



शासकीय दंत महाविद्यालय व रुग्णालय, मुंबई  
GOVERNMENT DENTAL COLLEGE AND HOSPITAL, MUMBAI.

सेंट जॉर्ज रुग्णालय आवार, पी. डीमेलो मार्ग, छ.शि.म.ट.स्थानका शेजारी, फोर्ट, मुंबई- ४०० ००१  
St. George's Hospital Compound, PD'mello Road, Near CST Station, Fort, Mumbai - 400 001.  
Phone - 022 - 22620668 Email: deangdch\_mumbai@yahoo.com Website : www.gdcmumbai.org

### List of courses with their descriptions

Sr. no.	Date	Name of the activity	Description
1.	28/02/2019	National Science Day	On occasion of National Science Day 2019, a series of lectures on copyright and patent of innovation, scope of plastic and cosmetic surgery, science of yoga, dental extraction, research and corporate social responsibility. Theme of the day was science for people and people for science. They also shared their knowledge on the latest research in the field. Participants got chance to ask their doubts.
2.	08/03/2019	International women's day	An event was organized with a brief lecture on women health care and hygiene needs was conducted. Various skits were performed by the participants addressing these issues.
3.	01/12/2019	World AIDS Day	On occasion of World AIDS Day, Department of Oral and Maxillofacial Surgery, Government Dental College and Hospital, Mumbai organised a patient awareness week to provide information about the impact of HIV/AIDS on individuals and communities, promote HIV testing, and support those who are living with the virus. During AIDS Awareness Week, several activities such as informative talks, poster displays were held.
4.	28/02/2020	National Science Day	On occasion of National Science Day 2020, Department of Oral and Maxillofacial Surgery, Government Dental College and Hospital, Mumbai organised lecture. Theme of the day was women in science. Attendance certificates were provided to all participants.
5.	08/03/2020	International women's day	An event was organized with a Theme- Self defense. A brief lecture on women safety and basic self-defense training was conducted. It was followed by a small workshop of self-defense techniques for women.
6.	31/05/2020	No tobacco day	An online zoom session was held due to covid-19 pandemic focusing tobacco and its prevalence in youth. Also special management and caution to be taken during Covid 19 pandemic.
7.	20/10/2020	Basic Life Support (BLS) workshop	Department of Oral and Maxillofacial Surgery, Government Dental College and Hospital, Mumbai organized basic life support workshop for students to train participants to promptly recognize several life



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			threatening emergencies and give high quality chest compressions (CPR). During the course, the students got training in essential skills individually, as part of a team learning stations based on simulated clinical scenarios. The students learned the basics of resuscitation like chest compressions, adult and infant breaths, management of choking in adults and infants etc.
8.	08/03/2021	International women's day	No event was conducted due to Covid -19 pandemic
9.	31/05/2021	No tobacco day	Webinar on commit to quit was conducted. Department of Oral Pathology & Microbiology arranged a scientific event on the occasion of NO TOBACCO DAY. Youth was advised about ill effects of tobacco. Dr. Tabita Joy & Dr. E created awareness about stoppage of Habits which leads to Oral Cancer.
10.	12/03/2021	Dentolegal consideration for dental practitioner	An online lecture on "dento legal consideration for dental practitioner" by Dr. Manoj Ramugade. He has explained in detail about various types of consents and the need of taking a consent before a dental procedure. The course was planned for post graduate students, interns and staff members. by Dr. Manoj Ramugade. He explain in details about different acts in dentistry and also brief about the protective measures needs to be taken.
11.	08/03/2022	International women's day	An event was organized with a Theme- Lets celebrate womanhood. A total of 200 staff and student participated. Various activities such as singing, mimicry, mono-acting with food stall and art stalls were organized with an aim to lighten up the post covid times.
12.	11/02/2022	Oral Surgery Day	On occasion of International Oral patient awareness programme was organised to provide information about the various procedures performed in our speciality. Patients were briefed about services provided by our department in local language by Dr Sagar Vaishampayan. Dr. Hitesh Singhavi briefed about overview on prevention and treatment of oral cavity cancer. All Participants were given opportunity to ask their doubts and discussion was carried out to clear



