the duties were given to various staff members of dental college by creating an organising team and also co-ordinators for the teams for the event.

The organizing team included

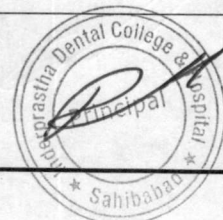
1. **Dr. Vikram Blaggana - Organizing Chairperson**
2. **Dr. Kalyani Bhargava - Organizing Secretary**
3. **Dr. Preeti Sharma – Event Coordinator**
4. **Dr. Mudita Gupta – Event Coordinator**
5. **Dr. Vandana Gulia – Event Coordinator**



# SOLO DANCE



No. of participants	1
Coordinator	Dr.Preeti Sharma: 7838833853 Dr. Perna Taneja Mathur: 9953727626
Event	Solo dance
Duration	3-4 minutes
Rules	<ol style="list-style-type: none"> <li>1. Obscenity, vulgarity and wardrobe malfunction of any sort will lead to automatic disqualification.</li> <li>2. Each performance music file must contain its own track and be labeled.</li> <li>3. All music must be submitted 30 mins prior to start of competition.</li> <li>4. Every student is advised to bring own props and music in mp3 format (in pen drive in case of virus CD backup should be there).</li> <li>5. Dancers must be ready to perform 30mins prior to scheduled time.</li> <li>6. Any personal belongings, costumes or dance apparel left behind at the competition will not be our responsibility.</li> <li>7. An individual which fails to perform during its allotted slot will not be given second chance.</li> <li>8. Use of props is allowed.</li> <li>9. The event will be judged on the following criteria: Creativity, Music, Stage Presence, Team Work, Energy, Choreography, Synchronization, Costume, Crowd Response</li> </ol>

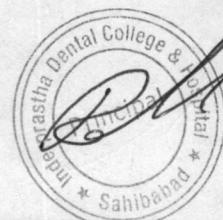




# SOLO SINGING



No. of participants	1
Coordinator	Dr. Bharti Dua, Mobile:7248046826 Dr. Rashi, Mobile: 9999317858
Event	Solo singing
Duration	Maximum 3 minutes
Rules	<ol style="list-style-type: none"><li>1. Karaoke/background music is not allowed.</li><li>2. Song selection should be non-communal-not favouring any particular religion or sect</li><li>3. Songs with any vulgar lyrics will be immediately disqualified.</li><li>4. The event will be judged on the basis of voice quality, rhythm and fluency.</li></ol>





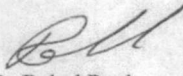
Inderprastha Dental College & Hospital  
46/1, Site-IV, Industrial Area, Sahibabad,  
Ghaziabad-201010 (U.P.)

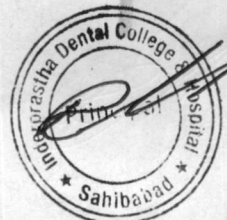
IPDC/PO/Notice/2019/118A

Date: - 31.12.2019

NOTICE

All the students are here by informed that the "*Fashion Show Competition-2020*" is being held on 8<sup>th</sup> February 2020. Last date for the Students Registration to participate will end on 27.1.2020

  
Dr. Rahul Paul  
(Principal)  
Copy to:  
Cc.: Secretary & Jt. Secretary  
C.E.O  
Manager Administrator  
Accounts  
All Dental Departments  
Notice Boards  
Girls Hostel  
Boys Hostel







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

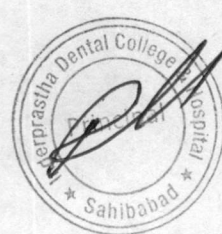
### **REPORT ON FASHION SHOW 2019-20**

Inderprastha Dental College and Hospital organizes Fashion show in the college as part of extracurricular activity for the students. It provides a window for the students to showcase their talents in the fashion arena.

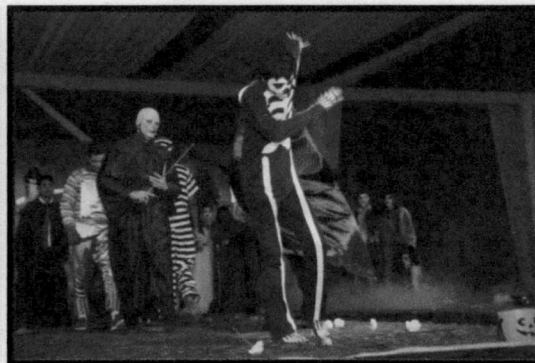
The competition was organized batch-wise for all the batches, including Interns and Post-graduate students. This year, the event was organised on **8<sup>th</sup> February 2020** in the college premises at IPDC Greens. The event was organised by the **Chairman, Mr. Nimish Agarwal** and the **Principal of the college, Dr. Rahul Paul**. Further, the duties were given to various staff members of dental college by creating an organising team and also co-ordinators for the teams for the event.

The organising team includes:

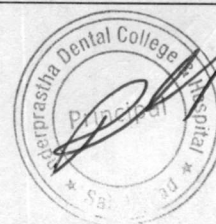
- 1. Dr. Vikram Blaggana - Organizing Chairperson**
- 2. Dr. Kalyani Bhargava - Organizing Secretary**
- 3. Dr. Aastha Manchanda - Event Coordinator**
- 4. Dr. Rosey - Event Coordinator**



# FASHION SHOW



No. of Students	Group
Coordinator	Dr Aastha Manchanda, Mobile: 9990045900 Dr Rosey, Mobile :8448620016
Event	Fashion Show (Theme Based)
No of participants	Minimum 10 and Maximum 25
Duration	Min 10 mins and max 20 mins
<b>Rules</b>	<ol style="list-style-type: none"> <li>1. Participants should report at least half an hour before the event starts.</li> <li>2. Judges' decision will be final and binding.</li> <li>3. All props, etc. used by the colleges must be cleared immediately from the stage after the performance and from the college premises by the end of the day.</li> <li>4. Obscenity, vulgarity and wardrobe malfunction of any sort will lead to automatic disqualification.</li> <li>5. Do not use fire, flammable substance as props.</li> <li>6. A team which fails to perform during its allotted slot will not be given second chances.</li> <li>7. Anything that promotes obscenity and explicitly is banned</li> <li>8. Exceeding time limit will result to negative marking of the group.</li> <li>9. Participants should confirm registration 30 minutes prior to event.</li> <li>10. Every college is advised to bring own props and music in mp3 format (in pen drive in case of virus CD backup should be there). Props such as cigars, wine bottles etc are banned.</li> <li>11. The event will be judged on the following criteria: Choreography, Music, Co-ordination, Theme Based, Creative and apt display of garments and accessories. Sequence and walk. Confidence and gesture of the models.</li> </ol>







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

IPDC/PO/Notice/2020/2A

Date: - 25.1.2020

NOTICE

All the Faculty ,Staff members & Students are here by informed that the "**Fun Games- 2020**" is on 31<sup>st</sup> January 2020. The list of events are as follows:

1. Tug of war
2. Dart Game
3. Musical Chair
4. Ludo

It is mandatory for all the Faculty, staff members & Students to attend the event.

Dr.Rahul Paul

(Principal)

Copy to:

Cc.: Secretary & Jt. Secretary

C.E.O

Manager Administrator

Accounts

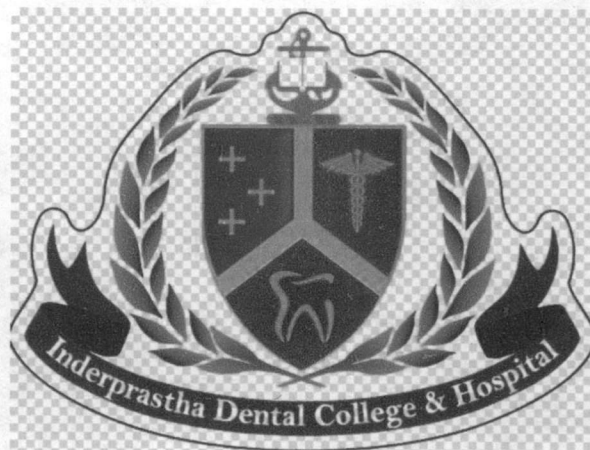
All Dental Departments

Notice Boards

Girls Hostel

Boys Hostel



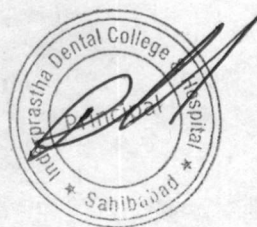


### **FUN ZONE 2019**

Every year IPDC organized fun games event to create enjoyable relaxing environment for all.

Main highlight of the event was a game of tug of war and Dart game between faculty members and students. Prize distribution ceremony was held for each sporting event where 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> positions were given for both individual and group events.

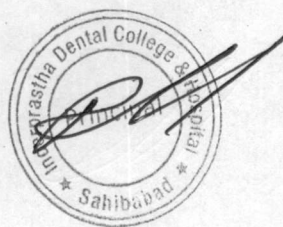
The event was concluded with concluding note about the well organised sports day which showed the true colours of sportsmanship.



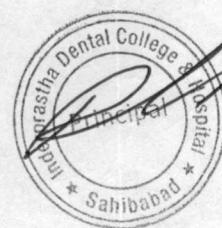
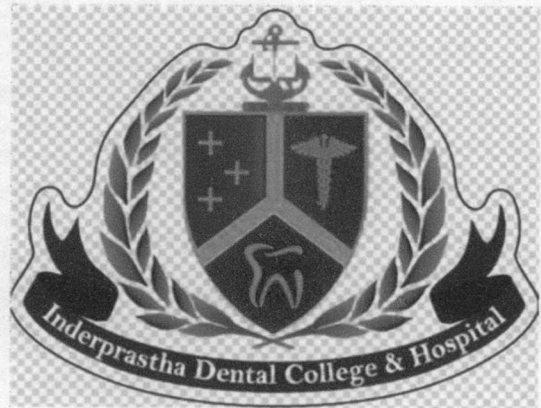
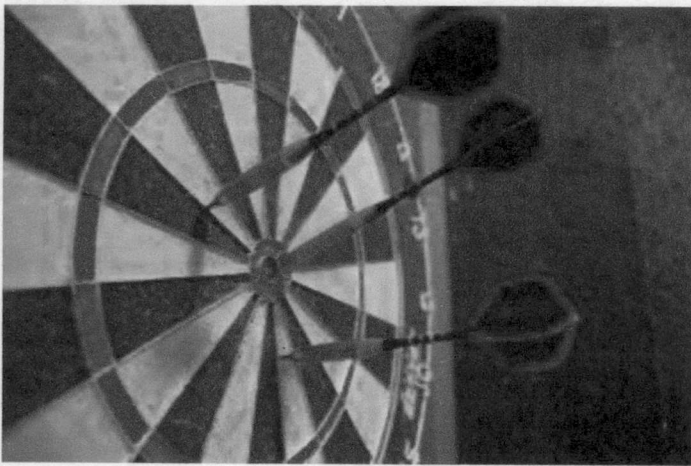


### **GENERAL RULES FOR THE SPORTS DAY FOR ALL**

- Any cultural / Sports event would be cancelled in case of inadequate entries
- All participants must carry the delegate identity cards at all times.
- Participants must report 30 minutes prior to the events at the venue.
- Each college should have a faculty in – charge for both on stage & off – stage events. Any changes made regarding the time & the venue of the event, on or before the day of performance will be informed to that in charge.
- Smoking, consumption of alcohol or any other intoxicant is strictly prohibited with in the college campus. Student found including in any such acts may be asked to leave the venue & disciplinary action may be taken against the college term.
- Possession of arms, ammunition or any objectionable article inside the college campus is strictly prohibited. Students found including in any such article will be handed over to the local police.
- Violence, unruly behavior & vandalism of any kind is strictly prohibited.
- Students found including in any of these may face disciplinary action including handed over to the disciplinary committee. The concerned teams may also be disqualified & black – listed.



# DART-2019





## RULES FOR DART GAME

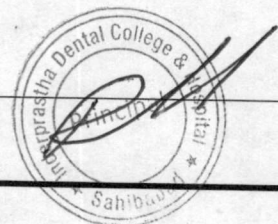
- A good dartboard
- A set of three darts, either soft-tipped or steel-tipped.
- A safe, well lit place to play.

### Dartboard Measurements

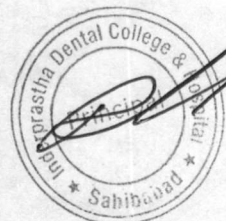
The standard international dartboard is known as the "clock" board. The standard dartboard measurement is 18 inches in diameter and has 20 numbered, pie-shaped segments of equal size, plus the bull's-eye. Each numbered segment has a double ring on the outside perimeter of the scoring area and an interior triple ring (which count as double and triple of that number respectively). The bull's-eye has an outer bull area (also known as the single bull, which scores 25) and an inner bull (also known as a double bull's-eye, which scores 50)

### Dart Board Regulations

- Dart Board Height: 5 feet. 8 inches from floor to the center of the bull's-eye.
- Distance from front of the dartboard to the throwing line:  
Steel Tip: 7 feet 9 1/4 inches, Soft Tip: 8 feet 0 inches. To mark the throw line a simple piece of tape will suffice. Major tournaments, however, use a "hockey" which is a thin raised strip of wood approximately 1 1/2 inches high (see image diagram below).
- Mounting: Flush to the wall - not leaning like a picture - with the 20 at the top.



- **Location:** Since darts often bounce out of the dartboard, never put a dartboard up near windows or breakables or where anyone could walk between the throwline and the dartboard. Also, if you have a hard floor, such as concrete or wood, you may want to consider getting a dart mat.
- The dart scoreboard should be mounted to left or the right of the dart board for easy access.

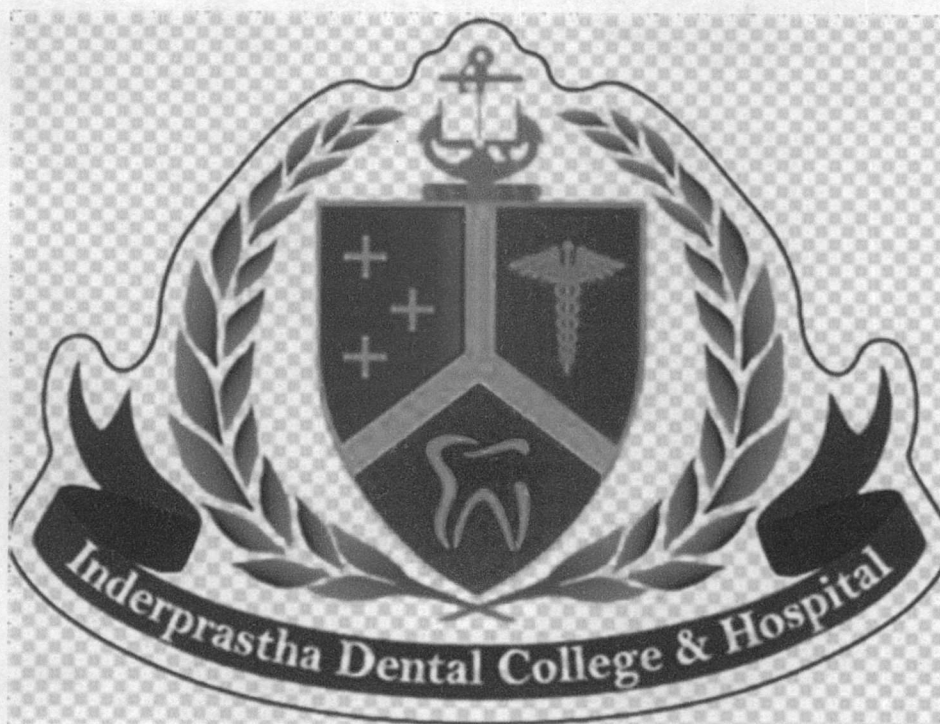




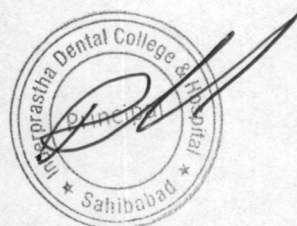
## DART GAME-2019



# TUG OF WAR-2019



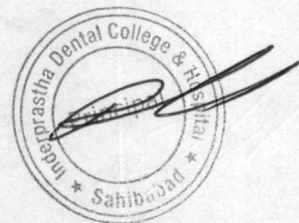
## TUG OF WAR



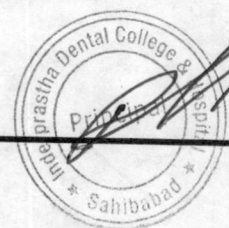
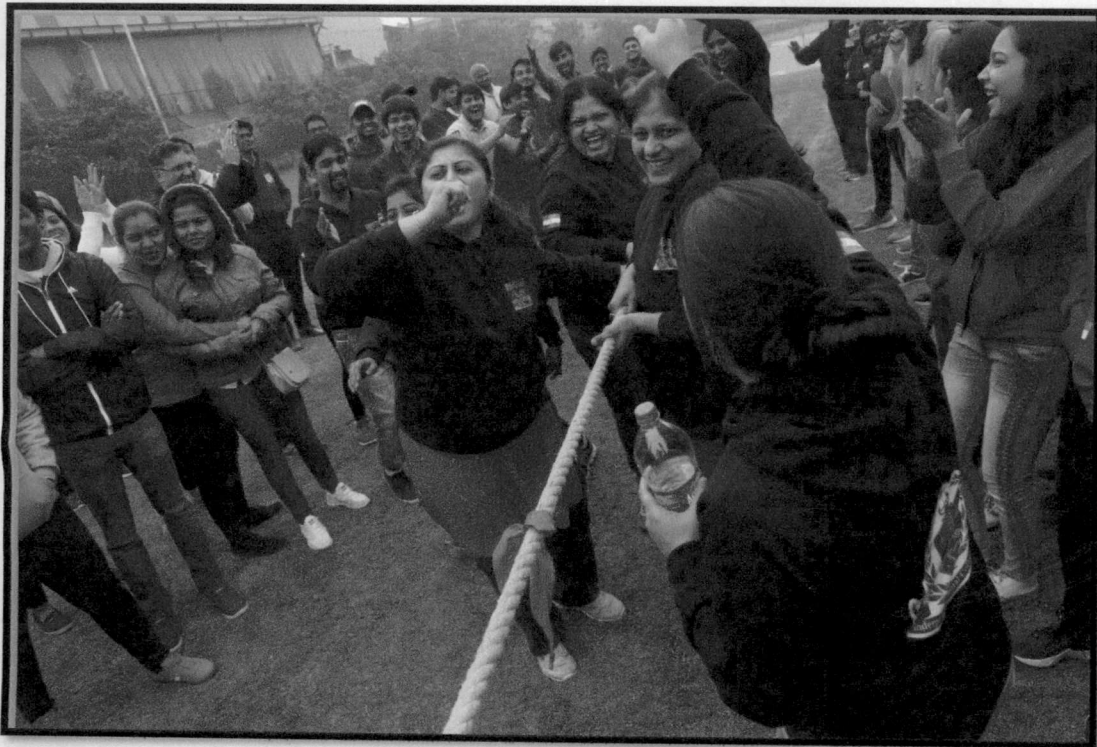


## TUG OF WAR

- Each team in a Tug of War competition consists of eight people.
- There are various weight classifications in Tug of War, and the mass of the eight people combined must not weigh more than that determined by the category that they are placed in.
- The rope used should be of a circumference of approximately 11 cm and should be marked in the middle with a centre line as well as two marks that should be placed 4m from the centre line.
- At the start of the pull, the centre line of the rope should be immediately above line marked on the ground.
- Both teams pull the rope, the winner being the team who manage to pull the mark on the rope closest to their opponents over the centre line.
- The rope must be pulled underarm and nobody's elbow must go below the knee, otherwise a foul will be called.
- Matches are often a best of three pull, the winner winning two out of the three pulls.

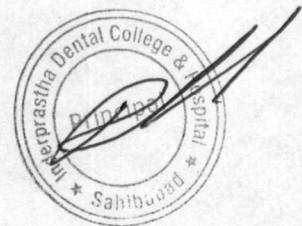


## TUG OF WAR-2019





## MUSICAL CHAIR- 2019



# LEMON RACE







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

IPDC/PO/Notice/2020/1D

Date: - 20.1.2020

NOTICE

All the Faculty, Staff members & Students are here by informed that the "*Republic Day Celebration*" is on 26<sup>th</sup> January 2020.

An extempore competition is being organized for the students. Topic will be provided on spot and each candidate will be given 2 minutes to prepare.

Students are instructed to submit their names for the competition by 23.01.2020.

Dr. Rahul Paul  
(Principal)

Copy to:

Cc.: Secretary & Jt. Secretary  
C.E.O

Manager Administrator

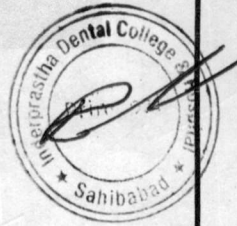
Accounts

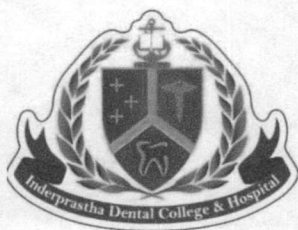
All Dental Departments

Notice Boards

Girls Hostel

Boys Hostel





## Inderprastha Dental College & Hospital

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

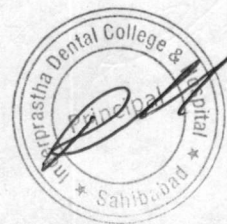
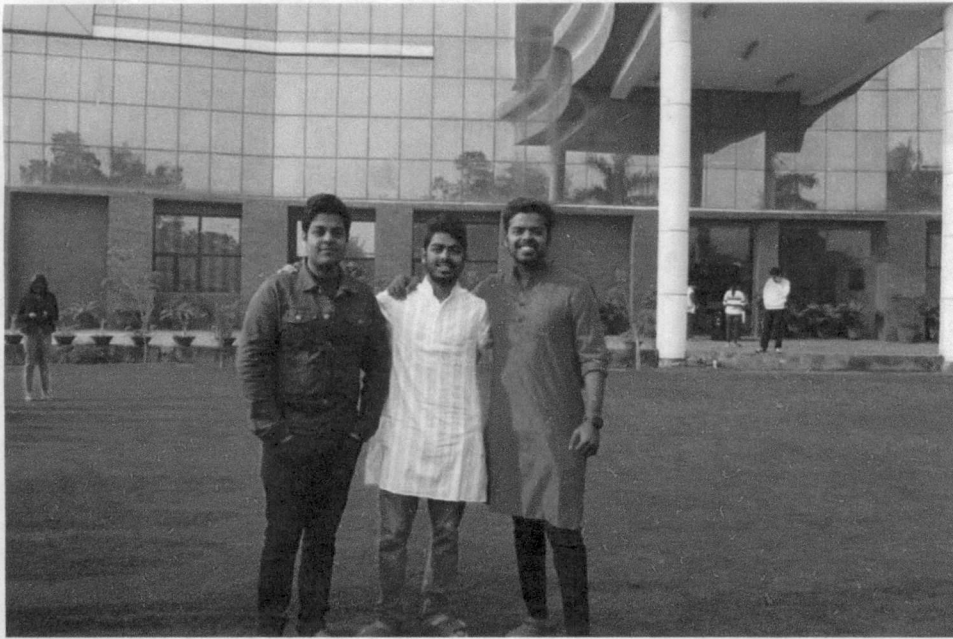
### **REPUBLIC DAY 2020**

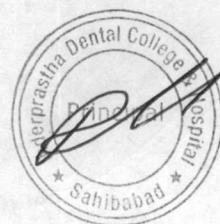
India marks 26<sup>th</sup> January as its Republic Day every year. In 2020, the country is celebrating its 71st Republic Day. This day was also celebrated in IPDC by the students. Our national flag was hoisted in the front lawn of the college by Dr. Rahul Paul, Principal and Mr NK Chaudhry. An extempore competition was also organised for the students for a duration of 1 hour from 11:00-12:00.

Winners were felicitated and sweets were distributed to all the students present in college at the time of flag hoisting.













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

**IPDC/PO/Notice/2019/116B**

**Date: - 12.12.2019**

**NOTICE**

All the Faculty, Staff Members and students are here by informed that the "**Cricket Competition 2019**" is on 27<sup>th</sup> & 28<sup>th</sup> December 2019. Students are hereby instructed to give their names last by 21.12.2019.

It is mandatory for all the staff members & Students to attend the event

Dr. Rahul Paul  
(Principal)

Copy to:

Cc.: Secretary & Jt. Secretary

C.E.O

Manager Administrator

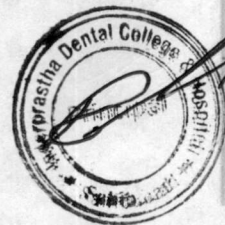
Accounts

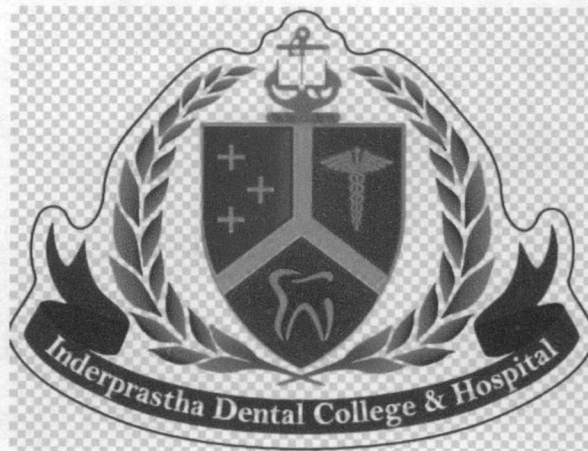
All Dental Departments

Notice Boards

Girls Hostel

Boys Hostel

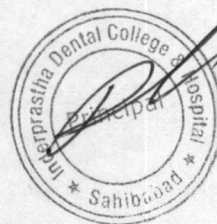




**This year IPDC organized IPDC CRICKET CUP for its Undergraduate and postgraduate students and faculty members. It was a 2-day event which got a tremendous start . Students across all the batches participated with all their skill and talent showing their sporting spirit.**

**Main highlight of the event was cricket between faculty members and students. Prize distribution ceremony was held for each sporting event where 1<sup>st</sup>, 2<sup>nd</sup> positions were given**

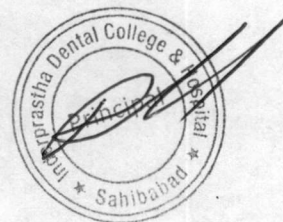
**The event was concluded with concluding note about the well organised sports day which showed the true colours of sportsmanship.**



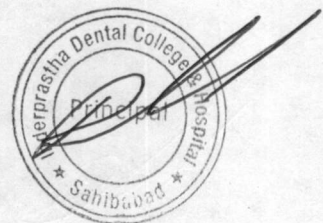
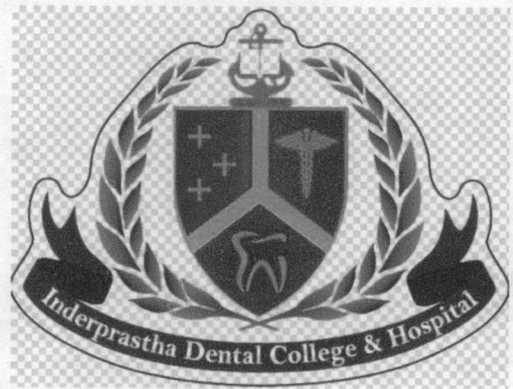


### **GENERAL RULES FOR THE SPORTS DAY FOR ALL**

- Any cultural / Sports event would be cancelled in case of inadequate entries
- All participants must carry the delegate identity cards at all times.
- Participants must report 30 minutes prior to the events at the venue.
- Each college should have a faculty in – charge for both on stage & off – stage events. Any changes made regarding the time & the venue of the event, on or before the day of performance will be informed to that in charge.
- Smoking, consumption of alcohol or any other intoxicant is strictly prohibited with in the college campus. Student found including in any such acts may be asked to leave the venue & disciplinary action may be taken against the college term.
- Possession of arms, ammunition or any objectionable article inside the college campus is strictly prohibited. Students found including in any such article will be handed over to the local police.
- Violence, unruly behavior & vandalism of any kind is strictly prohibited.
- Students found including in any of these may face disciplinary action including handed over to the disciplinary committee. The concerned teams may also be disqualified & black – listed.



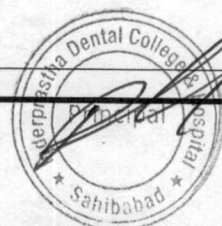
# CRICKET-2019



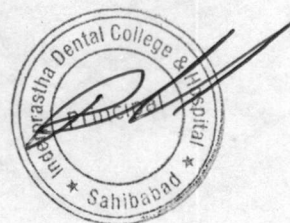


## RULES FOR CRICKET

1. Cricket is played between two teams each made up of eleven players. (Sometime in junior competitions you will find 8 player teams).
2. Games comprise of at least one innings where each team will take turns in batting and fielding/bowling.
3. The fielding team will have a bowler bowl the ball to the batsman who tries to hit the ball with their bat.
4. The fielding team tries to get the batsmen out by:
  - Hitting the wickets with the ball when bowling
  - Catching a batsman's shot on the full
  - Hitting the batsman's leg in front of the wicket (LBW)
  - Or hitting the wickets before the batsmen can run to the other end of the pitch
5. The batmen try to score as many runs as possible before getting out by:
  - Hitting the ball and running between the wickets and making it to the other end before the fielders can hit the wickets with the ball. Each time you run one full length of the pitch it equals 1 run.
  - Hitting the ball to the boundary along the ground is 4 runs.
  - Hitting the ball over the boundary on the full equals 6 runs.
6. The fielding team must get 10 batsmen out before they can change over and start batting.
7. The aim of the game is to score as many runs as possible before the fielding team takes 10 wickets. The team with the most runs wins.
8. There is toss of a coin and the pitch dimensions (length = 22 yards);



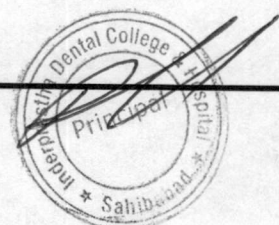
9. The ball must weigh between five and six ounces;
10. The stumps must be 22 inches (560 mm) high with a six-inch (152 mm) bail;;
11. The no ball is the penalty for overstepping, which means the hind foot going in front of the bowling crease (i.e., in direct line of the wicket);
12. The popping crease is exactly 3 feet ten inches before the bowling crease;
13. Various means of "it is out" are included;
14. hitting the ball twice and obstructing the field are emphatically out following experiences in the 17th century;
15. The wicket-keeper is required to be still and quiet until the ball is bowled;
16. Umpires must allow two minutes for a new batsman to arrive and ten minutes between innings (meal and rain breaks presumably excepted);
17. The umpire cannot give a batsman out if the fielders do not appeal;
18. The umpire is allowed a certain amount of discretion and it is made clear that the umpire is the "sole judge" and that "his determination shall be absolute"



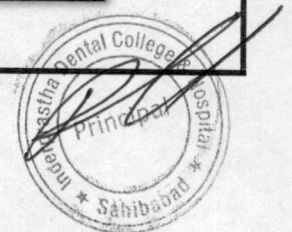
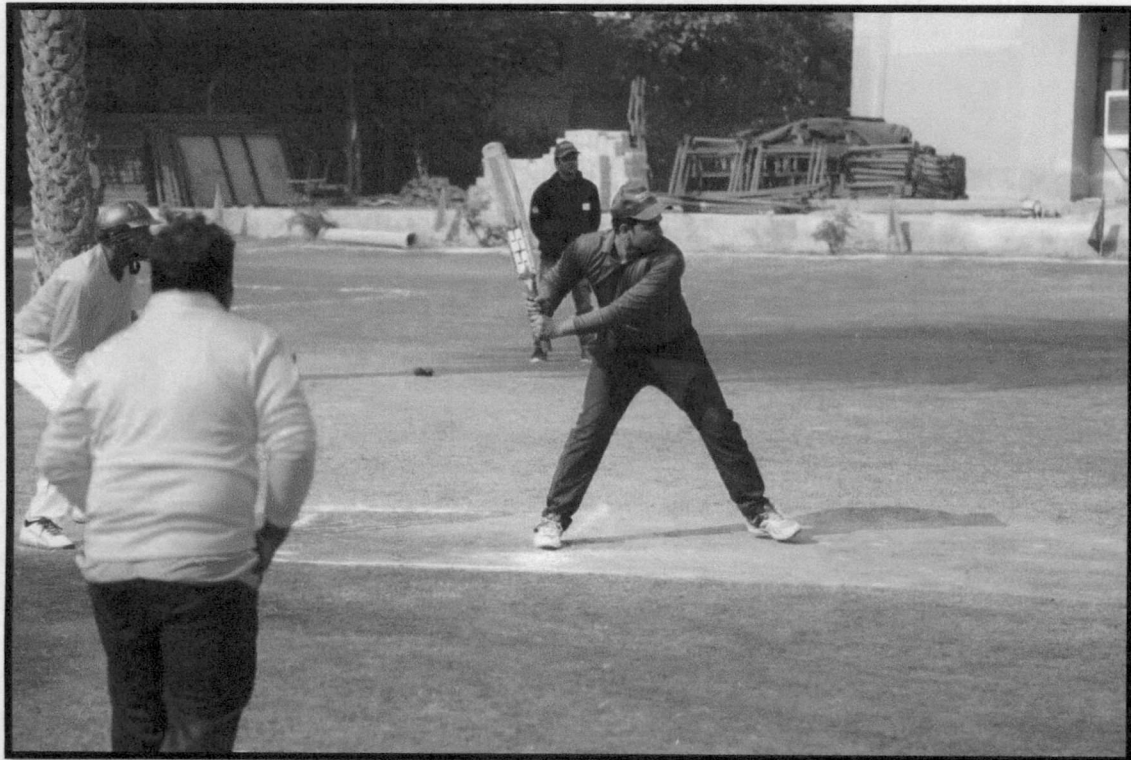


## CRICKET-2019

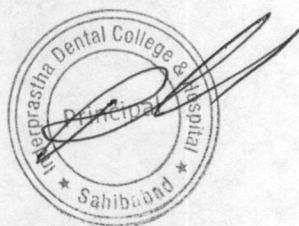
### BOYS-



## CRICKET-2019









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


IPDC/PO/Notice/2019/116A

Date: -12.12.2019

NOTICE

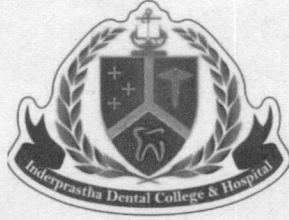
All the students are here by informed that the "*Christmas Celebration 2019*" is on 24<sup>th</sup> December 2019. We are organizing **Departmental decoration competition** on this day.

It is mandatory for all the faculty, Staff members & Students to Participate & attend the event.

  
Dr. Rahul Paul  
(Principal)  
Copy to:  
Cc.: Secretary & Jt. Secretary  
C.E.O  
Manager Administrator  
Accounts  
All Dental Departments  
Notice Boards  
Girls Hostel  
Boys Hostel



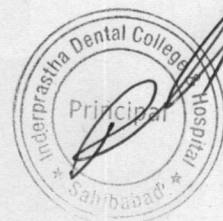


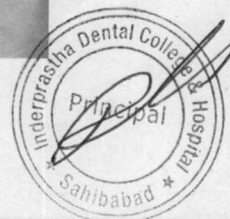


## Inderprastha Dental College & Hospital

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

Inderprastha Dental College and Institution keeps the spirit up of its faculty and students by celebrating various festivals in the campus, this year Christmas Day was celebrated on 24.12.2019. The Guest of Honor was Mr. Sudhir Agarwal and Mrs Deepi Agarwal. The Event Inter –Departmental Christmas theme Decoration conducted in the festive celebration occasion, was conducted. For the Best theme-based decoration “Dept. Of Prosthodontics UG” was awarded.











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

IPDC/PO/Notice/2019/90A

Date: -10.10.2019

**NOTICE**

All the Faculty, Staff Members and students are hereby informed that the "***Ethos Outdoor 2019***" is an Inter college competition which is going to held on 29<sup>th</sup> & 30<sup>th</sup> November 2019. Students are hereby instructed to give their names last by 20.11.2019. The list of events are as follows:

1. Kabhadi
2. Kho Kho
3. Football
4. Volley hall

It is mandatory for all the faculty, Staff members & Students to Participate & attend the event.

Dr. Rahul Paul  
(Principal)

Copy to:

Cc.: Secretary & Jt. Secretary

C.E.O

Manager Administrator

Accounts

All Dental Departments

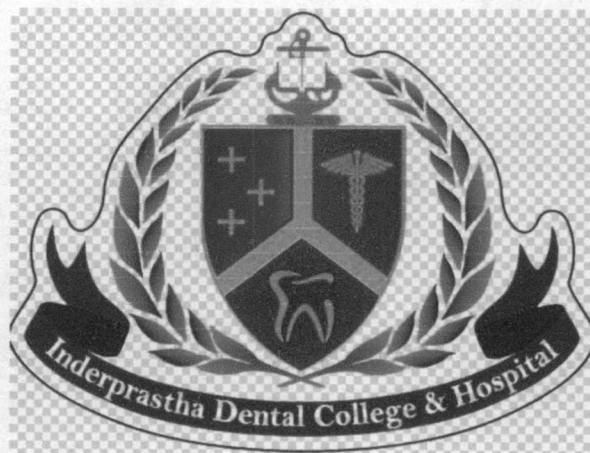
Notice Boards

Girls Hostel

Boys Hostel



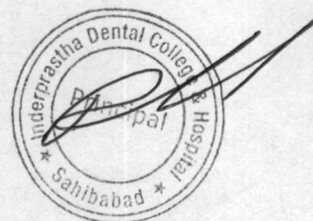




### **ETHOS OUTDOOR 2019**

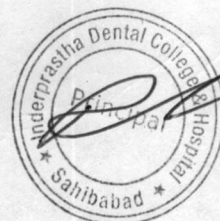
This year IPDC organized ETHOS OUTDOOR EVENT for its Undergraduate and postgraduate students and faculty members. It was a 2-day event which got a tremendous start with IPDC marathon. Students across all the batches participated with all their skill and talent showing their sporting spirit. All kinds of sporting events were held such As Kabaddi, Throw Ball and Kho Kho. All the boys and girls from all the batches participated in all events alike.

The event was concluded with concluding note about the well organised sports day which showed the true colours of sportsmanship.



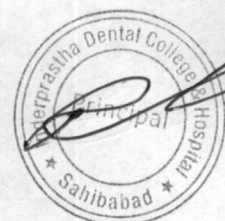
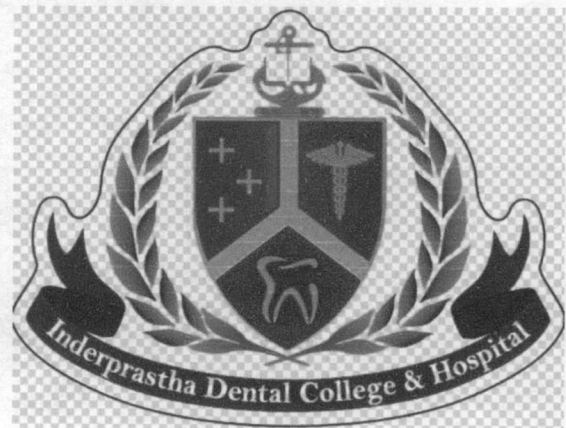
### **GENERAL RULES FOR THE SPORTS DAY FOR ALL**

- Any cultural / Sports event would be cancelled in case of inadequate entries
- All participants must carry the delegate identity cards at all times.
- Participants must report 30 minutes prior to the events at the venue.
- Each college should have a faculty in – charge for both on stage & off – stage events. Any changes made regarding the time & the venue of the event, on or before the day of performance will be informed to that in charge.
- Smoking, consumption of alcohol or any other intoxicant is strictly prohibited within the college campus. Student found including in any such acts may be asked to leave the venue & disciplinary action may be taken against the college term.
- Possession of arms, ammunition or any objectionable article inside the college campus is strictly prohibited. Students found including in any such article will be handed over to the local police.
- Violence, unruly behavior & vandalism of any kind is strictly prohibited.
- Students found including in any of these may face disciplinary action including handed over to the disciplinary committee. The concerned teams may also be disqualified & black – listed.



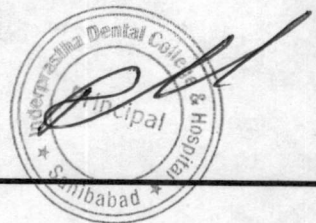


# KABADDI-2019



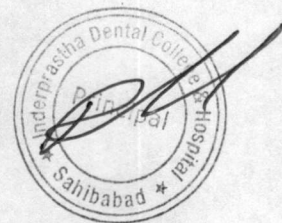
## **RULES OF KABADDI**

- Each team shall consist of no more than 12 players with only 7 taking to the field at any one time.
- Because of the physical nature of Kabaddi, matches are categorized in age and weight categories.
- There are six officials looking after each Kabaddi match. The officials comprise of a referee, a scorer, two assistant scorers and two umpires.
- The duration of the match is two halves of 20 minutes with a half time break of 5 minutes.
- At the start of a Kabaddi match, there is a coin toss with the winner having the choice as to whether to have the first raid or not. In the second half of the match, the team that did not raid first shall begin the second half with a raid.
- To win a point when raiding, the raider must take a breath and run into the opposition's half and tag one or more members of the opposing team and then return to their own half of the pitch before inhaling again.
- To prove that another breath hasn't been taken, the rider must continue to repeatedly yell the word 'Kabaddi'. Failure to do this, even for just a moment means that the rider must return to their own side of the court without points and the opposite team is awarded a point for a successful defense play.
- The team being raided is defending, and the players must prevent the raiders from tagging them and returning back over the halfway line. Whilst in defence, a team may score a point by successfully preventing the raider returning to their own half after tagging them.





- Raiders may only be grabbed by their limbs or torso, not by their hair, clothes or anywhere else, and defenders are not permitted to cross the centre line.
- Each team will take turns in raiding and defending. Following halftime, the two teams switch sides of the court and the team who defended first in the first half begin the second half by raiding.
- The game continues in this way until the time is up, the team with the most points at the end of the match is declared the winner.

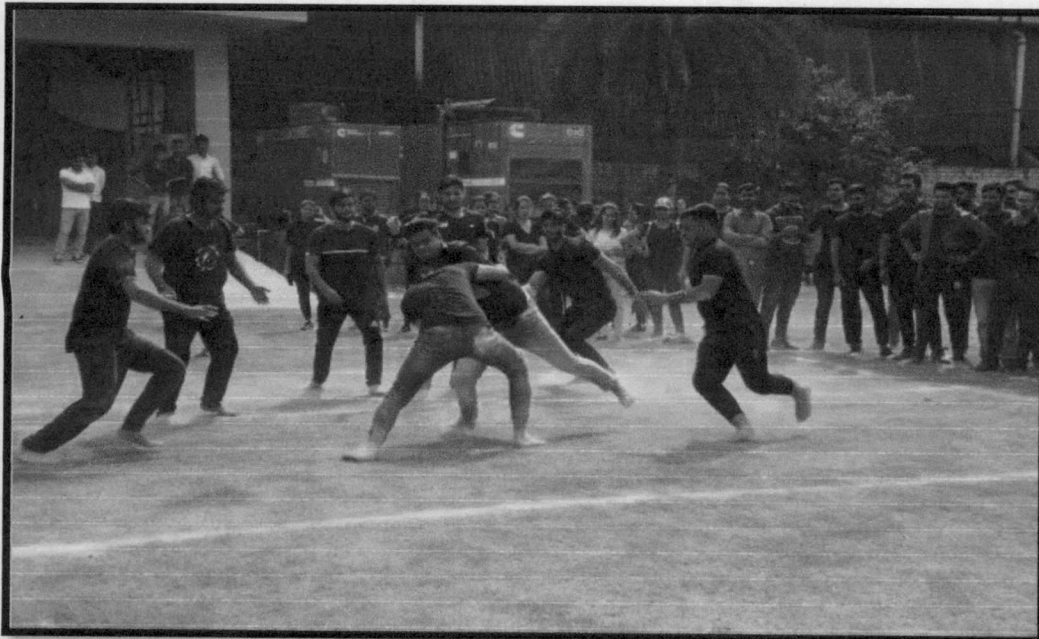


## KABADDI-2019

### GIRLS-

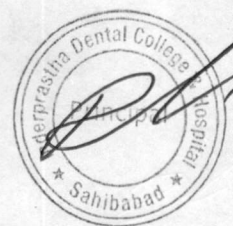
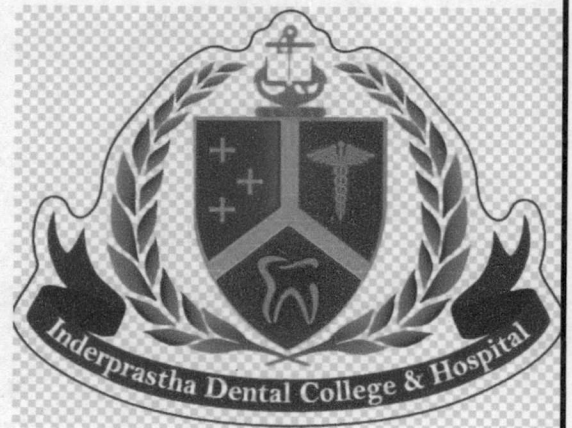


### BOYS-





# KHO KHO-2019



## **RULES OF KHO-KHO**

### **1. Duration:**

**(a) Each side consists of 9 players.**

**(b) An innings will consist of chasing and running turns which will be of 7 minutes duration each. Every match will consist of two innings.**

**(c) An interval of 5 minutes is allowed after an inning and 2 minutes break is allowed between two turns.**

**2. The side of the chasers scores one point for putting out each runner.**

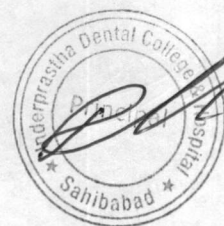
**3. The chaser or the runner has the option to end the turn before the expiry of the allotted time.**

**4. The captain of the team which wins the toss will have the choice of chasing or running.**

**5. At the commencement of the game the eight chasers (players sitting in the squares) will sit in the squares facing opposite directions. No adjacent chasers should face in the same direction. The 9th chaser will stand at either of the posts.**

**6. The runners will fix and coordinate their entry serially with the scorer.**

**7. With the commencement of the game three runners are to get inside the court. As soon as a runner is put out the next three runners must enter the field before "kho" is given. If a runner fails to enter the field, he/she is given out.**



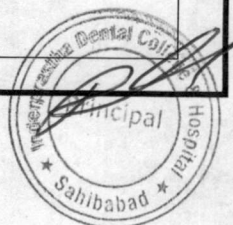


**8. A runner goes out of the game by the following means:**

- (a) If touched by a chaser.**
- (b) If she/he fails to enter the field when a runner is given out.**
- (c) If she/he touches the seated chasers twice or after receiving a warning for similar infringement.**

**9. Rules for the chasers:**

- (a) "Kho" is to be given from behind a sitting chaser and it is to be said loudly.**
- (b) The seated chaser shall not get up without getting "kho".**
- (c) An active chaser shall not recede to give "kho".**
- (d) An active chaser shall sit down immediately after giving "kho".**
- (e) After getting "kho" the sitting chaser becomes active and follows the direction he is facing.**
- (f) An active chaser is not to cross the centre line.**
- (g) She/He is to take the direction that was initially taken by her/him to the M or N posts.**
- (h) When an active chaser leaves a post, he/she shall go in the direction of other post remaining on the side of the centre line which he/she was facing before leaving the post.**
- (i) Chasers are not to obstruct runners while being seated.**
- (j) The face (shoulder line) of an active chaser must be in a direction he/she has taken. He/She shall not turn his/her face. He/She is only allowed to turn his/her face parallel to the centre line.**
- (k) If a foul is committed by an active chaser she/he will be directed to go in the opposite direction of her/his chaser as indicated by the umpire and if a runner is put out by this act she/he will not be given out.**
- (l) When an active chaser lets go his/her hold of the post or goes beyond the rectangles he/she is known as leaving the post.**



### **Scoring in Kho Kho**

The side of the chasers scores 1 point for putting out each runner. If one team scores 9 points more than the other team, the winning team may ask the losers to chase without losing their option to chase afterwards. A substitute shall be allowed to replace an injured player at the discretion of the referee.

### **Officials in Kho Kho**

The officials in the Kho Kho game are the ones who manage the entire game so that it proceeds according to the rule, are:

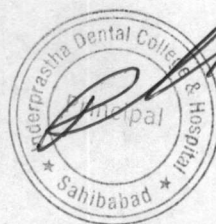
**Two Umpires:** They supervise the game in their respective halves, divided by the centre line. A foul is indicated by continuous short whistles till the foul is corrected. An "out" is declared by a short whistle.

**Referee:** The referee helps the umpires and gives the final decision in case of any difference between them and amongst the players.

**Time-keeper:** The Time-keeper keeps the record of time and hands it over to the scorer at the end of an innings. The turn is usually started by blowing the time-keeper's whistle: one long and one short. The end of the turn is indicated by a long whistle.

