



**DR. G.D.POL FOUNDATION'S
Y.M.T. DENTAL COLLEGE AND HOSPITAL**

Institution Area, Sector- 4, Kharghar, Navi Mumbai - 410210

ENRICHING MINDS, EMPOWERING FUTURE

✉: ymtdentconnect@gmail.com

☎ : 022-2774 4429

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ANNUAL REPORT ON THE STUDENT COUNCIL ACTIVITIES FOR THE YEAR 2021-2022

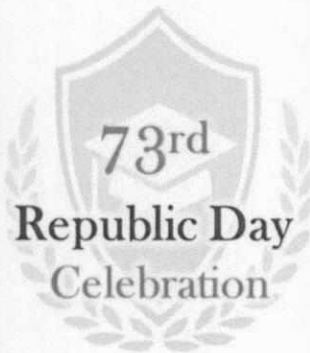
26 January 2022 – Republic Day Celebration

Dr. G.D. Pol Foundation's YMT Dental College celebrated the 73rd Republic Day in collaboration with YMT Ayurveda College. The guests for the event were Dr. Sanjeev Yadav and Dr. Bagal and the celebrations included the dental and ayurveda students, the marching contingent of guards, nurses and staff members alike. The NSS unit of YMT Dental College organised a patriotic song to mark the special occasion.

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REPUBLIC DAY CELEBRATION DATE : 26.01.2022

M Vandekar

**DEAN
Y.M.T. Dental College
& Hospital Kharghar,
Navi Mumbai - 410 210**



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8th March 2022 - Women's Day Celebrations

A woman with a voice is by definition a strong woman...but the search to find that voice can be remarkably difficult. Hence this year under the international hashtag #BreakTheBias, YMTDC and Student's Council celebrated the phenomenal women of today. Under the patronage of Dr G.D Pol, Director Dr Kavita Pol, Dean Dr. Meghna Vandekar and Organizing Chairperson Dr Deepa Das, YMT Dental College and Hospital and Students Council organized a festive event for fulfilling the motto #BreakTheBias. This year the department of Oral Medicine and Radiology took it in their stride to organize a festive mela to showcase the entrepreneurs of our college.

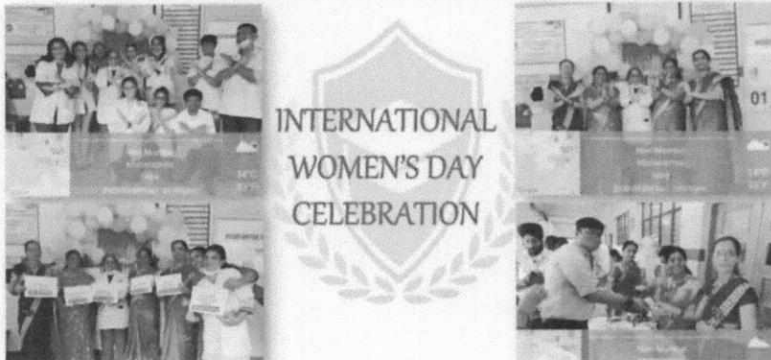
Our esteemed Dean, Dr. Meghna Vandekar visited the various stalls and spoke words of encouragement and appreciation to our entrepreneurs. Participation certificates were presented to all our enthusiastic entrepreneurs for making this event a grand success. With this year's motto being #BreakTheBias, we at YMT Dental College strive to make this motto into an acceptable reality of encouraging our young enterprising entrepreneurs and making this motto into a reality.

Women's day celebration

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WOMEN'S DAY CELEBRATION DATE 08.03.2022

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21st - 23rd March 2022 WORLD ORAL HEALTH DAY

Day 1 (21st March):

A skit was performed by team of Dental interns at Kharghar railway station. The theme was to spread awareness about oral hygiene and adverse effects of tobacco. The skit depicted the risks of oral cancer, the causes, signs and symptoms of oral cancer and a timely reminder for its immediate treatment in the local regional languages, Hindi and Marathi. The beneficiary audience comprised of local daily commuters, residents and college students. It was humorous yet thought provoking and an insightful act. A quiz competition was held among the Final BDS students of YMT Dental College at 2:30 pm. The time limit for the quiz was 1 hour and was held at the Sir Edward Angle Hall, 3rd floor. It was based on different topics regarding public health dentistry and oral hygiene. The quiz benefited the students by making them aware of the various aspects of public health dentistry and oral hygiene awareness.

Day 2 (22nd march):

Skit based on same theme was performed by dental interns team at Kharghar car market around 12.00 Noon. The beneficiaries were workers and general floating population in and around car market. Poster competition was organized for 3rd year, 4th year BDS students and interns. The themes for the competition were "Be proud of your mouth" and "Oral hygiene awareness". The winners (one from each theme) were presented with certificates and were suitably rewarded. A Selfie booth was organized at the college lobby to depict the importance of current year theme "Be proud of your mouth".

