



**Programs conducted by the Institute in the year 2022-2023 which 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**

S.No.	Program Description	Date
1	Joy of giving	13/12/2022
2	Swachh Bharat campaign	03/01/2023
3	Kambal donation drive	11/01/2023
4	Stress management	11/01/2023
5	Hepatitis B vaccination drive	15/01/2023
6	Art of living – yes plus course	30/01/2023-01/02/2023
7	Rally on road safety	12/02/2023
8	Women's day celebration	04/03/2023-11/03/2023
9	Blood donation drive	11/04/2023
10	Integrated session of yoga	21/06/2023

Principal  
Rishiraj College of Dental  
Sciences and Research Centre  
Gandhi Nagar, Bhopal

# Art of Living Program – {30<sup>th</sup> January – 1<sup>st</sup> February 2023}

The team Art of Living conducted yes+ program in between 30 January - 1 February 2023.

It was conducted by Triloknath sir; Yachika mam and Himashi mam. They are international teachers of the foundation.

Total number of participants was 70 inclusive of students and faculties registered for the Art of Living Yes plus Program.

Certain techniques like Sudarshan kriya, team exercises, sharing exercises helps an individual to release all the stored emotions, incidents which impacted them in negative manner.

The games in course help an individual to become childlike again and live life fully and celebrate each moment.

All these exercises were conducted and students and faculties thoroughly enjoyed the sessions.

Day wise schedule is as follows -

- Day 1 - introduction to 3 stage pranayam
- Day 2 - skill improving exercises
- Day 3 - long sudarshan kriya with team work management.

The benefits which students received from the program were lower level of stresses, increase in happiness quotient, and increase in team work and positivity in their daily life. Some of them reported clarity in the vision for future goals..

Program co-ordinator - Dr Medha Bhushan.



**DEPARTMENT OF ORAL AND MAXILLOFACIAL SURGERY**

**RISHIRAJ COLLEGE OF DENTAL SCIENCES AND RESEARCH CENTRE, BHOPAL**

**PROGRAM REPORT**

Program- Oral Surgery Day – 13 February 2023

Title- Road Safety Awareness Rally

Speaker/Trainer- Not Applicable

Date- 13.02.2023

Time- 12:00 PM

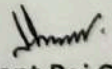
Venue- Gandhinagar, Bhopal

Total No. of attendees- 35

Proceedings of the program-

Road safety Awareness program and poster competition was conducted in department of oral and maxillofacial surgery, in which students of BDS third year and Final year participated and prizes were given. Rally was conducted in Gandhinagar from CHC to main market and people were made aware about wearing helmet and seat belts to prevent themselves from road traffic accidents.

1-2 geo tag group photograph

  
Dr. Nishant Raj Chourasia

Prof and Head

Department of Oral and Maxillofacial Surgery





*Handwritten signature*



**DEPARTMENT OF ORAL AND MAXILLOFACIAL SURGERY**

**RISHIRAJ COLLEGE OF DENTAL SCIENCES AND RESEARCH CENTRE, BHOPAL**

**PROGRAM REPORT**

Program- Blood Donation Drive

Title- Blood Donation Camp

Speaker/Trainer- Not Applicable

Date- 11/04/2023

Time- 10 AM

Venue- Gandhinagar, Bhopal

Total No. of attendees- 26

Proceedings of the program-

Blood Donation drive was conducted in department of Oral and Maxillofacial Surgery, on occasion of Birthday of Secretary of LNCT Group, Dr. Anupam Chouksey and 26 people donated blood in collaboration with Blood Bank JK Hospital.



**Dr. Nishant Raj Chourasia**

**Prof and Head**

**Department of Oral and Maxillofacial Surgery**

# PROGRAM REPORT

**PROGRAM** – Donation drive “Joy of Giving”

**DATE** – 13<sup>th</sup> December 2022

**VENUE:** Rishiraj College of Dental Sciences and Research Centre, Bhopal

## **PROCEEDINGS OF THE PROGRAM:**

A donation drive was organized by the NSS volunteers of the RCDS&RC titled “Joy of Giving”. In this drive the students and staff of the institute were motivated and encouraged to donate food and clothes which were then distributed to the underprivileged by the head of institute.