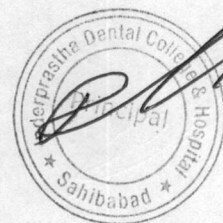
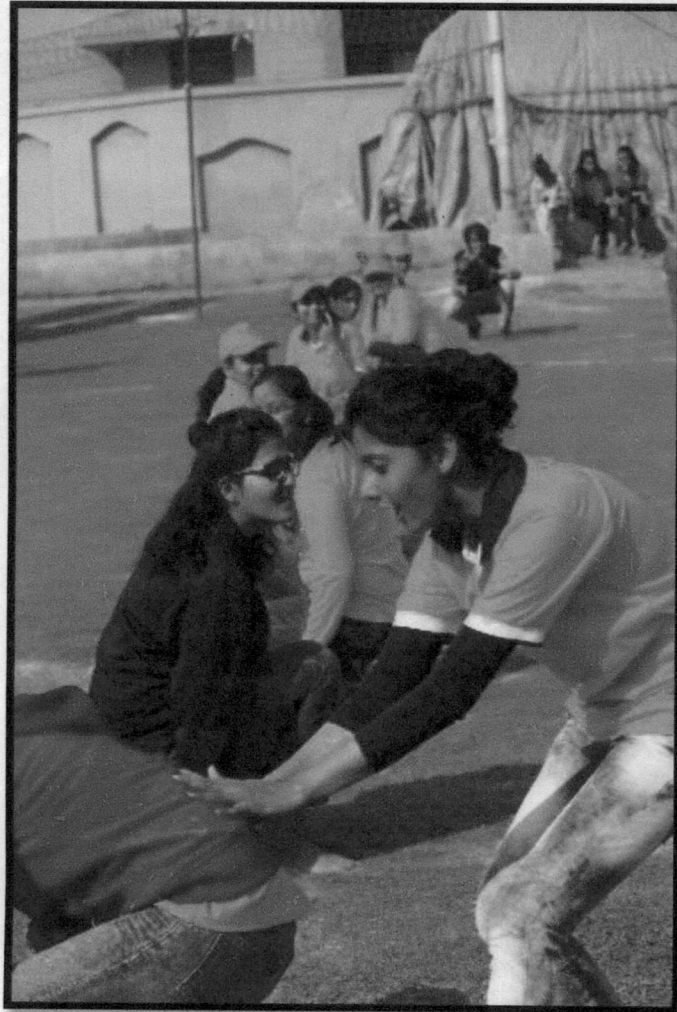
**Scorer:** The scorer keeps a record of runners who are out and makes them sit.

**Assistant Scorer:** The Assistant Scorer helps the scorer in carrying out all the functions.





# KHO KHO 2019



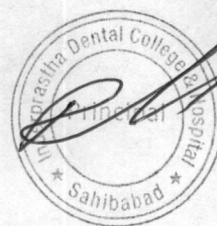
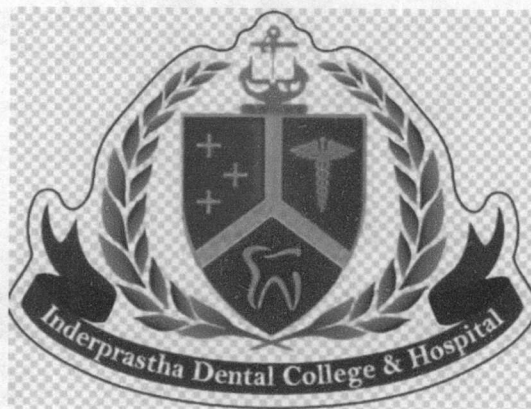


team while playing Kho-Kho



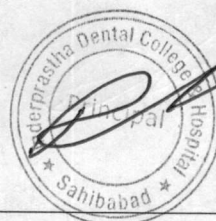


# VOLLEY BALL-2019



## **RULES FOR VOLLEYBALL**

- Each team consist of 6 players and 6 substitutes. Players can be substituted at any time but if they are to return can only be swapped for the player that replaced them.
- Each team can hit the ball up to three times before the ball must be returned. The defensive team can then try and block or return the ball again hitting it a maximum of three times.
- Games are played up to 25 points and must be won by 2 clear points.
- Violations will be called for the following:
  - Stepping over the base line when serving the ball.
  - Ball hits the net and fails to get over the net (If the ball hits the net and still goes over the net then this is perfectly legal).
  - Players are not allowed to carry, palm or run with the ball.
  - Players must not touch the net with any part of the body. If the net is said to have hit them rather than vice-versa, then this is ok.
  - The ball cannot travel under the net.
  - Players cannot reach over the net and hit the ball.

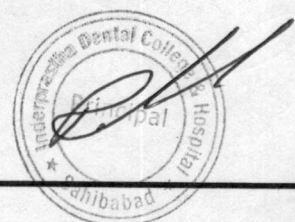




## VOLLEYBALL 2019

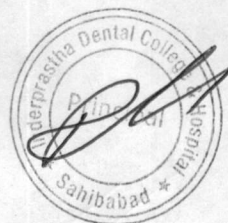
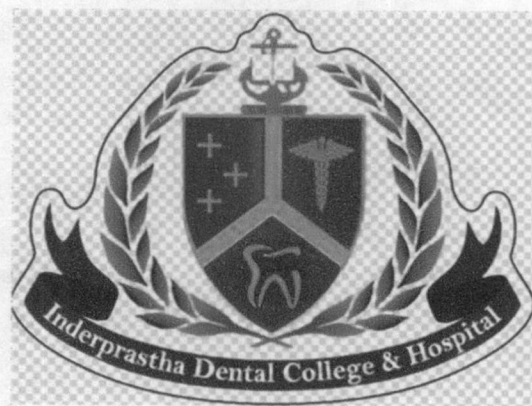


# LONG JUMP





# SHOT PUT -2019

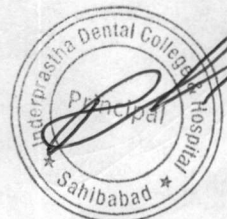


### **Shot Put Rules**

1. Once the athlete's name is called, they have 60 seconds to release the shot
2. The shot must be placed close to the neck and resting on the shoulder, while keeping it in that position the entire time until it is released. No padding or extra equipment is necessary
3. The shot must be released above the height of the shoulder with one hand
4. The athlete is permitted to touch the inside surface of the stop board; however neither the top nor the outside of the circle or stop board can be touched or passed
5. The shot is required to land within the legal sector (34.92°)
6. The competitor must exit the circle from the back

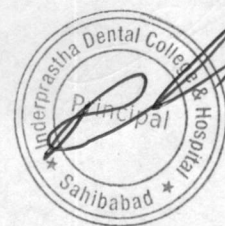
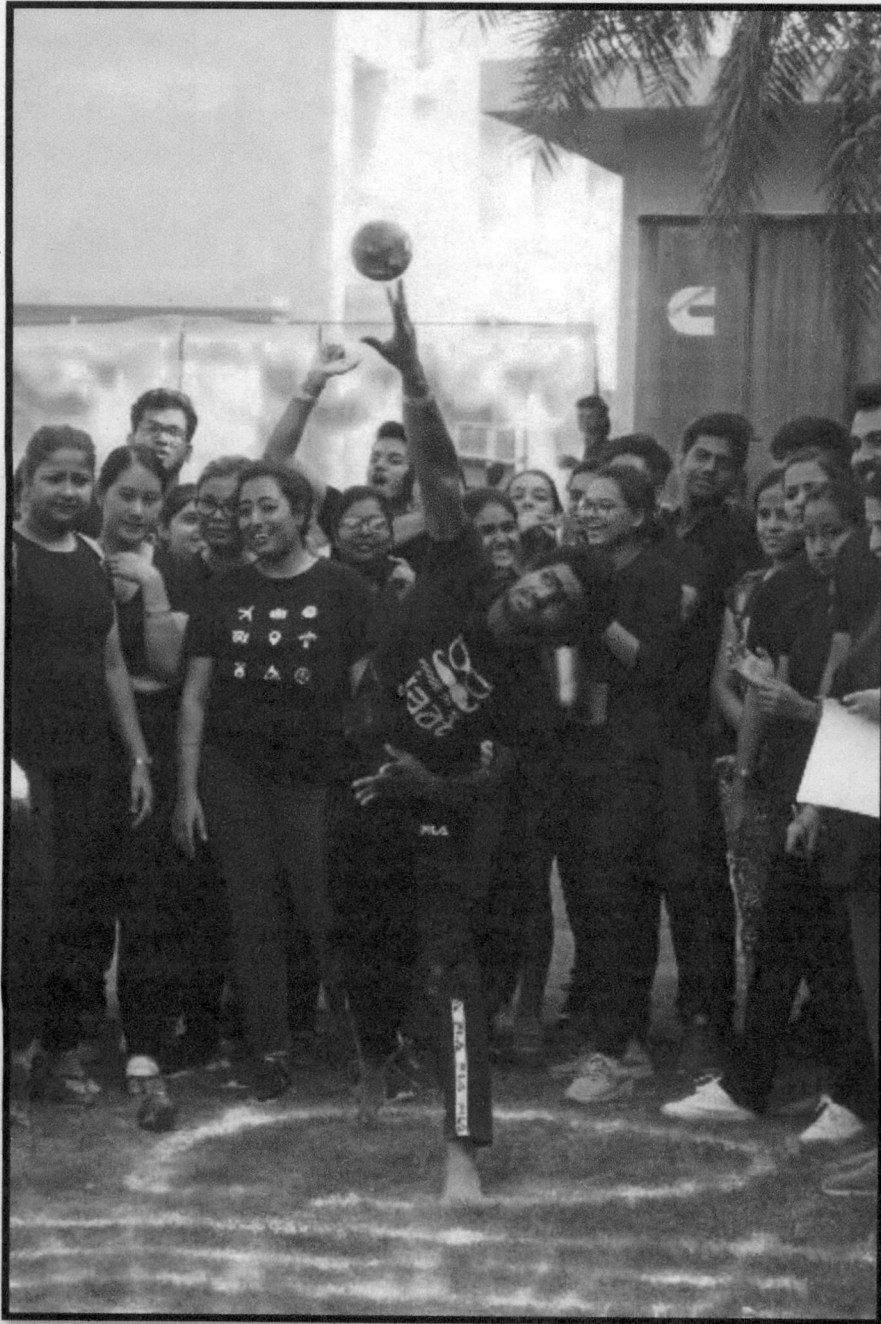
### ***Fouls Occur When:***

1. A player does not pause within the circle before throwing motion
2. A player allows the shot to drop below the shoulder
3. The shot lands outside the boundaries of the sector or touches the sector line
4. A player leaves the circle before the shot has landed or the competitor fails to leave the circle from the back
5. The player touches the top/end of stop board, the top of the iron ring, or steps or touches on/outside of the line of the circle

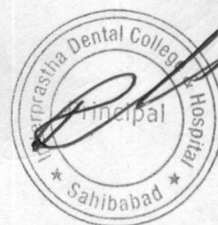
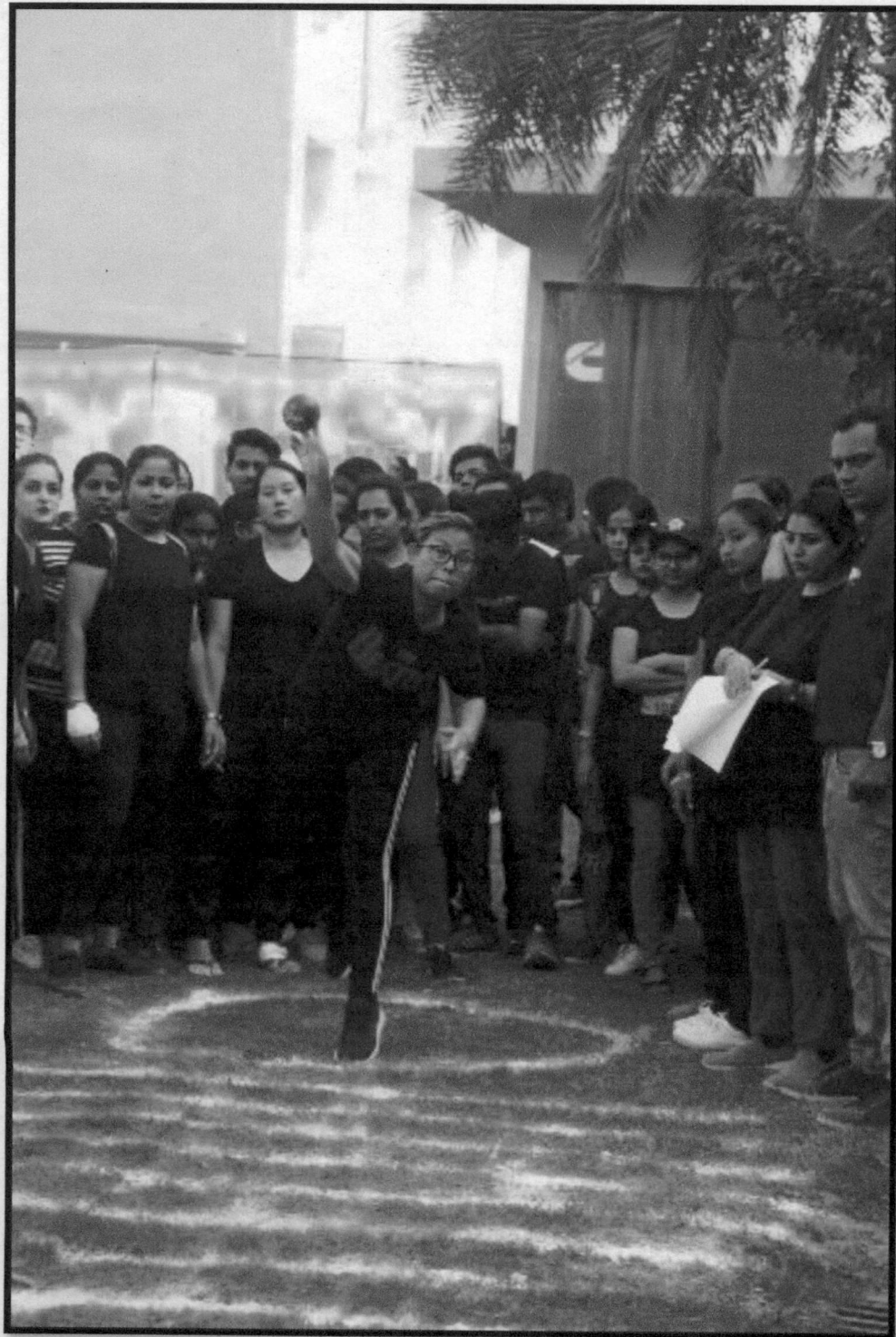




## SHOT PUT- 2019

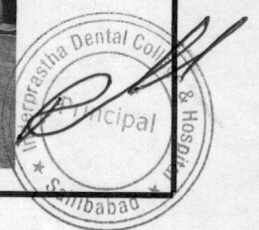
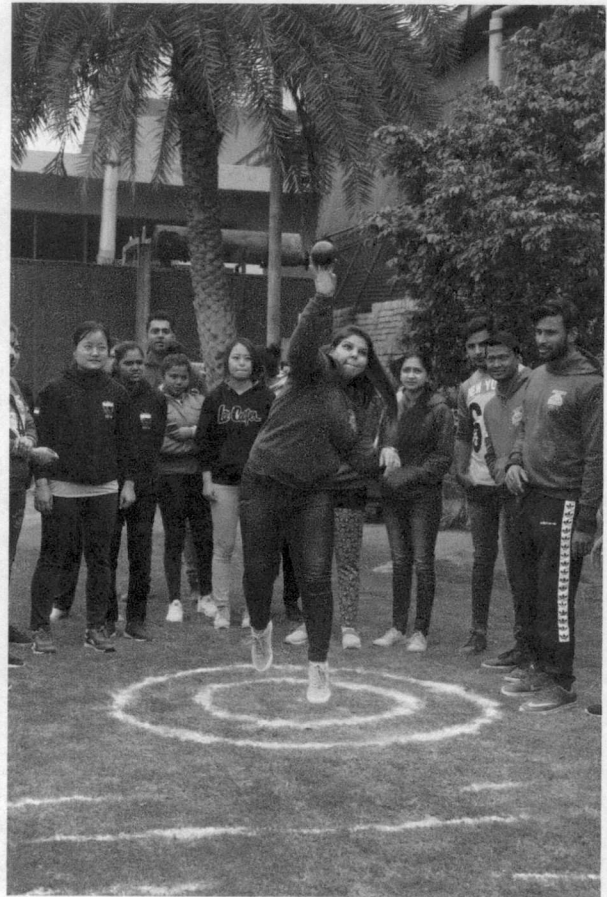


## SHOT PUT- 2019

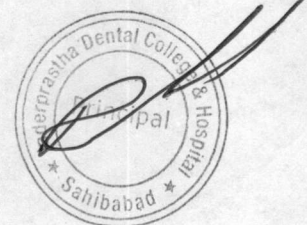
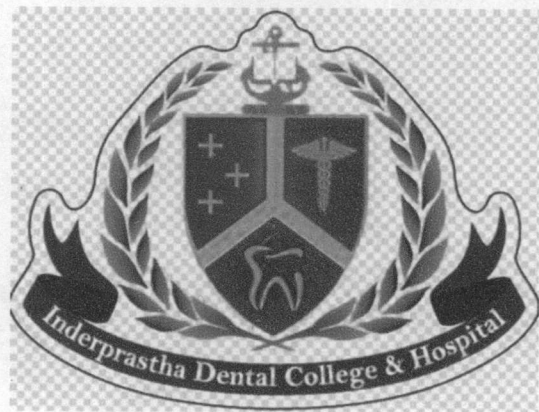
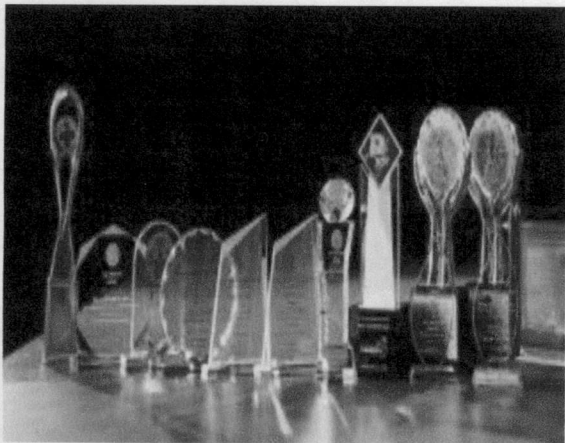




# SHOT PUT

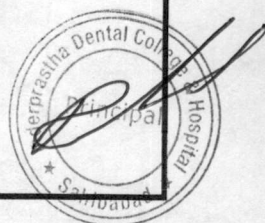


# AWARDS 2019





The winners are awarded by appreciation, certificate and medals. BEST team, individual event winner were awarded by the Guest of honour.





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

IPDC/PO/Notice/2019/96A

Date: - 04.11.2019

NOTICE

All the students are here by informed that the "*Diwali Celebration* 2019" is on 23<sup>rd</sup> November 2019. We are organizing **Rangoli competition** on this day. All the students are hereby instructed to give their names last by 16.11.2019

It is mandatory for all the faculty, Staff members & Students to Participate & attend the event.

Dr. Rahul Paul  
(Principal)

Copy to:

Cc.: Secretary & Jt. Secretary

C.E.O

Manager Administrator

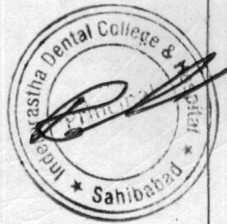
Accounts

All Dental Departments

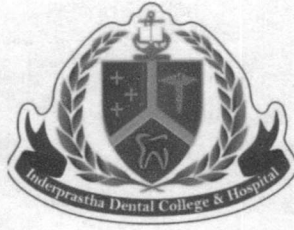
Notice Boards

Girls Hostel

Boys Hostel







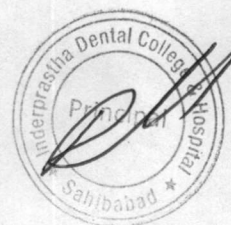
**Inderprastha Dental College & Hospital**  
46/1, Site-IV, Industrial Area, Sahibabad,  
Ghaziabad – 201010 (U.P.)

### **REPORT ON RANGOLI COMPETITION**

Diwali, the festival of lights, is the most awaited festivals. It symbolizes the “victory of good over evil, knowledge over ignorance and light over darkness”. Inderprastha Dental College & Hospital celebrated Diwali at its campus on 23<sup>rd</sup> November 2019. The college campus was decorated with lights & flowers.

A Rangoli competition was organized for the students of all batches on the same day. The theme of the competition was “Colours & Lights”. The event coordinators were Dr.Pragya Tripathi & Dr.Aastha Manchanda. The competition commenced at 10:30AM and was judged by our esteemed Secretary, Mr.Nimish Agarwal and Jt.Secretary, Mrs.Deepi Goel.

The competition ended with the esteemed judges felicitating the winners of the competition.






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

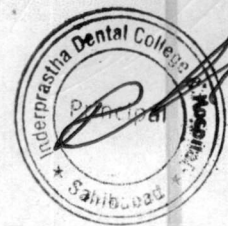
IPDC/PO/Notice/2019/87A

Date: - 23 .09.2019

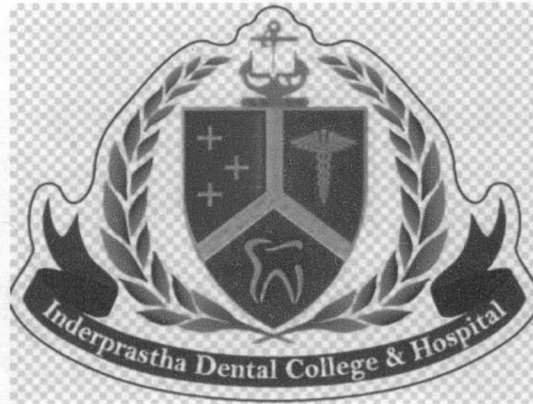
**NOTICE**

All the Faculty, Staff members and students are here by informed that "**Mental Health Day Celebration 2019** " will be celebrated on 10<sup>th</sup> October 2019. On this occasion, we are organizing **Marathon-2019** for all the Faculty, Staff members and students. It is mandatory for all the faculty, Staff members & Students to Participate & attend the event

  
Dr. Rahul Paul  
(Principal)  
Copy to:  
Cc.: Secretary & Jt. Secretary  
C.E.O  
Manager Administrator  
Accounts  
All Dental Departments  
Notice Boards  
Girls Hostel  
Boys Hostel





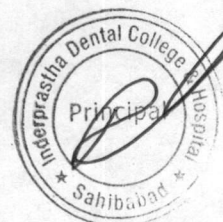


# MARATHON

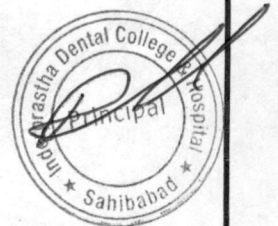
## MARATHON

A 5km run is scheduled for all with a break at every km where water and batches will be provided.

Marathon categories are as follows: Males (Students) , Males( Faculty), Females (Students), Females (Faculty).



## MARATHON- 2019







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

IPDC/PO/Notice/2019/83A

Date: -02.09.2019

NOTICE

All the Faculty, Staff Members and students are here by informed that the "Athletics- Sports 2019" is on 28<sup>th</sup> September 2019. Students are hereby instructed to give their names for 100 mt. sprints, 4 X 100 mt. Relay Race and Shot Put, last by 18.9.2019.

It is mandatory for all the staff members & Students to attend the event.

Dr. Rahul Paul  
(Principal)

Copy to:

Cc.: Secretary & Jt. Secretary

C.E.O

Manager Administrator

Accounts

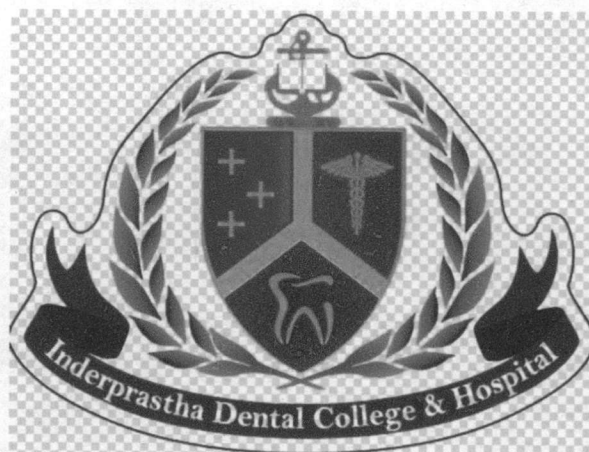
All Dental Departments

Notice Boards

Girls Hostel

Boys Hostel



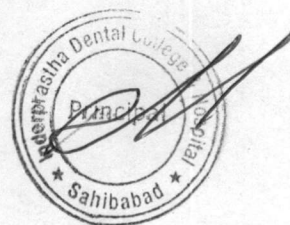


### ATHELETIC MEET

This year IPDC organized Atheletic meet for its Undergraduate and postgraduate students and faculty members. Students across all the batches participated with all their skill and talent showing their sporting spirit. All kinds of sporting events were held such As 100 metre sprints, Relay Races etc. All the boys and girls from all the batches participated in all events alike.

Prize distribution ceremony was held for each sporting event where 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> positions were given for both individual and group events. Also, best sportsperson of the year was awarded which was selected amongst all the BDS and MDS batches.

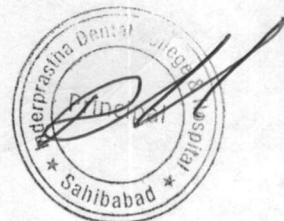
The event was concluded with concluding note about the well organised Atheletic meet which showed the true colours of sportsmanship.



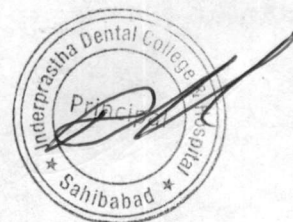
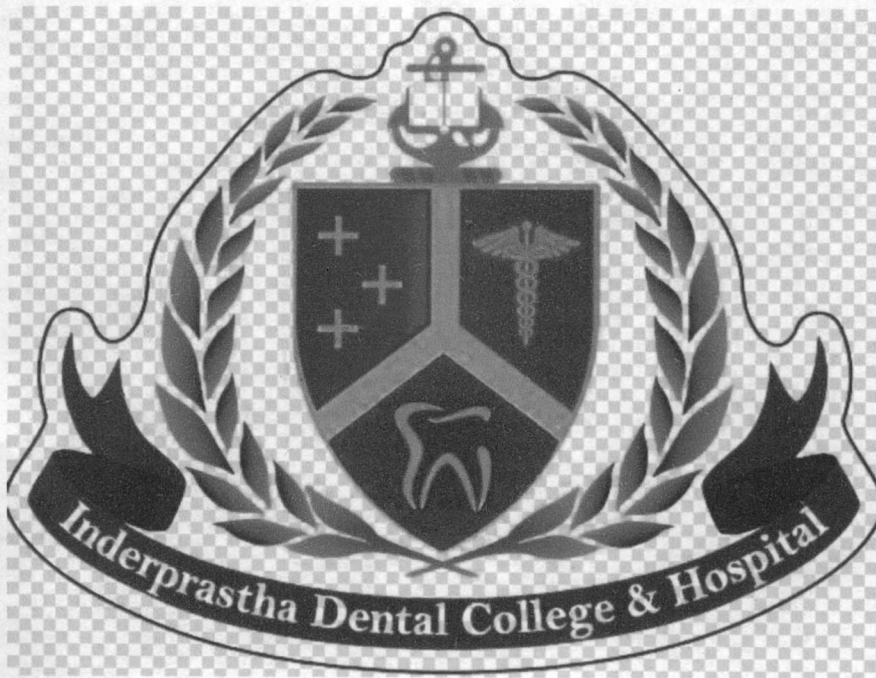


## **GENERAL RULES FOR THE SPORTS DAY FOR ALL**

- Any cultural / Sports event would be cancelled in case of inadequate entries
- All participants must carry the delegate identity cards at all times.
- Participants must report 30 minutes prior to the events at the venue.
- Each college should have a faculty in – charge for both on stage & off – stage events. Any changes made regarding the time & the venue of the event, on or before the day of performance will be informed to that in charge.
- Smoking, consumption of alcohol or any other intoxicant is strictly prohibited with in the college campus. Student found including in any such acts may be asked to leave the venue & disciplinary action may be taken against the college term.
- Possession of arms, ammunition or any objectionable article inside the college campus is strictly prohibited. Students found including in any such article will be handed over to the local police.
- Violence, unruly behavior & vandalism of any kind is strictly prohibited.
- Students found including in any of these may face disciplinary action including handed over to the disciplinary committee. The concerned teams may also be disqualified & black – listed.



# ATHELETICS 2019

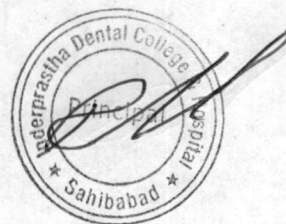




## Rules Of 100 Meter Sprint

The runners should abide by the following rules in order to complete a race –

- Sprinters should run in designated lanes and cannot cross lanes, throughout the race.
- Sprinters shouldn't step on white lines that mark their lanes throughout the race.
- In case of a false start, the athlete is disqualified.
- Before giving the 'set' command, athletes cannot touch the other side of the start line with their hands or feet.
- Athletes should not obstruct other athletes during the race.
- If an athlete is obstructed, the referee may order the race to be held again, or he may ask the athlete to take part in the next round.
- Athletes may leave the track voluntarily before the race ends, but they cannot come back to the track else they will be disqualified.

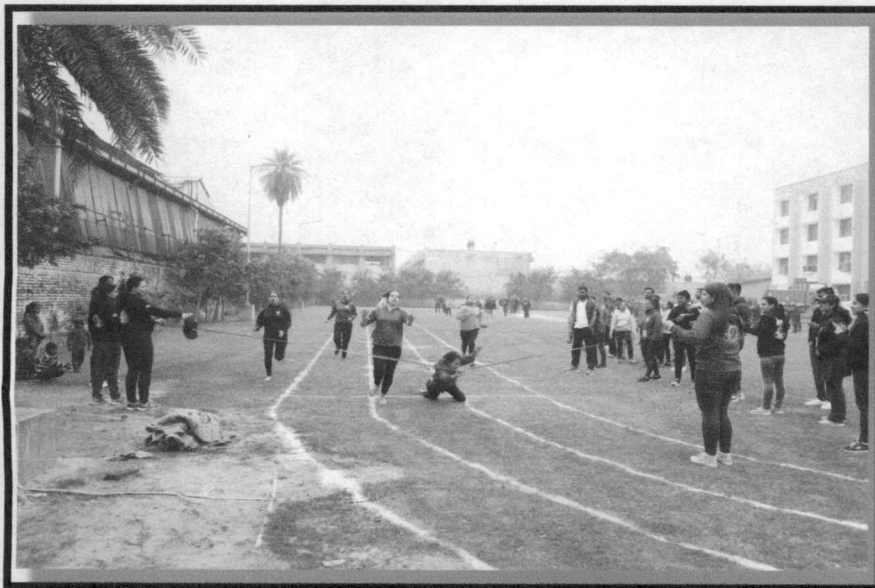


**SPRINTS- 2019**

**(GIRLS)**



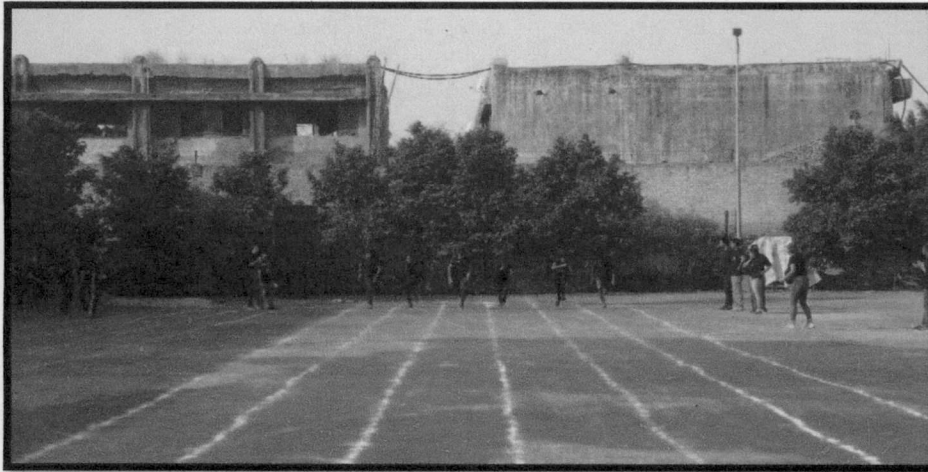
**ETHOS 2019 –Sprint (Girls)**



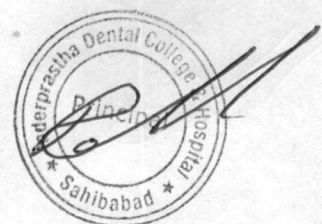


**SPRINT -2019**

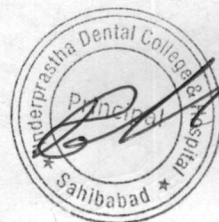
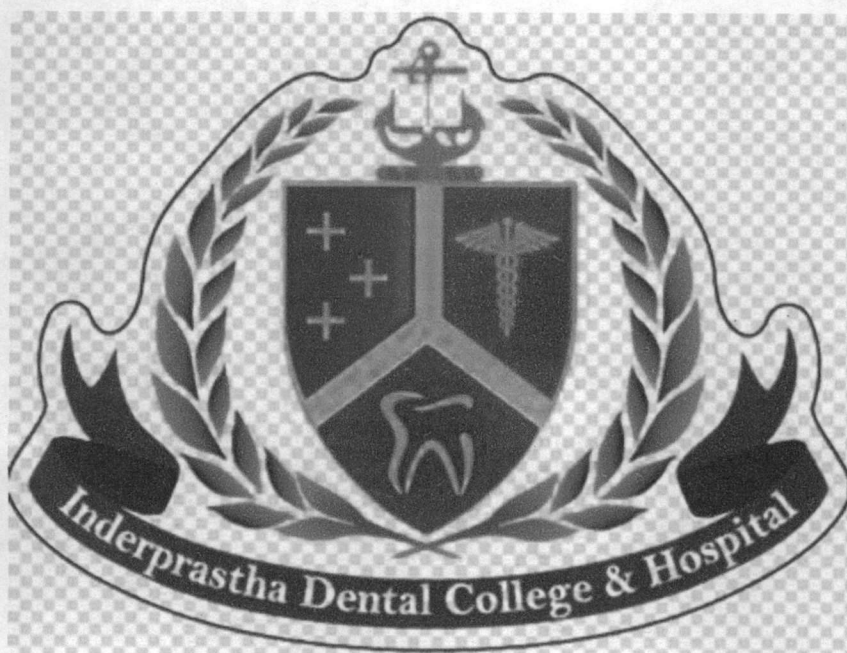
**(BOYS)**



**ETHOS 2019 –Sprint (Boys)**



## 4X100 M RELAY-2019





## **RULES OF RELAY RACE**

- 1. The standard distances shall be: 4x100m**
- 2. Lines 5cm wide shall be drawn across the track to mark the distances of the legs and to denote the scratch line.**
- 3. Each takeover zone shall be 20m long of which the scratch line is the centre. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction.**
- 4. Check Marks: When all or the first portion of a Relay Race is being run in lanes, an athlete may place one check-mark on the track within his own lane, by using adhesive tape, maximum 5cmx40cm, of a distinctive colour which cannot be confused with other permanent markings. No other check-mark may be used.**
- 5. The relay baton shall be a smooth hollow tube, circular in section, made of wood, metal or any other rigid material in one piece, the length of which shall be 280 to 300mm. The outside diameter shall be 40mm ( $\pm 2$ mm) and it shall not weigh less than 50g. It should be coloured so as to be easily visible during the race.**

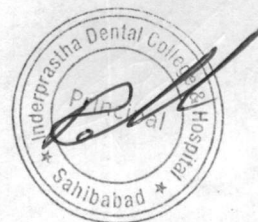


**6. The baton shall be carried by hand throughout the race**

**. If dropped, it shall be recovered by the athlete who dropped it. He may leave his lane to retrieve the baton**

**provided that, by doing so, he does not lessen the distance to be covered. In addition, where the baton is dropped in such a way that it moves sideways or forward in the direction of running (including beyond the finish line), the athlete who dropped it, after retrieving it, must return at least to the point where it was last in his hand, before continuing in the race. Provided these procedures are adopted where applicable and no other athlete is impeded, dropping the baton shall not result in disqualification. If an athlete does not follow this Rule, his team shall be disqualified.**

**7. The baton shall be passed within the takeover zone. The passing of the baton commences when it is first touched by the receiving athlete and is completed the moment it is in the hand of only the receiving athlete. In relation to the takeover zone, it is only the position of the baton which is decisive. Passing of the baton outside the takeover zone shall result in disqualification.**



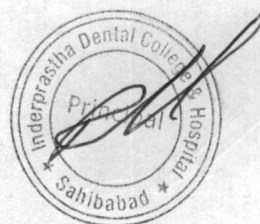


**8. Athletes, before receiving and/or after handing over the baton, should keep in their lanes or maintain position until the course is clear to avoid obstruction to other athletes.**

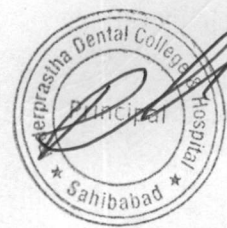
**9. Assistance by pushing or by any other method shall result in disqualification.**

**10. Each member of a relay team may run one leg only. Any four athletes from among those entered for the competition, whether for that or any other event, may be used in the composition of the relay team for any round. However, once a relay team has started in a competition, only two additional athletes may be used as substitutes in the composition of the team. If a team does not follow this Rule, it shall be disqualified.**

**11. The composition of a team and the order of running for a relay shall be officially declared no later than one hour before the published first call time for the first heat of each round of the competition. Further alterations must be verified by a medical officer appointed by the**

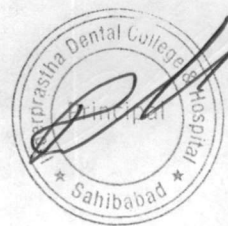


## RELAY RACE-2019

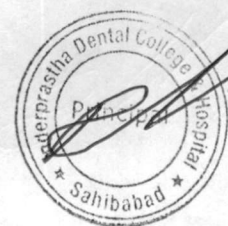
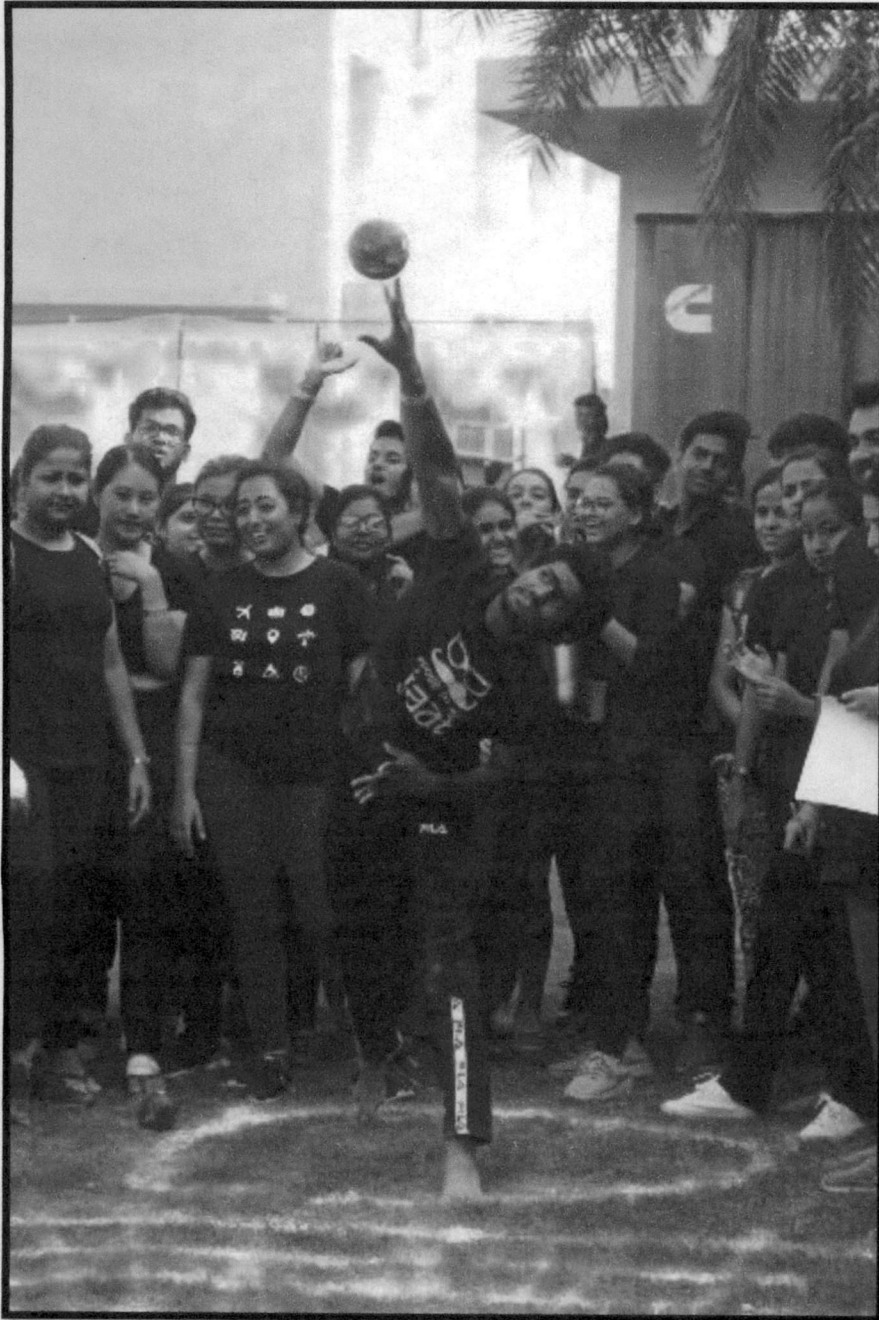




## RELAY RACE-2019

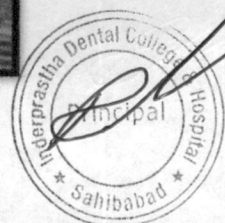
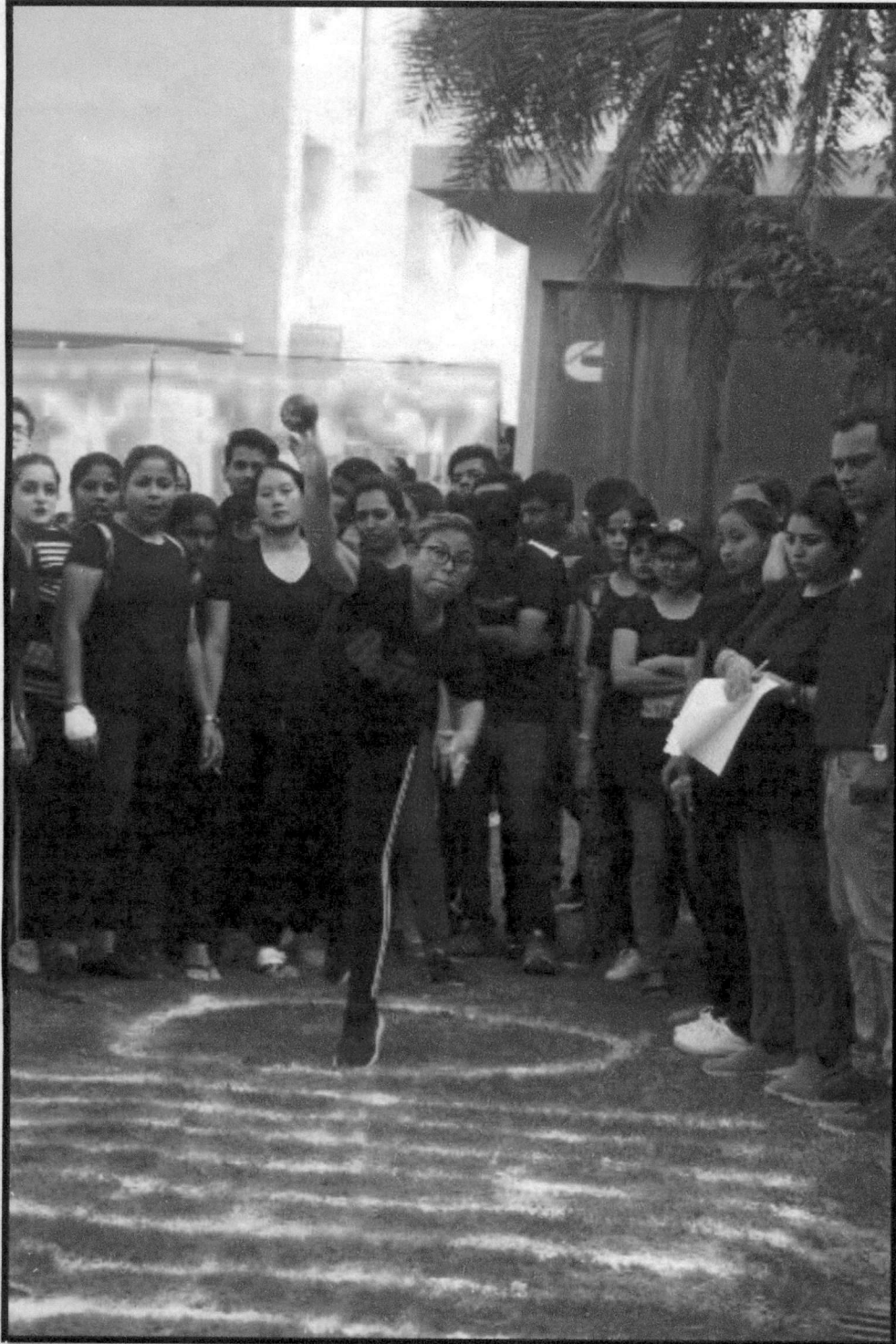


## SHOT PUT- 2019





## SHOT PUT- 2019





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

IPDC/PO/Notice/2019/82A

Date: - 26.8.2019

NOTICE

All the students are here by informed that the "*Independence Day Celebration 2019*" is on 14<sup>th</sup> August 2019. We are organizing debate competition on this day. All the students are hereby instructed to give their names last by 09.08.2019

It is mandatory for all the faculty, Staff members & Students to Participate & attend the event.

Dr. Rahul Paul  
(Principal)

Copy to:

Cc.: Secretary & Jt. Secretary

C.E.O

Manager Administrator

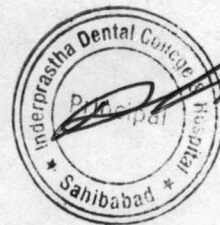
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All Dental Departments

Notice Boards

Girls Hostel

Boys Hostel







## Inderprastha Dental College & Hospital

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

### **REPORT ON INDEPENDENCE DAY COMPETITION**

As India enters its 73<sup>rd</sup> year of freedom from the colonialism, we at Inderprastha Dental College & Hospital, commemorate India's freedom on 15th August with immense pride and joy. On this day, we Indians celebrate our heroes of the freedom struggle and acknowledge their sacrifices for this great nation.

Our students and faculties celebrated this day with great enthusiasm on 14<sup>th</sup> August 2019. The day started off with the flag hoisting and National Anthem being played, followed by dance competition and an extempore by students on the freedom struggle and the country's journey towards greatness.









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

IPDC/PO/Notice/2019/77A

Date: -15.07.2019

NOTICE

All the faculty, Staff members & Students are here by informed that the "Ethos Indoor 2019" is on 9<sup>th</sup> & 10<sup>th</sup> August 2019. Students are hereby instructed to give their names last by 01.08.2019 .The list of events are as follows:

1. Badminton
2. Carom board
3. Chess
4. Table Tennis

It is mandatory for all the faculty, Staff members & Students to Participate & attend the event.

