



REF.NO:YDCH/906(A)/2022

Date:-22/08/2022

NOTICE

All the teaching and non-teaching staff, students are hereby invited to attend 'Exploring Yourself' program in Yogita Dental College and Hospital premise on 25/08/2022 in Blue classroom.



Bhargava

Dean

Yogita Dental college and Hospital

SHIVTEJ AROGYA SEVA SANSTHA'S



**YOGITA DENTAL COLLEGE AND
HOSPITAL**

REGD.NO.MAH/F/-1588/RATNAGIRI

(Recognized by Dental Council of India, New Delhi & Affiliated to Maharashtra University of Health Science, Nashik)

Ref.No: YDCH/2107/920(A)/2022

Date:-12/09/2022

NOTICE

All the teaching and non-teaching staff, students are hereby invited to attend 'Self Motivation' programme in Yogita Dental College and Hospital premise on 16/09/2022 in pink classroom.



Dean

Yogita Dental college and Hospital

SHIVTEJ AROGYA SEVA SANSTHA'S



YOGITA DENTAL COLLEGE AND HOSPITAL

REGD.NO.MAH/F/-1588/RATNAGIRI

(Recognized by Dental Council of India, New Delhi & Affiliated to Maharashtra University of Health Science, Nashik)

Ref. NO: YDCH/2107/948(A)/2022

Date:- 29/09/2022

NOTICE

All the teaching and non-teaching staff, students are hereby invited to attend 'Lifestyle modification for working women' programme in Yogita Dental College and Hospital premise on 03/10/2022 in Blue classroom.




Dean

Yogita Dental college and Hospital

SHIVTEJ AROGYA SEVA SANSTHA'S



**YOGITA DENTAL COLLEGE AND
HOSPITAL**

REGD.NO.MAH/F/-1588/RATNAGIRI

(Recognized by Dental Council of India, New Delhi & Affiliated to Maharashtra University of Health Science, Nashik)

Ref. NO: YDCH/2107/992(A)/2022

Date:-08/12/2022

NOTICE

All the teaching and non-teaching staff, students are hereby invited to attend 'Mental Health and willpower' programme in Yogita Dental College and Hospital premise on 11/12/2022 in Blue classroom.



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YOGITA DENTAL COLLEGE AND HOSPITAL

REGD.NO.MAH/F/-1588/RATNAGIRI

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Ref.No: YDCH/2107/10896/2023

Date:-08/03/2023

NOTICE

All the teaching and non-teaching staff, students are hereby invited to attend 'Women's Day' Programme in Yogita Dental College and Hospital premise on 12/03/2023 in Blue classroom.



B. B. B.

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Yogita Dental college and Hospital

SHIVTEJ AROGYA SEVA SANSTHA'S



YOGITA DENTAL COLLEGE AND HOSPITAL

REGD.NO.MAH/F/-1588/RATNAGIRI

(Recognized by Dental Council of India, New Delhi & Affiliated to Maharashtra University of Health Science, Nashik)

REF. NO: YDCH/2107/2125(B)/2023

Date: 15/04/2023

Date:-15/04/2023

NOTICE

All the teaching and non-teaching staff, students are hereby invited to attend 'Work life balance' programme in Yogita Dental College and Hospital premise on 19/04/2023 in Blue classroom.



Dean

Yogita Dental college and Hospital

SHIVTEJ AROGYA SEVA SANSTHA'S



YOGITA DENTAL COLLEGE AND HOSPITAL

REGD.NO.MAH/F/-1588/RATNAGIRI

(Recognized by Dental Council of India, New Delhi & Affiliated to Maharashtra University of Health Science, Nashik)

Ref.No:YDCH/2107/2151(A)/2023

Date:-13/05/2023

NOTICE

All the teaching and non-teaching staff, students are hereby invited to attend 'Self Defence' programme in Yogita Dental College and Hospital premise on 17/05/2023 in Blue classroom.