# PROGRAM REPORT

**PROGRAM** – Kambal donation drive

**DATE** – 11<sup>th</sup> January 2023

**VENUE:** Rishiraj College of Dental Sciences and Research Centre, Bhopal

## **PROCEEDINGS OF THE PROGRAM:**

Warm comforters (Kambal) were donated to the non teaching staff of the institute by the alumni association. This was done to support the needful and also as a token of love and gratitude towards the non teaching staff by the alumnus of the institute.



# PROGRAM REPORT

**PROGRAM** – Stress Management

**DATE** – 11<sup>th</sup> January 2023

**TIME** – 09.30 am onwards

**VENUE:** Auditorium, Rishiraj College of Dental Sciences and Research Centre, Bhopal

## **PROCEEDINGS OF THE PROGRAM:**

A program was conducted on stress management by the art of living faculties on 11<sup>th</sup> January 2023 in Rishiraj college of dental sciences and research centre. 3 eminent full time faculties have been invited for the same. They spoke about the various challenges, we as dentists, face in our day to day life and discussed techniques to overcome those issues with certain practices. A 4 day course which is named as YES plus course has been scheduled in the upcoming future in which staff and interns will be taught the skills to handle the daily stresses related to their curriculum and how to improve their concentration and miscellaneous and will provide them with a more optimistic perception relating to small and big events on a regular basis. Respected principal sir, vice-principal sir, OSD sir and other faculties were also present for the session. The faculties and interns gave an immense positive review regarding the talks and showed their interest for the upcoming course.

No. of attendees – 62





# PROGRAM REPORT

**PROGRAM** – Swachh Bharat Abhiyaan drive

**DATE** – 3<sup>rd</sup> January 2023

**VENUE:** Rishiraj College of Dental Sciences and Research Centre, Bhopal

## **PROCEEDINGS OF THE PROGRAM:**

To support the Swachh Bharat campaign initiated by PM Shri Narendra Singh Modi, the NSS volunteers conducted a cleanliness drive in the college premises. This instilled a sense of nurturing the environment and protectiveness towards nature amongst the students of the institute.









**RISHIRAJ COLLEGE OF DENTAL SCIENCES &  
RESEARCH CENTRE, BHOPAL**

Pipalner Road, Gandhi Nagar, Near Airport, Bhopal - 46203

Tel : 0755-6647300,322 Mobile No. 7440777333, Email : info@Lnctrishiraj.ac.in

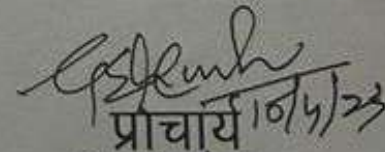


Ref: RCDS & RC/Misc./2023/575

Dated: 10/04/2023

सूचना

समस्त शिक्षकों, कर्मचारियों एवं छात्रों को सूचित किया जाता है कि कल दिनांक 11 अप्रैल 2023 को एल.एन.सी.टी. ग्रुप के सचिव एवं एल.एन.सी.टी विश्वविद्यालय के प्रोचालंसर डॉक्टर श्री अनुपम चौकसे के जन्म दिवस के उपलक्ष्य में ऋषिराज कालेज ऑफ डेन्टल साइन्स एण्ड रिसर्च सेन्टर गांधीनगर, भोपाल में बल्ड डोनेशन कैंप महाविद्यालय द्वारा आयोजित किया गया है। जिस भी शिक्षक, कर्मचारी एवं छात्र को बल्ड डोनेट करना है वह महाविद्यालय के ओरल सर्जरी विभाग में अपना रजिस्ट्रेशन करा कर दिनांक 11 अप्रैल को सुबह 10 बजे से दोपहर 1 बजे तक बल्ड डोनेशन कर सकते हैं।

