



MANSAROVAR DENTAL COLLEGE

Mansarovar Campus, Rani Avanti Bai Marg, Village- Hinotia Aalam,

Ward No. 84, Kolar Road, Bhopal (M.P) 462042

Tel: +91-9111777225, 761158888. Website: www.mansarovardentalcollege.com

Yoga and wellness

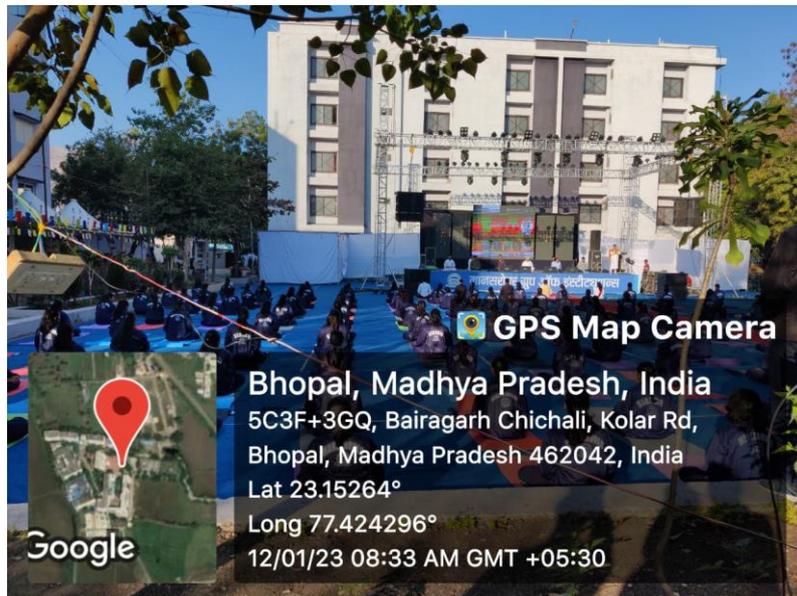


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PROGRAMME REPORT

Name of event	YOGA AND WELLNESS
Date of event	2022-2023
Participants	140
Resource person	Mr Manoj Kumar Sharma
Aim and objective of visit	Yoga is a holistic and integral science of life dealing with physical, mental, emotional and spiritual health of an individual and society. Now, Yoga is being practiced as an alternative healthcare practice. Mansarovar Dental College conducted a program on YOGA AND WELLNESS
Report	Yoga improves strength, balance and flexibility. Slow movements and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength. Mansarovar Dental College conducted a program on 12/01/2023 YOGA AND WELLNESS. The yoga teacher of the session was Mr Manoj Kumar Sharma. There were 140 participants present in the programme.




Dr. B. Gurudutt Nayak
Principal
Mansarovar Dental College
BHOPAL



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Analytical skill development



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WORKSHOP ON RESEARCH METHODOLOGY

Title	Workshop on Research Methodology
Date	20/05/23
Guest Speaker	Dr. Arpan Shrivastava
Conducted By	Dental Education unit
Number of participants	58
Program Report	Department of Education conducted a workshop on “Research Methodology” on 20/05/23. The guest speaker for this programme was Dr. Arpan Shrivastava, prof. & head dept of public health dentistry Rishiraj College of Dental Sciences. This workshop revolved around the concept of research methodology. A research methodology is an outline of how a given piece of research is carried out. It defines the techniques or procedures that are used to identify and analyze information regarding a specific research topic. The research methodology, therefore, has to do with how a researcher designs their study in a way that allows them to obtain valid and reliable results and meet their research objectives. The programme was a huge success.




