

SCIENCES

RISHIRAJ COLLEGE OF DENTAL

& RESEARCH CENTRE

Pipalner Road, Gandhi Nagar, Near Airport, Bhopal –

462 036



PROGRAM REPORT

TYPE OF PROGRAM- Alumni meets (Renaissance '22)

SPEAKER/TUTOR –Dr Santhosh Rao

DATE -26 November 2022

TIME –10 AM onwards

VENUE – RCDS & RC Auditorium

The alumni association of Rishiraj college organized alumni meet 2022-a programme to facilitate, consolidate alumni activities at college. The alumni meet is to reconnect with the alumni and celebrate their success and various achievements. The alumni started arriving in college by 8.30 am and they were received by the registration team and got the souvenir .The alumni meet started with the welcome address by the alumni association president .The meeting was graced by the dean Dr G S Chandu .

Alumni also interacted with the students and gave motivational talk regarding preparing for higher studies and placements,students asked many question regarding placements and the alumni shared their views. Vote of thanks was given by Dr Natasha Khan and she thanked

the various organizers alumni members of the event. She also thanked the management of Rishiraj for the support and guidance which has made alumni meet 2022 a grand success.



PROGRAM REPORT

PROGRAM: Ganesh Utsav celebration 2022

DATE: 31st August – 6th September 2022

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

PROCEEDINGS OF THE PROGRAM:

Ganesh Chaturthi was celebrated in RCDS&RC this year with great spectacle and splendour. Post COVID the festive mood was high. The student council along with the interns got the idol of lord Ganesh with great enthusiasm. This idol sthaphna was done on the front gate and was decorated with marbles, ribbons and colorful bands. Everyday at 9 AM the college started with Ganesh pooja and distribution of Prasad. On 6 September 2022 a hawan and bhandara was also organized by the student council following which the visarjan was done. The students participated in the procession singing and dancing to the accompaniment of music and drums.



PROGRAM REPORT

PROGRAM : Garba Night

DATE: 4th October 2022

TIME: 6 PM onwards

VENUE: Rishiraj College of Dental sciences and Research Centre, Bhopal

PROCEEDINGS OF THE PROGRAM:

RCDS & RC celebrated the raas garba night on Maha Navmi evening in the college campus with great vigor and enthusiasm. The function began with the blessings and worshipping (aarti) of goddess Durga by the chief guests Smt. Poonam Chouksey madam and Shri Anupam Chouksey sir. This was followed by various dance performances by staff and students including garba raas, dandiya and many more. Post this all the students and staff enjoyed the night and danced on the tunes of garba music. Traditional dress code for garba night was followed by the students and staff alike. This function brought awareness among the students about the traditional customs while enjoying the garba night. The celebration ended with the award ceremony in which the students were awarded for their looks and talent.



PROGRAM REPORT

PROGRAM: Independence Day Celebration 2022

DATE: 15th August 2022

TIME: 09:00 AM

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

PROCEEDINGS OF THE PROGRAM:

Azaadi ka Amrit Mahotsav was celebrated with full enthusiasm in RCDS on the occasion of India's 75th Independence Day in the presence of respected Dr Anupam Chouskey sir by the student council team of RCDS&RC. Sir emphasized on the importance of freedom and our duties towards the country during his speech. Cultural programme on India's Independence journey was highlighted by our students and interns. Puja was also performed for the newly installed OPG ceph machine in department of Oral Medicine and Radiology.



PROGRAM REPORT

PROGRAM: Kite Festival

DATE: 14th January 2023

TIME: 12 PM onwards

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

PROCEEDINGS OF THE PROGRAM:

On 14th January 2023 kite festival was organized to celebrate maker sankranti by the student council, RCDS&RC under the guidance of Dr. Brajendra Singh Tomar. There were in total 3 categories – Decorative kite flying, Non decorative kite flying and Decorative non flying kite. Dr. Natasha Khan (Director – RCDS&RC) inaugurated the event by flying the first kite. All the staff and students unanimously participated and made this event a great success. The judges for the decorative non flying kite were Dean Dr. GS Chandu and Vice Dean Dr. Nishant R Chourasia. At the end of the event prizes were given to the winners in each category. Dr. Sasidhar and Dr Ashish were regarded as the best kite flyers of the festival. The kite decorated by the dept. of prosthodontics was declared the best decorated non flying kite.