  
प्रिन्सिपल 10/4/23

**Principal**  
Rishiraj College of Dental Sciences &  
Research Centre, Gandhi Nagar, Bhopal

COME FORWARD & DONATE BLOOD  
ON THE OCCASION OF OUR  
HONOURABLE SECRETARY  
**DR. ANUPAM CHOUKSEY SIR'S BIRTHDAY**

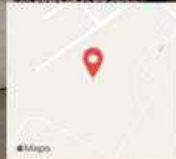
# BLOOD DONATION CAMP

**11<sup>TH</sup> APRIL 2023**  
**9 AM - 2 PM**

**VENUE: RCDS CAMPUS,  
AIRPORT ROAD, BHOPAL**







**Bhopal, MP, India**  
Gandhi Nagar, Bhopal, 462036, MP, India  
Lat 23.304636, Long 77.341749  
04/11/2023 11:30 AM GMT+05:30

GPS Map Camera



GPS Map Camera

**Bhopal, Madhya Pradesh, India**  
Opposite Raja Bhoj Airport, Gandhinagar, Pipalner Road,  
Gandhi Nagar, Bhopal, Madhya Pradesh 462036, India  
Lat 23.304723°  
Long 77.341783°  
11/04/23 12:18 PM GMT +05:30





# **PROGRAM REPORT**

**PROGRAM:** Women's day celebration

**DATE:** 4<sup>th</sup> -11<sup>th</sup> March 2023

**VENUE:** Auditorium, Rishiraj College of Dental Sciences and Research Centre, Bhopal

## **PROCEEDINGS OF THE PROGRAM:**

International Women's day was celebrated with full vigor this year in Rishiraj College of Dental Sciences and Research Centre, Bhopal. To celebrate and appreciate womanhood 3 different programs were organized by the Women's Grievance committee under the guidance of Dr. Ambika Shrivastava and Dr. Babita Niranjana. On 4<sup>th</sup> March a self defense workshop was organized for the female students of the institute. The karate academy not only demonstrated them various techniques but also gave a pep talk to instill a sense of strength and confidence in the students. The students also practiced the same techniques in front of the instructors amongst them and on the dummies. On 10<sup>th</sup> March a paper bag making workshop was conducted by the Asha foundation for all the female non teaching staff. During this workshop they were trained to make a paper bag out of newspapers. All the non teaching staff whole heartedly participated in the workshop and made paper bags of various sizes. On 11<sup>th</sup> March a lecture on Finance management by an expert Mrs. Eesha Kaliaa was organized for the teaching staff in the auditorium. The staff cleared all their doubts with regard to the topic. This year in RCDS&RC, women's day was not subjected to a day but to a week in which all the females of the institute benefitted from one program or the other.



**RISHIRAJ COLLEGE OF DENTAL SCIENCES  
& RESEARCH CENTRE, BHOPAL (M.P)**



Near Airport, Pipalner Road, Gandhi Nagar, Bhopal (M.P.)

Tel.:-0755-6647322, Email : [info@lnctrishiraj.ac.in](mailto:info@lnctrishiraj.ac.in), <https://www.lnctrishiraj.ac.in>  
NAAC Accredited College

Ref: RCDS &RC/2023/371

Dated: 07.03.2023

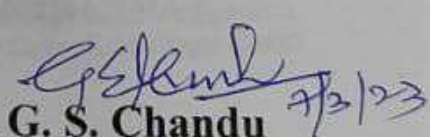
**NOTICE**

This is to inform all female staff members & PGs, Students that **INTERNATIONAL WOMEN'S DAY** will be celebrated on 11<sup>th</sup> March 2023.