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Yogita Dental college and Hospital



Exploring Yourself

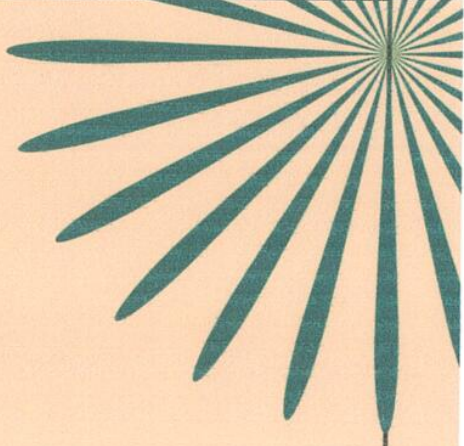
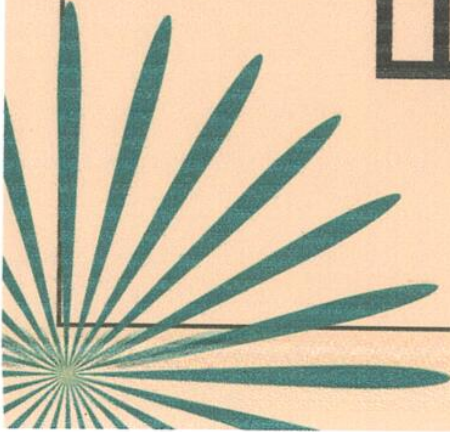
Speaker:-

Dr. Manasi Kale

Venue:- Blue Classroom

Date:- 25/08/2022

Time:- 3-5 PM





YOGITA DENTAL COLLEGE & HOSPITAL
DEPARTMENT OF CONSERVATIVE DENTISTRY & ENDODONTIC

Gender Equity Sensitization Programme

“Exploring yourself”

Speaker:-

Dr. Manasi Kale

Venue:- Blue Classroom

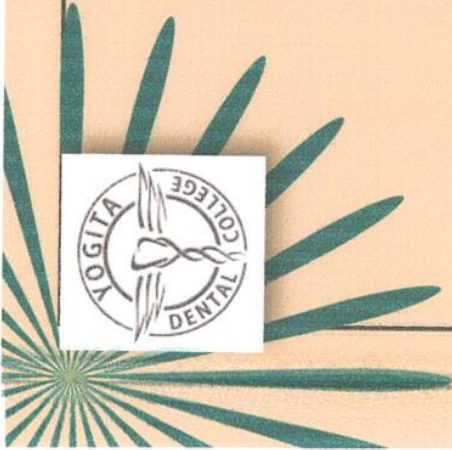
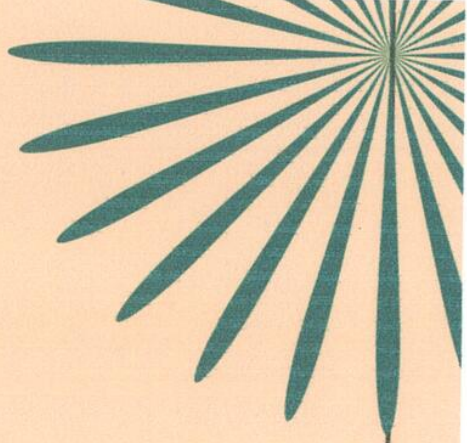
Date:- 25/08/2022

Time:- 3-5 PM

Dr. Unmesh Khanvilkar
HOD, Criteria Head

Dr. Hemangi Pol
CEO

Dr. Varsha Jadhav
DEAN





YOGITA DENTAL COLLEGE & HOSPITAL
DEPARTMENT OF CONSERVATIVE DENTISTRY & ENDODONTIC

Gender Equity Sensitization Programme

Schedule of the day :

Date	Day	Time	Topic
25 th August 2022	Friday	3.00 pm	Registration
		3.15pm	Everything Starts at Me
		3.45pm	Self Analysis
		4.15pm	Be Ready for New Challenges
		4.50 pm	Vote of Thanks
			Certificate Distribution

