



# MATHRUSRI RAMABAI AMBEDKAR DENTAL COLLEGE & HOSPITAL

(Founded by : Ananda Social & Educational Trust)  
ISO 9001:2015 CERTIFIED

Affiliated to Rajiv Gandhi University of Health Sciences  
Recognised by Dental Council of India

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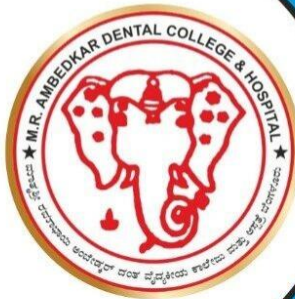
## BROCHURES/ DOCUMENTS RELATED TO VALUE ADDED COURSES – 2019-2020



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<b>CODE: VAC/ 01/19-20</b>	
<b>COURSE TITLE: COMMUNICATION SKILLS FOR DENTAL STUDENTS</b>	
<b>DATE: 6, 13, 20July 2019</b>	<b>DURATION: 6hrs</b>
<b>DEPARTMENT: ORAL MEDICINE AND RADIOLOGY</b>	
<b>FACULTY IN CHARGE / CONTACT PERSON: DR. VAISHALI. M. R</b>	
<b>RESOURCE PERSON: Dr ROOPASHRI. G</b>  <b>Dept. of Oral Medicine and Radiology</b>	
<b>TARGET AUDIENCE:UGs, PGs and interns</b>	

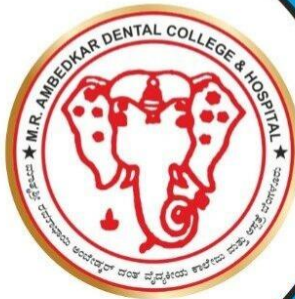
## INTRODUCTION:

In the field of dentistry, knowledge and technical skills are not the only prerequisites for good practice. An ability to communicate effectively with patients—in particular, to use active listening skills, to gather and impart information effectively, to handle patient emotions sensitively, and to demonstrate empathy, rapport, ethical awareness, and professionalism—is crucial. Among the benefits noted when dentists demonstrate effective communication skills are increased patient satisfaction, improved patient adherence to dental recommendations, decreased patient anxiety, and lower rates of formal complaints and malpractice claims.



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## COURSE OBJECTIVES:

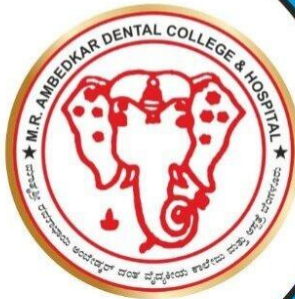
- To allow learners to develop their communication skills, in line with their identified personal learning requirements.
- To enhance the communication skills of members of the dental team.

## COURSE OUTCOME:

Students acquire skill enhancement on the following.

- Identifies problems the patient wishes to address.
- Clarifies patient's prior knowledge and desire for information.
- Uses easily understood language, avoids jargon.
- Uses appropriate (supportive) non-verbal behavior.
- Provides support expresses concern and willingness to help.
- Structures the interview in logical sequence.
- Attends to passage of time and keeps the interview on track
- Share thoughts and reflections with the patient.
- Checks patient's understanding.
- Negotiates a mutual plan of action.
- Contracts with patient about the next steps.
- Summarizes session briefly and clarifies plan with patient.





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## MODULE I: 6<sup>th</sup> July

Principles of communication:

- Define the features of 'good communication.'
- Recognise the potential outcomes and incentives for good communication.
- Recognise the potential negative implications of poor communication.
- Identify common human motivations for communication.

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## MODULE II: 13<sup>th</sup> July

Verbal and non-verbal cues:

- Identify features of effective verbal communication.
  - **Language**
  - **Tone of voice**
  - **Pacing**
- Understand aspects of verbal communication that patients may find confronting, insulting or ineffective.
- Demonstrate ability to enhance communication through body language.
- Recognise practical opportunities to accommodate cultural sensitivities and anxious patients.



## MODULE III: 20<sup>th</sup> July

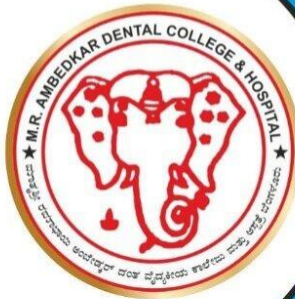
Records, written communication, treatment planning and communication with colleagues:

- Identify record keeping requirements and how to ensure compliance.
- Identify the contexts in which written communication with patients may be necessary/appropriate.

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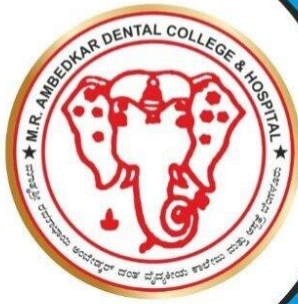
- Establish the language and tone that should be used in written correspondence with patients.
- Recognise legal and ethical obligations in written correspondence with patients.
- Understand basic concepts of conflict resolution with patients.
- Listen to presentation of legal requirements for record keeping and the regulatory basis for this. Analyse one's own compliance with these requirements.
- Brainstorm the types of written communication that may be used for patients.
- Group activity to substitute dental terms for layperson vocabulary.
- Make a checklist of the ethical and legal obligations that should be considered in structuring written correspondence.
- Consider what should be included in a written response to a patient complaint.
- Construct a letter to a patient outlining their condition and some treatment options.
- Identify the features of a positive working relationship with dental assistants.
- Recognise the importance of clear communication between health practitioners.
- Understand the importance of clear communication with laboratory staff.
- Structure a comprehensive patient referral letter.
- Construct a concept map of an ideal dentist-assistant relationship.
- Listen to anecdotal evidence of poor colleague communication outcomes.
- Brainstorm features that should always be included on a lab slip.
- Brainstorm features that should always be included on a patient referral letter.
- Write a referral letter to a colleague using the concepts demonstrated in the tutorial session.
- Lead a class discussion of what the ideal dentist-assistant relationship entails.
- Provide evidence of poor outcomes associated with inappropriate communication with colleagues.
- Lead brainstorming session about important features to include on a lab slip.
- Lead brainstorming session on what features should be included in a referral letter.
- Provide useful templates for communication with colleagues.

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- Set task of constructing a referral letter to a colleague. Answer any questions about this task.

## COURSE ASSESSMENT:

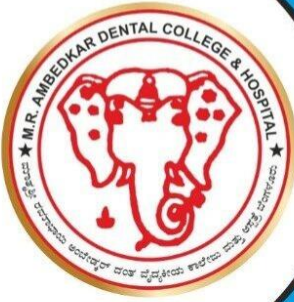
- Evidence appraisal
- Didactic teaching
- Role-play
- Brainstorming
- Small group activities



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Ref No: MRADC/VAC/ 01/19-20

DATE: 13/6/2019

## CIRCULAR

(IQAC INITIATIVE)

A program on “**communication skills for dental students**” has been organized for the UG, PGs and interns at our institution on 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> August 2019 from 2 pm to 4pm in the college auditorium.

All the HODs / Professors, teaching staff, UG, PGs and interns are informed to attend the program **WITH OUT FAIL**.

**SPEAKER – Dr Roopashri. G** (Reader, Department Of Oral Medicine and Radiology)

**ALL THE STAFF / STUDENTS ARE INSTRUCTED TO GATHER IN THE AUDITORIUM BY 2:00 PM WITHOUT FAIL**

PRINCIPAL

To,

The HODs / Professors of all departments,

MRADC, Bengaluru- for circulation in the department

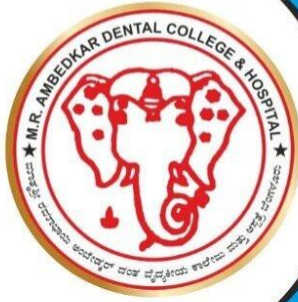
Copy to,

1) The Chairman, G.C, MRADC



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2)The Administrative Officer, MRADC

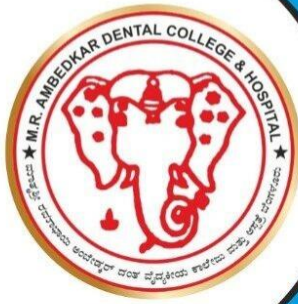
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**Department of Oral Medicine and Radiology**

**IQAC INITIATIVE**

**COMMUNICATION SKILLS FOR DENTAL STUDENTS**  
**DATE:** 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> JULY 2019

**Resource person: Dr ROOPASHRI. G, Reader,**  
 Dept. of Oral Medicine and Radiology



**Venue: Auditorium, M. R. Ambedkar Dental College and Hospital, Bengaluru**





## CERTIFICATE OF PARTICIPATION

This certificate is proudly presented to

**AMRITA**

For participating in the VALUE ADDED COURSE - COMMUNICATION SKILLS FOR DENTAL STUDENTS held in M R AMBEDKAR DENTAL COLLEGE AND HOSPITAL on 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> July 2019

*Vaishali M.R.*      *Roopashri G.*      *Hemalatha V.*

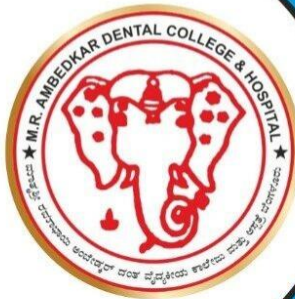
ORGANISING SECRETARY  
DR. VAISHALI M. R.