Guest Speaker- Ms. Eesha Kalia, Financial Advisor  
Financial Advisor Vigya Inc

Time: 11:00 AM onwards

Venue: Auditorium

  
Dr. G. S. Chandu

PRINCIPAL

Rishiraj College of Dental Sciences &  
Research Centre, Gandhi Nagar, Bhopal

Copy to:

1. Principal office
2. All Department's HOD
3. Main office file
4. NAAC File
5. Notice Board

Women's day Celebration  
EXPERT TALK ON  
**IMPORTANCE OF  
FINANCIAL  
INDEPENDENCE  
AMONG WOMEN**

Speaker

**MS. EESHA KALIAA**

**FOUNDER & CEO  
VIGYA INC**



Saturday, 11 March 2023

**RCDS AUDITORIUM**





 **GPS Map Camera**

**Bhopal, Madhya Pradesh, India**

Opposite Raja Bhoj Airport, Gandhinagar, Pipalner Road,  
Gandhi Nagar, Bhopal, Madhya Pradesh 462036, India

Lat 23.304454°

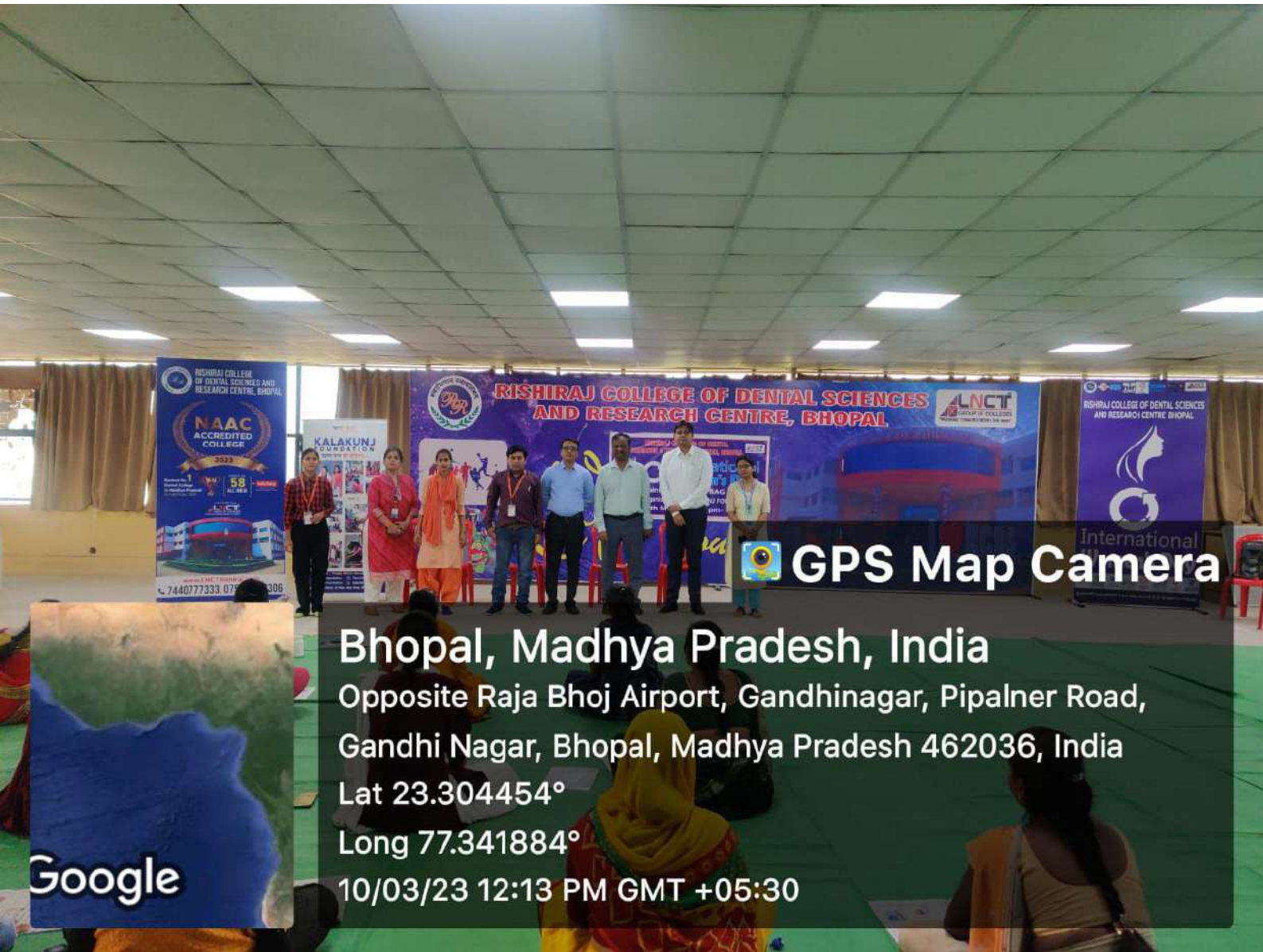
Long 77.341884°

10/03/23 12:42 PM GMT +05:30



Google





 **GPS Map Camera**

**Bhopal, Madhya Pradesh, India**  
Opposite Raja Bhoj Airport, Gandhinagar, Pipalner Road,  
Gandhi Nagar, Bhopal, Madhya Pradesh 462036, India  
Lat 23.304454°  
Long 77.341884°  
10/03/23 12:13 PM GMT +05:30







International  
Women's  
Day

**International Women's Day**








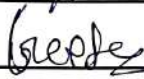


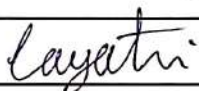

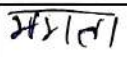
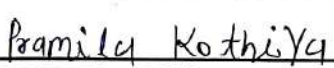
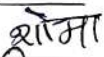
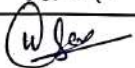
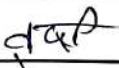
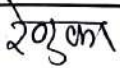
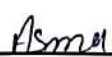

**International Women's Day**





**RISHIRAJ COLLEGE OF DENTAL SCIENCES & RESEARCH CENTRE,  
BHOPAL**