Dr. Umesh Khanvilkar
HOD, Criteria Head





SELF MOTIVATION

S P E A K E R : -
D R . S H I R I N K S H I R S A G A R

DATE:- 16/09/2022
VENUE:- PINK CLASSROOM
TIME:- 3-5 PM





YOGITA DENTAL COLLEGE & HOSPITAL
DEPARTMENT OF CONSERVATIVE DENTISTRY & ENDODONTIC



SELF MOTIVATION PROGRAMS

S P E A K E R : -

D R . S H I R I N K S H I R S A G A R

Dr. Unmesh Khanvilkar
HOD, Criteria Head

Dr. Hemangi Pol
CEO

Dr. Varsha Jadhav
DEAN

DATE:- 16/09/2022

VENUE:- PINK CLASSROOM

TIME:- 3-5 PM



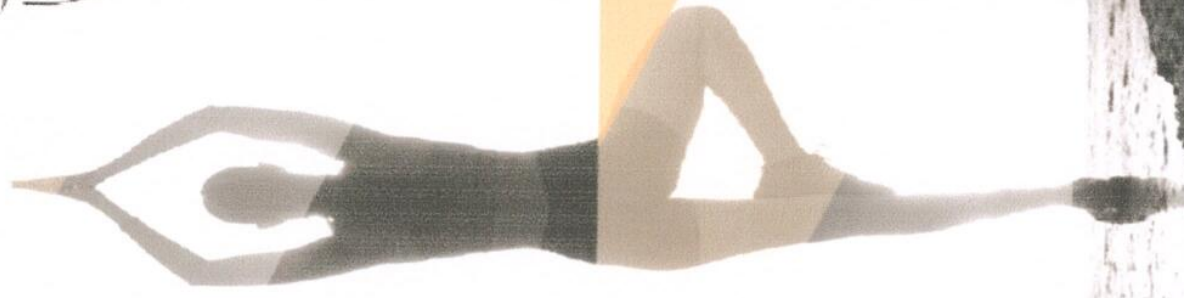
YOGITA DENTAL COLLEGE & HOSPITAL
DEPARTMENT OF CONSERVATIVE DENTISTRY & ENDODONTIC



Schedule of the day :

Date	Day	Time	Topic
16 th September 2022	Friday	3.00 pm	Registration
		3.10pm	Introduction
		3.45pm	Inspiring talks
		4.15pm	Self evaluation
		4.45pm	Vote of Thanks
			Certificate Distribution

LIFESTYLE MODIFICATION FOR WORKING WOMEN



Speaker:- Dr. Priyanka
Razdan

Date:- 3/10/2022

Venue:- Blue Classroom

Time:- 4-6PM





YOGITA DENTAL COLLEGE & HOSPITAL
DEPARTMENT OF CONSERVATIVE DENTISTRY & ENDODONTIC



Gender Equity Sensitization Programme

“Life Style Modification”

By

Dr. Priyanka Razdan (MDS Pedo)

Date: 3rd October 2022.

Time: 4.00 Pm to 6.00 pm.

Venue: Blue Classroom

Dr. Unmesh Khanvilkar
HOD, Criteria Head

Dr. Hemangi Pol
CEO

Dr. Varsha Jadhav
DEAN

Schedule of the day :

Date	Day	Time	Topic
3 rd October 2022	Monday	4.00 pm	Registration
		4.10pm	Concepts of Life Style
		4.45pm	Day to Day Challenges
		5.15pm	How to make it Happy Life
		5.50 pm	Vote of Thanks
			Certificate Distribution



Dr. Unmesh Khanvilkar

HOD, Criteria Head



MENTAL HEALTH AND WILLPOWER

Speaker : Dr. Tehsin Desai

Date:- 11/12/2022

Venue:- Blue Classroom

Time:- 3-5 PM





YOGITA DENTAL COLLEGE & HOSPITAL
DEPARTMENT OF CONSERVATIVE DENTISTRY & ENDODONTIC

“Mental Health and willpower”

By

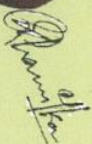
Dr. Tehseen Desai

Date: 11th December 2022.