Rishiraj college of Dental Sciences and Research Centre

Detailed report of oral pathology day celebration

Organized by the department of Oral pathology and microbiology

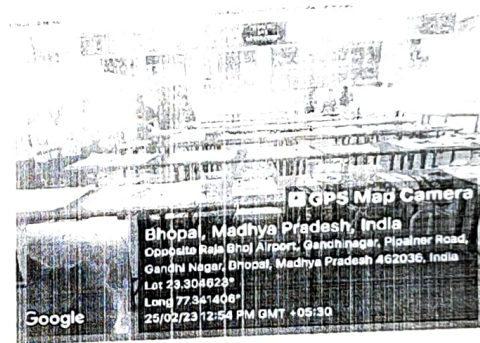
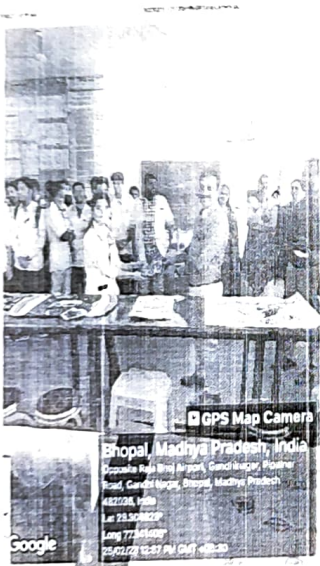
Date-25/02/2023

Time-11.00 a.m to 1.00 p.m

Venue- RCDS & RC campus

Report:

Oral pathology day was celebrated on 25th of February 2023 in the department of oral pathology with a lot of enthusiasm. To celebrate this day we have organized poster making competition for undergraduates and interns on the topic "cancer awareness". The prize distribution was done on the same day. All the teaching staff was invited for the refreshments.



Art of Living Program – {30th January – 1st 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.



PROGRAM REPORT

PROGRAM: Women's day celebration

DATE: 4th -11th 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 4th 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 10th 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 11th 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.

PROGRAM REPORT

PROGRAM – Sunderkand path

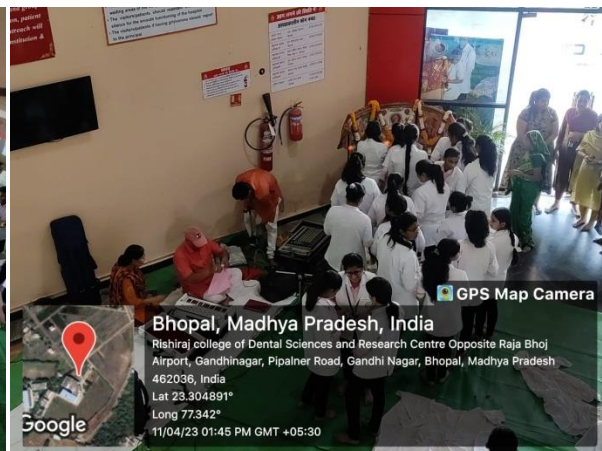
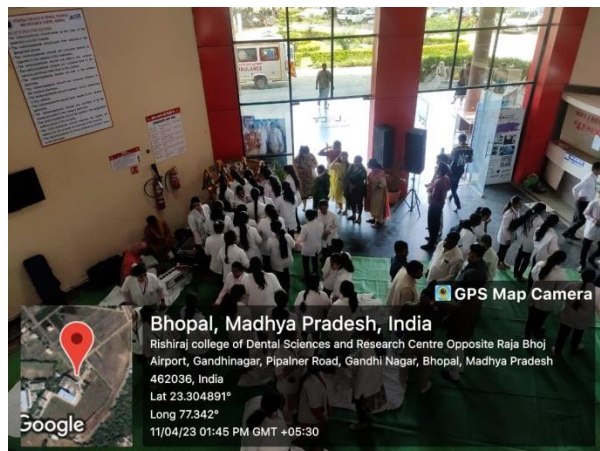
DATE – 11th April 2023