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Human value development



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ANTI-RAGGING FOR THE ACADEMIC YEAR 2023

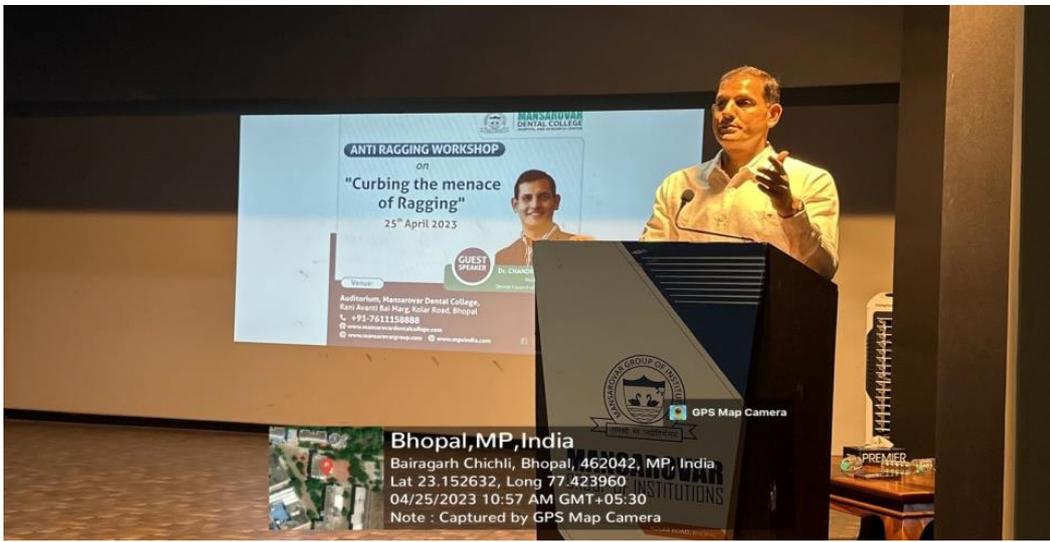
Event	ANTI-RAGGING
Date	25/04/2023
Venue	Mansarovar Dental College, Auditorium
Students	90
Summary	<p>The Guest of Honour for the occasion was:-</p> <p>Dr. Chandresh Shukla, a member of the Dental Council of India, New Delhi, gave a talk at Mansarovar Dental College on Curbing the Menace of Ragging on 25/04/2023. The talk was specifically given to students of BDS and MDS I year of the academic year 2022-2023. The program commenced with a lamp lighting ceremony and Saraswati Vandana followed by the felicitation of the Guest Speaker by Dr. B. Gurudutt Nayak, Principal of the college, and Dr. Tripty Rahangdale, Vice Principal. The Principal addressed the gathering with a welcome note. Dr. Shukla, in his talk, said Ragging is a highly prevalent problem in educational institutions, especially colleges and universities. It is a form of bullying that includes physical, emotional, and verbal abuse towards students. This menace of ragging not only affects the mental and physical health of students, but it also hinders their academic progress.</p> <p>During the session the students were oriented towards the dental curriculum, scope of dentistry, about the various branches of dentistry, pre-clinical and clinical departments and postings and was also made aware of their moral and cultural duties and responsibilities. The students were also sensitized regarding the various committees in the college like the student welfare committee, Anti Ragging Cell, Women's Grievance & Redressal Committee etc and can approach them as and when required. Dr. Prathibha Sharma, Reader, Dept. of Orthodontics and Dentofacial Orthopedics, was the Master of the Ceremony. The program concluded with a vote of thanks by the Vice-Principal, followed by the National Anthem.</p>


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REPORT ON BLOOD DONATION CAMP- 2023

Event	Blood Donation Camp
Date	30/05/2023
Venue	Mansarovar Dental College
Summary	<p>Mansarovar Dental College, Kolar Road Bhopal in coordination with MDC Hospital and NSS unit of mansarovar dental college organized a blood donation camp on 30/05/2023</p> <p>The gift of blood is the gift of life. Blood cannot be manufactured – it can only come from generous donors and to save society and mankind we all should come forward for this noble cause. The blood donation was administered by an eminent team of doctors and an efficient team of nurses, paramedics, and other staff.</p> <p>A cluster of students, and faculty members participated in the event and voluntarily donated blood.</p> <p>Refreshments were provided to the donors as essential. Department of Public Health Dentistry appreciates all the donors today for their kind cooperation and also took care to meet the requirements of students after donating the blood, so as to avoid any mishaps in the campus. A total of 370 people have donated blood for this kind deed.</p> <p>A noble cause was duly and successfully fulfilled.</p>




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Bhopal, Madhya Pradesh, India
Mansarovar Dental College Hospital and Research Center, Bairagarh Chichali, Kolar Rd,
Bhopal, Madhya Pradesh 462042, India
Lat 23.152556°
Long 77.423493°
30/05/23 10:57 AM GMT +05:30