SPEAKER  
Dr ROOPASHRI G.

PRINCIPAL  
DR HEMALATHA M.

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<b>CODE: VAC/ 02/19-20</b>	
<b>COURSE TITLE: ETHICS IN DENTISTRY AND ORAL HEALTH CARE</b>	
<b>DATE: 4<sup>TH</sup>,11<sup>TH</sup>,18<sup>TH</sup> JANUARY 2020</b>	<b>DURATION: 16hrs</b>
<b>DEPARTMENT: DEPARTMENT OF PUBLIC HEALTH DENTISTRY</b>	
<b>FACULTY IN CHARGE / CONTACT PERSON: Dr. Rukmini J. N.</b>	
<b>RESOURCE PERSONS: Dr Umashankar GK, Professor and HOD</b>  <b>Dept. Of Public Health Dentistry</b>	
<b>TARGET AUDIENCE:UGs ,PGs and interns</b>	

## INTRODUCTION:

Ethics in dentistry and oral healthcare is a critical aspect of providing responsible and compassionate dental services. Dentists and oral healthcare professionals must adhere to ethical principles to ensure the well-being and trust of their patients. In this introduction, we will explore the fundamental ethical principles that guide dental practice, such as patient autonomy, beneficence, non-maleficence, justice, and veracity. Additionally, we will discuss the importance of informed consent, patient confidentiality, and the ethical challenges that can arise in the field of dentistry. This topic is essential for both practitioners and patients to understand, as it forms the foundation for ethical decision-making and the delivery of quality dental care.

## COURSE OBJECTIVES:

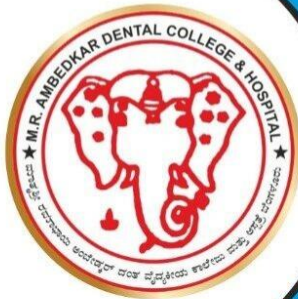
1. Understanding Ethical Principles
2. Informed Consent



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3. Patient Confidentiality
4. Ethical Decision-Making
5. Professional Codes of Ethics
6. Ethical Challenges
7. Cultural Competency
8. Ethical Communication
9. Ethical Patient-Centered Care
10. Professionalism
11. Ethical Legal Framework
12. Case Studies and Discussion

## **COURSE OUTCOME:**

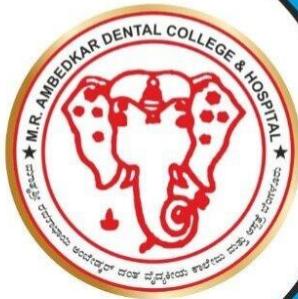
1. Demonstrate Ethical Awareness
2. Informed Consent
3. Patient Confidentiality
4. Ethical Decision-Making
5. Professional Codes of Ethics
6. Ethical Challenges
7. Cultural Competency



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8. Ethical Communication
9. Patient-Centered Care
10. Professionalism
11. Legal Compliance
12. Critical Thinking

## **MODULE 1 : Understanding Ethical Foundations**

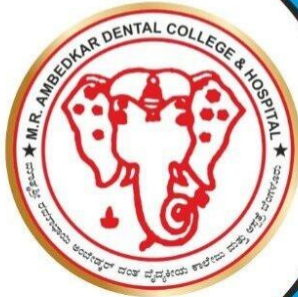
1. Introduction to Dental Ethics
2. Core Ethical Principles
3. Informed Consent and Patient Autonomy
4. Patient Confidentiality and Legal Framework

## **MODULE 2 : Applying Ethics in Dental Practice**

1. Ethical Decision-Making
2. Professional Codes of Ethics
3. Ethical Challenges in Dentistry
4. Cultural Competency and Ethical Care
5. Ethical Communication and Patient-Centered Care
6. Professionalism and Legal Compliance
7. Case Studies and Ethical Scenarios



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## MODULE 3 : Conclusion :

Reflection and Wrap-Up

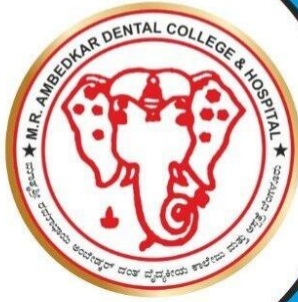
## COURSE ASSESSMENT :

Interactive sessions

Discussions



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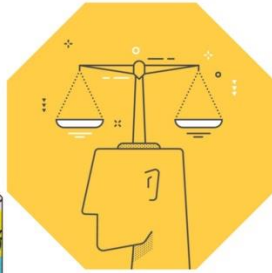


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IQAC INITIATIVE

### ETHICS IN DENTISTRY AND ORAL HEALTH CARE

Date:  
4th, 11th, 18th  
JANUARY  
2022



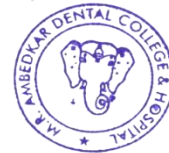
Guest Speaker : Dr. PRAMILA M  
HOD, Department of PUBLIC HEALTH  
DENTISTRY

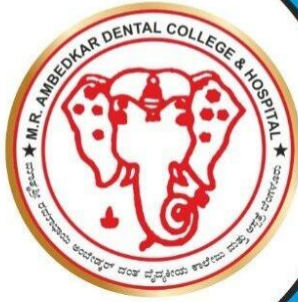
Venue: AUDITORIUM MR AMBEDKAR DENTAL  
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**#1/36, Cline Road, Cooke Town, Bengaluru 560005**

Ref No: MRADC/VAC/ 02/19-20

DATE: 1/1/2020

## CIRCULAR

(IQAC INITIATIVE)

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**SPEAKER – Dr Roopashri. G (Reader, Department Of Oral Medicine and Radiology)**

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To,

The HODs / Professors of all departments,

MRADC, Bengaluru- for circulation in the department

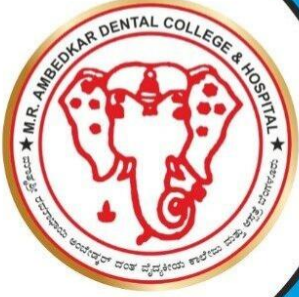
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1) The Chairman, G.C, MRADC



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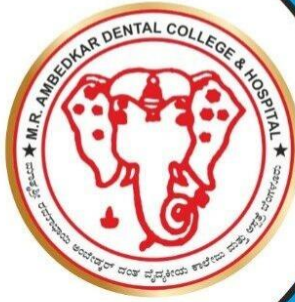
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<b>CODE: VAC/ 03/19-20</b>	
<b>COURSE TITLE: COMMON YOGA PRACTICES</b>	
<b>DATE: 1<sup>st</sup> 8<sup>TH</sup>&amp; 15<sup>TH</sup> FEBRUARY 2020</b>	<b>DURATION: 16hrs</b>
<b>DEPARTMENT: PEDODONTICS</b>	
<b>FACULTY IN CHARGE / CONTACT PERSON: Dr.Jyothsna V Setty</b>	
<b>RESOURCE PERSONS: Dr Ila Srinivasan, Professor and HOD,</b> <b>Dept. of Pedodontics</b>	
<b>TARGET AUDIENCE:UGs ,PGs and interns</b>	

## Introduction:

This course is designed to provide a foundational understanding of yoga and its various practices. It is designed for both a beginner looking to explore the world of yoga or someone seeking to deepen their knowledge, this course will serve as a comprehensive starting point.

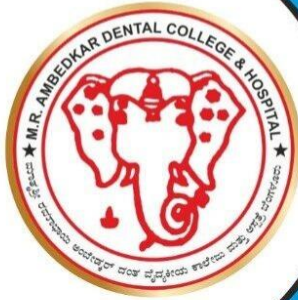
This course aims to provide with a solid foundation in common yoga practices, empowering one to incorporate yoga into their daily life for improved physical health, mental clarity, and inner harmony.

## Course Objectives:

1. Introduction to Yoga Philosophy :Understand the basic principles and philosophies that underlie the practice of yoga, including its historical context and cultural significance.



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2. Asana (Yoga Poses): Learn a variety of common yoga poses, their alignments, and modifications, focusing on developing flexibility, strength, and balance.
3. Pranayama (Breath Control): Explore the importance of breath in yoga and practice different pranayama techniques to improve breath awareness, lung capacity, and relaxation.
4. Meditation and Mindfulness :Develop mindfulness and concentration through guided meditation practices, cultivating mental clarity, and inner peace.
5. Yoga Anatomy: Gain insights into the human body's anatomy in relation to yoga, including how specific poses impact different muscle groups and joints.
6. Stress Reduction and Well-being: Discover how yoga can be used as a tool for stress management, promoting overall mental and physical well-being.