Dr.Rahul Paul

(Principal)

Copy to:

Cc.: Secretary & Jt. Secretary

C.E.O

Manager Administrator

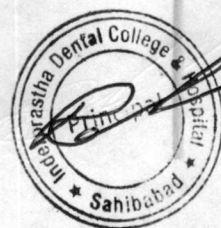
Accounts

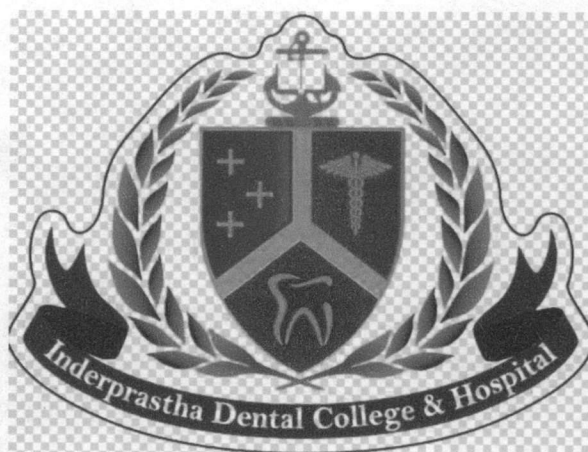
All Dental Departments

Notice Boards

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### **ETHOS 2019**

**This year IPDC organized sports meet for its Undergraduate and postgraduate students and faculty members. Students across all the batches participated with all their skill and talent showing their sporting spirit.**

**Prize distribution ceremony was held for each sporting event where 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> positions were given for both individual and group events. Also, best sportsperson of the year was awarded which was selected amongst all the BDS and MDS batches.**

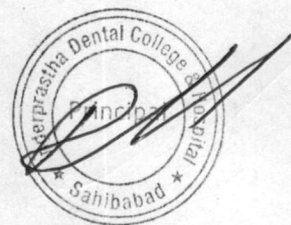
**The event was concluded with concluding note about the well organised sports day which showed the true colours of sportsmanship.**



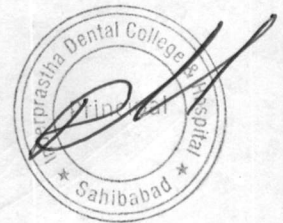
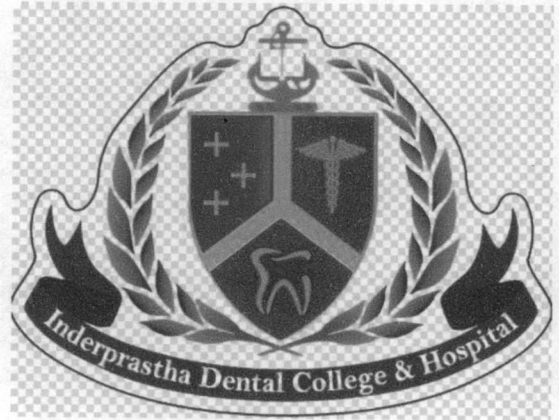
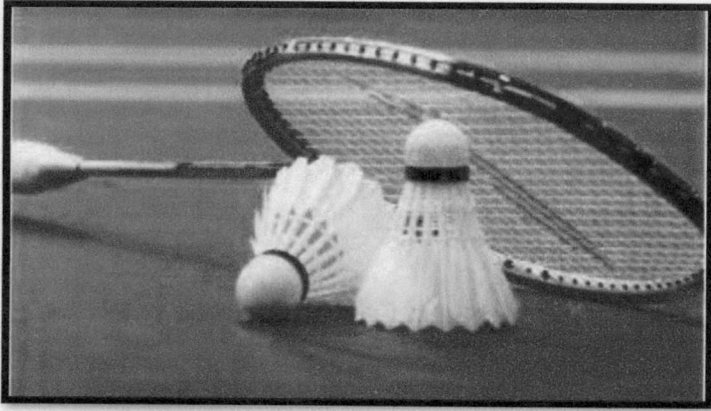


### **GENERAL RULES FOR THE SPORTS DAY FOR ALL**

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- All participants must carry the delegate identity cards at all times.
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- Smoking, consumption of alcohol or any other intoxicant is strictly prohibited with in the college campus. Student found including in any such acts may be asked to leave the venue & disciplinary action may be taken against the college term.
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- Violence, unruly behavior & vandalism of any kind is strictly prohibited.
- Students found including in any of these may face disciplinary action including handed over to the disciplinary committee. The concerned teams may also be disqualified & black – listed.



## BADMINTON-2019





# BADMINTON RULES

## ELIGIBILITY AND PARTICIPATION:

1. Any at least part-time student is eligible to participate
2. AU faculty, staff and their spouses/children are eligible to play
3. Players may be added to rosters during the first week of the season, but not after that.
4. All players must be recorded on the game sheet before they are allowed to participate.

### 1. Teams:

- a. Teams consist of 2 players on the court at one time.

## START OF PLAY

1. Before starting the game, the opponents toss a coin with the winner choosing:

(a) to serve first/to receive first, or

(b) the side

2. In subsequent games, the winning side serves first.

## SCORING SYSTEM

1. A match consists of the best of 3 games of 21 points (games cap at 30 points). Each game

starts at 0-0. If the match goes to the third game that third game will be played to 15.

2. Every time there is a serve – there is a point scored.

a. A rally is won when a shuttle is hit over the net and onto the floor of the opponent's court.

b. A rally is lost if the shuttle is hit into the net, or over the net but outside of the opponent's court. A rally is also lost if the shuttle touches the player's clothing or body, or if it is hit before it crosses over the net.

3. The side winning a rally adds a point to its score.

4. At 20 all, the side which gains a 2 point lead first, wins that game.

5. At 29 all, the side scoring the 30th point, wins that game.

6. The side winning a game serves first in the next game.



## **INTERVAL AND CHANGE OF ENDS**

1. A 2 minute interval between each game is allowed.
2. Teams switch sides at the end of each game.
3. In the third game, teams switch sides when the leading score reaches 8 points.

## **SERVING**

1. The first serve of the game is always made from the right side of the court to the opposite diagonal side. Only the player standing in the proper service court may return the serve.
2. The server must obey laws designed to force underhand delivery of the serve, and the receiver must stand still until the service is struck.
3. Following the serve, players may move anywhere on their side of the net.
4. A player continues to serve (alternating service courts) as long as a player scores points.
5. The service passes consecutively to the players as shown in the diagram (see below).
6. When the score is even, the server serves from the right service court. When it is odd, the server serves from the left court.
7. If the serving side wins a rally, the serving side scores a point and the same server serves again from the alternate service court.
8. If the receiving side wins a rally, the receiving side scores a point. The receiving side becomes the new serving side.
9. The players do not change their respective service courts until they win a point while their side is serving.
10. If the server completely misses the shuttle on the serve the server may re-serve.
11. A serve may not be delivered until the receiver is ready. If the receiver attempts to return the serve, the receiver is to have been considered ready.
12. During the serve, it is a fault if:  
(a) The shuttle is contacted above the server's waist or the racket head is above any part of the hand.  
(b) The shuttle does not fall into the diagonally opposite service court.  
(c) Some part of both feet of the server and receiver are not in contact with the appropriate court until the shuttle is contacted by the server. Touching a line with the foot is considered out of the court.

**\*If players commit an error in the service court, the error is corrected when the mistake is discovered.**





## **GENERAL PLAY**

**1. A shuttle falling on the line is good. Use outside lines all the way around, except for serves**

**where you use the shorter back lines.**

**2. A shuttle which touches and passes over the net is in play (including the serve)**

**3. Faults Include:**

**(a) The shuttle fails to pass over the net or lands outside the boundary line.**

**(b) The shuttle contacts the walls, ceiling, player or player's clothes.**

**(c) The shuttle passes through or under the net.**

**(d) The player touches the net.**

**(e) The player reaches across the net to contact the shuttle (following through across the net is allowed).**

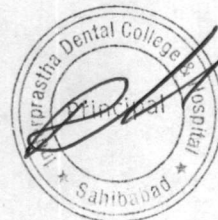
**(f) The shuttle is hit more than once or comes to rest or is momentarily caught on the racquet and thrown.**

**(g) The player obstructs an opponent or invades the opponent's court.**

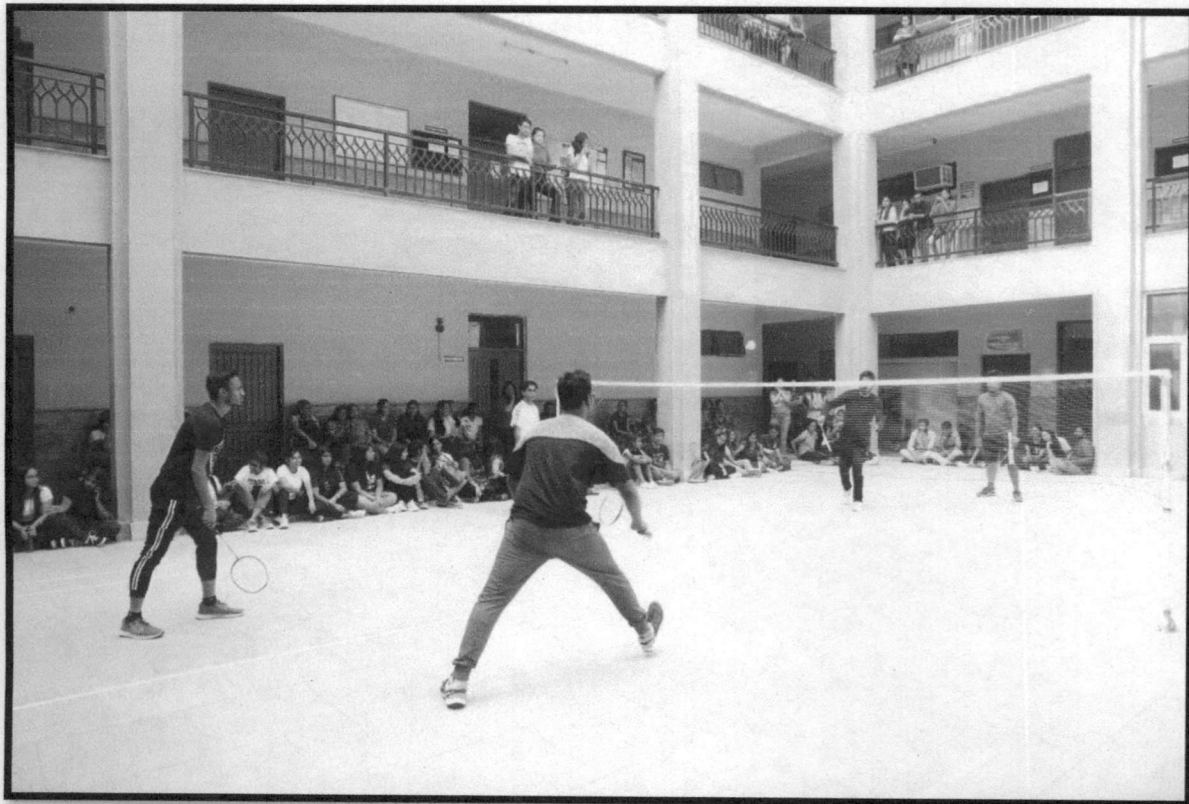
**(h) A player is hit by the shuttle whether the player is standing inside or outside the court boundaries.**

**(i) It is illegal for a player to hold up his/her racquet to block a return at the net. However, he/she may hold it up to protect his/her face or if he/she is returning it from within the appropriate receiving court.**

**4. Any accidental hindrance is considered a "let" and there will be a re-serve. For example, a player or shuttle from another game entering the court.**

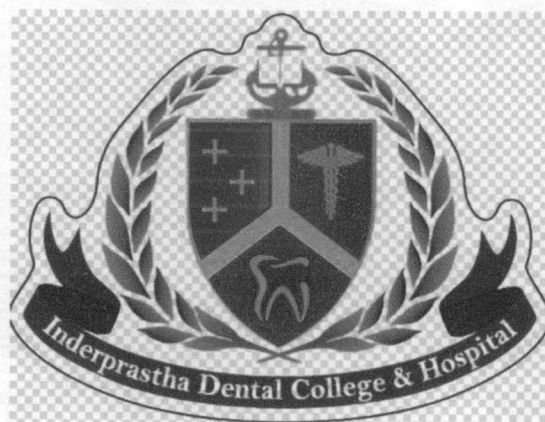
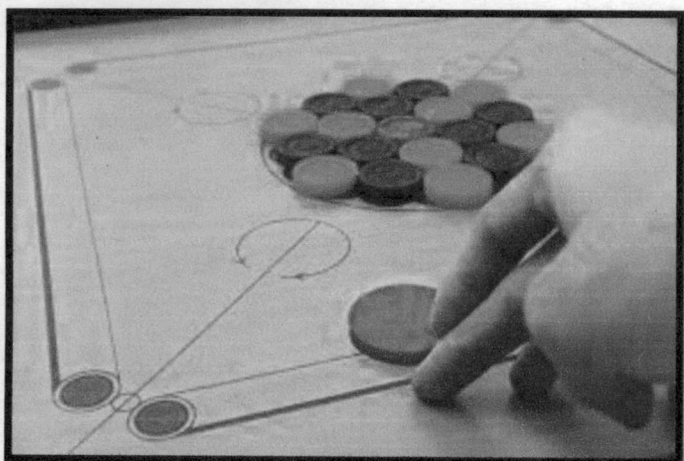


## BADMINTON 2019



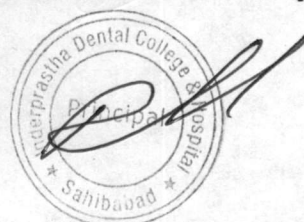


## CARROM-2019



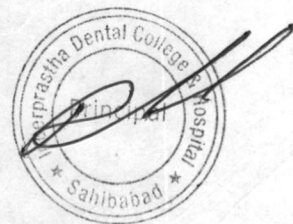
# RULES OF CARROM

1. Two, three or four people can play.
2. In singles, your opponent sits across from you; in doubles, you play opposite your partner.
3. With three, you can play for points (blacks count one, whites count two, the queen counts five.)
4. How to arrange the pieces on the board Line up the double whites to aim 'dead-on' into a corner pocket. Whoever plays first, or breaks, is always white.
5. The object of the game is to sink all of your pieces, using the heavier 'striker', in any of the pockets before your opponent. Your turn continues as long as you keep sinking your pieces - luck shots count and all combinations are permitted.
6. When placing the striker on the board to shoot, the striker must touch both 'base lines' (see left diagram), either covering the red circle completely, or not touching it at all.
7. The striker may not touch the diagonal arrow line.
8. Shooting styles are very personal - whichever 'grip' works for you is fine as long as you 'flick' the striker and don't push it.
9. Generally, it's best to orient your body in order to see the line of your aim while shooting comfortably; you may not move or leave your chair.
10. For forward shots, you can use your index finger, middle finger, or even the 'scissors' shot (right).
11. For 'back-shots' you may only use your thumb or the scissors technique. No part of your body, except your hand, may cross the imaginary diagonal line (wrong in illustration) nor may your elbow protrude over the frame in front of you. Even your feet or knees may not leave your quadrant.

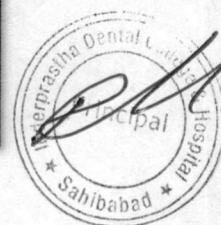
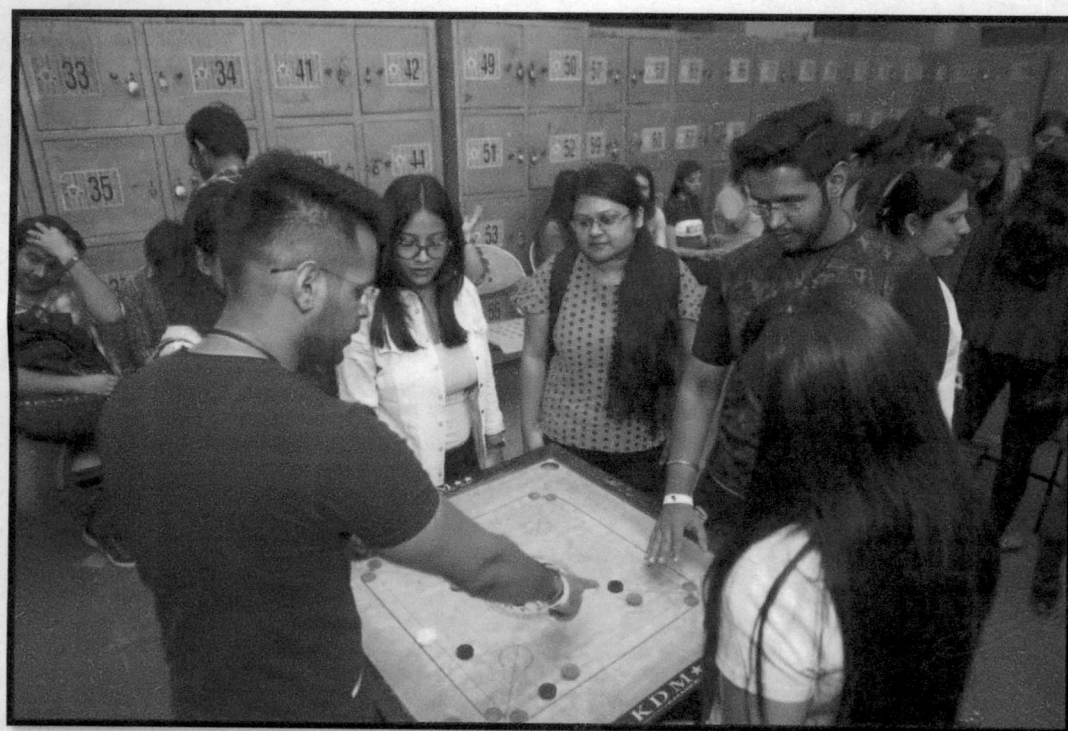
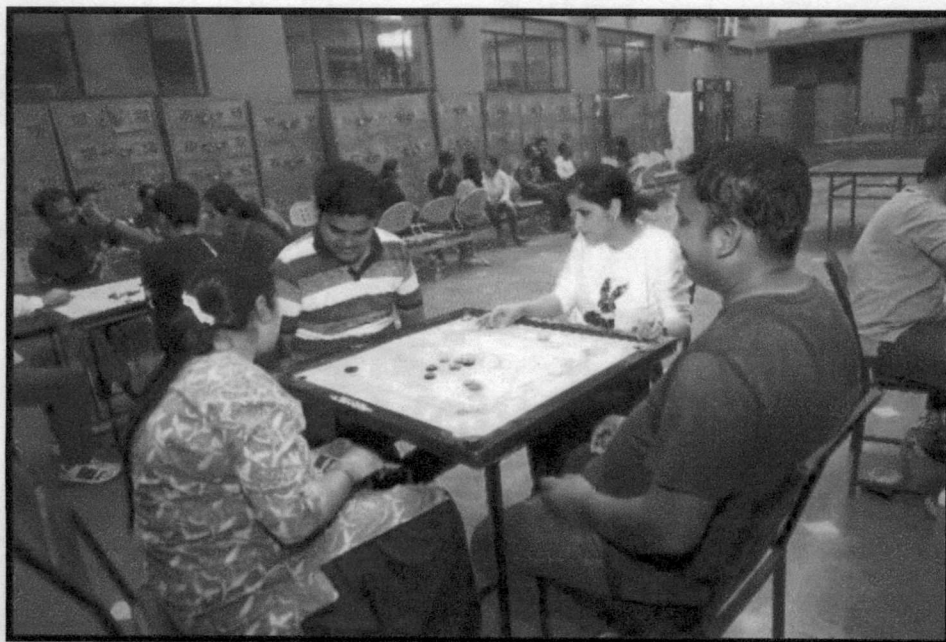




- 12.** The red piece, or 'queen,' can be pocketed at any time after sinking your first piece but must be sunk before your last one. After pocketing the queen, you must sink one of your pieces, thereby 'covering' it, into any pocket in the next shot, or she is returned to the center spot.
- 13.** Once the queen is covered, whoever clears their pieces first wins the 'board'. The winner of a board collects one point for each of the opponent's pieces left at the finish and three points for the queen if covered by the winner (if covered by the loser, no-one gets those points). No more points are collected for the queen after your score reaches 22. A game consists of 25 points or eight boards, whichever comes first.

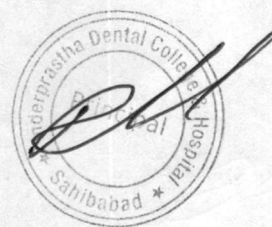
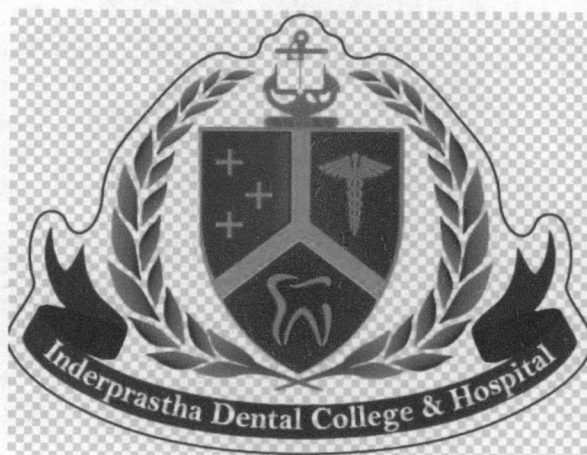


## CARROM-2019





## CHESS-2019



## RULES OF CHESS

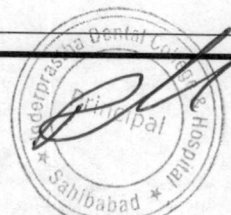
**Terms:** Ranks are the rows of squares that run horizontally on the Game Board and Files are the columns that run vertically. Diagonals run diagonally. Position the Game Board so that the red square is at the bottom right corner for each player. Place the Ivory Play Pieces on the first rank from left to right in order: Rook, Knight, Bishop, Queen, King, Bishop, Knight and Rook. Place all of the Pawns on the second rank. Then place the Black Play Pieces on the board as shown in the diagram.

**NOTE:** the Ivory Queen will be on a red square and the black Queen will be on a black space.

**PLAY:** Ivory always plays first. Players alternate turns. Only one Play Piece may be moved on a turn, except when castling (see description on back). All Play Pieces must move in a straight path, except for the Knight. Also, the Knight is the only Play Piece that is allowed to jump over another Play Piece.

**PLAY PIECE MOVES:** A Pawn moves forward one square at a time. There are two exceptions to this rule: 1. On a Pawn's first move, it can move forward one or two squares. 2. When capturing a piece (see description on back), a Pawn moves one square diagonally ahead. At the beginning of the game, the Pawn is the least valuable Play Piece. But, when a Pawn reaches the other side of the board it can be converted into any Play Piece except for the King. The Knight is the only Play Piece that can jump over another.

**PLAY PIECE.** Knights move three squares at a time: two spaces forward or backward, then one space left or right, or two spaces to the left or right, then one space forward or backward. The move looks like the letter L.





The Knight always ends up landing on a square opposite the color from which it started. Set Up: Front (Head to Head) Prints Pantone 541 Blue The Bishop moves diagonally as many open squares as you like.

The Bishop must remain on the same color square as it started the game on. The Rook moves in a straight line, horizontally or vertically as many open squares as you like. Besides the Queen, the Rook is the next most powerful Play Piece. The Queen is the most powerful of the Play Pieces. The Queen moves in any direction (horizontally, vertically or diagonally) as many open squares as you like. The King is the most important Play Piece, because if it becomes trapped, you'll lose the game. The King moves one square in any direction, as long as it doesn't put itself in Check.

**CHECK:** You are in Check if an opponent's Play Piece is in a position on the board to capture your King. To save your King from Check you must do one of the following: 1. Move the King out of the way of the opponent's Play Piece. 2. Move another one of your Play Pieces to block your opponent. 3. Capture the opponent's Play Piece that is threatening your King.

**CHECKMATE:** When your King cannot be saved from Check, it's called Checkmate and you lost the game. Checkmate means "the King is dead" in Persian. **Capturing:** When you move one of your Play Pieces and it ends on an opponent's Play Piece, you capture it and remove it from the Game Board.



**CAPTURING EN PASSANT:** If a Pawn lands next to an opponent's Pawn after moving two spaces on its first move, it can be captured en passant. The opponent's Pawn, on its next turn only, can be moved diagonally to the space behind the first Pawn, capturing it.

**CASTLING:** This is a special move for the King and either Rook and is the only time two Play Pieces can move on one turn. It helps to protect the King and positions the Rook toward the center of the Game Board. To castle, slide the Rook to the space next to the King. Move the King to the other side of the Rook.

**TO CASTLE:** 1. This must be the first move for both the King and the Rook. 2. No other Play Pieces can be between the King and the Rook. 3. The King can't be in Check, either before or after the castle. 4. The King can't be in Check on any of the spaces that it passes over during the castle. **WINNING:** If you put your opponent's King in Check so he can't escape, call Checkmate... you win!

**TIES:** If neither player can win, players can agree to draw.

**STALEMATE:** If a player's King is not in Check, but any possible move places him in Check, it's a Stalemate.





## CHESS



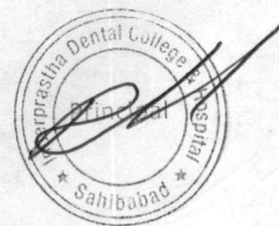
## **RULES OF KABADDI**

- Each team shall consist of no more than 12 players with only 7 taking to the field at any one time.
- Because of the physical nature of Kabaddi, matches are categorized in age and weight categories.
- There are six officials looking after each Kabaddi match. The officials comprise of a referee, a scorer, two assistant scorers and two umpires.
- The duration of the match is two halves of 20 minutes with a half time break of 5 minutes.
- At the start of a Kabaddi match, there is a coin toss with the winner having the choice as to whether to have the first raid or not. In the second half of the match, the team that did not raid first shall begin the second half with a raid.
- To win a point when raiding, the raider must take a breath and run into the opposition's half and tag one or more members of the opposing team and then return to their own half of the pitch before inhaling again.
- To prove that another breath hasn't been taken, the rider must continue to repeatedly yell the word 'Kabaddi'. Failure to do this, even for just a moment means that the rider must return to their own side of the court without points and the opposite team is awarded a point for a successful defense play.
- The team being raided is defending, and the players must prevent the raiders from tagging them and returning back over the halfway line. Whilst in defence, a team may score a point by successfully preventing the raider returning to their own half after tagging them.

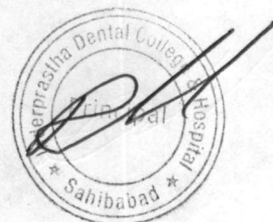
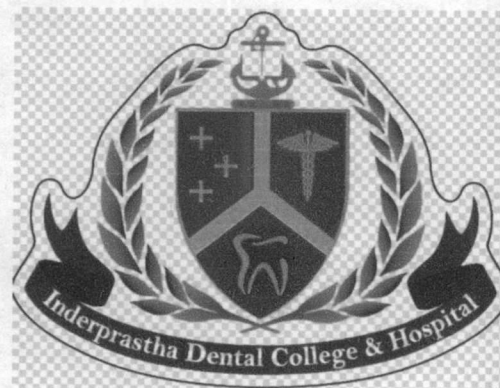
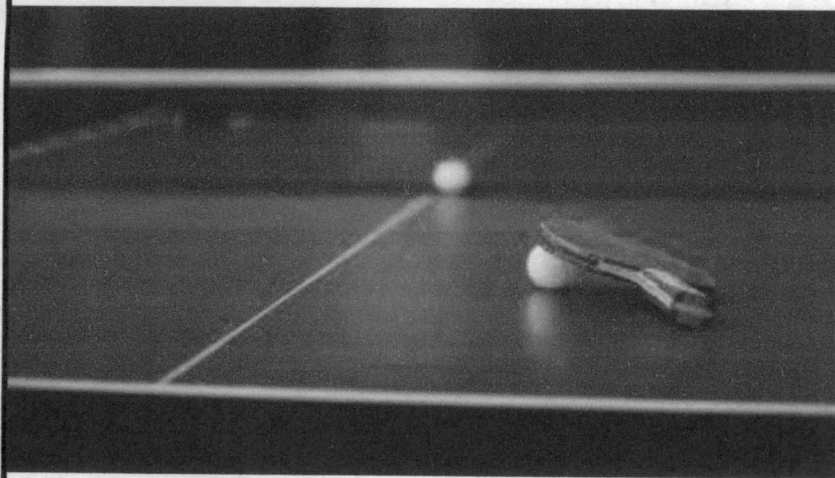




- Raiders may only be grabbed by their limbs or torso, not by their hair, clothes or anywhere else, and defenders are not permitted to cross the centre line.
- Each team will take turns in raiding and defending. Following halftime, the two teams switch sides of the court and the team who defended first in the first half begin the second half by raiding.
- The game continues in this way until the time is up, the team with the most points at the end of the match is declared the winner.



# TABLE TENNIS-2019





# RULES FOR TABLE TENNIS

## Singles Play

### **I. General Rules**

- The choice of playing position at the table and order of service are determined by the toss of a coin. If the winner of the toss prefers to have first choice of playing positions, the opponent then has the choice of whether to serve first or receive first, and vice versa.
- The change of service takes place after 5 points have been scored. A point is normally awarded when the play of a service is concluded. The receiver then becomes the server and the server becomes receiver, and so on, after each 5 points until the end of the game or the score is 20-all. Whenever the score becomes 20-all, the receiver becomes the server and the server the receiver, and so on after each point until the end of the game.
- At the start of a new game, the player who served first in the previous game becomes receiver and the receiver becomes server and so on, alternating after each game.
- The players exchange ends after each game, and if play consists of more than one game, in the deciding game of the match the players change ends when one player reaches a score of 10 points.
- A game is won by the player who first scores 21 points with a 2-point margin.
- A match consists of the best two (2) of three (3) games.



- A good return of a served ball must be struck by the receiver on the first bounce so that it passes directly over or around the net and touches directly on top of the opponent's court.

### III. Points

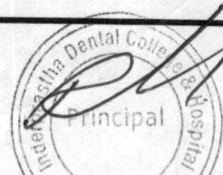
A point is awarded to the opponent in the following circumstances:

- Failure to make a good service, unless a let is declared
- Failure to make a good return of a good service or a good return made by the opponent, unless a let is declared
- If the player, the racquet, or anything that the player wears or carries touches the net or its supports while the ball is in play.
- If the player, the racquet, or any wearing apparel moves the playing surface while the ball is in play or touches the net or its supports
- If the player's free hand touches the playing surface while the ball is in play
- If, after being struck by the opponent, the ball comes in contact with the player or anything the player wears or carries before it has passed over the end lines or sidelines, not yet having touched the playing surface on the player's side of the table.
- If at any time the player volleys the ball – that is before the ball hits the table top – except as provided in Rule A under "Let" (below).

### IV. Let

A let ball, which is then replayed, is called in the following cases:

- If the served ball, in passing over the net, touches it or its supports, if the service would otherwise have been good or volleyed by the receiver.
- If a service is delivered when the receiver is not ready
- If either player is prevented by an accident not under his/her control from serving a good service or making a good return
- If either player gives up a point, as provided in Rules C-G under "Points", owing to an accident not within his/her control





## **V. Scoring**

☐ A point is scored by the side that makes the last successful return prior to the end of a

rally. An unsuccessful return occurs whenever the ball is missed, is hit off the table, sent into the net, or hit onto the player's own half of the court on the return. Failure to make a good serve also scores a point for the opponent unless it is a let.

## **VI. Ball in Play**

The ball is in play from the moment it is projected from the hand in service until one of the following has occurred:

- It has touched one court twice consecutively.
- It has, except in service, touched each court alternately without having been struck by the racquet immediately
- It has been struck by either player more than once consecutively.
- It has touched either player or anything that the player wears or carries.
- It has touched any object other than the net and supports.

## **Doubles Play**

### **I. Good Service**

The service is delivered (as described in Singles), except that it must touch first the right half of the server's court or the centerline on the server's side of the net and then, passing directly over or around the net, touch the right half of the receiver's court or the center line on the receiver's side of the table.



## **II. Choice of Order of Play**

**☐ The team winning a coin toss has the option of choosing:**

- **The choice of ends**
- **The right to receive or serve first**
- **The right to require the losing team to make the first choice**
- **After choice A & B have been made, the other team makes the remaining choice.**

## **III. Order of Service**

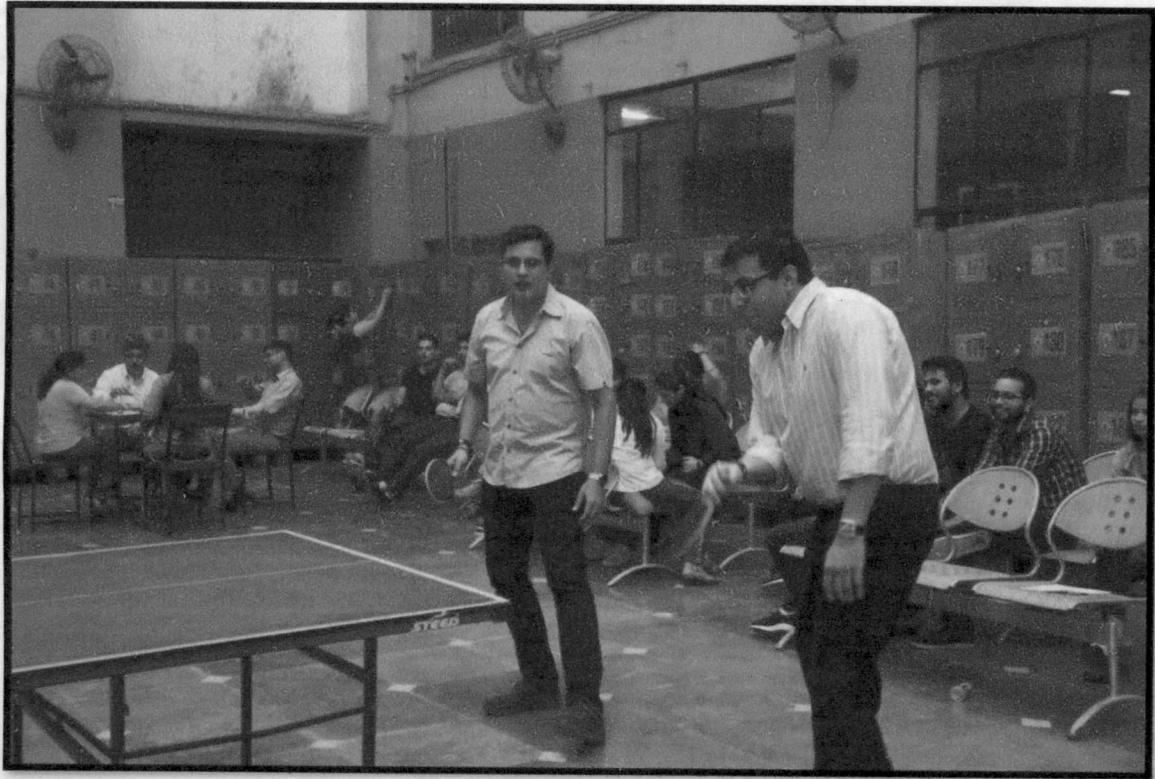
- **The first five services must be delivered by the serving partner (Player 1) of the pair who has the right to do so. The service must be received by the receiving partner (Player 3) of the opposing pair.**
- **The second five services must be delivered by the receiver of the first five services (Player 3) and received by the partner of the server (Player 2) of the first five services.**
- **The third five services must be delivered by the partner of the first five services (Player 2) and received by the partner of the server (Player 4) of the first five services.**
- **The fourth five services must be delivered by the partner of the receiver (Player 4) of the first five services and received by the server (Player 1) of the first five services. ☐ The next five services start over as in Rule A of "Order of Service"**





## TABLE TENNIS 2019









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

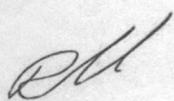
IPDC/PO/Notice/2019/69A

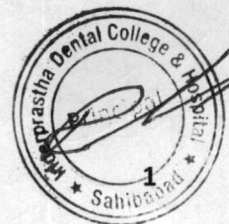
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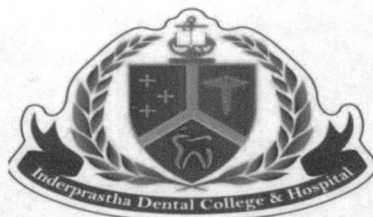
NOTICE

All the students are here by informed that the "**Doctor's Day Celebration 2019**" is on 1<sup>st</sup> July 2019. We are organizing debate competition on this day. All the students are hereby instructed to give their names last by 28.06.2019

It is mandatory for all the faculty, Staff members & Students to Participate & attend the event.

  
Dr. Rahul Paul  
(Principal)  
Copy to:  
Cc.: Secretary & Jt. Secretary  
C.E.O  
Manager Administrator  
Accounts  
All Dental Departments  
Notice Boards  
Girls Hostel  
Boys Hoste



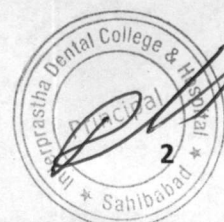


**Inderprastha Dental College & Hospital**  
46/1, Site-IV, Industrial Area, Sahibabad,  
Ghaziabad-201010 (U.P.)

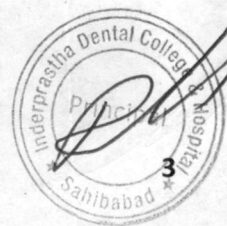
### **REPORT ON NATIONAL DOCTOR'S DAY 2019**

Every year, National Doctor's Day is observed on 1<sup>st</sup> July 2019 to recognize the role and contributions of doctors in people's lives and communities and to thank and acknowledge the doctors of the country for their dedicated services to the patients as well as for their huge contribution to medical advancement in India. The day is celebrated to commemorate the birth and death anniversary of former Chief Minister of West Bengal Dr. Bidhan Chandra Roy. This year the Department of Public Health Dentistry conducted a debate competition for the 4<sup>th</sup> year BDS students and Interns.

At the end of the event, a cake-cutting ceremony was organized and the winners of the competition were awarded by the esteemed Secretary of our college, Mr. Nimish Agarwal, and Principal of the college, Dr. Rahul Paul.









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

IPDC/PO/Notice/2019/50A

Date: -05.04.2019

**NOTICE**

All the students are here by informed that the "*Singing Competition 2019*" is being held on 11<sup>th</sup> May 2019. There will be two categories of singing competition Solo singing & RAP, students can take part in both or individual event. Last date for the Students Registration to participate will end on 01.05.2019.

Dr. Rahul Paul  
(Principal)

Copy to:

Cc.: Secretary & Jt. Secretary

C.E.O

Manager Administrator

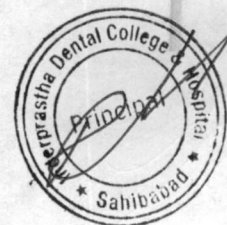
Accounts

All Dental Departments

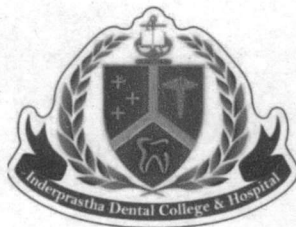
Notice Boards

Girls Hostel

Boys Hostel







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

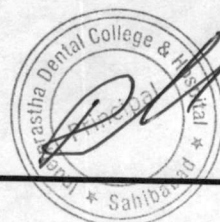
### **REPORT ON SINGING COMPETITION – 2018-19**

Inderprastha Dental College and Hospital organizes singing competition in the college as part of extracurricular activity for the students. Such an event is a platform for the young maestros in the Institution to showcase their tap on the melody. The event consisted of Solo & Rap singing and was an Intra-college event.

The competition was organized batch-wise for all the batches, including Interns and Post-graduate students. This year, the event was organised on **11<sup>th</sup> May 2019** in the college premises at IPDC Greens. The event was organised by the **Chairman, Mr. Nimish Agarwal** and the **Principal of the college, Dr. Rahul Paul**. Further, the duties were given to various staff members of dental college by creating an organising team and also co-ordinators for the teams for the event.

The organising team includes:

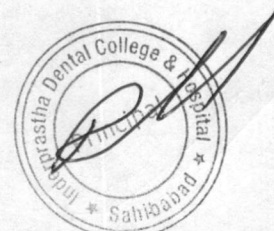
- 1. Dr. Vikram Blaggana - Organizing Chairperson**
- 2. Dr. Kalyani Bhargava - Organizing Secretary**
- 3. Dr. Kannu Sharma – Event Coordinator**
- 4. Dr. Shivangi Tyagi – Event Coordinator**



# SOLO SINGING



No. of participants	1
Coordinator	Dr. Kannu Sharma:7248046826 Dr. Shivangi Tyagi: 9999317858
Event	Solo singing
Duration	Maximum 3 minutes
Rules	<ol style="list-style-type: none"><li>1. Karaoke/background music is not allowed.</li><li>2. Song selection should be non-communal-not favouring any particular religion or sect</li><li>3. Songs with any vulgar lyrics will be immediately disqualified.</li><li>4. The event will be judged on the basis of voice quality, rhythm and fluency.</li></ol>

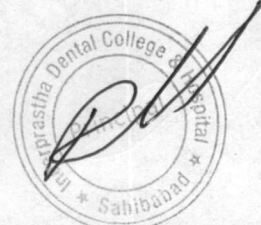




# RAP SINGING

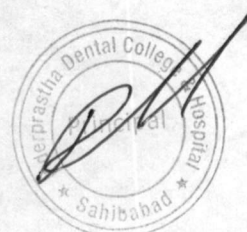


No. of participants	Minimum 1 to maximum 4
Coordinator	Dr. Kannu Sharma: 7248046826 Dr. Shivangi Tyagi: 9999317858
Event	Rap singing
Duration	Maximum 4 minutes
Rules	<ol style="list-style-type: none"><li>1. Karaoke/background music is not allowed.</li><li>2. Beatboxing is allowed.</li><li>3. Lyrics should be non-communal-not favouring any particular religion or sect</li><li>4. Lyrics should not promote any sort of obscenity or vulgarity.</li><li>5. Participants who are abusive or offensive towards any particular person, organization, religion or sect and are in any way deemed unsuitable by the judges will be immediately disqualified.</li><li>6. The event will be judged on the basis of lyrics, rhythm, fluency, presentation and coordination.</li></ol>



**LIST OF COLLEGES PARTICIPATED**

COLLEGES NAME
Inderprastha Dental College And Hospital
Sharda University, School Of Dental Sciences, Gr. Noida
Subharti Dental College, Meerut
Faculty Of Dental Sciences, PDM University, Bahadurgarh
Sudha Rastogi Dental College, Faridabad
ESIC Dental College, Rohini, N.Delhi
ITS Dental College, Murad Nagar and Gr. Noida
Shree Bankey Bihari Dental College, Ghaziabad
Manav Rachna Dental College, Faridabad
Institute Of Dental Sudies & Technology, Modinagar
Kantidevi Dental College, Mathura
SGT Dental College, Gurgaon







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

IPDC/PO/Notice/2019/42A

Date: - 06.03.2019

NOTICE

All the students are here by informed that the "**Dance Competition 2019**" is being held on 30<sup>th</sup> March 2019. There will be two categories of dance competition group dance & solo dance, students can take part in both or individual event.. Last date for the Students Registration to participate will end on 22.03.2019.

Dr. Rahul Paul  
(Principal)

Copy to:

Cc.: Secretary & Jt. Secretary  
C.E.O

Manager Administrator

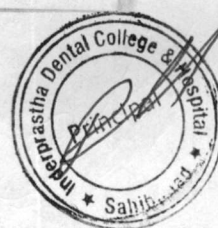
Accounts

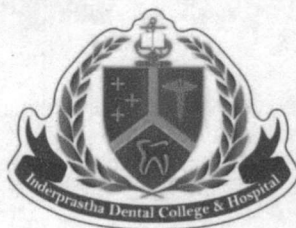
All Dental Departments

Notice Boards

Girls Hostel

Boys Hostel





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

### **REPORT ON TAAL - The Dance Off - 2018-19**

Inderprastha Dental College and Hospital organizes Dance competition in the college “Taal – The Dance Off” as part of extracurricular activity for the students. It provides an opportunity for the students to showcase their talents and at the same time take a break from the tedious academic schedule and refresh their minds. The event consisted of Solo & Group dances and was an Intra-college event.

The competition was organized batch-wise for all the batches, including Interns and Post-graduate students. This year, the event was organised on **30<sup>th</sup> March 2019** in the college premises at IPDC Greens. The event was organised by the **Chairman, Mr. Nimish Agarwal** and the **Principal of the college, Dr. Rahul Paul**. Further, the duties were given to various staff members of dental college by creating an organising team and also co-ordinators for the teams for the event.

The organizing team included

- 1. Dr. Vikram Blaggana - Organizing Chairperson**
- 2. Dr. Kalyani Bhargava - Organizing Secretary**
- 3. Dr. Preeti Sharma – Event Coordinator**
- 4. Dr. Prerna Taneja Mathur – Event Coordinator**

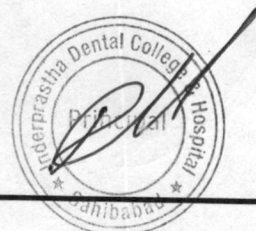




## GROUP DANCE



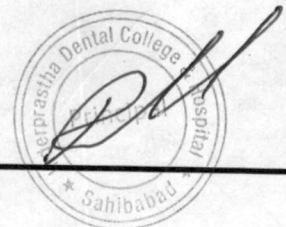
No. of Students	Group
Coordinator	Dr. Preeti Sharma, Mobile: 7838833853 Dr. Perna Taneja Mathur, Mobile: 9953727626
Event	Group dance
No of participants	Minimum 8 and Maximum 12
Duration	Minimum 3 mins and maximum 10mins
<b>Rules</b>	<ol style="list-style-type: none"> <li>1. Obscenity, vulgarity and wardrobe malfunction of any sort will lead to automatic disqualification.</li> <li>2. No explicit gestures, comments and movements</li> <li>3. Each performance music file must contain its own track and be labeled.</li> <li>4. All music must be submitted 30 mins prior to start of competition.</li> <li>5. Every college is advised to bring own props and music in mp3 format (in pen drive in case of virus CD backup should be there )</li> <li>6. Dancers must be ready to perform 30mins prior to scheduled time.</li> <li>7. Any personal belongings, costumes or dance apparel left behind at the competition will not be our responsibility.</li> <li>8. A team which fails to perform during its allotted slot will not be given second chance.</li> <li>9. Use of props allowed.</li> <li>10. The event will be judged on the following criteria: Creativity, Music, Stage Presence, Team Work, Energy, Choreography, Synchronization, Costume, Crowd Response</li> </ol>



# SOLO DANCE



No. of participants	1
Coordinator	Dr. Preeti Sharma: 7838833853 Dr. Purna Taneja Mathur: 9953727626
Event	Solo dance
Duration	3-4 minutes
<b>Rules</b>	<ol style="list-style-type: none"> <li>1. Obscenity, vulgarity and wardrobe malfunction of any sort will lead to automatic disqualification.</li> <li>2. Each performance music file must contain its own track and be labeled.</li> <li>3. All music must be submitted 30 mins prior to start of competition.</li> <li>4. Every student is advised to bring own props and music in mp3 format (in pen drive in case of virus CD backup should be there).</li> <li>5. Dancers must be ready to perform 30mins prior to scheduled time.</li> <li>6. Any personal belongings, costumes or dance apparel left behind at the competition will not be our responsibility.</li> <li>7. An individual which fails to perform during its allotted slot will not be given second chance.</li> <li>8. Use of props is allowed.</li> <li>9. The event will be judged on the following criteria: Creativity, Music, Stage Presence, Team Work, Energy, Choreography, Synchronization, Costume, Crowd Response</li> </ol>







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

IPDC/PO/Notice/2019/10A

Date: -14.01.2019

**NOTICE**

All the Faculty, Staff Members and students are here by informed that the "*Cricket Competition 2019*" is on 22<sup>nd</sup> & 23<sup>rd</sup> February 2019. Students are hereby instructed to give their names last by 15.02.2019.

It is mandatory for all the staff members & Students to attend the event.

Dr. Rahul Paul  
(Principal)

Copy to:

Cc.: Secretary & Jt. Secretary

C.E.O

Manager Administrator

Accounts

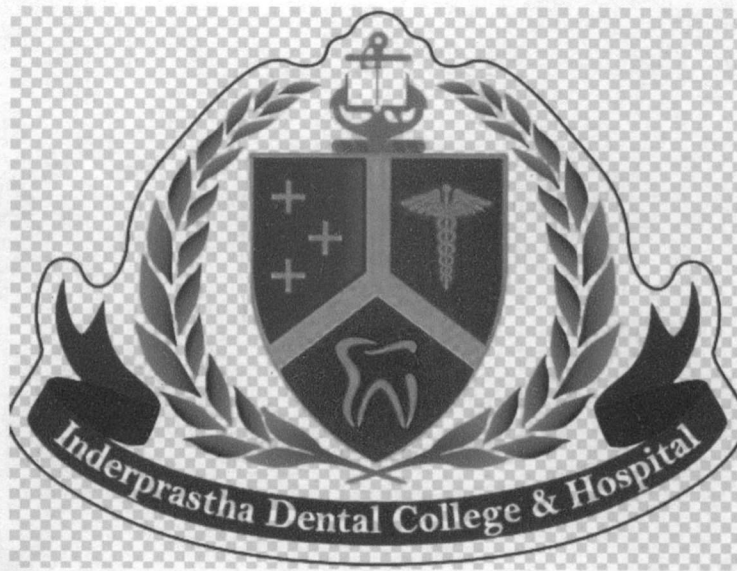
All Dental Departments

Notice Boards

Girls Hostel

Boys Hostel

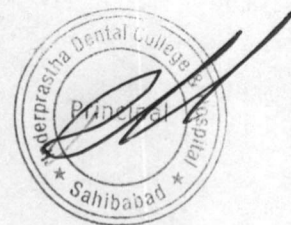




#### **IPDC CRICKET CUP**

**IPDC organized Cricket Cup involving participants across all the years of BDS and MDS batches and Faculty members. The tournament had separate events for males and females. the winner were awarded with trophies. Also among females and males best Crickter of the year was selected .**

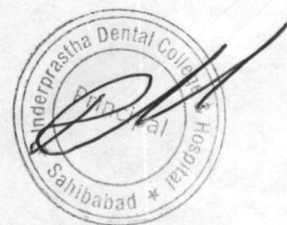
**The event was concluded with concluding note about the well organized sports day which showed the true colors of sportsmanship.**



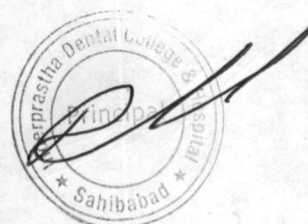
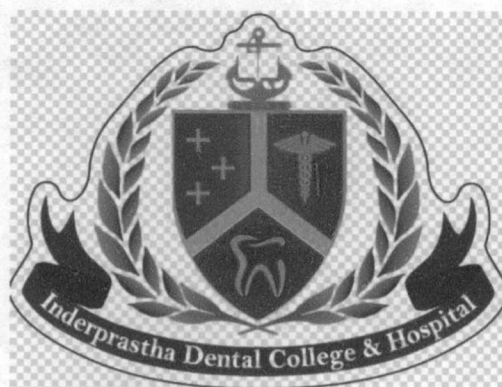


## **GENERAL RULES FOR THE SPORTS DAY FOR ALL**

- Any cultural / Sports event would be cancelled in case of inadequate entries
- All participants must carry the delegate identity cards at all times.
- Participants must report 30 minutes prior to the events at the venue.
- Each college should have a faculty in – charge for both on stage & off – stage events. Any changes made regarding the time & the venue of the event, on or before the day of performance will be informed to that in charge.
- Smoking, consumption of alcohol or any other intoxicant is strictly prohibited within the college campus. Student found including in any such acts may be asked to leave the venue & disciplinary action may be taken against the college term.
- Possession of arms, ammunition or any objectionable article inside the college campus is strictly prohibited. Students found including in any such article will be handed over to the local police.
- Violence, unruly behavior & vandalism of any kind is strictly prohibited.
- Students found including in any of these may face disciplinary action including handed over to the disciplinary committee. The concerned teams may also be disqualified & black – listed.