TIME: 01:00 PM onwards

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

PROCEEDINGS OF THE PROGRAM:

Sunderkand path was done by the student council members in the institute to celebrate the birthday of the secretary of our group, Dr. Anupam Chouksey. Sunderkand recitation promotes mental peace and offers you the ability to resolve all of your problems, fulfill your ambitions, and protect you from the negative effects of unfavorable planetary alignments. Not just the students and staff of the institute but the visitors and patients also sat in the path and gained the blessings of lord Hanuman and lord Ram.



PROGRAM REPORT

PROGRAM – Stress Management

DATE – 11th 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 11th 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 – Integrated session on benefits of yoga and its posture

GUEST SPEAKER – Miss Mariyam Shahid, Certified QCI trainer

DATE – 21st 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 1st 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



PROGRAM REPORT

PROGRAM – Volleyball and Throwball

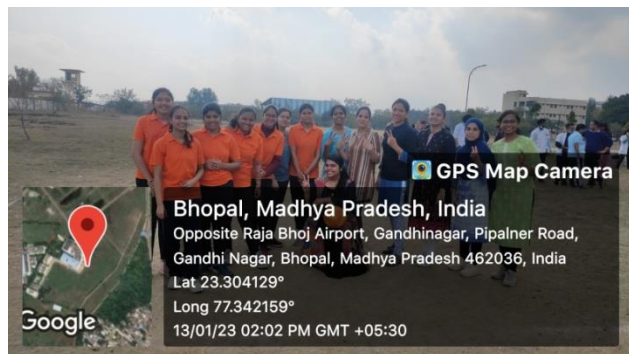
DATE – 12th – 15th January 2023

TIME: 01:00 PM onwards

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

PROCEEDINGS OF THE PROGRAM:

Sports committee organized a volleyball competition for the men and throw ball competition for women. There were 8 teams in total comprising of best players from their batch. The teams were from BDS 1ST year, BDS 2ND year, BDS 3RD year, BDS final year, interns, PG students, teaching and non teaching staff. Everyone played the game with full sportsman ship and enjoyed the game. The winners of volleyball were the boys from interns. The winners of throwball were the PG girls.



IMPRESSION 2023

27TH MARCH - 1ST APRIL 2023

**VENUE : RCDS CAMPUS,
NEAR INTERNATIONAL AIRPORT, GANDHI NAGAR, BHOPAL**

RETRO DAY

**27
MARCH**

- DANCE BATTLE
- RANGOLI COMPETITION
- FACE PAINTING
- BEST OUT OF WASTE
- INDOOR GAMES KNOCKOUT

INDOOR GAMES

- CHESS
- CARROMS
- TABLE TENNIS

MEME AND COSPLAY DAY

**28
MARCH**

- TATTOO COMPETITION
- LEMON RACE
- SINGING
- INDOOR GAMES SEMI FINAL

TRADITIONAL DAY

**29
MARCH**

- FRUIT CARVING
- ANTAKSHARI
- INDOOR GAMES FINAL

SUMMER BLUE'S

**31
MARCH**

- **FEST DAY**

WESTERN THEME

1 APRIL

ANNUAL DAY

ANNUAL FEST



DATE: 01/04/2023

TIME: 7:00 - 10:00 pm

LOCATION: RCDS Cricket ground, RCDS Campus

CHIEF GUEST: Shri JN Chouksey sir, Shrimati Poonam Chouksey Mam



Staff Incharge: Dr. Prashant P. Jaju sir
Dr. Ambika Shrivastava Mam
Dr. Babita Niranjana Mam

