



# MATHRUSRI RAMABAI AMBEDKAR DENTAL COLLEGE & HOSPITAL

(Founded by : Ananda Social & Educational Trust)  
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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)

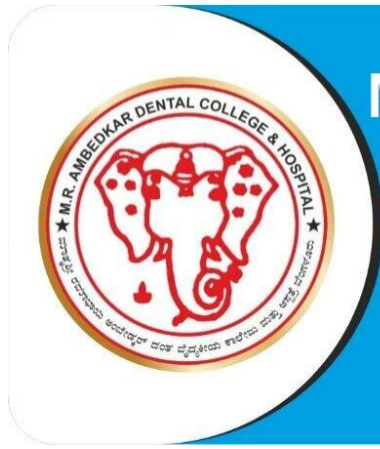
## BROCHURES/ DOCUMENTS RELATED TO VALUE ADDED COURSES – 2022-2023



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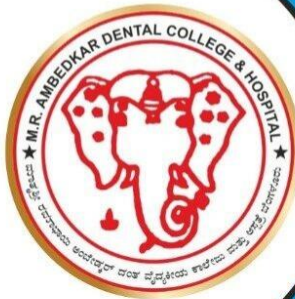
<b>CODE: VAC/ 01/22-23</b>	
<b>COURSE TITLE: COMMUNICATION SKILLS FOR DENTAL STUDENTS</b>	
<b>DATE: 2, 9, 16 July 2022</b>	<b>DURATION:16hrs</b>
<b>DEPARTMENT: ORAL MEDICINE AND RADIOLOGY</b>	
<b>FACULTY IN CHARGE / CONTACT PERSON: DR. VAISHALI. M. R</b>	
<b>RESOURCE PERSON: Dr ROOPASHRI. G</b>  <b>Dept. 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.



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

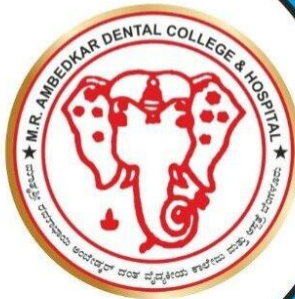
Principles of communication:

- Define the features of 'good communication.'

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

## MODULE II: 9<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: 16<sup>th</sup> July

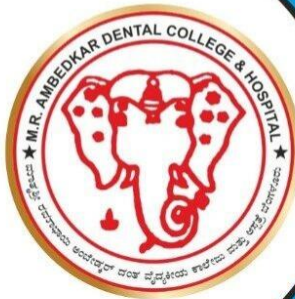
Records, written communication, treatment planning and communication with colleagues:

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

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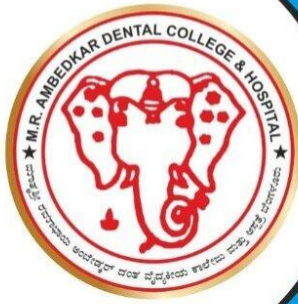
- Listen to presentation of legal requirements for record keeping and the regulatory basis for this. Analyse one's own compliance with these requirements.
- Brainstorm the types of written communication that may be used for patients.
- Group activity to substitute dental terms for layperson vocabulary.
- 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.
- Set task of constructing a referral letter to a colleague. Answer any questions about this task.

## COURSE ASSESSMENT:

- Evidence appraisal



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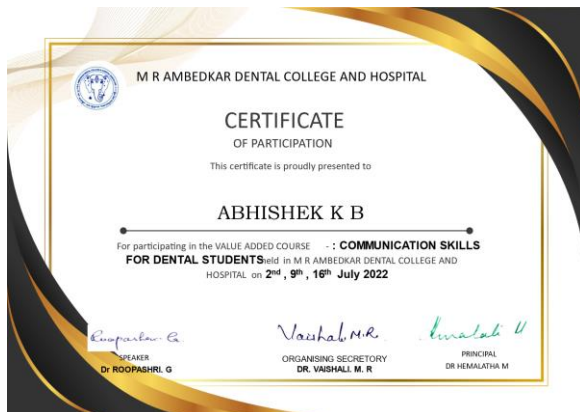
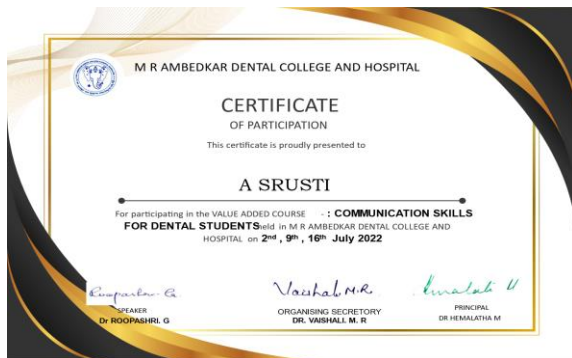
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- Didactic teaching
- Role-play
- Brainstorming
- Small group activities



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Ref no: MRADC/VAC/ 01/22-23

DATE: 18/6/2022

## CIRCULAR

(IQAC INITIATIVE)

A program on “**communication skills for dental students**” has been organized for the UG, PGs and interns at our institution on 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> July 2022 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.

GUEST 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



*Anurati H*

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To,

The HODs / Professors of all departments,

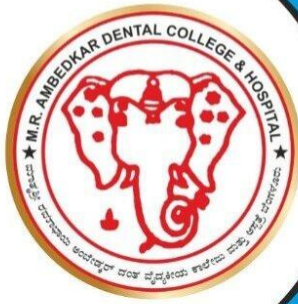
MRADC, Bengaluru- for circulation in the department

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



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No. 1/36, Cline Rd, Bahaji Layout, Cooke Town, Bengaluru, Karnataka 560005  
**Department of Oral Medicine and Radiology**

**RAC INITIATIVE**

**COMMUNICATION SKILLS FOR DENTAL STUDENTS**  
**DATE:** 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> JULY 2022

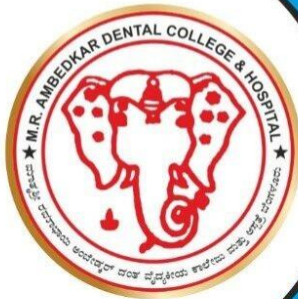
Resource person: Dr ROOPASHRI. G, Prof & Head,  
Dept. of Oral Medicine and Radiology



Dentistry

Venue: Auditorium, M. R. Ambedkar Dental College  
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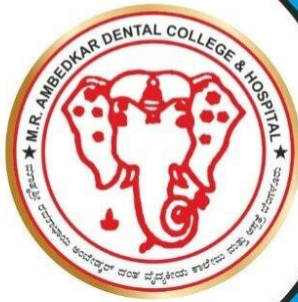
<b>CODE: VAC/ 02/22-23</b>	
<b>COURSE TITLE: ETHICS IN DENTISTRY AND ORAL HEALTH CARE</b>	
<b>DATE: 20<sup>TH</sup>,23<sup>RD</sup> JULY AND 6<sup>TH</sup> AUGUST 2022</b>	<b>DURATION: 16hrs</b>
<b>DEPARTMENT: DEPARTMENT OF PUBLIC HEALTH DENTISTRY</b>	
<b>FACULTY IN CHARGE / CONTACT PERSON: Dr. Rukmini J.N.</b>	
<b>RESOURCE PERSONS: Dr Pramila M, 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.



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## COURSE OBJECTIVES:

1. Understanding Ethical Principles
2. Informed Consent
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:

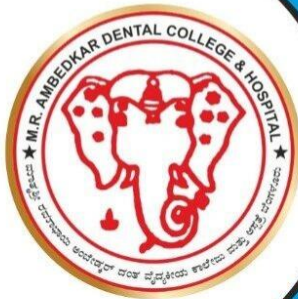
1. Demonstrate Ethical Awareness
2. Informed Consent
3. Patient Confidentiality
4. Ethical Decision-Making



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5. Professional Codes of Ethics
6. Ethical Challenges
7. Cultural Competency
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

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6. Professionalism and Legal Compliance

7. Case Studies and Ethical Scenarios

### MODULE 3 : Conclusion :

Reflection and Wrap-Up

### COURSE ASSESSMENT :

Interactive sessions

Discussions



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IQAC INITIATIVE

**ETHICS IN DENTISTRY AND ORAL HEALTH CARE**



Date:  
23rd, 20th JULY and 6th AUGUST 2022

Guest speaker : Dr. PRAMILA M HOD (PUBLIC HEALTH DENTISTRY )

Venue: AUDITORIUM MR AMBEDKAR DENTAL COLLEGE



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

Ref no: MRADC/VAC/ 02/22-23

DATE: 24/6/2022

## **CIRCULAR**

(IQAC INITIATIVE)

A program on “**ETHICS IN DENTISTRY AND ORAL HEALTH CARE**” has been organized for the UG, PGs and interns at our institution on 20<sup>th</sup>, 23<sup>rd</sup> July and 6<sup>th</sup> August 2022 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**.

GUEST SPEAKER – Dr PRAMILA M (HOD , Department Of Public health dentistry )

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

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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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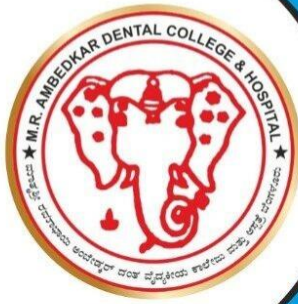
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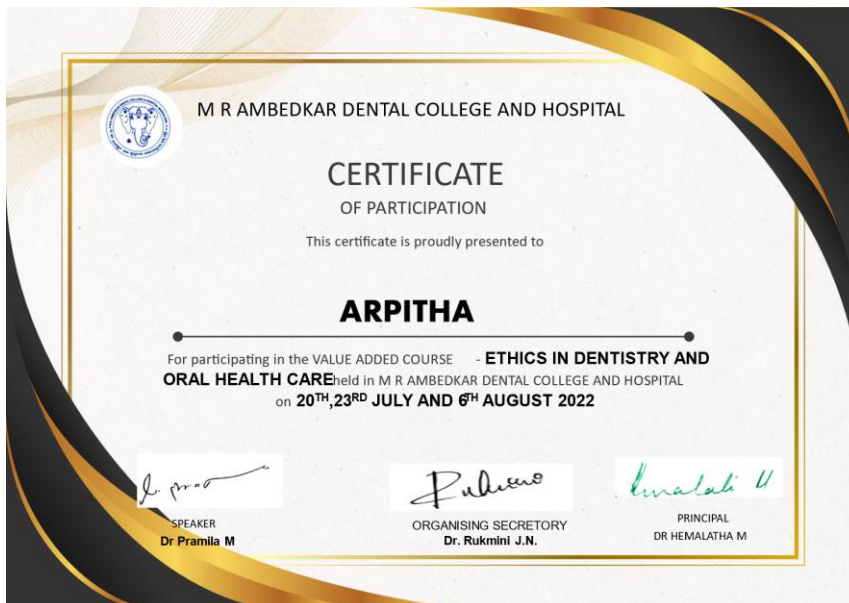
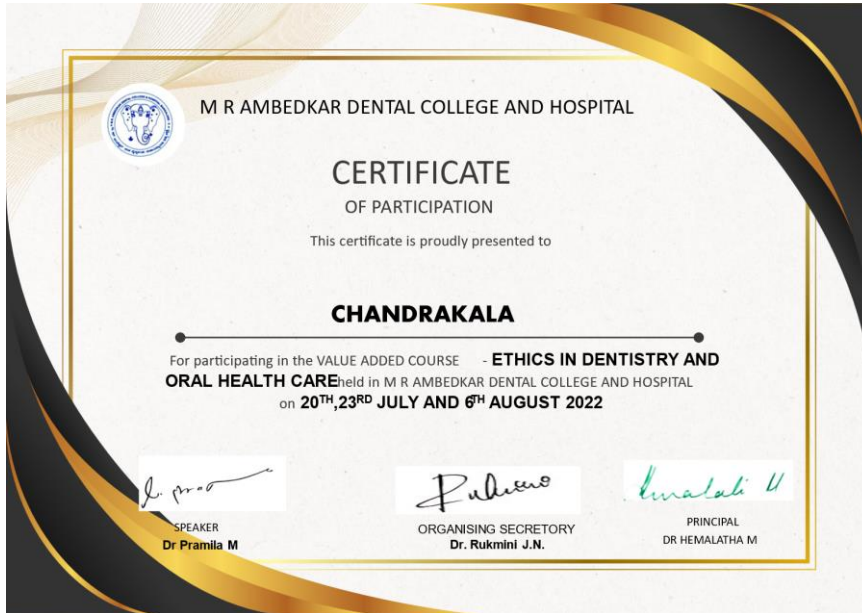


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<b>CODE: VAC/ 03/22-23</b>	
<b>COURSE TITLE: COMMON YOGA PRACTICES</b>	
<b>DATE: 13<sup>th</sup> 20<sup>th</sup> 27<sup>th</sup> AUGUST 2022</b>	<b>DURATION: 16hrs</b>
<b>DEPARTMENT: PEDODONTICS</b>	
<b>FACULTY IN CHARGE / CONTACT PERSON: Dr.Laghna Gowda</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.

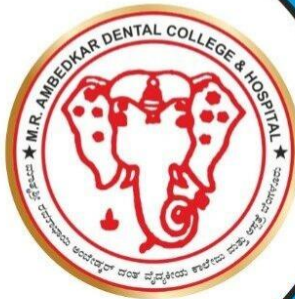
## Course Objectives:

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.