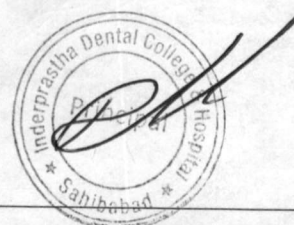
# CRICKET 2018



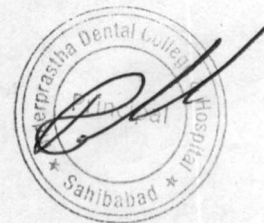


## **RULES FOR CRICKET**

1. **Cricket is played between two teams each made up of eleven players. (Sometime in junior competitions you will find 8 player teams).**
2. **Games comprise of at least one innings where each team will take turns in batting and fielding/bowling.**
3. **The fielding team will have a bowler bowl the ball to the batsman who tries to hit the ball with their bat.**
4. **The fielding team tries to get the batsmen out by:**
  - **Hitting the wickets with the ball when bowling**
  - **Catching a batsman's shot on the full**
  - **Hitting the batsman's leg in front of the wicket (LBW)**
  - **Or hitting the wickets before the batsmen can run to the other end of the pitch**
5. **The batmen try to score as many runs as possible before getting out by:**
  - **Hitting the ball and running between the wickets and making it to the other end before the fielders can hit the wickets with the ball. Each time you run one full length of the pitch it equals 1 run.**
  - **Hitting the ball to the boundary along the ground is 4 runs.**
  - **Hitting the ball over the boundary on the full equals 6 runs.**
6. **The fielding team must get 10 batsmen out before they can change over and start batting.**
7. **The aim of the game is to score as many runs as possible before the fielding team takes 10 wickets. The team with the most runs wins.**

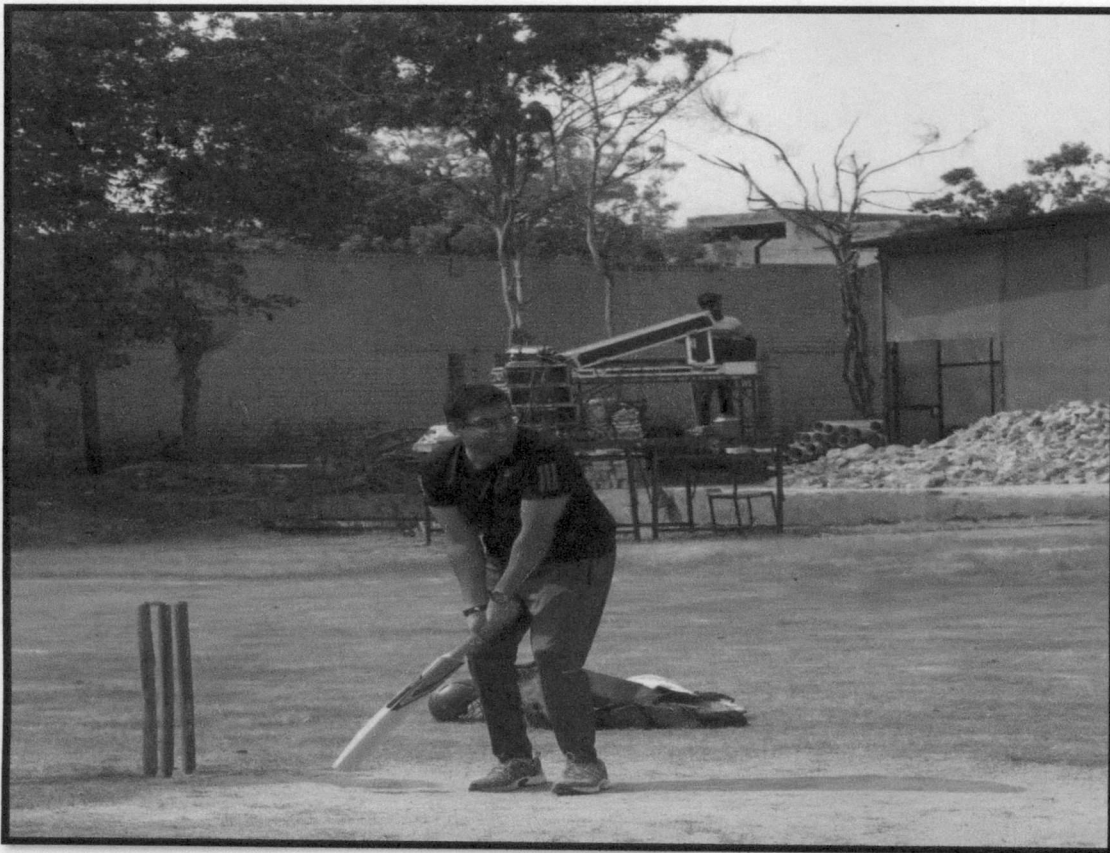


8. The ball must weigh between five and six ounces;
9. The stumps must be 22 inches (560 mm) high with a six-inch (152 mm) bail;;
10. The no ball is the penalty for overstepping, which means the hind foot going in front of the bowling crease (i.e., in direct line of the wicket);
11. The popping crease is exactly 3 feet ten inches before the bowling crease;
12. Various means of "it is out" are included;
13. hitting the ball twice and obstructing the field are emphatically out following experiences in the 17th century;
14. The wicket-keeper is required to be still and quiet until the ball is bowled;
15. Umpires must allow two minutes for a new batsman to arrive and ten minutes between innings (meal and rain breaks presumably excepted);
16. The umpire cannot give a batsman out if the fielders do not appeal;
17. The umpire is allowed a certain amount of discretion and it is made clear that the umpire is the "sole judge" and that "his determination shall be absolute"

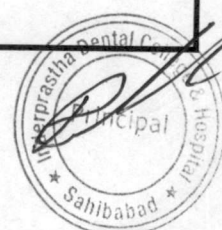
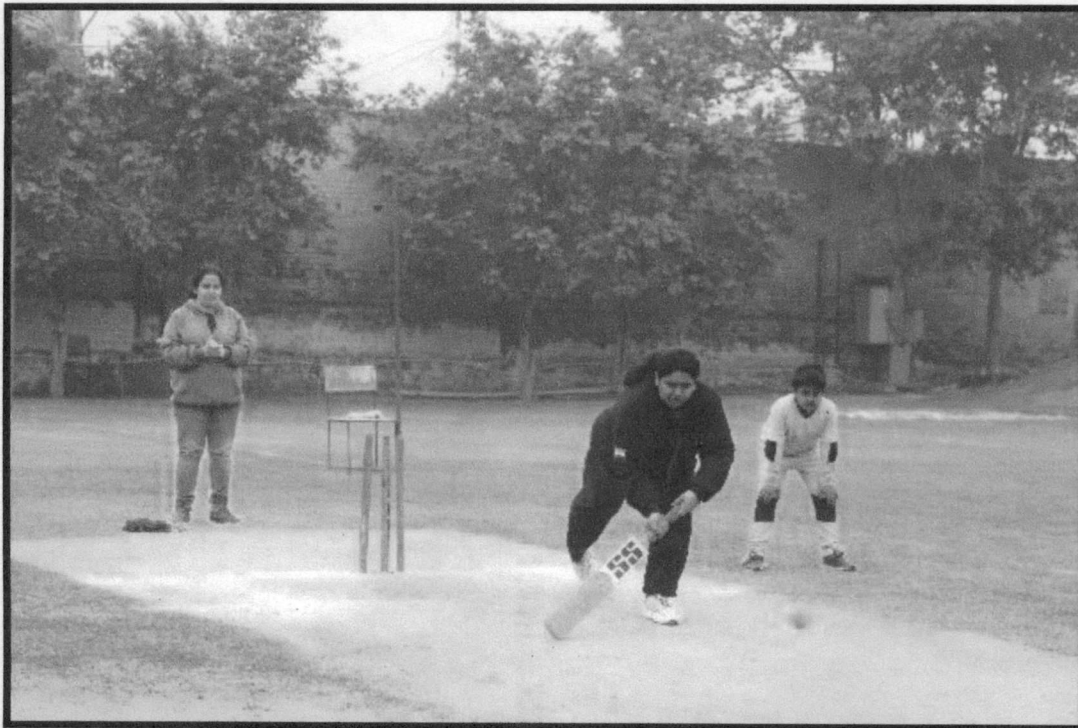




## CRICKET-2018



## CRICKET-2018









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

IPDC/PO/Notice/2019/7A

Date:11 .01.2019

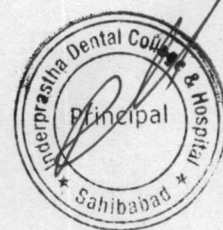
**NOTICE**

All the students are here by informed that the "*Chanakya Hub-2019*" is being held on 5<sup>th</sup> February 2019. The lists of events are as follows:

1. Innovative Soap Carving
2. Creative Wire bending
3. Anatomical rangoli
4. Photo montage

Last date for the Students Registration to participate will end on 31.01.2019.

Dr.Rahul Paul  
(Principal)  
Copy to:  
Cc.: Secretary & Jt. Secretary  
C.E.O  
Manager Administrator  
Accounts  
All Dental Departments  
Notice Boards  
Girls Hostel  
Boys Hostel







**Inderprastha Dental College & Hospital**  
**46/1, Sahibabad Industrial Area Site 4, Sahibabad,**  
**Ghaziabad, Uttar Pradesh 201010**

### **REPORT ON CHANAKYA HUB – 2018-19**

Every year, **Inderprastha Dental College and Hospital** celebrates fest in the college. Fests, considered to be an integral part of college life which includes various events where students catch up with friends, showcase their talents and above all, chill out! It takes months of preparations to conduct one major fest. The name given to the fest was **CHANAKYA HUB 2018-19**

This year it was organised on **5<sup>th</sup> February 2019** in college premises. The whole programme was organised by the **Chairman, Mr Nimish Aggarwal** and **Principal of the college, Dr Rahul Paul**. Further, the duties were given to various staff members of dental college by creating an organising team and also co-ordinators teams for various events. The organising team includes:

1. **Dr. Vikram Balaggana - Organizing Chairperson**
2. **Dr. Kalyani Bhargava - Organizing Secretary**
3. **Dr. Geetika Arora- Event Coordinator**
4. **Dr. Rishabh Kapoor - Event Coordinator**
5. **Dr. Vandana Gulia – Event Coordinator**

Each department has given title to their department events which includes:

1. **Carve-O-Mania**
2. **Loop-O-Dontics**
3. **Anatomical Rangoli**
4. **Photo Montage**

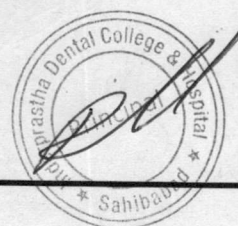
It was an Inter-college competition and almost all the dental colleges in station and out station were invited and participated for the same. After each event, the prizes were distributed on the spot by the Judges of the particular Events.



### CARV-O-MANIA

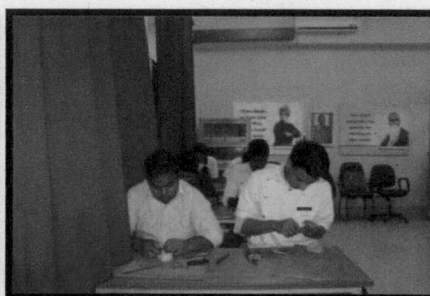
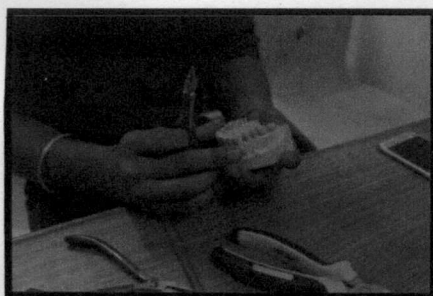


Item	Description
No. of Students	Individual
Coordinator	<b>Dr Ritika- 9717308580</b> <b>Dr Dipanshu-9013190478</b>
Event	Soap Carving on Theme of Dentistry; student can choose their own artistic expression.
Material to be brought by participants	<ol style="list-style-type: none"><li>1. Carving Instruments</li><li>2. Muslin Cloth</li><li>3. Lacron Carver</li><li>4. Mackintosh Sheet</li><li>5. Decorative Items as per your own need</li></ol>
We shall provide following materials	Soap and Plastic Bags
Duration	60 minutes

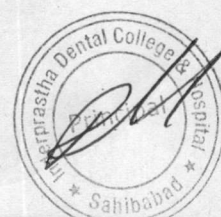




### LOOP-O-DONTIC



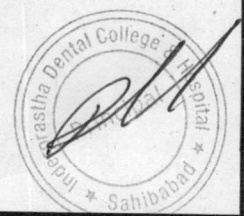
Item	Description
No. of Students	Individual
Coordinator	<b>Dr Sidhant -9456260317</b> <b>Dr Deepti- 9212794482</b>
Event	Creative wire bending contest.
Materials to be brought by Participants	1. Adams plier 2. Universal plier 3. Marking pencil 4. Hard wire cutter 5. Stainless steel wire
Duration	30 minutes
Rules	1. Each participant has to bring their own set of instruments and wires.



### ANATOMICAL RANGOLI



Item	Description
No. of Students	3 per team
Coordinator	Dr. Anu Khera, Mobile: 9871096875
Event	Anatomy and Physiology diagrams
Duration	1 hour
Materials to be brought by the participants	Any material is allowed used for rangoli.
We shall provide following materials	<ol style="list-style-type: none"><li>1. Light Cure Unit</li><li>2. Wire (for splinting)</li></ol>
Rules	<ol style="list-style-type: none"><li>1. Stencils are Not Allowed.</li><li>2. Creativity and originality along with neat and sharp demarcation of margins.</li><li>3. Ability to explain the theme.</li></ol>





### PHOTO MONTAGE



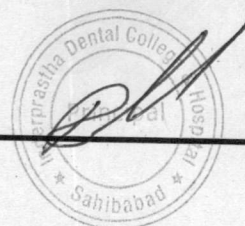
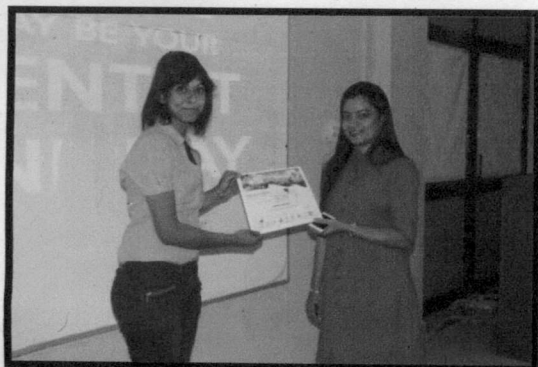
Item	Description
No. of Students	2 per team (each college 1 team)
Coordinator	Dr. Geetika, Mobile :09999710686 Dr. Ruchi, Mobile : 9818685065
Event	Oral health collage making
Duration	30 minutes
Topics	Select any one topic for collage making:  1. Helping your patient to quit tobacco 2. Dental education and improving oral health
Rules	2. No mobile or internet means would be allowed 3. Negative marking for exceeding time limit 4. No printout should be used
Materials to be brought by the participants	1. Regular size Chart paper 2. Cutouts from newspaper and magazines 3. Glue, scissor, sketch pens, markers, colours



### LIST OF COLLEGES PARTICIPATED

COLLEGES NAME
Inderprastha Dental College And Hospital
Sharda University, School Of Dental Sciences, Gr. Noida
Faculty Of Dental Sciences, PDM University, Bahadurgarh
Sudha Rastogi Dental College, Faridabad
ESIC Dental College, Rohini, N.Delhi
ITS Dental College, Murad Nagar
Shree Bankey Bihari Dental College, Ghaziabad
Manav Rachna Dental College, Faridabad
Institute Of Dental Sudies & Technology, Modinagar
Kantidevi Dental College, Mathura
SGT Dental College, Gurgaon

### AWARDS CEREMONY







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

IPDC/PO/Notice/2018/ 92A

Date: - 12.12.2018

NOTICE

All the Faculty ,Staff members & Students are here by informed that the "*Fun Games- 2018*" is on 14<sup>th</sup> January'2019. The list of events are as follows:

1. Tug of war
2. Dart Game
3. 3-Legged Race
4. Musical Chair
5. Ludo

It is mandatory for all the Faculty, staff members & Students to attend the event.

Dr.Rahul Paul  
(Principal)

Copy to:

Cc.: Secretary & Jt. Secretary

C.E.O

Manager Administrator

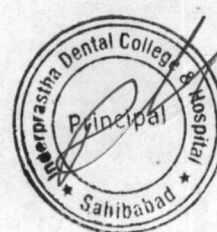
Accounts

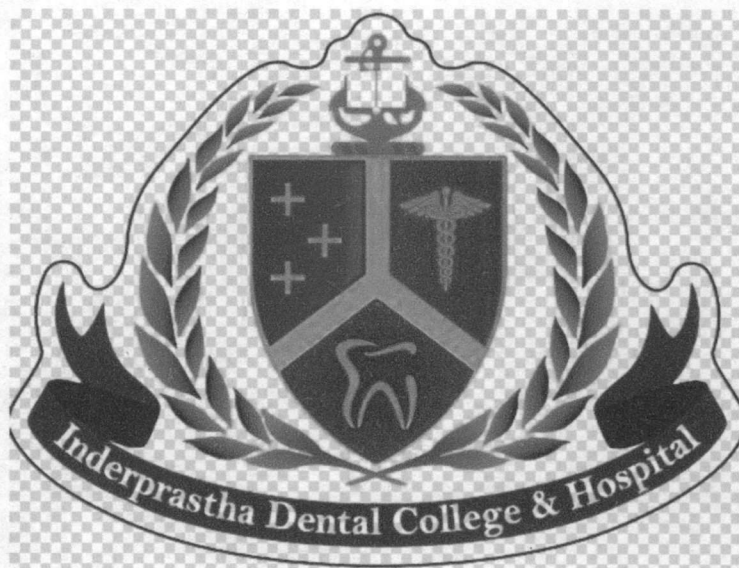
All Dental Departments

Notice Boards

Girls Hostel

Boys Hostel





### FUN ZONE 2018

#### **MERRIER THE MIND MERRIER THE BODY**

To ease out from the busy schedules fun games werw also conducted at IPDC. Main highlight of the event was a game of tug of war between faculty members and students. Prize distribution ceremony was held for each sporting event where 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> positions were given for both individual and group events. Also, best sportsperson of the year was awarded which was selected amongst all the BDS and MDS batches.

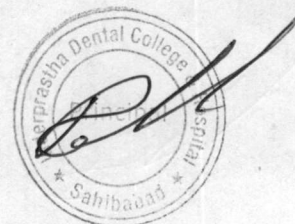
The event was concluded with concluding note about the well organized event which showed the true colors of sportsmanship.



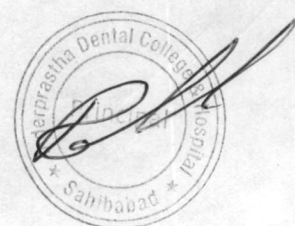
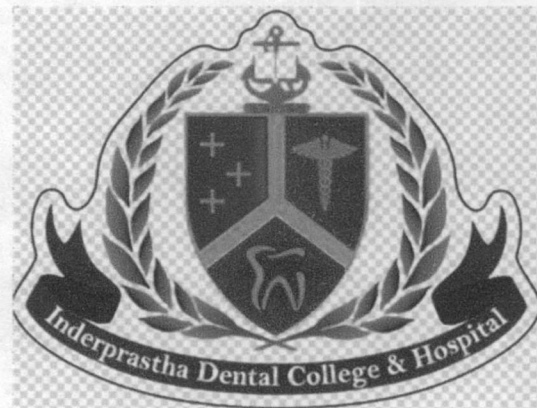
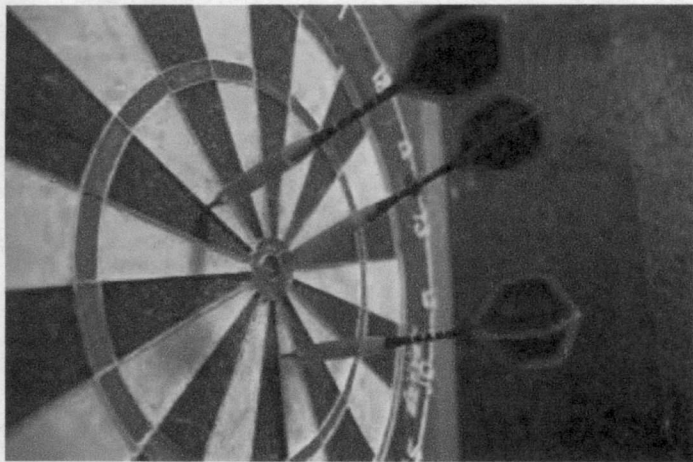


## **GENERAL RULES FOR THE SPORTS DAY FOR ALL**

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# DART 2018





# RULES FOR DART GAME

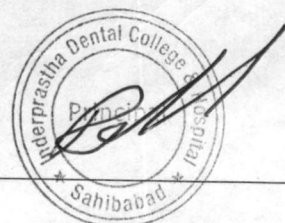
- A good dartboard
- A set of three darts, either soft-tipped or steel-tipped.
- A safe, well lit place to play.

## Dartboard Measurements

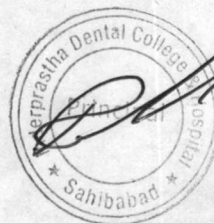
The standard international dartboard is known as the "clock" board. The standard dartboard measurement is 18 inches in diameter and has 20 numbered, pie-shaped segments of equal size, plus the bull's-eye. Each numbered segment has a double ring on the outside perimeter of the scoring area and an interior triple ring (which count as double and triple of that number respectively). The bull's-eye has an outer bull area (also known as the single bull, which scores 25) and an inner bull (also known as a double bull's-eye, which scores 50)

## Dart Board Regulations

- Dart Board Height: 5 feet. 8 inches from floor to the center of the bull's-eye.
- Distance from front of the dartboard to the throwing line:  
Steel Tip: 7 feet 9 1/4 inches, Soft Tip: 8 feet 0 inches. To mark the throw line a simple piece of tape will suffice. Major tournaments, however, use a "hockey" which is a thin raised strip of wood approximately 1 1/2 inches high (see image diagram below).
- Mounting: Flush to the wall - not leaning like a picture - with the 20 at the top.

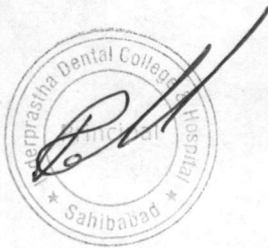
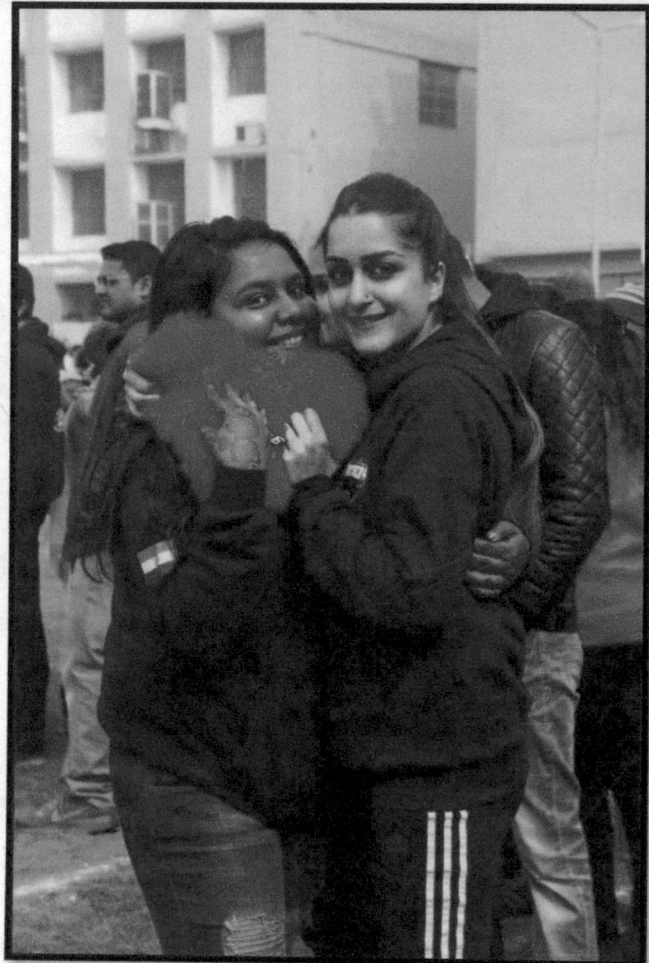


- **Location:** Since darts often bounce out of the dartboard, never put a dartboard up near windows or breakables or where anyone could walk between the throwline and the dartboard. Also, if you have a hard floor, such as concrete or wood, you may want to consider getting a dart mat.
- The dart scoreboard should be mounted to left or the right of the dart board for easy access.

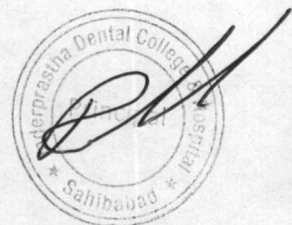
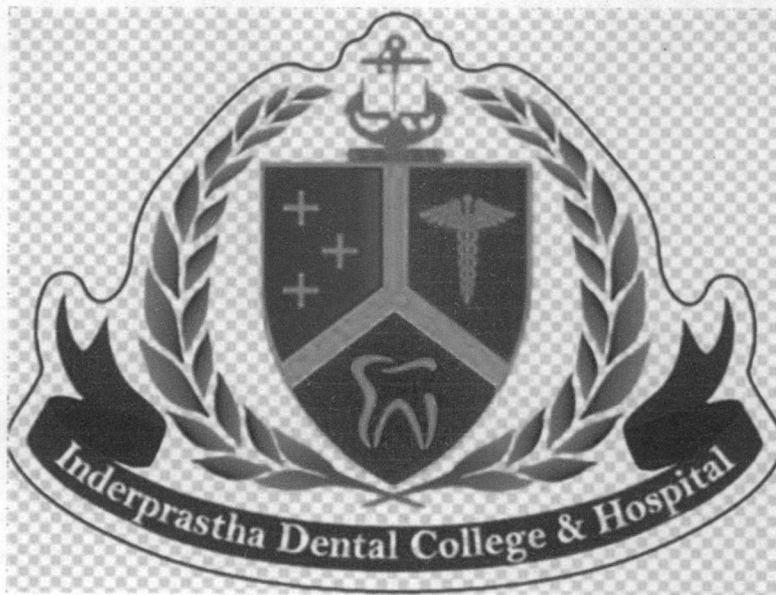




## DART GAME-2018



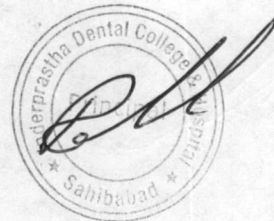
# TUG OF WAR



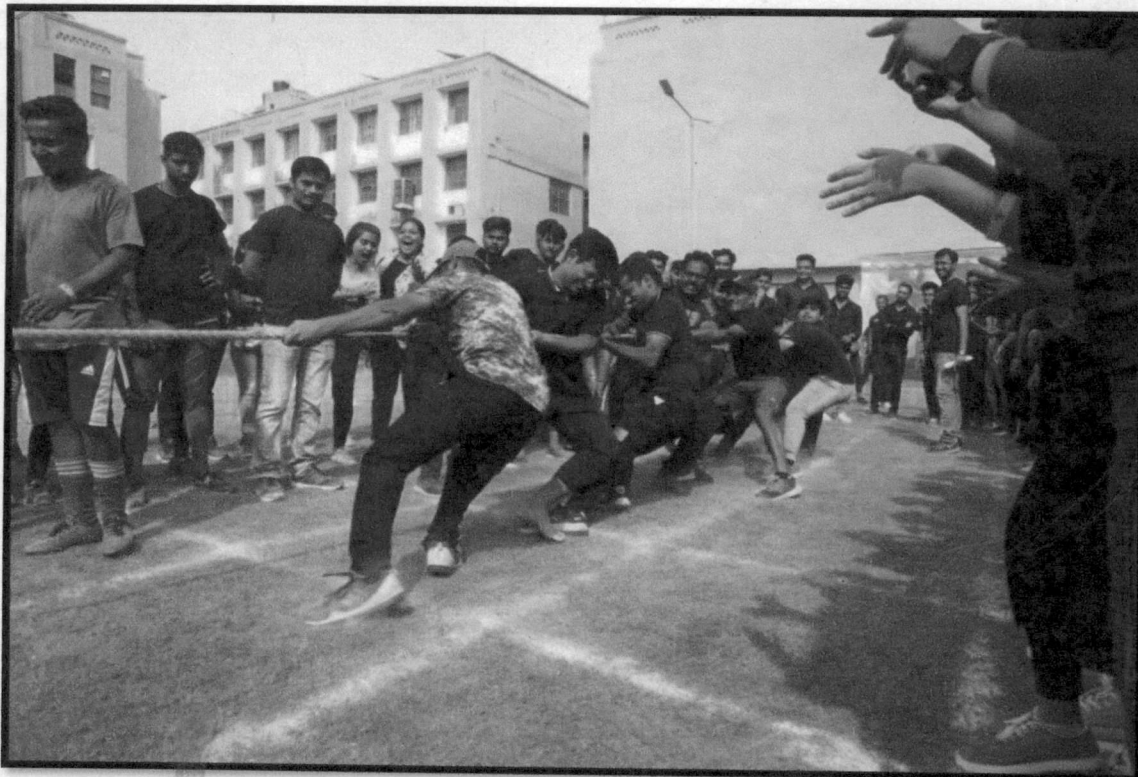


## TUG OF WAR

- Each team in a Tug of War competition consists of eight people.
- There are various weight classifications in Tug of War, and the mass of the eight people combined must not weigh more than that determined by the category that they are placed in.
- The rope used should be of a circumference of approximately 11 cm and should be marked in the middle with a centre line as well as two marks that should be placed 4m from the centre line.
- At the start of the pull, the centre line of the rope should be immediately above line marked on the ground.
- Both teams pull the rope, the winner being the team who manage to pull the mark on the rope closest to their opponents over the centre line.
- The rope must be pulled underarm and nobody's elbow must go below the knee, otherwise a foul will be called.
- Matches are often a best of three pull, the winner winning two out of the three pulls.

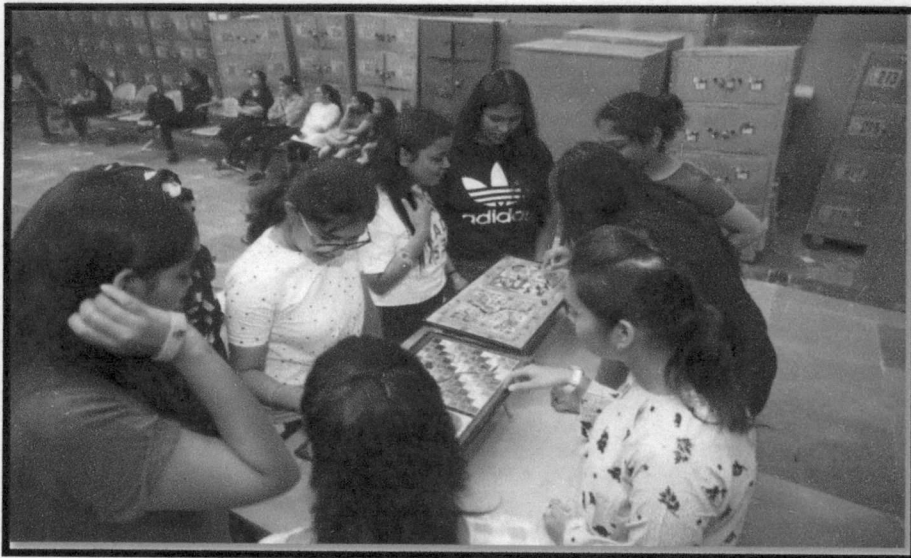


## TUG OF WAR-2018

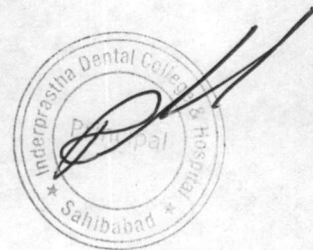


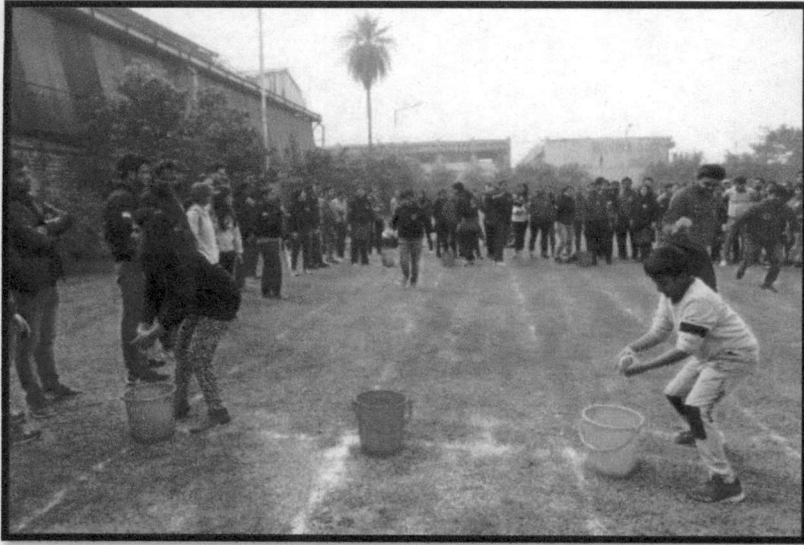


**LUDO -To ease the competitive feeling and make the environment stress free and friendly, fun games are also conducted.**



**LUDO**

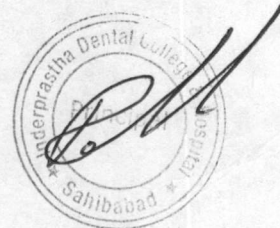




**FILL THE BUCKET**



**MUSICAL CHAIR**







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

IPDC/PO/Notice/2018/72B

Date: -01.10.2018

NOTICE

All the Faculty, Staff Members and students are here by informed that the "**Ethos Outdoor 2018**" is an Inter college competition which is going to held on 16<sup>th</sup> & 17<sup>th</sup> November 2018. Students are hereby instructed to give their names last by 26.10.2018 .The list of events are as follows:

1. Kabbadi
2. Kho Kho
3. Volley ball

It is mandatory for all the faculty, Staff members & Students to Participate & attend the event.

Dr.Rahul Paul  
(Principal)

Copy to:

Cc.: Secretary & Jt. Secretary

C.E.O

Manager Administrator

Accounts

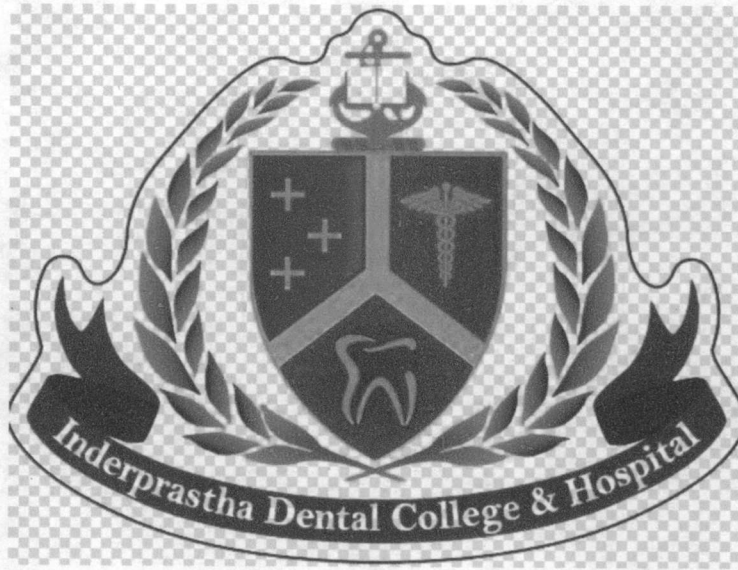
All Dental Departments

Notice Boards

Girls Hostel

Boys Hostel





### ETHOS OUTDOOR 2018

This year IPDC organized sports meet for its Undergraduate and postgraduate students and faculty members. Students across all the batches participated with all their skill and talent showing their sporting spirit. All kinds of sporting events were held such As Kabaddi, Throw Ball, Fun Races and Kho Kho. All the boys and girls from all the batches participated in all events alike.

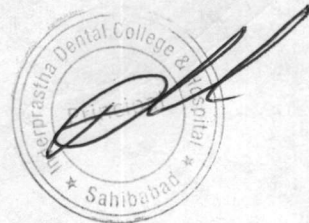
The event was concluded with concluding note about the well organized sports day which showed the true colors of sportsmanship.



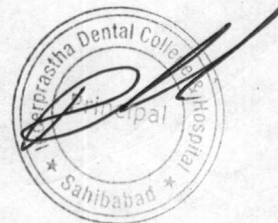
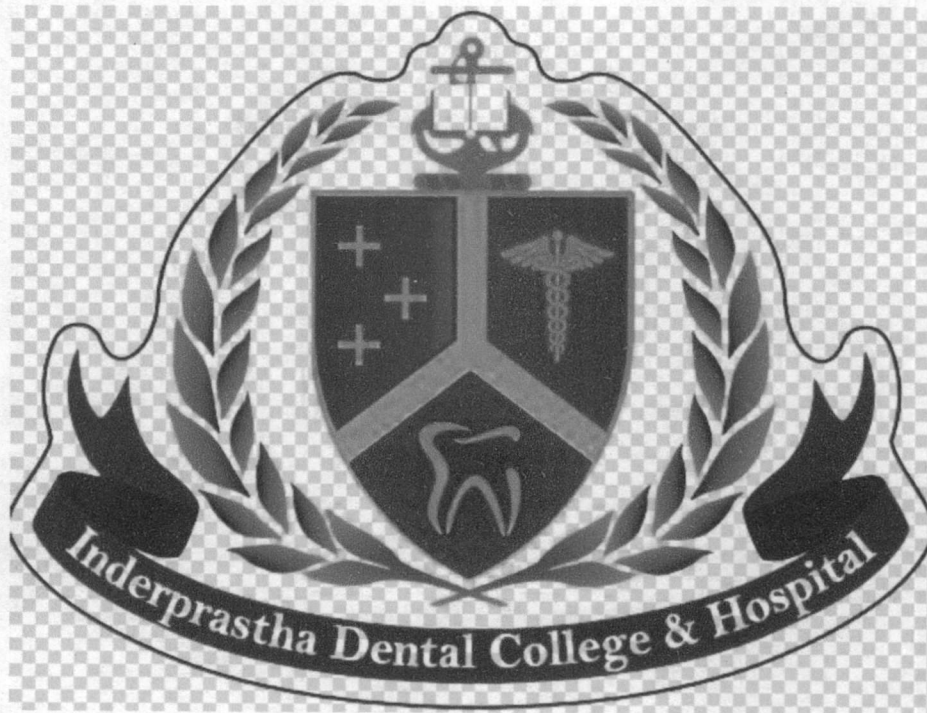


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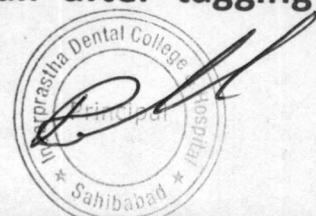
# KABADDI 2018



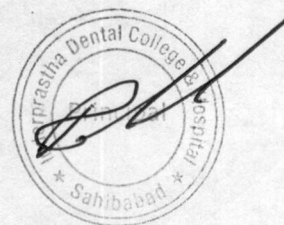


## RULES OF KABADDI

- Each team shall consist of no more than 12 players with only 7 taking to the field at any one time.
- Because of the physical nature of Kabaddi, matches are categorized in age and weight categories.
- There are six officials looking after each Kabaddi match. The officials comprise of a referee, a scorer, two assistant scorers and two umpires.
- The duration of the match is two halves of 20 minutes with a half time break of 5 minutes.
- At the start of a Kabaddi match, there is a coin toss with the winner having the choice as to whether to have the first raid or not. In the second half of the match, the team that did not raid first shall begin the second half with a raid.
- To win a point when raiding, the raider must take a breath and run into the opposition's half and tag one or more members of the opposing team and then return to their own half of the pitch before inhaling again.
- To prove that another breath hasn't been taken, the rider must continue to repeatedly yell the word 'Kabaddi'. Failure to do this, even for just a moment means that the rider must return to their own side of the court without points and the opposite team is awarded a point for a successful defense play.
- The team being raided is defending, and the players must prevent the raiders from tagging them and returning back over the halfway line. Whilst in defense, a team may score a point by successfully preventing the raider returning to their own half after tagging them.



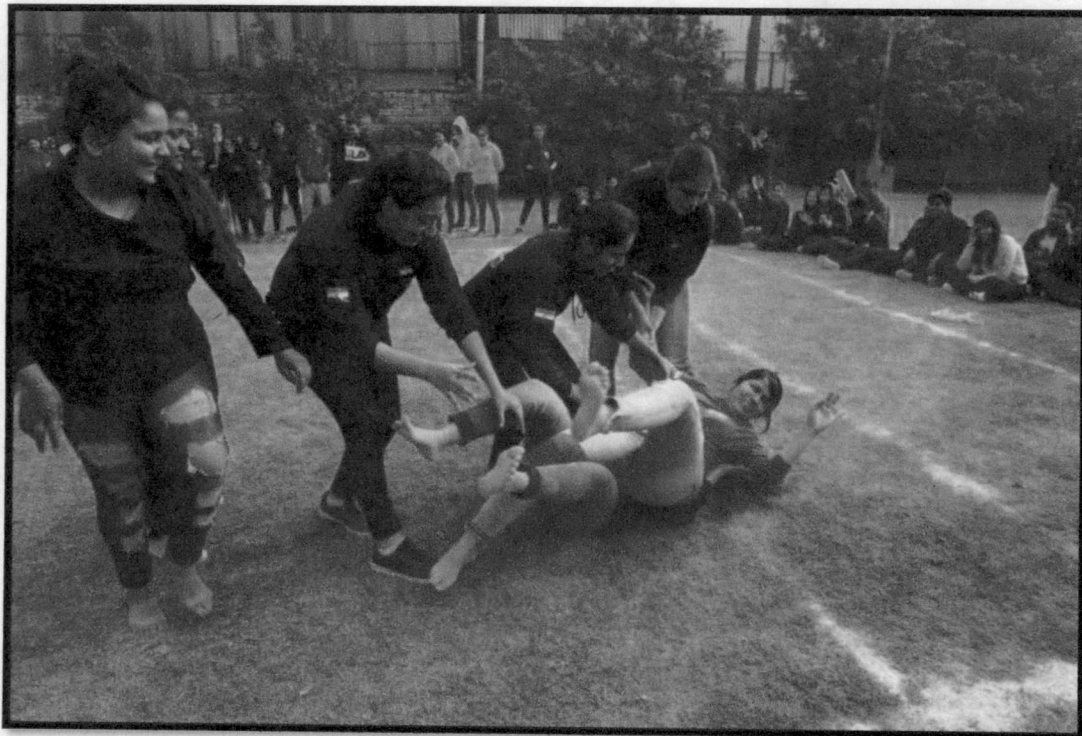
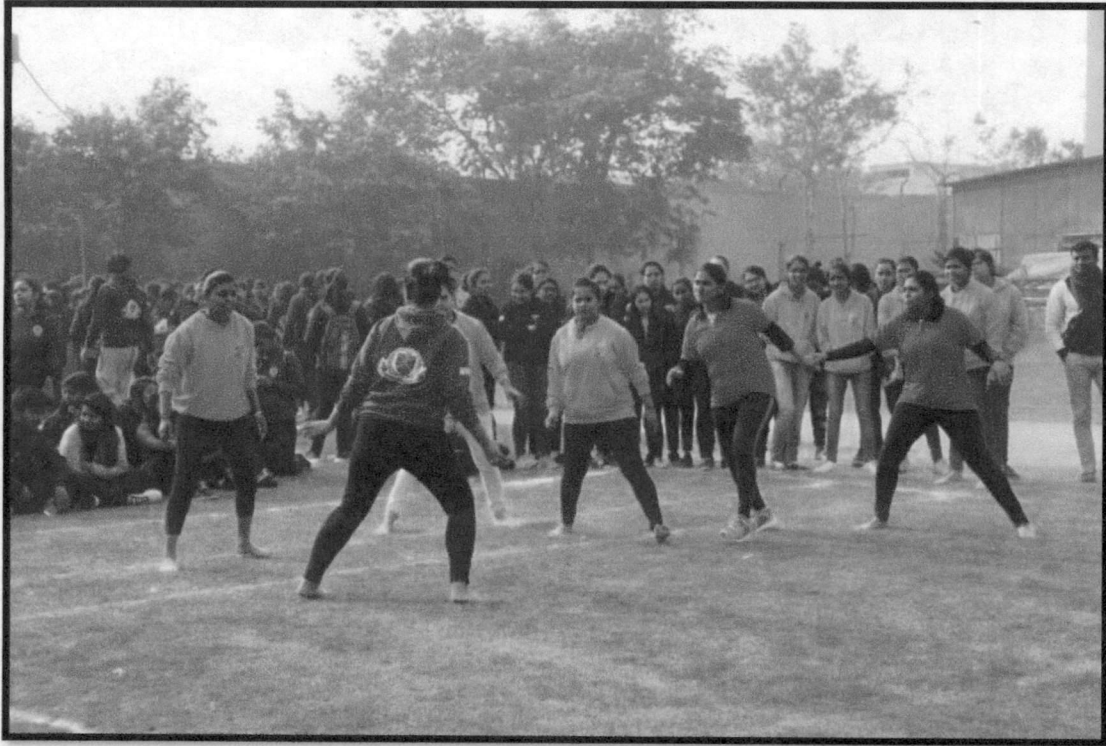
- Raiders may only be grabbed by their limbs or torso, not by their hair, clothes or anywhere else, and defenders are not permitted to cross the centre line.
- Each team will take turns in raiding and defending. Following halftime, the two teams switch sides of the court and the team who defended first in the first half begin the second half by raiding.
- The game continues in this way until the time is up, the team with the most points at the end of the match is declared the winner.



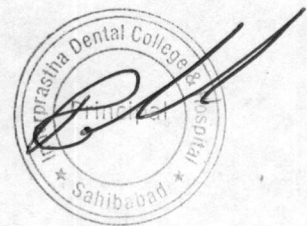


## KABADDI-2018

### GIRLS-

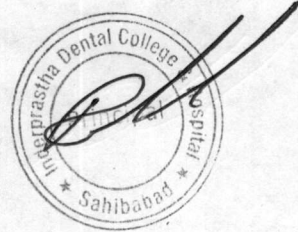
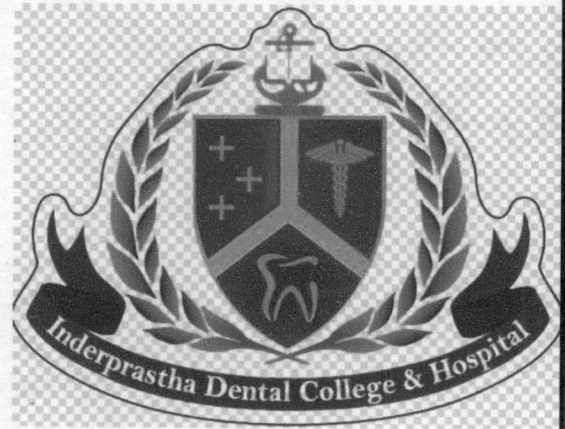


## KABADDI-2018





# KHO KHO 2018



## **RULES OF KHO-KHO**

### **1. Duration:**

**(a) Each side consists of 9 players.**

**(b) An innings will consist of chasing and running turns which will be of 7 minutes duration each. Every match will consist of two innings.**

**(c) An interval of 5 minutes is allowed after an inning and 2 minutes break is allowed between two turns.**

**2. The side of the chasers scores one point for putting out each runner.**

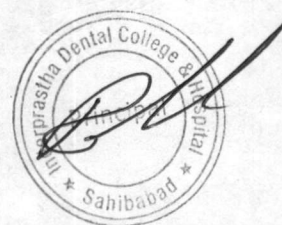
**3. The chaser or the runner has the option to end the turn before the expiry of the allotted time.**

**4. The captain of the team which wins the toss will have the choice of chasing or running.**

**5. At the commencement of the game the eight chasers (players sitting in the squares) will sit in the squares facing opposite directions. No adjacent chasers should face in the same direction. The 9th chaser will stand at either of the posts.**

**6. The runners will fix and coordinate their entry serially with the scorer.**

**7. With the commencement of the game three runners are to get inside the court. As soon as a runner is put out the next three runners must enter the field before "kho" is given. If a runner fails to enter the field, he/she is given out.**





**8. A runner goes out of the game by the following means:**

- (a) If touched by a chaser.**
- (b) If she/he fails to enter the field when a runner is given out.**
- (c) If she/he touches the seated chasers twice or after receiving a warning for similar infringement.**

**9. Rules for the chasers:**

- (a) "Kho" is to be given from behind a sitting chaser and it is to be said loudly.**
- (b) The seated chaser shall not get up without getting "kho".**
- (c) An active chaser shall not recede to give "kho".**
- (d) An active chaser shall sit down immediately after giving "kho".**
- (e) After getting "kho" the sitting chaser becomes active and follows the direction he is facing.**
- (f) An active chaser is not to cross the centre line.**
- (g) She/He is to take the direction that was initially taken by her/him to the M or N posts.**
- (h) When an active chaser leaves a post, he/she shall go in the direction of other post remaining on the side of the centre line which he/she was facing before leaving the post.**
- (i) Chasers are not to obstruct runners while being seated.**
- (j) The face (shoulder line) of an active chaser must be in a direction he/she has taken. He/She shall not turn his/her face. He/She is only allowed to turn his/her face parallel to the centre line.**
- (k) If a foul is committed by an active chaser she/he will be directed to go in the opposite direction of her/his chaser as indicated by the umpire and if a runner is put out by this act she/he will not be given out.**
- (l) When an active chaser lets go his/her hold of the post or goes beyond the rectangles he/she is known as leaving the post.**



### **Scoring in Kho Kho**

The side of the chasers scores 1 point for putting out each runner. If one team scores 9 points more than the other team, the winning team may ask the losers to chase without losing their option to chase afterwards. A substitute shall be allowed to replace an injured player at the discretion of the referee.