GPS Map Camera



Bhopal, Madhya Pradesh, India
Mansarovar Dental College Hospital and Research Center, Bairagarh Chichali, Kolar Rd,
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Lat 23.152556°
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GPS Map Camera



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Personality and Professional Development



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REPORT ON PERSONALITY DEVELOPMENT PROGRAM 2022-2023

Title	Dynamics of Personality
Speaker	24/04/2023
Date & Time	24/04/2023 11 am – 12:30 pm
Venue	Auditorium, Mansarovar Dental College
No. of Participants	210
Summary	<p>Dr. Shaifali Tripathi, HOD, Faculty of Management, MGU, Bhopal, gave a compelling talk on the Dynamics of Personality at Mansarovar Dental College Auditorium on 24/04/2023 for students, interns, and faculties. The program commenced with a lamp lighting ceremony and Saraswati Vandana followed by the felicitation of the Guest Speaker by Dr. B. Gurudutt Nayak, Principal of the college, and Dr. Tripty Rahangdale, Vice Principal. Our BDS first-year student Anushka Gupata was the Master of Ceremony. During her talk, Dr. Tripathi shed light on various aspects of personality and how they shape an individual's behavior patterns in diverse settings. She emphasized that personality is not a static construct, but rather it is dynamic and ever-evolving. Dr. Tripathi's extensive knowledge of the field facilitated an in-depth discussion on three crucial aspects of personality during his talk. The first aspect that Dr. Tripathi discussed was the importance of understanding an individual's needs, which according to several models of motivation and personality, are the most basic motivational construct. She explained that personality traits are shaped by fulfilling these basic needs throughout an individual's lifetime. The second aspect that Dr. Tripathi highlighted was the significance of individual differences in curiosity as a personality trait, which influences exploration behavior. Dr. Tripathi emphasized that people with higher levels of curiosity are more likely to engage in exploration and experimentation, leading to significant outcomes. Lastly, Dr. Tripathi spoke about the dynamics between personality and environment, highlighting how individuals adapt to different environmental settings based on their behavior patterns. The program was coordinated by Dr. Rahul Shrivatsava, Reader, Dept. of Conservative Dentistry & Endodontics. The program concluded with a vote of thanks by the Principal and the National Anthem.</p>


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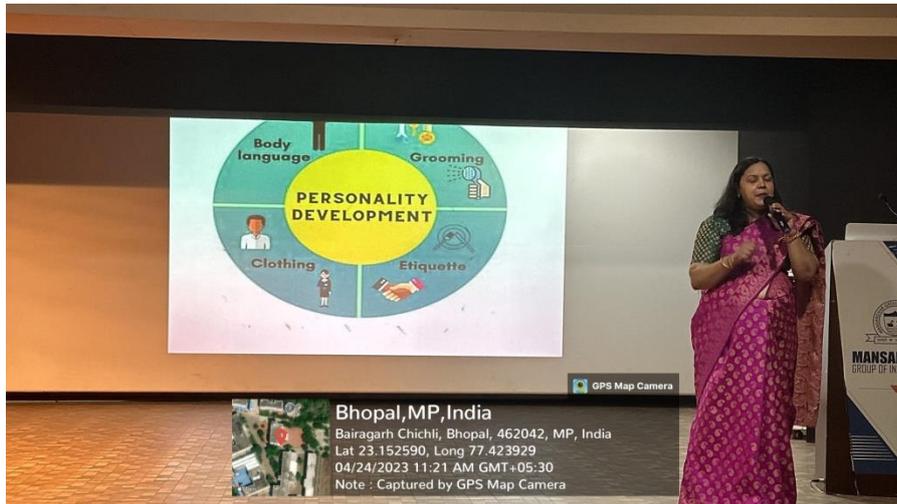