## Course Outcomes:

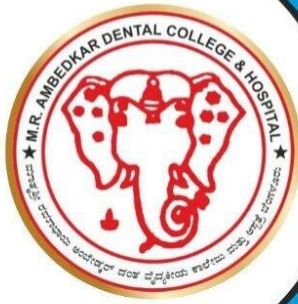
1. Demonstrate a basic understanding of the philosophy and history of yoga.
2. Perform a variety of yoga poses with proper alignment and technique.
3. Employ pranayama techniques to improve breath control and relaxation.
4. Practice meditation and mindfulness for enhanced mental focus and inner peace.
5. Identify key anatomical principles related to yoga poses and their impact on the body.
6. Utilize yoga as a means to reduce stress and enhance overall well-being.



P.R.P.

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## CERTIFICATE OF APPRECIATION

Proudly presented to :

**DR ABU SAWOOD**

For participating in the VALUE ADDED COURSE - **COMMON YOGA PRACTICES** held in M R AMBEDKAR DENTAL COLLEGE AND HOSPITAL on **1<sup>st</sup> 8<sup>th</sup> & 15<sup>th</sup> FEBRUARY 2020**

SPEAKER  
Dr. Ila Srinivasan

PRINCIPAL  
DR HEMALATHA M



PRINCIPAL

M.R. Ambedkar Dental College & Hospital  
Bengaluru - 560 005

M R AMBEDKAR DENTAL COLLEGE & HOSPITAL

**COMMON YOGA PRACTICES**  
ORGANIZED BY: DEPARTMENT OF PEDODONTICS

DATE: 1ST ,8TH,15TH FEBRUARY 2020

VENUE: ROOM NO 7, DEPARTMENT OF PEDODONTICS



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**M R AMBEDKAR DENTAL COLLEGE & HOSPITAL**

**#1/36 , Cline Road, Cooke Town , Bengaluru 560005**

Ref No: MRADC/VAC/ 03/19-20

DATE : 29/ 1/2020

## CIRCULAR

(IQAC INITIATIVE)

A program on **Common Yoga Practices** has been organized for the UG ,PGs and interns at our institution on **1<sup>st</sup> 8<sup>TH</sup>& 15<sup>TH</sup>FEBRUARY 2020**FROM 1pm to 6:30pm in the college auditorium .

All the HODs / Professors, teaching staff, UG, PGs and interns are informed to attend the program **WITH OUT FAIL.**

**ALL THE STAFF / STUDENTS ARE INSTRUCTED TO GATHER IN THE AUDITORIUM BY 1:00 PM WITHOUT FAIL**

PRINCIPAL

To,

The HODs / Professors of all departments,

MRADC, Bengaluru- for circulation in the department

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<b>CODE: VAC/ 04/19-20</b>	
<b>COURSE TITLE: Key To Success In Your Hands</b>	
<b>DATE: 7th ,14th ,21st March 2020</b>	<b>DURATION: 16hrs</b>
<b>DEPARTMENT: Oral and maxillofacial surgery</b>	
<b>FACULTY IN CHARGE / CONTACT PERSON: DR. BINDU</b>	
<b>RESOURCE PERSONS: DR. SATISH KUMAR,</b> <b>DEPT. OF ORAL AND MAXILOFICAL SURGERY</b>	
<b>TARGET AUDIENCE:UGs ,PGs and interns</b>	

## INTRODUCTION:

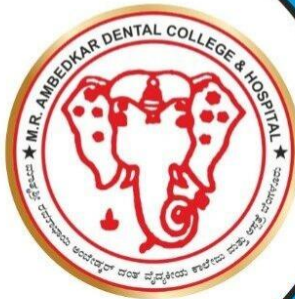
The key to success lies within your hands, waiting to be unlocked through a combination of essential principles and actions. Setting clear goals, working diligently, and persevering through challenges are fundamental steps towards achievement. Embracing continuous learning, cultivating resilience, and honing effective communication skills are vital components of the journey to success. Building strong relationships, managing time wisely, and adapting to change with flexibility are essential qualities to nurture. Self-confidence, work-life balance, and a commitment to personal growth round out the keys to unlocking success. Remember, success is a unique journey defined by your aspirations and efforts, so grasp the key with determination, passion, and integrity to unlock your full potential.



*P.R.P.*

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## Course Objective:

**Develop a Growth Mindset:** Learn to embrace challenges, persist in the face of setbacks, and see failures as opportunities for growth.

**Master Time Management:** Acquire techniques for prioritizing tasks, setting achievable goals, and maximizing productivity.

**Cultivate Self-Discipline:** Understand the importance of self-control, motivation, and perseverance in reaching long-term goals.

**Enhance Communication Skills:** Learn effective communication techniques for building strong relationships, expressing ideas confidently, and resolving conflicts constructively.

**Harness Emotional Intelligence:** Develop self-awareness, empathy, and social skills to navigate diverse interpersonal situations with ease.

**Build Resilience:** Learn how to bounce back from setbacks, manage stress, and maintain a positive outlook in challenging circumstances.

**Foster Healthy Habits:** Explore strategies for maintaining physical, mental, and emotional well-being to sustain long-term success.

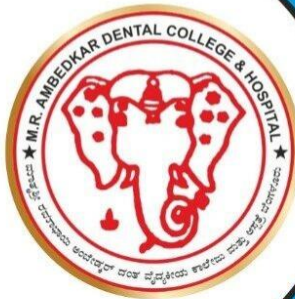
By the end of the course, participants will have the tools and mindset necessary to take control of their lives, overcome obstacles, and create their own path to success.



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## Course outcome:

Success in any course often involves effective time management, thorough understanding of the material, active participation, and seeking help when needed. Consistent effort and a positive mindset can also contribute to success. If you have a specific course or subject in mind, feel free to share more details for personalized advice.

## MODULE 1:7<sup>th</sup> March -

- Introduction
- Time management techniques
- Methods of cultivating self discipline

## MODULE 2: 14<sup>th</sup> March

- Enhancing communication skills
- Learning social skills to navigate diverse interpersonal situations with ease.

## MODULE 3: 21<sup>ST</sup> MARCH

- Learning methods to Build Resilience.
- Foster Healthy Habits: Explore for maintaining physical, mental, and emotional well-being to sustain long-term success.
- Conclusion

## COURSE ASSESSMENT :

Interactive sessions

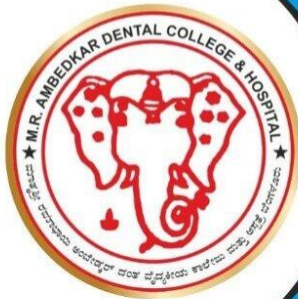
Discussions



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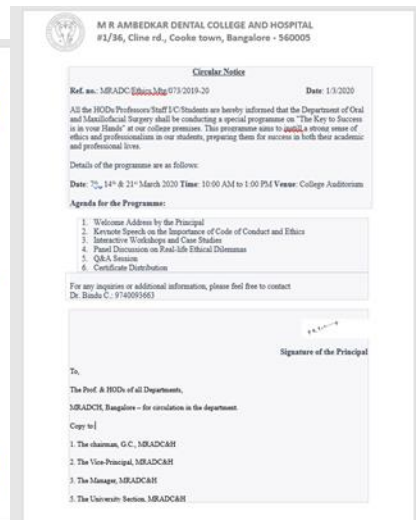


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**Key to Success in your hands**



**VENUE & TIME**  
Auditorium, M.R. Ambedkar Dental College, 10 AM

**COURSE CODE:**  
VAC/04/19-20

**7TH, 14th & 21st March, 2020**

**FOR DETAILS CONTACT:**  
Dr. Bindu C: 9740093663  
Dr. Sunil S.P: 9036694507

Department of Oral & Maxillofacial Surgery

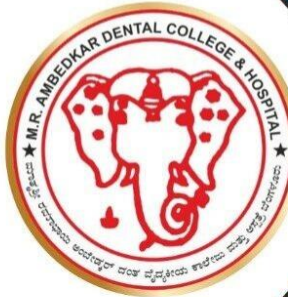


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<b>CODE: VAC/ 05/19-20</b>	
<b>COURSE TITLE: ETHICAL LEADERSHIP AND DECISION MAKING</b>	
<b>DATE: 4<sup>th</sup> , 11<sup>th</sup> &amp; 18<sup>th</sup> April 2020</b>	<b>DURATION: 16hrs</b>
<b>DEPARTMENT: CONSERVATIVE DENTISTRY AND ENDODONTICS</b>	
<b>FACULTY IN CHARGE / CONTACT PERSON: Dr. Komal N.</b>	
<b>RESOURCE PERSONS: Dr Pradeep P R, Professor,</b>  <b>Dept. of Conservative Dentistry &amp; Endodontics</b>	
<b>TARGET AUDIENCE:UGs ,PGs and interns</b>	

## INTRODUCTION:

Beginning with ethics and ethical leadership, this course discusses the difference between ethics and morality. The course also discusses ethical leadership theories including ethical leadership, authentic leadership and spiritual leadership. Then, we move on to consider ethical decision making and think about ethical decisions and ethical dilemmas. We then turn our attention to theoretical approaches of ethical decision making. Our final topic discusses ethical decision making models.