### **Officials in Kho Kho**

The officials in the Kho Kho game are the ones who manage the entire game so that it proceeds according to the rule, are:

**Two Umpires:** They supervise the game in their respective halves, divided by the centre line. A foul is indicated by continuous short whistles till the foul is corrected. An "out" is declared by a short whistle.

**Referee:** The referee helps the umpires and gives the final decision in case of any difference between them and amongst the players.

**Time-keeper:** The Time-keeper keeps the record of time and hands it over to the scorer at the end of an innings. The turn is usually started by blowing the time-keeper's whistle: one long and one short. The end of the turn is indicated by a long whistle.

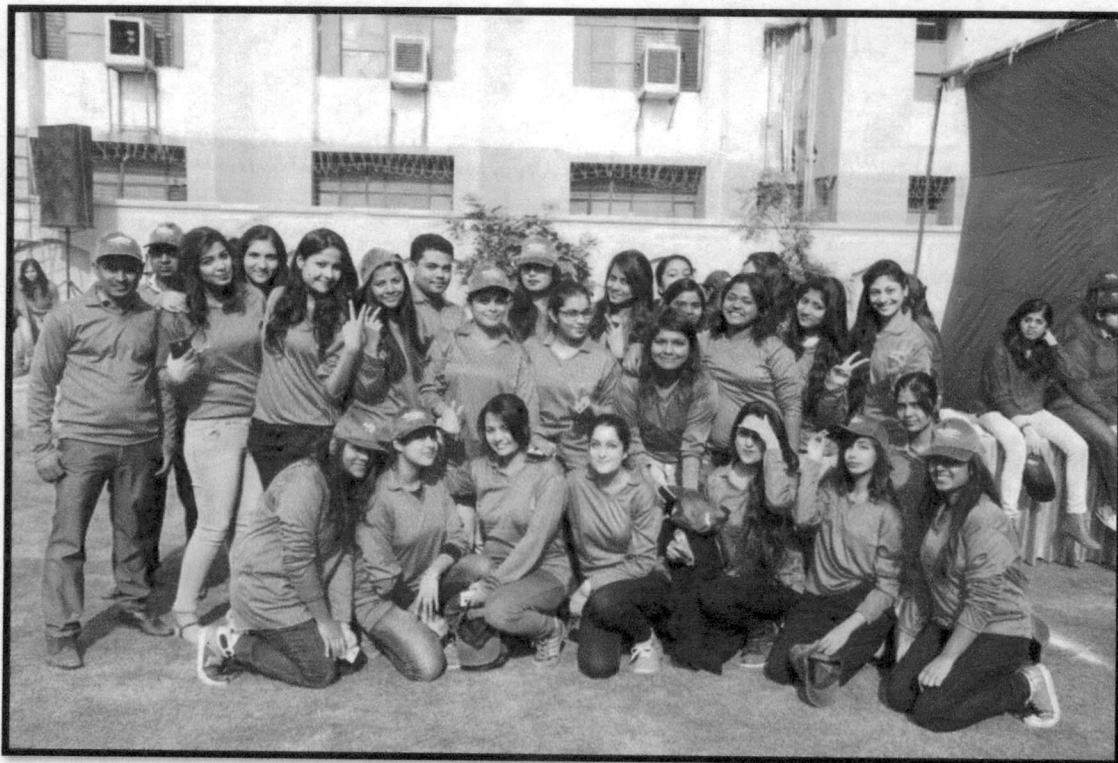
**Scorer:** The scorer keeps a record of runners who are out and makes them sit.

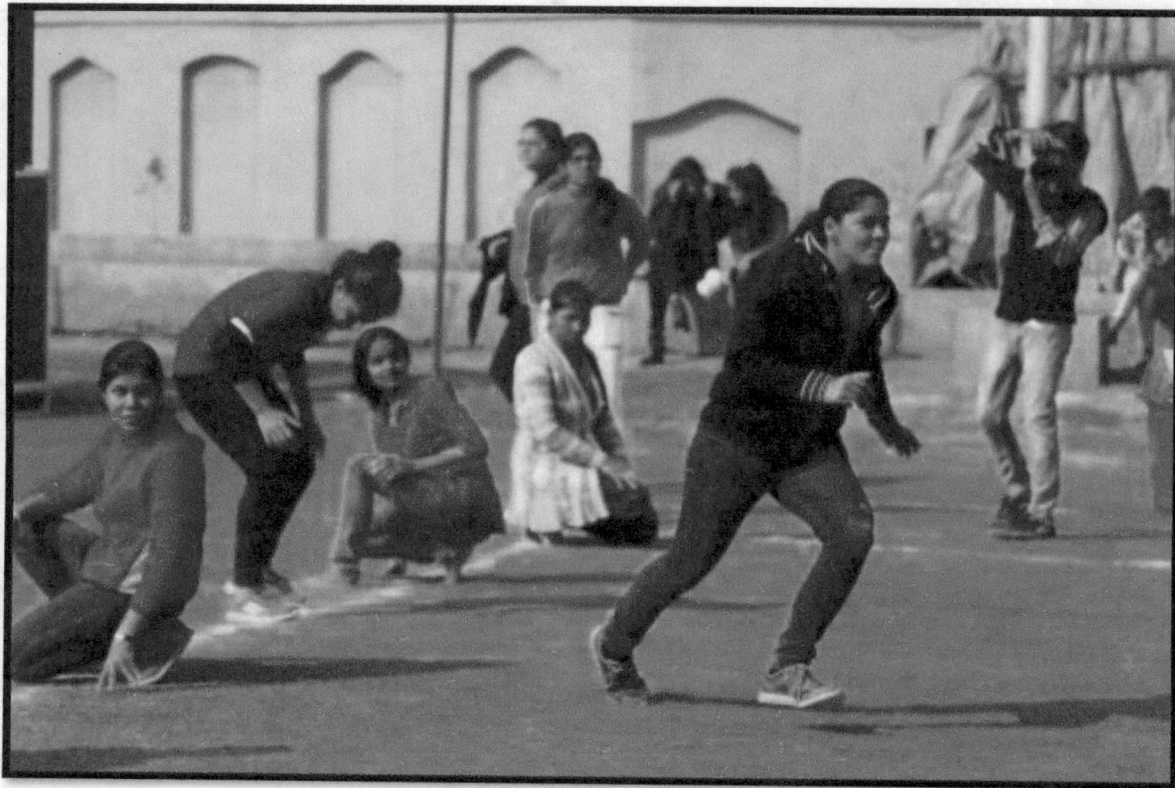
**Assistant Scorer:** The Assistant Scorer helps the scorer in carrying out all the functions.





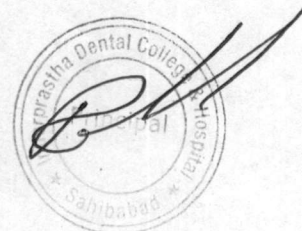
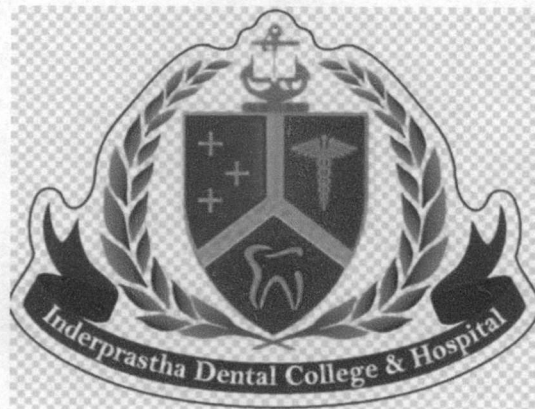
## KHO KHO 2018





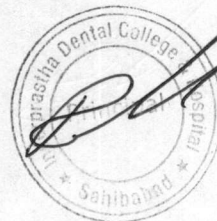


# VOLLEY BALL 2018



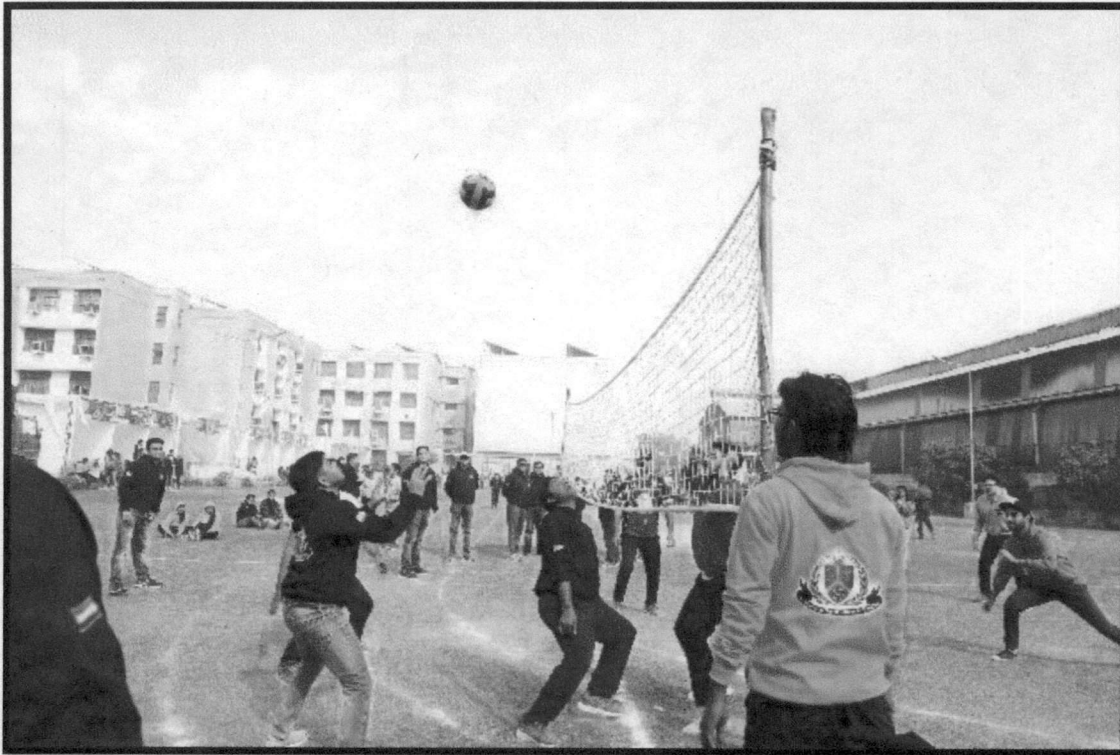
## **RULES FOR VOLLEYBALL**

- Each team consist of 6 players and 6 substitutes. Players can be substituted at any time but if they are to return can only be swapped for the player that replaced them.
- Each team can hit the ball up to three times before the ball must be returned. The defensive team can then try and block or return the ball again hitting it a maximum of three times.
- Games are played up to 25 points and must be won by 2 clear points.
- Violations will be called for the following:
  - Stepping over the base line when serving the ball.
  - Ball hits the net and fails to get over the net (If the ball hits the net and still goes over the net then this is perfectly legal).
  - Players are not allowed to carry, palm or run with the ball.
  - Players must not touch the net with any part of the body. If the net is said to have hit them rather than vice-versa, then this is ok.
  - The ball cannot travel under the net.
  - Players cannot reach over the net and hit the ball.





## VOLLEYBALL 2018





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


IPDC/PO/Notice/2018/ 72A

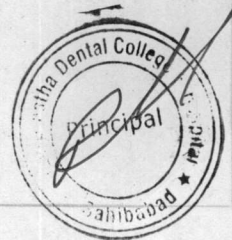
Date: - 01 .10.2018

NOTICE

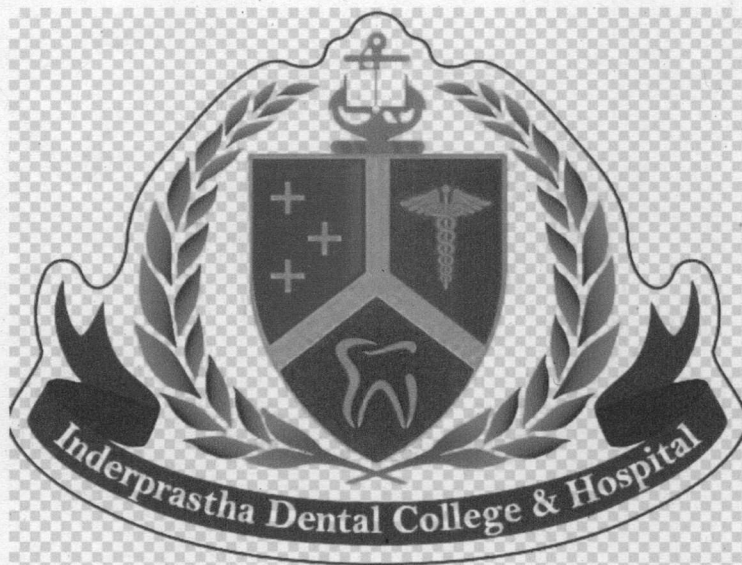
All the Faculty, Staff Members and students are here by informed that the "Athletics- Sports 2018" is on 15<sup>th</sup> November 2018. Students are hereby instructed to give their names for 100 mt. sprints and 4 X 100 mt. Relay Race, last hy 26.10.2018.

It is mandatory for all the staff members & Students to attend the event.

  
Dr. Rahul Paul  
(Principal)  
Copy to:  
Cc.: Secretary & Jt. Secretary  
C.E.O  
Manager Administrator  
Accounts  
All Dental Departments  
Notice Boards  
Girls Hostel  
Boys Hostel





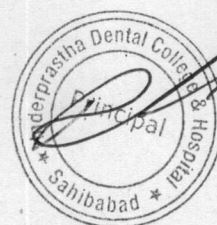


### ATHELETIC MEET

This year IPDC organized sports meet for its Undergraduate and postgraduate students and faculty members. It was a 2-day event which got a tremendous start with 100 Metre Sprints. Students across all the batches participated with all their skill and talent showing their sporting spirit.

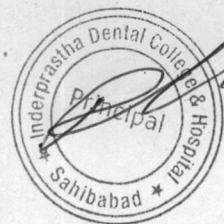
Prize distribution ceremony was held for each sporting event where 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> positions were given for both individual and group events. Also, best atheletic sportsperson of the year was awarded which was selected amongst all the BDS and MDS batches.

The event was concluded with concluding note about the well organized sports day which showed the true colors of sportsmanship.



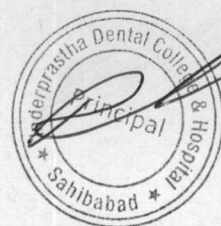
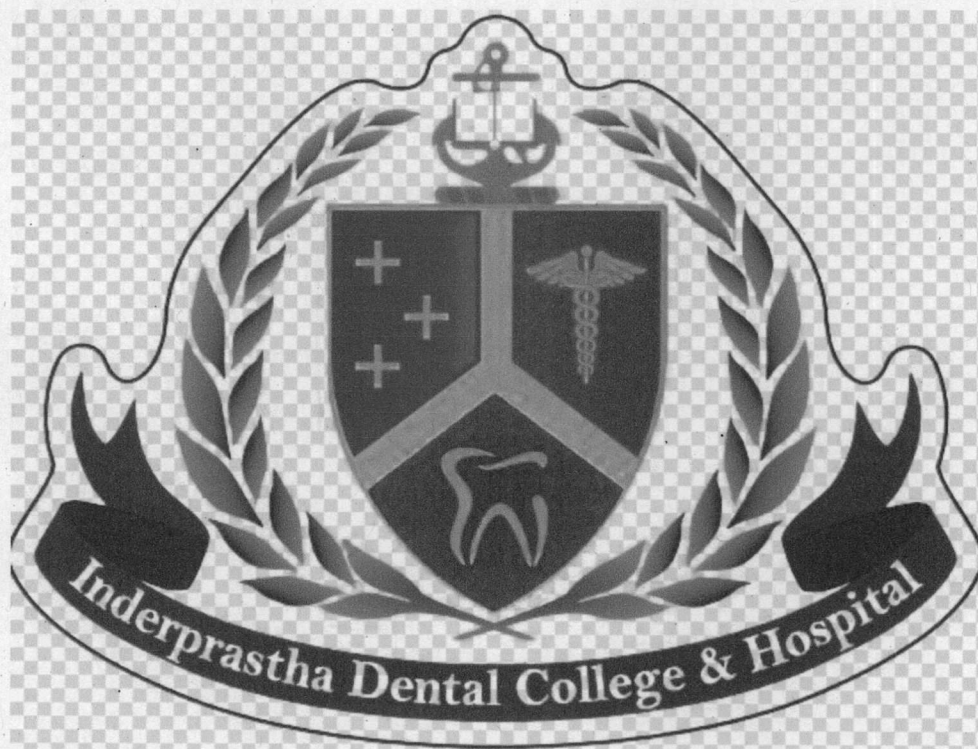
### **GENERAL RULES FOR THE SPORTS DAY FOR ALL**

- Any cultural / Sports event would be cancelled in case of inadequate entries
- All participants must carry the delegate identity cards at all times.
- Participants must report 30 minutes prior to the events at the venue.
- Each college should have a faculty in – charge for both on stage & off – stage events. Any changes made regarding the time & the venue of the event, on or before the day of performance will be informed to that in charge.
- Smoking, consumption of alcohol or any other intoxicant is strictly prohibited with in the college campus. Student found including in any such acts may be asked to leave the venue & disciplinary action may be taken against the college term.
- Possession of arms, ammunition or any objectionable article inside the college campus is strictly prohibited. Students found including in any such article will be handed over to the local police.
- Violence, unruly behavior & vandalism of any kind is strictly prohibited.
- Students found including in any of these may face disciplinary action including handed over to the disciplinary committee. The concerned teams may also be disqualified & black – listed.





# ATHELETICS 2018



## Rules Of 100 Meter Sprint

### Start

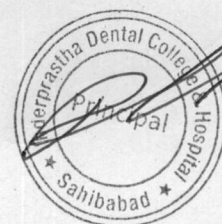
Every 100-meter sprinter must begin the race with his feet in the starting blocks. The official race starter will call the sprinters to their blocks and on command the runners will adopt a set position. The set position requires the runners to have both feet in the blocks and adopt a position with the body weight on their hands.

### False Start

A false start is called when the feet of a runner leave the starting blocks before the starter's gun. In youth and amateur events, a false start is called by the starter or an assigned race referee.

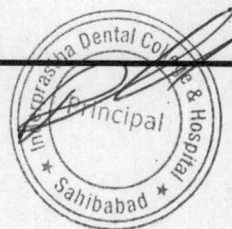
The runners should abide by the following rules in order to complete a race –

- Sprinters should run in designated lanes and cannot cross lanes, throughout the race.
- Sprinters shouldn't step on white lines that mark their lanes throughout the race.
- In case of a false start, the athlete is disqualified.
- Before giving the 'set' command, athletes cannot touch the other side of the start line with their hands or feet.
- Athletes should not obstruct other athletes during the race.
- If an athlete is obstructed, the referee may order the race to be held again, or he may ask the athlete to take part in the next round.
- Athletes may leave the track voluntarily before the race ends, but they cannot come back to the track else they will be disqualified.

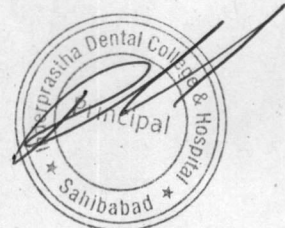
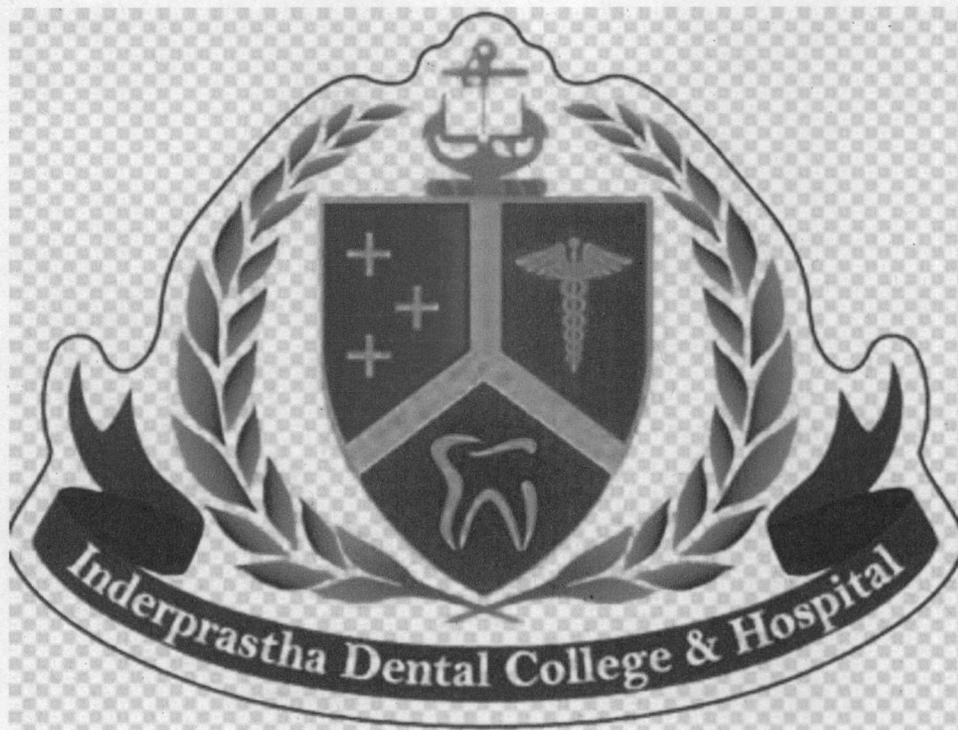




## SPRINTS-2018



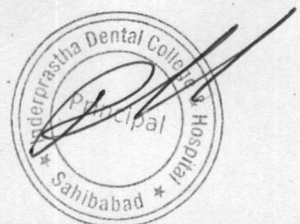
# 4X100 RELAY 2018





# **RULES OF RELAY RACE**

- 1. The standard distances shall be: 4x100m.**
- 2. Lines 5cm wide shall be drawn across the track to mark the distances of the legs and to denote the scratch line.**
- 3. Each takeover zone shall be 20m long of which the scratch line is the centre. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction.**
- 4. Check Marks: When all or the first portion of a Relay Race is being run in lanes, an athlete may place one check-mark on the track within his own lane, by using adhesive tape, maximum 5cmx40cm, of a distinctive colour which cannot be confused with other permanent markings. No other check-mark may be used.**
- 5. The relay baton shall be a smooth hollow tube, circular in section, made of wood, metal or any other rigid material in one piece, the length of which shall be 280 to 300mm. It should be coloured so as to be easily visible during the race.**

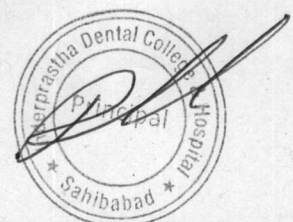


**6. The baton shall be carried by hand throughout the race.**

**If dropped, it shall be recovered by the athlete who dropped it. He may leave his lane to retrieve the baton**

**provided that, by doing so, he does not lessen the distance to be covered. In addition, where the baton is dropped in such a way that it moves sideways or forward in the direction of running (including beyond the finish line), the athlete who dropped it, after retrieving it, must return at least to the point where it was last in his hand, before continuing in the race. Provided these procedures are adopted where applicable and no other athlete is impeded, dropping the baton shall not result in disqualification. If an athlete does not follow this Rule, his team shall be disqualified.**

**7. The baton shall be passed within the takeover zone. The passing of the baton commences when it is first touched by the receiving athlete and is completed the moment it is in the hand of only the receiving athlete. In relation to the takeover zone, it is only the position of the baton which is decisive. Passing of the baton outside the takeover zone shall result in disqualification.**



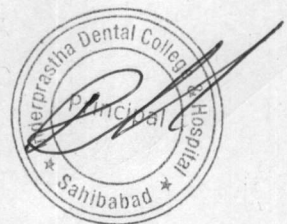


**8. Athletes, before receiving and/or after handing over the baton, should keep in their lanes or maintain position until the course is clear to avoid obstruction to other athletes. If an athlete wilfully impedes a member of another team by running out of position or lane at the finish of his leg, his team shall be disqualified.**

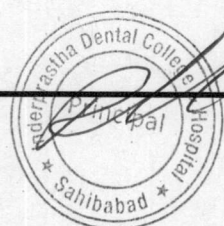
**9. Assistance by pushing or by any other method shall result in disqualification.**

**10. Each member of a relay team may run one leg only. Any four athletes from among those entered for the competition, whether for that or any other event, may be used in the composition of the relay team for any round. However, once a relay team has started in a competition, only two additional athletes may be used as substitutes in the composition of the team. If a team does not follow this Rule, it shall be disqualified.**

**11. The composition of a team and the order of running for a relay shall be officially declared no later than one hour before the published first call time for the first heat of each round of the competition. Further alterations must be verified by a medical officer appointed by the**

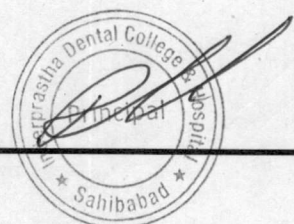
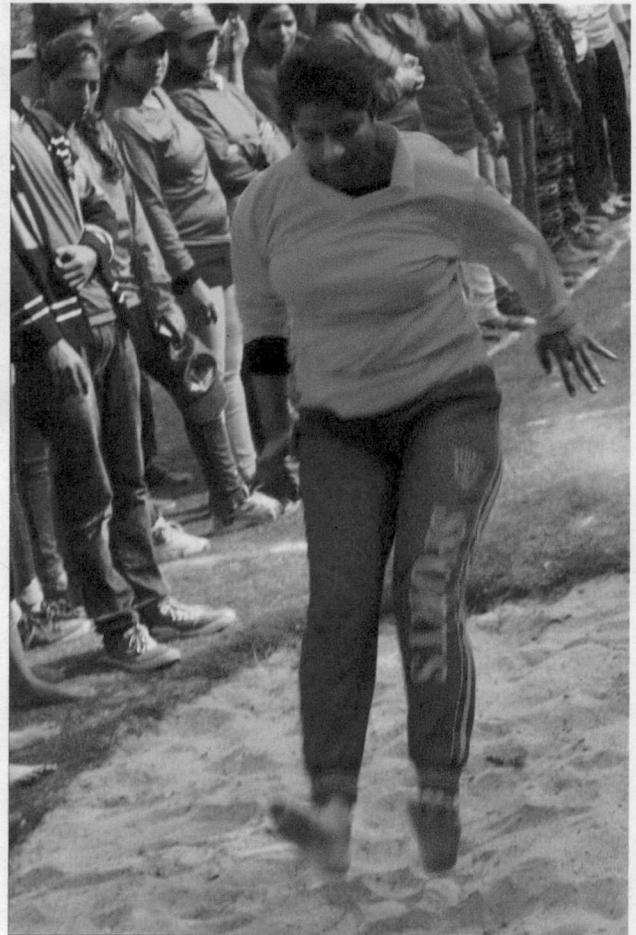


## RELAY RACE-2018

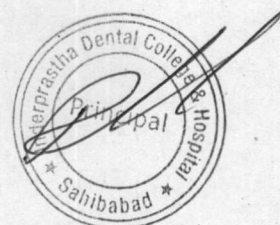
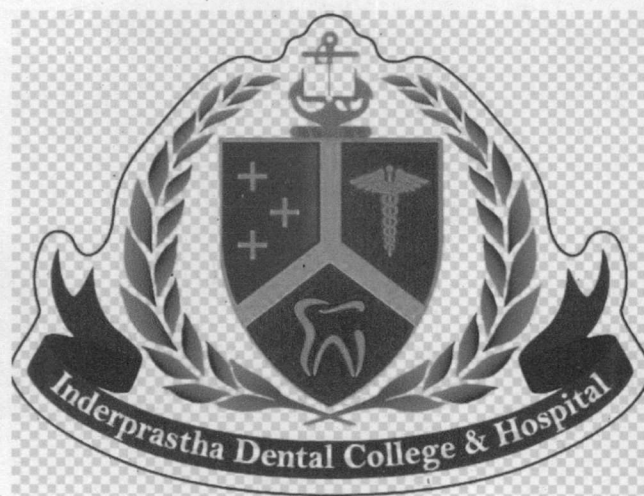




## LONG JUMP



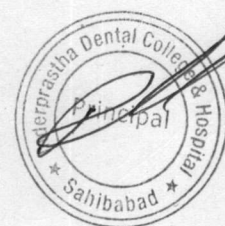
# 3-LEGGED RACE 2018





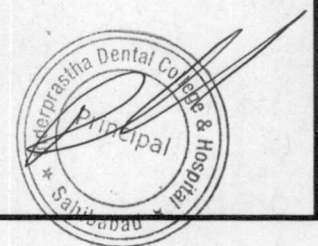
## RULES FOR 3-LEGGED RACE

A three-legged race is a running event involving pairs of participants running with the left leg of one runner strapped to the right leg of another runner. The objective is for the partners to beat the other contestant pairs to the finish line.



## AWARD CEREMONY

The winners are awarded by appreciation, certificate and medals. BEST team, BEST athlete (Boys and Girls) and individual event winner were awarded by the Guest of honor.







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

IPDC/PO/Notice/2018/73A

Date: -4.10.2018

NOTICE

All the students are here by informed that the "**Diwali Celebration 2018**" is on 3<sup>rd</sup> November 2018. We are organizing **Rangoli competition** on this day. All the students are hereby instructed to give their names last by 30.10.2018

It is mandatory for all the faculty, Staff members & Students to Participate & attend the event.

Dr. Rahul Paul  
(Principal)

Copy to:

Cc.: Secretary & Jt. Secretary

C.E.O

Manager Administrator

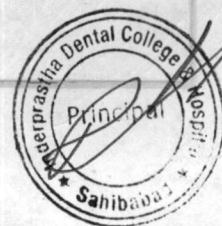
Accounts

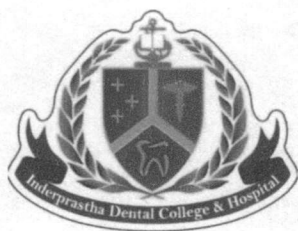
All Dental Departments

Notice Boards

Girls Hostel

Boys Hostel





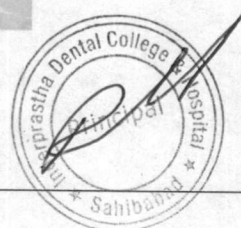
**Inderprastha Dental College & Hospital**  
46/1, Site-IV, Industrial Area, Sahibabad,  
Ghaziabad – 201010 (U.P.)

### **REPORT ON RANGOLI COMPETITION**

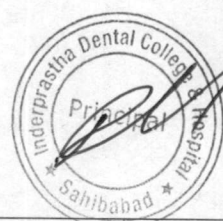
Diwali, the festival of lights, is the most awaited festivals. It symbolizes the “victory of good over evil, knowledge over ignorance and light over darkness”. Inderprastha Dental College & Hospital celebrated Diwali at its campus on 3<sup>rd</sup> November 2018. The college campus was decorated with lights & flowers.

A Rangoli competition was organized for the students of all batches on the same day. The theme of the competition was “Festivity in India”. The event coordinators were Dr.Pragya Tripathi & Dr.Aastha Manchanda. The competition commenced at 10:30AM and was judged by our esteemed Secretary, Mr.Nimish Agarwal and Jt.Secretary, Mrs.Deepi Goel.

The competition ended with the esteemed judges felicitating the winners of the competition.









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

IPDC/PO/Notice/2018/56A

Date: - 10 .8.2018

NOTICE

All the students are here by informed that the "*Fashion Show Competition-2018*" is being held on 29<sup>th</sup> September 2018. Last date for the Students Registration to participate will end on 21.9.2018

Dr. Rahul Paul  
(Principal)

Copy to:

Cc.: Secretary & Jt. Secretary

C.E.O

Manager Administrator

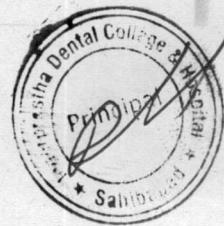
Accounts

All Dental Departments

Notice Boards

Girls Hostel

Boys Hostel







## Inderprastha Dental College & Hospital

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

### **REPORT ON FASHION SHOW 2018-19**

Inderprastha Dental College and Hospital organizes Fashion show in the college as part of extracurricular activity for the students. It provides a window for the students to showcase their talents in the fashion arena.

The competition was organized batch-wise for all the batches, including Interns and Post-graduate students. This year, the event was organised on **29<sup>th</sup> September 2018** in the college premises at IPDC Greens. The event was organised by the **Chairman, Mr. Nimish Agarwal** and the **Principal of the college, Dr. Rahul Paul**. Further, the duties were given to various staff members of dental college by creating an organising team and also co-ordinators for the teams for the event.

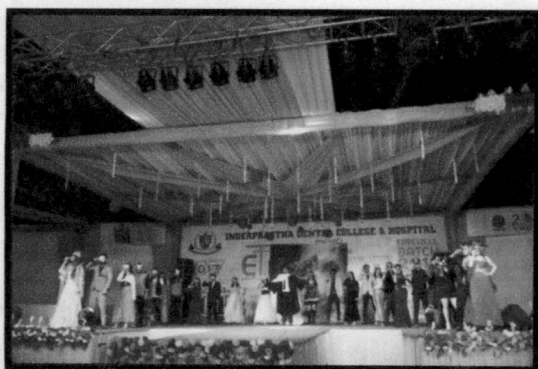
The organising team includes:

1. **Dr. Shefali Dadu - Organizing Chairperson**
2. **Dr. Geetika Arora - Organizing Secretary**
3. **Dr. Aastha Manchanda- Event Coordinator**
4. **Dr. Rosey - Event Coordinator**
5. **Dr. Sonam Khurana- Event Coordinator**

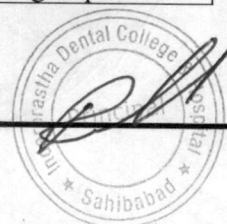


It was an Inter-college Competition and almost all the dental colleges in station and out station were invited and participated for the same. After the end of the event, the prizes were distributed on the spot by the Judges of the particular events.

## FASHION SHOW



No. of Students	Group
Coordinator	Dr Aastha Manchanda, Mobile: 9990045900 Dr Rosey, Mobile :8448620016
Event	Fashion Show (Theme Based)
No of participants	Minimum 10 and Maximum 25
Duration	Min 10 mins and max 20 mins
Rules	<ol style="list-style-type: none"> <li>1. Participants should report at least half an hour before the event starts.</li> <li>2. Judges' decision will be final and binding.</li> <li>3. All props, etc. used by the colleges must be cleared immediately from the stage after the performance and from the college premises by the end of the day.</li> <li>4. Obscenity, vulgarity and wardrobe malfunction of any sort will lead to automatic disqualification.</li> <li>5. Do not use fire, flammable substance as props.</li> <li>6. A team which fails to perform during its allotted slot will not be given second chances.</li> <li>7. Anything that promotes obscenity and explicitly is banned</li> <li>8. Exceeding time limit will result to negative marking of the group.</li> </ol>





	<p>9. Participants should confirm registration 30 minutes prior to event.</p> <p>10. Every college is advised to bring own props and music in mp3 format (in pen drive in case of virus CD backup should be there). Props such as cigars, wine bottles etc are banned.</p> <p>11. The event will be judged on the following criteria: Choreography, Music, Co-ordination, Theme Based, Creative and apt display of garments and accessories, Sequence and walk, Confidence and gesture of the models.</p>
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Inderprastha Dental College & Hospital  
46/1, Site-IV, Industrial Area, Sahibabad,  
Ghaziabad-201010 (U.P.)

IPDC/PO/Notice/2018/52A

Date: - 01.8.2018

**NOTICE**

All the faculty, Staff members & Students are here by informed that the "*Ethos Indoor 2018*" is on 25<sup>th</sup> & 24<sup>th</sup> August 2018. Students are hereby instructed to give their names last by 18.08.2018. The list of events are as follows:

1. Badminton
2. Carom board
3. Chess
4. Table Tennis

It is mandatory for all the faculty, Staff members & Students to Participate & attend the event.

Dr. Rahul Paul  
(Principal)

Copy to:

Cc.: Secretary & Jt. Secretary

C.E.O

Manager Administrator

Accounts

All Dental Departments

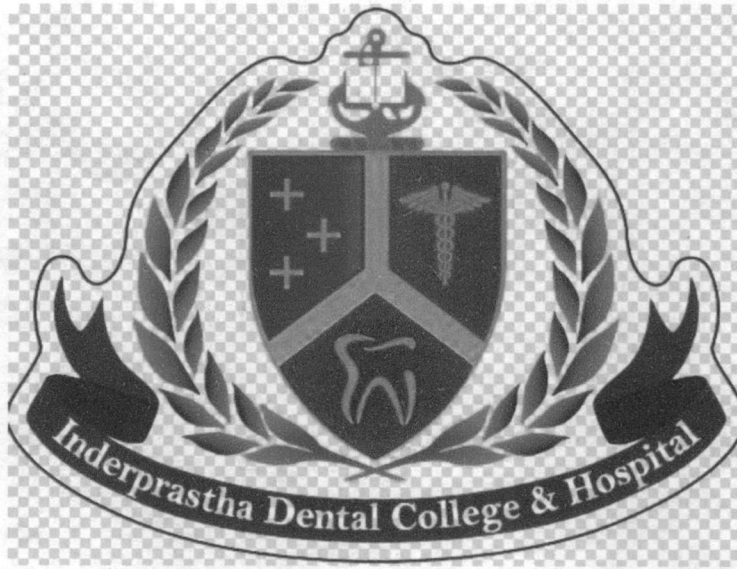
Notice Boards

Girls Hostel

Boys Hostel

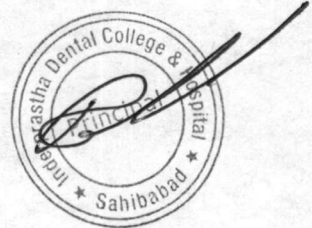






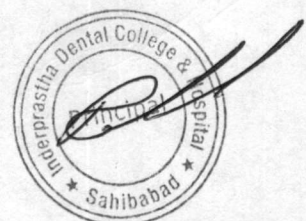
### ETHOS INDOOR 2018

IPDC celebrated its annual indoor event "ETHOS INDOOR". Main highlight of the event was Badminton match between faculty members and students. Prize distribution ceremony was held for each sporting event where 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> positions were given for both individual and group events. Also, best sportsperson of the year was awarded which was selected amongst all the BDS and MDS batches.



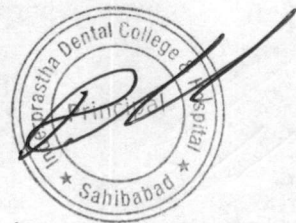
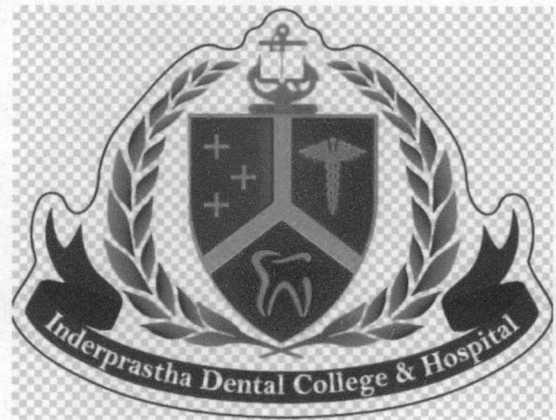
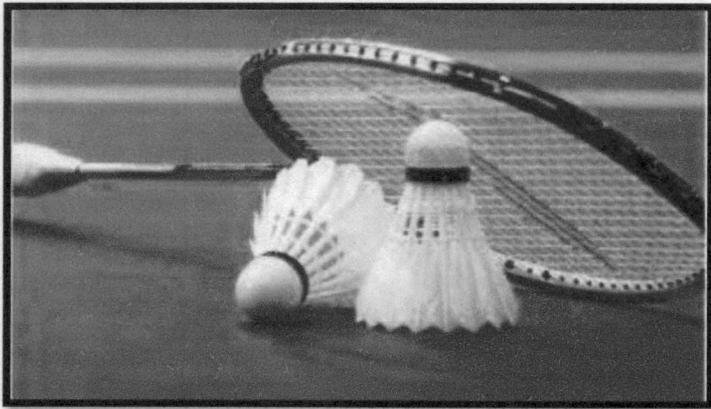
## **GENERAL RULES FOR THE SPORTS DAY FOR ALL**

- Any cultural / Sports event would be cancelled in case of inadequate entries
- All participants must carry the delegate identity cards at all times.
- Participants must report 30 minutes prior to the events at the venue.
- Each college should have a faculty in – charge for both on stage & off – stage events. Any changes made regarding the time & the venue of the event, on or before the day of performance will be informed to that in charge.
- Smoking, consumption of alcohol or any other intoxicant is strictly prohibited with in the college campus. Student found including in any such acts may be asked to leave the venue & disciplinary action may be taken against the college term.
- Possession of arms, ammunition or any objectionable article inside the college campus is strictly prohibited. Students found including in any such article will be handed over to the local police.
- Violence, unruly behavior & vandalism of any kind is strictly prohibited.
- Students found including in any of these may face disciplinary action including handed over to the disciplinary committee. The concerned teams may also be disqualified & black – listed.





# BADMINTON 2018



# BADMINTON RULES

## ELIGIBILITY AND PARTICIPATION:

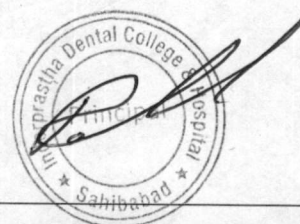
1. Any at least part-time student is eligible to participate.
2. AU faculty, staff and their spouses/children are eligible to play
3. Players may be added to rosters during the first week of the season, but not after that.
4. All players must be recorded on the game sheet before they are allowed to participate.
  1. Teams:
    - a. Teams consist of 2 players on the court at one time.

## START OF PLAY

1. Before starting the game, the opponents toss a coin with the winner choosing:
  - (a) to serve first/to receive first, or
  - (b) the side
2. In subsequent games, the winning side serves first.

## SCORING SYSTEM

1. A match consists of the best of 3 games of 21 points (games cap at 30 points). Each game starts at 0-0. If the match goes to the third game that third game will be played to 15.
2. Every time there is a serve – there is a point scored.
  - a. A rally is won when a shuttle is hit over the net and onto the floor of the opponent's court.
  - b. A rally is lost if the shuttle is hit into the net, or over the net but outside of the opponent's court. A rally is also lost if the shuttle touches the player's clothing or body, or if it is hit before it crosses over the net.
3. The side winning a rally adds a point to its score.
4. At 20 all, the side which gains a 2 point lead first, wins that game.
5. At 29 all, the side scoring the 30th point, wins that game.
6. The side winning a game serves first in the next game.





## INTERVAL AND CHANGE OF ENDS

1. A 2 minute interval between each game is allowed.
2. Teams switch sides at the end of each game.
3. In the third game, teams switch sides when the leading score reaches 8 points.

## SERVING

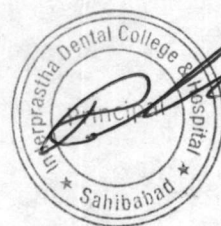
1. The first serve of the game is always made from the right side of the court to the opposite diagonal side. Only the player standing in the proper service court may return the serve.
2. The server must obey laws designed to force underhand delivery of the serve, and the receiver must stand still until the service is struck.
3. Following the serve, players may move anywhere on their side of the net.
4. A player continues to serve (alternating service courts) as long as a player scores points.
5. The service passes consecutively to the players as shown in the diagram (see below).
6. When the score is even, the server serves from the right service court. When it is odd, the server serves from the left court.
7. If the serving side wins a rally, the serving side scores a point and the same server serves again from the alternate service court.
8. If the receiving side wins a rally, the receiving side scores a point. The receiving side becomes the new serving side.
9. The players do not change their respective service courts until they win a point while their side is serving.
10. If the server completely misses the shuttle on the serve the server may re-serve.
11. A serve may not be delivered until the receiver is ready. If the receiver attempts to return the serve, the receiver is to have been considered ready.
12. During the serve, it is a fault if:
  - (a) The shuttle is contacted above the server's waist or the racket head is above any part of the hand.
  - (b) The shuttle does not fall into the diagonally opposite service court.
  - (c) Some part of both feet of the server and receiver are not in contact with the appropriate court until the shuttle is contacted by the server. Touching a line with the foot is considered out of the court.

\*If players commit an error in the service court, the error is corrected when the mistake is discovered.



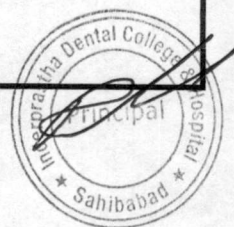
## GENERAL PLAY

1. A shuttle falling on the line is good. Use outside lines all the way around, except for serves where you use the shorter back lines.
2. A shuttle which touches and passes over the net is in play (including the serve)
3. Faults Include:
  - (a) The shuttle fails to pass over the net or lands outside the boundary line.
  - (b) The shuttle contacts the walls, ceiling, player or player's clothes.
  - (c) The shuttle passes through or under the net.
  - (d) The player touches the net.
  - (e) The player reaches across the net to contact the shuttle (following through across the net is allowed).
  - (f) The shuttle is hit more than once or comes to rest or is momentarily caught on the racquet and thrown.
  - (g) The player obstructs an opponent or invades the opponent's court.
  - (h) A player is hit by the shuttle whether the player is standing inside or outside the court boundaries.
  - (i) It is illegal for a player to hold up his/her racquet to block a return at the net. However, he/she may hold it up to protect his/her face or if he/she is returning it from within the appropriate receiving court.
4. Any accidental hindrance is considered a "let" and there will be a re-serve. For example, a player or shuttle from another game entering the court.

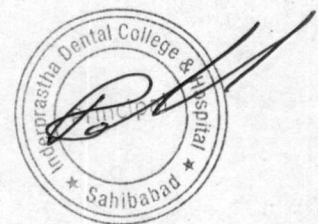
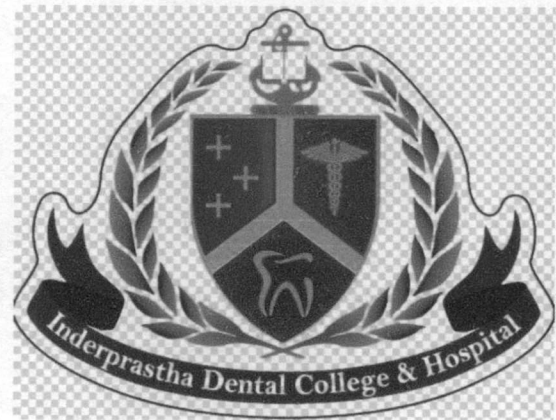
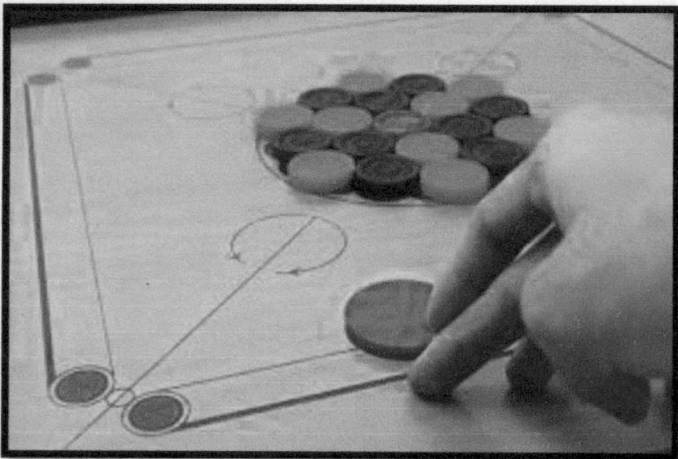




## BADMINTON 2018



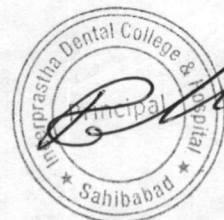
# CARROM 2018



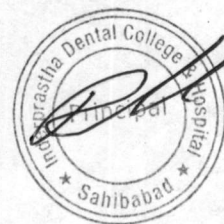


# RULES OF CARROM

1. Two, three or four people can play.
2. In singles, your opponent sits across from you; in doubles, you play opposite your partner.
3. With three, you can play for points (blacks count one, whites count two, the queen counts five.)
4. How to arrange the pieces on the board Line up the double whites to aim 'dead-on' into a corner pocket. Whoever plays first, or breaks, is always white.
5. The object of the game is to sink all of your pieces, using the heavier 'striker', in any of the pockets before your opponent. Your turn continues as long as you keep sinking your pieces - luck shots count and all combinations are permitted.
6. When placing the striker on the board to shoot, the striker must touch both 'base lines' (see left diagram), either covering the red circle completely, or not touching it at all.
7. The striker may not touch the diagonal arrow line.
8. Shooting styles are very personal - whichever 'grip' works for you is fine as long as you 'flick' the striker and don't push it.
9. Generally, it's best to orient your body in order to see the line of your aim while shooting comfortably; you may not move or leave your chair.
10. For forward shots, you can use your index finger, middle finger, or even the 'scissors' shot (right).
11. For 'back-shots' you may only use your thumb or the scissors technique. No part of your body, except your hand, may cross the imaginary diagonal line (wrong in illustration) nor may your elbow protrude over the frame in front of you. Even your feet or knees may not leave your quadrant.

