

# CONS AND ENDO DAY REPORT

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National Conservative Dentistry and Endodontics Day 2026

Organized by:

Department of Conservative Dentistry and Endodontics

Government Dental College and Hospital, Mumbai

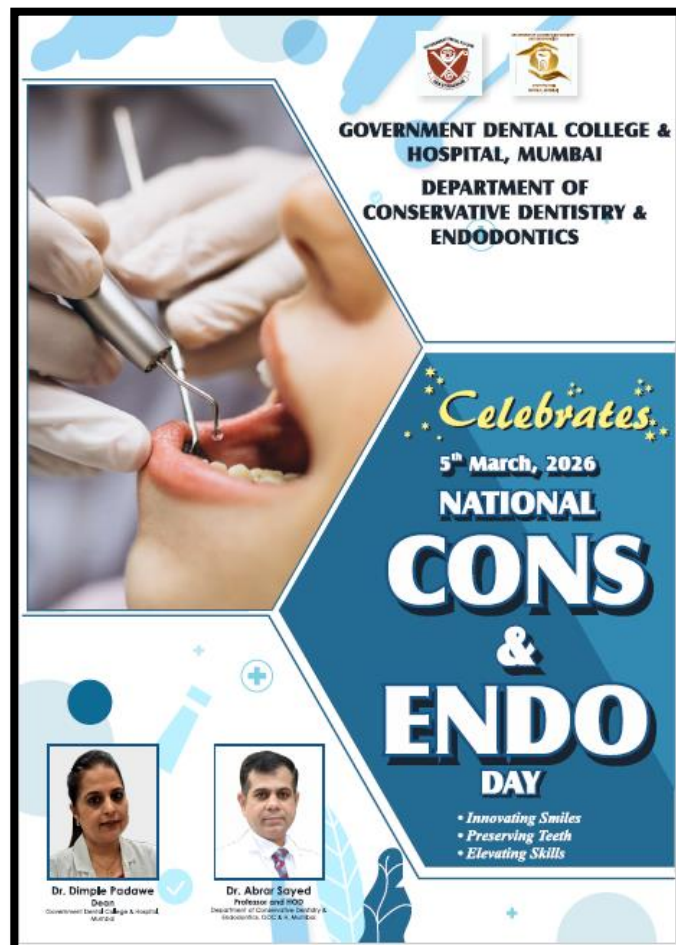
Date: 5th March 2026

Venue: LT-2, Government Dental College and Hospital, Mumbai


Public Outreach Programme: dental health awareness march at Marine Drive, Mumbai

Programme Conductor: Department of conservative dentistry and endodontics

## PROGRAM BROCHURE



**CIRCULAR**

  
**शासकीय दंत महाविद्यालय व रुग्णालय, मुंबई**  
**GOVERNMENT DENTAL COLLEGE AND HOSPITAL, MUMBAI**  
सेंट जॉर्ज रुग्णालय आवार, सी. जी. रोड फोर्ट, ए. सि. ब. ट. रुग्णालय भोजारी, फोर्ट, मुंबई - 400 001  
St. George's Hospital Compound, P.D. Nello Road, Near CST Station, Fort, Mumbai - 400 001.  
Phone - 022 - 22620668 Email: deangdch\_mumbai@yahoo.com Website : www.gdchmumbai.org

**GOVERNMENT DENTAL COLLEGE AND HOSPITAL, MUMBAI**

No. GDCHM/DEAN/NSD/Circular/834/2026  
Date: 02/03/2026

**CIRCULAR**

This is to inform you that to celebrate cons and endo Day, the department of conservative dentistry and endodontics of Government Dental College and Hospital, Mumbai is organising various events on occasion of Cons and endo day - on 05/03/2026 at 09:00 AM at Lecture Hall 1 and preclinical lab 108 GDCH Mumbai.

All Heads of Departments, Staff, Postgraduate Students, and Undergraduate Students are hereby requested to attend the programme and present their innovative ideas.

**Dean**  
Government Dental College and Hospital  
Mumbai

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Copy to:

1. All HODs and Teaching Staff
2. All students

Government Dental College and Hospital, Mumbai

**LETTER TO DEAN**

Date: 02/03/2026

To,  
The Dean,  
Govt. Dental College & Hospital,  
Mumbai - 1

**Subject:** - Regarding permission to conduct programme on 05/03/2026 to celebrate "Cons and endo day - 2026"


Respected madam,

Department of conservative dentistry and endodontics wish to organise a program to celebrate CONS AND ENDO Day on 05/03/2026 at lecture hall 1 and 108, 09:00am onwards. Registration will be free for all the participants.


