



# A. J. Institute of Dental Sciences

A Unit of Laxmi Memorial Education Trust (R)  
Recognised by the Dental Council of India and the Ministry of Health, Govt. of India, New Delhi.  
Affiliated to Rajiv Gandhi University of Health Sciences, Bengaluru, Karnataka

## 1.3 CURRICULUM ENRICHMENT

1.3.1 The Institution integrates cross-cutting issues relevant to gender, environment and sustainability, human values, health determinants, right to Health and emerging demographic issues and Professional Ethics into the Curriculum as prescribed by the University / respective regulative councils.

### Response: -

The Institute has integrated courses in their curriculum which integrates cross cutting issues relevant to gender environment and sustainability human value and provisional ethics. Various programmes are arranged by the institute which contributes to sensitizing students to these cross cutting issues.

**GENDER SENSITIZATION:** Gender sensitization in educational institutions plays crucial role in creating a more inclusive and equitable society. The institution aims at gender equality in teaching, learning and assessment in the education system. The institute provides a number of facilities for female students i.e. separate hostels, Female Common Room, and separate food mess lounge. They are encouraged to participate in all extracurricular activities too. Many awareness lectures are organised where the ardent speakers have spoken about the importance of gender equity.

The college has set up women's welfare committee against sexual harassment which is committed to create a safe and affable working environment for the students, teaching and non-teaching faculty. The committee is functioning effectively under the guidance of a chairperson, which includes student members.

**HUMAN VALUES AND ETHICS:** Human values and ethics are fundamental principles that guide individuals towards morally and socially responsible behaviour. The institution implements ethical principles in day to day clinical practice as it is important for the development of the students from young adults to responsible professionals. The Institutional Ethical Board is in function which is responsible for all ethical issues pertaining to research activities. Consent forms are available at all the departments and are duly filed, signed by the patient before performing any procedure on them. For any research/ clinical trials ethical clearance is required from Institutional Ethical Board.

**DAYS OF NATIONAL IMPORTANCE:** Celebrating days of national importance can help to create awareness and foster a sense of national pride among students and faculty. They also provide opportunities to connect oral health with broader national and social issues. The institution has been carrying out special awareness programs on these days to educate the public on the important issues and social responsibilities. The National Youth day, Republic day, Independence day and other days are celebrated. On these days students and faculty

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regularly participate in Free Medical Camps, Dental Check-Up Camps, Dental Treatment Camps, No Tobacco Programs and School Oral Health Program.

**SOCIAL OUTREACH PROGRAMMES:** Social outreach programs are vital for providing valuable services to the community while also offering students practical experience and a sense of social responsibility. Interns as well as faculty are posted in peripheral centres on rotation basis. The impact of these extension activities is clearly visible among the students of this institute since these students have got maximum exposure in personally handling and treating the patients in real life situations. There is also an increase in the awareness regarding oral health among the community at large in the nearby areas.

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## GENDER SENSITIZATION

Date: 08/03/2021  
Name: International Women's DAY 2021



National Service Scheme(NSS) and Gyan CDE cell, A.J. Institute of Dental Sciences organized a special programme to commemorate the International Women's Day on 8th March,2021. Dr. K. Nillan Shetty, Principal inaugurated the programme. Dr. Shreshtha Shetty, NSS Program Officer, Dr. Kiran Kumar, Professor and Head, Department of Psychiatry were present.

Dr. Kiran Kumar, Professor and Head, Department of Psychiatry, A.J. Institute of Medical Sciences was the speaker for the program on "Mental Health Matters" for the students of the institution. He spoke about stress and its common causes. He also told about ways to manage stress and emphasized the need to be conscious with physiological difference in Women's health.

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Date: 07/03/2022  
Name: Ear Right Shine Bright



"Gyan- CDE Cell" of A.J Institute of Dental Sciences, organised a talk on **EAR RIGHT SHINE BRIGHT** on 7<sup>th</sup> March 2022 at AJIDS auditorium

Mrs Jayalakshmi Shenoy, Consulting Nutritionist was the Resource person of the day. Dr. K. Nillan Shetty, welcomed the gathering. Dr Bhargavi. M introduced the resource person. Dr. Vajida, gave the vote of thanks. GYAN CDE Cell members were also present.