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World Oral Health Day
Organized and conducted by
Department Of Public Health
Dentistry

Day 1:

1. Skit
2. Quiz competition



WORLD ORAL HEALTH DAY DATE : 21.03.2022 AND 22.03.2022

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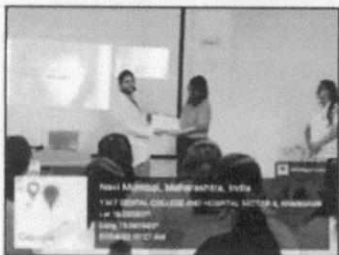
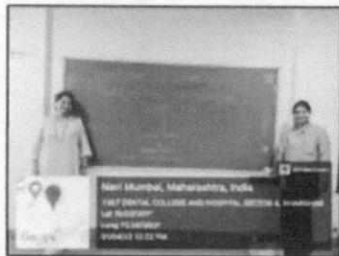
4th April 2022

As a part of the Holistic Healing Program, **TWIN HEART MEDITATION WORKSHOP**, the first of many in view of the International Yoga Day in June 2022, was conducted at YMT Dental College which was attended by the III, IV BDS students and Interns. It was conducted by our undergraduate alumnis, Dr. Nakita Mehta and Mrs. Dhruma Mehta. This workshop was based on 'Pranic Healing' as advocated by Grandmaster Choa Kok Sui. Introduction and welcome address was delivered by Shweta Juneja. The mementos to the guests were presented by Dr. Shweta Chhaya and Dr. Pooja Rohondia, Faculty members of the Department of Orthodontics. Dr. Nakita Mehta spoke about the origin, practice and the beneficial effects of this workshop, giving the students an insights into PRANIC HEALING. Further she also demonstrated a healing technique. A 21 min meditation was held for the students which was appreciated by all, followed by a vote of thanks from the student's Council.

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MEDITATION WORKSHOP DATE : 04.04.2022

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21st April 2022

An orientation programme was organized for the newly admitted undergraduate students by Dr. G.D.Pol Foundation's YMT Dental College and Hospital on 21st April 2022 at the the Dr. Sarvapalli Radhakrishnan Auditorium on the 4th Floor of the college. Hosts for the programme: Dr. Nupur Sah and Dr. Aayushya Warang. Our Respected Dean Dr. Meghna Vandekar addressed the students, welcomed them to the ever growing YMT family and guided them about their journey of under-graduation. A short presentation about the campus, its infrastructure and other facilities available for students was also shown to the students. All the Heads of Departments introduced their respective departments with the daily routine activities, followed by presentation of tokens to the respective Heads of Department. The Anti ragging committee head Dr Sangeeta Patankar enlightened the students regarding the anti ragging norms of the college. This was followed by the Interns giving the college tour to the under graduates to familiarize them with the institute. The student members of the different councils of YMT Dental College and Hospital were inducted at the Investiture Ceremony for the year 2022, On 21st April by the Dean, Dr. Meghna Vandekar and the staff conveners of the various councils. Our dynamic Dean motivated the new members with words of inspiration to carry out their duties with integrity and excellence. The vote of thanks was delivered by the newly elected General Secretary and Joint General Secretary of the Student's council.

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ORIENTATION PROGRAMME FOR UNDER GRQDUATES DATE : 21.04.2022

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10th June 2022

On the occasion of 'MUHS FOUNDATION DAY' and 'AZADI KA AMRUT MAHOTSAV', the students of YMT Dental College along with NSS committee arranged 'ONE STUDENT – ONE TREE' plantation drive. The event was graced by presence of our honorable director Dr. Kavita Pol Nalawade, Dean Dr. Meghna Vandekar, all HODs and staff members. The event was organised by NSS Team Organising Head: Dr. Thomson D'Cruz, Dr. Ankita Kadam, Dr. Manjari Deshmukh. The event was started by introduction of MUHS by Shweta Juneja and Pooja Kale, followed by flag hoisting by the Director Dr. Kavita pol and MUHS anthem. The event concluded with tree plantation drive, where 25 students planted one tree each.



