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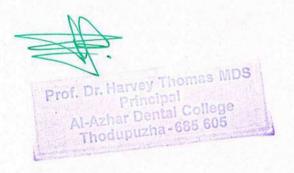
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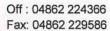
1.3.1. The Institution integrates cross cutting issues relevant to gender, environment and sustainability, human values, Health determinants, right to Health and emerging demographic issues and Professional ethics into the curriculum as prescribed by the University /DCI

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CERTIFICATE OF THE HEAD OF INSTITUTION





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TO WHOMSOEVER IT MAY CONCERN

1.3.1 This is to certify that all the documents provided are verified and true to the best of my knowledge.







AL-AZHAR DENTAL COLLEGE

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PROGRAMS INCORPORATING CROSS CUTTING ISSUES



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1.3.1 CDE (continuing dental education) programs incorporating cross cutting issues relevant to Gender, Environment and sustainability, Human values, Health determinants, Right to Health and emerging demographic issues and Professional Ethics.

Sl no	Title	Date	Pg no
1.	World Health Programme	11-04-2023	07-08
2.	International women's' day 2023	08-03-2023	09-11
3.	IPR Workshop	04-03-2023	12-13
4.	World Cancer Day	04-02-2023	14-16
5.	World AIDS Day	1-12-2022	17-19
6.	Anti -Drug Day Programme	17-10-2022	20-21
7.	Anti-Suicide Day Programme	14-09-2022	22-23
8.	Professional etiquettes	12-09-2022 to	24-25
		16-09-2022	
9.	Yoga: Integrating Body Mind and Spirit	26-06-2022	26-27
10.	Menstrual cups: greening the red	28-05-2022	28-29
11.	Dental ethics and jurisprudence	12-04-2022	30-31
12.	Express yourself: an innovative	01-04-2022	32-33
	workshop on life styles		
13.	International women's day 2022	11-03-2022	34-35
14.	Steroids in dental practice - a boon or a	04-03-2022	36-37
	scourge?		
15.	Sterilization and infection control	24-02-2022	38-39
16.	Career guidance programme-What after	15-01-2022	40-41
	BDS?		
17.	Interpersonal skills	10-01-2022 to	42-43
		14-01-2022	
18.	Health and Yoga	23-11-2021 to	44-45
	SE STATE SE	27-11-2021	2
19.	International day of rural women	15-10-2021	46-47

Prof. Dr. Harvey Thomas MDS
Principal
Al-Azhar Dental College
Thodupuzha-635 605

20.	Gender Equality Day	26-08-2021	48-49
21.	Biomedical waste management	09-08-2021 to 13-08-2021	50-51
22.	Tobacco cessation	13-07-2021 to 17-07-2021	52-53
23.	International women's day 2021	08-03-2021	54-55
24.	National Dentist Day	06-03-2021	56-57
25.	National women's day 2021	14-02-2021	58-59
26.	Hospital infection control	02-02-2021 to 06-02-2021	60-61
27.	Work ethics	19-01-2021 to 23-01-2021	62-63
28.	World Cancer Day	04-02-2021	64-65
29.	International day of elimination of violence against women	25-11-2020	66-67
30.	Biomedical waste management	15-02-2020 to 20-02-2020	68-69
31.	National women's day poster competition	14-02-2020	70-71
32.	Tobacco cessation programme	20-08-2019 to 24-08-2019	72-73
33.	Work Ethics	19-07-2019 to 24-07-2019	74-75
34.	World Environment Day	05-06-2019	76-77
35.	World No Tobacco Day	31-05-2019	78-79
	Hospital Infection control	25-04-2019 to 29-04-2019	80-81
37.		08-03-2019	82-83
	National women's day 2019	14-02-2019	84-85
39.	National Girl Child Day 2019	24-01-2019	86-87
40.	World Cancer Awareness Month	06-01-2019	88-89
41.	International girl child day 2018 (essay competition)	11-10-2018	90-91
42.	Gender Equality Day 2018	28-08-2018	92-93
43.	Work ethics	25.06.2018 to 29.06.2018	94-95
44.	Stress management	05-06-2018 to 09-06-2018	96-97

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Ref. No. AADC/CIR/53/23

Date: 11-04-2023

PRINCIPAL

CIRCULAR

All the staffs and students are hereby informed to gather at college portico for the world Health Programme organizing by Department of Public Health Dentistry at 1.45 pm. All are invited for the same.