Event incharge : Naveen Mathai
Jatin Gupta
Rohit Yadav
Pragya Sharma
Rumana Khan
Akanksha Agrawal
Shivam Patel
Deepa Singh Rajput



REVIEW: The annual fest was an event that was a huge success. The Saraswati Pooja and a welcome dance were the first events of the day. Both were performed by the most talented members of our organization. After that, there was an award ceremony for academic excellence in all areas, followed by national and international conferences. Finally, there were competitive performances based on each batch's level of participation in the fest. Following these events, the concluding performance was the ramp walk, which was performed by the intern batch. Following this, the intern batch was awarded a rolling trophy for the best year for their overall performance in all of the events. Everyone had a chance to shine, and the event was well received by all those present. And last but not least, scrumptious dinners were provided for everyone.



Antakshari

Time: 1:30 to 3:30pm

Location: Reception area

Date: 29.03.23

Judges: Dr.Poorva Tiwari Mam

Dr.Namrata Gulhati Mam

Dr.Shuchi Singh Mam

Incharges:Dr. Kartik Choudhary Sir

Dr.Subhra Singh Mam

Event Incharges: Priya Chandak

Vaishnavi Chulet

Winners: Interns- Neha Malviya,Neha Mishra,Shagufta, Pragya,Divya

Runner up: Faculty-Dr.Samarth Sir,Dr.Kriti Mam,Dr.Shweta Mam,Dr.Garima Mam,Dr.Babita Mam

Review: It was a successful event. Every participants performed well. Audience enjoyed a lot. It was a great opportunity for everyone

BEST OUT OF WASTE COMPETITION



- Date – 27-03-23
- Venue – anatomy lab
- Staff incharge- Dr. Nishita ma'am
Dr. Sonal ma'am
- Intern incharge- Anagha soni
Sakshi agrawal
- Judges – Dr. Kshitij sir
Dr. Indra ma'am
- Winners- Arsala ansari(3rd year)
Dr. Versha ma'am (OS)
Parul vimal(3rd year)
- Total participants-18

[REVIEW]

The best out of waste competition was held on 27 march in anatomy lab. The time duration for competition was 45 minutes.

CARROM SUMMARY

Held from 26-03-2023 to 29-03-2023 in auditorium under the supervision of respected incharges- Dr. Faizal sir, & Dr. Amir sir.

There were 42 & 26 participants in boys and girls respectively.

Judging was done by – Dr. Faizal sir & Dr. Amir sir

Winners

Boys-

1st prize- Shahnawaz Alam (intern)

2nd prize- Dr. Shrikant Choubey (PG)



Girls-

1st prize- Shivani jain (intern)

2nd prize- Dr. Nishita Grandhi (faculty)



EVENT

🍋 LEMON SPOON RACE 🔑



- **Date:** 28/03/23
- **Venue:** Infront of volleyball ground
- **Incharges:** 1) Kapil Malviya
2) Anjali khode
- **Total participants:** 132
- **Winners :** 🏆 Dr. Dakshata Mam
🏆 Roshni(New 1st yr)
- **Judges :** Dr. Kartik Choudhary sir
Dr. Rahul Bhartia sir
- **Teachers incharge:** Dr. Poorva tiwari
: Dr. Priyanka mam

REVIEW: Back to school spoon lemon race with well Tracks marked with 2 obstacles In between from starting line to finish line. We provided the participants with Tea spoon and lemon. First intra batches elimination were done than winners of each batch were made to compete against each other in the Final round to conclude the 🏆





RANGOLI

Rangoli competition held on 27 march in front of physiology lab under supervision of Respected in-charge Dr Prachi sejeria mam . The theme of Rangoli competition was given before hand which was Navratri and Ramadan and the duration was 45 minutes. There were 14 teams in competition .