**MODULE 1 :13<sup>th</sup> August** -Demonstrate of basic yoga

**MODULE 2: 20<sup>th</sup> August-** Pranayama yoga techniques

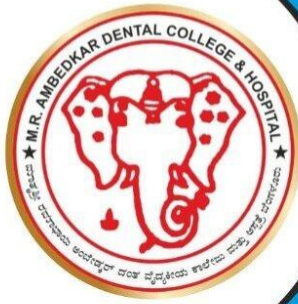
**MODULE 3: 27<sup>th</sup> August** - Anatomical principles related to yoga poses and their impact on the body.



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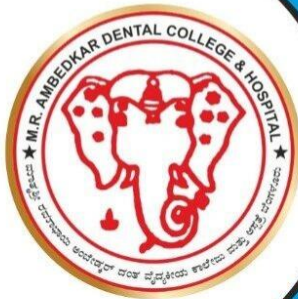
## COURSE ASSESSMENT :

Interactive sessions

Discussions



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**M R AMBEDKAR DENTAL  
COLLEGE & HOSPITAL**

DEPARTMENT OF PEDODONTICS PRESENTS

**COMMON  
YOGA  
PRACTICES**

Date :13th, 20th,  
27th AUGUST 2022

VENUE:AUDITORIUM AMBEDKAR DENTAL COLLEGE



**CERTIFICATE  
OF PARTICIPATION**

This certificate is proudly presented to

**N. INDRA PRIYA**

for attending and contributing to the success of CDE-"Common Yoga practices"  
programme on 13th, 20th, 27th August 2022, conducted by the Department of  
pedodontics and preventive dentistry at M.R. Ambedkar Dental College &  
Hospital

DR. HEMALATHA. M  
Principal, MRADC

DR. ILA SRINIVASAN  
Organising Secretary

**CERTIFICATE  
OF PARTICIPATION**

This certificate is proudly presented to

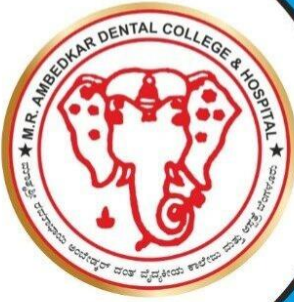
**RAMYASHREE V**

for attending and contributing to the success of CDE-"Common Yoga practices"  
programme on 13th, 20th, 27th August 2022, conducted by the Department of  
pedodontics and preventive dentistry at M.R. Ambedkar Dental College &  
Hospital

DR. HEMALATHA. M  
Principal, MRADC

DR. ILA SRINIVASAN  
Organising Secretary

*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/ 03/22-23

DATE : 2/ 8/2022

## CIRCULAR

(IQAC INITIATIVE)

A program on **Common Yoga Practices** has been organized for the UG, PGs and interns at our institution on : **13<sup>th</sup> 20<sup>th</sup> 27<sup>TH</sup> AUGUST 2022** 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


Copy to,

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



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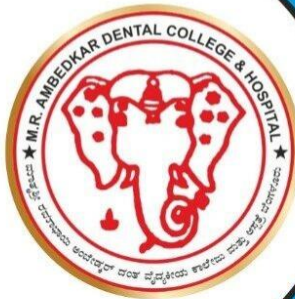
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<b>CODE: VAC/ 04/22-23</b>	
<b>COURSE TITLE: Key To Success In Your Hands</b>	
<b>DATE: 3rd 10th 17th September 2022</b>	<b>DURATION: 16hrs</b>
<b>DEPARTMENT: ORAL SURGERY</b>	
<b>FACULTY IN CHARGE / CONTACT PERSON: DR. BINDU C.</b>	
<b>RESOURCE PERSONS: DR. SATISH KUMARAN P HOD (Department of oral 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.

## Course Objective:

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



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**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.

**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 1:3<sup>rd</sup> September-**

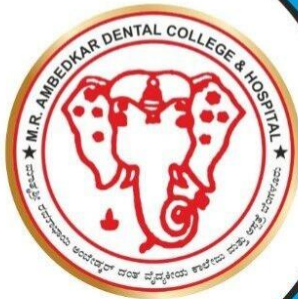
- Introduction
- Time management techniques
- Methods of cultivating self discipline

**MODULE 2: 10<sup>th</sup> September**

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

## MODULE 3: 17<sup>th</sup>September

- 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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## Circular Notice

Ref. no.: MRADC/Ethics.Mtg/073/2019-20

Date: 26/8/2022

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 "The Key to Success is in your Hands" 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:** 3<sup>rd</sup>, 10<sup>th</sup>& 17<sup>th</sup> September 2022 **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

Signature of the Principal

To,

The Prof. & HODs of all Departments,



PRINCIPAL

M.R. Ambedkar Dental College & Hospital  
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MRADCH, Bangalore – for circulation in the department.

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2. The Vice-Principal, MRADC&H
3. The Manager, MRADC&H
5. The University Section, MRADC&H



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*Key to Success  
in your hands*



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

**COURSE CODE:**  
VAC/04/22-23

**3rd, 10th & 17th  
September, 2022**

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

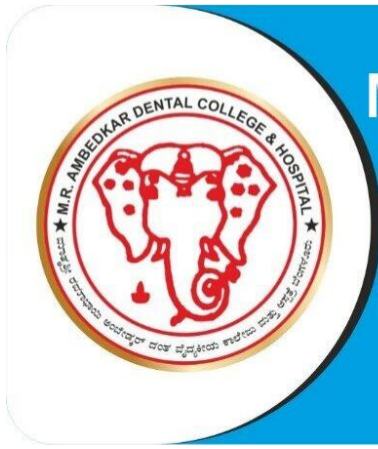
**Department of Oral &  
Maxillofacial Surgery**



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<b>CODE: VAC/ 05/22-23</b>	
<b>COURSE TITLE: ETHICAL LEADERSHIP AND DECISION MAKING</b>	
<b>DATE: 24<sup>th</sup> September , 1<sup>st</sup> &amp; 8<sup>th</sup> October 2022</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, 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.

## 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.



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- 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: 24<sup>th</sup> September

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 : 1<sup>st</sup> October

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.

## MODULE III: 8<sup>th</sup> October

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

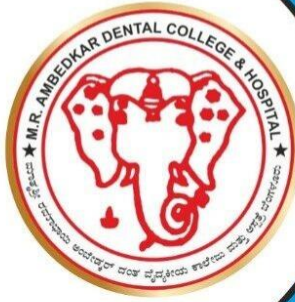
Ethical living, concept of Harmony in life



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## COURSE ASSESSMENT :

- Formative assessment
- Discussions

### MR AMBEDKAR DENTAL COLLEGE AND HOSPITAL



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IQAC INITIATIVE



### ETHICAL LEADERSHIP AND DECISION MAKING IN DENTAL PRACTICE

Date:  
24th September and 1st and 8th  
October 2022



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

Guest speaker : DR. ANANTHAKRISHNA HOD, 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/ 05/22-23

DATE : 15/ 9/2022

### 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 24th September , 1st and 8th October 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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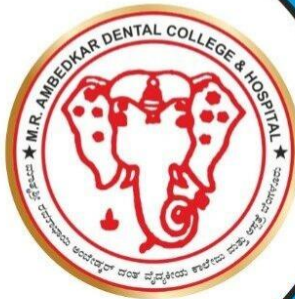
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<b>CODE: VAC/ 06/22-23</b>	
<b>COURSE TITLE: Empathy in health care</b>	
<b>DATE: 15<sup>th</sup>22<sup>nd</sup>29<sup>th</sup> October 2022</b>	<b>DURATION: 16hrs</b>
<b>DEPARTMENT: Prosthodontics</b>	
<b>FACULTY IN CHARGE / CONTACT PERSON: Dr.Keerthana</b>	
<b>RESOURCE PERSONS: Dr Hari Prasad ,Reader, Dept. of Prosthodontics</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:

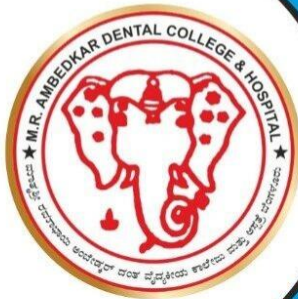
- To Understand the Concept of Empathy
- To Explore the Benefits of Empathy
- To Develop Empathetic Communication Skills
- To Navigate Cultural and Ethical Considerations
- To Enhance Self-Awareness



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

## MODULE I: 15<sup>th</sup> October

### Understanding Empathy in Healthcare

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

## MODULE II: 22<sup>nd</sup> October

### Developing Empathetic Communication Skills

- Active Listening
- Non-Verbal Communication
- Empathetic Language

## MODULE III: 29<sup>th</sup> October

### Applying Empathy in Healthcare Practice

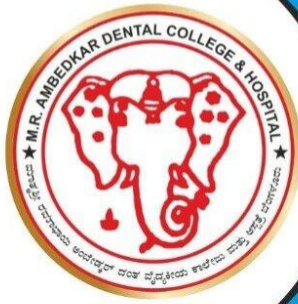
- Practical Scenarios
- Cultural Competency
- Ethical Decision-Making
- Self-Care for Healthcare Providers



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## COURSE ASSESSMENT :

- Interactive sessions
- Discussions

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**IQAC INITIATIVE**

**EMPATHY  
IN  
HEALTHCARE**

Guest Speaker  
Dr Hari Prasad , Reader, Department of Prosthodontics

Venue: Auditorium  
MR Ambedkar Dental College

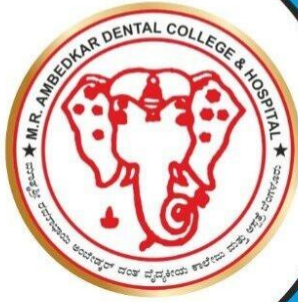
Date: 15th 22nd 29th October 2022



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

Ref no: MRADC/VAC/ 06/22-23

DATE :20/10/2020

## **CIRCULAR**

(IQAC INITIATIVE)

A program on **Empathy in health care** has been organized for the UG ,PGs and interns at our institution on 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> October 2022 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 Hari Prasad (Reader , 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

Copy to,

1) The Chairman, G.C, MRADC

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<b>CODE: VAC/ 07/22-23</b>	
<b>COURSE TITLE: ANTI-RAGGING AWARENESS</b>	
<b>DATE: 5<sup>TH</sup>12<sup>TH</sup>&amp;19<sup>TH</sup> NOVEMBER 2022</b>	<b>DURATION: 16hrs</b>
<b>DEPARTMENT: PERIODONTICS</b>	
<b>FACULTY IN CHARGE / CONTACT PERSON: Dr. JAYANTHI . D</b>	
<b>RESOURCE PERSONS: Dr. Rahul Hegde</b> <b>DCI member, Prof &amp; HOD Pedodontics Dr. D.Y. Patil College &amp; Hospital,</b>	
<b>TARGET AUDIENCE:UGs ,PGs and interns</b>	

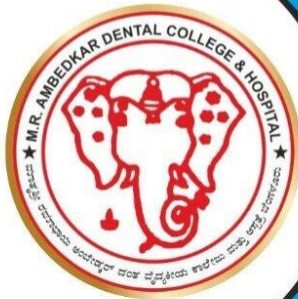
MathrusriRamabai Ambedkar Dental College and Hospital, Bangalore conducted an anti-ragging orientation program on 12th May 2023. The purpose of the program was to create awareness among the students about the ill effects of ragging and to ensure that the campus remains a safe and secure place for all. The college had invited the chief guest Dr. Rahul Hegde DCI member, Prof & HOD Pedodontics Dr. D.Y. Patil College & Hospital, Legal advisor Mrs. Vimala Pinto, Asst Prof. Dept. Psychiatry, AMC, Dr. Sanjana Tadapatri, Kiran P N circle inspector, Frazer town delivered an enlightening speech on the importance of anti-ragging. The event was attended by a number of students, faculty members, and staff.

In continuation to the orientation program, an anti-ragging week celebration was held from 12th to 18th August 2023 as part of IQAC cell (initiative of UGC/DCI). During this week, various activities were organized to sensitize students about the issue of ragging. The activity was held in the college campus which included the screening of anti-ragging videos which were available in the UGC website which showcased the different forms of ragging and their impact on victims. The videos emphasized the need to prevent such behavior and encouraged students to respect their peers and maintain a safe and welcoming environment on campus.



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To further spread awareness about anti-ragging, multiple posters were displayed at various strategic areas of the campus and hostel premises. These posters were downloaded from UGC website containing information on ragging and the consequences that students could face if found guilty of ragging.

In addition to the video screening, the college management also organized a poster making competition on anti-ragging. The poster making competition was open to all (Teaching staff, non-teaching staff as well as students). Everyone participated enthusiastically, and the winner was awarded for their creative and impactful poster by the jury members. The college is committed to creating a safe and inclusive campus environment for all students, and this session was a step towards achieving that goal.

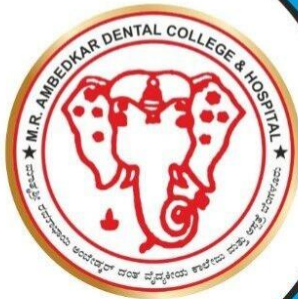
In conclusion, MathrusriRamabai Dental College and Hospital's activity on anti-ragging was a commendable effort towards promoting a safe and inclusive campus environment. The college's commitment to preventing ragging is a positive step towards ensuring the well-being of its students. Such initiatives should be encouraged in all educational institutions to create a safe and welcoming environment for students.



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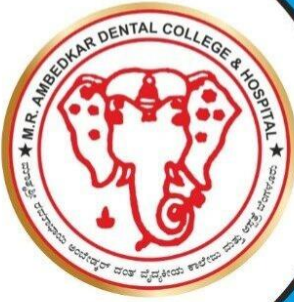
## AN ANTI-RAGGING ORIENTATION PROGRAM MAY 2023



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M. R. Ambedkar Dental College & Hospital,  
# 1/36, Cline Road, Cooke Town, Bengaluru-560005.