There is an increasing understanding today that organisational leaders need to be more sensitive to their moral obligations to the larger society, which includes all their stakeholders such as consumers, employees, suppliers, governments, local communities. Increasingly, organisations formulate codes of ethics, set up ethics committees, communication systems for employees to report abuse or seek guidance, ethics training programs, ethics officers, and disciplinary processes.



  
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## COURSE OBJECTIVES:

- To make students aware about professional ethics, in the course students will be taught different professional ethics, laws and moral values.
- To inculcate Ethics and Human Values into the young minds.
- To develop moral responsibility and mould them as best professionals.
- To create ethical vision and achieve harmony in life.

## COURSE OUTCOME:

- By the end of the course student should be able to understand the importance of ethics and values in life and society.
- After the completion of the course students will be able to work in a professional manner in the organization.

### MODULE I: 4<sup>th</sup> April

Professional ethics - Profession and its moral value in life ,Profession- skill needed ,  
Profession and

ethics- commitment, honesty, accountability, Professional integrity, transparency,  
confidentiality,

objectivity, respect, obedience to the law and loyalty.

### MODULE II: 11<sup>th</sup> April

Safety Social Responsibility and Rights: Safety and Risk, moral responsibility of  
engineers for safety,case studies – Bhopal gas tragedy, Chernobyl disaster, Fukushima  
Nuclear disaster, Professional

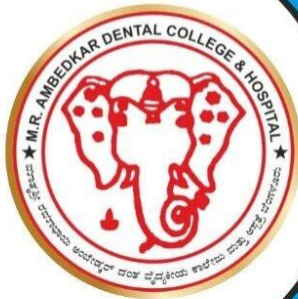
rights, Gender discrimination, Sexual harassment at work place.



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## MODULE III: 18<sup>th</sup> April

Global Issues: Globalization and MNCs, Environmental Ethics, Computer Ethics, Cyber Crimes,

Ethical living, concept of Harmony in life

### COURSE ASSESSMENT :

- Formative assessment
- Discussions



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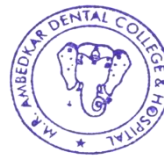
## MR AMBEDKAR DENTAL COLLEGE AND HOSPITAL

36, cline road cooke town bengaluru 560005

IQAC INITIATIVE



### ETHICAL LEADERSHIP AND DECISION MAKING IN DENTAL PRACTICE



Date:

4th, 11th and 18th APRIL 2020



Guest speaker : DR. Pradeep P.R  
PROFESSOR, Department of  
(ENDODONTICS AND  
CONSERVATIVE DENTISTRY)

Venue: AUDITORIUM MR AMBEDKAR DENTAL  
COLLEGE



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## M R AMBEDKAR DENTAL COLLEGE & HOSPITAL

#1/36 , Cline Road, Cooke Town , Bengaluru 560005

Ref no: MRADC/VAC/ 05/19-20

DATE : 1/ 4/2020

### CIRCULAR

### (IQAC INITIATIVE)

A program on Ethical Leadership and Decision Making In Dental Practice has been organized for the UG, Pgs and interns at our institution on 4<sup>th</sup> ,11<sup>th</sup> and 18<sup>th</sup> April 2020 FROM 1pm to 6:30pm in the college auditorium .All the HODs / Professors, teaching staff, UG and interns are informed to attend the program WITH OUT FAIL.

SPEAKER – Dr Pradeep P R (Professor , Department Of Conservative Dentistry And Endodontics)

ALL THE STAFF / STUDENTS ARE INSTRUCTED TO GATHER IN THE AUDITORIUM BY 1:00 PM WITHOUT FAIL

**PRINCIPAL**

To,

The HODs / Professors of all departments,

MRADC, Bengaluru- for circulation in the department



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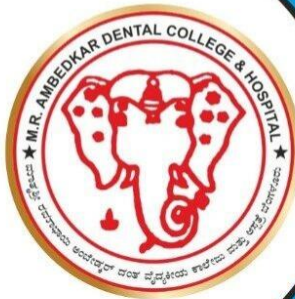
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<b>CODE: VAC/ 06/19-20</b>	
<b>COURSE TITLE: Empathy in Health Care</b>	
<b>DATE: 2nd ,9th 16th May 2020</b>	<b>DURATION: 16hrs</b>
<b>DEPARTMENT: DEPARTMENT OF PROSTHODONTICS</b>	
<b>FACULTY IN CHARGE / CONTACT PERSON:DR Keerthana</b>	
<b>RESOURCE PERSONS:Dr Shruthi C S (Head of the department , Department OfProsthodontics)</b>	
<b>TARGET AUDIENCE:UGs ,PGs and interns</b>	

## INTRODUCTION:

This course is designed to provide healthcare professionals and aspiring healthcare providers with a comprehensive understanding of empathy's pivotal role in delivering effective and compassionate patient care. In an era of advanced medical technology and complex healthcare systems, the human connection between healthcare practitioners and patients remains at the heart of quality healthcare delivery. Empathy is the key to fostering this connection.

## COURSE OBJECTIVES:

- To Understand the Concept of Empathy
- To Explore the Benefits of Empathy
- To Develop Empathetic Communication Skills
- To Navigate Cultural and Ethical Considerations
- To Enhance Self-Awareness



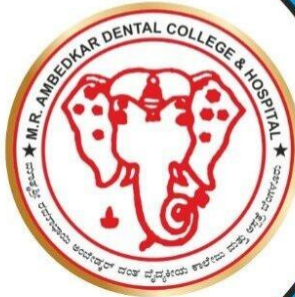
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## COURSE OUTCOME:

- By the end of the course student should be able to understand the importance of empathy in health care.



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- After the completion of the course students will be able to work in a professional manner in the organization.

## MODULE I: 2<sup>nd</sup> May

### Understanding Empathy in Healthcare

- Introduction to Empathy
- The Science of Empathy
- Benefits of Empathy
- Personal Reflection

## MODULE II: 9<sup>th</sup> May

### Developing Empathetic Communication Skills

- Active Listening
- Non-Verbal Communication
- Empathetic Language

## MODULE III: 16<sup>th</sup> May

### Applying Empathy in Healthcare Practice

- Practical Scenarios
- Cultural Competency
- Ethical Decision-Making
- Self-Care for Healthcare Providers

## COURSE ASSESSMENT :

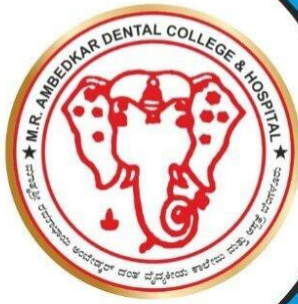
- Interactive sessions



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- Discussions



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**IQAC INITIATIVE**

**EMPATHY  
IN  
HEALTHCARE**

Guest Speaker  
Dr. Shruthi C.S., Head of the department, Department of  
Prosthodontics

Venue: Auditorium  
MR Ambedkar Dental College



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**#1/36 , Cline Road, Cooke Town , Bengaluru 560005**

Ref no: MRADC/VAC/ 06/19-20

DATE :1/ 5/2020

## CIRCULAR

(IQAC INITIATIVE)

A program on **Empathy in health care** has been organized for the UG ,PGs and interns at our institution on **2nd ,9th 16th May 2020** FROM 1pm to 6:30pm in the college auditorium .

All the HODs / Professors, teaching staff, UG, PGs and interns are informed to attend the program **WITH OUT FAIL**.

**SPEAKER – Dr Shruthi C S** (Head of the department , Department Of Prosthodontics)

**ALL THE STAFF / STUDENTS ARE INSTRUCTED TO GATHER IN THE AUDITORIUM BY 1:00 PM WITHOUT FAIL**

PRINCIPAL

To,

The HODs / Professors of all departments,  
MRADC, Bengaluru- for circulation in the department

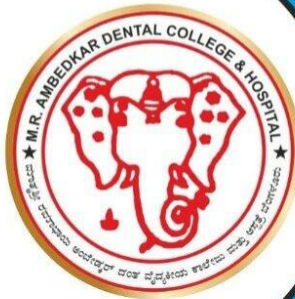
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<b>CODE: VAC/ 07/19-20</b>	
<b>COURSE TITLE: Anti Ragging Awareness</b>	
<b>DATE: 23rd, 30th May and 6th June 2020</b>	<b>DURATION: 16hrs</b>
<b>DEPARTMENT: DEPARTMENT OF PERIODONTICS</b>	
<b>FACULTY IN CHARGE / CONTACT PERSON: Dr. JAYANTHI . D</b>	
<b>RESOURCE PERSONS: Adv. ANANYA MADHAVAN</b>	
<b>TARGET AUDIENCE:UGs ,PGs and interns</b>	

## INTRODUCTION:

Mathrusri Ramabai Ambedkar Dental College and Hospital, Bangalore conducted an anti-ragging orientation program on **23rd, 30th May and 6th June 2020**. The purpose of the program was to create awareness among the students about the ill effects of ragging and to ensure that the campus remains a safe and secure place for all. The college had invited the chief guest Advocate ANANYA MADHAVAN, circle inspector from local police station, Frazer town. Adv. ANANYA has delivered an enlightening speech on the importance of anti-ragging. The event was attended by several students, faculty members, and staff.