**NON-TEACHING FEMALE STAFF**

1	Aaradhana Tripathi	
2	Aasema Haqqani	
3	Manju Meena	
4	Jyoti Bhilala	
5	Pinky Atariya	
6	Afshan Pathan	
7	Mahima Singh	
8	Suman Peter	
9	Geeta Patel	
10	Priya Sen	
11	Sonali Vishwakarma	
12	Aarti Namdev	
13	Asha Suryavanshi	
14	Gayatri Meena	
15	Kiran Bhagchandani	
16	Mamta Ahirwar	
17	Pramila Kothiyra	
18	Shobha Sen	
19	Urmila Sen	
20	Varsha Namdev	
21	Renuka Namdev	
22	Asma Bano	
23	Maya Meena	
24	Radha Singh	

**HOUSE KEEPING**

1	KAUSHALYA BAI	
2	OMWATI BAI	उमवती
3	REENA BAI	रीना
4	JIYA BAI	जीया
5	PUSHPA BAI	पुष्पा
6	AJUDDI BAI	अजुदी
7	SODAR BAI	सोदर बाई
8	RUKHMANI BAI	
9	MALTI BAI	
10	RAJNI BAI	
11	MAYA BAI	
12	ROSHNI BAI	
13	VARSHA BAI	

**RISHIRAJ COLLEGE OF DENTAL SCIENCES &  
RESEARCH CENTRE, BHOPAL**

Date : 04/03/2023

**SELF DEFENCE WORKSHOP WOMEN'S DAY SPECIAL**

S. no.	Name	Signature
1	Ankita Singh	Ankita Singh
2	Shipra Sathe	Shipra Sathe
3	Nurabai Shaikh	Nurabai Shaikh
4	Koshari Dabare	Koshari Dabare
5	Reena Gawande	Reena Gawande
6	Swarn D'Souza	SD
7	Adsha Singh	Adsha
8	Rutuja Padar	Rutuja
9	Jshika Deshmukh	Jshika Deshmukh
10	Jshika Sharma	Jshika
11	Jyoti Altaj	Jyoti
12	Divya Kolhe	Divya
13	Dimple Motwani	Dimple
14	Ankita Shrivastava	Ankita
15	Akanksha	Akanksha
16	Zameen Ali	Zameen
17	Mahak Khoochandani	Mahak
18	Anamika Arya	Anamika
19	Shrasti Bajpai	Shrasti
20	Binda Rou	Binda
21	Kajal Tawar	Kajal
22	Shivali Jamre	Shivali
23	Mamta Rathore	Mamta
24	Ishti Abhiswar	Ishti
25	Jaha Babety	Jaha Babety
26	Meerakshi Singh	Meerakshi
27	Mandeep Kaur	Mandeep