Kindly grant us permission to conduct the programme.


Thank You.

Yours Sincerely,


  
Head of department  
Dept of Conservative Dentistry  
& Endodontics, GDCHM Mumbai.  
Date: 02/03/2026

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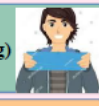
  
**Government Dental College and Hospital,  
Mumbai**  
Department of Conservative Dentistry and  
Endodontics is celebrating

  
**NATIONAL  
CONS AND ENDO DAY 2026**  
(05<sup>th</sup> March 2026)


**Public Outreach Awareness Programme –  
Marine Drive**



**Rubber Dam Workshop ( hands on training)**



**Reel making competition (patient education  
and awareness)**



Head of Department: Dr. Sayed Abrar                      Dean: Dr. Dimple Padawe

## Program Summary

The Department of Conservative Dentistry and Endodontics, Government Dental College and Hospital, Mumbai, celebrated National CONS & ENDO Day on 5th March 2026 with great enthusiasm. The program aimed to spread awareness regarding preventive dentistry, emphasize the importance of early diagnosis and root canal treatment, and enhance clinical skills among students through academic activities and demonstrations.

## Key Features of the Program

- Public awareness rally and outreach programme at Marine Drive.
- Participation of faculty members, postgraduate students, interns and undergraduate students.
- Educational interaction with the public regarding oral hygiene and preventive dentistry.
- Academic lecture delivered by an experienced faculty member.
- Live demonstrations and hands-on clinical training for students.
- Student engagement through creative competition activities.

## Aims and Objectives

Aim:

To promote awareness about preventive dentistry and the importance of early diagnosis and treatment of dental diseases among the public and dental students.

Learning Objectives:

1. Educate the public about oral hygiene and preventive dental care.
2. Improve clinical knowledge and understanding of undergraduate students.
3. Demonstrate the correct technique of rubber dam isolation.
4. Introduce modern restorative approaches through composite restoration demonstrations.

## Programme Highlights

### Public Outreach Programme

The day began with a public awareness rally and outreach programme at Marine Drive from 7:00 AM to 8:00 AM. Faculty members, postgraduate students, interns and undergraduate students actively participated in spreading awareness regarding oral health.

Members of the public were educated about early detection and prevention of dental caries, the importance of timely root canal treatment and maintenance of good oral hygiene. Pamphlets and oral health messages were distributed to encourage regular dental check-ups.



### Academic Programme

The academic programme was conducted at Lecture Theatre-2 (LT-2), Government Dental College and Hospital, Mumbai. The programme commenced at 9:00 AM with a welcome and inauguration by Dr. Sangeeta Ambhore. This was followed by an introduction to the programme by Dr. Kishor Sapkale.

A guest lecture was delivered by Dr. Sayed Abrar at 9:30 AM focusing on important concepts in Conservative Dentistry and Endodontics including modern approaches to diagnosis and treatment.

## Clinical Demonstrations

A live demonstration and hands-on training session on Rubber Dam Isolation was conducted from 10:30 AM to 12:30 PM for second year-year undergraduate students. The students were divided into six batches and demonstrations were provided by the faculty team. The session helped participants understand the importance and correct technique of rubber dam placement in clinical practice.



In the afternoon session (1:30 PM – 3:30 PM), Dr. Sayed Abrar conducted a live demonstration on Composite Restoration, to the third-year undergraduate students demonstrating modern restorative techniques and enhancing students' operative skills.