Time: 3.00 Pm to 5.00 pm.

Venue: Blue classroom




Umesh Khanvilkar
D.D, Criteria Head


Dr Hemangi Pol
CEO


Dr Varsha Jadhav
DEAN



YOGITA DENTAL COLLEGE & HOSPITAL
DEPARTMENT OF CONSERVATIVE DENTISTRY & ENDODONTIC



Schedule of the day :

Date	Day	Time	Topic
11 th December 2022	Monday	3.00 pm	Registration
		3.10pm	Introduction to mental health
		3.45pm	The signs of poor mental health
		4.15pm	Encouraging healthy mental wellbeing
		4.45pm	Vote of Thanks
			Certificate Distribution



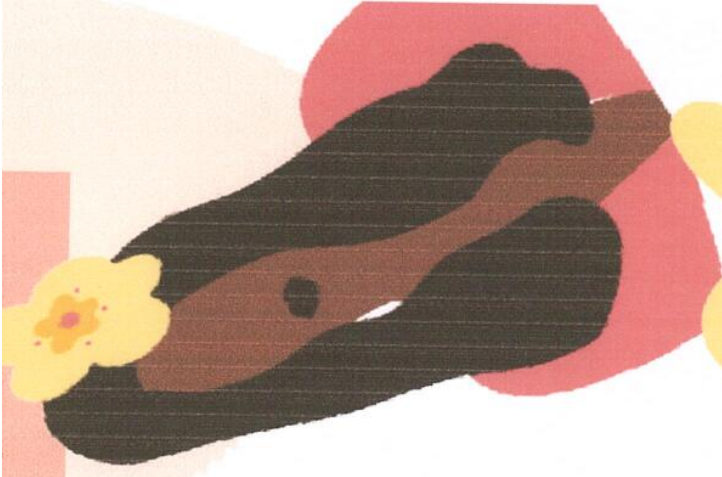
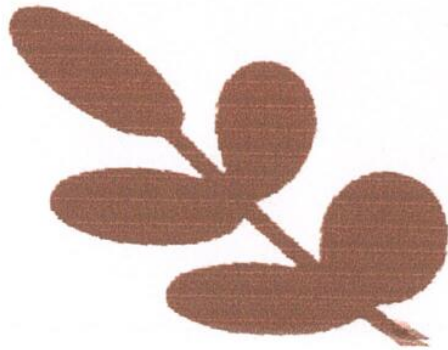
Women's Day!

**SPEAKER:-
DR. MUGDHA KHOND**

DATE:- 12/03/2023

VENUE:- BLUE CLASSROOM

TIME:- 3-5 PM





YOGITA DENTAL COLLEGE & HOSPITAL
DEPARTMENT OF CONSERVATIVE DENTISTRY & ENDODONTIC



Gender Equity Sensitization Programme

“Women Day”

By

Dr. Mughda Khond (MDS PHD)

Date: 12th March 2023.

Time: 3.00 Pm to 5.00 pm.

Venue: Blue Classroom

Dr. Unmesh Khanvilkar
HOD, Criteria Head

Dr. Hemangi Pol
CEO

Dr. Varsha Jadhav
DEAN

Schedule of the day :

Date	Day	Time	Topic
12 th March 2023	Monday	3.00 pm	Registration
		3.10pm	Inspiration Is the Key
		3.45pm	Day to Day Life Balance
		4.15pm	Women Empowerment
		4.50 pm	Vote of Thanks
			Certificate Distribution