Ref. No: MRADCH/Cir. No. 43/2023-24

Date: 11/08/2023

## CIRCULAR

As per the UGC / RGUHS Guidelines "Anti-Ragging Day" is observed on 12/08/2023 and "Anti Ragging Week" from 12/08/2023 to 18/08/2023 to create awareness against committing ragging in the educational institutions.

Various activities / competitions like poster making, vibrant campus painting, publicity of posters etc., are organized in the college.

All the teaching / non-teaching staffs, UG / PG students and Interns are informed to actively participate in the sensitization program WITHOUT FAIL AND JOIN HANDS TOGETHER TO CURB THE MENACE OF RAGGING.

For information / enrollment contact:

**Dr. Nanjamanni,**  
Sr. Lecturer, Dept. of Peridontics, MRADC&H

The HODs shall encourage and permit the students for active participation in the activities.



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11/8/23

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To,  
The HODs / Professors of all departments,  
MRADC&H- for circulation in the department

**Copy to:**

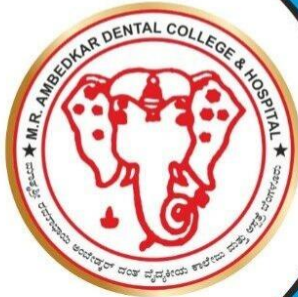
- 1) The Chairman, G.C, MRADC&H.
- 2) The Vice-Principal, MRADC&H.
- 3) The Facility Director, MRADC&H.
- 4) The Medical Superintendent, MRADC&H.
- 5) The Manager, MRADC&H.
- 6) The University / Accounts Section, MRADC&H.
- 7) Office copy / Notice Board.



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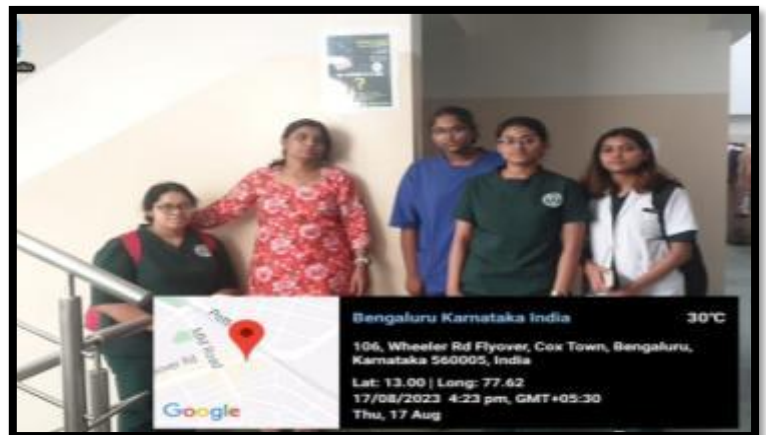
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## VISUAL REPRESENTATION OF ANTI-RAGGING WEEK CELEBRATION AUGUST 2023

### VIDEO SCREENING



### POSTER DISPLAYED AROUND THE COLLEGE PREMISES



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## BROCHURE

MATHRUSRI RAMABAI AMBEDKAR DENTAL COLLEGE & HOSPITAL  
IQAC Cell Initiative  
( An initiative of UGC/DCI)

❗ ANTI-RAGGING WEEK CELEBRATION 2023 ❗  
(12th August - 18th August)

★ Join Us to Promote a Ragging-Free Campus! ★

🎨 POSTER MAKING COMPETITION 🎨  
Date-16th August 2023  
Last date of submission - 17th August 2023  
📌 Topic: ANTI-RAGGING! 📌

👤 Who Can Participate? 👤  
• Teaching Staff  
• Non-Teaching Staff  
• Students (UGs/PGs)

🏆 Win Certificates and Recognition! 🏆

Let's Create a Safe and Respectful Environment Together!  
Say NO to Ragging!

Send your creativity to the following WhatsApp contacts-  
Dr Nanjammani N- 9481383737  
Dr Asma J Lari- 8429878009

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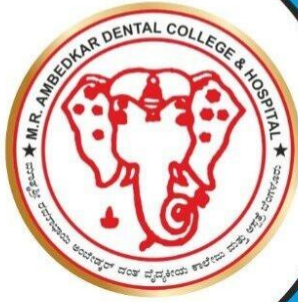
M R Ambedkar Dental College & Hospital 1/36, Cline Road, Cooke Town,  
Balaji Layout, Bengaluru, Karnataka 560005, India

Latitude  
13.0005626°

Local 02:35:39 PM  
GMT 09:05:39 AM

Longitude  
77.6220118°

Altitude 912 meters  
Saturday, 12.08.2023



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## POSTER MAKING COMPETITION



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## CERTIFICATE



### CERTIFICATE OF APPRECIATION

Proudly presented to :

# Arpitha

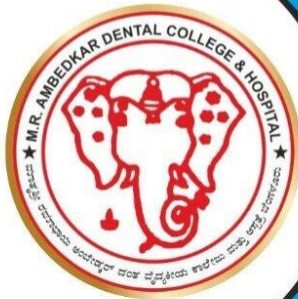
For participating in the VALUE ADDED COURSE - **ANTI-RAGGING  
AWARNNESS** held in M R AMBEDKAR DENTAL COLLEGE AND HOSPITAL on  
**5<sup>TH</sup>12<sup>TH</sup>&19<sup>TH</sup> NOVEMBER 2022**

  
**Dr. JAYANTHI . D**  
COURSE DIRECTOR

  
**DR HEMALATHA M**  
PRINCIPAL, MRADC



  
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<b>CODE: VAC/08/22-23</b>	
<b>COURSE TITLE: Code of Conduct and Professional Ethics</b>	
<b>DATE: 26th November ,3rd 10th December 2022</b>	<b>DURATION: 16hrs</b>
<b>DEPARTMENT: ORAL SURGERY</b>	
<b>FACULTY IN CHARGE / CONTACT PERSON: DR.BINDU C.</b>	
<b>RESOURCE PERSONS: DR.SATISHKUMARANP</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 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.



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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.

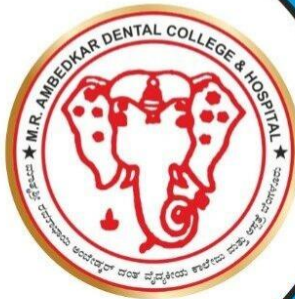


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## **COURSE OUTCOME:**

Upon completion of the Code of Conduct and Professional Ethics course, participants will emerge with a comprehensive understanding of ethical principles and a refined





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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

## Day 2: Conflict Resolution (6 hours)

### Session 5: Legal Compliance (3 hours)

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

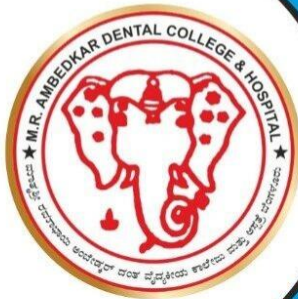
Introduction to mindfulness.



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## 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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## Circular Notice

**Ref. no.:** MRADC/Ethics.Mtg/073/2021-22 **Date:** 17/11/2022

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:** 26<sup>th</sup> Nov, 3<sup>rd</sup> Dec & 10<sup>th</sup> Dec 2022 **Time:** 10:00 AM to 1:00 PM **Venue:** College Auditorium

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

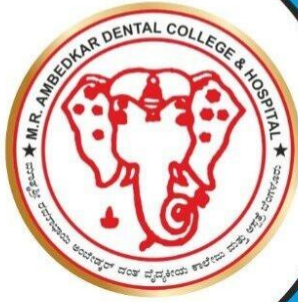
7. Welcome Address by the Principal
8. Keynote Speech on the Importance of Code of Conduct and Ethics
9. Interactive Workshops and Case Studies
10. Panel Discussion on Real-life Ethical Dilemmas
11. Q&A Session
12. Certificate Distribution

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

**Signature of the Principal**

To,

The Prof. & HODs of all Departments,



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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



*Code of Conduct  
&  
Professional Ethics*

COURSE CODE:  
VAC/08/22-23

26TH NOV, 3RD  
DEC & 10TH DEC,  
2022



Department of Oral &  
Maxillofacial Surgery



**Code  
of Ethics**

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



**M R AMBEDKAR  
DENTAL COLLEGE  
& HOSPITAL**

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

No. 1/36, Cline Road, Balaji  
Layout Cooke Town, Bengaluru-  
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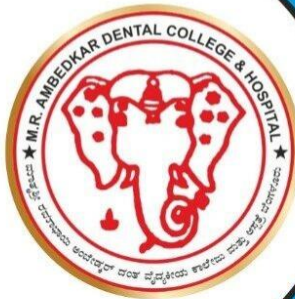
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<b>CODE: VAC/ 09/22-23</b>	
<b>COURSE TITLE: GOOD CLINICAL PRACTICE IN DENTISTRY</b>	
<b>DATE: 17<sup>th</sup>24<sup>th</sup> &amp; 31<sup>st</sup>December2022</b>	<b>DURATION: 16hrs</b>
<b>DEPARTMENT: ORTHODONTICS AND DENTOFACIAL ORTHOPEDICS</b>	
<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:

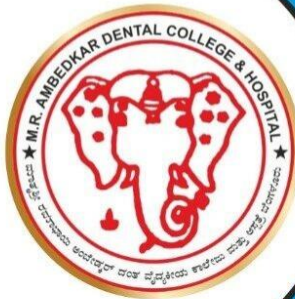
Dentistry is an ever-evolving field that combines art and science to improve the oral health and overall well-being of individuals. At the core of dental practice is the commitment to providing safe, effective, and ethical patient care. This commitment is embodied in the principles of Good Clinical Practice (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



  
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Clinical Practice, dental professionals ensure that every patient receives the best possible care, fostering healthier smiles and brighter futures.

## **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:**

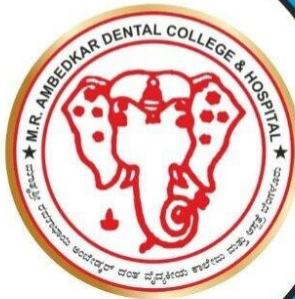
Participants will be able to apply patient-centered communication techniques and cultural sensitivity in their dental practice.

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.



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# 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)

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

## MODULE I: 17<sup>th</sup> December

### 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: 24<sup>th</sup> December

### Applying GCP principles in dental practice

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

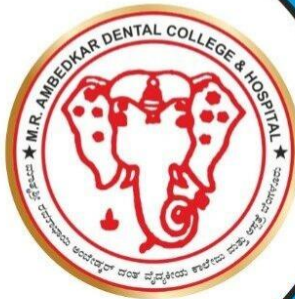
**Infection Control and Safety:** Explore infection control protocols, sterilization, and safety measures to protect both patients and dental staff.

P.R.P.

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**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

## MODULE III: 31<sup>st</sup> December

### 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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**IQAC INITIATIVE**

**GOOD CLINICAL PRACTICE IN DENTISTRY**

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



*P.R.P.*

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

Date: 17th, 24th and 31st December 2022

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/ 09/22-23

DATE : 10/11/2022

## CIRCULAR

(IQAC INITIATIVE)

A program on **GOOD CLINICAL PRACTICE IN DENTISTRY** has been organized for the UG ,PGs and interns at our institution on 17<sup>st</sup>24<sup>th</sup> and 31 December 2022 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 dentofacialorthopedics)

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

*Anjali H*

PRINCIPAL

To,

The HODs / Professors of all departments,

MRADC, Bengaluru- for circulation in the department

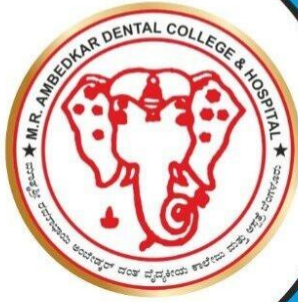
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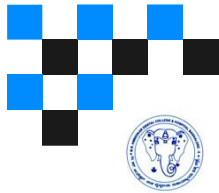
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- 2) The Administrative Officer, MRADC
- 3) Office copy



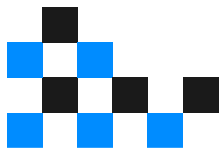
## CERTIFICATE

OF COMPLETION

IS PRESENTED TO :

**ADITI SINGH**

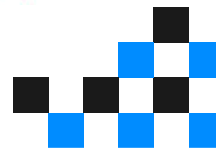
For participating in the VALUE ADDED COURSE - GOOD CLINICAL PRACTICE IN  
DENTISTRY held in M R AMBEDKAR DENTAL COLLEGE AND HOSPITAL on 17th  
24th & 31<sup>st</sup> December 2022



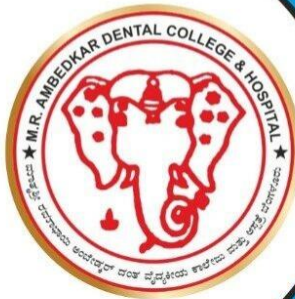
*Dr Sindhu*  
**Dr Sindhu**  
ORGANIZING SECRETARY

*Dr Azam Pasha*  
**Dr Azam Pasha**  
RESOURCE PERSONS

*Dr Hemalatha M*  
**Dr Hemalatha M**  
PRINCIPAL, MRADC



*P.R.P.P.P*  
**PRINCIPAL**  
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<b>CODE: VAC/ 10/22-23</b>	
<b>COURSE TITLE: How to Overcome Exam Stress</b>	
<b>DATE: 7th 14th 21st Jan 2023</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 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 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



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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

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

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

Welcome and course overview.