## Student Activity

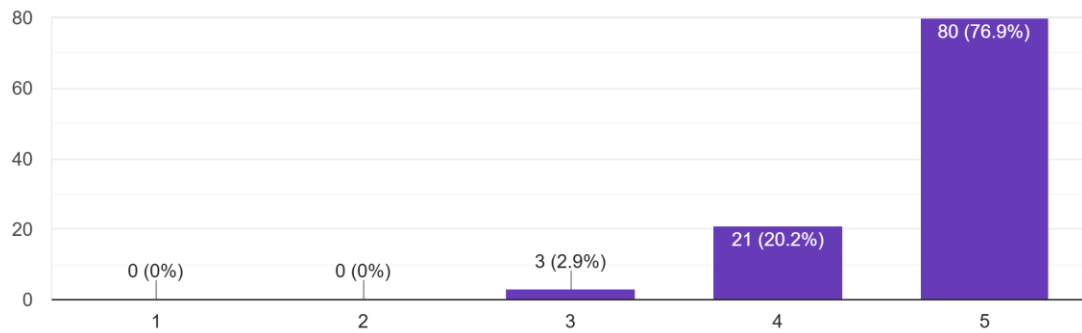
A Reel Making Competition was organized from 3:30 PM – 4:00 PM, coordinated by Dr. Rajesh Gaikwad. The theme of the competition was 'Patient Education and Oral Health Awareness'. Undergraduate students and interns participated enthusiastically and created innovative reels promoting oral health awareness.

## Feedback Reports

Feedback on rubber dam isolation

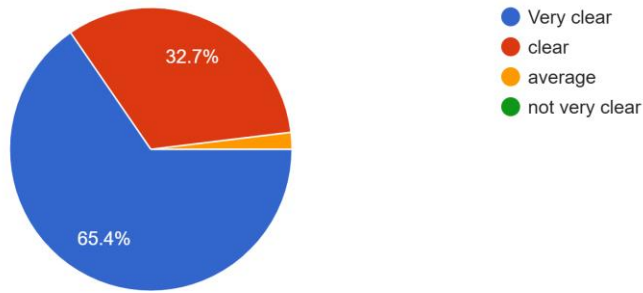
1. How would you rate the overall Rubber Dam Isolation hands on course? Linear scale (1–5)

104 responses



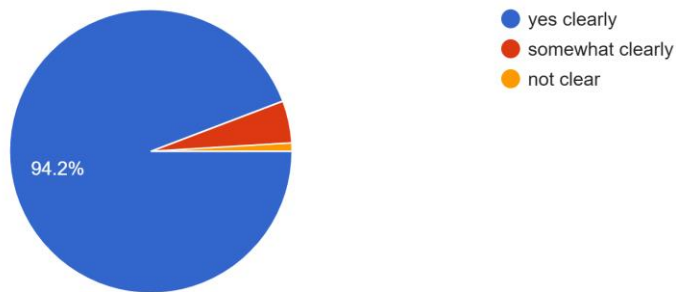
2. Was the explanation clear and easy to understand?

104 responses



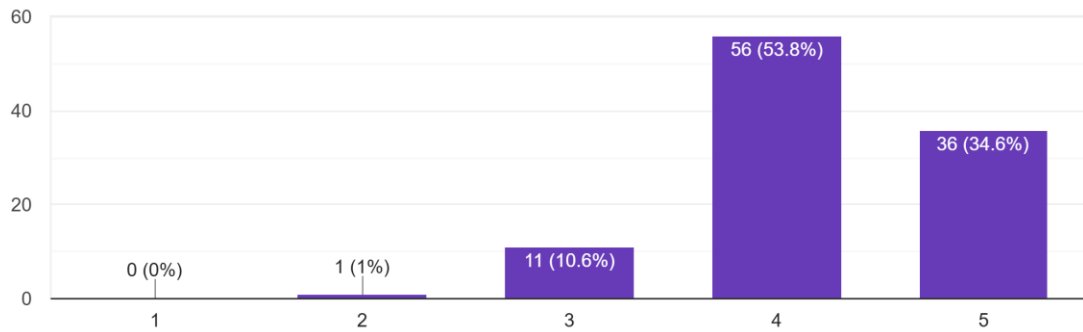
3. Were all the steps and material of rubber dam placement demonstrated properly?

104 responses



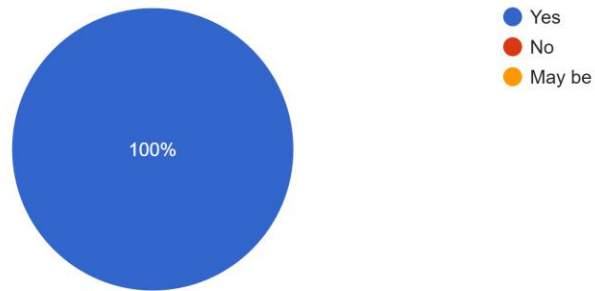
4. How confident do you feel about performing Rubber Dam Isolation after this demo?