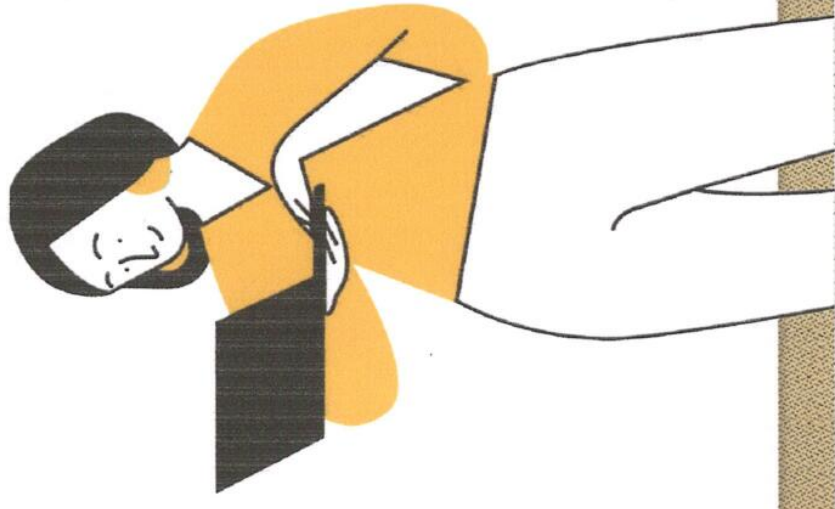
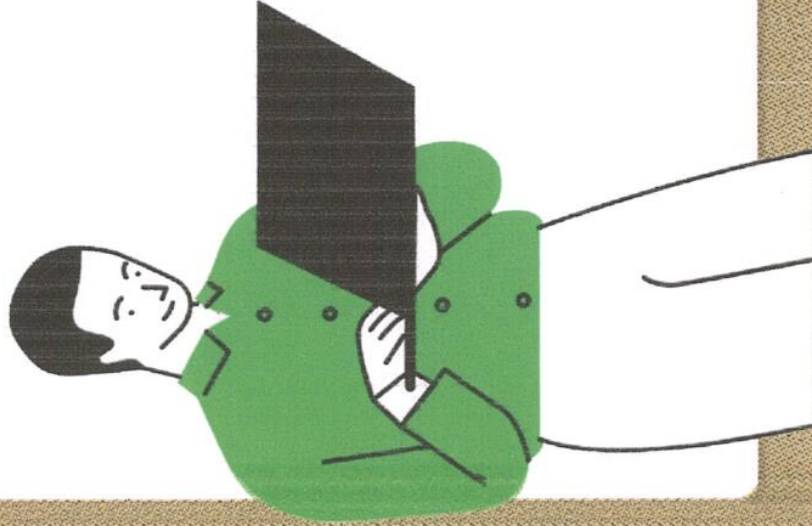


Dr. Unmesh Khanvilkar

HOD, Criteria Head



WORK LIFE BALANCE



SPEAKER:-

DR. SNEHAL DUPARE

DATE:- 19/04/2023

VENUE:- BLUE CLASSROOM

TIME :- 3-5 PM

YOGITA DENTAL COLLEGE & HOSPITAL

DEPARTMENT OF CONSERVATIVE DENTISTRY & ENDODONTIC

Gender Equity Sensitization Programme

“WORK LIFE BALANCE”

By

Dr. Snehal Dupare (MDS ORTHO)

Date: 19th April 2023.

Time: 3.00 Pm to 5.00 pm.

Venue: Blue Classroom




Dr. Umesh Khanvilkar
HOD, Criteria Head


Dr. Hemang Pol
CEO


Dr. Varsha Jadhav
DEAN

Schedule of the day :

Date	Day	Time	Topic
19 th April 2023	Wednesday	3.00 pm	Registration
		3.10pm	Expectations vs Reality
		3.45pm	Day to Day Challenges
		4.15pm	Time Management
		4.50 pm	Vote of Thanks
			Certificate Distribution



Dr. Umesh Khanvilkar
HOD, Criteria Head



SELF DEFENCE

Speaker :-
Dr. Rashmi Jayanna

Venue:- Blue Classroom

Date:-17/05/2023

Time:- 4-6 PM



YOGITA DENTAL COLLEGE & HOSPITAL
DEPARTMENT OF CONSERVATIVE DENTISTRY & ENDODONTIC



Gender Equity Sensitization Programme

“SELF DEFENCE”

By

Dr. RASHMI JAYANNA (MDS Pedo)

Date: 17th May 2023.