MUHS



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'NOT MERIT YOU'

DR. G.D.POL FOUNDATION'S Y.M.T DENTAL COLLEGE & HOSPITAL
NSS National Service Scheme Team YMTDC

MUHS FOUNDATION DAY CELEBRATION "ONE STUDENT ONE TREE" 10th JUNE 2022



TREE PLANTATION DATE : 10.06.2022

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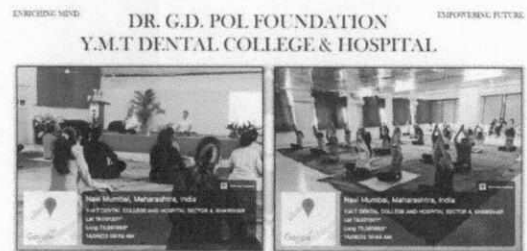
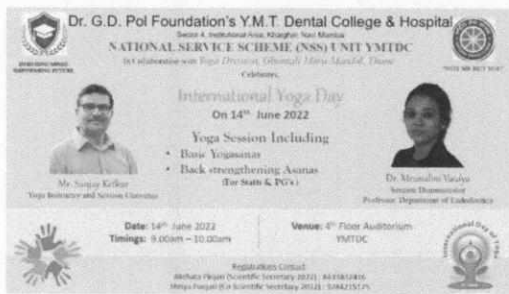
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14th, 20th-21st June 2022- INTERNATIONAL YOGA DAY CELEBRATION

On the occasion of **International Yoga Day 2022**, A 'YOGA WORKSHOP' was conducted on 14th June 2022 by the NSS unit at YMT Dental College which was attended by the Staff and Post Graduate students. Mr. Sanjay Ketkar; a member of the Yoga Division, Ghantali Mitra Mandal, Thane; conducted the workshop. Session Demonstrator : Dr. Mrunalini Vaidya, Professor, Department of Endodontics Introduction and Welcome address : Pooja Mehta and Rajnandini Goenka. The mementos to the organizers were presented by NSS Team Organising Head Dr. Thomson D'Cruz, Dr. Ankita Kadam, Dr. Manjari Deshmukh. Mr. Sanjay Ketkar spoke about the origin, practice and the beneficial effects of this workshop. A 45 min Yoga session was held for the Staff and Post Graduate students which witnessed enthusiastic performance. The workshop was concluded with a Vote of Thanks.



**YOGA DAY FOR STAFF & PG STUDENTS
DATE : 14.06.2022**

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**MOMENTO PRESENTATION TO THE YOGA INSTRUCTORS ON THE
INTERNATIONAL YOGA DAY. DATE : 14.06.222**

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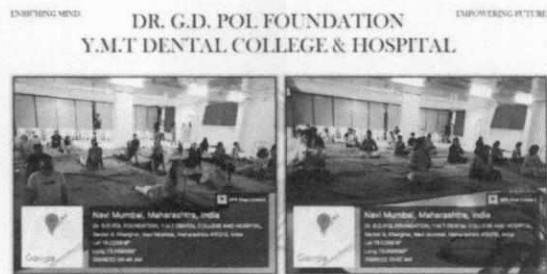
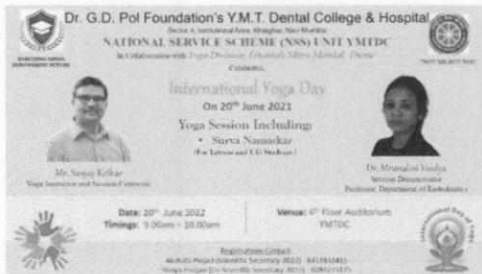
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20th JUNE 2022- YOGA WORKSHOP

A yoga workshop was conducted by the NSS unit which was attended by interns and the undergraduate students. Mr. Sanjay Ketkar spoke about the origin, practice and beneficiary effects of Suryanamaskar. The demonstration was given by Dr. Mrunalini Vaidya. A 45 min Suryanamaskar session was held which witnessed enthusiastic performance by the students.



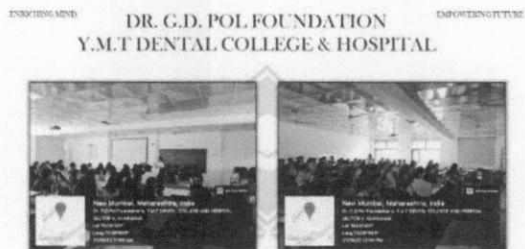
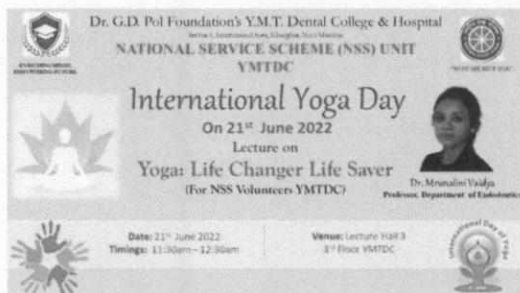
YOGA DAY FOR UG STUDENTS & INTERNS

DATE : 20.06.2022

21ST JUNE 2022- YOGA SEMINAR

Yoga seminar was conducted by the NSS unit as a part of international yoga day celebration for undergraduate students & interns. Lecture topic was "Yoga: life changer life saver".

Dr. Mrunalini Vaidya, Professor Dept. of conservative & endodontics spoke on importance of Yoga, types of practice of yoga, its relevance in today's age and the benefits of practicing yoga.



YOGA SEMINAR DATE: 21.06.2022

M J Vaidekar

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