- Judges of the competition

Dr Arpana ma'am

Dr Vedant sir

- Winners of the competition

First position

Anushka, Radha, and puspali from third year .

Second position is tied between

pg Dr varsha, Dr. Priyanka, Dr shivi And third year Arshala , shabee, and aditi k.

Singing competition



- Date – 28-03-23
- Venue - Auditorium
- Staff incharge – Dr kirti mam
Dr samarth sir
- Intern incharge – Shivani jain
- Judge – Dr Ankita mam
Dr Arpan sir
- Winner - Solo –1st prize -Bhaves (2nd year)
2nd prize Dr Aastha (Pg)
Group - Arlene, Neha, Priya (intern)

[Review] –

Singing competition was held on 28 March in Auditorium .

Total participants Solo 15 & 4 group.



Chess

Chess competition in upper auditorium held on 26 march in under supervision of Respected in-charge Dr Rahul bhartia sir . The first day knock out matches will be played and then 28 semi-final and 29 Final tournament . Total 42 participants who take part in chess match.

- Judges of the competition

Dr Rahul bhartia sir

- Winners of the competition

Boys

First position – Hardik (2nd year)

Second position- Rohit (Intern)

Girls

First position- Pushpali (3rd year)

Second position- Neha mishra (Intern)

Tattoo competition summary



- Date – 28/03/2023
- Venue – Anatomy lab
- Staff incharge – Dr.surbhi mam
Dr.pooja mam
- Intern incharge – luxmi Athokpam
Mrunal sagdeo
- Judges – Dr. Hema mam
Dr.Nishita mam
Dr.Prachi mam
- Winners – Addya gupta (intern)
Anamika (2nd year)
- Total participants – 17

[REVIEW] -

Tattoo competition was held on 28 March in anatomy lab .The theme For tattoo competition was Anime .The time duration for competition was 40 mins.



ANNUAL FEST DAY

Theme: Summer Blue

Time: 11:00 to 3:30 pm

Location: RCDS Ground

Date: 31.03.23

Incharges: Dr. Arpan Shrivastava Sir

Event Incharges: Maneesh Kumar

Stalls: Stalls

- 1.. Rose Stall
2. Chocolate Stall
3. Snacks/ Chat Stall
4. Water/ Tea/Coffee Stall
5. Mocktail/ Shakes/Fruit Juices/ Cold Drinks
6. Game Zone
7. Mini Meals Stall (Rajma Rice, Chole Rice, Biryani Raita or Pav Bhajji
8. Paan Stall
9. Miscellaneous Stall (Tatto, Meena Bazzar, or Tarot Reading)

Review: It was a successful event. Every participants performed well. Audience enjoyed a lot. It was a great opportunity for everyone. Bidding Day was phenomenal.

FRUIT CARVING COMPETITION



- **Date-** 29/03/2023
- **Venue-** Anatomy lab
- **Intern Incharges-** Anshika Singhai
Neha Malviya
- **Staff Incharge-** Dr Namrata Gulati Ma'am
- **Judges-** Dr Brajendra Tomar Sir
Dr Faizal Sir
- **Winners-**
 - 1st **prize-** Anshul and Esther (3rd year)
 - 2nd **prize-** Sonali giri and Arlene (Interns)
Arsala and Shabee (3rd year)
- **Total participants – 07**

[Review]

Fruit carving competition was held on 29th of March in anatomy lab.

The time duration was 45 mins.