Importance of managing exam stress.

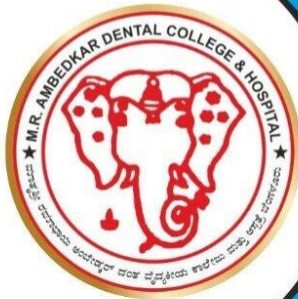
#### **Session 2: Identifying Stressors (1 hour)**



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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.

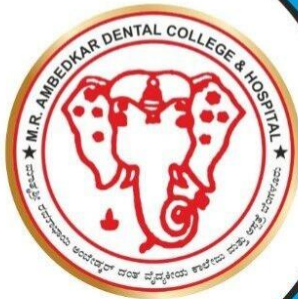
### **Session 8: Nutrition and Self-Care (1.5 hours)**

The role of diet and exercise in stress management.

Creating a self-care plan.



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## 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.

### Assessment and Evaluation:

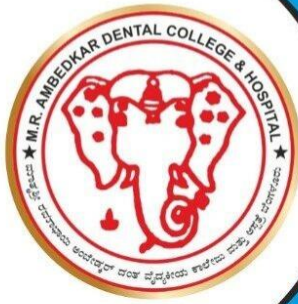
- Daily quizzes to assess understanding of key concepts.
- Active participation in group discussions and practical exercises.

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- Completion of a personalized stress management plan.



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## M R AMBEDKAR DENTAL COLLEGE & HOSPITAL

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

Ref no: MRADC/VAC/ 10/22-23

DATE: 1/1/2023

### 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:** 7th 14th 21st Jan 2023

**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.



*Arunalati H*  
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To,



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

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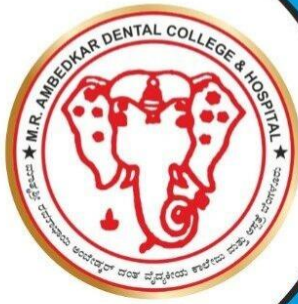
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**MR AMBEDKAR DENTAL COLLEGE AND HOSPITAL**  
# 1/36 Cline Road, Cooke Town, Bengaluru 560005  
IQAC INITIATIVE

**HOW TO OVERCOME EXAM STRESS**




Date:  
7th, 14th and 21st  
January 2023

Guest speaker : DR Soundarya, N HOD, Department of  
(ORAL PATHOLOGY AND MICROBIOLOGY)

Venue: AUDITORIUM MR AMBEDKAR DENTAL  
COLLEGE




## CERTIFICATE OF APPRECIATION

Proudly presented to :


**SAHITIYA A KUMAR**

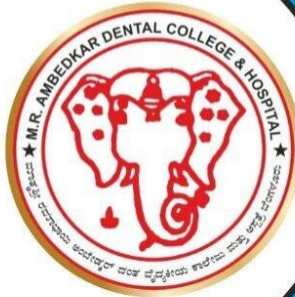
For participating in the VALUE ADDED COURSE - How to Overcome Exam  
Stress held in M R AMBEDKAR DENTAL COLLEGE AND HOSPITAL on 7th 14th  
21st Jan 2023

  
ORGANISING SECRETARY  
DR. AKSHATHA B K

  
SPEAKER  
Dr. SOUNDARYA

  
PRINCIPAL  
DR HEMALATHA M

  
PRINCIPAL  
M.R. Ambedkar Dental College & Hospital  
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<b>CODE: VAC/ 11/22-23</b>	
<b>COURSE TITLE: Stress Management</b>	
<b>DATE: 28<sup>TH</sup> JAN 4<sup>TH</sup> AND 11<sup>TH</sup> FEB 2023</b>	<b>DURATION: 16hrs</b>
<b>DEPARTMENT: PEDODONTICS AND PREVENTIVE DENTISTRY</b>	
<b>FACULTY IN CHARGE / CONTACT PERSON: Dr.Laghna Gowda</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.

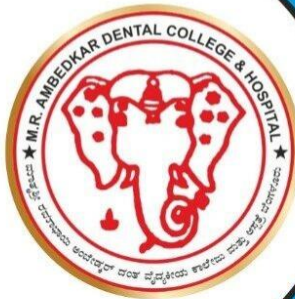
## Course and Objective

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.



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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.

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.



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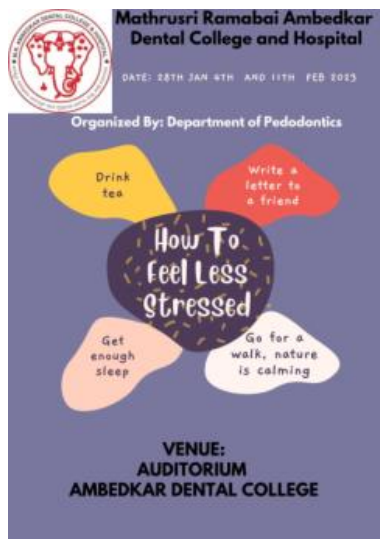
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6. Enhanced Productivity: The course will equip participants with time management and problem-solving skills that contribute to increased productivity and reduced stress related to work and deadlines.

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: 28TH JAN 4TH AND 11TH FEB 2023  
Organized By: Department of Pedodontics

Drink tea  
Write a letter to a friend  
Get enough sleep  
Go for a walk, nature is calming

**How To Feel Less Stressed**

VENUE:  
AUDITORIUM  
AMBEDKAR DENTAL COLLEGE



**CERTIFICATE OF PARTICIPATION**

This certificate is proudly presented to

**PRAPUL R**

for attending and contributing to the success of CDE "Stress Management" programme on 28th January 4th, 11th February 2023 conducted by the Department of pedodontics and preventive dentistry at M.R. Ambedkar Dental College & Hospital

DR. HEMALATHA, M  
Principal, MRADC

DR. JILA SRINIVASAN  
Organising Secretary



*P.R.P.*  
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Ref no: MRADC/VAC/ 11/22-23

DATE : 20/ 1/2023

## CIRCULAR

(IQAC INITIATIVE)

A program on **STRESS MANAGEMENT** has been organized for the UG, PGs and interns at our institution on **DATE: 28<sup>TH</sup> JAN 4<sup>TH</sup> AND 11<sup>TH</sup> FEB 2023**

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. ILA SRINIVASAN, HOD DEPARTMENT OF PEDODONTICS**

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

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To,

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

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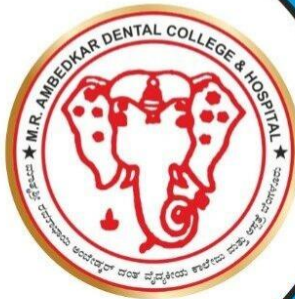
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<b>CODE: VAC/ 12/22-23</b>	
<b>COURSE TITLE: Do's and Don'ts Of Scientific Writing</b>	
<b>DATE: 18th 25th Feb and 4th March 2023</b>	<b>DURATION: 16hrs</b>
<b>DEPARTMENT: ORAL PATHOLOGY</b>	
<b>FACULTY IN CHARGE / CONTACT PERSON: Dr. Shibani Shetty</b>	
<b>RESOURCE PERSONS: Dr. VIJAY JAIN</b>	
<b>TARGET AUDIENCE:UGs, PGs and interns</b>	

## INTRODUCTION

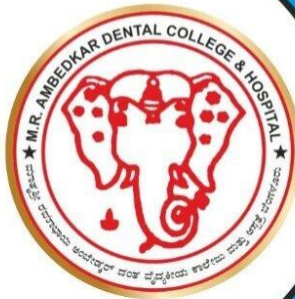
Papers are a crucial part of research; if research does not produce published papers, it remains incomplete. Proper writing is needed to get the results published. Furthermore, your work must be cited by others to be impactful. Rejection rates are increasing for journal publishing, thus we have compiled a set of different writing techniques and recommendations for creating well written scripts. Writing better will facilitate getting past the copy editor, making it easier for your paper to arrive to the editor and the reviewers.

Many times, researchers refuse to invest time in reading about ways of improving their writing style. However, as we will see, there is statistical evidence which supports that utilizing certain methods when writing an article can make it more understandable and successful in the journal rank. Two questions naturally arise: which is the strategy to follow to present and write about your research well? And, how does this strategy affect the scope of the article? We answer them by presenting a compilation of the most valuable information to make it readily accessible for authors looking to improve their writing.

The writing style can make a paper much more concise and easier to understand, but sometimes we use styles that might not be ideal. For instance, there is a strong



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preconception among engineers that the impersonal voice is more formal than the active voice. However, the scientific journal Nature guidelines for How to write a First Class Paper explicitly state that “We should engage readers’ emotions and avoid formal, impersonal language.“. This can be achieved by use of the active voice (we performed the experiment...).

## DAY 1 : How do you write and present research well

We will cover the basics on how to do the presentation of your work. Then, we will dive into the specifics of strategic writing. We will discuss the use of active and passive voice when describing procedures and results, as well as the importance of the title and the words used in it. In terms of semantics and syntax, the length of sentences and the signs in writing, which include the use of words in hedging, will be discussed. We will also examine how to show the uncertainty in the results and how to present it, be it in graphs or as a  $\pm$  sign after the result. The SI units writing conventions will also be explained, as well as authorship assignation and the proper use of references. At the end, we discuss how to submit your work to a journal.

## DAY 2: How to present your work

Doing a presentation of your work is another crucial part of research. You should be able to communicate clearly and concisely what you did and what you found. In this section we will cover what to say and how to say it when you are giving an oral presentation.

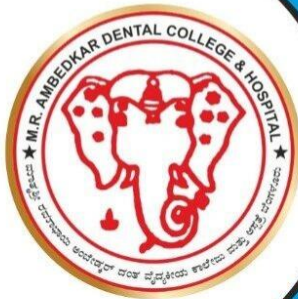
### Title

The title is the first thing they will see of your research paper and perhaps the only part they will read. A good title should describe the content of the paper with the less possible words. The objectives, subject and the result should be included. It needs to show the main idea with the least number of words to optimize the search engine results. The optimal length for a title is recommended to be between 8 and 15 words. The 500 top-cited articles have less than 19 words in their

### The use of error bars



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To this date, there is still not a standard way to express error bars in graphs or the uncertainty in a measurand (the value following the  $\pm$  symbol in a measurement), and not everyone includes them. Moreover, even if some authors do, they often forget to specify either the sample size,  $n$ , the  $p$  value, or what the error bars or the uncertainty represent altogether. Do they portray the standard deviation, the standard error of the mean, or the confidence interval? If this information is not

## Use of active voice

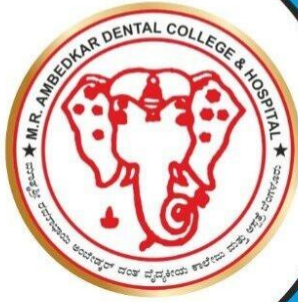
Currently many books/guides on scientific writing advise to use the active voice whenever possible. Nature and Science journals both prefer the active voice which normally uses the authors as agents of action. In the abstracts, one in four sentences contains the word “we” or “our”. Day and Sakaduski's writing guide for scientific English, states directly — “the passive voice should be avoided”. The main argument is that it helps to make the writing clear and concise, contrary to a

## DAY E: Conclusion and writing workshop

Knowing how to communicate ideas is a crucial part of the scientific career; our work is incomplete if we fail to transmit our discoveries. In general, we have given the case for writing better in research papers, while also presenting a myriad of tools for this purpose. We challenge some outdated ideas about communication, like avoiding the active voice, that hinder the communication process. Overall, it is on the researcher's end to decide to apply these techniques and to learn how to make



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**MR AMBEDKAR DENTAL COLLEGE AND HOSPITAL**  
# 1/36 Cine Road, Cooke Town, Bengaluru 560005  
IQAC INITIATIVE

**DO's and Don'ts of Scientific Writing**



Date: 18th, 25th  
February and 4th  
March 2023

Guest speaker : DR.Soundarya. N HOD, Department of  
(ORAL PATHOLOGY AND MICROBIOLOGY)

Venue: AUDITORIUM MR AMBEDKAR DENTAL  
COLLEGE




## CERTIFICATE

OF COMPLETION

IS PRESENTED TO :

SUNIL SUPEETH C

For participating in the VALUE ADDED COURSE **Do's and Don'ts Of  
Scientific Writing** held in M R AMBEDKAR DENTAL COLLEGE AND HOSPITAL  
on 18<sup>th</sup> 25<sup>th</sup> Feb and 4<sup>th</sup> March 2023



ORGANISING SECRETARY  
DR. SHIBANI SHETTY



SPEAKER  
DR. VIJAY JAIN



PRINCIPAL  
DR. HEMALATHA M



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Ref no: MRADC/VAC/ 12/22-23

DATE : 20/ 1/2023

## CIRCULAR

(IQAC INITIATIVE)

A program on **Do's and Don'ts Of Scientific Writing** has been organized for the UG, PGs and interns at our institution on **DATE: 18th 25th Feb and 4th March 2023**

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 SOUNDARYA N , HOD DEPARTMENT OF ORAL PARHOLOGY AND MICROBIOLOGY**

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

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The HODs / Professors of all departments,

MRADC, Bengaluru- for circulation in the department

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<b>CODE: VAC/ 13/22-23</b>	
<b>COURSE TITLE: CAPACITY BUILDING ON EMPATHY, COPING WITH STRESS AND INTER PERSONAL RELATIONSHIP SKILLS.</b>	
<b>DATE: 11<sup>TH</sup> , 18<sup>TH</sup>, 25<sup>TH</sup> MARCH 2023</b>	<b>DURATION: 16hrs</b>
<b>DEPARTMENT: DEPARTMENT OF PUBLIC HEALTH DENTISTRY</b>	
<b>FACULTY IN CHARGE / CONTACT PERSON: Dr. Rukmini JN.</b>	
<b>RESOURCE PERSONS: Dr Pramila, Professor and HOD</b>	
<b>Dept. Of Public Health Dentistry</b>	
<b>TARGET AUDIENCE:UGs ,PGs and interns</b>	

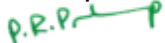
## INTRODUCTION

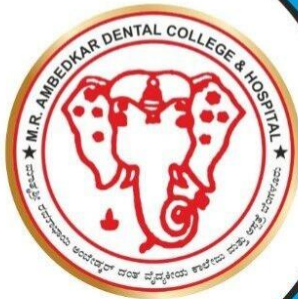
Capacity building in empathy, coping with stress, and interpersonal relationship skills is crucial for personal growth and effective interactions with others. In this program, we will explore these essential aspects of emotional intelligence and personal development to help individuals lead more fulfilling lives and foster healthier relationships.