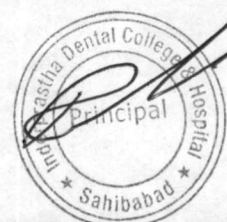
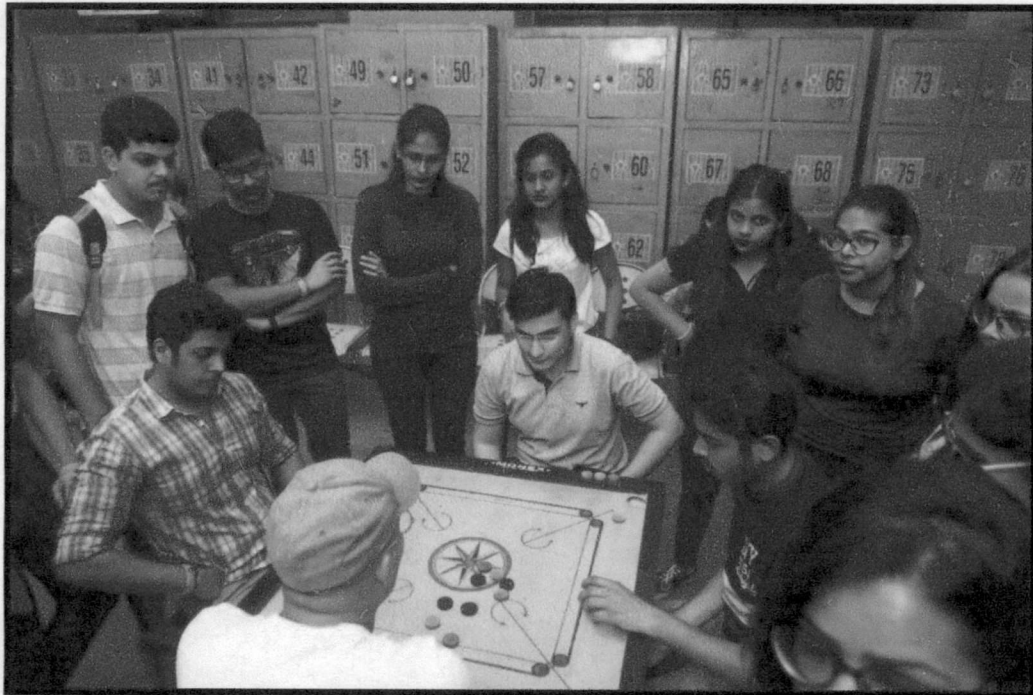


12. The red piece, or 'queen,' can be pocketed at any time after sinking your first piece but must be sunk before your last one. After pocketing the queen, you must sink one of your pieces, thereby 'covering' it, into any pocket in the next shot, or she is returned to the center spot.
13. Once the queen is covered, whoever clears their pieces first wins the 'board'. The winner of a board collects one point for each of the opponent's pieces left at the finish and three points for the queen if covered by the winner (if covered by the loser, no-one gets those points). No more points are collected for the queen after your score reaches 22. A game consists of 25 points or eight boards, whichever comes first.

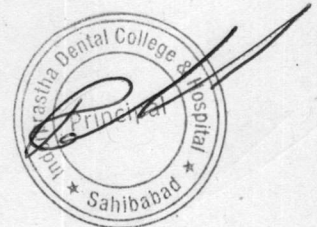
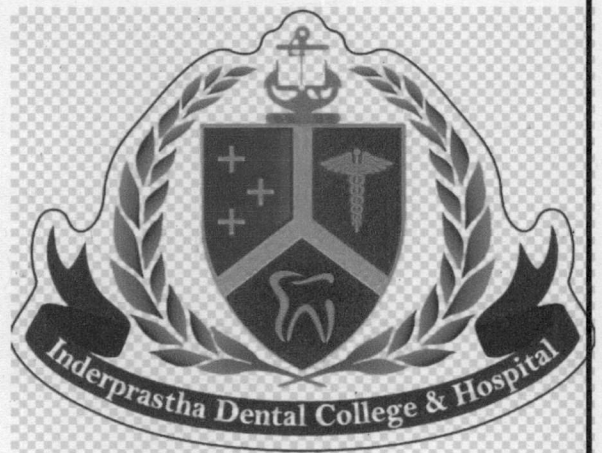




## CARROM-2018



# CHESS 2018





## RULES OF CHESS

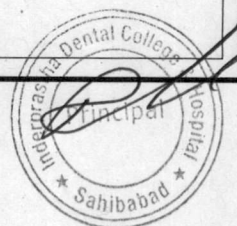
**Terms:** Ranks are the rows of squares that run horizontally on the Game Board and Files are the columns that run vertically. Diagonals run diagonally. Position the Game Board so that the red square is at the bottom right corner for each player. Place the Ivory Play Pieces on the first rank from left to right in order: Rook, Knight, Bishop, Queen, King, Bishop, Knight and Rook. Place all of the Pawns on the second rank. Then place the Black Play Pieces on the board as shown in the diagram.

**NOTE:** the Ivory Queen will be on a red square and the black Queen will be on a black space.

**PLAY:** Ivory always plays first. Players alternate turns. Only one Play Piece may be moved on a turn, except when castling (see description on back). All Play Pieces must move in a straight path, except for the Knight. Also, the Knight is the only Play Piece that is allowed to jump over another Play Piece.

**PLAY PIECE MOVES:** A Pawn moves forward one square at a time. There are two exceptions to this rule: 1. On a Pawn's first move, it can move forward one or two squares. 2. When capturing a piece (see description on back), a Pawn moves one square diagonally ahead. At the beginning of the game, the Pawn is the least valuable Play Piece. But, when a Pawn reaches the other side of the board it can be converted into any Play Piece except for the King. The Knight is the only Play Piece that can jump over another.

**PLAY PIECE.** Knights move three squares at a time: two spaces forward or backward, then one space left or right, or two spaces to the left or right, then one space forward or backward. The move looks like the letter L.

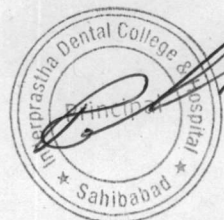


The Knight always ends up landing on a square opposite the color from which it started. Set Up: Front (Head to Head) Prints Pantone 541 Blue The Bishop moves diagonally as many open squares as you like.

The Bishop must remain on the same color square as it started the game on. The Rook moves in a straight line, horizontally or vertically as many open squares as you like. Besides the Queen, the Rook is the next most powerful Play Piece. The Queen is the most powerful of the Play Pieces. The Queen moves in any direction (horizontally, vertically or diagonally) as many open squares as you like. The King is the most important Play Piece, because if it becomes trapped, you'll lose the game. The King moves one square in any direction, as long as it doesn't put itself in Check.

**CHECK:** You are in Check if an opponent's Play Piece is in a position on the board to capture your King. To save your King from Check you must do one of the following: 1. Move the King out of the way of the opponent's Play Piece. 2. Move another one of your Play Pieces to block your opponent. 3. Capture the opponent's Play Piece that is threatening your King.

**CHECKMATE:** When your King cannot be saved from Check, it's called Checkmate and you lost the game. Checkmate means "the King is dead" in Persian. **Capturing:** When you move one of your Play Pieces and it ends on an opponent's Play Piece, you capture it and remove it from the Game Board.





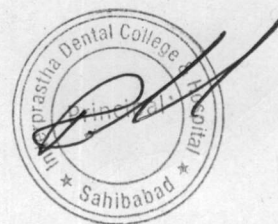
**CAPTURING EN PASSANT:** If a Pawn lands next to an opponent's Pawn after moving two spaces on its first move, it can be captured en passant. The opponent's Pawn, on its next turn only, can be moved diagonally to the space behind the first Pawn, capturing it.

**CASTLING:** This is a special move for the King and either Rook and is the only time two Play Pieces can move on one turn. It helps to protect the King and positions the Rook toward the center of the Game Board. To castle, slide the Rook to the space next to the King. Move the King to the other side of the Rook.

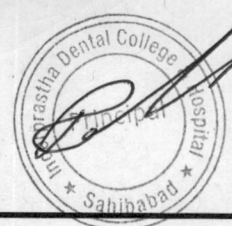
**TO CASTLE:** 1. This must be the first move for both the King and the Rook. 2. No other Play Pieces can be between the King and the Rook. 3. The King can't be in Check, either before or after the castle. 4. The King can't be in Check on any of the spaces that it passes over during the castle. **WINNING:** If you put your opponent's King in Check so he can't escape, call Checkmate... you win!

**TIES:** If neither player can win, players can agree to draw.

**STALEMATE:** If a player's King is not in Check, but any possible move places him in Check, it's a Stalemate.

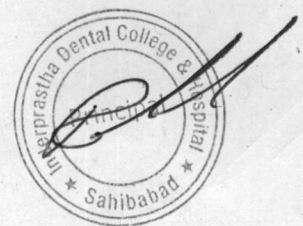
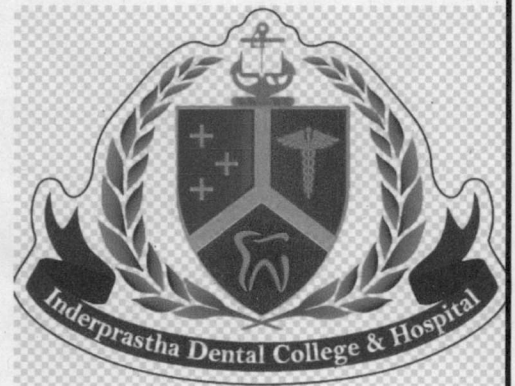
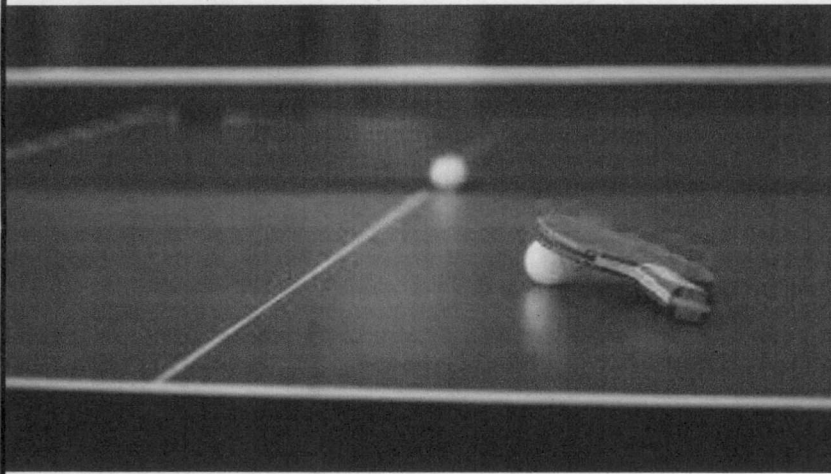


## CHESS 2018





# TABLE TENNIS 2018

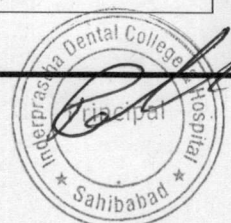


# RULES FOR TABLE TENNIS

## Singles Play

### **I. General Rules**

- The choice of playing position at the table and order of service are determined by the toss of a coin. If the winner of the toss prefers to have first choice of playing positions, the opponent then has the choice of whether to serve first or receive first, and vice versa.
- The change of service takes place after 5 points have been scored. A point is normally awarded when the play of a service is concluded. The receiver then becomes the server and the server becomes receiver, and so on, after each 5 points until the end of the game or the score is 20-all. Whenever the score becomes 20-all, the receiver becomes the server and the server the receiver, and so on after each point until the end of the game.
- At the start of a new game, the player who served first in the previous game becomes receiver and the receiver becomes server and so on, alternating after each game.
- The players exchange ends after each game, and if play consists of more than one game, in the deciding game of the match the players change ends when one player reaches a score of 10 points.
- A game is won by the player who first scores 21 points with a 2-point margin.
- A match consists of the best two (2) of three (3) games.





- A good return of a served ball must be struck by the receiver on the first bounce so that it passes directly over or around the net and touches directly on top of the opponent's court.

### **III. Points**

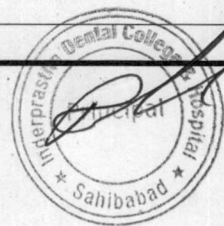
A point is awarded to the opponent in the following circumstances:

- Failure to make a good service, unless a let is declared
- Failure to make a good return of a good service or a good return made by the opponent, unless a let is declared
- If the player, the racquet, or anything that the player wears or carries touches the net or its supports while the ball is in play.
- If the player, the racquet, or any wearing apparel moves the playing surface while the ball is in play or touches the net or its supports
- If the player's free hand touches the playing surface while the ball is in play
- If, after being struck by the opponent, the ball comes in contact with the player or anything the player wears or carries before it has passed over the end lines or sidelines, not yet having touched the playing surface on the player's side of the table.
- If at any time the player volleys the ball – that is before the ball hits the table top – except as provided in Rule A under "Let" (below).

### **IV. Let**

A let ball, which is then replayed, is called in the following cases:

- If the served ball, in passing over the net, touches it or its supports, if the service would otherwise have been good or volleyed by the receiver.
- If a service is delivered when the receiver is not ready
- If either player is prevented by an accident not under his/her control from serving a good service or making a good return
- If either player gives up a point, as provided in Rules C-G under "Points", owing to an accident not within his/her control



## **V. Scoring**

A point is scored by the side that makes the last successful return prior to the end of a

rally. An unsuccessful return occurs whenever the ball is missed, is hit off the table, sent into the net, or hit onto the player's own half of the court on the return. Failure to make a good serve also scores a point for the opponent unless it is a let.

## **VI. Ball in Play**

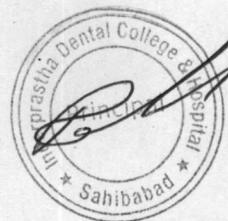
The ball is in play from the moment it is projected from the hand in service until one of the following has occurred:

- It has touched one court twice consecutively.
- It has, except in service, touched each court alternately without having been struck by the racquet immediately
- It has been struck by either player more than once consecutively.
- It has touched either player or anything that the player wears or carries.
- It has touched any object other than the net and supports.

## **Doubles Play**

### **I. Good Service**

The service is delivered (as described in Singles), except that it must touch first the right half of the server's court or the centerline on the server's side of the net and then, passing directly over or around the net, touch the right half of the receiver's court or the center line on the receiver's side of the table.





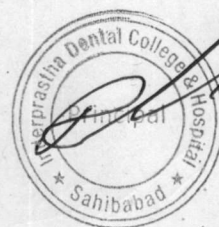
## **II. Choice of Order of Play**

**☐ The team winning a coin toss has the option of choosing:**

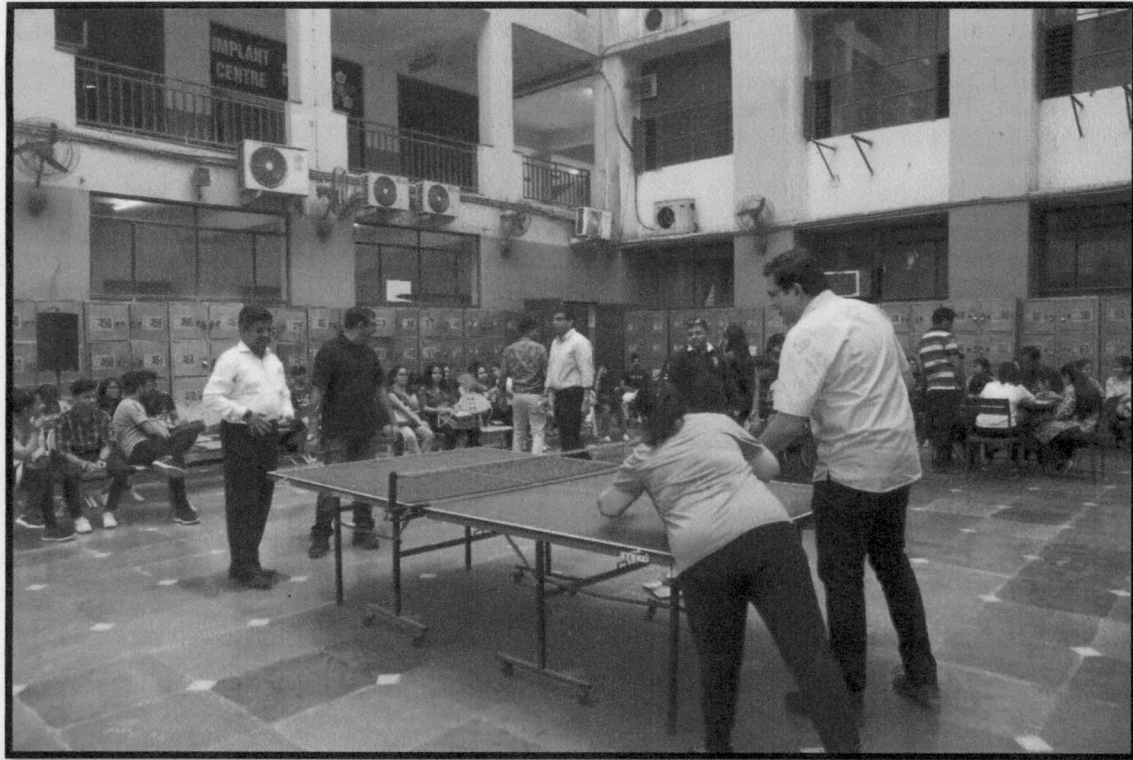
- **The choice of ends**
- **The right to receive or serve first**
- **The right to require the losing team to make the first choice**
- **After choice A & B have been made, the other team makes the remaining choice.**

## **III. Order of Service**

- **The first five services must be delivered by the serving partner (Player 1) of the pair who has the right to do so. The service must be received by the receiving partner (Player 3) of the opposing pair.**
- **The second five services must be delivered by the receiver of the first five services (Player 3) and received by the partner of the server (Player 2) of the first five services.**
- **The third five services must be delivered by the partner of the first five services (Player 2) and received by the partner of the server (Player 4) of the first five services.**
- **The fourth five services must be delivered by the partner of the receiver (Player 4) of the first five services and received by the server (Player 1) of the first five services. ☐ The next five services start over as in Rule A of "Order of Service"**



## TABLE TENNIS 2018







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

IPDC/PO/Notice/2018/56B

Date: 10.8.2018

**NOTICE**

All the students are hereby informed that the "*Independence Day Celebration 2018*" is on 15<sup>th</sup> August 2018. We are organizing a singing competition on this day. All the students are hereby instructed to give their names last by 11.08.2018

It is mandatory for all the faculty, Staff members & Students to attend & participate in the event.

Dr. Rahul Paul  
(Principal)

Copy to:

Cc.: Secretary & Jt. Secretary

C.E.O

Manager Administrator

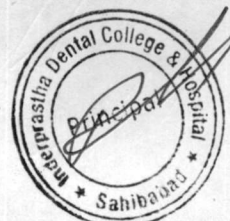
Accounts

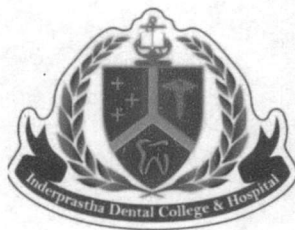
All Dental Departments

Notice Boards

Girls Hostel

Boys Hostel



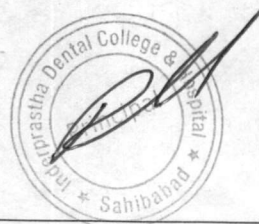


**Inderprastha Dental College & Hospital**  
46/1, Site-IV, Industrial Area, Sahibabad,  
Ghaziabad – 201010 (U.P.)

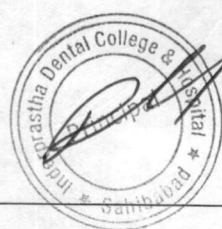
**REPORT ON INDEPENDENCE DAY 2018**

As India enters its 72<sup>nd</sup> year of freedom from the colonialism, we at Inderprastha Dental College & Hospital, commemorate India's freedom on 15th August with immense pride and joy. On this day, we Indians celebrate our heroes of the freedom struggle and acknowledge their sacrifices for this great nation.

Our students and faculties celebrated this day with great enthusiasm on 15<sup>th</sup> August 2018. The day started off with the flag hoisting and National Anthem being played, followed by song competition and extempores by students on the freedom struggle and the country's journey towards greatness.










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

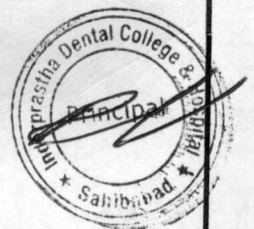
IPDC/PO/Notice/2018/35A

Date: -7.5.2018

NOTICE

All the students are here by informed that the "*Singing Competition 2018*" is being held on 16<sup>th</sup> June 2018. There will be two categories of singing competition Solo singing & RAP , students can take part in both or individual event. Last date for the Students Registration to participate will end on 19.05.2018.

  
Dr. Rahul Paul  
(Principal)  
Copy to:  
Cc.: Secretary & Jt. Secretary  
C.E.O  
Manager Administrator  
Accounts  
All Dental Departments  
Notice Boards  
Girls Hostel  
Boys Hostel







**Inderprastha Dental College & Hospital**  
**46/1, Sahibabad Industrial Area Site 4, Sahibabad,**  
**Ghaziabad, Uttar Pradesh 201010**

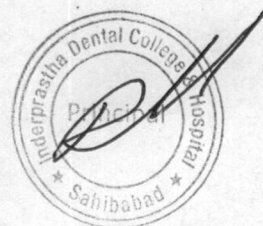
## **REPORT ON SINGING COMPETITION – 2017-18**

Inderprastha Dental College and Hospital organizes singing competition in the college as part of extracurricular activity for the students. Such an event is a platform for the young maestros in the Institution to showcase their tap on the melody. The event consisted of Solo & Rap singing and was an Intra-college event.

The competition was organized batch-wise for all the batches, including Interns and Post-graduate students. This year, the event was organised on **16<sup>th</sup> June 2018** in the college premises at IPDC Greens. The event was organised by the **Chairman, Mr. Nimish Agarwal** and the **Principal of the college, Dr. Rahul Paul**. Further, the duties were given to various staff members of dental college by creating an organising team and also co-ordinators for the teams for the event.

The organising team includes:

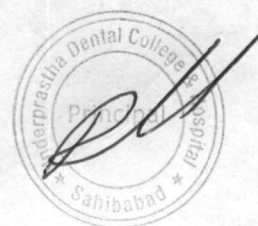
- 1. Dr. Vikram Blaggana - Organizing Chairperson**
- 2. Dr. Kalyani Bhargava - Organizing Secretary**
- 3. Dr. Kannu Sharma – Event Coordinator**
- 4. Dr. Shivangi Tyagi – Event Coordinator**



## GROUP SINGING



No. of participants	7-8
Coordinator	Dr. Kannu Sharma:7248046826 Dr. Shivangi Tyagi: 9999317858
Event	Group singing
Duration	Maximum 3 minutes
Rules	<ol style="list-style-type: none"><li>1. Karaoke/background music is not allowed.</li><li>2. Song selection should be non-communal-not favouring any particular religion or sect</li><li>3. Songs with any vulgar lyrics will be immediately disqualified.</li><li>4. The event will be judged on the basis of voice quality, rhythm and fluency.</li></ol>





# RAP SINGING



No. of participants	Minimum 1 to maximum 4
Coordinator	Dr. Kannu Sharma: 7248046826 Dr. Shivangi Tyagi: 9999317858
Event	Rap singing
Duration	Maximum 4 minutes
Rules	<ol style="list-style-type: none"><li>1. Karaoke/background music is not allowed.</li><li>2. Beatboxing is allowed.</li><li>3. Lyrics should be non-communal-not favouring any particular religion or sect</li><li>4. Lyrics should not promote any sort of obscenity or vulgarity.</li><li>5. Participants who are abusive or offensive towards any particular person, organization, religion or sect and are in any way deemed unsuitable by the judges will be immediately disqualified.</li><li>6. The event will be judged on the basis of lyrics, rhythm, fluency, presentation and coordination.</li></ol>





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

IPDC/PO/Notice/2018/ 20A

Date: - 16.3.2018

NOTICE

All the students are here by informed that the "**Dance Competition 2018**" is being held on 7<sup>th</sup> April 2018. There will be two categories of dance competition group dance & solo dance, students can take part in both or individual event.. Last date for the Students Registration to participate will end on 28.03.2018.

Dr. Rahul Paul  
(Principal)

Copy to:

Cc.: Secretary & Jt. Secretary

C.E.O

Manager Administrator

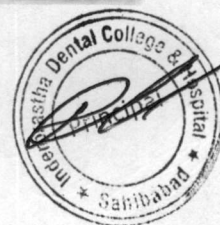
Accounts

All Dental Departments

Notice Boards

Girls Hostel

Boys Hostel







**Inderprastha Dental College & Hospital**  
**46/1, Sahibabad Industrial Area Site 4, Sahibabad,**  
**Ghaziabad, Uttar Pradesh 201010**

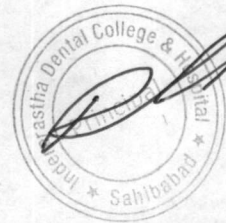
### **REPORT ON TAAL - The Dance Off - 2017-18**

Inderprastha Dental College and Hospital organizes Dance competition in the college "Taal – The Dance Off" as part of extracurricular activity for the students. It provides an opportunity for the students to showcase their talents and at the same time take a break from the tedious academic schedule and refresh their minds. The event consisted of Solo & Group dances and was an Intra-college event.

The competition was organized batch-wise for all the batches, including Interns and Post-graduate students. This year, the event was organised on **7<sup>th</sup> April 2018** in the college premises at IPDC Greens. The event was organised by the **Chairman, Mr. Nimish Agarwal** and the **Principal of the college, Dr. Rahul Paul**. Further, the duties were given to various staff members of dental college by creating an organising team and also co-ordinators for the teams for the event.

The organizing team included

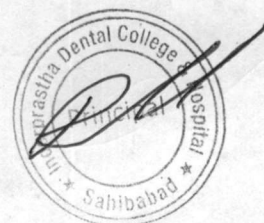
- 1. Dr. Vikram Blaggana - Organizing Chairperson**
- 2. Dr. Kalyani Bhargava - Organizing Secretary**
- 3. Dr. Preeti Sharma – Event Coordinator**
- 4. Dr. Prerna Taneja Mathur – Event Coordinator**



## GROUP DANCE

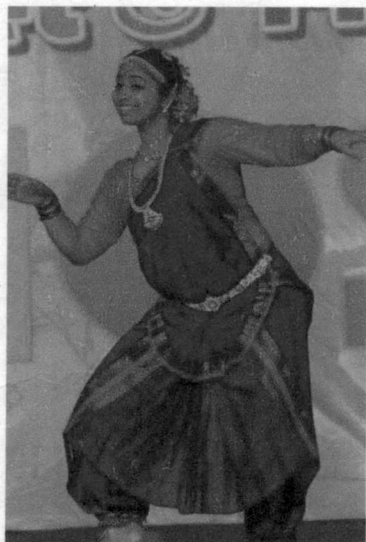


No. of Students	Group
Coordinator	Dr. Preeti Sharma, Mobile: 7838833853 Dr. Perna Taneja Mathur, Mobile: 9953727626
Event	Group dance
No of participants	Minimum 8 and Maximum 12
Duration	Minimum 3 mins and maximum 10mins
<b>Rules</b>	<ol style="list-style-type: none"> <li>1. Obscenity, vulgarity and wardrobe malfunction of any sort will lead to automatic disqualification.</li> <li>2. No explicit gestures, comments and movements</li> <li>3. Each performance music file must contain its own track and be labeled.</li> <li>4. All music must be submitted 30 mins prior to start of competition.</li> <li>5. Every college is advised to bring own props and music in mp3 format (in pen drive in case of virus CD backup should be there)</li> <li>6. Dancers must be ready to perform 30mins prior to scheduled time.</li> <li>7. Any personal belongings, costumes or dance apparel left behind at the competition will not be our responsibility.</li> <li>8. A team which fails to perform during its allotted slot will not be given second chance.</li> <li>9. Use of props allowed.</li> <li>10. The event will be judged on the following criteria: Creativity, Music, Stage Presence, Team Work, Energy, Choreography, Synchronization, Costume, Crowd Response</li> </ol>

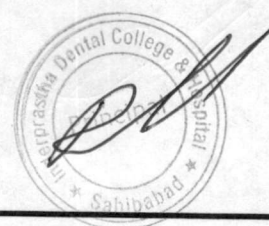




## SOLO DANCE



No. of participants	1
Coordinator	Dr. Preeti Sharma, Mobile: 7838833853 Dr. Prerna Taneja Mathur, Mobile: 9953727626
Event	Solo dance
Duration	3-4 minutes
<b>Rules</b>	<ol style="list-style-type: none"> <li>1. Obscenity, vulgarity and wardrobe malfunction of any sort will lead to automatic disqualification.</li> <li>2. Each performance music file must contain its own track and be labelled.</li> <li>3. All music must be submitted 30 mins prior to start of competition.</li> <li>4. Every student is advised to bring own props and music in mp3 format (in pen drive in case of virus CD backup should be there).</li> <li>5. Dancers must be ready to perform 30mins prior to scheduled time.</li> <li>6. Any personal belongings, costumes or dance apparel left behind at the competition will not be our responsibility.</li> <li>7. An individual which fails to perform during its allotted slot will not be given second chance.</li> <li>8. Use of props is allowed.</li> <li>9. The event will be judged on the following criteria: Creativity, Music, Stage Presence, Team Work, Energy, Choreography, Synchronization, Costume, Crowd Response</li> </ol>





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

IPDC/PO/Notice/2018/05B

Date: 7.2.2018

NOTICE

All the students are here by informed that the "**World Oral Health Day Celebration 2018**" is on 20<sup>th</sup> March 2018. We are organizing debate competition on this day. All the students are hereby instructed to give their names last by 12.03.2018.

It is mandatory for all the faculty, Staff members & Students to Participate & attend the event.

Dr. Rahul Paul  
(Principal)

Copy to:

Cc.: Secretary & Jt. Secretary

C.E.O

Manager Administrator

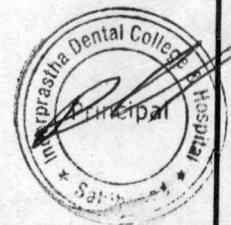
Accounts

All Dental Departments

Notice Boards

Girls Hostel

Boys Hostel







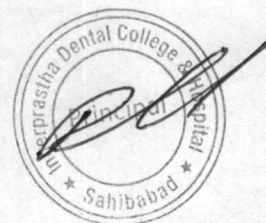
Inderprastha Dental College & Hospital  
46/1, Sahibabad Industrial Area Site 4, Sahibabad,  
Ghaziabad, Uttar Pradesh 201010

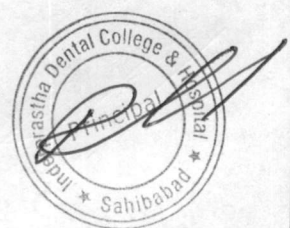
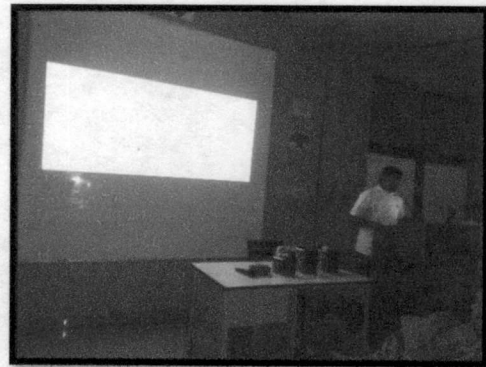
### **REPORT ON WORLD ORAL HEALTH DAY 2018**

Celebration of "**World Oral health Day**" on **20th March 2018** at Inderprastha Dental College and Hospital, Sahibabad. On this occasion, Department of Public Health Dentistry, organized a celebration of "**WORLD ORAL HEALTH DAY**". The occasion was graced by Mr. Nimish Aggarwal, Secretary of IPDC. The event was inaugurated by Dr. Rahul Paul, Principal. On this occasion, e-poster and debate competitions were organised. The undergraduate students participated enthusiastically in the competition. The students presented posters for the gathering explaining them the importance of oral health and its effect on general well-being.

#### **Program Details**

<b>Venue</b>	Lecture Hall 2, New Building
<b>Date</b>	20 <sup>th</sup> March 2018
<b>Time</b>	9:30 am to 11:00 pm
<b>Event coordinators</b>	<b>Dr. Geetika Arora, Dr. Mayura Paul</b>









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


IPDC/PO/Notice/2018/06A

Date: -09 .02.2018

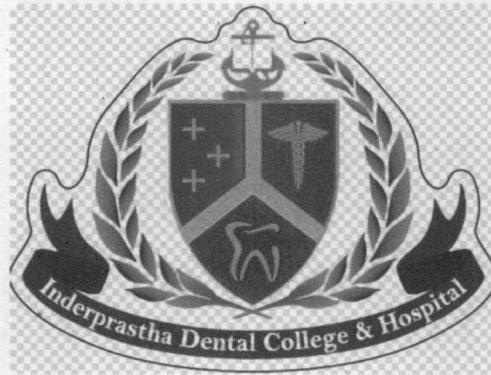
**NOTICE**

All the Faculty, Staff Members and students are here by informed that the "*Cricket Competition 2018*" is on 9<sup>th</sup> & 10<sup>th</sup> March 2018. Students are hereby instructed to give their names last by 21.02.2018.

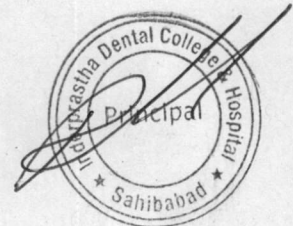
It is mandatory for all the staff members & Students to attend the event.

  
Dr. Rahul Paul  
(Principal)  
Copy to:  
Cc.: Secretary & Jt. Secretary  
C.E.O  
Manager Administrator  
Accounts  
All Dental Departments  
Notice Boards  
Girls Hostel  
Boys Hostel





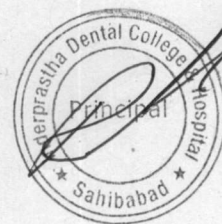
**IPDC Cricket Cup was organized to maintain the culture of Maintaining healthy mind and body. The Cricket fever was seen in all the students and faculty members. highlight of the event was a game of tug of war and cricket between faculty members and students. Prize distribution ceremony was held. Also, best crickter of the year was awarded which was selected amongst all the BDS and MDS batches.**



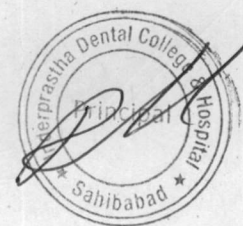
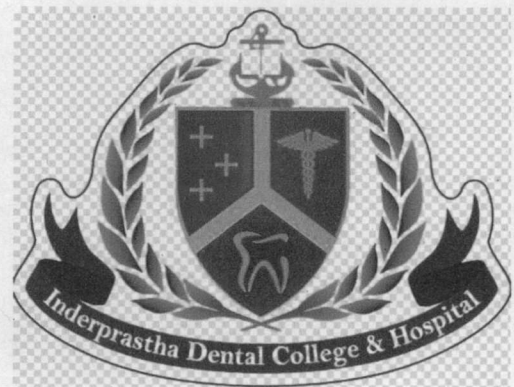


## **GENERAL RULES FOR THE SPORTS DAY FOR ALL**

- Any cultural / Sports event would be cancelled in case of inadequate entries
- All participants must carry the delegate identity cards at all times.
- Participants must report 30 minutes prior to the events at the venue.
- Each college should have a faculty in – charge for both on stage & off – stage events. Any changes made regarding the time & the venue of the event, on or before the day of performance will be informed to that in charge.
- Smoking, consumption of alcohol or any other intoxicant is strictly prohibited with in the college campus. Student found including in any such acts may be asked to leave the venue & disciplinary action may be taken against the college term.
- Possession of arms, ammunition or any objectionable article inside the college campus is strictly prohibited. Students found including in any such article will be handed over to the local police.
- Violence, unruly behavior & vandalism of any kind is strictly prohibited.
- Students found including in any of these may face disciplinary action including handed over to the disciplinary committee. The concerned teams may also be disqualified & black – listed.



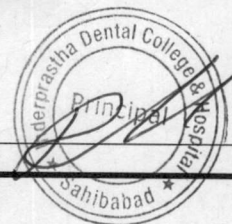
# CRICKET



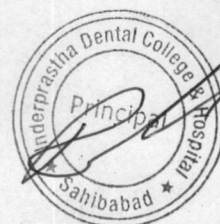


## RULES FOR CRICKET

1. Cricket is played between two teams each made up of eleven players. (Sometime in junior competitions you will find 8 player teams).
2. Games comprise of at least one innings where each team will take turns in batting and fielding/bowling.
3. The fielding team will have a bowler bowl the ball to the batsman who tries to hit the ball with their bat.
4. The fielding team tries to get the batsmen out by:
  - Hitting the wickets with the ball when bowling
  - Catching a batsman's shot on the full
  - Hitting the batsman's leg in front of the wicket (LBW)
  - Or hitting the wickets before the batsmen can run to the other end of the pitch
5. The batmen try to score as many runs as possible before getting out by:
  - Hitting the ball and running between the wickets and making it to the other end before the fielders can hit the wickets with the ball. Each time you run one full length of the pitch it equals 1 run.
  - Hitting the ball to the boundary along the ground is 4 runs.
  - Hitting the ball over the boundary on the full equals 6 runs.
6. The fielding team must get 10 batsmen out before they can change over and start batting.
7. The aim of the game is to score as many runs as possible before the fielding team takes 10 wickets. The team with the most runs wins.
8. There is toss of a coin and the pitch dimensions (length = 22 yards);

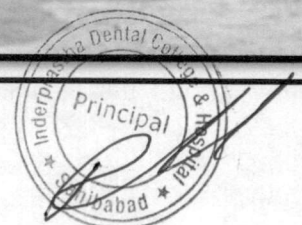
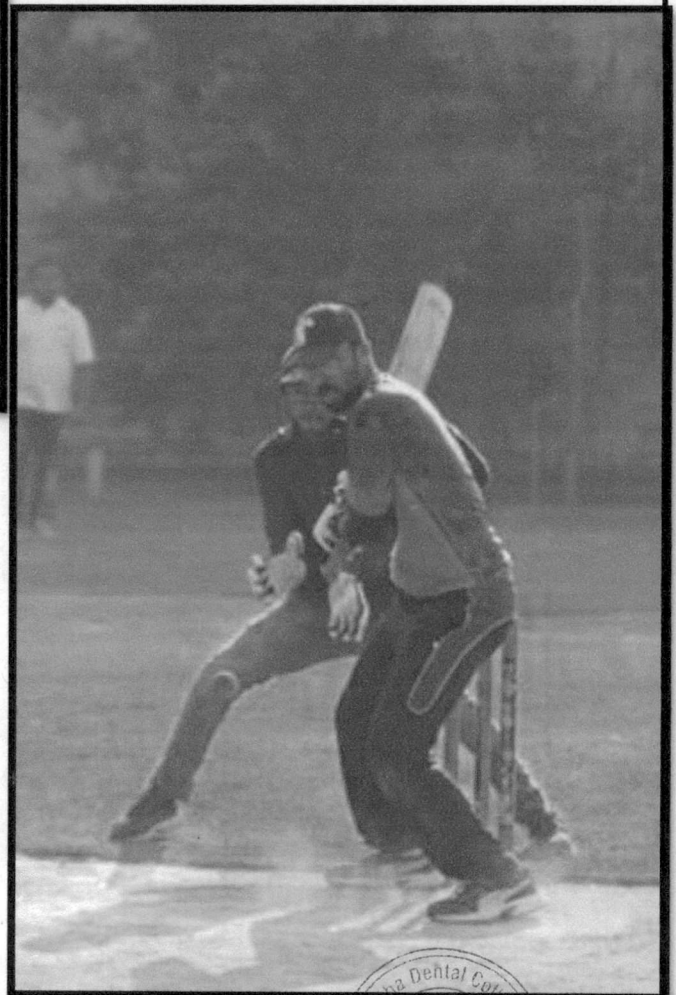
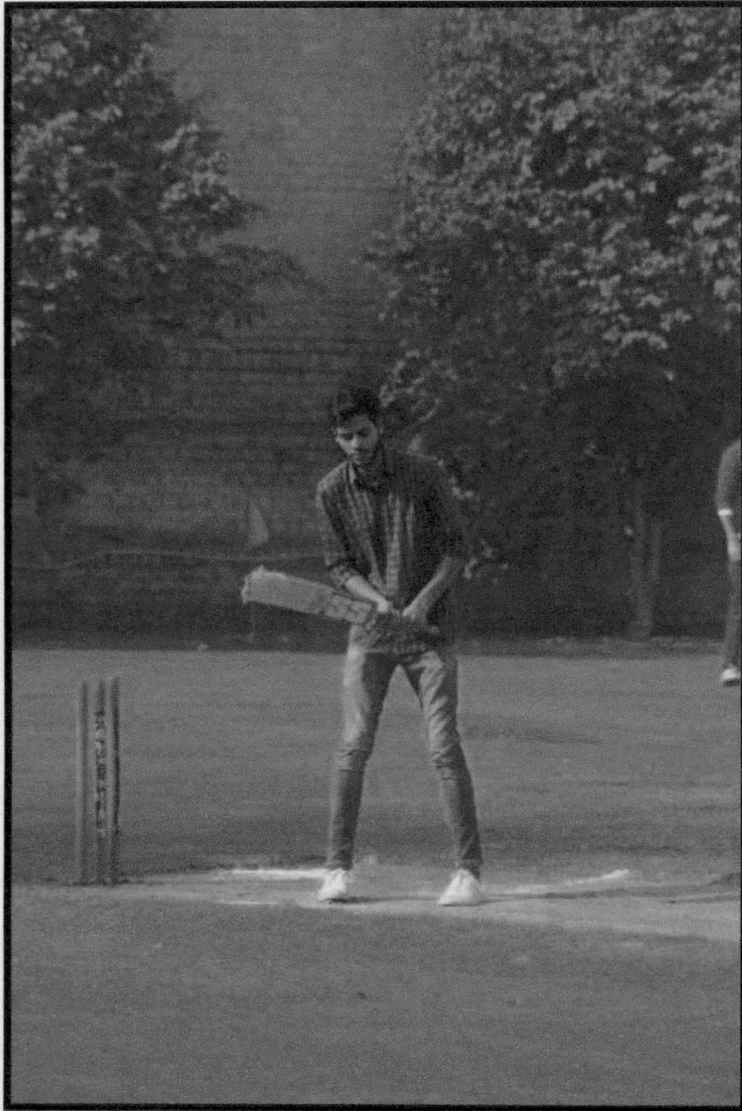


9. The ball must weigh between five and six ounces;
10. The stumps must be 22 inches (560 mm) high with a six-inch (152 mm) bail;
11. The no ball is the penalty for overstepping, which means the hind foot going in front of the bowling crease (i.e., in direct line of the wicket);
12. The popping crease is exactly 3 feet ten inches before the bowling crease;
13. Various means of "it is out" are included;
14. hitting the ball twice and obstructing the field are emphatically out following experiences in the 17th century;
15. The wicket-keeper is required to be still and quiet until the ball is bowled;
16. Umpires must allow two minutes for a new batsman to arrive and ten minutes between innings (meal and rain breaks presumably excepted);
17. The umpire cannot give a batsman out if the fielders do not appeal;
18. The umpire is allowed a certain amount of discretion and it is made clear that the umpire is the "sole judge" and that "his determination shall be absolute"





## Cricket









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

IPDC/PO/Notice/2018/05A

Date: 7.2.2018

**NOTICE**

All the students are hereby informed that the "*Chanakya Hub-2018*" is being held on 24<sup>th</sup> February 2018. The lists of events are as follows:

1. Innovative Soap Carving
2. Creative Wire bending
3. Sequence Bracelet
4. Clay Prescription

Last date for the Students Registration to participate will end on 10.02.2018.

Dr. Rahul Paul  
(Principal)

Copy to:

Cc.: Secretary & Jt. Secretary

C.E.O

Manager Administrator

Accounts

All Dental Departments

Notice Boards

Girls Hostel

Boys Hostel





**Inderprastha Dental College & Hospital**  
**46/1, Sahibabad Industrial Area Site 4, Sahibabad,**  
**Ghaziabad, Uttar Pradesh 201010**

### **REPORT ON CHANAKYA HUB – 2017-18**

Every year, **Inderprastha Dental College and Hospital** celebrates fest in the college. Fests, considered to be an integral part of college life which includes various events where students catch up with friends, showcase their talents and above all, chill out! It takes months of preparations to conduct one major fest. The name given to the fest was **CHANAKYA HUB 2017-18**

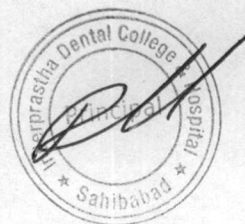
This year it was organised on **24<sup>th</sup> February 2018** in college premises. The whole programme was organised by the **Chairman, Mr Nimish Aggarwal** and **Principal of the college, Dr Rahul Paul**. Further, the duties were given to various staff members of dental college by creating an organising team and also co-ordinators teams for various events. The organising team includes:

1. **Dr. Vikram Balaggana - Organizing Chairperson**
2. **Dr. Kalyani Bhargava - Organizing Secretary**
3. **Dr. Geetika Arora- Event Coordinator**
4. **Dr. Rishabh Kapoor - Event Coordinator**
5. **Dr. Mudita Gupta – Event Coordinator**

Each department has given title to their department events which includes:

1. **Carve-O-Mania**
2. **Loop-O-Dontics**
3. **Sequence Bracelet**
4. **Clay prescription**

It was an Inter-college competition and almost all the dental colleges in station and out station were invited and participated for the same. After each event, the prizes were distributed on the spot by the Judges of the particular Events.



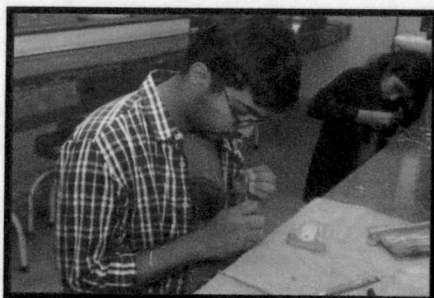


### CARV-O-MANIA

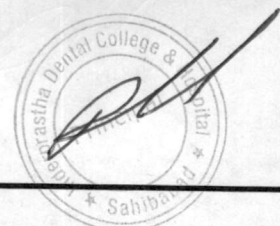


Item	Description
No. of Students	Individual
Coordinator	<b>Dr Ritika- 9717308580</b> <b>Dr Dipanshu-9013190478</b>
Event	Soap Carving on Theme of Dentistry; student can choose their own artistic expression.
Material to be brought by participants	<ol style="list-style-type: none"> <li>1. Carving Instruments</li> <li>2. Muslin Cloth</li> <li>3. Lacron Carver</li> <li>4. Mackintosh Sheet</li> <li>5. Decorative Items as per your own need</li> </ol>
We shall provide following materials	Soap and Plastic Bags
Duration	60 minutes

### LOOP-O-DONTIC

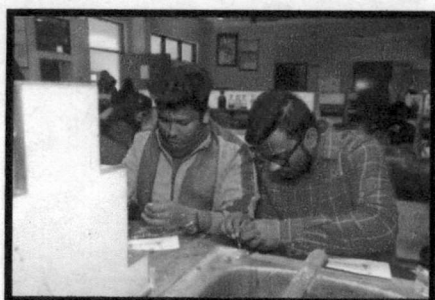


Item	Description
No. of Students	Individual
Coordinator	<b>Dr Sidhant -9456260317</b> <b>Dr Deepti- 9212794482</b>
Event	Creative wire bending contest.



Materials to be brought by Participants	<ol style="list-style-type: none"> <li>1. Adams plier</li> <li>2. Universal plier</li> <li>3. Marking pencil</li> <li>4. Hard wire cutter</li> <li>5. Stainless steel wire</li> </ol>
Duration	30 minutes
Rules	1. Each participant has to bring their own set of instruments and wires.