104 responses



### 5. Would you like to attend such programmes in future?

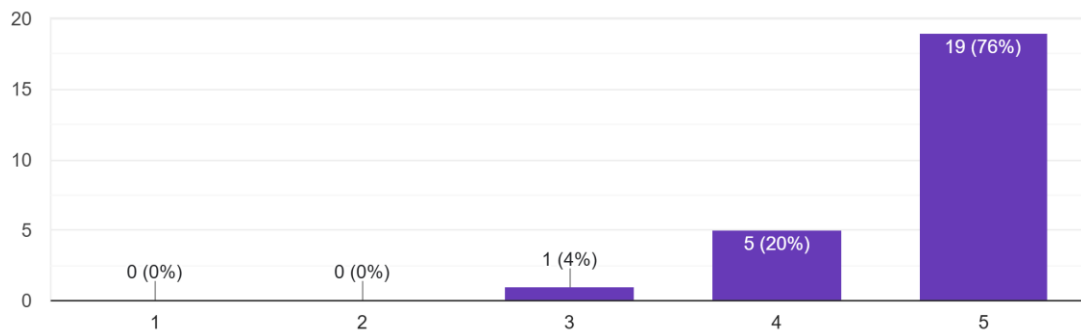
104 responses



## Feedback on composite resin restoration

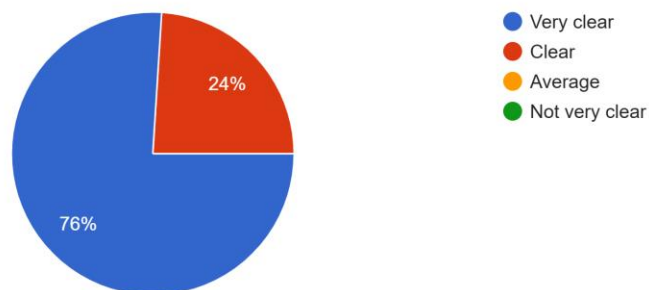
### 1. How would you rate the overall composite resin restoration hands on course? Linear scale (1–5)

25 responses



### 2. Was the explanation clear and easy to understand?

25 responses



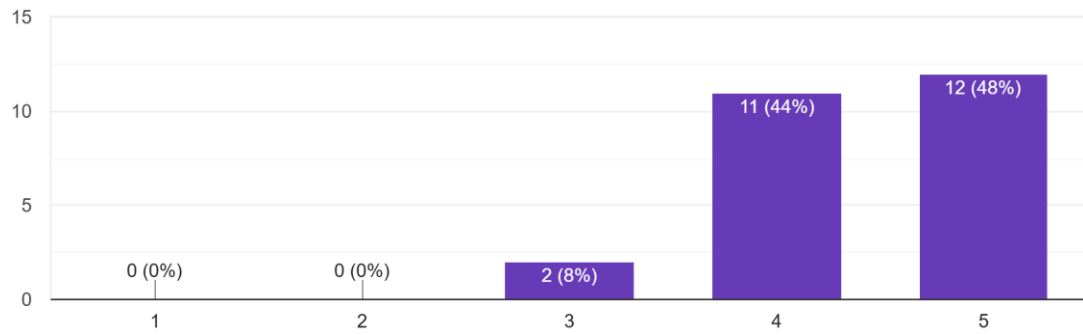
3. Were all the steps and material of composite resin restoration demonstrated properly

25 responses



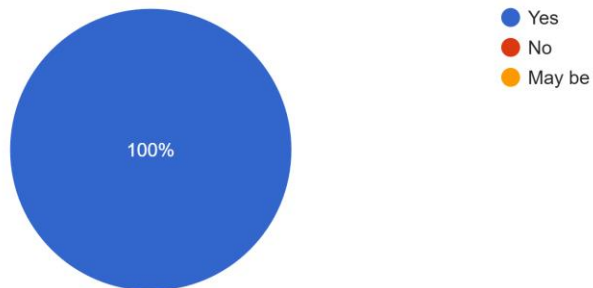
4. How confident do you feel about composite resin restoration after this demo

25 responses



5. Would you like to attend such programmes in future?

25 responses



## **Conclusion**

The celebration of National CONS & ENDO Day 2026 was a successful academic and public outreach initiative. The programme effectively combined community awareness activities, academic lectures and practical demonstrations, providing valuable learning opportunities for students while simultaneously educating the public about the importance of oral health.