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SEMINAR ON PROFESSIONAL ETHICS AND PERSONALITY DEVELOPMENT

Title	Seminar on Professional Ethics and Personality Development
Speaker	24/04/2023
Date & Time	24/04/2023 11 am – 12:30 pm
Venue	Auditorium, Mansarovar Dental College
No. of Participants	210
Summary	<p>On the 20th of April 2023, Mr. Rahul Malviya delivered an insightful talk on Professional Ethics and Personality Development at Mansarovar Dental College. Mr. Rahul Malviya is a renowned expert in the field of professional ethics and leadership development. The talk aimed to enlighten students about the importance of upholding ethical standards in their respective professions and how positive character traits can contribute to their overall success both personally and professionally. The program commenced with a lamp lighting ceremony and Saraswati Vandana followed by the felicitation of the Guest Speakers by Dr. B. Gurudutt Nayak, Principal, Dr. Tripty Rahangdale, Vice Principal, and Dr. Himanshu Khashu, Professor & Head, Department of Periodontology.</p> <p>Mr. Malviya highlighted that professional ethics refer to a set of principles or values that govern individual behavior within a profession. He emphasized that maintaining high ethical standards is crucial as it instills trust in patients, enhances one's reputation in society, and promotes honesty, fairness, and responsibility, amongst other things. He urged students to always be truthful with patients' clients irrespective of any circumstances as this will boost their credibility. The program was coordinated by Dr. Sapna Singh, Professor & Head, Dept. of Microbiology. The session ended with a thank you note by Principal and National Anthem.</p>

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Bhopal, MP, India

Bairagarh Chichli, Bhopal, 462042, MP, India

Lat 23.152948, Long 77.423630

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Bhopal, MP, India

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Employability skills development



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REPORT ON “LEARN TO MANAGE STRESS” PROGRAM 2022-2023

Title	Seminar on “Learn to Manage Stress”
Speaker	Sister Hema and Sister Dr. Divyani
Date & Time	13th April 2023 11 am – 12 pm
Venue	Auditorium, Mansarovar Dental College
No. of Participants	108
Summary	<p>Mansarovar Dental College organized a talk on “Stress Management” for faculties, interns, and students. The guest speakers were Sister Hema and Sister Dr. Divyani from Bhramakumari, Neelbad, Bhopal, on 13th April 2023 at Mansarovar Dental College Auditorium. Intern, Shivani was the master of the ceremony. The program commenced with a lamp lighting ceremony and Saraswati Vandana followed by the felicitation of the Guest Speakers by Dr. B. Gurudutt Nayak, Principal, and Dr. Tripty Rahangdale, Vice Principal. Physical comforts are increasing day by day but at the cost of an increase in mental stress. Due to continuous mental work, peer pressure, and family and personal problems mind becomes stressed. They feel tired and exhausted at the end of the day. Relaxation & meditation brings sound sleep and calmness to mind. Around these thoughts, the two-hour session began with talk, light exercise, and music for the participants. It helped the students relax and concentrate, which was the mantra for the day “Relaxing Helps to Reduce Stress.”</p> <p>Sister Hema and Sister Divyani shared many ways by which one can maintain a healthier lifestyle and prepare oneself to cope with the stress of everyday living, like getting at least 7 hours of sleep, spending time each day with at least one relaxation technique – imagery, daydreaming, prayer, yoga or meditation, go for a walk, hug someone, appreciate others and always try to see good in others, letting go small things, prioritizing health and relationships in life and by staying in touch with supreme power.</p> <p>All of the above tips given in the session seemed very useful and efficient in reducing stress in day-to-day life. The participants of the workshop had a wonderful experience during various practice sessions and exercises. The program was coordinated by Richa Agrawal Gargava, Professor, Dept. of Periodontology. The session ended with a thank you note from the Principal and National Anthem.</p>