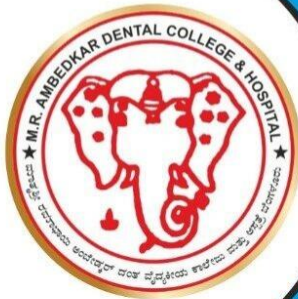
The spectre of ragging casts a long shadow over the educational landscape, leaving countless students traumatized, demoralized, and scarred for life. It is a deeply entrenched issue that demands concerted effort, empathy, and a systematic approach to be eradicated. Anti-ragging programs serve as the linchpin in this battle against a practice that hinders the very essence of learning — a nurturing, respectful, and collaborative environment. They are not only a response to a problem, but a proactive stance in shaping an educational milieu where every individual feels valued, protected, and able to flourish academically and personally.



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M.R. Ambedkar Dental College & Hospital  
Bengaluru - 560 005



# MATHRUSRI RAMABAI AMBEDKAR DENTAL COLLEGE & HOSPITAL

(Founded by : Ananda Social & Educational Trust)  
ISO 9001:2015 CERTIFIED

Affiliated to Rajiv Gandhi University of Health Sciences  
Recognised by Dental Council of India

1/36, Cline Road, Cooke Town, Bengaluru - 560 005  
Ph: 080 - 2546 0747 [www.mradc.in](http://www.mradc.in)

## COURSE OBJECTIVES:

- Raising Awareness
- Prevention and Deterrence
- Legal and Ethical Education.
- Promoting Positive Peer Interactions
- Engaging Stakeholders
- Monitoring and Evaluation

## COURSE OUTCOME:

- By the end of the course student form a comprehensive strategy to combat and eradicate ragging, ensuring that educational institutions become spaces where students can thrive without the fear of harassment or intimidation.

### Day 1: Building Awareness and Understanding : 23<sup>rd</sup> may

#### Session 1: Welcome and Introduction (Morning)

Welcome address and program overview.

Emphasis on the importance of creating a safe, inclusive campus environment.

#### Session 2: Understanding Ragging (Afternoon)

Definition, forms, and manifestations of ragging.

Personal testimonies and case studies to illustrate the impact on victims.



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## Day 2: Building Awareness and Understanding: 30<sup>th</sup> may

### Session 3: Legal Framework and Consequences (Morning)

Overview of relevant laws and regulations against ragging.

Discussion on the legal repercussions for perpetrators.

### Session 4: Interactive Workshops (Afternoon)

Role-playing scenarios to explore responses to potential ragging situations.

Bystander intervention techniques and practicing assertive communication.

## Day 3: Empowering the Community: 6<sup>th</sup> june

### Session 5: Support Systems (Morning)

Introduction to the institution's support services (counselling, helplines, etc.).

Testimonies from survivors and the importance of seeking help.

### Session 6: Inclusive Campus Culture (Afternoon)

Fostering a culture of respect, empathy, and inclusivity

## COURSE ASSESSMENT :

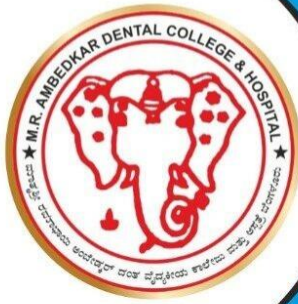
- Interactive sessions
- Discussions



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## MR AMBEDKAR DENTAL COLLEGE AND HOSPITAL



#1/36 Cline Road, Cooke Town, Bengaluru - 560005  
IQAC INITIATIVE

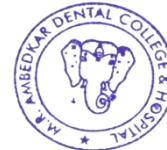
### ANTI- RAGGING AWARENESS PROGRAMME

23rd, 30th  
May and 6th



JOIN HANDS TO MAKE  
**CAMPUS RAGGING FREE**

VENUE: AUDITORIUM, MR AMBEDKAR DENTAL COLLEGE



### CERTIFICATE OF APPRECIATION

Proudly presented to :

**MOHAMMED OMER**

For participating in the VALUE ADDED COURSE - ANTI-RAGGING AWARENESS held in M R AMBEDKAR DENTAL COLLEGE AND HOSPITAL on 23rd, 30th May and 6th June 2020

*Jayanthi D*  
Dr. JAYANTHI D  
COURSE DIRECTOR

*Hemalatha M*  
DR HEMALATHA M  
PRINCIPAL, MRADCO

*P.R.P.P.P*

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**M R AMBEDKAR DENTAL COLLEGE & HOSPITAL**

**#1/36 , Cline Road, Cooke Town , Bengaluru 560005**

Ref no: MRADC/VAC/ 07/19-20

DATE : 20-05-2020

## CIRCULAR

(IQAC INITIATIVE)

A program on **ANTI-RAGGING PROGRAME** has been organized for the UG ,PGs and interns at our institution on **23rd, 30th May and 6th June 2020** from 9 am to 4;00 pm in the college auditorium .

All the HODs / Professors, teaching staff, UG, PGs and interns are informed to attend the program **WITH OUT FAIL.**

GUEST SPEAKER – Adv.ANANYA MAHADEVAN

ALL THE STAFF / STUDENTS ARE INSTRUCTED TO GATHER IN THE AUDITORIUM BY 9 AM WITHOUT FAIL.

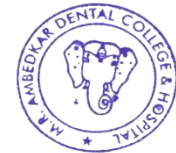
PRINCIPAL

To,

The HODs / Professors of all departments,  
MRADC, Bengaluru- for circulation in the department

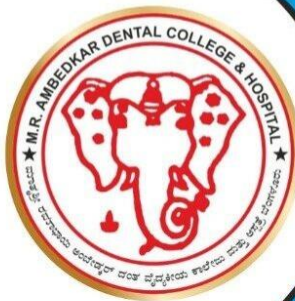
Copy to,

- 1) The Chairman, G.C, MRADC
- 2)The Administrative Officer, MRADC
- 3) Office copy



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<b>CODE: VAC/08/19-20</b>	
<b>COURSE TITLE: Code of Conduct and Professional Ethics</b>	
<b>DATE: 13th ,20th 27th June 2020</b>	<b>DURATION: 16hrs</b>
<b>DEPARTMENT: ORAL SURGERY</b>	
<b>FACULTY IN CHARGE / CONTACT PERSON: DR.BINDU C.</b>	
<b>RESOURCE PERSONS: DR.SATISH KUMARANP</b>	
<b>TARGET AUDIENCE: Students (UG &amp; PG) &amp; Youth professionals</b>	

## INTRODUCTION:

The introduction to a code of conduct and professional ethics serves as a foundational statement, embodying the values and principles that guide individuals within a particular profession or organization. This essential document establishes a framework for ethical behavior, emphasizing the overarching purpose of maintaining integrity and upholding the highest standards of professional conduct. Rooted in principles such as honesty, accountability, and respect, the code outlines the shared values that create a cohesive ethical foundation. It defines the scope of its application, delineates responsibilities towards clients, colleagues, and the broader community, and underscores the consequences of deviating from the established ethical norms. As a beacon for individuals within the profession, the introduction encourages unwavering commitment to these principles, fostering a culture of trust, responsibility, and excellence.

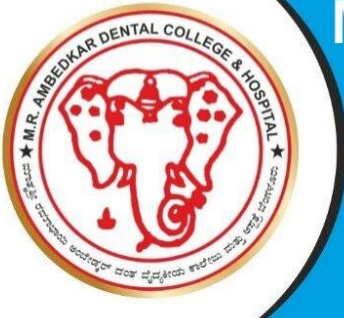
## COURSE OBJECTIVES:

The course objectives for a Code of Conduct and Professional Ethics typically include:

1. Understanding Ethical Principles: Develop a comprehensive understanding of ethical



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principles and values that underpin professional conduct.

2. Application of Codes: Learn how to apply and integrate the specified code of conduct within

professional settings, considering diverse situations and contexts.

3. Decision-Making Skills: Enhance decision-making skills by applying ethical reasoning and

principles to real-world scenarios commonly encountered within the profession.

4. Professional Responsibility: Gain insights into the responsibilities and obligations professionals hold towards clients, colleagues, the organization, and the broader community.

5. Conflict Resolution: Develop skills in resolving ethical conflicts and dilemmas, emphasizing the importance of maintaining integrity and ethical standards.

6. Legal Compliance: Understand the legal aspects related to professional ethics, ensuring

compliance with relevant laws and regulations.

7. Promoting a Positive Culture: Explore ways to contribute to a positive organizational culture by

embodying and promoting ethical behavior among peers and subordinates.

8. Consequences of Unethical Behavior: Understand the potential consequences of unethical behavior, both for individuals and the organization, emphasizing the importance of adherence to ethical standards.

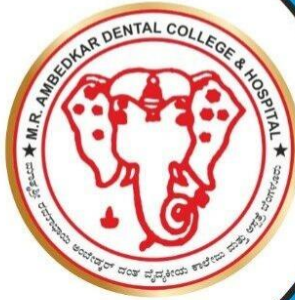
9. Continuous Professional Development: Recognize the importance of ongoing learning and

professional development in the context of evolving ethical standards and practices.

10. Communication Skills: Develop effective communication skills for addressing ethical concerns and promoting a culture of transparency and accountability.