### SEQUENCE BRACELET



Item	Description
No. of Students	Individual
Coordinator	Dr. Preeti Sharma, Mobile: 7838833853
Event	DNA Engineering
Duration	20 mins
Materials to be brought by the participants	Nothing.
We shall provide following materials	Beads and rubber for bracelet will be provided
Rules	<ol style="list-style-type: none"> <li>1. Sequence Of Organism Such as Person, Chimpanzee will be given.</li> <li>2. Sequence of one strand will be given, you can work out with the sequence of other by following base pairing rule.</li> </ol>





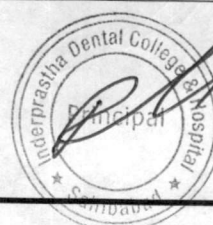
### CLAY PRESCRIPTION



Item	Description
No. of Students	2 students in a team
Coordinator	Dr. Sonam Khurana, Mobile: 9313999072
Event	Prescription designing with clay
Duration	30 mins
Materials to be brought by the participants	Clay
Rules	<ol style="list-style-type: none"> <li>1. Prescription should be in correct format otherwise marks will be deducted.</li> <li>2. Prescription size should be A4 size.</li> </ol>

### LIST OF COLLEGES PARTICIPATED

COLLEGES NAME
Inderprastha Dental College And Hospital
Sharda University, School Of Dental Sciences, Gr. Noida
Faculty Of Dental Sciences, PDM University, Bahadurgarh
Sudha Rastogi Dental College, Faridabad
ESIC Dental College, Rohini, N.Delhi
ITS Dental College, Murad Nagar
Shree Bankey Bihari Dental College, Ghaziabad
Manav Rachna Dental College, Faridabad
Institute Of Dental Studies & Technology, Modinagar
Kantidevi Dental College, Mathura
SGT Dental College, Gurgaon



## AWARDS CEREMONY







## Inderprastha Dental College & Hospital

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

IPDC/PO/Notice/2017/ 93A

Date: - 28.12.2017

### NOTICE

All the Faculty ,Staff members & Students are here by informed that the "**Fun Games- 2018**"is on 27<sup>th</sup> January'2018. The list of events are as follows:

1. Tug of war
2. Dart Game
3. Sack Race

It is mandatory for all the Faculty, staff members & Students to attend the event.

Dr Rahul Paul  
(Principal)

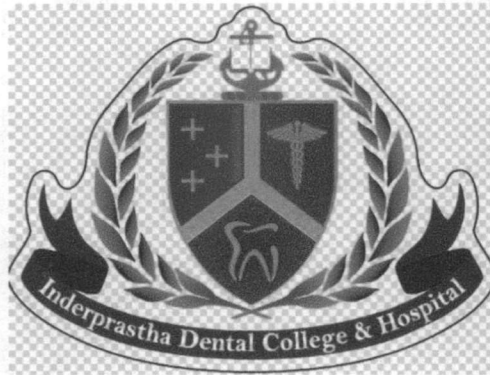
Copy to:

Cc.: Secretary & Jt. Secretary

C.E.O

All Departments

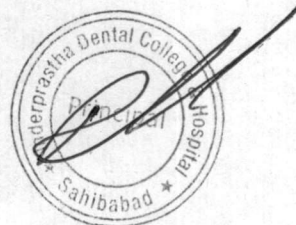




**FUN ZONE event was organized to create a friendly zone for all to create a balance between work and fun . it gives an opportunity to all to relax. All the boys and girls from all the batches participated in all events alike.**

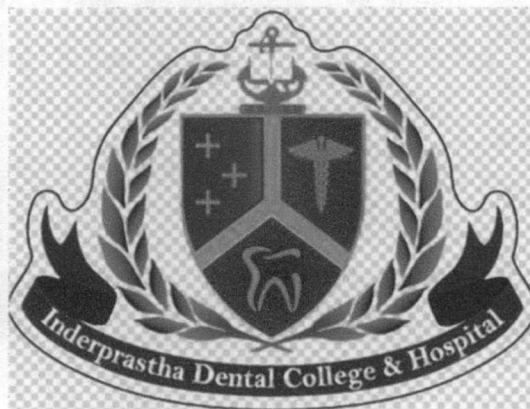
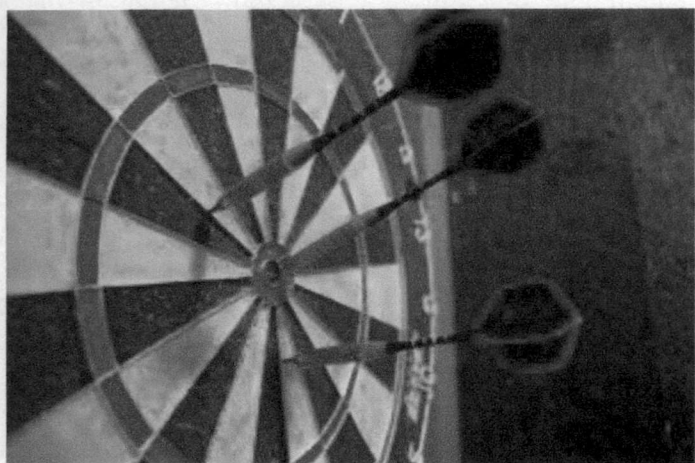
**Main highlight of the event was a game of tug of war between faculty members and students. Prize distribution ceremony was held for each sporting event where 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> positions were given for both individual and group events.**

**The function was honored by Mr. Nimish Agarwal. All the winners of events conducted were motivated and function was concluded with a message of sportsmanship.**





# AIM THE DART



## RULES FOR DART GAME

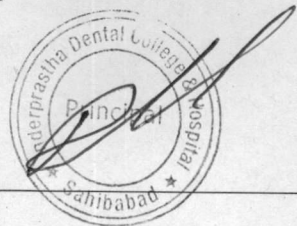
- A good dartboard
- A set of three darts, either soft-tipped or steel-tipped.
- A safe, well lit place to play.

### Dartboard Measurements

The standard international dartboard is known as the "clock" board. The standard dartboard measurement is 18 inches in diameter and has 20 numbered, pie-shaped segments of equal size, plus the bull's-eye. Each numbered segment has a double ring on the outside perimeter of the scoring area and an interior triple ring (which count as double and triple of that number respectively). The bull's-eye has an outer bull area (also known as the single bull, which scores 25) and an inner bull (also known as a double bull's-eye, which scores 50)

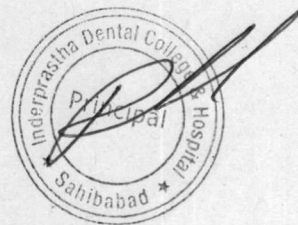
### Dart Board Regulations

- Dart Board Height: 5 feet. 8 inches from floor to the center of the bull's-eye.
- Distance from front of the dartboard to the throwing line:  
Steel Tip: 7 feet 9 1/4 inches, Soft Tip: 8 feet 0 inches. To mark the throw line a simple piece of tape will suffice. Major tournaments, however, use a "hockey" which is a thin raised strip of wood approximately 1 1/2 inches high (see image diagram below).
- Mounting: Flush to the wall - not leaning like a picture - with the 20 at the top.





- **Location:** Since darts often bounce out of the dartboard, never put a dartboard up near windows or breakables or where anyone could walk between the throwline and the dartboard. Also, if you have a hard floor, such as concrete or wood, you may want to consider getting a dart mat.
- The dart scoreboard should be mounted to left or the right of the dart board for easy access.

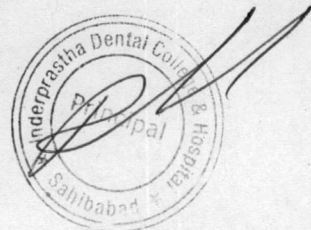
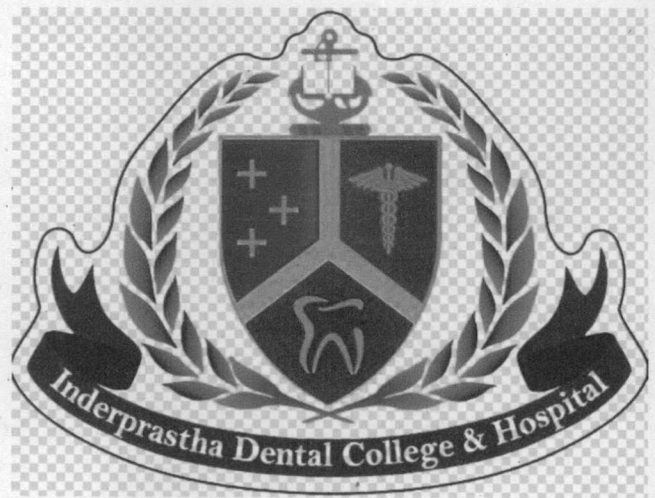


## DART GAME





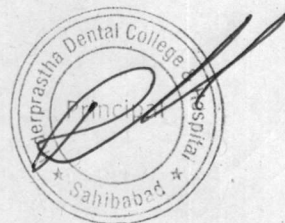
## SACK RACE



## **RULES FOR SACK RACE**

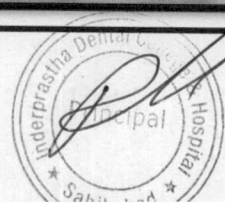
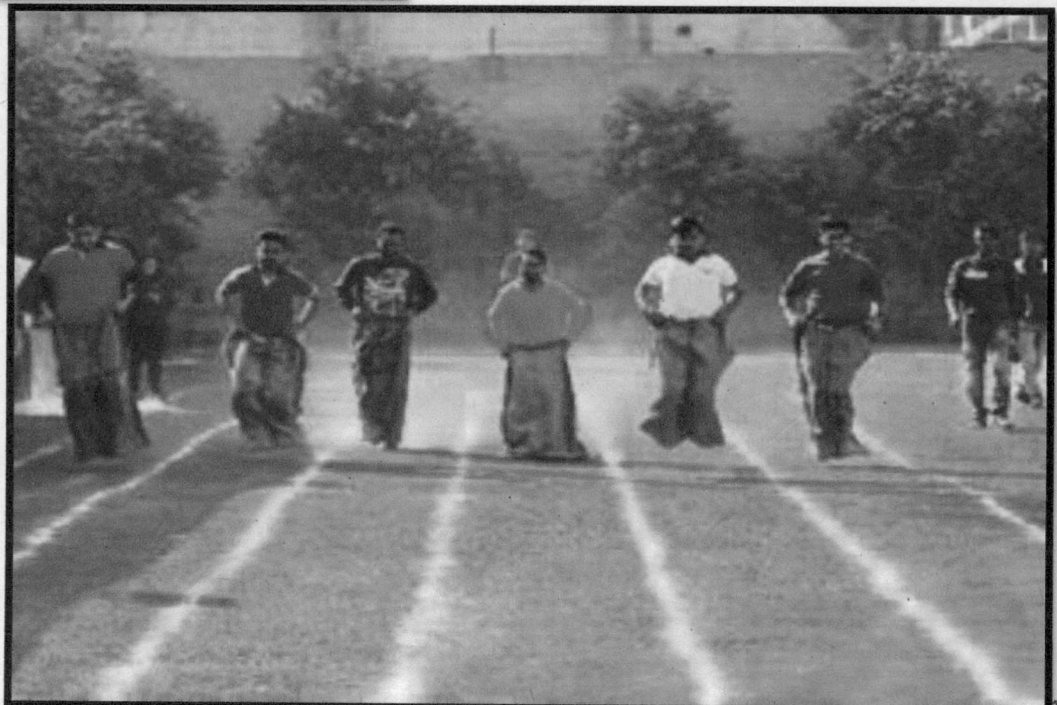
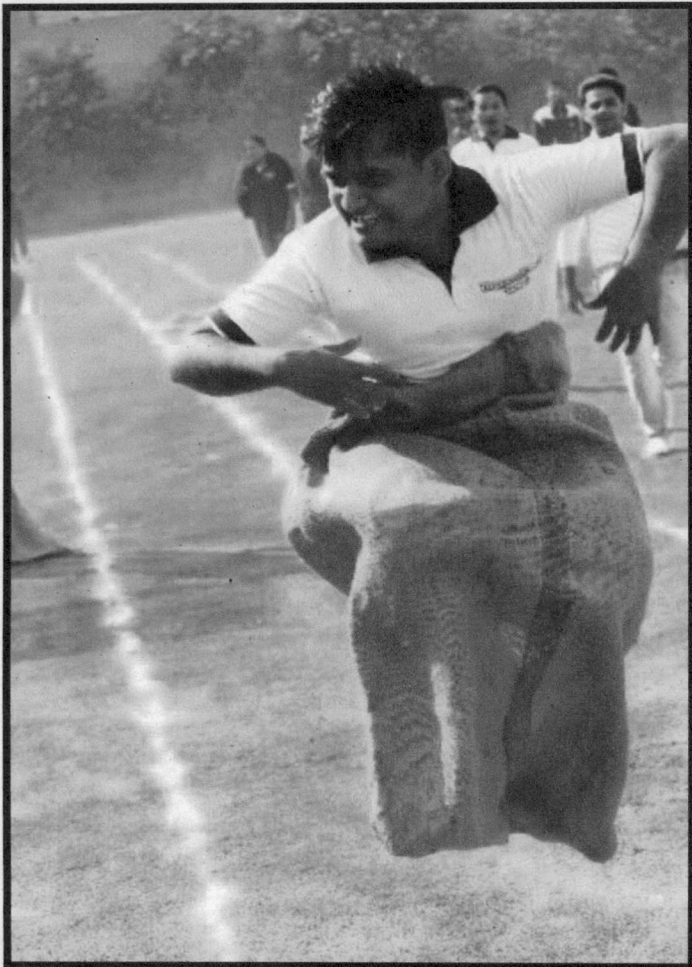
**To play you need one Burlap Sack for each individual participant.**

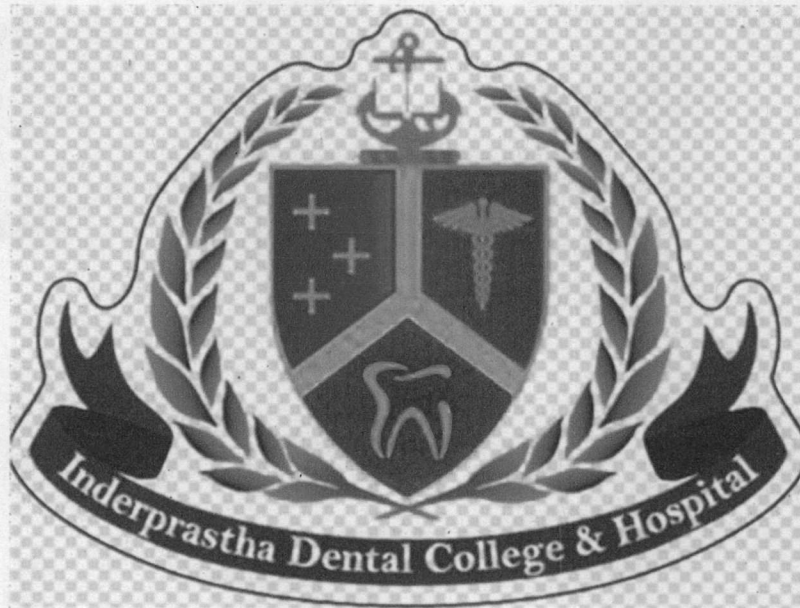
- **Participants will run to the sack, put both feet in & begin hopping toward the finish line.**
- **Contestants must keep both feet in sack and at least one hand on the sack at all times.**
- **The sack must remain as close to the waist as possible & should not fall below the knees.**
- **The first racer to the finish line wins.**



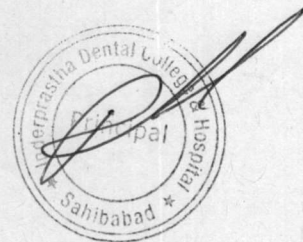


## SACK RACE





## TUG OF WAR



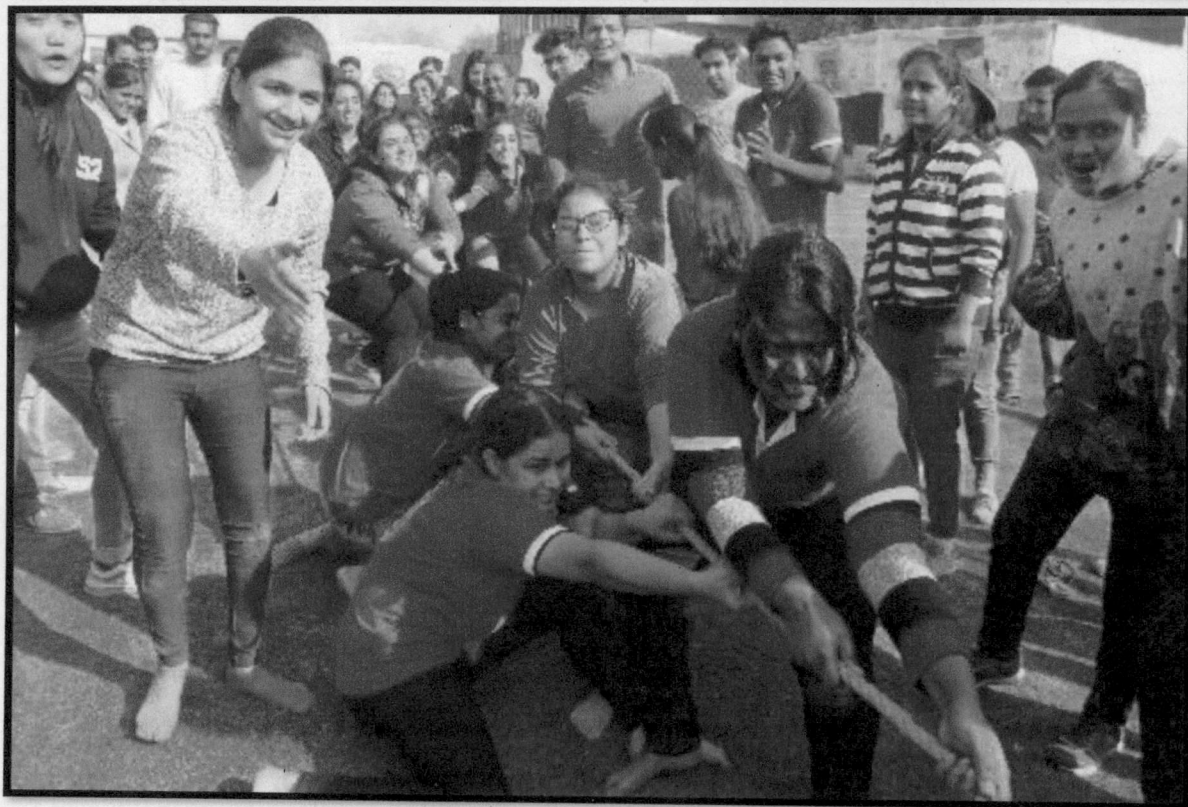


## TUG OF WAR

- Each team in a Tug of War competition consists of eight people.
- There are various weight classifications in Tug of War, and the mass of the eight people combined must not weigh more than that determined by the category that they are placed in.
- The rope used should be of a circumference of approximately 11 cm and should be marked in the middle with a centre line as well as two marks that should be placed 4m from the centre line.
- At the start of the pull, the centre line of the rope should be immediately above line marked on the ground.
- Both teams pull the rope, the winner being the team who manage to pull the mark on the rope closest to their opponents over the centre line.
- The rope must be pulled underarm and nobody's elbow must go below the knee, otherwise a foul will be called.
- Matches are often a best of three pull, the winner winning two out of the three pulls.



## TUG OF WAR





## MUSICAL CHAIR



# Inderprastha

## Dental College & Hospital

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

IPDC/PO/Notice/2017/ 79A

Date: 15.11.2017

### NOTICE

All the Faculty, Staff Members and students are here by informed that the "**Ethos Outdoor 2017**" is on 22<sup>nd</sup> & 23<sup>rd</sup> December'2017. Students are hereby instructed to give their names last by 23.11.2017. The list of events are as follows:

1. Kabbadi
2. Kho Kho
3. Volley ball

It is mandatory for all the faculty, Staff members & Students to Participate & attend the event.



Dr Rahul Paul  
(Principal)

Copy to:

Cc.: Secretary & Jt. Secretary

C.E.O

All Department





# **Inderprastha**

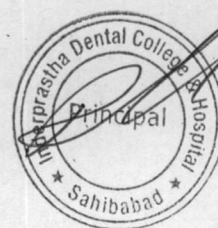
**Inderprastha Dental College & Hospital**  
46/1, Site-IV, Industrial Area, Sahibabad,  
Ghaziabad-201010 (U.P.)

## **ETHOS OUTDOOR**

Every year IPDC organizes sports meet for its Undergraduate and postgraduate students and faculty members. This year same event was organized where all kinds of sporting events were held such as Kabaddi, Throw Ball and Kho Kho. All the boys and girls from all the batches participated in all events alike.

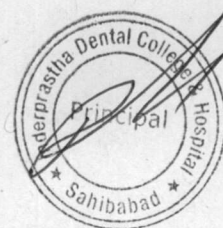
Prize distribution ceremony was held for each sporting event where 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> positions were given for both individual and group events.

The function was honored by Mr. Nimish Agarwal. All the winners of events conducted were motivated and function was concluded with a message of sportsmanship.



## **GENERAL RULES FOR THE SPORTS DAY FOR ALL**

- Any cultural / Sports event would be cancelled in case of inadequate entries
- All participants must carry the delegate identity cards at all times.
- Participants must report 30 minutes prior to the events at the venue.
- Each college should have a faculty in – charge for both on stage & off – stage events. Any changes made regarding the time & the venue of the event, on or before the day of performance will be informed to that in charge.
- Smoking, consumption of alcohol or any other intoxicant is strictly prohibited within the college campus. Student found including in any such acts may be asked to leave the venue & disciplinary action may be taken against the college term.
- Possession of arms, ammunition or any objectionable article inside the college campus is strictly prohibited. Students found including in any such article will be handed over to the local police.
- Violence, unruly behavior & vandalism of any kind is strictly prohibited.
- Students found including in any of these may face disciplinary action including handed over to the disciplinary committee. The concerned teams may also be disqualified & black – listed.





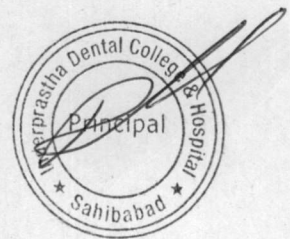
# Inderprastha

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

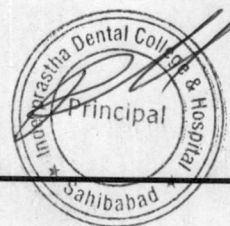


## KABADDI 2017



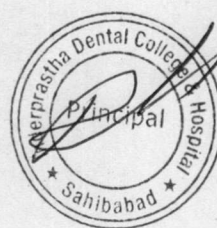
## **RULES OF KABADDI**

- Each team shall consist of no more than 12 players with only 7 taking to the field at any one time.
- Because of the physical nature of Kabaddi, matches are categorized in age and weight categories.
- There are six officials looking after each Kabaddi match. The officials comprise of a referee, a scorer, two assistant scorers and two umpires.
- The duration of the match is two halves of 20 minutes with a half time break of 5 minutes.
- At the start of a Kabaddi match, there is a coin toss with the winner having the choice as to whether to have the first raid or not. In the second half of the match, the team that did not raid first shall begin the second half with a raid.
- To win a point when raiding, the raider must take a breath and run into the opposition's half and tag one or more members of the opposing team and then return to their own half of the pitch before inhaling again.
- To prove that another breath hasn't been taken, the rider must continue to repeatedly yell the word 'Kabaddi'. Failure to do this, even for just a moment means that the rider must return to their own side of the court without points and the opposite team is awarded a point for a successful defense play.
- The team being raided is defending, and the players must prevent the raiders from tagging them and returning back over the halfway line. Whilst in defence, a team may score a point by successfully preventing the raider returning to their own half after tagging them.



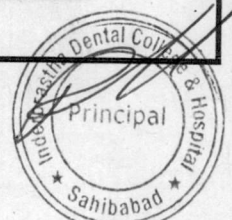
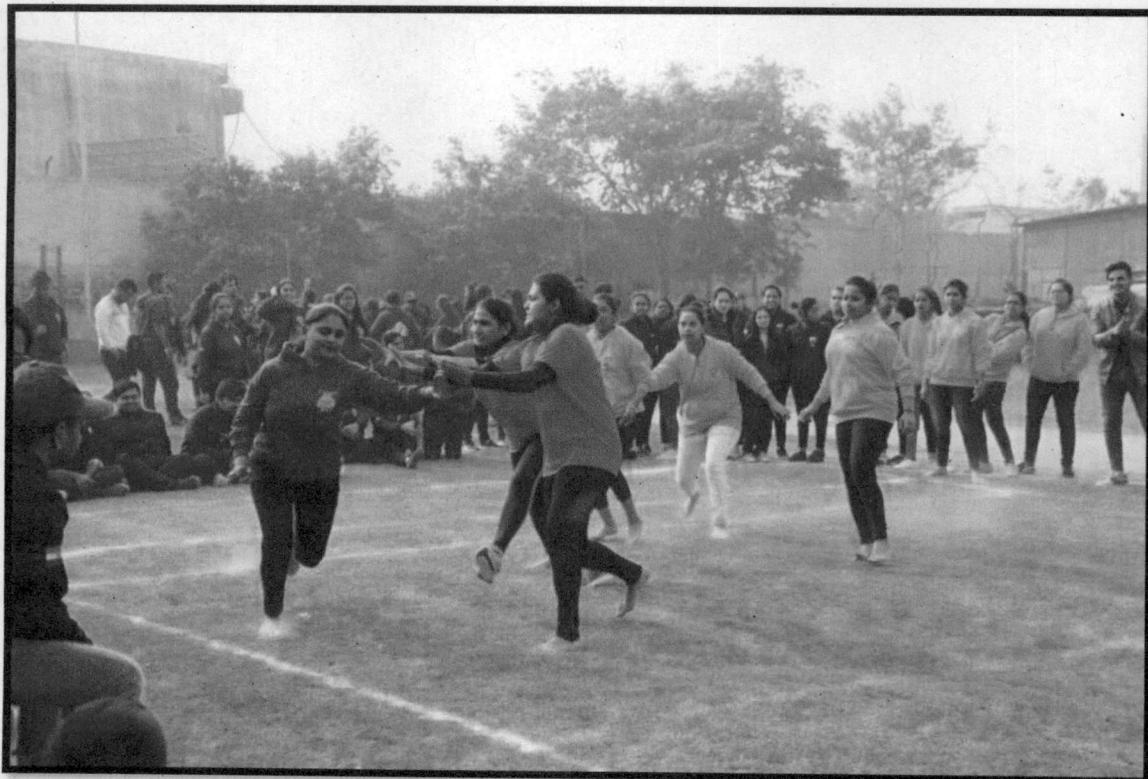
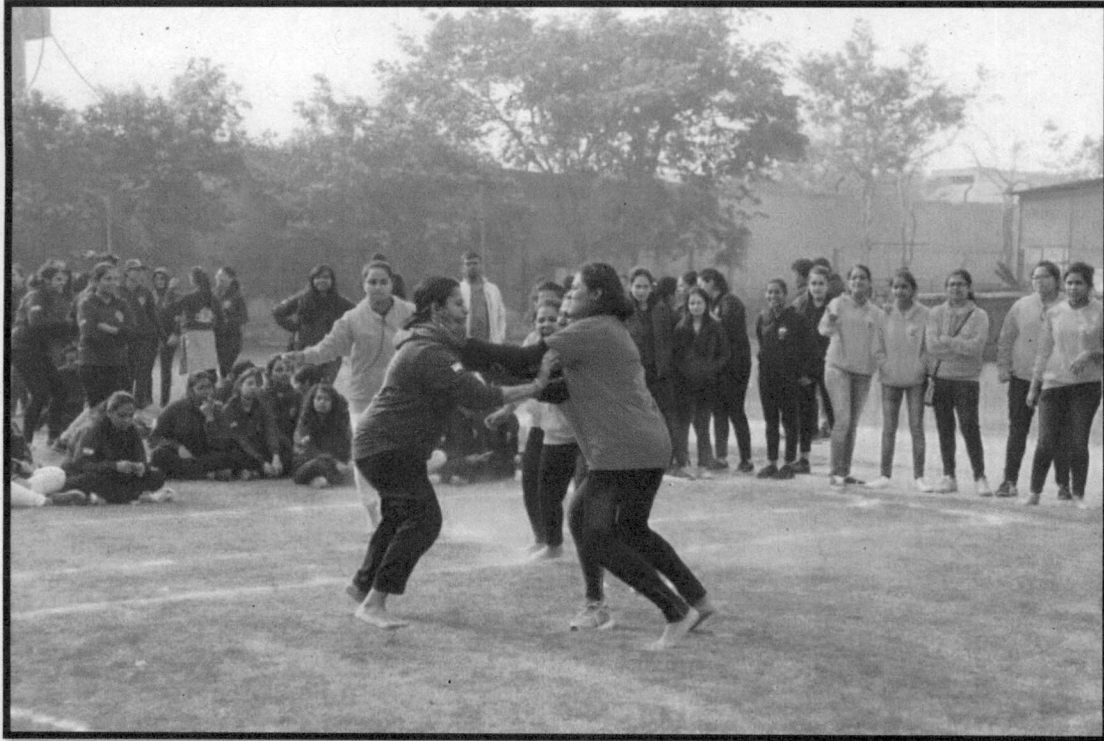


- Raiders may only be grabbed by their limbs or torso, not by their hair, clothes or anywhere else, and defenders are not permitted to cross the centre line.
- Each team will take turns in raiding and defending. Following halftime, the two teams switch sides of the court and the team who defended first in the first half begin the second half by raiding.
- The game continues in this way until the time is up, the team with the most points at the end of the match is declared the winner.



**GIRLS**

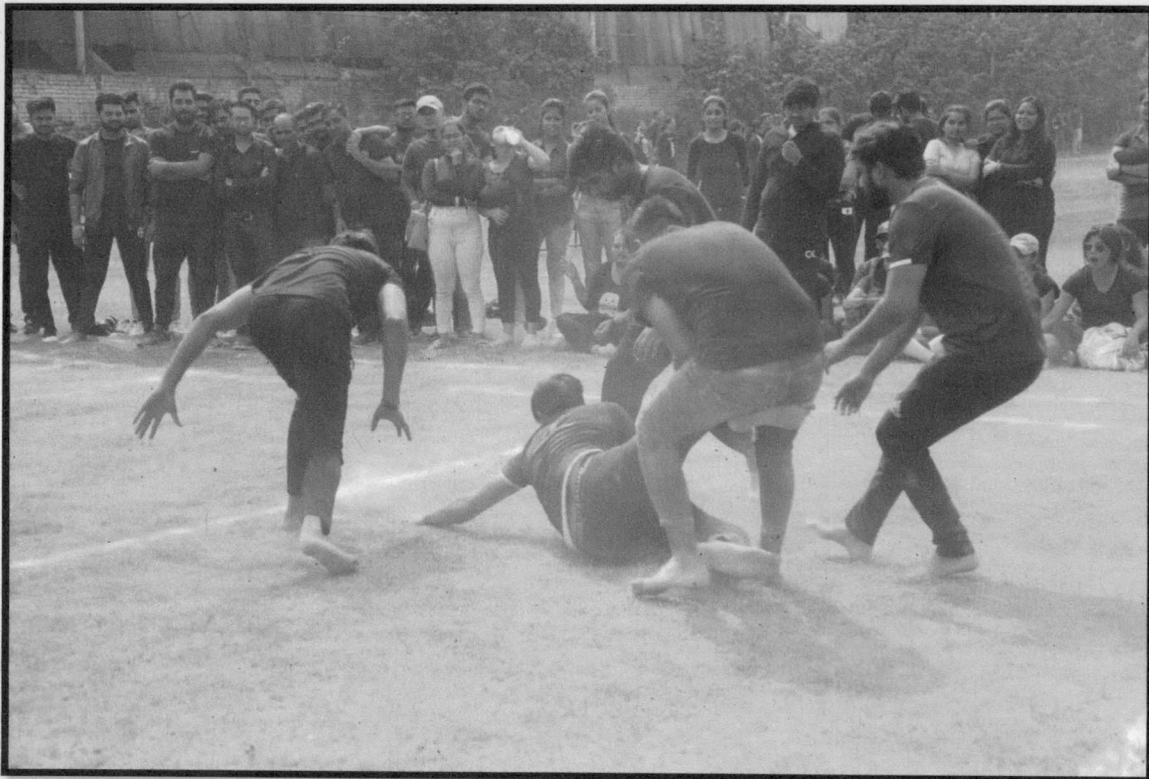
**KABADDI-2017**





## KABADDI-2017

### BOYS-



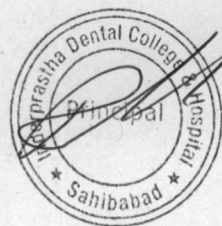
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Inderprastha Dental College & Hospital

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



## KHO-KHO 2017





## **RULES OF KHO-KHO**

### **1. Duration:**

**(a) Each side consists of 9 players.**

**(b) An innings will consist of chasing and running turns which will be of 7 minutes duration each. Every match will consist of two innings.**

**(c) An interval of 5 minutes is allowed after an inning and 2 minutes break is allowed between two turns.**

**2. The side of the chasers scores one point for putting out each runner.**

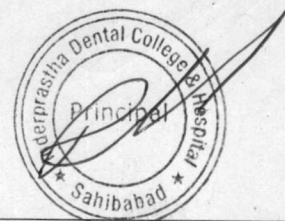
**3. The chaser or the runner has the option to end the turn before the expiry of the allotted time.**

**4. The captain of the team which wins the toss will have the choice of chasing or running.**

**5. At the commencement of the game the eight chasers (players sitting in the squares) will sit in the squares facing opposite directions. No adjacent chasers should face in the same direction. The 9th chaser will stand at either of the posts.**

**6. The runners will fix and coordinate their entry serially with the scorer.**

**7. With the commencement of the game three runners are to get inside the court. As soon as a runner is put out the next three runners must enter the field before "kho" is given. If a runner fails to enter the field, he/she is given out.**

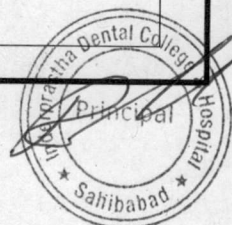


**8. A runner goes out of the game by the following means:**

- (a) If touched by a chaser.**
- (b) If she/he fails to enter the field when a runner is given out.**
- (c) If she/he touches the seated chasers twice or after receiving a warning for similar infringement.**

**9. Rules for the chasers:**

- (a) "Kho" is to be given from behind a sitting chaser and it is to be said loudly.**
- (b) The seated chaser shall not get up without getting "kho".**
- (c) An active chaser shall not recede to give "kho".**
- (d) An active chaser shall sit down immediately after giving "kho".**
- (e) After getting "kho" the sitting chaser becomes active and follows the direction he is facing.**
- (f) An active chaser is not to cross the centre line.**
- (g) She/He is to take the direction that was initially taken by her/him to the M or N posts.**
- (h) When an active chaser leaves a post, he/she shall go in the direction of other post remaining on the side of the centre line which he/she was facing before leaving the post.**
- (i) Chasers are not to obstruct runners while being seated.**
- (j) The face (shoulder line) of an active chaser must be in a direction he/she has taken. He/She shall not turn his/her face. He/She is only allowed to turn his/her face parallel to the centre line.**
- (k) If a foul is committed by an active chaser she/he will be directed to go in the opposite direction of her/his chaser as indicated by the umpire and if a runner is put out by this act she/he will not be given out.**
- (l) When an active chaser lets go his/her hold of the post or goes beyond the rectangles he/she is known as leaving the post.**





### **Scoring in Kho Kho**

The side of the chasers scores 1 point for putting out each runner. If one team scores 9 points more than the other team, the winning team may ask the losers to chase without losing their option to chase afterwards. A substitute shall be allowed to replace an injured player at the discretion of the referee.

### **Officials in Kho Kho**

The officials in the Kho Kho game are the ones who manage the entire game so that it proceeds according to the rule, are:

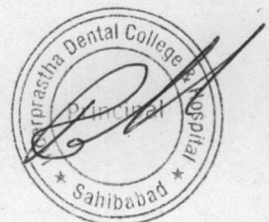
**Two Umpires:** They supervise the game in their respective halves, divided by the centre line. A foul is indicated by continuous short whistles till the foul is corrected. An "out" is declared by a short whistle.

**Referee:** The referee helps the umpires and gives the final decision in case of any difference between them and amongst the players.

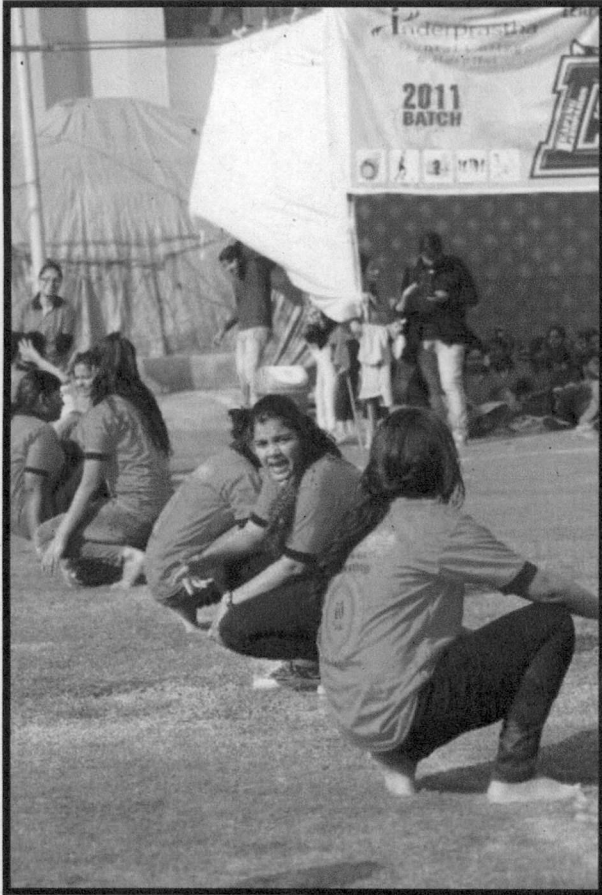
**Time-keeper:** The Time-keeper keeps the record of time and hands it over to the scorer at the end of an innings. The turn is usually started by blowing the time-keeper's whistle: one long and one short. The end of the turn is indicated by a long whistle.

**Scorer:** The scorer keeps a record of runners who are out and makes them sit.

**Assistant Scorer:** The Assistant Scorer helps the scorer in carrying out all the functions.



## KHO-KHO



Women's Kho-Kho team – enjoying the game





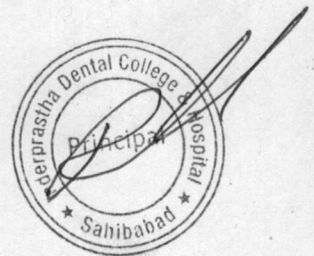
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Inderprastha Dental College & Hospital

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Ghaziabad-201010 (U.P.)

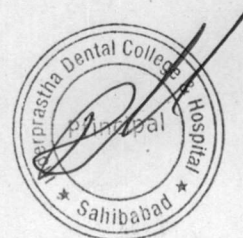


## VOLLEY BALL



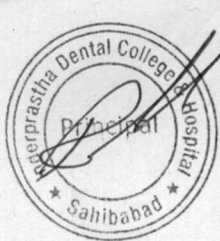
## **RULES FOR VOLLEYBALL**

- Each team consist of 6 players and 6 substitutes. Players can be substituted at any time but if they are to return can only be swapped for the player that replaced them.
- Each team can hit the ball up to three times before the ball must be returned. The defensive team can then try and block or return the ball again hitting it a maximum of three times.
- Games are played up to 25 points and must be won by 2 clear points.
- Violations will be called for the following:
  - Stepping over the base line when serving the ball.
  - Ball hits the net and fails to get over the net (If the ball hits the net and still goes over the net then this is perfectly legal).
  - Players are not allowed to carry, palm or run with the ball.
  - Players must not touch the net with any part of the body. If the net is said to have hit them rather than vice-versa, then this is ok.
  - The ball cannot travel under the net.
  - Players cannot reach over the net and hit the ball.





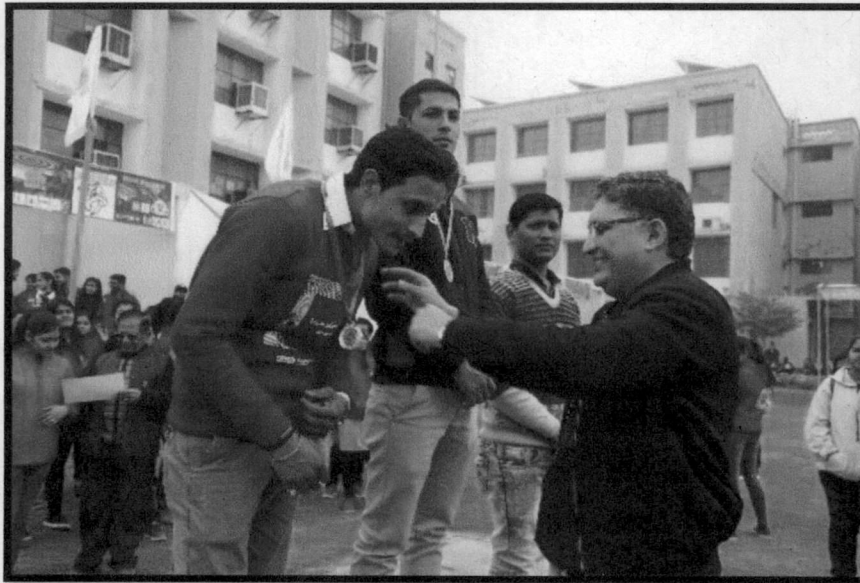
# VOLLEYBALL



# AWARDS

## AWARD CEREMONY

The winners are awarded by appreciation, certificate and medals. BEST team, BEST athlete (Boys and Girls) and individual event winner were awarded by the Guest of honor.





# Inderprastha

## Dental College & Hospital

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

IPDC/PO/Notice/2017/ 61A

Date: - 10.10.2017

### NOTICE

All the faculty, Staff members & Students are here by informed that the "**Athletics- Sports 2017**" is on 4th Nov'2017. Students are hereby instructed to give their names for 100 mt. sprints and 4 X 100 mt. Relay Race, last by 24.10.2017.

It is mandatory for all the Faculty, staff members & Students to attend the event.



Dr. Rahul Paul

(Principal)

Cc.: Secretary & Jt. Secretary

C.E.O

Accounts

All Dental & Medical Departments



# Inderprastha

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

Every year IPDC organizes sports for its Undergraduate and postgraduate students and faculty members. This year same event was organized in the month of December where all kinds of sporting events were held such as sprints 100 m , 200 m Relay Races. All the boys and girls from all the batches participated in all events alike.

Prize distribution ceremony was held for each sporting event where 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> positions were given for both individual and group events. Also, best sportsperson of the year was awarded which was selected amongst all the BDS and MDS batches.

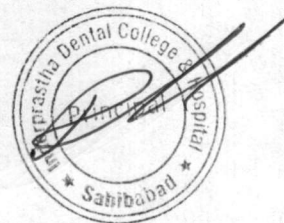
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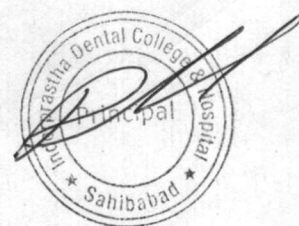
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# ATHELETICS

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





## Rules Of 100 Meter Sprint

The runners should abide by the following rules in order to complete a race –

- Sprinters should run in designated lanes and cannot cross lanes, throughout the race.
- Sprinters shouldn't step on white lines that mark their lanes throughout the race.
- In case of a false start, the athlete is disqualified.
- Before giving the 'set' command, athletes cannot touch the other side of the start line with their hands or feet.
- Athletes should not obstruct other athletes during the race.
- If an athlete is obstructed, the referee may order the race to be held again, or he may ask the athlete to take part in the next round.
- Athletes may leave the track voluntarily before the race ends, but they cannot come back to the track else they will be disqualified.



**SPRINT -2017**

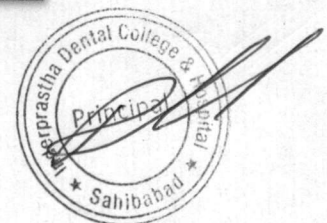
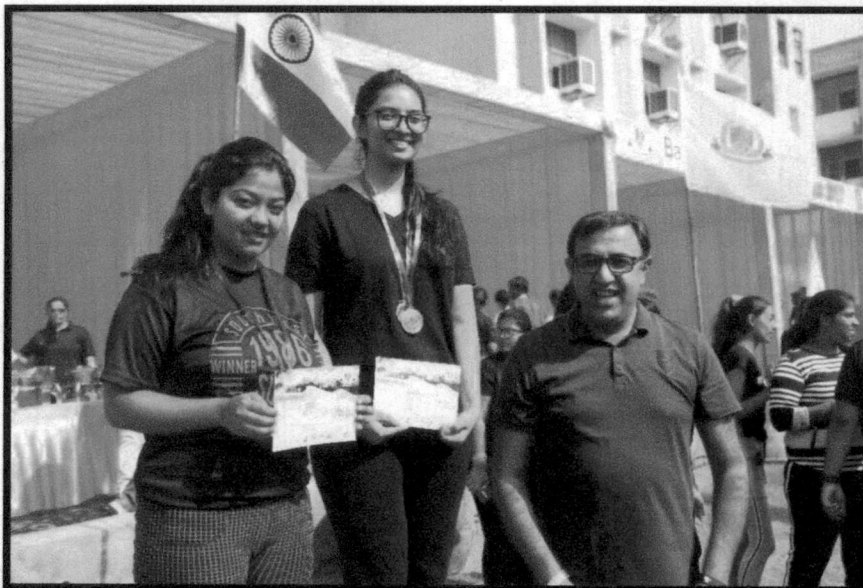
**(BOYS)**





**SPRINTS- 2017**

**(GIRLS)**



# RELAY 4X100

## Inderprastha

**Inderprastha Dental College & Hospital**

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





## **RULES OF RELAY RACE**

- 1. The standard distances shall be: 4x100m**
- 2. Lines 5cm wide shall be drawn across the track to mark the distances of the legs and to denote the scratch line.**
- 3. Each takeover zone shall be 20m long of which the scratch line is the centre. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction.**
- 4. Check Marks: When all or the first portion of a Relay Race is being run in lanes, an athlete may place one check-mark on the track within his own lane, by using adhesive tape, maximum 5cmx40cm, of a distinctive colour which cannot be confused with other permanent markings. No other check-mark may be used.**
- 5. The relay baton shall be a smooth hollow tube, circular in section, made of wood, metal or any other rigid material in one piece, the length of which shall be 280 to 300mm. The outside diameter shall be 40mm ( $\pm 2$ mm) and it shall not weigh less than 50g. It should be coloured so as to be easily visible during the race.**



**6. The baton shall be carried by hand throughout the race. Athletes are not permitted to wear gloves or to place material (other than those permitted by Rule 144.2(f)) or substances on their hands in order to obtain a better grip of the baton. If dropped, it shall be recovered by the athlete who dropped it. He may leave his lane to retrieve the baton**

**provided that, by doing so, he does not lessen the distance to be covered. In addition, where the baton is dropped in such a way that it moves sideways or forward in the direction of running (including beyond the finish line), the athlete who dropped it, after retrieving it, must return at least to the point where it was last in his hand, before continuing in the race. Provided these procedures are adopted where applicable and no other athlete is impeded, dropping the baton shall not result in disqualification. If an athlete does not follow this Rule, his team shall be disqualified.**

**7. The baton shall be passed within the takeover zone. The passing of the baton commences when it is first touched by the receiving athlete and is completed the moment it is in the hand of only the receiving athlete. In relation to the takeover zone, it is only the position of the baton which is decisive. Passing of the baton outside the takeover zone shall result in disqualification.**



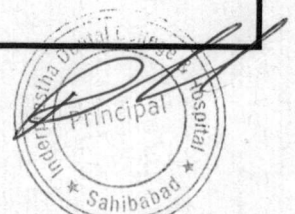


**8. Athletes, before receiving and/or after handing over the baton, should keep in their lanes or maintain position until the course is clear to avoid obstruction to other athletes. If an athlete willfully impedes a member of another team by running out of position or lane at the finish of his leg, his team shall be disqualified.**

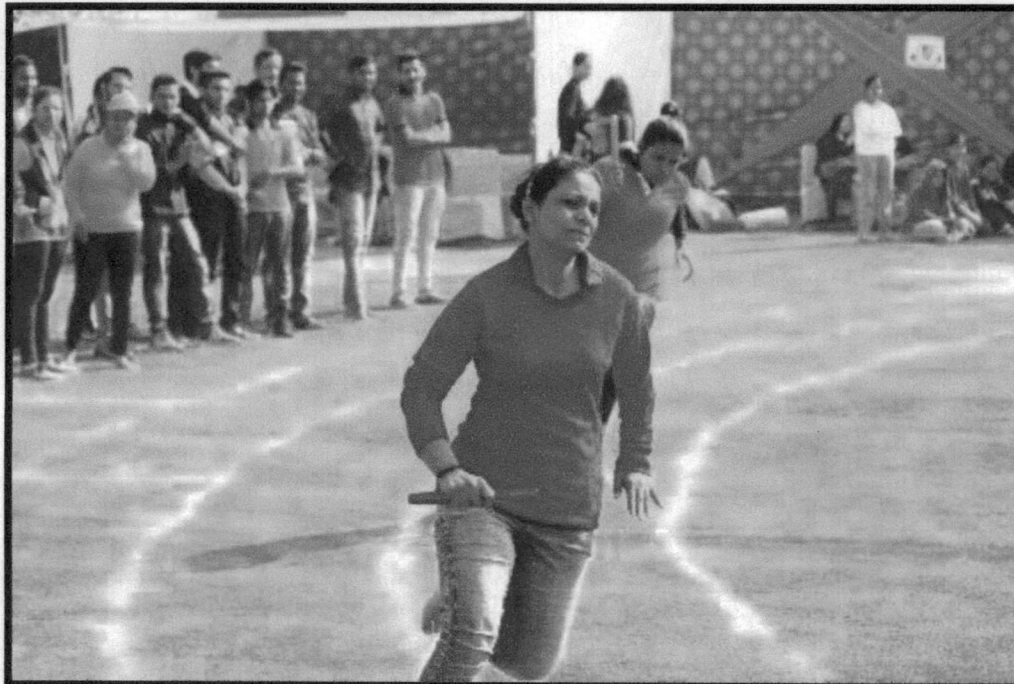
**9. Assistance by pushing or by any other method shall result in disqualification.**

**10. Each member of a relay team may run one leg only. Any four athletes from among those entered for the competition, whether for that or any other event, may be used in the composition of the relay team for any round. However, once a relay team has started in a competition, only two additional athletes may be used as substitutes in the composition of the team. If a team does not follow this Rule, it shall be disqualified.**

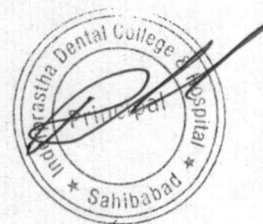
**11. The composition of a team and the order of running for a relay shall be officially declared no later than one hour before the published first call time for the first heat of each round of the competition. Further alterations must be verified by a medical officer appointed by the Organizing Committee and may be made only until the final call time for the particular heat in which the team is competing. If a team does not follow this Rule, it shall be disqualified.**



## RELAY RACE-2017







# nderprastha

## Dental College & Hospital

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

IPDC/PO/Notice/2017/ 58A


Date- 15.09.2017

### NOTICE

All the Faculty, Staff Members and students are here by informed that the "*Ethos Indoor 2017*" is on 3rd & 4th October'2017. Students are hereby instructed to give their names last by 30.09.2017. The list of events are as follows:

1. Badminton
2. Carom board
3. Chess
4. Table Tennis

It is mandatory for all the faculty, Staff members & Students to Participate & attend the event.