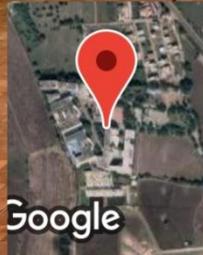
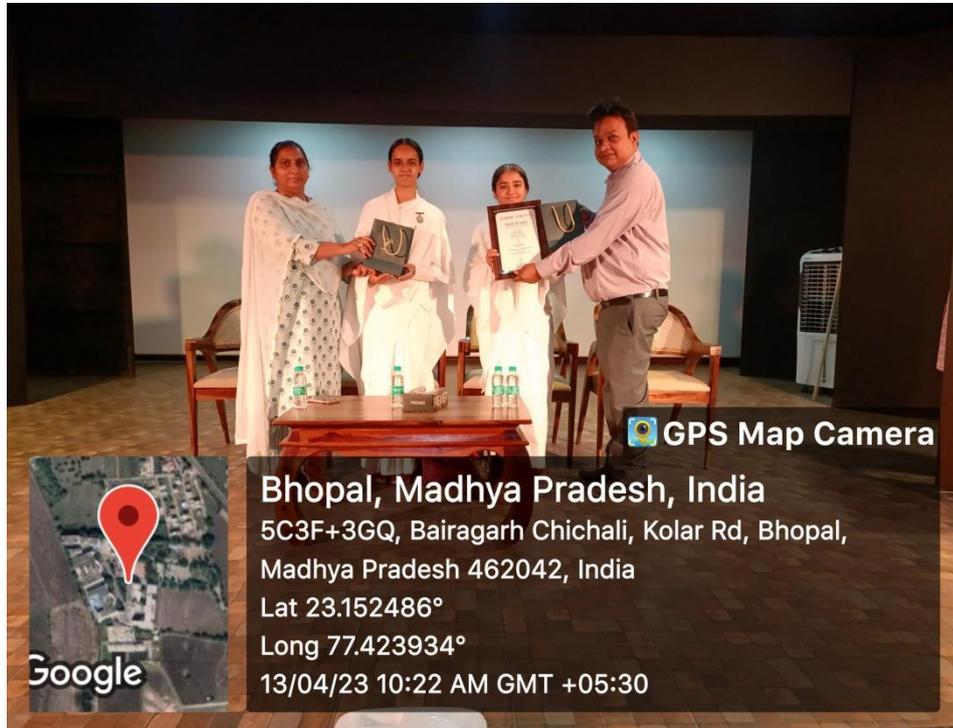

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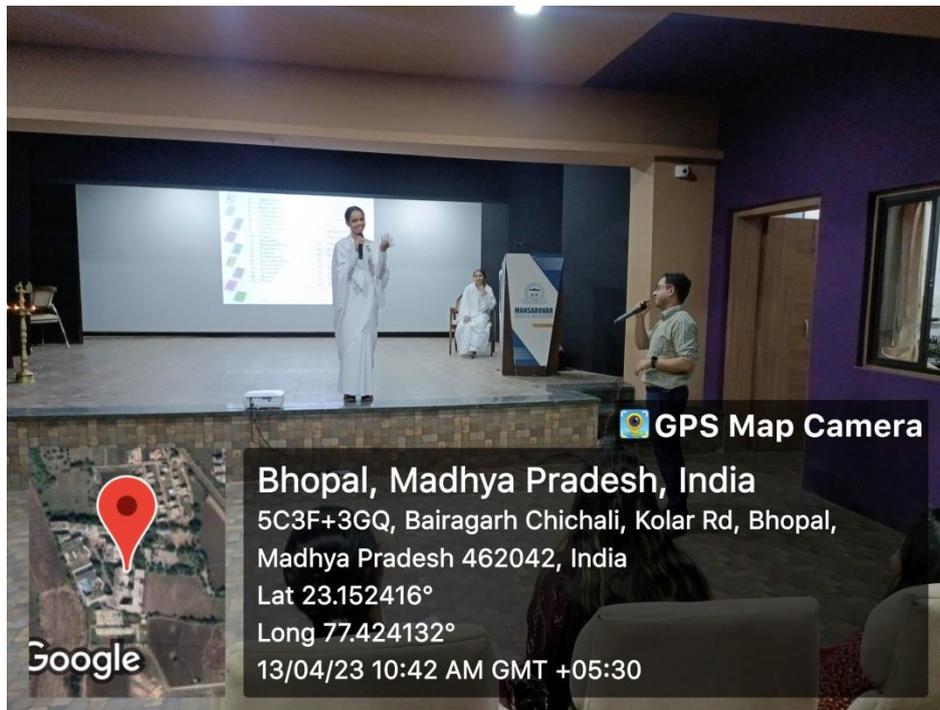
Bhopal, Madhya Pradesh, India

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Lat 23.152486°

Long 77.423934°

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Long 77.424132°

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