PROGRAM REPORT

PROGRAM : Republic day celebration

CHIEF GUEST : Dr. Shweta Chouksey

DATE: 26th January 2023

TIME: 9 AM onwards

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

PROCEEDINGS OF THE PROGRAM:

Republic day was celebrated with full enthusiasm and patriotism in the college. The chief guest Dr. Shweta Chouksey (Executive Director – LNCT group) along with the Dean Dr. GS Chandu hoisted the flag. All the faculties and students gathered sung national anthem. The student council along with the cultural committee organized a function post the hoisting of the flag. Students sang many patriotic songs and also danced on the beats of the same. This was followed by saraswati pooja on the occasion of vasant panchmi in the library. The event was concluded by distribution of sweets and snacks to the students and faculties.



RPL Season-2 Report

RPL Interdental College Cricket tournament was held at Rishiraj college grounds from 15th Feb. 2023 to 17th Feb. 2023. Five dental colleges of Bhopal participated in the event. RKDF College dropped out of the event at the last moment, due to their internal issues.

The event was inaugurated by Shri J.N. Chouksey Sir, (Chancellor, LNCT University & Chairman LNCT group). During the inaugural ceremony, a torch run was held and the captains of the various teams pledged to play the games in high spirit.

On 15th Feb First match was played between host team RCDS Vs defending champions Mansarovar dental college. Host team RCDS won the match.

The afternoon match was played between PCDS Vs Bhabha dental college. PCDS won the match.

On 16th Feb, Semifinal was played between PCDS & PDA, which PCDS won to reach the finals.

In the afternoon of 16th Feb, a friendly match was played between the ladies team of Mansarovar dental college & RCDS. This was an effort by the organizing team to promote ladies cricket.

✓ Huge enthusiasm was seen between the two teams in a hard fought match ladies of Mansarovar dental college won the game.

On 17th feb, Finals of the tournament was played between home team RCDS & PCDS, which the home team RCDS won very comfortably.

Prize distribution ceremony was held in the august presence of Shri. Anupam Chouksey sir (Secretary LNCT group). Other guests included, Dr. G. S. Chandu (Dean RCDS), Dr. Parimala Kulkarni (Dean PCDS), Dr. Nalasha Khan (Sports incharge, RCDS), Dr. P. Jaju (OSD, RCDS), Dr. N. R. Chourasia (Vice dean, RCDS), Mr. Pankaj Jain (Sports director, LNCT group), Mr. Laxman Rayput, (Counsellor, Ward No-1, Bhopal).


Winners trophy was awarded to RCDS captain Rajkiran Patil, while runner's trophy was presented to PCDS Captain Dr. Trilok Shrivastav. MOM was awarded to Mr. Nagendra of RCDS & MOS was awarded to Dr. Sabranth of PCDS. Cash prizes were also awarded to Mr. Hulesh, Mr. Gandhi & Mr. Shivampatel of RCDS for best emerging players.

The entire Organizing team of RPL are highly indebted to the Management of LNCT group for providing the platform for successful conduction of the tournament & for their constant guidance.

✓ We are also thankful for our sponsors M/s
Eduwire Consultancy, INCT gym app & M/s Neha Printers
for their timely support to the event.

Event was aptly supported by Mr. Preetam and his
team, without whose efforts event would not have been
successful.

All the students wholeheartedly participated in the event
and made it a great success.


22/2/23
(Sports coordinator)



Ratasha
(Sports Incharge)

PROGRAM REPORT

PROGRAM: Teachers day celebration 2022

DATE: 5th September 2022

TIME: 1:00 PM

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

PROCEEDINGS OF THE PROGRAM:

Teacher's day is celebrated every year with full zeal by the students under the leadership of student council team to pay a tribute to the beloved teachers of the institute. This year the students made a big greeting card dedicated to each and every teacher. The function started with the cake cutting ceremony by all the HODs. After which a small function was organized by the students including dance performances, singing, reciting poems, skits etc. In between the performances some fun games were also organized for the teachers. At the end all the students were grateful to the teachers and acknowledged the teacher's presence and hardships for their success.



IMPRESSION 2023

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SUMMER BLUE'S

**31
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- **FEST DAY**

WESTERN THEME

1 APRIL

ANNUAL DAY