Time: 4.00 Pm to 6.00 pm.

Venue: Blue Classroom

Dr. Unmesh Khanvilkar
HOD, Criteria Head

Dr. Hemangi Pol
CEO

Dr. Varsha Jadhav
DEAN

Schedule of the day :

Date	Day	Time	Topic
17 th May 2023	Monday	4.00 pm	Registration
		4.10pm	Concepts of Self Defence
		4.45pm	Day to Day Challenges
		5.15pm	Overview and Integration
		5.50 pm	Vote of Thanks
			Certificate Distribution



Dr. Unmesh Khanvilkar

HOD, Criteria Head



EXPLORING YOURSELF

PROGRAMME REPORT

DATE: 25/08/2022

VENUE-BLUE CLASSROOM

TIME 3 pm-5pm

PROGRAMME CONDUCTOR: Dr. Mansi Kale

NO. OF PARTICIPANTS: 69 students

NO OF STAFF: 17

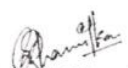
SUMMARY:

Y.D.CH... arranged a programme on EXPLORING YOURSELF mentored by Dr. Mansi. This event was planned and executed for the students and staff members of the college in total 69 students .The inaugural ceremony was held in presence of Dean Dr. Varsha Jadhav. Dr. Pradeep Taide, Dr Chandan

participated in the programme. A talk was given by intern.....on exploring yourself stating that there's no better time for self-exploration than the present, so here are some tips to get you started.

1. Start by visualizing your ideal self....
2. Explore your passions....
3. Try new things
4. Evaluate your skills.
5. Identify what you value about yourself...
6. Ask yourself questions....
7. Learn something new....
8. Keep a journal.

Specifically, self-exploration involves "taking a look at your own thoughts, feelings, behaviors and motivations and asking why. It's looking for the roots of who we are - answers to all the questions we have about ourselves " The program ended with the thanking speech and felicitation by Dr. Hemangi Pol, C.E.O.


Dr. Unmesh Khanvilkar
HOD, Criteria Head







PROGRAMME REPORT

SELF MOTIVATION PROGRAMME

DATE : 16/09/22

VENUE : PINK CLASSROOM

TIME:3 PM -5PM

PROGRAMME CONDUCTOR: DR. SHIRIN KSHIRSAGAR

NO OF PARTICIPANTS :65

NO OF STAFF :15

SUMMARY: Y.D.C.H arranged a Self motivation programme mentored by Dr Shirin Kshirsagar. This event was planned and executed for the students of the college. In total 65 students participated in the programme. A talk was given speaker by Dr. Shirin Kshirsagar on WORK LIFE BALANCE and she said that a self-motivation program is designed to empower individuals to cultivate and sustain their motivation. Key elements of such a program typically include:

Goal Setting: Encouraging participants to define clear, achievable goals.

Self-Awareness: Helping individuals understand their strengths, weaknesses, and passions.

Positive Mindset: Promoting a positive outlook, resilience, and the belief in one's abilities

Time Management: Teaching effective time management techniques to maximize productivity.

Accountability: Encouraging individuals to take responsibility for their actions and progress.

Visualization: Utilizing visualization techniques to reinforce motivation and success.

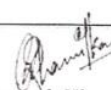
Continuous Learning: Emphasizing the importance of ongoing personal development.

Support System: Building a network of support, whether through mentors, peers, or coaches.

Tracking Progress: Monitoring and celebrating achievements along the way.

Adaptability: Encouraging adaptability and the ability to adjust goals as needed.

Ultimately, a self-motivation program aims to empower individuals to take charge of their lives, set meaningful goals, and stay driven to achieve them.