  
Dr Rahul Paul  
(Principal)

Copy to:

Cc.: Secretary & Jt. Secretary

C.E.O

All Departments





# Inderprastha

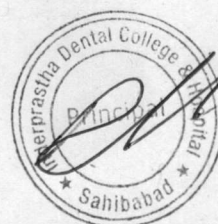
**Inderprastha Dental College & Hospital**  
46/1, Site-IV, Industrial Area, Sahibabad,  
Ghaziabad-201010 (U.P.)

## ETHOS INDOOR

Every year IPDC organizes "ETHOS INDOOR" sports meet for its Undergraduate and postgraduate students and faculty members. All the boys and girls from all the batches participated in all events alike.

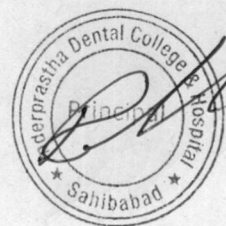
Prize distribution ceremony was held for each sporting event where 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> positions were given for both individual and group events. Also, best sportsperson of the year was awarded which was selected amongst all the BDS and MDS batches.

The function was honored by Mr. Nimish Agarwal. All the winners of events conducted were motivated and function was concluded with a message of sportsmanship.



## **GENERAL RULES FOR THE SPORTS DAY FOR ALL**

- Any cultural / Sports event would be cancelled in case of inadequate entries
- All participants must carry the delegate identity cards at all times.
- Participants must report 30 minutes prior to the events at the venue.
- Each college should have a faculty in – charge for both on stage & off – stage events. Any changes made regarding the time & the venue of the event, on or before the day of performance will be informed to that in charge.
- Smoking, consumption of alcohol or any other intoxicant is strictly prohibited within the college campus. Student found including in any such acts may be asked to leave the venue & disciplinary action may be taken against the college term.
- Possession of arms, ammunition or any objectionable article inside the college campus is strictly prohibited. Students found including in any such article will be handed over to the local police.
- Violence, unruly behavior & vandalism of any kind is strictly prohibited.
- Students found including in any of these may face disciplinary action including handed over to the disciplinary committee. The concerned teams may also be disqualified & black – listed.



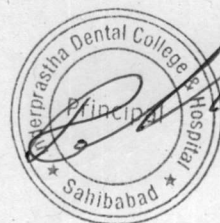
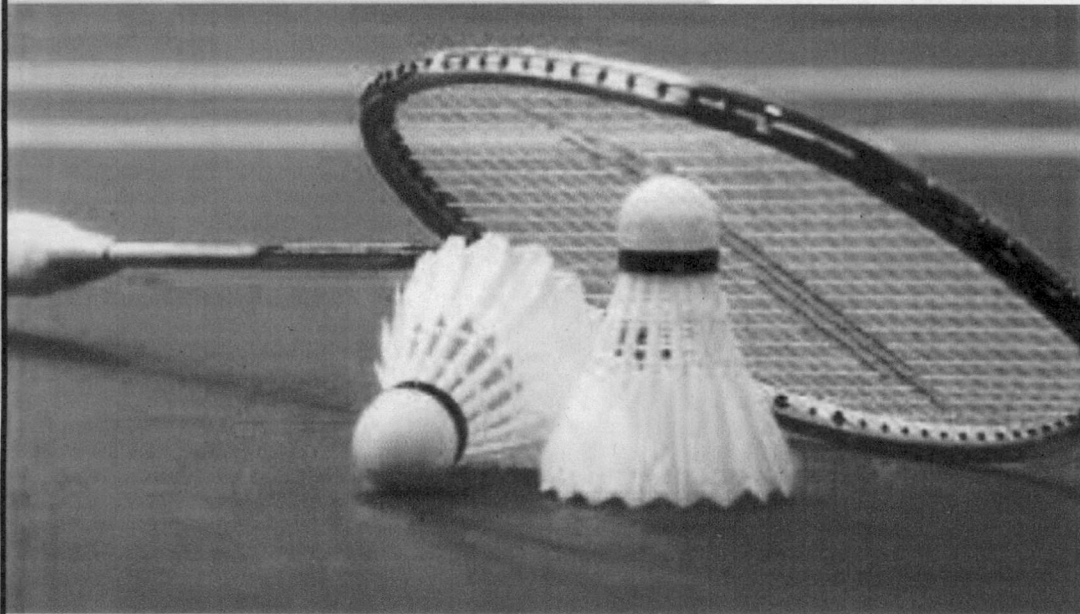


# BADMINTON

**Inderprastha**

**Inderprastha Dental College & Hospital**

46/1, Site-IV, Industrial Area, Sahibabad,  
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# BADMINTON RULES

## ELIGIBILITY AND PARTICIPATION:

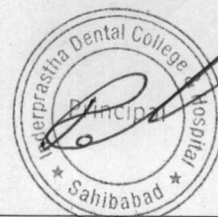
1. Any at least part-time student is eligible to participate.
2. AU faculty, staff and their spouses/children are eligible to play
3. Players may be added to rosters during the first week of the season, but not after that.
4. All players must be recorded on the game sheet before they are allowed to participate.
  1. Teams:
    - a. Teams consist of 2 players on the court at one time.

## START OF PLAY

1. Before starting the game, the opponents toss a coin with the winner choosing:
  - (a) to serve first/to receive first, or
  - (b) the side
2. In subsequent games, the winning side serves first.

## SCORING SYSTEM

1. A match consists of the best of 3 games of 21 points (games cap at 30 points). Each game starts at 0-0. If the match goes to the third game that third game will be played to 15.
2. Every time there is a serve – there is a point scored.
  - a. A rally is won when a shuttle is hit over the net and onto the floor of the opponent's court.
  - b. A rally is lost if the shuttle is hit into the net, or over the net but outside of the opponent's court. A rally is also lost if the shuttle touches the player's clothing or body, or if it is hit before it crosses over the net.
3. The side winning a rally adds a point to its score.
4. At 20 all, the side which gains a 2 point lead first, wins that game.
5. At 29 all, the side scoring the 30th point, wins that game.
6. The side winning a game serves first in the next game.





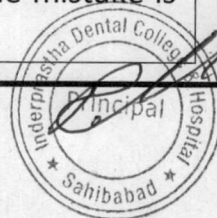
## INTERVAL AND CHANGE OF ENDS

1. A 2 minute interval between each game is allowed.
2. Teams switch sides at the end of each game.
3. In the third game, teams switch sides when the leading score reaches 8 points.

## SERVING

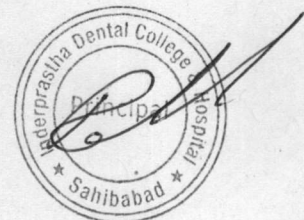
1. The first serve of the game is always made from the right side of the court to the opposite diagonal side. Only the player standing in the proper service court may return the serve.
2. The server must obey laws designed to force underhand delivery of the serve, and the receiver must stand still until the service is struck.
3. Following the serve, players may move anywhere on their side of the net.
4. A player continues to serve (alternating service courts) as long as a player scores points.
5. The service passes consecutively to the players as shown in the diagram (see below).
6. When the score is even, the server serves from the right service court. When it is odd, the server serves from the left court.
7. If the serving side wins a rally, the serving side scores a point and the same server serves again from the alternate service court.
8. If the receiving side wins a rally, the receiving side scores a point. The receiving side becomes the new serving side.
9. The players do not change their respective service courts until they win a point while their side is serving.
10. If the server completely misses the shuttle on the serve the server may re-serve.
11. A serve may not be delivered until the receiver is ready. If the receiver attempts to return the serve, the receiver is to have been considered ready.
12. During the serve, it is a fault if:  
(a) The shuttle is contacted above the server's waist or the racket head is above any part of the hand.  
(b) The shuttle does not fall into the diagonally opposite service court.  
(c) Some part of both feet of the server and receiver are not in contact with the appropriate court until the shuttle is contacted by the server. Touching a line with the foot is considered out of the court.

\*If players commit an error in the service court, the error is corrected when the mistake is discovered.



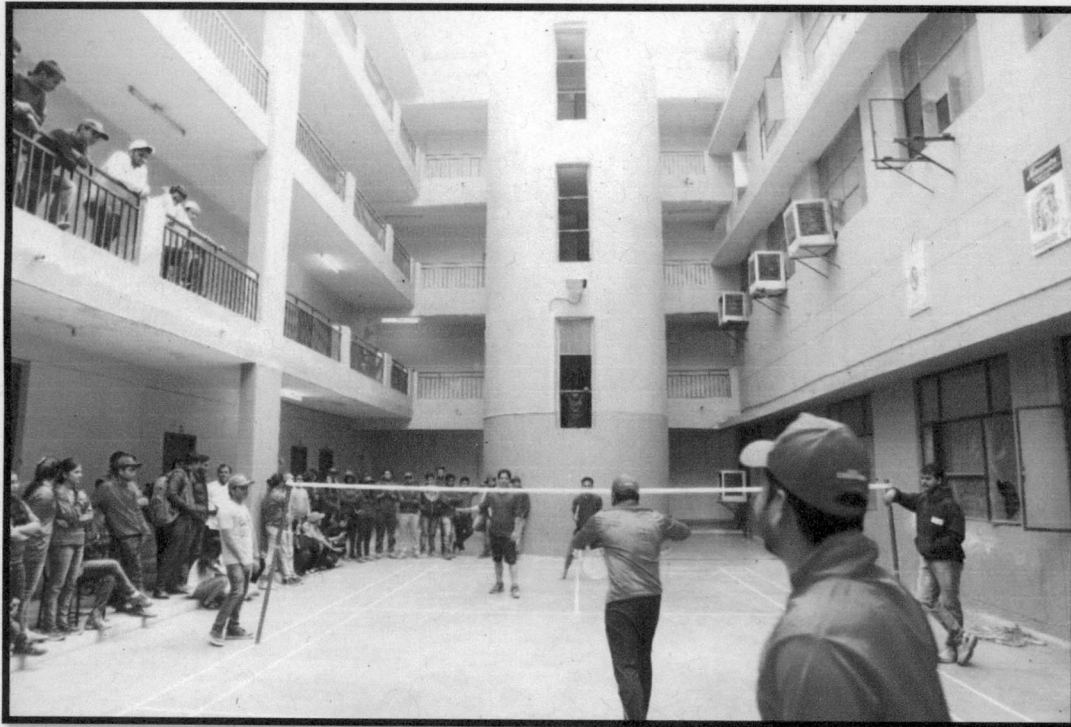
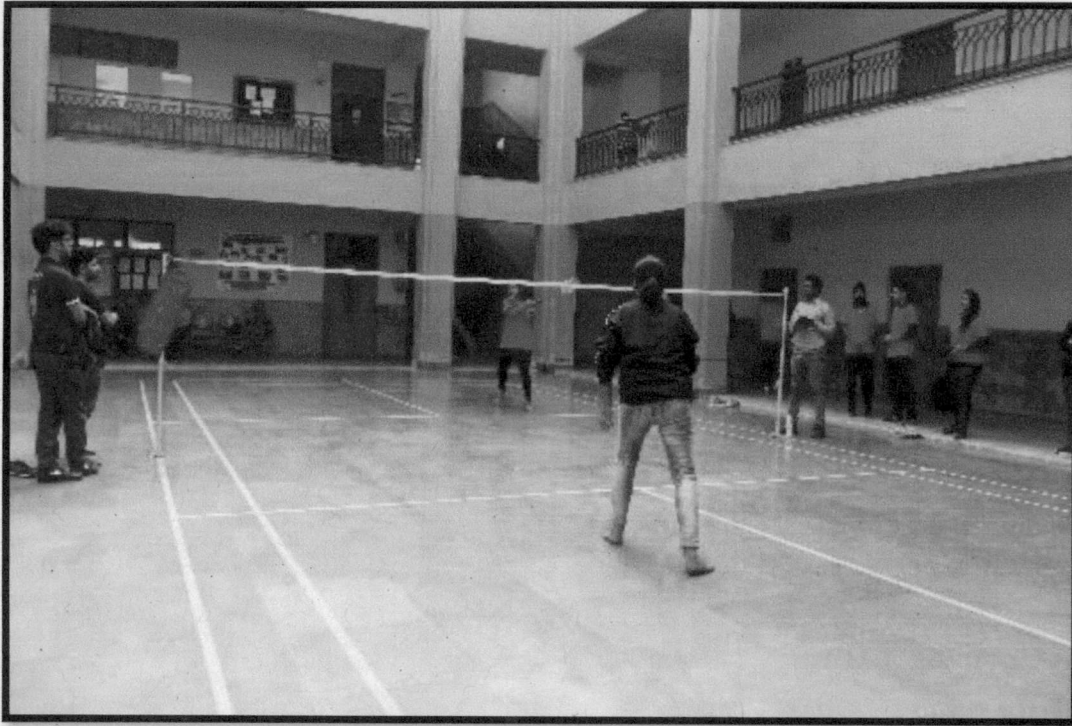
## GENERAL PLAY

1. A shuttle falling on the line is good. Use outside lines all the way around, except for serves where you use the shorter back lines.
2. A shuttle which touches and passes over the net is in play (including the serve)
3. Faults Include:
  - (a) The shuttle fails to pass over the net or lands outside the boundary line.
  - (b) The shuttle contacts the walls, ceiling, player or player's clothes.
  - (c) The shuttle passes through or under the net.
  - (d) The player touches the net.
  - (e) The player reaches across the net to contact the shuttle (following through across the net is allowed).
  - (f) The shuttle is hit more than once or comes to rest or is momentarily caught on the racquet and thrown.
  - (g) The player obstructs an opponent or invades the opponent's court.
  - (h) A player is hit by the shuttle whether the player is standing inside or outside the court boundaries.
  - (i) It is illegal for a player to hold up his/her racquet to block a return at the net. However, he/she may hold it up to protect his/her face or if he/she is returning it from within the appropriate receiving court.
4. Any accidental hindrance is considered a "let" and there will be a re-serve. For example, a player or shuttle from another game entering the court.



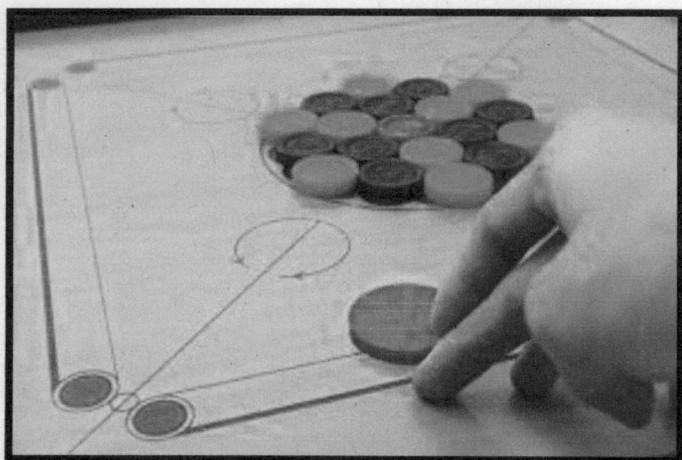


## BADMINTON

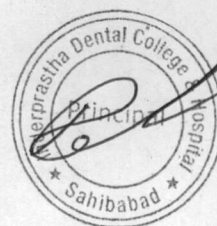


# **Inderprastha**

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Ghaziabad-201010 (U.P.)



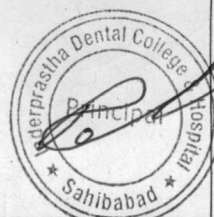
**CARROM**



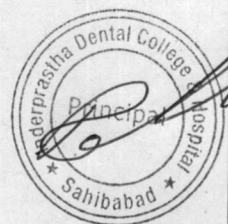


# RULES OF CARROM

1. Two, three or four people can play.
2. In singles, your opponent sits across from you; in doubles, you play opposite your partner.
3. With three, you can play for points (blacks count one, whites count two, the queen counts five.)
4. How to arrange the pieces on the board Line up the double whites to aim 'dead-on' into a corner pocket. Whoever plays first, or breaks, is always white.
5. The object of the game is to sink all of your pieces, using the heavier 'striker', in any of the pockets before your opponent. Your turn continues as long as you keep sinking your pieces - luck shots count and all combinations are permitted.
6. When placing the striker on the board to shoot, the striker must touch both 'base lines' (see left diagram), either covering the red circle completely, or not touching it at all.
7. The striker may not touch the diagonal arrow line.
8. Shooting styles are very personal - whichever 'grip' works for you is fine as long as you 'flick' the striker and don't push it.
9. Generally, it's best to orient your body in order to see the line of your aim while shooting comfortably; you may not move or leave your chair.
10. For forward shots, you can use your index finger, middle finger, or even the 'scissors' shot (right).
11. For 'back-shots' you may only use your thumb or the scissors technique. No part of your body, except your hand, may cross the imaginary diagonal line (wrong in illustration) nor may your elbow protrude over the frame in front of you. Even your feet or knees may not leave your quadrant.

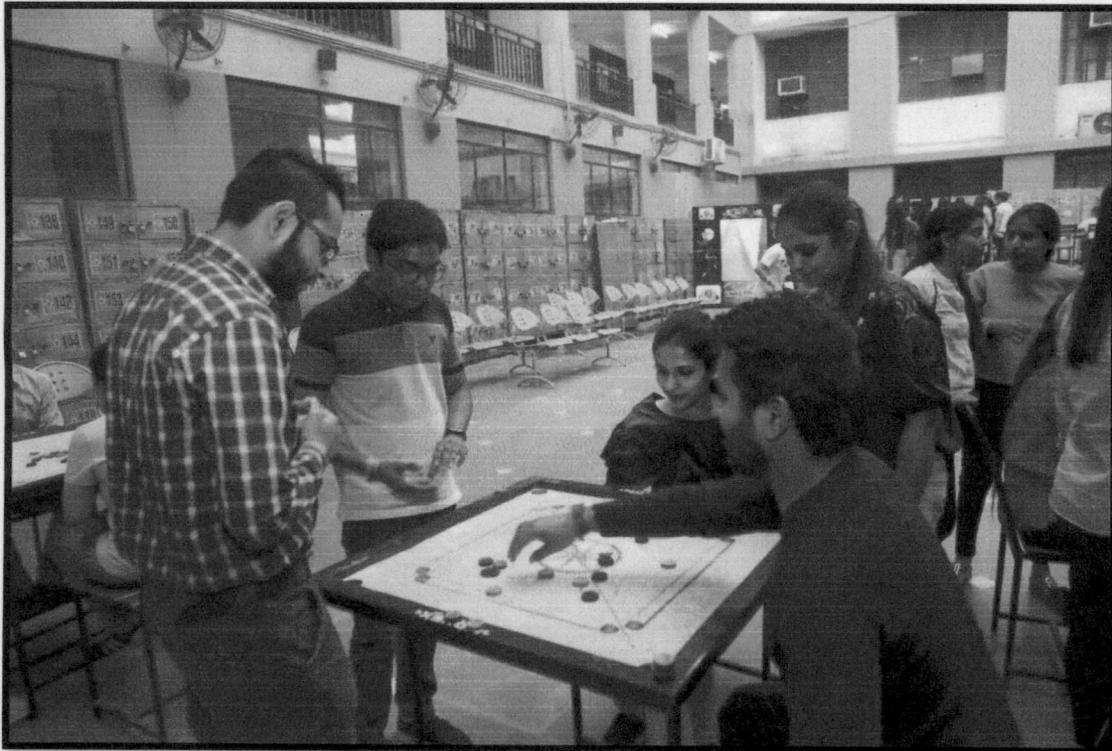


12. The red piece, or 'queen,' can be pocketed at any time after sinking your first piece but must be sunk before your last one. After pocketing the queen, you must sink one of your pieces, thereby 'covering' it, into any pocket in the next shot, or she is returned to the center spot.
13. Once the queen is covered, whoever clears their pieces first wins the 'board'. The winner of a board collects one point for each of the opponent's pieces left at the finish and three points for the queen if covered by the winner (if covered by the loser, no-one gets those points). No more points are collected for the queen after your score reaches 22. A game consists of 25 points or eight boards, whichever comes first.

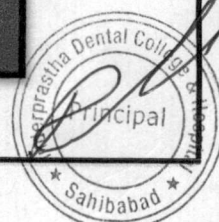
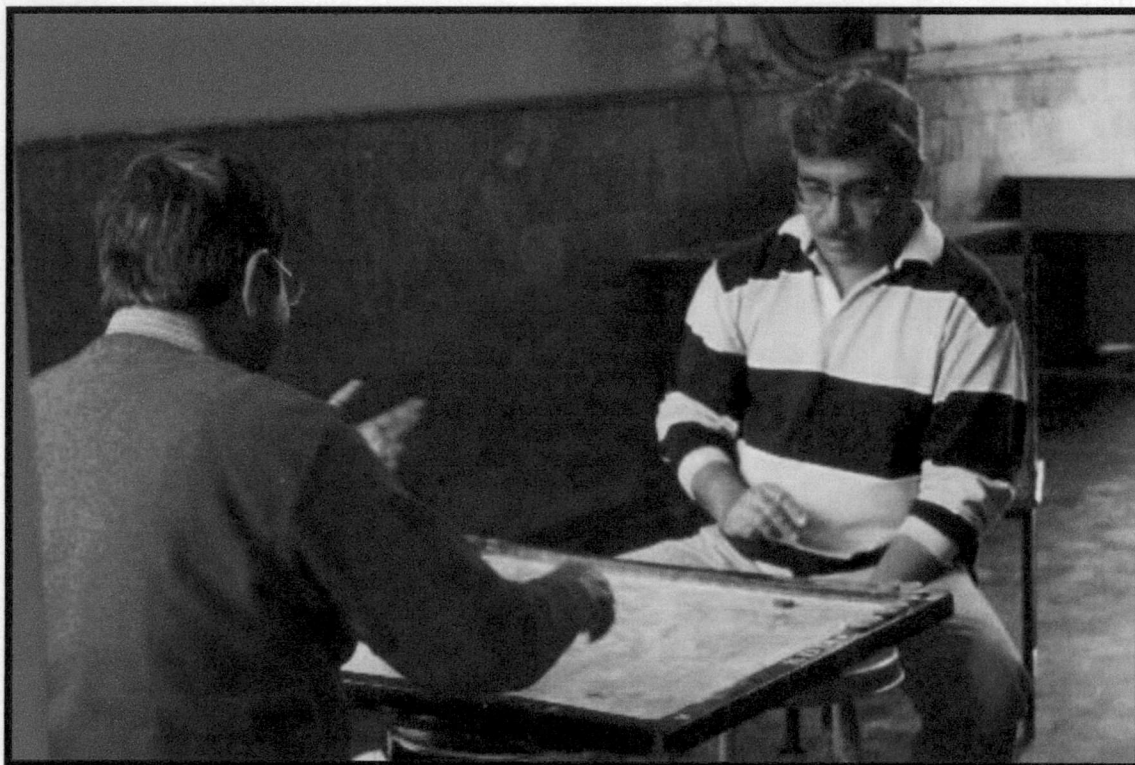




## CARROM



## CARROM-2017



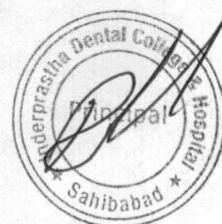


# *I*nderprastha

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



## CHESS



## RULES OF CHESS

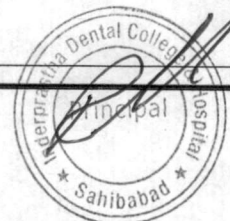
**Terms:** Ranks are the rows of squares that run horizontally on the Game Board and Files are the columns that run vertically. Diagonals run diagonally. Position the Game Board so that the red square is at the bottom right corner for each player. Place the Ivory Play Pieces on the first rank from left to right in order: Rook, Knight, Bishop, Queen, King, Bishop, Knight and Rook. Place all of the Pawns on the second rank. Then place the Black Play Pieces on the board as shown in the diagram.

**NOTE:** the Ivory Queen will be on a red square and the black Queen will be on a black space.

**PLAY:** Ivory always plays first. Players alternate turns. Only one Play Piece may be moved on a turn, except when castling (see description on back). All Play Pieces must move in a straight path, except for the Knight. Also, the Knight is the only Play Piece that is allowed to jump over another Play Piece.

**PLAY PIECE MOVES:** A Pawn moves forward one square at a time. There are two exceptions to this rule: 1. On a Pawn's first move, it can move forward one or two squares. 2. When capturing a piece (see description on back), a Pawn moves one square diagonally ahead. At the beginning of the game, the Pawn is the least valuable Play Piece. But, when a Pawn reaches the other side of the board it can be converted into any Play Piece except for the King. The Knight is the only Play Piece that can jump over another.

**PLAY PIECE.** Knights move three squares at a time: two spaces forward or backward, then one space left or right, or two spaces to the left or right, then one space forward or backward. The move looks like the letter L.



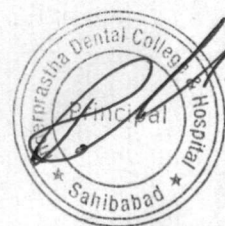


The Knight always ends up landing on a square opposite the color from which it started. Set Up: Front (Head to Head) Prints Pantone 541 Blue The Bishop moves diagonally as many open squares as you like.

The Bishop must remain on the same color square as it started the game on. The Rook moves in a straight line, horizontally or vertically as many open squares as you like. Besides the Queen, the Rook is the next most powerful Play Piece. The Queen is the most powerful of the Play Pieces. The Queen moves in any direction (horizontally, vertically or diagonally) as many open squares as you like. The King is the most important Play Piece, because if it becomes trapped, you'll lose the game. The King moves one square in any direction, as long as it doesn't put itself in Check.

**CHECK:** You are in Check if an opponent's Play Piece is in a position on the board to capture your King. To save your King from Check you must do one of the following: 1. Move the King out of the way of the opponent's Play Piece. 2. Move another one of your Play Pieces to block your opponent. 3. Capture the opponent's Play Piece that is threatening your King.

**CHECKMATE:** When your King cannot be saved from Check, it's called Checkmate and you lost the game. Checkmate means "the King is dead" in Persian. **Capturing:** When you move one of your Play Pieces and it ends on an opponent's Play Piece, you capture it and remove it from the Game Board.



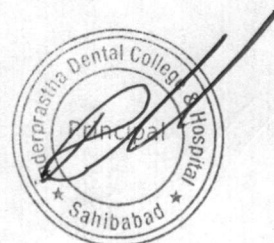
**CAPTURING EN PASSANT:** If a Pawn lands next to an opponent's Pawn after moving two spaces on its first move, it can be captured en passant. The opponent's Pawn, on its next turn only, can be moved diagonally to the space behind the first Pawn, capturing it.

**CASTLING:** This is a special move for the King and either Rook and is the only time two Play Pieces can move on one turn. It helps to protect the King and positions the Rook toward the center of the Game Board. To castle, slide the Rook to the space next to the King. Move the King to the other side of the Rook.

**TO CASTLE:** 1. This must be the first move for both the King and the Rook. 2. No other Play Pieces can be between the King and the Rook. 3. The King can't be in Check, either before or after the castle. 4. The King can't be in Check on any of the spaces that it passes over during the castle. **WINNING:** If you put your opponent's King in Check so he can't escape, call Checkmate... you win!

**TIES:** If neither player can win, players can agree to draw.

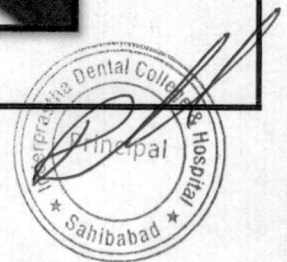
**STALEMATE:** If a player's King is not in Check, but any possible move places him in Check, it's a Stalemate.





## CHESS

BOYS –



## CHESS

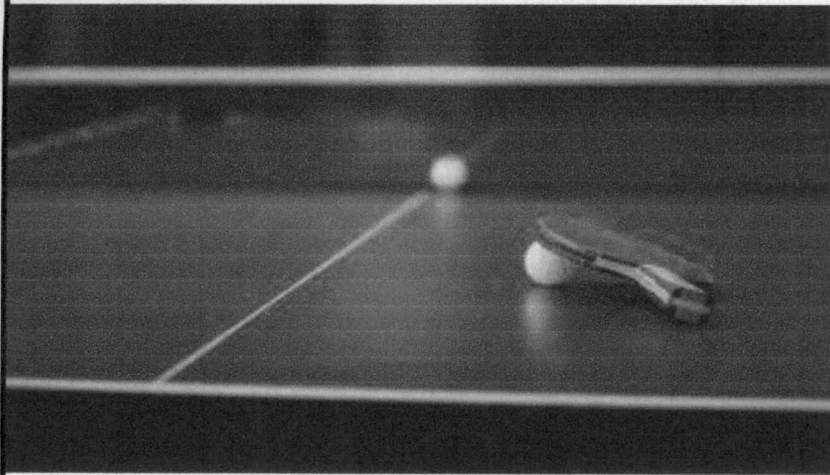
### GIRLS-



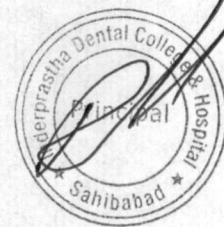


# *Inderprastha*

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



## TABLE TENNIS

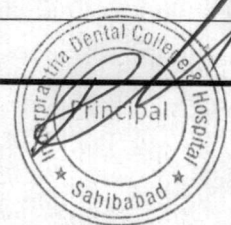


# **RULES FOR TABLE TENNIS**

## **Singles Play**

### **I. General Rules**

- The choice of playing position at the table and order of service are determined by the toss of a coin. If the winner of the toss prefers to have first choice of playing positions, the opponent then has the choice of whether to serve first or receive first, and vice versa.
- The change of service takes place after 5 points have been scored. A point is normally awarded when the play of a service is concluded. The receiver then becomes the server and the server becomes receiver, and so on, after each 5 points until the end of the game or the score is 20-all. Whenever the score becomes 20-all, the receiver becomes the server and the server the receiver, and so on after each point until the end of the game.
- At the start of a new game, the player who served first in the previous game becomes receiver and the receiver becomes server and so on, alternating after each game.
- The players exchange ends after each game, and if play consists of more than one game, in the deciding game of the match the players change ends when one player reaches a score of 10 points.
- A game is won by the player who first scores 21 points with a 2-point margin.
- A match consists of the best two (2) of three (3) games.





- A good return of a served ball must be struck by the receiver on the first bounce so that it passes directly over or around the net and touches directly on top of the opponent's court.

### **III. Points**

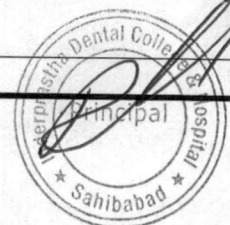
A point is awarded to the opponent in the following circumstances:

- Failure to make a good service, unless a let is declared
- Failure to make a good return of a good service or a good return made by the opponent, unless a let is declared
- If the player, the racquet, or anything that the player wears or carries touches the net or its supports while the ball is in play.
- If the player, the racquet, or any wearing apparel moves the playing surface while the ball is in play or touches the net or its supports
- If the player's free hand touches the playing surface while the ball is in play
- If, after being struck by the opponent, the ball comes in contact with the player or anything the player wears or carries before it has passed over the end lines or sidelines, not yet having touched the playing surface on the player's side of the table.
- If at any time the player volleys the ball – that is before the ball hits the table top – except as provided in Rule A under "Let" (below).

### **IV. Let**

A let ball, which is then replayed, is called in the following cases:

- If the served ball, in passing over the net, touches it or its supports, if the service would otherwise have been good or volleyed by the receiver.
- If a service is delivered when the receiver is not ready
- If either player is prevented by an accident not under his/her control from serving a good service or making a good return
- If either player gives up a point, as provided in Rules C-G under "Points", owing to an accident not within his/her control



## **V. Scoring**

❓ A point is scored by the side that makes the last successful return prior to the end of a

rally. An unsuccessful return occurs whenever the ball is missed, is hit off the table, sent into the net, or hit onto the player's own half of the court on the return. Failure to make a good serve also scores a point for the opponent unless it is a let.

## **VI. Ball in Play**

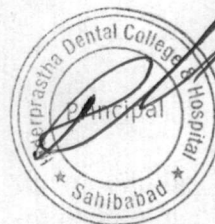
The ball is in play from the moment it is projected from the hand in service until one of the following has occurred:

- It has touched one court twice consecutively.
- It has, except in service, touched each court alternately without having been struck by the racquet immediately
- It has been struck by either player more than once consecutively.
- It has touched either player or anything that the player wears or carries.
- It has touched any object other than the net and supports.

## **Doubles Play**

### **I. Good Service**

The service is delivered (as described in Singles), except that it must touch first the right half of the server's court or the centerline on the server's side of the net and then, passing directly over or around the net, touch the right half of the receiver's court or the center line on the receiver's side of the table.





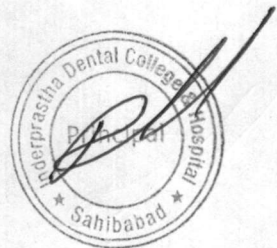
## **II. Choice of Order of Play**

**☐ The team winning a coin toss has the option of choosing:**

- **The choice of ends**
- **The right to receive or serve first**
- **The right to require the losing team to make the first choice**
- **After choice A & B have been made, the other team makes the remaining choice.**

## **III. Order of Service**

- **The first five services must be delivered by the serving partner (Player 1) of the pair who has the right to do so. The service must be received by the receiving partner (Player 3) of the opposing pair.**
- **The second five services must be delivered by the receiver of the first five services (Player 3) and received by the partner of the server (Player 2) of the first five services.**
- **The third five services must be delivered by the partner of the first five services (Player 2) and received by the partner of the server (Player 4) of the first five services.**
- **The fourth five services must be delivered by the partner of the receiver (Player 4) of the first five services and received by the server (Player 1) of the first five services. ☐ The next five services start over as in Rule A of "Order of Service"**



## TABLE TENNIS






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

IPDC/PO/Notice/2017/ 50A

Date: - 23.6.2017

**Notice**

All the students are here by informed that the "***Fashion Show Competition-2017***" is being held on 5<sup>th</sup> August'2017. Last date for the Students Registration to participate will end on 08.7.2017

  
Dr. Rahul Paul  
(Principal)

Copy to:

.Cc.: Secretary & Jt. Secretary

C.E.O

Accounts

All Departments

Notice Board

Girls & Boys Hostel



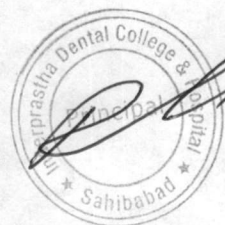
### **REPORT ON FASHION SHOW 2017-18**

Inderprastha Dental College and Hospital organizes Fashion show in the college as part of extracurricular activity for the students. It provides a window for the students to showcase their talents in the fashion arena.

The competition was organized batch-wise for all the batches, including Interns and Post-graduate students. This year, the event was organised on **5<sup>th</sup> August 2017** in the college premises at IPDC Greens. The event was organised by the **Chairman, Mr. Nimish Agarwal** and the **Principal of the college, Dr. Rahul Paul**. Further, the duties were given to various staff members of dental college by creating an organising team and also co-ordinators for the teams for the event.

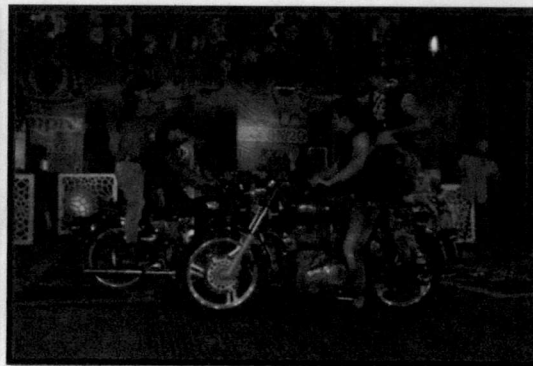
The organising team includes:

1. **Dr. Vikram Blaggana - Organizing Chairperson**
2. **Dr. Kalyani Bhargava - Organizing Secretary**
3. **Dr. Geetika Arora- Event Coordinator**
4. **Dr. Indresh Verma - Event Coordinator**
5. **Dr. Mudita Gupta – Event Coordinator**

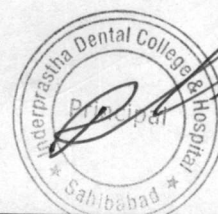




# FASHION SHOW



No. of Students	Group
Coordinator	Dr. Indresh Verma, Mobile:9990045900 Dr. Mudita Gupta, Mobile :9999735192
Event	Fashion Show (Theme Based)
No of participants	Minimum10 and Maximum 25
Duration	Min 10 mins and max 20 mins
Rules	<ol style="list-style-type: none"> <li>1. Participants should report at least half an hour before the event starts.</li> <li>2. Judges' decision will be final and binding.</li> <li>3. All props, etc. used by the colleges must be cleared immediately from the stage after the performance and from the college premises by the end of the day.</li> <li>4. Obscenity, vulgarity and wardrobe malfunction of any sort will lead to automatic disqualification.</li> <li>5. Do not use fire, flammable substance as props.</li> <li>6. A team which fails to perform during its allotted slot will not be given second chances.</li> <li>7. Anything that promotes obscenity and explicitly is banned</li> <li>8. Exceeding time limit will result to negative marking of the group.</li> <li>9. Participants should confirm registration 30 minutes prior to event.</li> <li>10. Every college is advised to bring own props and music in mp3 format (in pen drive in case of virus CD backup should be there). Props such as cigars, wine bottles etc are banned.</li> <li>11. The event will be judged on the following criteria: Choreography, Music, Co-ordination, Theme Based, Creative and apt display of garments and accessories, Sequence and walk, Confidence and gesture of the models.</li> </ol>





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



## Department of Public Health Dentistry

### OPEN SCREENING CAMP BRIJ VIHAR

Department of Public Health Dentistry conducted an open oral health camp on 30<sup>th</sup> June 2022 at Brij Vihar. Faculty along with interns conducted a dental camp where they provided free oral health screening to 23 people. Oral health education was rendered to people who actively participated in camp. People were referred to the college for related treatment and follow up.



Ghaziabad, Uttar Pradesh, India  
143, Block D, Brij Vihar, Surya Nagar, Ghaziabad, Uttar Pradesh 201005, India  
Lat 28.669743°  
Long 77.335326°  
30/06/22 11:29 AM



Ghaziabad, Uttar Pradesh, India  
143, Block D, Brij Vihar, Surya Nagar, Ghaziabad, Uttar Pradesh 201005, India  
Lat 28.669743°  
Long 77.335326°  
30/06/22 11:29 AM

The staff and students attended the camp as follows :

#### STAFF

1. Dr Raghvendra

#### FINAL YEAR

1. .... *Tyoti* .....  
2. .... *Kapil* .....

#### DRIVER

1. Mr Satpal  
2. Mr Kumarpal

#### INTERNS

1. .... *Kunal* .....  
2. .... *Mamta* .....

#### ATTENDER

1. Mr Akshay







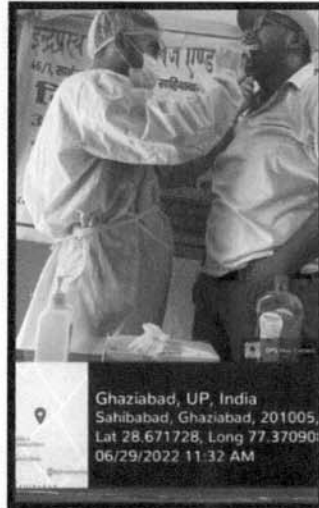
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Ghaziabad-201010 (U.P.)



## Department of Public Health Dentistry

### VILLAGE CAMP SAHIBABAD

Department of Public Health Dentistry conducted a village oral health camp on 29<sup>th</sup> June 2022 at Sahibabad. Faculty along with interns conducted a dental camp where they provided free oral health screening to 22 people. Oral health education was rendered to people who actively participated in camp. People were referred to the college for related treatment and follow up.



The staff and students attended the camp as follows :

#### STAFF

1. Dr Kunal

#### FINAL YEAR

1. .... *Jaye* .....

2. ....

#### DRIVER

1. Mr Satpal

2. Mr Kumarpal

#### INTERNS

1. .... *Kiran* .....

2. .... *Ruan* .....

#### ATTENDER

1. Mr Akshay





Inderprastha Dental College & Hospital  
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Ghaziabad-201010 (U.P.)



## Department of Public Health Dentistry

### OPEN SCREENING CAMP KAUSHAMBI

Department of Public Health Dentistry conducted an open oral health camp on **29<sup>th</sup> June 2022** at **Kaushambi**. Faculty along with interns conducted a dental camp where they provided free oral health screening to 25 people. Oral health education was rendered to people who actively participated in camp. People were referred to the college for related treatment and follow up.



The staff and students attended the camp as follows :

#### STAFF

1. Dr Raghvendra

#### FINAL YEAR

1. Garvita
2. Himanshu

#### DRIVER

1. Mr Satpal
2. Mr Kumarpal

#### INTERNS

1. Kanika
2. Karan

#### ATTENDER

1. Mr Akshay







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Ghaziabad-201010 (U.P.)



## Department of Public Health Dentistry

### OPEN SCREENING CAMP INDIRAPURAM

Department of Public Health Dentistry conducted an open oral health camp on **28<sup>th</sup> June 2022** at **Indirapuram**. Faculty along with interns conducted a dental camp where they provided free oral health screening to 23 people. Oral health education was rendered to people who actively participated in camp. People were referred to the college for related treatment and follow up.



The staff and students attended the camp as follows :

#### STAFF

1. Dr Raghvendra

#### FINAL YEAR

1. *Tyanti*  
2. *Kapil*

#### DRIVER

1. Mr Satpal  
2. Mr Kumarpal

#### INTERNS

1. *Himani*  
2. *Ila*

#### ATTENDER

1. Mr Akshay





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## Department of Public Health Dentistry

### OPEN SCREENING CAMP VASUNDHARA

Department of Public Health Dentistry conducted an open oral health camp on **25<sup>th</sup> June 2022 at Vasundhara**. Faculty along with interns conducted a dental camp where they provided free oral health screening to 21 people. Oral health education was rendered to people who actively participated in camp. People were referred to the college for related treatment and follow up.



The staff and students attended the camp as follows :

#### STAFF

1. Dr Raghvendra

#### FINAL YEAR

1. Tyoti  
2. Kapil

#### DRIVER

1. Mr Satpal  
2. Mr Kumarpal

#### INTERNS

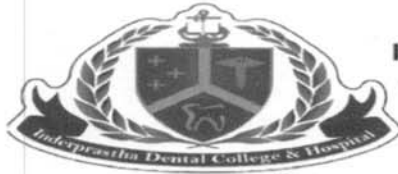
1. Namrata  
2. Nitish

#### ATTENDER

1. Mr Akshay







Inderprastha Dental College & Hospital  
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## Department of Public Health Dentistry

### OPEN SCREENING CAMP SAHIBABAD

Department of Public Health Dentistry conducted an open oral health camp on **24<sup>th</sup> June 2022 at Sahibabad**. Faculty along with interns conducted a dental camp where they provided free oral health screening to 25 people. Oral health education was rendered to people who actively participated in camp. People were referred to the college for related treatment and follow up.



The staff and students attended the camp as follows :

#### STAFF

1. Dr Raghvendra

#### FINAL YEAR

1. Jaya  
2. Garvita

#### DRIVER

1. Mr Satpal  
2. Mr Kumarpal

#### INTERNS

1. Anshuli  
2. Anusmita

#### ATTENDER

1. Mr Akshay





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## Department of Public Health Dentistry

### OPEN SCREENING CAMP ARTHALA

Department of Public Health Dentistry conducted an open oral health camp on **23<sup>rd</sup> June 2022 at Arthala**. Faculty along with interns conducted a dental camp where they provided free oral health screening to 26 people. Oral health education was rendered to people who actively participated in camp. People were referred to the college for related treatment and follow up.



The staff and students attended the camp as follows :

#### STAFF

1. Dr Raghvendra

#### FINAL YEAR

1. .... *Kapil* .....  
2. .... *Jyanti* .....

#### DRIVER

1. Mr Satpal  
2. Mr Kumarpal

#### INTERNS

1. .... *Krispy* .....  
2. .... *Kriti* .....

#### ATTENDER

1. Mr Akshay







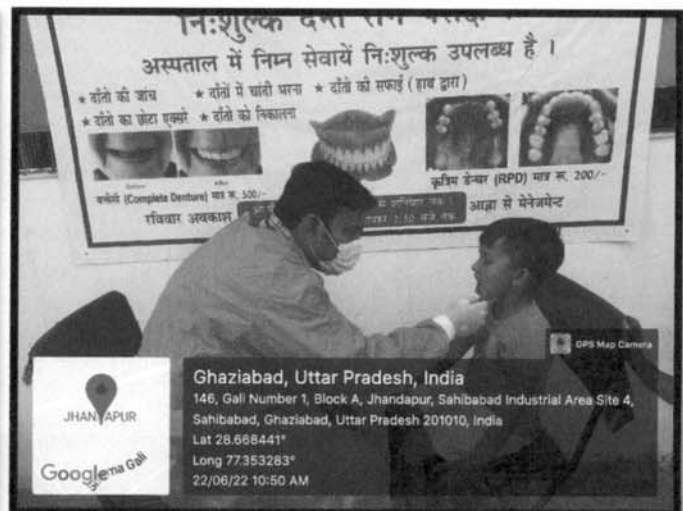
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## Department of Public Health Dentistry

### OPEN SCREENING CAMP JHANDAPUR

Department of Public Health Dentistry conducted an open oral health camp on **22<sup>nd</sup> June 2022 at Jhandapur**. Faculty along with interns conducted a dental camp where they provided free oral health screening to 29 people. Oral health education was rendered to people who actively participated in camp. People were referred to the college for related treatment and follow up.



The staff and students attended the camp as follows :

#### STAFF

1. Dr Raghvendra

#### FINAL YEAR

1. .... Himanshu .....  
2. .... Garvita .....

#### DRIVER

1. Mr Satpal  
2. Mr Kumarpal

#### INTERNS

1. .... Ivan .....  
2. .... Karan .....

#### ATTENDER

1. Mr Akshay





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## Department of Public Health Dentistry

### VILLAGE CAMP SAHIBABAD

Department of Public Health Dentistry conducted a village oral health camp on 22<sup>nd</sup> June 2022 at **Sahibabad**. Faculty along with interns conducted a dental camp where they provided free oral health screening to 24 people. Oral health education was rendered to people who actively participated in camp. People were referred to the college for related treatment and follow up.



The staff and students attended the camp as follows :

#### STAFF

1. Dr Kunal

#### FINAL YEAR

1. .... *Jaya* .....

2. ....

#### DRIVER

1. Mr Satpal

2. Mr Kumarpal

#### INTERNS

1. .... *Koran* .....

2. .... *Kanoke* .....

#### ATTENDER

1. Mr Akshay