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			them.
13.	08/03/2023	Workshops on menstrual hygiene and women's Health and safety	A workshop on "Women's Hygiene" by Dr Sonali Kadam and "Women's health and safety" was conducted by Dr. Akshaya Banodkar in which demonstration of different self-defense techniques was performed. Also, few yogasanas and pranayama techniques were taught to attendees. Different sports activities were also organized on this occasion for all the female staff. The workshop ended on a good note by "Balloon releasing ceremony"
14.	16/03/2023	Mindfulness over hustle culture	A lecture on "MINDFULNESS OVER HUSTLE CULTURE" by Dr. Akshay Rathi, was organized by Government Dental College and Hospital, Mumbai on 16 <sup>th</sup> March 2023. She imparted the importance of mental health in order to live a peaceful life in this hectic daily routine. It was a very interactive session for the students.
15.	16/03/2023	Rathinomics – A Discussion Of Financial Principles And Their Application Private Practice	A lecture on "RATHINOMICS – A DISCUSSION OF FINANCIAL PRINCIPLES AND THEIR APPLICATION PRIVATE PRACTICE" by Dr. Akshay Rathi, was organized by Government Dental College and Hospital, Mumbai on 16 <sup>th</sup> March 2023. He imparted the importance of learning finance in order to build a strong private dental practice. It was a very interactive session for the students.
16.	18/03/2023	Legal Implications Of Dental Practice: Identification To Prevention	A lecture on "LEGAL IMPLICATIONS OF DENTAL PRACTICE: IDENTIFICATION TO PREVENTION" by Dr. Manoj Ramugade, was organized by Government Dental College and Hospital, Mumbai on 18 <sup>th</sup> March 2023. He imparted the importance of medicolegal aspects of dentistry.
17.	18/03/2023	Dental entrepreneurship	A lecture on "DENTAL ENTREPRENEURSHIP" by Dr. Shubham Munde, was organized by Government Dental College and Hospital, Mumbai on 16 <sup>th</sup> March 2023. He imparted the importance of entrepreneurship in dentistry.
18.	28/03/2023	Motivation	Dr. Gauri Rathi started her lecture by explaining the importance of motivation in the dental profession. She



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			highlighted the challenges faced by dental professionals, including long working hours, dealing with anxious patients, and the pressure to deliver quality work, Dr. Rathi discussed various theories of motivation, including Maslow's hierarchy of needs, Herzberg's two-factor theory, and McClelland's theory of needs. She explained how these theories can be applied to dental practice to improve job satisfaction and productivity.
19.	31/03/2023	Time management and soft skill development	Speaker Dr. Namrata Swadia began the lecture by emphasizing the importance of time management and how it can impact the success of an individual's personal and professional life. Dr. Swadia discussed several strategies for effective time management, including setting priorities, creating schedules, and avoiding procrastination. She emphasized the importance of identifying and focusing on the most critical tasks and delegating non-essential tasks to others
20.	05/04/2023	Value education- Human value development	Speaker Dr. Vaibhavi Nandgaokar spoke about how values such as compassion, empathy, honesty, and respect are crucial for personal and professional growth. She also highlighted the importance of maintaining positive relationships with family, friends, and colleagues to lead a fulfilling life. She further explained how values can influence decision-making and contribute to ethical practices in different aspects of life.
21.	10/04/2023	Self-care	Dr. Sulekha Rangnath, an expert in self-care, commenced the lecture by emphasizing the importance of self-care for dental professionals, highlighting the benefits of self-care, such as improved mental and physical health, increased productivity, and better work-life balance.
22.	18/04/2023	Problem solving- Analytical skill development	The lecture aimed to help students develop their problem-solving skills, which are essential in the dental profession. The lecture covered various topics related to problem-solving, such as identifying problems, analyzing problems, developing solutions, and implementing solutions. Dr. Hema Anukula shared her insights and experiences with the students and discussed various case studies to help them understand the importance of problem-solving skills in dentistry.



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23.		Diagnostics	Speaker Dr. Aayushi Baghele
24.		Presentation skills	Speaker Dr.Yogita Adhane
25.		Research Management	Speaker Dr.Vijayalaxmi
26.		Professional development for teaching staff	Speaker Dr.Lynette Fernandes
27.		Career Planning	Speaker Dr.Tabita Joy
28.		Musical therapy	Speaker Dr. Sandesh Suravanshi
29.		Effective Leadership	Speaker Dr. Prajakta Sabale
30.		Team building exercises	Speaker Dr.Vignesh R
31.		Professional ethics	Speaker Dr.Saumya Dutta
32.		Meditation	Speaker Dr.Lishana
33.		Communication Skills	Speaker Dr.Suryakant Powar