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## COURSE OUTCOME:

Upon completion of the Code of Conduct and Professional Ethics course, participants will emerge with a comprehensive understanding of ethical principles and a refined ability to apply them in real-world professional scenarios. Demonstrating advanced skills in ethical decision-making, they will adeptly navigate the intricate balance between legal requirements and ethical standards, ensuring compliance while upholding the highest professional ethics. Through interactive learning experiences, participants will cultivate the art of effective communication to address ethical concerns transparently and contribute to a positive ethical culture within their organizations. The course aims to shape ethical leaders who not only abide by established codes but also actively promote and foster a workplace environment rooted in integrity, responsibility, and collaborative adherence to ethical standards. As a result, participants will be well-equipped to navigate the complexities of professional life, making ethically sound decisions and positively influencing the ethical landscape within their respective fields.

### Day 1: Understanding Ethical Principles (6 hours)

#### Session 1: Introduction to Ethics (1 hour)

Welcome and course overview.

Importance of code of ethics.

#### Session 2: Application of Codes (1 hour)

#### Session 3: Decision-Making Skills (1.5 hours)

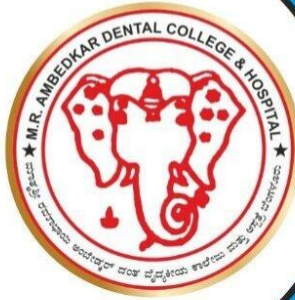
#### Session 4: Professional Responsibility



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## Day 2: Conflict Resolution (6 hours)

Session 5: Legal Compliance (3 hours)

Session 6: Consequences of Unethical Behavior & Promoting a Positive Culture (3 hours)

Introduction to mindfulness.

## Day 3: Communication Skills (4.5 hours)

### Course Materials:

- Course workbook with activities and resources.
- Handouts on Ethical Principles ,Communication Skill,Professional Responsibility
- Access to online resources for further reading and support.

### Assessment and Evaluation:

- Daily quizzes to assess understanding of key concepts.
- Active participation in group discussions and practical exercises.
- Completion of a personalized code of conduct .



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## Code of Conduct & Professional Ethics

COURSE CODE:  
VAC/08/19-20

13TH, 20TH & 27TH  
JUNE, 2020



### VENUE & TIME

Auditorium, M.R.  
Ambedkar Dental  
College, 10 AM

### FOR DETAILS CONTACT:

Dr. Bindu C: 9740093663  
Dr. Sunil S.P: 9036694507



Department of Oral &  
Maxillofacial Surgery

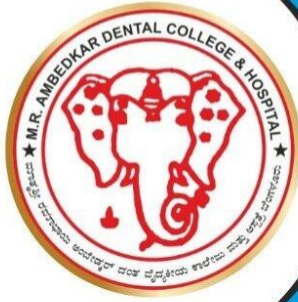


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## Circular Notice

**Ref. no.:** MRADC/Ethics.Mtg/073/2020-21 **Date:** 05/06/2020

All the HODs/Professors/Staff I/C/Students are hereby informed that the Department of Oral and Maxillofacial Surgery shall be conducting a special programme on "Code of Conduct and Professional Ethics" at our college premises. This programme aims to instill a strong sense of ethics and professionalism in our students, preparing them for success in both their academic and professional lives.

Details of the programme are as follows:

**Date:** 13<sup>th</sup>, 20<sup>th</sup>&27<sup>th</sup>June2020 **Time:** 10:00 AM to 1:00 PM **Venue:** College Auditorium

### **Agenda for the Programme:**

1. Welcome Address by the Principal
2. Keynote Speech on the Importance of Code of Conduct and Ethics
3. Interactive Workshops and Case Studies
4. Panel Discussion on Real-life Ethical Dilemmas
5. Q&A Session
6. Certificate Distribution


For any inquiries or additional information, please feel free to contact  
Dr. Bindu C.: 9740093663

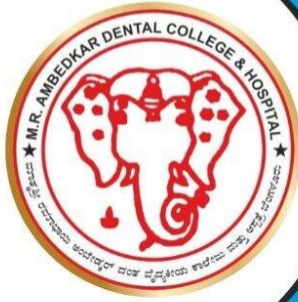
To,

The Prof. & HODs of all Departments,



  
Signature of the Principal

  
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MRADCH, Bangalore – for circulation in the department.

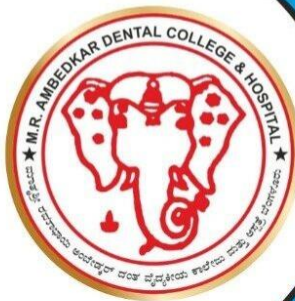
Copy to:

1. The chairman, G.C., MRADC&H
2. The Vice-Principal, MRADC&H
3. The Manager, MRADC&H
5. The University Section, MRADC&H



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<b>CODE: VAC/ 09/19-20</b>	
<b>COURSE TITLE: GOOD CLINICAL PRACTICE IN DENTISTRY</b>	
<b>DATE: 25<sup>TH</sup>JAN22<sup>ND</sup>&amp; 29<sup>TH</sup> FEB 2020</b>	<b>DURATION: 16hrs</b>
<b>DEPARTMENT: ORTHODONTICS AND DENTOFACIAL ORTHOPEDICS</b>	
<b>FACULTY IN CHARGE / CONTACT PERSON: Dr. SINDHU D</b>	
<b>RESOURCE PERSONS: Dr Azam Pasha, Professor</b>  <b>Dept. of Orthodontics and dentofacialorthopedics</b>	
<b>TARGET AUDIENCE:UGs ,PGs and interns</b>	

## INTRODUCTION:

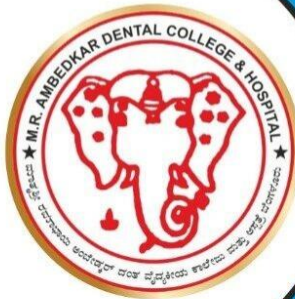
Dentistry is an ever-evolving field that combines art and science to improve the oral health and overall well-being of individuals. At the core of dental practice is the commitment to providing safe, effective, and ethical patient care. This commitment is embodied in the principles of Good Clinical Practice (GCP) in dentistry, which serve as the foundation for delivering high-quality dental services.

In this exploration of Good Clinical Practice in Dentistry, we will delve into the key components and principles that define this concept. We will discuss the importance of patient-centered care, the ethical obligations of dental practitioners, the significance of informed consent, the role of evidence-based dentistry, and the need for continuous professional development.

Dentistry is not merely about diagnosing and treating oral health issues; it is about building trust with patients, respecting their autonomy, and delivering care that meets the highest standards of safety and efficacy. By adhering to the principles of Good Clinical Practice, dental professionals ensure that every patient receives the best possible care, fostering healthier smiles and brighter futures.



  
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## COURSE OBJECTIVES:

To introduce participants to the core principles and significance of Good Clinical Practice (GCP) in the dental profession.

To explore the ethical considerations and legal framework that guide dental practitioners

To teach participants how to apply evidence-based dentistry principles in clinical decision-making and treatment planning.

To equip participants with the skills to develop and execute comprehensive treatment plans based on patient needs and clinical evidence.

To encourage participants to engage in lifelong learning and continuous professional development in the field of dentistry.

To empower participants to take on leadership roles in the dental field and engage with their community.

## COURSE OUTCOME:

Participants will be able to apply patient-centered communication techniques and cultural sensitivity in their dental practice.

Participants will demonstrate the ability to critically evaluate and apply scientific evidence in dental practice.

Participants will establish and maintain quality assurance practices in their dental practice, contributing to improved clinical outcomes.

Participants will engage in research and innovation to stay updated with emerging technologies and advancements in dentistry.

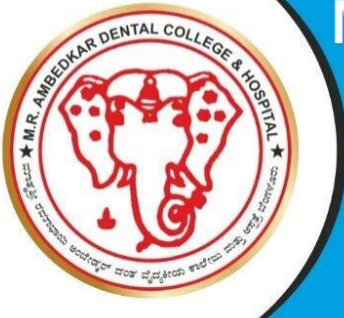
Participants will actively seek leadership opportunities within the dental profession and participate in community engagement initiatives



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## MODULE I: 25th January

Fundamentals of good clinical practice in dentistry

Introduction to GCP: Understand the core principles and significance of Good Clinical Practice in the dental profession.

Patient-Centered Care: Explore the importance of patient-focused approaches, including effective communication, empathy, and cultural sensitivity.

Ethical Considerations: Delve into ethical obligations in dentistry, confidentiality, informed consent, and the role of ethics in clinical decision-making.

Legal Framework: Learn about the legal aspects of dental practice, including liability, patient rights, and regulatory compliance.

Clinical Documentation: Emphasize the importance of accurate and thorough clinical records to ensure transparency, continuity of care, and legal protection

## MODULE II: 22nd February

Applying GCP principles in dental practice

Evidence-Based Dentistry: Understand the role of scientific evidence in dental decision-making and treatment planning.

Infection Control and Safety: Explore infection control protocols, sterilization, and safety measures to protect both patients and dental staff.