Dr. Unmesh Khanvilkar
HOD, Criteria Head





SHIVTEJ AROGYA SEVA SANSTHA'S



YOGITA DENTAL COLLEGE AND HOSPITAL

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LIFESTYLE MODIFICATION FOR WORKING WOMEN

PROGRAMME REPORT

DATE: 3/10/2022

VENUE: BLUE CLASSROOM

TIME: 4 pm-6pm

PROGRAMME CONDUCTOR: Dr. PRIYANKA RAZDAN

NO. OF PARTICIPANTS: 74 students

NO OF STAFF: 11

SUMMARY:

Y.D.C.H... arranged a programme on LIFESTYLE MODIFICATION FOR WORKING WOMEN mentored by Dr. Priyanka Razdan , This event was planned and executed for the students and staff members of the college. In total 64 students participated in the programme.

The inaugural ceremony was held in presence of Dr. Joel Koshy and Dr. Priyanka Razdan. A talk was given by Intern..... on maintaining healthy habits and thereby how it helps in a good way of lifestyle modification for working women. She said that health is much more dependant on our habits and nutrition than on medicine. Then she listed out some healthy lifestyle goals like purpose driven living, physical activity, nutrition, proper sleep, stress management, mental and behavioural health. She then added and explained how to adopt healthy eating habits and how to give importance to sleep, how to exercise daily and its unbelievable benefits, then how to make meditation a part of daily life, and one should regularly express emotions and thus simplify your life.

The program ended with the thanking speech and felicitation by Dr Joel Koshey Joseph.



Dr. Unmesh Khanvilkar
HOD, Criteria Head

SHIVTEJ AROGYA SEVA SANSTHA'S



YOGITA DENTAL COLLEGE AND HOSPITAL

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MENTAL HEALTH AND WILL POWER

Event Report

DATE: 11/12/2022

VENUE: BLUE CLASSROOM

TIME: 3 p.m-5 p.m

PROGRAMME CONDUCTOR: DR.TEHSEEN DESAI

NO. OF PARTICIPANTS: 78 students

NO OF STAFF: 15

SUMMARY:

Y.D.C.H, arranged a program on MENTAL HEALTH AND WILL POWER mentored by Dr. Tehseen Desai. This event was planned and executed for the students and staff members of the college. In total 68 students participated in the program.

The inaugural ceremony was held in presence of Dean Dr. Varsha Jadhav. Dr. Pradeep Talde introduced the speaker. A talk was given by Intern on mental health and will power it said that Willpower is the ability to resist short-term gratification in pursuit of long-term goals or objectives. Willpower is correlated with positive life outcomes such as better grades, higher self-esteem, lower substance abuse rates, greater financial security, and improved physical and mental health. Levels of willpower look different for everyone. You may feel like you don't currently have enough self-control and want to become more disciplined. The good news is, willpower can be learned and improved. Delayed gratification is another key aspect of willpower. It is the ability to resist short-term temptations to achieve long-term goals. When there is a larger long-term reward at stake, it can serve as the motivation needed to avoid temptations. Willpower is not unlimited, though, and it can be depleted when it's overused. A demanding lifestyle can quickly deplete even those with the most willpower. The program ended with the thanking speech and felicitation by Dr. Hemangi Pol, C.E.O.



Dr. Unmesh Khanvilkar
HOD, Criteria Head

SHIVTEJ AROGYA SEVA SANSTHA'S



YOGITA DENTAL COLLEGE AND HOSPITAL

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Date : 12/03/2023

WOMEN'S DAY

PROGRAMME REPORT

DATE: 12/03/2023

VENUE:-Blue Classroom

TIME: 03.00 pm -05:00 pm

PROGRAMME CONDUCTOR: Dr. Mugdha Khond

NO. OF PARTICIPANTS: 74 students


NO OF STAFF: 16

Women's Day was celebrated at Yogita Dental College and Hospital, Khed in the auditorium by felicitating the Dean and CEO and the female teaching and non-teaching staff members and showing appreciation for their efforts and presence in our lives. A speech was given Dean Dr. Mugdha Khond on the revolutionary women the world has produced and their contributions in uplifting the society.