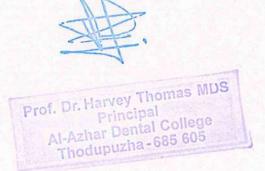
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DETAILS OF THE PROGRAMME

PROGRAMME

: WORLD ORAL HEALTH DAY PROGRAMME

ORGANISED BY : PUBLIC HEALTH DENTISTRY

DATE

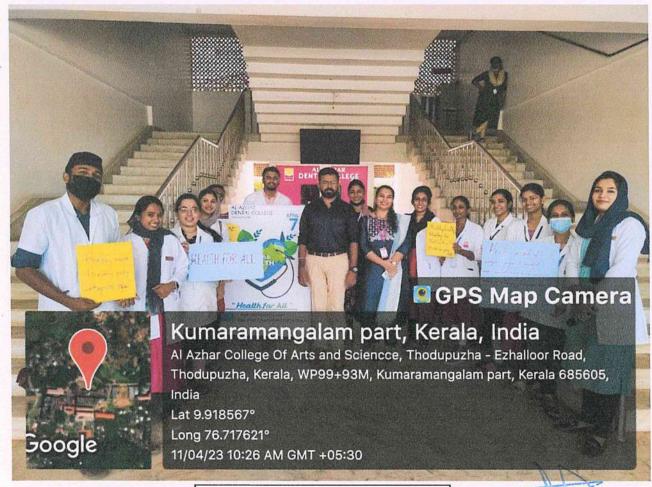
:11TH APRIL 2023

VENUE

: PORTICO

TIME

:1.45 PM



Oral Health Day Programme



Prof. Dr. Harvey Thomas MDS Principal Al-Azhar Dental College Thodupuzha - 685 605





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Ref. AADC/CIR/31/23

Date: 06-03-2023

CIRCULAR

This is to inform all the staff and students that on the occasion of International Women's Day, Abhedya, Women's Cell of Al - Azhar Dental College is celebrating Women's week (March 1-8), in association with IQAC, AADC. There will be a session on 08-03-2023 in lecture hall 1 by Adv. Lysha Sherif (LLM) at 11.00am. All are invited for the same.

Prof. Dr. Harvey Thomas MDS

Principal
Principal
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DETAILS OF THE PROGRAMME