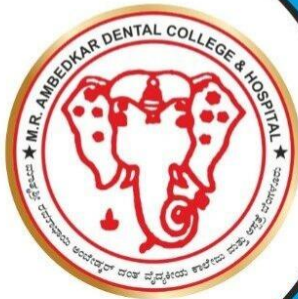
Treatment Planning and Execution: Learn how to develop comprehensive treatment plans based on patient needs and clinical evidence, and execute them effectively.

Informed Consent: Dive deeper into the informed consent process, including communication strategies, risk disclosure, and documentation.

Quality Assurance: Explore strategies for quality improvement, peer review, and patient feedback to enhance clinical outcomes



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## MODULE III: 29th February

Continuous improvement and professional development

Continuing Education: Emphasize the importance of lifelong learning and staying updated with advancements in dentistry.

Clinical Skills Enhancement: Provide opportunities for hands-on training, case studies, and simulation exercises to improve clinical skills

Research and Innovation: Encourage dental professionals to engage in research, innovation, and staying informed about emerging technologies.

Ethical Dilemmas and Case Studies: Discuss real-world ethical dilemmas in dentistry and practice ethical decision-making through case studies.

Professional Growth and Leadership: Explore opportunities for leadership in the dental field, including mentoring, advocacy, and community engagement

## COURSE ASSESSMENT :

Interactive sessions

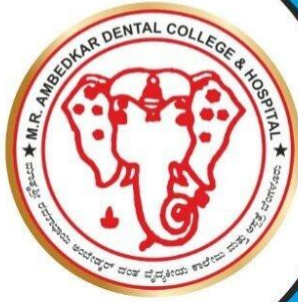
Discussions



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## CERTIFICATE OF APPRECIATION

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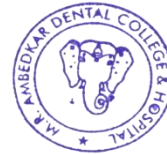
### ZOHARA

For participating in the VALUE ADDED COURSE - GOOD CLINICAL  
PRACTICE IN DENTISTRY held in M R AMBEDKAR DENTAL COLLEGE AND  
HOSPITAL on 25<sup>TH</sup> JAN 22<sup>ND</sup> & 29<sup>TH</sup> FEB 2020

  
DR SINDHU  
ORGANIZING SECRETARY

  
DR AZAM PASHA  
COURSE DIRECTOR

  
DR HEMALATHA M  
PRINCIPAL, MRADC



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IQAC INITIATIVE

## GOOD CLINICAL PRACTICE IN DENTISTRY

GUEST SPEAKER: **Dr. Azam Pasha**  
professor  
Department of Orthodontics  
and Dentofacial Orthopaedics





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Date: 25th January, 22nd  
and 29th February 2020

VENUE: AUDITORIUM, M R AMBEDKAR  
DENTAL COLLEGE AND HOSPITAL



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**M R AMBEDKAR DENTAL COLLEGE & HOSPITAL**

**#1/36 , Cline Road, Cooke Town , Bengaluru 560005**

Ref no: MRADC/VAC/ 09/19-20

DATE : 10/ 12/2019

## CIRCULAR

(IQAC INITIATIVE)

A program on **GOOD CLINICAL PRACTICE IN DENTISTRY** has been organized for the UG ,PGs and interns at our institution on 25<sup>th</sup>jan ,22<sup>nd</sup> and 29 February 2020 FROM 1pm to 6:30pm in the college auditorium .All the HODs / Professors, teaching staff, UG, PGs and interns are informed to attend the program **WITH OUT FAIL**.

GUEST SPEAKER – Dr Azam Pasha(Professor, Department Of Orthodontics and dentofacial orthopedics )

ALL THE STAFF / STUDENTS ARE INSTRUCTED TO GATHER IN THE AUDITORIUM BY 1:00 PM WITHOUT FAIL

PRINCIPAL

To,

The HODs / Professors of all departments,

MRADC, Bengaluru- for circulation in the department

Copy to,

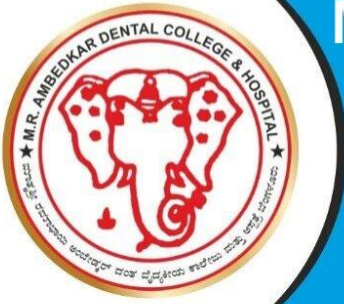
1) The Chairman, G.C, MRADC

2)The Administrative Officer, MRADC



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Bengaluru - 560 005



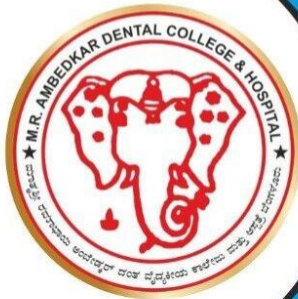
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<b>CODE: VAC/10/19-20</b>	
<b>COURSE TITLE: How to Overcome Exam Stress</b>	
<b>DATE: 28th March ,25th April 2020and 29th June</b>	<b>DURATION: 16hrs</b>
<b>DEPARTMENT: ORAL PATHOLOGY &amp; MICROBIOLOGY</b>	
<b>FACULTY IN CHARGE / CONTACT PERSON: Dr. Akshatha B K</b>	
<b>RESOURCE PERSONS: Dr. SOUNDARYA</b>  <b>Professor (Dept of oral pathology )</b>	
<b>TARGET AUDIENCE: Students (UG &amp; PG) &amp; Youth professionals</b>	

## INTRODUCTION:

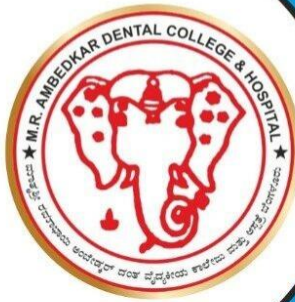
Many students experience stress when it comes to exams, and this is completely understandable. The outcomes of exams can have a profound impact on various aspects of one's academic journey. They can determine which courses or modules you can pursue in the next academic year, whether you might need to repeat a portion or the entire year, and, depending on your course structure and year of study, your final degree classification. Additionally, your exam results can influence your self-esteem and self-perception, and you may worry about disappointing your parents or other loved ones, especially if they've made sacrifices for you to attend university. In essence, the stakes are high, which can naturally lead to heightened levels of stress and anxiety. Excessive exam-related anxiety can be detrimental to the well-being and academic performance of adolescent students. The primary objective of this course is to empower



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students with the knowledge, techniques, and strategies required to proficiently handle the stress associated with exams and excel in high-pressure situations. Through a blend of theoretical insights, practical exercises, and real-world scenarios, participants will acquire a profound understanding of stress management methodologies and construct a personalized toolbox to confront exam-related pressure. Attendees will learn effective ways to cope with these emotions in the context of exams.

## COURSE OBJECTIVES:

- To provide students with a comprehensive understanding of exam-related stress and its impact.
- To equip students with practical tools and strategies for managing stress during exam periods.
- To help students set and achieve realistic academic goals.
- To foster a growth mindset and resilience in the face of academic challenges.
- To create a supportive learning environment where students can share experiences and learn from each other.

## COURSE OUTCOME:

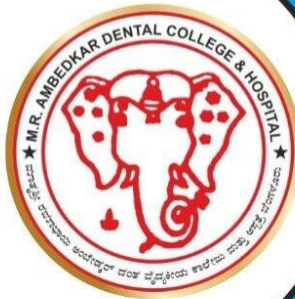
- Have a broad understanding of what stress and anxiety is and how to define it
- Gain practical self-help strategies to cope with the stress and anxiety exams can cause
- Know when and where to access additional support



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## Day 1: Understanding Exam Stress (6 hours)

### Session 1: Introduction to Exam Stress (1 hour)

Welcome and course overview.

Importance of managing exam stress.

### Session 2: Identifying Stressors (1 hour)

Common sources of exam-related stress.

Self-assessment: What triggers your stress?

### Session 3: The Physiology of Stress (1.5 hours)

How stress affects the body and mind.

Practical exercises: Relaxation techniques.

### Session 4: Goal Setting and Time Management (1.5 hours)

Setting SMART goals for exam preparation.

Creating a study schedule.

## Day 2: Strategies for Stress Reduction (6 hours)

### Session 5: Effective Study Techniques (1.5 hours)

Active learning methods.

Note-taking and summarization.

### Session 6: Mindfulness and Stress Reduction (1.5 hours)

Introduction to mindfulness.

Guided mindfulness exercises.

### Session 7: Coping with Exam Anxiety (1.5 hours)

Identifying and managing anxiety.

Techniques for staying calm during exams.

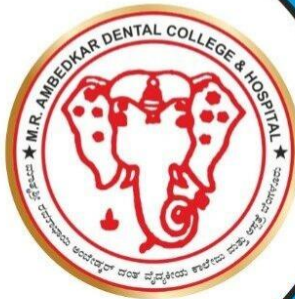
### Session 8: Nutrition and Self-Care (1.5 hours)



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The role of diet and exercise in stress management.

Creating a self-care plan.

## Day 3: Building Resilience and Exam Preparedness (4.5 hours)

### Session 9: Developing Resilience (1.5 hours)

Understanding resilience.

Strategies for bouncing back from setbacks.

### Session 10: Exam Preparation Strategies (1.5 hours)

Effective exam preparation techniques.