28	Ananya Shrivastava	<del>Ananya</del>
29	Radhika Rajput	Radhika
30	Kanishka Parashar	<del>Kanishka</del>
31	Shruti Arcey	Shruti
32	shristi Pahade	Sahade
33	Manbasha	Manbha
34	Himadri Suryawanshi	Himadri
35	Dhanshri	Dhanshri
36	Swati	Swati
37	Arpita Kumari	Arpita Kumari
38	Arshadi Ansari	Arshadi
39	Alvredija Paul	Alvredija
40	Himani Ningwal	Himani
41	Anjali Dixit	Anjali
42	Isha Sune	Isha
43	Shravansti Paradkar	Shravansti
44	Kashish Sengar	Kashish
45	Janhvi Singh	Janhvi
46	Smriti Shukla	<del>Smriti Shukla</del>
47	Pranjal Tharuse	Pranjal
48	Aparna Khandelwal	<del>Aparna Khandelwal</del>
49	Nandani Pandey	Nandani
50	Arpita Anand	Arpita
51	Shamshawi Chauhan	Shanf
52	Mausmy Kochi	<del>Mausmy</del>
53	Ekta Hargunani	<del>Ekta</del>
54	Tejal Athawale	Tejal
55	Apurva Singh	Aruna Singh
56	Parishkita Jyoti	Parishkita
57	Mayuri Malakar	Mayuri
58	Tanya Suman	Tanya
59	Srushti Kadam	Srushti

60	Swati Mishra	<del>Swati</del>
61	Khushmann Sirahi	Khushmann
62	Pooja Yadav	Pooja
63	Mansi Sainkar	Mansi
64	Indubala	<del>Indubala</del>
65	Aysha Naz	<del>Aysha</del>
66	Anusha Adhikari	<del>Anusha</del>
67	Aditya Basad	Aditya Basad
68	Shiva Singh	Shiva
69	Leekha	<del>Leekha</del>
70	Shruti	Shruti
71	Pragya Sharma	Pragya
72	Pooja Mangre	Pooja
73	Shreyas Sanyal	Shreyas
74	Reya Singh	Reya
75	Rishika Pandolija	Rishi
76	SIDDHI JAIN	siddhi
77	RICHA BARUAH	<del>Richa</del>
78	SAKSHI SINGH	Sakshi
79	SNEHAL CHUKLA	<del>Snehal</del>
80	SHAILY GHOSHI	Shaily
81	TANYA BHARMA	Tanya
82	SADHNA SARKAR	Sadhna
83	RIYA	Riya
84	VASU VARSHITHA	Vasu
85	<del>Prerana</del> PRERANA	Prerana
86		
87		
88		
89		
90		
91		



**FEEDBACK FORM**

DATE - 4/3/23  
PROGRAM - self defence  
SPEAKER - Ameture Karate association.

Please tick on the corresponding box

S.NO.		EXCEL LENT	GOOD	FAIR	POOR
1	Format of the program		✓		
2	Speaker's knowledge on the topic	✓			
3	Use of tools during the program		✓		
4	Efficacy of the program in upgrading your skill and knowledge		✓		
5	Topics covered in the session/program		✓		
6	Time scheduling		✓		
7	Discussion and doubt clearing session		✓		

Any other suggestions –

Thank you for your valuable feedback..!