Dr. Vajida was the MC. The CDE was well attended by 150 (delegates) women – Both teaching & Non teaching from AJIDS.

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Date: 08/03/2022

Name: International Women's DAY 2022



Department of Public Health Dentistry in association with NSS Unit and Gyan CDE cell, A.J. Institute of Dental Sciences observed Women's Day on 8<sup>th</sup> March 2022 at A.J. Institute of Dental Sciences. Dr K Nillan Shetty, Principal, A.J. Institute of Dental Sciences inaugurated the programme and addressed the gathering. Awareness program on Breast, Cervical and Oral Cancer was conducted for all the non-teaching faculty of the Institute. Dr Disha Ajila, Assistant Professor, Department of Obstetrics and Gynaecology, A.J. Institute of Medical Sciences and Dr Priyanka, Assistant Professor, Department of Oral and Maxillofacial Surgery, A.J. Institute of Dental Sciences were the resource persons. On this occasion the Housekeeping staff of the institute were felicitated and appreciated for their services rendered. Dr Vijaya Hegde, Professor and Head, Department of Public Health Dentistry and Dr Shreshtha Shetty, Programme Officer, NSS Unit, A.J. Institute of Dental Sciences were present.

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Date: 21/03/2023

Name: The Womans Psyche: Successes & Challenges



Women welfare committee in association with 'Gyan- CDE Cell' of A.J Institute of Dental Sciences, organised a talk on "THE WOMANS PSYCHE: SUCCESSES & CHALLENGES" on account of international women's day on 13<sup>th</sup> March, 2023 at AJIDS auditorium at AJIDS.

Dr. Lavina M. Noronha Director, Ave Maria Palliative Care, Vamanjoor, Mangaluru was the Resource persons of the day. Dr. Harshitha welcomed the gathering. Dr Kushala Shetty introduced the resource person. Dr. Priyanka Shetty introduced our alumni Dr Wajids BANU, Dr Ramya gave the vote of thanks. GYAN CDE Cell members were also present.

Dr. Bhargavi, was the MC. The CDE was well attended by 200 (delegates) from AJIDS.

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**DAYS OF NATIONAL IMPORTANCE**

Date: 31/10/2019

Name: Rashtriya Ekta Divas



Rashtriya Ekta Divas was conducted on 31-10-2019 (along with painting and essay competitions on this occasion).

Mr Divakar R Shetty, the retired head teacher, Nivedita High school, Kundapur was the speaker at the event, on "the Role of Youth in Nation Building".

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Date: 21/06/2021

Name: International Day of Yoga -2021



The seventh International Day of Yoga is being celebrated virtually due to the coronavirus pandemic. Yoga is an ancient Indian practice that helps in maintaining physical and mental well-being, and over the years. In 2014, Indian Prime Minister Narendra Modi proposed marking a day as the International Day of Yoga in his address at the UN General Assembly, and the proposal was endorsed by 175 member states, post which the United Nations recognised June 21 as the day to celebrate Yoga. The theme for International Yoga Day 2021 has been decided by the UN to be "Yoga for well-being".

International yoga day was observed by the NSS unit in association with Gyan cell, A. J Institute of Dental Sciences, Mangalore. A virtual online yoga workshop was held by Mr. Prashanth Pai from Art of living for all the student volunteers and staff of the institute. The welcome address was delivered by Dr Shreshtha Shetty, NSS program officer and DR K Nillan Shetty, Principal, AJIDS addressed the participants and shared the importance of celebrating this day. Mr Prashanth Pai gave a brief introduction on the types of Yoga and under his guidance a few warm up exercises followed by few yoga poses were demonstrated and performed by the participants. He also taught the different breathing techniques to help the students and staff in their daily life and also to improve their lung capacity during this period of covid-19 pandemic. He ended the session with brief on mudras and its importance. The session was well received by all and greatly appreciated.