Test-taking strategies.

### Session 11: Personalized Stress Management Plan (1 hour)

Reflecting on the course and personal stress triggers.

Creating an individualized stress management plan.

### Session 12: Graduation and Q&A (1 hour)

Course review.

Certificates of completion.

Final questions and discussion.

## Course Materials:

- Course workbook with activities and resources.
- Handouts on relaxation techniques, mindfulness exercises, and time management tools.
- Access to online resources for further reading and support.



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## Assessment and Evaluation:

- Daily quizzes to assess understanding of key concepts.
- Active participation in group discussions and practical exercises.
- Completion of a personalized stress management plan.




## CERTIFICATE OF APPRECIATION

Proudly presented to :

**SYEDA NABEELA**

For participating in the VALUE ADDED COURSE - How to Overcome Exam  
Stress held in M.R. AMBEDKAR DENTAL COLLEGE AND HOSPITAL on 28th  
March, 25th April 2020 and 29th June

  
ORGANISING SECRETARY  
DR. AKSHATHA B K

  
SPEAKER  
Dr. SOUNDARYA

  
PRINCIPAL  
DR. HEMALATHA M





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## M R AMBEDKAR DENTAL COLLEGE & HOSPITAL

#1/36 , Cline Road, Cooke Town , Bengaluru 560005

Ref no: MRADC/VAC/10/19-20

Date: 25/03/2020

### CIRCULAR

(IQAC INITIATIVE)

We are pleased to inform you that our institution is organizing a valuable and highly relevant course titled "**How to Overcome Exam Stress**" for all the students. This course aims to equip you with essential skills and strategies to manage and conquer the stress associated with examinations effectively.

#### Details of the course are as follows:

**Course Date:** 28th March ,25th April and 29th June 2020

**Time:** 12:30 PM to 6:30 PM

**Venue:** AV Room, 3<sup>rd</sup> Floor MRADCH

**Course Overview:** Exams are an integral part of academic life, and it's natural to experience stress during this period. This course will provide you with practical techniques to manage and overcome exam-related stress. You will learn about stress triggers, stress reduction methods, time management, effective study strategies, and much more.

**Who Can Attend:** All UG, Interns and PG students from all disciplines.

**Registration:** Registration is mandatory for participation. Please contact Dr. Akshatha, Dept. of Oral Pathology.

To,



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*Analali H*  
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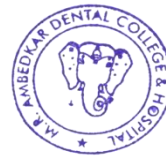
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The HODs / Professors of all departments, MRADCH, Bengaluru- for circulation in the department

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## MR AMBEDKAR DENTAL COLLEGE AND HOSPITAL



# 1/36, Cline Road ,Cooke Town,Bengaluru-560005

IQAC INITIATIVE

### HOW TO OVERCOME EXAM STRESS

Guest Speaker : Dr. SOUNDARYA.N  
HOD,Department of ORAL  
PATHOLOGY AND MICROBIOLOGY



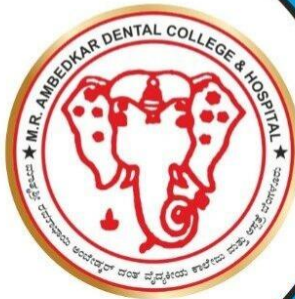
Date 28th March ,25th April 2020and  
29th June

Venue: AUDITORIUM MR AMBEDKAR DENTAL COLLEGE

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<b>CODE: : VAC/ 11/19-20</b>	
<b>COURSE TITLE: Stress Management</b>	
<b>DATE: 14<sup>th</sup> ,21<sup>st</sup> ,28<sup>th</sup>December 2019</b>	<b>DURATION: 16hrs</b>
<b>DEPARTMENT: PEDODONTICS AND PREVENTIVE DENTISTRY</b>	
<b>FACULTY IN CHARGE / CONTACT PERSON: Dr.Varun Shetty</b>	
<b>RESOURCE PERSONS: Dr Ila Srinivasan,</b>  <b>Dept. of Pedodontics and Preventive Dentistry</b>	
<b>TARGET AUDIENCE:UGs, PGs and interns</b>	

## Introduction:

Stress management is a critical skill in today's fast-paced and demanding world. It refers to the various strategies and techniques individuals can use to effectively cope with and reduce stress in their lives. Stress can have effects on physical and mental health, relationships, and overall well-being. Therefore, learning how to manage stress is essential for leading a balanced and fulfilling life.

## Course and Objectives:

The Stress Management course is designed to provide participants with a comprehensive understanding of stress, its causes, and practical tools to manage and reduce stress effectively. The primary objectives of the course are as follows:

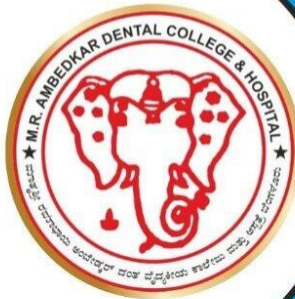
- 1.Understanding Stress: Explore the concept of stress, its different types, and how it affects the mind and body. Gain insight into the physiological and psychological aspects of stress.
2. Identifying Stressors: Learn to identify common stressors in daily life, such as work-related pressures, personal issues, financial concerns, and more. Develop the ability to recognize the signs of stress in oneself and others.



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3. Stress Assessment: Conduct a personal stress assessment to determine individual stress levels and triggers. This helps in creating a customized stress management plan.
4. Stress Reduction Techniques: Acquire a toolkit of stress reduction techniques, including relaxation exercises, mindfulness meditation, deep breathing, Singing progressive muscle relaxation.
5. Time Management: Explore effective time management strategies to better prioritize tasks and reduce the feeling of being overwhelmed.
6. Healthy Lifestyle Choices: Understand the role of diet, exercise, and sleep in stress management. Learn how to make healthier choices in these areas to enhance resilience to stress.
7. Coping Strategies: Develop coping strategies to deal with specific stressors, such as assertive communication, problem-solving skills, and setting boundaries.

## Course Outcome:

Upon completing the Stress Management course, participants should be able to achieve the following outcomes:

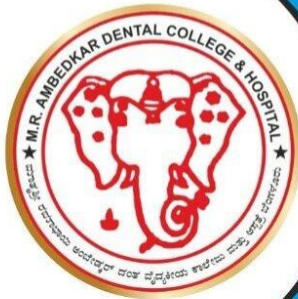
1. Improved Stress Awareness: Participants will be able to recognize signs of stress in themselves and others, allowing for early intervention.
2. Effective Stress Reduction: Learners will have a range of stress reduction techniques
3. Enhanced Resilience: Participants will develop resilience to stressors, enabling them to bounce back more quickly from challenging situations.
4. Improved Health and Well-being: By adopting healthier lifestyle choices, individuals will experience improved physical and mental well-being.
5. Better Relationships: Enhanced emotional intelligence and communication skills will lead to healthier interpersonal relationships, both personally and professionally.
6. Enhanced Productivity: The course will equip participants with time management and problem-solving skills that contribute to increased productivity and reduced stress related to work and deadlines.



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7. Personalized Stress Management Plan: Participants will create a personalized stress management plan tailored to their unique stressors and needs.

**Summary:** The Stress Management course aims to empower individuals with the knowledge and skills needed to effectively manage stress, leading to improved overall quality of life and well-being.



Mathrusri Ramabai Ambedkar  
Dental College and Hospital

DATE: 14th ,21st ,28th December 2019



Explore new stress coping techniques to find inner serenity

Understand how stress impacts psychology and physiology, and discover healthy ways to cope with it



VENUE:  
AUDITORIUM  
AMBEDKAR DENTAL COLLEGE



CERTIFICATE  
OF APPRECIATION

Proudly presented to:

**NIVEDITA**

For participating in the VALUE ADDED COURSE - Stress Management held in  
M R AMBEDKAR DENTAL COLLEGE AND HOSPITAL on 14<sup>th</sup> ,21<sup>st</sup> ,  
28<sup>th</sup> December 2019

  
SPEAKER  
Dr. Ila Shrinivasan

  
PRINCIPAL  
DR HEMALATHA M



  
PRINCIPAL  
M.R. Ambedkar Dental College & Hospital  
Bengaluru - 560 005



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**#1/36 , Cline Road, Cooke Town , Bengaluru 560005**

Ref no: MRADC/VAC/ 11/19-20

DATE : 2/ 12/2019

## CIRCULAR

(IQAC INITIATIVE)

A program on **STRESS MANAGEMENT** has been organized for the UG, PGs and interns at our institution on **DATE: 14<sup>th</sup> ,21<sup>st</sup> ,28<sup>th</sup> December 2019**

FROM 1pm to 6:30pm in the college auditorium.

All the HODs / Professors, teaching staff, UG, PGs and interns are informed to attend the program **WITH OUT FAIL**.

**SPEAKER – Dr Ila Srinivasan,**

**ALL THE STAFF / STUDENTS ARE INSTRUCTED TO GATHER IN THE AUDITORIUM BY 1:00 PM WITHOUT FAIL**

PRINCIPAL

To,

The HODs / Professors of all departments,  
MRADC, Bengaluru- for circulation in the department

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