**FEEDBACK FORM**

DATE - 04 March 2022  
PROGRAM - Karate session  
SPEAKER - Anshu Karate association

Please tick on the corresponding box

S.NO.		EXCEL LENT	GOOD	FAIR	POOR
1	Format of the program		✓		
2	Speaker's knowledge on the topic	✓			
3	Use of tools during the program		✓		
4	Efficacy of the program in upgrading your skill and knowledge	✓			
5	Topics covered in the session/program		✓		
6	Time scheduling		✓		
7	Discussion and doubt clearing session		✓		

Any other suggestions –

Thank you for your valuable feedback..!



**FEEDBACK FORM**

DATE – 4/04/2023  
PROGRAM – International women's day  
SPEAKER –

Please tick on the corresponding box

S.NO.		EXCEL LENT	GOOD	FAIR	POOR
1	Format of the program	✓			
2	Speaker's knowledge on the topic	✓			
3	Use of tools during the program	✓			
4	Efficacy of the program in upgrading your skill and knowledge	✓			
5	Topics covered in the session/program	✓			
6	Time scheduling	✓			
7	Discussion and doubt clearing session	✓			

Any other suggestions –

Thank you for your valuable feedback..!





**FEEDBACK FORM**

DATE - 14/03/2023  
PROGRAM - KARATE  
SPEAKER - KARATE

Please tick on the corresponding box

S.NO.		EXCEL LENT	GOOD	FAIR	POOR
1	Format of the program	✓			
2	Speaker's knowledge on the topic	✓			
3	Use of tools during the program	✓			
4	Efficacy of the program in upgrading your skill and knowledge	✓			
5	Topics covered in the session/program	✓			
6	Time scheduling	✓			
7	Discussion and doubt clearing session	✓			

Any other suggestions -

Need more sessions like this

Thank you for your valuable feedback..!



**FEEDBACK FORM**

DATE - 4/3/23  
PROGRAM - SELF DEFENCE  
SPEAKER - AMETURE KARATE ASSOCIATION

Please tick on the corresponding box

S.NO.		EXCEL LENT	GOOD	FAIR	POOR
1	Format of the program	✓			
2	Speaker's knowledge on the topic	✓			
3	Use of tools during the program	✓			
4	Efficacy of the program in upgrading your skill and knowledge	✓			
5	Topics covered in the session/program		✓		
6	Time scheduling		✓		
7	Discussion and doubt clearing session	✓			

Any other suggestions –

Thank you for your valuable feedback..!



# PROGRAM REPORT

**PROGRAM** – Integrated session on benefits of yoga and its posture

**GUEST SPEAKER** – Miss Mariyam Shahid, Certified QCI trainer

**DATE** – 21<sup>st</sup> June 2023

**VENUE:** Auditorium, Rishiraj College of Dental Sciences and Research Centre, Bhopal

**PROCEEDINGS OF THE PROGRAM:** An integrated session on benefits of yoga and its posture was conducted by the institute for the BDS 1<sup>st</sup> year students. Miss Mariyam Shahid who is a certified QCI trainer took this session with great dedication. The students also participated with full interest, enthusiasm and eagerness. The session began by seeking the blessings of the Almighty by chanting the Gayatri Mantra. Asanas starting with warming up and stretching were followed by a series of Padmasanas, Sukhasan, Tadasana, Bhujang Asana and ending with Shavasana. Exercises for relieving stress, reducing joint pain and enhancing the flexibility of the back were also done for the benefit of the students. She also motivated them and conveyed the importance of making yoga an integral part of our daily life by extending the practice of yoga beyond the mat. The session concluded with an interactive session between the instructor and the teachers in which the queries of the teachers were addressed satisfactorily. The session was very refreshing, reviving and relaxing.

No. of attendees – 27





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## Certificate Of Participation

This Certificate is Presented to

**Mantasha**

for their active participation in

**Integrated Session On Benefits Of Yoga And It's Postures**

held on **21st June 2023**

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**Shri. Jai Narain Chouksey**  
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**Hulesh Paraste**

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