Empathy is the cornerstone of understanding and connecting with others on a deeper level. It involves recognizing and sharing the feelings of others, which can lead to improved communication and stronger bonds. Developing empathy allows us to be more compassionate and supportive.

Coping with stress is a vital skill in today's fast-paced world. Stress is an inevitable part of life, but learning how to manage it effectively is essential for maintaining mental and physical well-being. This program will provide strategies and techniques to handle stress and maintain a healthy work-life balance.



  
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Interpersonal relationship skills are critical for success in both personal and professional life. Effective communication, active listening, conflict resolution, and building trust are key components. Through this program, we will enhance your ability to build and maintain positive relationships with others.

## COURSE OBJECTIVES

1. Understanding Empathy
2. Recognizing and Managing Stress
3. Effective Communication
4. Active Listening
5. Conflict Resolution
6. Trust-Building
7. Resilience and Coping Strategies
8. Emotional Intelligence
9. Self-awareness and Self-care
10. Application in Personal and Professional Life

## COURSE OUTCOME

1. Enhanced Empathy Skills
2. Effective Stress Coping Strategies
3. Improved Communication
4. Active Listening Proficiency

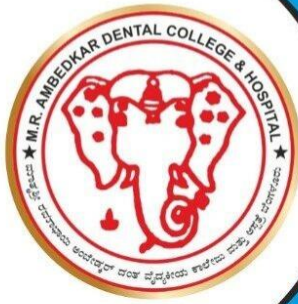


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5. Conflict Resolution Expertise
6. Trust-Building Competence
7. Resilience and Coping Prowess
8. Heightened Emotional Intelligence
9. Self-awareness and Self-care Emphasis
10. Application in Real-Life Contexts

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## **Module 1: Building Empathy (Day 1)**

1. Understanding Empathy
2. Recognizing Emotions
3. Empathetic Communication
4. Empathy in Practice

## **Module 2: Coping with Stress (Day 2)**

1. Stress Awareness
2. Stress Management Techniques
3. Resilience Building
4. Self-Care Strategies

## **Module 3: Nurturing Interpersonal Relationships (Day 3)**



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1. Effective Communication Skills
2. Active Listening and Trust-Building
3. Conflict Resolution
4. Application in Real-Life Scenarios



## **COURSE ASSESSMENT :**

Interactive sessions

Discussions

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Ref no: MRADC/VAC/ 13/22-23

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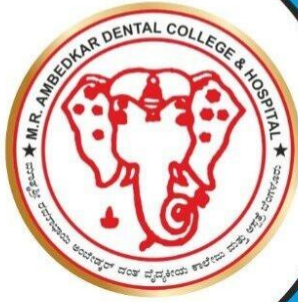
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<b>CODE: VAC/ 14/22-23</b>	
<b>COURSE TITLE: EMPOWERING YOUTH</b>	
<b>DATE: 1<sup>st</sup> ,8<sup>th</sup>&amp; 15<sup>th</sup>April2023</b>	<b>DURATION: 16hrs</b>
<b>DEPARTMENT: ORTHODONTICS AND DENTOFACIAL ORTHOPEDICS</b>	
<b>FACULTY IN CHARGE / CONTACT PERSON: Dr. SINDHU D</b>	
<b>RESOURCE PERSONS: Dr Anjali Narayan, Reader</b>  <b>Dept. of Orthodontics and dentofacialorthopedics</b>	
<b>TARGET AUDIENCE:UGs ,PGs and interns</b>	

## INTRODUCTION:

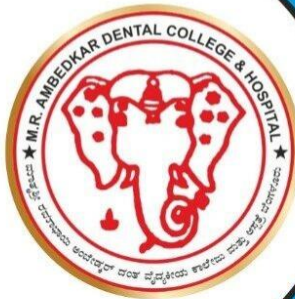
As we look to the future of dental care, it becomes increasingly clear that empowering and nurturing the next generation of dental professionals is not just a necessity but a responsibility. Empowering youth in dentistry is about equipping aspiring dentists and dental professionals with the knowledge, skills, and mindset needed to excel in this ever-evolving field.

Dentistry is not just about fixing teeth; it's about improving lives, promoting oral health, and enhancing overall well-being. The journey to becoming a successful dental practitioner is marked by a commitment to clinical excellence, ethical integrity, and continuous learning. It's about embracing innovation, cultural competence, and patient-centered care. And, most importantly, it's about fostering a sense of responsibility to serve the diverse needs of a global community.

In this exploration of empowering youth in dentistry, we will delve into the various facets that shape the careers of budding dental professionals. From the foundations of dental



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education and training to the importance of mentorship and community engagement, we will uncover the key ingredients that contribute to a fulfilling and impactful dental career.

## **COURSE OBJECTIVES:**

To introduce aspiring dental professionals to the field of dentistry and its various specialties.

To enhance clinical skills and knowledge in specialized areas of dentistry.

To foster evidence-based practice and critical thinking in treatment planning

To prepare young dental professionals for ethical practice management.

To promote leadership skills and advocacy in oral healthcare

To address global oral health challenges and responsibilities.

## **COURSE OUTCOME:**

Participants will gain a comprehensive understanding of the dental profession, including various career paths and specialties.

Participants will apply evidence-based dentistry principles in clinical decision-making.

Participants will acquire essential practice management skills, including financial literacy and ethical billing practices.

Participants will develop leadership skills within the dental profession, engage in mentorship, and advocate for oral healthcare.

Participants will understand global oral health challenges and responsibilities, participating in global oral healthcare initiatives when possible

## **MODULE I: 1<sup>st</sup>april**



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## Foundation skills and knowledge in dentistry

Introduction to Dentistry: Exploring the dental field, career paths, and specialties.

Clinical Skills: Basic diagnostic and treatment procedures, patient examination, and infection control.

Ethics and Patient Care: Ethics in dentistry, patient rights, and delivering patient-centered care.

Communication and Teamwork: Effective communication with patients and colleagues, working in dental teams.

## MODULE II: 8<sup>th</sup> April

### Advanced clinical competence and specialization

Evidence-Based Dentistry: Critical evaluation of dental literature and its application in clinical decision-making.

Dental Technology: Introduction to digital dentistry, CAD/CAM, and other emerging technologies.

Career Pathways: Exploring various career options in dentistry, including private practice and academia.

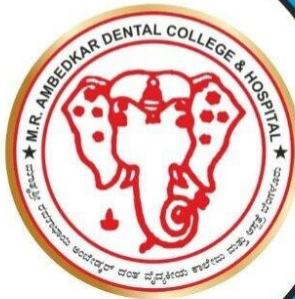
Ethical Specialization: Ethical considerations in specialized treatments and patient consent.

## MODULE III: 15<sup>th</sup> April

### Professional development and community Engagement



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Practice Management: Financial literacy, ethical billing practices, and the business side of dentistry.

Community Engagement: Developing community outreach programs and volunteering in underserved areas.

Leadership in Dentistry: Leadership opportunities in professional organizations, mentorship, and advocacy.

Global Oral Health: Understanding international oral health disparities and participating in global oral healthcare initiatives.

## COURSE ASSESSMENT :

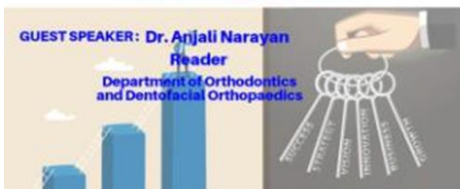
- Interactive sessions
- Discussions

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



IQAC INITIATIVE

**EMPOWERING YOUTH**



Date: 1st, 8th and 15th April 2023

VENUE: AUDITORIUM, M R AMBEDKAR  
DENTAL COLLEGE AND HOSPITAL



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Ref no: MRADC/VAC/ 14/22-23

DATE : 03/03/2022

## CIRCULAR

(IQAC INITIATIVE)

A program on **EMPOWERING YOUTH** has been organized for the UG ,PGs and interns at our institution on 1<sup>st</sup>,8<sup>th</sup> and 15 April 2023 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 Anjali Narayan(Reader, Department Of Orthodontics and dentofacialorthopedics)

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





# MATHRUSRI RAMABAI AMBEDKAR DENTAL COLLEGE & HOSPITAL

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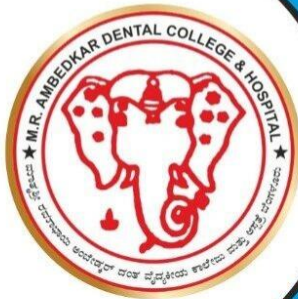
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<b>CODE: VAC/ 15/22-23</b>	
<b>COURSE TITLE: Women Health And Nutrition – Holistic Approach</b>	
<b>DATE: 22<sup>nd</sup>29<sup>TH</sup>April 2022 &amp;6<sup>th</sup> May 2023</b>	<b>DURATION: 16hrs</b>
<b>DEPARTMENT: Prosthodontics</b>	
<b>FACULTY IN CHARGE / CONTACT PERSON: Dr.Sanober Khan</b>	
<b>RESOURCE PERSONS: Dr Mohammed H S, Professor,</b> <b>Dept. of Prosthodontics</b>	
<b>TARGET AUDIENCE:UGs ,PGs and interns</b>	

## INTRODUCTION:

This program is designed to provide a comprehensive understanding of women's health and nutrition from a holistic perspective. Women's health encompasses physical, mental, emotional, and social well-being, and this course will explore how nutrition plays a pivotal role in maintaining and optimizing these aspects of a woman's life.

## COURSE OBJECTIVES:

- To Understand the Holistic Approach
- To Explore Women's Health Across the Lifespan
- To Analyze the Impact of Nutrition
- To Foster Mind-Body Connection
- To Promote Holistic Wellness

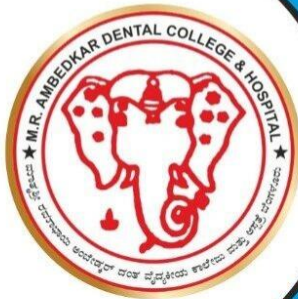


## COURSE OUTCOME:

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- By the end of the course student should be able to understand the importance of women health and nutrition.
- After the completion of the course students will be able to understand how to improve women's health through nutrition.

## MODULE I: 22<sup>nd</sup> April

### Foundations of Holistic Women's Health

- Introduction to Holistic Health
- Components of Holistic Health
- Nutrition and Holistic Health
- Common Women's Health Concerns

## MODULE II: 29<sup>th</sup> April

### Nutrition Across the Women's Lifespan

- Nutrition in Adolescence
- Nutrition during Pregnancy and Lactation
- Nutrition in Menopause
- Customized Nutrition Plans

## MODULE III: 6<sup>th</sup> May

### Practical Holistic Wellness Strategies

- Stress Management for Women
- Self-Care and Holistic Well-Being
- Integrating Holistic Nutrition
- Creating a Holistic Wellness Plan



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## COURSE ASSESSMENT :

- Interactive sessions
- Discussions



# CERTIFICATE

## OF PARTICIPATION

This certificate is proudly presented to

RIYA RABHA

For participating in the VALUE ADDED COURSE - **WOMEN HEALTH AND NUTRITION –  
HOLISTIC APPROACH** held in M R AMBEDKAR DENTAL COLLEGE AND HOSPITAL on **22<sup>nd</sup>  
29<sup>th</sup> April 2022 & 6<sup>th</sup> May 2023**

ORGANISING  
SECRETORY  
DR. RAJALAKSHMI

SPEAKER  
DR MOHAMMED H S

PRINCIPAL  
DR HEMALATHA M





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IQAC INITIATIVE

### WOMEN HEALTH AND NUTRITION - HOLISTIC APPROACH



Guest Speaker  
Dr Mohammed H S, Professor, Department of Prosthodontics



Venue: Auditorium  
MR Ambedkar Dental College

Date: 22nd 29th April 2022 & 6th May 2023



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## M R AMBEDKAR DENTAL COLLEGE & HOSPITAL

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

Ref no: MRADC/VAC/ 15/22-23

DATE :18/ 4/2023

## CIRCULAR

(IQAC INITIATIVE)

A program on **Women Health And Nutrition – Holistic Approach** has been organized for the UG ,PGs and interns at our institution on 22nd ,29<sup>th</sup> April and 6<sup>th</sup> May 2023 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 Mohammed H S (Professor , Department Of Prosthodontics)

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

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The HODs / Professors of all departments,

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<b>CODE: VAC/ 16/22-23</b>	
<b>COURSE TITLE: HEALTH CARE RESEARCH AND FUNDAMENTAL – A BIO ETHICAL APPROACH</b>	
<b>DATE: 13<sup>TH</sup> , 20<sup>TH</sup>, 27<sup>TH</sup> MAY 2023</b>	<b>DURATION: 16hrs</b>
<b>DEPARTMENT: DEPARTMENT OF PUBLIC HEALTH DENTISTRY</b>	
<b>FACULTY IN CHARGE / CONTACT PERSON: Dr. Rukmini JN.</b>	
<b>RESOURCE PERSONS: Dr Pramila M, Professor and HOD, Dept. Of Public Health Dentistry</b>	
<b>TARGET AUDIENCE:UGs ,PGs and interns</b>	

## INTRODUCTION

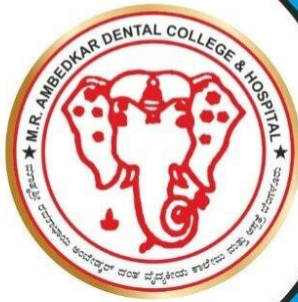
The program on "Healthcare Research and Fundamentals - A Bioethical Approach" is a vital initiative designed to empower dentists with the knowledge and ethical principles required to excel in today's complex healthcare landscape. Dentistry is an ever-evolving field, and keeping up with the latest healthcare research is essential to providing optimal patient care.