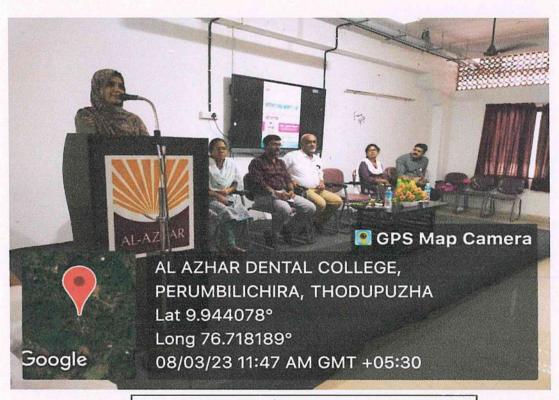
PROGRAMME : INTERNATIONAL WOMENS DAY

ORGANISED BY : IQAC & WOMENS CELL

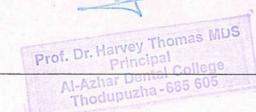
DATE :8TH MARCH 2023

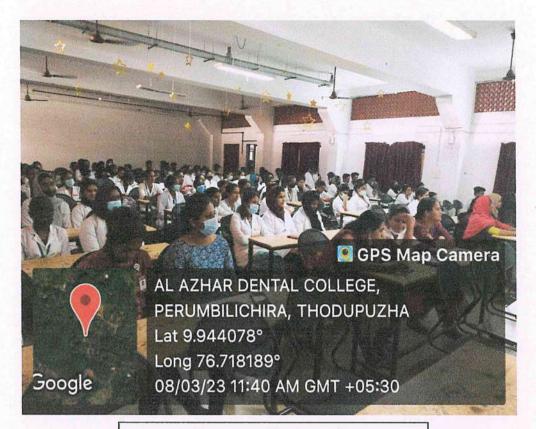
VENUE : LECTURE HALL 1

TIME :11.00 AM

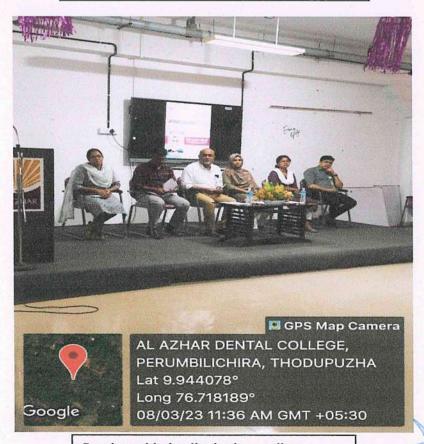


Speaker giving lecture to the students

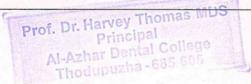




Audience attending the session



Speaker with the dignitaries on dias





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Ref. AADC/CIR/25/23

Date: 28-02-2023

CIRCULAR

This is to inform all the staffs and students that IQAC AADC is conducting an IPR workshop by Kavitha Chalakkal(Assistant professor in Inter University Centre for IPR Studies CUSAT) on 04-03-2023 at 10.00 am in Lecture Hall 1.All teaching staffs are instructed to attend the same without fail.HOD's to make sure that the normal functioning of their respective departments aren't hindered.

PRINCIPAL

Prof. Dr. Harvey Thomas MDS
Principal
Al-Azhar Dental College
Thodupuzha - 685 605

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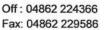
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DETAILS OF THE PROGRAMME

PROGRAMME

: IPR WORKSHOP

ORGANISED BY

: IQAC

DATE

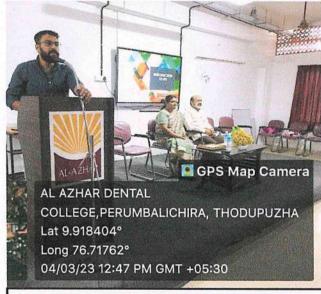
:4TH MARCH 2023

VENUE

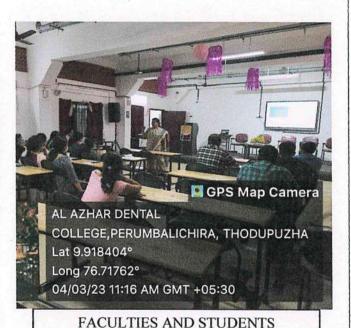
: LECTURE HALL 1

TIME

:10.00 AM



INTRODUCTION OF SPEAKER BY THE FACULTY



ATTENDING THE SESSION





Prof. Dr. Harvey Thomas MDS Principal Al-Azhar Dental College Thodupuzha - 685 605



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Ref. No. AADC/CIR/15/23

Date: 03-02-2023

CIRCULAR

This is to inform all the staffs and students that World cancer Day Program by the Department of Public Health Dentistry in association with IQAC of AADC, Session by Dr. Shebin George on 04-02-2023 at 10.00 am in Lecture hall 1.All students and interns are instructed to attend the lecture without fail.

PRINCIPAL

Prof. Dr. Harvey Thomas MDS
Principal
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Thodupuzha - 685 605

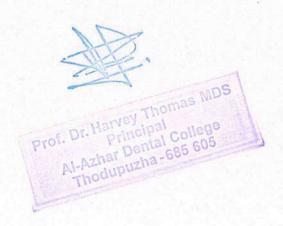
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DETAILS OF THE PROGRAMME

PROGRAMME : WORLD CANCER DAY PROGRAMME

ORGANISED BY : IQAC & PUBLIC HEALTH DENTISTRY

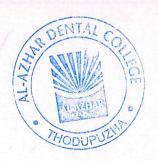
DATE :4TH FEBRUARY 2023

VENUE : LECTURE HALL 1

TIME :10.00 AM



Introducing the Speaker on World Cancer Day on Feb 4th 2023



Prof. Dr. Harvey Thomas MDS
Principal
Al-Azhar Dental College
Thodupuzha -888 805



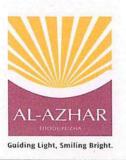
Staffs and Students attending the programme



Giving Momento to the Speaker on Feb 4th 2023



Prof. Dr. Harvey Thomas MDS
Principal
Al-Azhar Dental College
Thodupuzha-685 805



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Ref. No. AADC/CIR/88A/22

Date: 28-11-2022

CIRCULAR

This is to inform all the staffs and students that IQAC AADC is celebrating World AIDS Day on 01-12-2022 at 11.30 am in the Department of Public Health Dentsitry. All are invited the same.