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Date: 21/06/2022  
Name: International Day of Yoga 2022



Yoga is an ancient Indian practice that helps in maintaining physical and mental well-being. The theme for International Yoga Day 2022 is "YOGA FOR HUMANITY".

International yoga day was observed by the NSS unit and Gyan cell, A. J. Institute of Dental Sciences, Mangalore in association with Department of Human consciousness and Yogic Sciences, Mangalore University. A yoga Session was held by Dr. Thirumaleshwara Prasada H for all the student volunteers and staff of the institute. Dr. K Nillan Shetty, Principal, AJIDS addressed the participants and shared the importance of celebrating this day. A few warm up exercises followed by few yoga asanas were demonstrated and performed by the participants. He also taught the different breathing techniques. The session was well received by all and greatly appreciated.

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Date: 12/01/2023  
Name: National Youth Day 2023



The National Youth Day is being celebrated on January 12 to commemorate the birth anniversary of Swami Vivekananda. Celebrating this occasion, the NSS unit and Department of Public Health Dentistry, A.J. Institute of dental sciences conducted a blood donation drive to create awareness among the youth.

The program was inaugurated by Dr K Nillan Shetty, Principal, A.J. Institute of Dental Sciences and Dr Arvind, Professor, Department of Pathology, A.J. Institute of Medical Sciences, Mangalore. Dr Shreshtha Shetty, NSS Program Officer, Dr Vijaya Hegde, Professor and Head, Department of Public Health Dentistry, Dr Shubhan Alva, Reader and Dr Roshan Shetty, Reader, Department of Public Health Dentistry were present.

More than 100 volunteers representing staff, post graduates and students came forward to donate blood and 61 volunteers could successfully donated blood.

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## SOCIAL OUTREACH PROGRAMMES

Date: 12/02/2021  
Name: A Visit To The Palliative Center



A visit to the palliative center was organized on 12<sup>th</sup> February, 2021 by National Service Scheme, A.J. Institute of Dental Sciences in association with Department of Public Health Dentistry and Ave Maria Palliative Care, Mangalore. Dr Shreshtha Shetty, NSS Program Officer, Dr Vijaya Hegde, Professor and Head, Department of Public Health Dentistry and Dr Lavina Noronha, Director, Ave Maria Palliative Care were present.

Dr Lavina Noronha addressed the gathering and spoke about her personal experience in treating terminally ill patients with a few months to live, helping them die in a comforting environment at their own pace naturally. She emphasized on 'curing is not always possible but healing is', the hospice philosophy with its person-centered perspective holistic approach. She also explained the patients and families need to prepare emotionally and spiritually for the possibility of death.

The program ended with a beautiful musical rendition by NSS volunteers Nirma Sabu, Rithika Shetty, Neha Pradeep and a solo violin piece by Shebah Catherine for all the residents of Ave Maria Palliative Care.

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Date: 21/07/2022  
Name: Poster Distribution for the Interest of Public Health at Urban Health Training Centre at Kavor on Anemia And Immunization



As a part of the UNICEF supported project on social and behaviour changes on health and nutrition in communities the NSS Unit, of A.J. Institute of Dental Sciences handed over the posters on "Anemia and Health", "Interventions to remove Anemia", "Importance of Vaccination" and "All about COVID-19 Vaccines" to the Urban Health Training Centre at Kavor. The posters were distributed in the interest of creating awareness among the public on 21-07-2022.

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Date: 27/07/2022  
Training Program For Anganwadi Workers on "Nutrition And Anemia" and Posters Distribution on Anemia and Immunization"



As a part of the UNICEF supported project on social and behaviour changes on health and nutrition in communities, the NSS Unit, of A.J. Institute of Dental Sciences conducted a Training program for Anganwadi workers on "Nutrition and Anemia" at the Urban Health Training Centre at Kavoro on 27-07-2022. Dr Adithi Shenoy, NSS Volunteer was the Resource Person. Posters on Anemia and Immunization were distributed to the Anganwadi workers in the interest of creating awareness among the public.