This program introduces dental professionals to cutting-edge research methodologies, enabling them to incorporate evidence-based practices into their clinical approach. By exploring the latest advancements in healthcare research, participants will gain a deep understanding of the principles that underpin modern dentistry.

Beyond research fundamentals, this program places a strong emphasis on bioethics. The ethical considerations within healthcare decisions are paramount, and participants will delve into the moral and ethical dilemmas frequently encountered in dental practice.



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Through engaging discussions, case studies, and practical applications, dentists will develop the ethical acumen needed to navigate complex scenarios.

By the end of this program, participants will be well-equipped to merge healthcare research with bioethical principles, ensuring that they provide the highest standard of patient care in an ethically sound manner. This report will provide an in-depth exploration of the program's content and outcomes, highlighting its significance in the context of modern dentistry.

## COURSE OBJECTIVES

1. Understanding Healthcare Research
2. Research Methodologies in Dentistry
3. Evidence-Based Practice
4. Advancements in Dental Healthcare
5. Bioethical Principles in Dentistry
6. Ethical Decision-Making
7. Patient-Centered Care
8. Ethical Dilemmas in Dental Practice
9. Balancing Clinical Excellence and Ethical Integrity
10. Application of Research and Ethics in Dental Practice



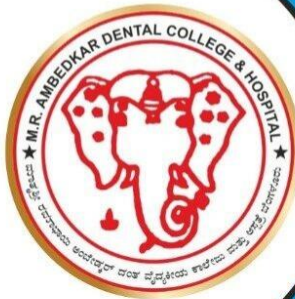
## COURSE OUTCOME

1. Advanced Research Knowledge

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2. Evidence-Based Clinical Practice
3. Cutting-Edge Dental Techniques
4. Deepened Understanding of Bioethical Principles
5. Enhanced Ethical Decision-Making Skills
6. Improved Patient Care and Outcomes
7. Ethical Dilemma Resolution
8. Patient Trust and Confidence
9. Ethical Practice Integration
10. Elevated Dental Professionalism

## Module 1: Introduction to Healthcare Research

1. Research Fundamentals
2. Evidence-Based Dentistry
3. Research Methodologies
4. Dental Literature Review



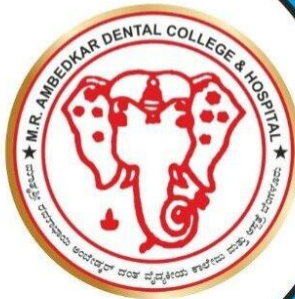
## Module 2: Advancements in Dental Healthcare

1. Emerging Dental Technologies
2. Innovations in Treatment Modalities
3. Case Studies in Dental Research
4. Interdisciplinary Healthcare Research

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## Module 3: Bioethical Principles in Dentistry

1. Ethics in Dental Practice
2. Ethical Decision-Making
3. Patient-Centered Care
4. Informed Consent and Confidentiality

## Module 4: Ethical Practice Integration

1. Ethical Dilemma Resolution
2. Practical Application of Ethics
3. Maintaining Ethical Standards
4. Professionalism and Patient Trust

## COURSE ASSESSMENT :

Interactive sessions

Discussions



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Ref no: MRADC/VAC/ 16/22-23

DATE :12/ 5 /2023

## **CIRCULAR**

(IQAC INITIATIVE)

A program on **HEALTH CARE RESEARCH AND FUNDAMENTAL – A BIO ETHICAL APPROACH** has been organized for the UG ,PGs and interns at our institution on **13<sup>TH</sup> , 20<sup>TH</sup>, 27<sup>TH</sup> MAY** 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 Pramila M, Professor and HOD,**

**Dept. Of Public Health Dentistry**

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

*Anurati H*

PRINCIPAL

To,

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## CERTIFICATE

OF COMPLETION  
IS PRESENTED TO :

DR NIRANJANI RAJA

For participating in the VALUE ADDED COURSE HEALTH CARE RESEARCH AND  
FUNDAMENTAL - A BIO ETHICAL APPROACH held in M R AMBEDKAR DENTAL  
COLLEGE AND HOSPITAL on 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> MAY 2023

*Rukmini J.*  
ORGANISING SECRETARY  
DR.RUKMINI J.N.

*Pramila M*  
SPEAKER  
DR PRAMILA M

*Hemalatha M*  
PRINCIPAL  
DR HEMALATHA M



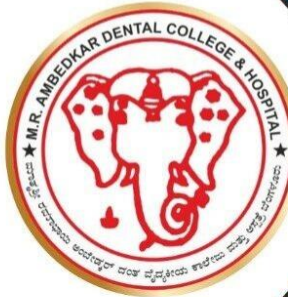
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IQAC INITIATIVE  
HEALTH CARE RESEARCH AND FUNDAMENTAL- A  
BIO ETHICAL APPROACH

Date:  
13th, 20th and 27th MAY 2023

Guest speaker : Dr. Pramila M HOD (DEPARTMENT OF  
PUBLIC HEALTH DENTISTRY)

Venue: AUDITORIUM MR AMBEDKAR DENTAL  
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<b>CODE: VAC/17/22-23</b>	
<b>COURSE TITLE: UNICEF AWARENESS</b>	
<b>DATE: 3<sup>RD</sup> , 10<sup>TH</sup> AND 17<sup>TH</sup> JUNE 2023</b>	<b>DURATION: 16hrs</b>
<b>DEPARTMENT: PEDODONTICS</b>	
<b>FACULTY IN CHARGE / CONTACT PERSON: Dr. LaghnaGowda</b>	
<b>RESOURCE PERSONS: Dr Ila Srinivasan, HOD and Professor, Dept. of Pedodontics</b>	
<b>TARGET AUDIENCE:UGs ,PGs and interns</b>	

## INTRODUCTION:

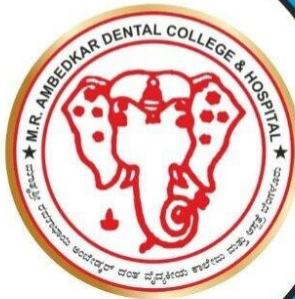
UNICEF is created by resolution 57(I) of the United Nations General Assembly on 11 December 1946 to provide supplies and assistance to children after World War II. Originally known as the United Nations International Children's Emergency Fund, UNICEF starts as a temporary relief fund of the United Nations.

UNICEF strongly believes that all children have the right to grow in a safe and nurturing family environment. Yet, across the world, children continue to be separated or are at a risk of being separated from their families. These children include those living on the streets, transport terminals, and childcare institutions as well as child workers or child victims of human trafficking.

UNICEF works in over 190 countries and territories to save children's lives, to defend their rights, and to help them fulfil their potential, from early childhood through adolescence. To create ethical vision and achieve harmony in life.



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## COURSE OBJECTIVES:

- To raise the level of awareness and understanding of child rights and a child rights approach and why they are so important to UNICEF.
- Transform and/or refresh your awareness, understanding and appreciation of child rights and a child rights approach in a memorable and lasting way.
- Describe child rights, and explain how a child rights approach differs from other approaches, such as child-focused/child-centered, charity and welfare approaches.
- Explain and describe UNICEF's mandate as it relates to the promotion, protection and fulfilment of children's rights.
- Describe UNICEF's engagement in supporting implementation of the Convention on the Rights of the Child.
- Communicate with partners and personnel about raising awareness and understanding of child rights and a child rights approach, thus cascading the training by word-of mouth.
- Start thinking about ways in which to apply what you have learned to your everyday work and life.

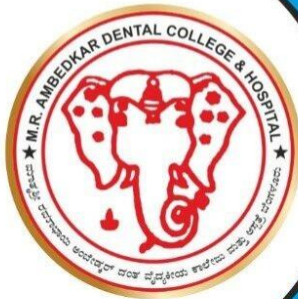
## COURSE OUTCOME:

- By the end of the course student should be able to understand the meaning of ethics in UNICEF and UN context;
- Identify the standards of conduct applicable to UNICEF personnel;
- Identify the various ways to address and report any potential ethical breaches and learn where to seek help; and



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- Describe the ethical standards you follow in your work and private life.

## COURSE ASSESSMENT:

- Interactive sessions
- Discussions



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Ref no: MRADC/VAC/17/22-23

DATE: 15/6/2022

## CIRCULAR

(IQAC INITIATIVE)

A program on **UNICEF AWARENESS** has been organized for the UG,PGs and interns at our institution on 13rd, 10<sup>TH</sup> and 17<sup>TH</sup>, JUNE, 2023 from 1pm to 6:30pm in the college auditorium .

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GUEST SPEAKER – Dr LaghnaGowda(Professor, Department Of Pedodontics)

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

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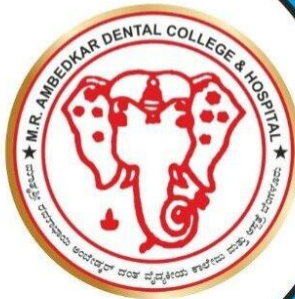
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<b>CODE: VAC/18/22-23</b>	
<b>COURSE TITLE: Emotional Well Being In The Era Of Social Media</b>	
<b>DATE: 2nd 3rd 4th Jan 2023 (8am to 12:30pm)</b>	<b>DURATION: 16hrs</b>
<b>DEPARTMENT: ORAL MEDICINE AND RADIOLOGY</b>	
<b>FACULTY IN CHARGE / CONTACT PERSON: DR. VAISHALI. M. R</b>	
<b>RESOURCE PERSONS: Dr ROOPASHRI. G (HOD, Department of oral medicine and radiology)</b>	
<b>TARGET AUDIENCE: UGs ,PGs and interns</b>	

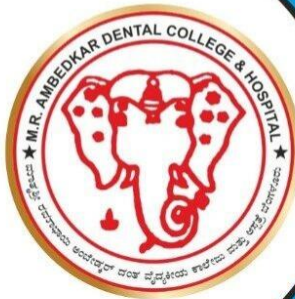
## Day 1: How does social media affect mental health?

Human beings are social creatures. We need the companionship of others to thrive in life, and the strength of our connections has a huge impact on our mental health and happiness. Being socially connected to others can ease stress, anxiety, and depression, boost self-worth, provide comfort and joy, prevent loneliness, and even add years to your life. On the flip side, lacking strong social connections can pose a serious risk to your mental and emotional health.

In today's world, many of us rely on social media platforms such as Facebook, X (formerly Twitter), Snapchat, YouTube, TikTok, and Instagram to find and connect with each other. While each has its benefits, it's important to remember that social media can never be a replacement for real-world human connection. It requires in-person contact with others to trigger the hormones that alleviate stress and make you feel happier, healthier, and more positive. Ironically for a technology that's designed to bring people closer together, spending too much time engaging with social media can actually



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make you feel more lonely and isolated—and exacerbate mental health problems such as anxiety and depression.

If you're spending an excessive amount of time on social media and feelings of sadness, dissatisfaction, frustration, or loneliness are impacting your life, it may be time to re-examine your online habits and find a healthier balance.

## Speak to a Licensed Therapist

BetterHelp is an online therapy service that matches you to licensed, accredited therapists who can help with depression, anxiety, relationships, and more. Take the assessment and get matched with a therapist in as little as 48 hours.

Take Assessment Help Guide is user supported. We earn a commission if you sign up for BetterHelp's services after clicking through from this site.

## The pros of social media

While virtual interaction on social media doesn't have the same psychological benefits as face-to-face contact, there are still many positive ways in which it can help you stay connected and support your wellbeing.

Social media enables you to:


- Communicate and stay up to date with family and friends around the world.
- Find new friends and communities; network with other people who share similar interests or ambitions.
- Join or promote worthwhile causes; raise awareness on important issues.
- Seek or offer emotional support during tough times.
- Find vital social and professional connections (such as [online therapy](#)) if you live in a remote area, for example, or have limited independence, social anxiety, or are part of a marginalized group.
- Find an outlet for your creativity and self-expression.



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- Discover (with care) sources of valuable information and learning.

## The cons of social media

Since it's a relatively new technology, there's little research to establish the long-term consequences, good or bad, of social media use. However, multiple studies have found a strong link between heavy social media and an increased risk for depression, anxiety, loneliness, self-harm, and even suicidal thoughts.


Social media may promote negative experiences such as:

Inadequacy about your life or appearance. Even if you know that images you're viewing on social media are manipulated, they can still make you feel insecure about how you look or what's going on in your own life. Similarly, we're all aware that other people tend to share just the highlights of their lives, rarely the low points that everyone experiences. But that doesn't lessen those feelings of envy and dissatisfaction when you're scrolling through a friend's airbrushed photos of their tropical beach holiday or reading about their exciting new promotion at work.