OBJECTIVES

To remove or eliminate gender-based inequalities. The focus is also on providing proper education to all the girls and women to become an earning head in a family. Equal participation is the key concept




Dr. Unmesh Khanvilkar
HOD, Criteria Head



SHIVTEJ AROGYA SEVA SANSTHA'S



YOGITA DENTAL COLLEGE AND HOSPITAL

REGD.NO.MAH/F/-1588/RATNAGIRI

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WORK LIFE BALANCE

PROGRAMME REPORT

Date:19/04/2023

VENUE: BLUE CLASSROOM

TIME: 3PM -5PM

PROGRAMME CONDUCTOR: Dr. SNEHAL DHUPARE

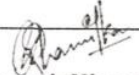
NO. OF PARTICIPANTS: 68 students

NO OF STAFF: 21

SUMMARY

Y.D.C.H arranged a programme on WORK LIFE BALANCE mentored by Dr Snehal Dhupare. This event was planned and executed for the students of the college. In total 68 students participated in the programme. A talk was given speaker by Dr. Snehal Dhupare on WORK LIFE BALANCE and she said that Work-life balance is the intersection of work and personal life. There are many aspects of one's personal life that can intersect with work including family, leisure, and health. Work-life interface is bidirectional; for instance, work can interfere with private life, and private life can interfere with work. Recent research has shown that the work-life interface has become more boundaryless, especially for technology-enabled workers. Work-life balance is the equilibrium between personal life and career work. Several theories explain different aspects of the relationship between the work and family life. Boundary theory and border theory are the two fundamental theories that researchers have used to study these role conflicts. Other theories are built on the foundations of these two theories. In the two decades since boundary theory and border theory were first proposed, the rise of Information and Communication Technologies (ICT) has drastically altered the work-life interface. Work can now be completed at any time and in any location, meaning that domains are more likely to be blended and boundaries barely exist.

Seven dominant theories have been utilized to explain this relationship on the boundary-border spectrum; These theories are: structural functioning, segmentation, compensation, supplemental and reactive compensation, role enhancement, spillover, and work enrichment mode. The program ended with the thanking speech and felicitation by Dr. Shirin Kshirsagar


Dr. Umesh Khanvilkar
HOD, Criteria Head

SHIVTEJ AROGYA SEVA SANSTHA'S



YOGITA DENTAL COLLEGE AND HOSPITAL

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SELF DEFENCE PROGRAMME

PROGRAMME REPORT

DATE: 17/05/2023

VENUE: BLUE CLASSROOM

TIME: 4.00 pm to 6.00pm

PROGRAMME CONDUCTOR: Dr. RASHMI JAYANNA

NO.OF PARTICIPANTS: 72 students

NO. OF STAFF: 12

YD.CH. arranged a programme on self defence mentored by Dr. Rashmi Jayanna , Reader, Department of Pedodontics. This event was planned and executed for the students and staff members of. In total 72 students participated in the programme The inaugural ceremony was held in presence of Dean Dr. Varsha jadhav .The program was followed by demonstration of basic self defence techniques by first year students Khushi Wagle and Prajakta Sutar In this modern era, violence against girl students is common. So, girl students should practice the techniques of self-defence. Girl students need to learn practical defence techniques in a safe environment from experienced and friendly martial arts instructors This program blends a great physical workout with practical real-life self-defence techniques and are ideal for girl students. By providing training and education in Awareness Prevention Risk Reduction Risk avoidance; and Self realization of their own physical power. These tools greatly increase personal protection options to combat crime.

SHIVTEJ AROGYA SEVA SANSTHA'S



YOGITA DENTAL COLLEGE AND HOSPITAL


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Objectives:

To empower women. To enable them to defend against any type of physical assault. To build self-confidence so that they can contribute meaningfully to their own development, shape their own destiny and capacity enhancement through Self-defence training the students practically with self- defence techniques.




Dr. Unmesh Khanvilkar
HOD, Criteria Head