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Date: 28/07/2022  
Name: Posters Displayed at Anganwadi Centres on Anemia and Immunization

The Anganwadi Centres at Yuvakamandala - Marakada, Kula- Kunjathbail and at Kunjathbail displayed the posters on Anemia and Immunization on 28-07-2022 to create awareness among pregnant women and mothers visiting the Anganwadi Centres.



YUVAKA MANDALA, MARAKADA KULA, KUNJATHBAIL KUNJATHBAIL ANGANWADI CENTRE

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Date: 22/08/2022  
Awareness Talk And Poster Distribution On Immunization



As a part of the UNICEF supported project on social and behaviour changes on health and nutrition in communities the NSS Unit, of A.J. Institute of Dental Sciences handed over the poster on "Importance of Immunization" at Bala Snehi Anganwadi Centre, Krishnanagar on 22-08-2022. A talk on Importance of Immunization was given to the parents at the Anganwadi centre by the NSS Volunteers Tanmayi and Vajida.

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Name: 23/08/2022  
Poster Distribution on Prevention of Anemia



As a part of the UNICEF supported project on social and behaviour changes on health and nutrition in communities the NSS Unit, of A.J. Institute of Dental Sciences handed over the poster on "Prevention of Anemia" at Anganwadi Centre, Kavoro on 23-08-2022.

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Date: 25/08/2022

Name: Poster Distribution on Prevention of Anemia



As a part of the UNICEF supported project on social and behaviour changes on health and nutrition in communities the NSS Unit, of A.J. Institute of Dental Sciences handed over the poster on "Prevention of Anemia" at Anganawadi Centre, Shantinagar on 25-08-2022.

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Date: 27/08/2022

Name: Awareness Talk And Poster Distribution On Nutrition And Immunization



As a part of the UNICEF supported project on social and behaviour changes on health and nutrition in communities the NSS Unit, of A.J. Institute of Dental Sciences handed over the poster on "COVID Vaccine" at Government PU College, Shakthinagar on 27-08-2022. A

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talk on Importance of COVID Vaccination and Nutrition on health was given to the students by the NSS Volunteers Tanmayi and Vajida.

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Date: 30/08/2022

Name: Poster Distribution on Covid Vaccine



As a part of the UNICEF supported project on social and behaviour changes on health and nutrition in communities the NSS Unit, of A.J. Institute of Dental Sciences handed over the poster on "COVID Vaccine" at Government PU College, Kavor on 30-08-2022.

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Name: 07/09/2022  
Poster Distribution on Prevention of Anemia



As a part of the UNICEF supported project on social and behaviour changes on health and nutrition in communities the NSS Unit, of A.J. Institute of Dental Sciences handed over the poster on "Prevention of Anemia" at Sri Sharada High School, Panemangaluru on 07-09-2022.

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Date: 19/09/2022  
Name: Poster Distribution on Prevention of Anemia and Covid Vaccination



As a part of the UNICEF supported project on social and behaviour changes on health and nutrition in communities the NSS Unit, of A.J. Institute of Dental Sciences handed over the poster on "Prevention of Anemia" and "COVID Vaccination" at Government High School at Kenjar on 19-09-2022.

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Date: 26/09/2022  
Name: Poster Distribution On Prevention Of Anemia And Immunization Schedule



As a part of the UNICEF supported project on social and behaviour changes on health and nutrition in communities the NSS Unit, of A.J. Institute of Dental Sciences handed over the poster on "Prevention of Anemia" and "Immunization Schedule" at Peripheral Health Centre at Shakthiganar on 26-09-2022.

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Date: 26/09/2022  
Name: Poster Distribution On Prevention Of Anemia And Immunization Schedule



As a part of the UNICEF supported project on social and behaviour changes on health and nutrition in communities the NSS Unit, of A.J. Institute of Dental Sciences handed over the poster on "Prevention of Anemia" and "Immunization Schedule" at Primary Health Centre at Bondel on 26-09-2022.