Fear of missing out (FOMO) and social media addiction. While FOMO has been around far longer than social media, sites such as Facebook and Instagram seem to exacerbate feelings that others are having more fun or living better lives than you are. The idea that you're missing out on certain things can impact your self-esteem, trigger anxiety, and fuel even greater social media use, much like an addiction. FOMO can compel you to pick up your phone every few minutes to check for updates, or compulsively respond to each and every alert—even if that means taking risks while you're driving, missing out on sleep at night, or prioritizing social media interaction over real world relationships.



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Isolation. A study at the University of Pennsylvania found that high usage of Facebook, Snapchat, and Instagram *increases* rather decreases feelings of loneliness. Conversely, the study found that reducing social media usage can actually make you feel *less* lonely and isolated and improve your overall wellbeing.

Depression and anxiety. Human beings need face-to-face contact to be mentally healthy. Nothing reduces stress and boosts your mood faster or more effectively than eye-to-eye contact with someone who cares about you. The more you prioritize social media interaction over in-person relationships, the more you're at risk for developing or exacerbating mood disorders such as anxiety and depression.

Cyberbullying. About 10 percent of teens report being bullied on social media and many other users are subjected to offensive comments. Social media platforms such as Twitter can be hotspots for spreading hurtful rumors, lies, and abuse that can leave lasting emotional scars.

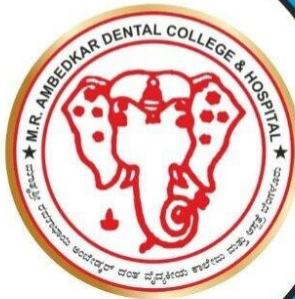
Self-absorption. Sharing endless selfies and all your innermost thoughts on social media can create an unhealthy self-centeredness and distance you from real-life connections.

## Day 2: What's driving your social media use?

These days, most of us access social media via our smartphones or tablets. While this makes it very convenient to keep in touch, it also means that social media is always accessible. This round-the-clock, hyper connectivity can trigger impulse control problems, the constant alerts and notifications affecting your concentration and focus, disturbing your sleep, and making you a slave to your phone.



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Social media platforms are designed to snare your attention, keep you online, and have you repeatedly checking your screen for updates. It's how the companies make money. But, much like a gambling compulsion or an addiction to nicotine, alcohol, or drugs, social media use can create psychological cravings. When you receive a like, a share, or a favorable reaction to a post, it can trigger the release of dopamine in the brain, the same "reward" chemical that follows winning on a slot machine, taking a bite of chocolate, or lighting up a cigarette, for example. The more you're rewarded, the more time you want to spend on social media, even if it becomes detrimental to other aspects of your life.

Excessive social media use can create a negative, self-perpetuating cycle:



1. When you feel lonely, depressed, anxious, or stressed, you use social media more often—as a way to relieve boredom or feel connected to others.
2. Using social media more often, though, increases FOMO and feelings of inadequacy, dissatisfaction, and isolation.
3. In turn, these feelings negatively affect your mood and worsen symptoms of depression, anxiety, and stress.
4. These worsening symptoms cause you to use social media even more, and so the downward spiral continues.

## Signs that social media is impacting your mental health

Everyone is different and there is no specific amount of time spent on social media, or the frequency you check for updates, or the number of posts you make that indicates your use is becoming unhealthy. Rather, it has to do with the impact time spent on social media has on your mood and other aspects of your life, along with your motivations for using it.


For example, your social media use may be problematic if it causes you to neglect face-to-face relationships, distracts you from work or school, or leaves you feeling envious, angry, or

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depressed. Similarly, if you're motivated to use social media just because you're bored or lonely, or want to post something to make others jealous or upset, it may be time to reassess your social media habits.

Indicators that social media may be adversely affecting your mental health include:

Spending more time on social media than with real world friends. Using social media has become a substitute for a lot of your offline social interaction. Even if you're out with friends, you still feel the need to constantly check social media, often driven by feelings that others may be having more fun than you.

Comparing yourself unfavorably with others on social media. You have low self-esteem or negative body image. You may even have patterns of disordered eating.

Experiencing cyberbullying. Or you worry that you have no control over the things people post about you.

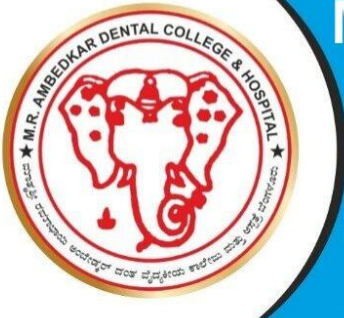
Being distracted at school or work. You feel pressure to post regular content about yourself, get comments or likes on your posts, or respond quickly and enthusiastically to friends' posts.

Having no time for self-reflection. Every spare moment is filled by engaging with social media, leaving you little or no time for reflecting on who you are, what you think, or why you act the way that you do—the things that allow you to grow as a person.

Engaging in risky behavior in order to gain likes, shares, or positive reactions on social media. You play dangerous pranks, post embarrassing material, cyberbully others, or access your phone while driving or in other unsafe situations.



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Suffering from sleep problems. Do you check social media last thing at night, first thing in the morning, or even when you wake up in the night? The light from phones and other devices can **disrupt your sleep**, which in turn can have a serious impact on your mental health.

Worsening symptoms of anxiety or depression. Rather than helping to alleviate negative feelings and boost your mood, you feel more anxious, depressed, or **lonely** after using social media.

## Day 3: How to change your social media use

If you feel that your social media use has become an addiction, or it's fueling your levels of anxiety, depression, FOMO, or sense of isolation, the following steps can help you **modify your habits**:

### Step 1: Reduce time online

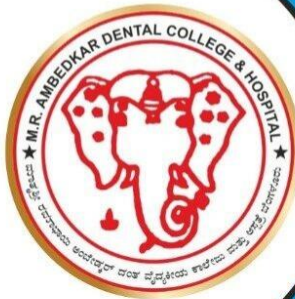
A 2018 **University of Pennsylvania** study found that reducing social media use to 30 minutes a day resulted in a significant reduction in levels of anxiety, depression, loneliness, sleep problems, and FOMO. But you don't need to cut back on your social media use that drastically to improve your mental health. The same study concluded that just being more mindful of your social media use can have beneficial results on your mood and focus.

While 30 minutes a day may not be a realistic target for many of us—let alone a full “social media detox”—we can still benefit from reducing the amount of time we spend on social media. For most of us, that means reducing how much we use our smartphones. The following tips can help:

1. Use an app to track how much time you spend on social media each day. Then set a goal for how much you want to reduce it by.



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2. Turn off your phone at certain times of the day, such as when you're driving, in a meeting, at the gym, having dinner, spending time with offline friends, or playing with your kids. Don't take your phone with you to the bathroom.
3. Don't bring your phone or tablet to bed. Turn devices off and leave them in another room overnight to charge.
4. Disable social media notifications. It's hard to resist the constant buzzing, beeping, and dinging of your phone alerting you to new messages. Turning off notifications can help you regain control of your time and focus.
5. Limit checks. If you compulsively check your phone every few minutes, wean yourself off by limiting your checks to once every 15 minutes. Then once every 30 minutes, then once an hour. There are apps that can automatically limit when you're able to access your phone.
6. Try removing social media apps from your phone so you can only check Facebook, Twitter and the like from your tablet or computer. If this sounds like too drastic a step, try removing one social media app at a time to see how much you really miss it.

For more tips on reducing your overall phone use, read [Smartphone Addiction](#).

## Step 2: Change your focus


Many of us access social media purely out of habit or to mindlessly kill moments of downtime. But by focusing on your motivation for logging on, you can not only reduce the time you spend on social media, you can also improve your experience and avoid many of the negative aspects.

If you're accessing social media to find specific information, check on a friend who's been ill, or share new photos of your kids with family, for example, your experience is likely to be very different than if you're logging on simply because you're bored, you want to see how many likes you got from a previous post, or to check if you're missing out on something.

Next time you go to access social media, pause for a moment and clarify your motivation for doing so.



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Are you using social media as a substitute for real life? Is there a healthier substitute for your social media use? If you're lonely, for example, invite a friend out for coffee instead. Feeling depressed? Take a walk or go to the gym. Bored? Take up a new hobby. Social media may be quick and convenient, but there are often healthier, more effective ways to satisfy a craving.

Are you an active or a passive user on social media? Passively scrolling through posts or anonymously following the interaction of others on social media doesn't provide any meaningful sense of connection. It may even increase feelings of isolation. Being an active participant, though, will offer you more engagement with others.


Does social media leave you feeling inadequate or disappointed about your life? You can counter symptoms of FOMO by focusing on what you have, rather than what you lack. Make a list of all the positive aspects of your life and read it back when you feel you're missing out on something better. And remember: no one's life is ever as perfect as it seems on social media. We all deal with heartache, self-doubt, and disappointment, even if we choose not to share it online.

### Step 3: Spend more time with offline friends

We all need the face-to-face company of others to be happy and healthy. At its best, social media is a great tool for facilitating real-life connections. But if you've allowed virtual connections to replace real-life friendships in your life, there are plenty of ways to build meaningful connections without relying on social media.

Set aside time each week to interact offline with friends and family. Try to make it a regular get-together where you always keep your phones off.





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If you've neglected face-to-face friendships, reach out to an old friend (or an online friend) and arrange to meet up. If you both lead busy lives, offer to run errands or exercise together.

Join a club. Find a hobby, creative endeavor, or fitness activity you enjoy and join a group of like-minded individuals that meet on a regular basis.

Don't let social awkwardness stand in the way. Even if you're shy, there are proven techniques to overcome insecurity and build friendships.


If you don't feel that you have anyone to spend time with, reach out to acquaintances. Lots of other people feel just as uncomfortable about making new friends as you do—so be the one to break the ice. Invite a coworker out for lunch or ask a neighbor or classmate to join you for coffee. Interact with strangers. Look up from your screen and connect with people you cross paths with on public transport, at the coffee shop, or in the grocery store. Simply smiling or saying hello will improve how you feel—and you never know where it may lead.

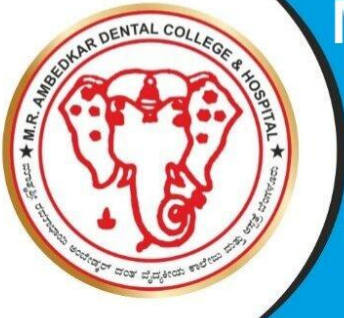
## Step 4: Express gratitude

Feeling and expressing gratitude about the important things in your life can be a welcome relief to the resentment, animosity, and discontent sometimes generated by social media.

Take time for reflection. Try keeping a gratitude journal or using a gratitude app. Keep track of all the great memories and positives in your life—as well as those things and people you'd miss if they were suddenly absent from your life. If you're more prone to venting or negative posts, you can even express your gratitude on social media—although you may benefit more from private reflection that isn't subject to the scrutiny of others. Practice mindfulness. Experiencing FOMO and comparing yourself unfavorably to others keeps you dwelling on life's



  
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disappointments and frustrations. Instead of being fully engaged in the present, you're focused on the "what ifs" and the "if onlys" that prevent you from having a life that matches those you see on social media. By practicing mindfulness, you can learn to live more in the present moment, lessen the impact of FOMO, and improve your overall mental wellbeing.

Volunteer. Just as human beings are hard-wired to seek social connection, we're also hard-wired to give to others. Helping other people or animals not only enriches your community and benefits a cause that's important to you, but it also makes you feel happier and more grateful.

## Helping a child or teen with unhealthy social media use


Childhood and the teenage years can be filled with developmental challenges and social pressures. For some kids, social media has a way of exacerbating those problems and fueling anxiety, bullying, depression, and issues with self-esteem.

If you're worried about your child's social media use, it can be tempting to simply confiscate their phone or other device. But that can create further problems, separating your child from their friends and the positive aspects of social media. Instead, there are other ways to help your child use TikTok, Facebook, Instagram, and other platforms in a more responsible way.

Monitor and limit your child's social media use. The more you know about how your child is interacting on social media, the better you'll be able to address any problems. Parental control apps can help limit your child's data usage or restrict their phone use to certain times of the day. You can also adjust privacy settings on the different platforms to limit their potential exposure to bullies or predators.



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Talk to your child about underlying issues. Problems with social media use can often mask deeper issues. Is your child having problems fitting in at school? Are they suffering from shyness or social anxiety? Are problems at home causing them stress?

Enforce “social media” breaks. For example, you could ban social media until your child has completed their homework in the evening, not allow phones at the dinner table or in their bedroom, and plan family activities that preclude the use of phones or other devices. To prevent sleep problems, always insist phones are turned off at least one hour before bed.

Teach your child how social media is not an accurate reflection of people’s lives. They shouldn’t compare themselves or their lives negatively to others on social media. People only post what they want others to see. Images are manipulated or carefully posed and selected. And having fewer friends on social media doesn’t make your child less popular or less worthy.

Encourage exercise and offline interests. Get your child away from social media by encouraging them to pursue physical activities and hobbies that involve real-world interaction. Exercise is great for relieving anxiety and stress, boosting self-esteem, and improving mood—and is something you can do as a family. The more engaged your child is offline, the less their mood and sense of self-worth will be dependent on how many friends, likes, or shares they have on social media.