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Date: 27/09/2022  
Name: Poster Distribution On Prevention Of Anemia And Immunization Schedule



As a part of the UNICEF supported project on social and behaviour changes on health and nutrition in communities the NSS Unit, of A.J. Institute of Dental Sciences handed over the poster on "Prevention of Anemia" and "Immunization Schedule" at Shaktinagar Anganwadi on 27-09-2022.

  
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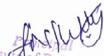


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Date: 28/09/2022  
Name: Poster Distribution On Prevention Of Anemia And Immunization Schedule



  
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Date: 30/09/2022  
Name: Quiz On Nutrition And Anemia



As a part of the UNICEF supported project on social and behaviour changes on health and nutrition in communities, the NSS Unit, of A.J. Institute of Dental Sciences conducted a Quiz Competition on "Nutrition and Anemia" at A.J. Institute of Dental Sciences on 30-09-2022. There were different rounds organized to challenge the knowledge of the participants on Nutrition and Anemia. Tanmayi, NSS Volunteer hosted the event. Team formed by Vajida and Shaman, Interns were the winners.

  
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## ANTI RAGGING MEASURES AND ORIENTATION PROGRAMME FOR THE 1<sup>ST</sup> YEARS

The 'Gyan- CDE Cell' of A.J Institute of Dental Sciences,, Mangaluru conducted a an event on Anti Ragging measures and orientation programme for the first year BDS students on 26<sup>th</sup> September 2019 in AJ Institute of dental Sciences Auditorium.

A.J Institute of Dental Sciences Principal Dr. K. Nillan Shetty inaugurated the event. Dr. Manjushree Kadam, Convenor, GYAN CDE Cell, welcomed the gathering. Dr. Anjana, Assistant Professor Dept of Periodontics introduced the Chief Guest Dr. Shivasharan Shetty. Dr. Aftab Damda, Reader, Dept. of Endodontics spoke about the mentorship programme. Dr. Priya Shetty Reader Dept. of Pedodontics spoke about the Rules and Regulations of the College. Dr. Nischita, Dept of Endodontics spoke about the hostel facilities. Dr. Shreshtha Department of Public health dentistry, delivered the vote of thanks. Dr. Sharanya Shetty and Dr. Preethi Poonja Members, GYAN CDE Cell were also present in organizing the event. Dr. Melba was the MC during the event. Dr. Shivasharan Shetty, Member, DCI delivered a talk on Anti ragging measures.



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## HUMAN VALUES AND ETHICS

The 'Gyan- CDE Cell & NSS of A.J Institute of Dental Sciences, Mangaluru conducted a One day workshop- **AB SAMJHAUTA NAHIN "KNOW YOUR RIGHTS"** on 10<sup>th</sup> September 2019 in AJ Institute of dental Sciences Auditorium.

A.J Institute of Dental Sciences Principal Dr. K. Nillan Shetty, inaugurated the event. Dr Manjushree Kadam convener Gyan- cell, welcomed the speaker Miss Avni Bhatia. Dr Rithesh Bangera Asst professor, Dept of Orthodontics introduced the guest speaker. Dr. Apoorva, Member -NSS, Assistant professor Public health Dentistry delivered the vote of thanks.

Dr. Preethi A Poonja, Dr. Sharanya Shetty, Dr. Rithesh Bangera Members, GYAN CDE Cell also helped coordinate in organizing the event. Dr. Atarsh Hegde - Asst professor, Prosthodontics Department was the MC of the entire event.

The CDE was well attended by over 100 delegates that included staffs and undergraduate students from AJIDS Mangaluru.

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## WORLD ORAL HEALTH DAY

On the occasion of world oral Health Day, Department of Periodontology and Implantology conducted a series of events for undergraduates and interns in association with Indian Society of Periodontology, Indian Dental Association and Gyan CDE cell of A.J. Institute of Dental Sciences.

Educative video was prepared by our interns regarding importance of oral hygiene and post graduates prepared a video on systemic diseases and importance of good oral health for systemic health.