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## CERTIFICATE

OF COMPLETION

IS PRESENTED TO :

**RAGHAV**

For participating in the VALUE ADDED COURSE **Emotional Well Being In The Era  
Of Social Media** held in M R AMBEDKAR DENTAL COLLEGE AND HOSPITAL on  
2nd 3rd 4th Jan 2023



*Vaishali M.R.*  
ORGANISING SECRETORY  
DR. VAISHALI M. R

*Roopashri G.*  
SPEAKER  
Dr ROOPASHRI G

*Hemalatha M.*  
PRINCIPAL  
DR HEMALATHA M







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Ref no: MRADC/VAC/18/22-23

DATE: 1/1/2023

## CIRCULAR

(IQAC INITIATIVE)

A program on **Emotional Well Being In The Era Of Social Media** has been organized for the UG,PGs and interns at our institution on **2nd 3rd 4th Jan 2023** from **(8am to 12:30pm)** 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 Laghna Gowda (Professor, Department Of Pedodontics)

**ALL THE STAFF / STUDENTS ARE INSTRUCTED TO GATHER IN THE AUDITORIUM 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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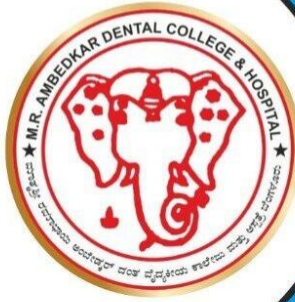
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2) The Administrative Officer, MRADC

3) Office copy



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<b>CODE: VAC/ 19/22-23</b>	
<b>COURSE TITLE: BEST PRACTICE IN DENTAL EDUCATION</b>	
<b>DATE: 6<sup>th</sup> , 7<sup>th</sup>&amp; 8<sup>th</sup> Feb 2023(8am to 12:30pm)</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, Dept. of Conservative Dentistry &amp; Endodontic</b>	
<b>GUEST SPEAKER : DR DINESH M R</b>	
<b>TARGET AUDIENCE:UGs ,PGs and interns</b>	

## INTRODUCTION

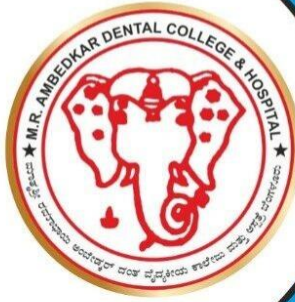
In this world of competency, innovation is the mantra which makes you unique and a pioneer in rendering new ideas. Here are the glimpses of initiatives taken by the institution to stay in tune with the changing times and emerging technologies.

## COURSE OBJECTIVES:

- Comprehensive Clinics to provide real-life training for students and all-at-once treatment for patients.
- Magnification enhanced dentistry – use of magnification loupes and dental operating microscopes assisted with ultrasonics
- Cone Beam Computed Tomography (CBCT) – the most advanced and revolutionary imaging modality in dentistry which can change the fate of diagnosis and treatment plan



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- Small group teaching and newer scientific educational practices (SEP) – to make the learning process easy and transformation into I Pad based e-learning.
- Externship programme for undergraduate students

**ON 3RD - ACCREDITATION FOR QUALITY EDUCATION**

**ON 4TH AND 6TH – BEST PRACTICE IN DENTAL EDUCATION**


**COURSE OUTCOME:**

**COURSE ASSESSMENT :**

- Formative assessment
- Discussions

**MR AMBEDKAR DENTAL COLLEGE AND HOSPITAL**  
36, cline road cooke town bengaluru 560005  
IQAC INITIATIVE

**BEST PRACTICES IN DENTAL EDUCATION**



Date:  
6th ,7 th ,8th February 2023  
(8am-12:30pm)

Guest speaker : DR. ANANTHAKRISHNA HOD, Department of  
(ENDODONTICS AND CONSERVATIVE DENTISTRY)

Venue: AUDITORIUM MR AMBEDKAR DENTAL  
COLLEGE

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



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## MR AMBEDKAR DENTAL COLLEGE & HOSPITAL

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

Ref no: MRADC/VAC/ 19/22-23

DATE : 1/ 2/2023

### 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 6<sup>th</sup> ,7<sup>th</sup> and 8<sup>th</sup> February 2023 FROM 8am to 12:30pm in the college auditorium .All the HODs / Professors, teaching staff, UG and interns are informed to attend the program WITH OUT FAIL.

SPEAKER – Dr ANANTHAKRISHNA (HOD , Department Of Conservative Dentistry And Endodontics)

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



*Anurati H*

PRINCIPAL

To,

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

*P.R.P.*

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## CERTIFICATE OF PARTICIPATION

THIS CERTIFICATE HAS BEEN AWARDED TO

**Ritika Sharma**

FOR ATTENDING AND CONTRIBUTING TOWARDS THE SUCCESS OF VALUE ADDED COURSE 'BEST  
PRACTICE IN DENTAL EDUCATION ON 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> FEB 2023, CONDUCTED BY THE  
DEPARTMENT OF CONSERVATIVE DENTISTRY AND ENDODONTICS AT  
M.R. AMBEDKAR DENTAL COLLEGE & HOSPITAL

Dr HEMALATHA M  
Principal, MRADC

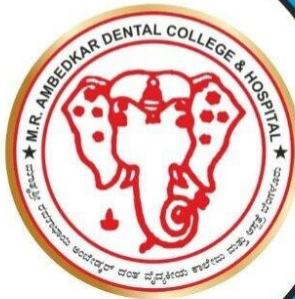
DR KOMAL N  
Organizing Chairman

DR ANANTHAKRISHNA  
Resource person



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<b>CODE: VAC/ 20/22-23</b>	
<b>COURSE TITLE: ETHICAL ISSUES RELATED TO APPLICATION OF ARTIFICIAL INTELLIGENCE IN DENTISTRY</b>	
<b>DATE: 13<sup>TH</sup>,14<sup>th</sup>&amp; 15<sup>TH</sup> MARCH 2023</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 Suresh Nair, AssistantProfessor</b> <b>Dept. of Orthodontics and dentofacialorthopedics</b>	
<b>TARGET AUDIENCE:UGs ,PGs and interns</b>	

## INTRODUCTION:

The utilization of AI in dentistry presents an exciting frontier, where machines can analyze vast datasets, detect anomalies, and assist in decision-making. It can enhance the accuracy of diagnoses, streamline administrative tasks, and improve treatment outcomes. However, as AI systems become more integrated into dental practices, it is essential to navigate the ethical landscape that accompanies this technological evolution.

In this exploration of ethical issues related to the application of AI in dentistry, we will delve into several critical areas. We will discuss the ethical implications of AI in diagnosis and treatment planning, patient privacy and data security, the potential for bias in AI algorithms, and the responsibilities of dental professionals in overseeing AI systems.

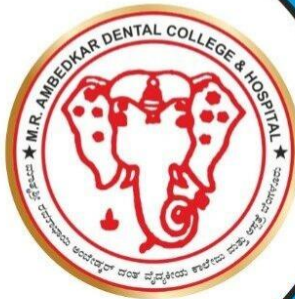


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As we embark on this journey, it becomes clear that ethical considerations are integral to the responsible integration of AI into dental practice. Striking the right balance between harnessing the power of AI for improved patient care and safeguarding against potential pitfalls is the ethical challenge that dental professionals, researchers, and policymakers must collectively address.

## COURSE OBJECTIVES:

To explore the potential ethical challenges and benefits associated with the use of AI in dental practice.

To introduce participants to relevant ethical frameworks and guidelines in the context of AI in healthcare.

To explore the ethical considerations surrounding patient data privacy and security in the context of AI applications

To delve into the complexities of obtaining informed consent for dental procedures involving AI.

To critically examine the potential biases within AI algorithms used in dental practice and understand their ethical ramifications.

To emphasize the importance of continuous monitoring and evaluation of AI systems for ethical compliance.

## COURSE OUTCOME:

Participants will grasp the fundamental ethical principles, including autonomy, beneficence, non-maleficence, and justice, as they apply to AI in dentistry.

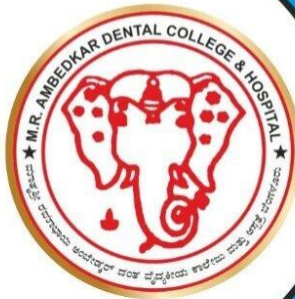
Participants will become familiar with established ethical guidelines and frameworks for AI in healthcare.



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Participants will be equipped to navigate the challenges of obtaining informed consent for AI-assisted dental procedures.

Participants will develop skills for transparently communicating with patients about AI's role in their dental care, addressing concerns, and respecting their autonomy.

Participants will develop strategies for addressing bias and promoting fairness in AI models, including transparency and explainability.

Participants will engage in continuous learning and ethical discussions within the dental community, promoting ethical awareness and responsible AI integration.

## MODULE I: 13<sup>th</sup> MARCH



### Understanding Ethical Foundations of AI in Dentistry

Ethical Principles in Dentistry: An overview of fundamental ethical principles, including autonomy, beneficence, non-maleficence, and justice, and their application to AI in dentistry

Ethical Guidelines in Healthcare AI: Introduction to established ethical guidelines and frameworks specific to AI in healthcare, including informed consent and data protection.

Ethical Decision-Making with AI: Analyzing case studies and scenarios to evaluate ethical decision-making in AI-driven dentistry.

The Role of Dental Professionals: Discussing the responsibilities of dental professionals in overseeing AI systems, ensuring ethical practice, and advocating for patient interests.

## MODULE II: 22<sup>nd</sup> February

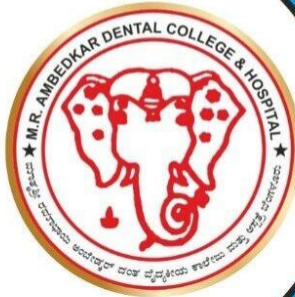
### Patient Privacy, Data Security, and Informed Consent

Data Privacy and Security: Understanding the ethical obligations of dental practices in safeguarding patient data, including electronic health records and AI-generated data.

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Legal and Regulatory Compliance: Examining relevant data protection laws and healthcare regulations and their impact on AI in dentistry.

Data Handling Ethics: Strategies for ethical data collection, storage, sharing, and disposal in AI applications.

Patient Communication: Best practices for transparently communicating with patients about AI's role in their dental care and addressing their concerns.

## MODULE III: 29<sup>th</sup>February

### Mitigating Bias and Ensuring Accountability in AI Dentistry

Bias in AI: Understanding the sources and types of bias in AI algorithms, particularly in diagnostic and treatment planning systems.

Ethical Oversight: The role of ethics committees, review boards, and regulatory bodies in ensuring ethical AI practice in dentistry.

Fairness and Accountability: Strategies for mitigating bias and promoting fairness in AI models, including algorithmic transparency and explainability.

Professional Development and Ethical Awareness: Encouraging dental professionals to engage in continuous learning and ethical discussions within the dental community.

### COURSE ASSESSMENT :

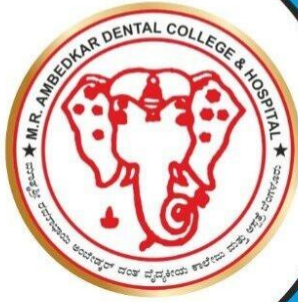
- Interactive sessions
- Discussions



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IQAC INITIATIVE

ETHICAL ISSUES RELATED TO APPLICATION OF ARTIFICIAL INTELLIGENCE IN DENTISTRY

GUEST SPEAKER: **Dr. Suresh Nair**

Assistant Professor  
Department of Orthodontics  
and Dentofacial Orthopaedics



Date: 13th, 14th and 15th March 2023

VENUE: AUDITORIUM, M R AMBEDKAR DENTAL COLLEGE AND HOSPITAL



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## CERTIFICATE

OF COMPLETION

IS PRESENTED TO :

**A SAI RAMYA**

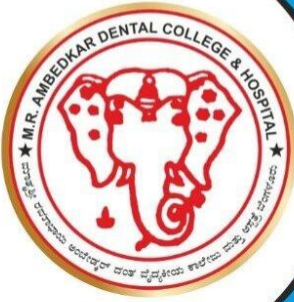
For participating in the VALUE ADDED COURSE - ETHICAL ISSUES RELATED TO APPLICATION OF ARTIFICIAL INTELLIGENCE IN DENTISTRY held in M R AMBEDKAR DENTAL COLLEGE AND HOSPITAL on 13<sup>th</sup>, 14<sup>th</sup> & 15<sup>th</sup> MARCH 2023

*D. Sindhu*  
Dr Sindhu  
ORGANIZING SECRETARY

*Suresh Nair*  
Dr Suresh Nair  
RESOURCE PERSONS

*Hemalatha M*  
Dr Hemalatha M  
PRINCIPAL, MRADC





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Ref no: MRADC/VAC/ 20/22-23

DATE : 20/ 02/2023

## CIRCULAR

(IQAC INITIATIVE)

A program on **ETHICAL ISSUES RELATED TO APPLICATION OF ARTIFICIAL INTELLIGENCE IN DENTISTRY** has been organized for the UG ,PGs and interns at our institution on 13<sup>th</sup> ,14<sup>th</sup> and 15th March 2023 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 Suresh Nair (Assistant Professor, Department Of Orthodontics and dentofacialorthopedics)

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

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To,

The HODs / Professors of all departments,

MRADC, Bengaluru- for circulation in the department

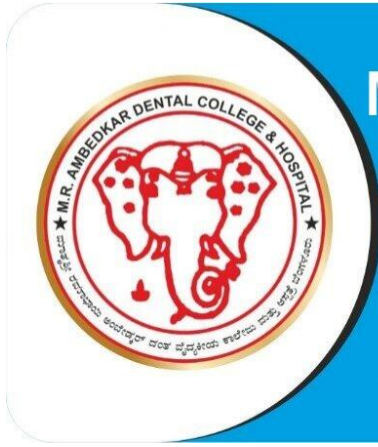
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