Intercollege quiz competition was held for 3<sup>rd</sup> BDS, final BDS and interns form colleges in and around Mangaluru. 15 teams participated for quiz competition. Dr.K.Nillan Shetty Principal, addressed the gathering and spoke about the importance of awareness of oral Health and how we as dental healthcare professionals should take a lead in educating the public.



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Date: 04/02/2021  
Name: World Cancer Day 2021



On the Occasion of World Cancer Day, National Service Scheme, A.J. Institute of Dental Sciences in association with Department of Public Health Dentistry and Indian Dental Association - Dakshina Kannada Branch conducted a hair donation campaign, in which 23 participants donated their hair which will be used for cancer patients. Dr K. Nillan Shetty, Principal inaugurated the programme. Dr Shreshtha Shetty, NSS Program Officer, Dr Vijaya Hegde, Professor and Head, Department of Public Health Dentistry, Dr Prasanna, Treasurer, IDA - DK Branch and Mr Santosh, Proprietor, Fringe Elite Unisex Salon were present.

Dr Pradeep Senapathi, Associate Professor, Department of Community Medicine, A.J. Institute of Medical Sciences addressed the gathering regarding the role of Health Professionals in cancer control. He spoke about his personal experience and enlightened the students regarding ways in which they can contribute as health professionals to cancer patients not just for treatment but their overall well-being with emphasis on their psychological needs.

A "21 days to Impact Challenge" sharing the 'I Am and I Will' commitments as proposed by The Union for International Cancer Control (UICC) was also launched at this event. The students will actively participate in the Cancer Control Programme and will upload their activities in social media for 21 days as a part of this challenge.

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Date: 07/04/2021  
Name: World Health Day, 2021



Every year on 7<sup>th</sup> April "World Health Day" is observed. To mark this occasion the Rajiv Gandhi University of Health Sciences initiated a campaign to conduct a walkathon "Fit RGUHS for fit India". The NSS unit and Department of Public Health Dentistry, A. J. Institute of Dental Sciences, Mangalore organized for the same in the campus. The NSS program officer Dr Shreshtha Shetty addressed the gathering regarding the initiative and also asked the participants to spread the awareness for vaccination against Covid-19 among friends and family. The enthusiastic staff and interns of the college actively participated in the walkathon.

  
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## HEALTH AND HEALTH DETERMINANTS

### WORLD HEART DAY

A one day CDE programme on World Heart Day celebration was conducted by Department of Periodontics and Implantology on September 30<sup>th</sup> 2019 at A.J. Institute of Dental Sciences from 10 am to 12pm for the benefit of faculty, post graduate students and practitioners. The speakers for the day were Dr. B.V Manjunath, Chief interventional cardiologist, AJHRC and Dr. Ganesh H.K, Consultant endocrinologist, AJHRC

Dr. K Nillan Shetty, Principal, AJIDS addressed the gathering about the importance & purpose of the World Heart Day celebration.

Dr. B.V Manjunath spoke on the topic "How cardiac fit are we?", and Dr. Ganesh H.K delivered a talk on "Metabolic syndrome and oral health". Both the talks were followed by a Q&A session with active participation of faculty and post graduates.

The talk was very innovative and educative. There was a positive feedback from the participants.



  
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## National Periodontist Day



Department of Periodontics, A.J Institute of Dental Sciences in association with Indian association of Periodontics [ISP] and GYAN cell on 23<sup>rd</sup> February 2023, organized a series of events. Principal. Dr. K Nillan Shetty, Dr.Nandini Manjunath, Head of the Department, and Dr. Shruthi Dandliay, Convener, Gyan CDE Cell and inaugurated the programme. E- Poster completions for Third. Final Year RDS Students & Interns, were conducted on the topic "HEALTHY GUMS AND HEALTHY BODY". Street plays by Interns were performed on oral hygiene awareness to general public in the college campus and Oral hygiene awareness drive in AJIMS and AJHRC, on account of this day was given by Postgraduates of the Department Of Periodontics.

  
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