Prof. Dr. Harvey Thomas MDS
PriPRINCIPAL
Al-Azhar Dental College
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DETAILS OF THE PROGRAMME

PROGRAMME : WORLD

: WORLD AIDS DAY PROGRAMME

ORGANISED BY

: IQAC & PUBLIC HEALTH DENTISTRY

DATE

:1ST DECEMBER 2022

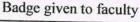
VENUE

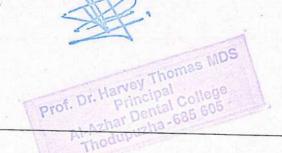
: AL AZHAR DENTAL COLLEGE

TIME

:11.30 AM









Students participating in World AIDS Day programme



Poster Displayed regarding World AIDS Day







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Ref. No. AADC/CIR/60B/22

Date: 12-09-2022

CIRCULAR

This is to inform all the staffs and students that Department of Public health Dentistry of Al Azhar Dental College is conducting 'Anti-Drug Programme ' on 17-10-2022 at 10.00 am in Lecture Hall1.All are invited the same.

Prof. Dr. Harvey Thomas MDS
Principa PRINCIPAL
Al-Azhar Dantal Gollege
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Speaker Receiving Momento



Students Taking Pledge







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Ref. No. AADC/CIR/60D/22

Date: 12-09-2022

CIRCULAR

This is to inform all the staffs and students that Department of Public health Dentistry of Al Azhar Dental College in collaboration with Unarvu foundation is conducting 'Anti-Suicide Day Programme' on 14-09-2022 at 10.00 am in Lecture Hall1.All are invited the same.

PRINCIPAL

f. Dr. Harvey Principal Principal College Al-Azhar Dental G85 605

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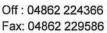
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DETAILS OF THE PROGRAMME

PROGRAMME : ANTI SUICIDE DAY PROGRAMME

ORGANISED BY : PUBLIC HEALTH DENTISTRY

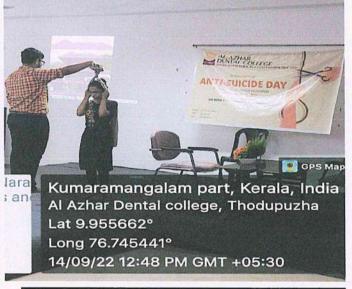
DATE :14TH SEPTEMBER 2022

VENUE : LECTURE HALL 1

TIME :10.00 AM



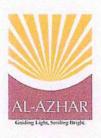
Speaker receiving momento



Students preforming play







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Ref. No. AADC/CIR/55 D/22

Date: 08 - 09 - 2022

CIRCULAR

This is to inform all the staff and students that the IQAC of Al - Azhar Dental College is conducting a Value-added course on 'Professional Etiquettes' by Dr. Renu Ann Mathew from 12-09-2022 to 16-09-2022 in lecture hall 1 at 2:30 pm. All are invited for the same.

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PRINCIPAL

Prof. Dr. Harvey Thomas MDS
Principal
Al-Azhar Dental College
Thodupuzha - 685 605



PROFESSIONAL ETROUETTES

CONTENTS

- DEVELOPMENT
 - · ETIQUETTES SIGNIFICANCE
 - PROFESSIONAL ETIQUETTE
- SOCIAL ETIQUETTE AND BEHAVIOUR
 - WORKPLACE ETIQUETTE
 - PROFESSIONAL ETHICS
 - · EFFECTIVE SKILLS
 - CONSTITUTIONAL OR NATIONAL

VALUES

- PROFESSIONAL VALUES
 - RELIGIOUS VALUES

DATE: 12-09-2022 TO 16-09-2022 TIME: 02:30 – 05:30 PM

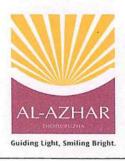
VENUE: LECTURE HALL 1,
ALAZHAR DENTAL COLLEGE

DR RENU ANN MATHEW
READER
PEDIATRIC & PREVENTIVE DENTISTRY

Prof. Dr. HAADC

Principal
Al-Azhar Dental College
Thodupuzha - 685 605





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Ref. No. AADC/CIR/59-8/22

Date: 17-06-2022

CIRCULAR

This is to inform all the staff and students that,IQAC-AADC is organizing a skill development programme, 'Yoga:Integrating Body,Mind and Spirit' by Dr.Babitha Mathews(Assistant Professor TM Jacob Memorial Government College, Manimalakunnu ,Koothattukulam) on 26-06-2022 at 10.30 am in Lecture hall 1...All are invited for the same.

Prof. Dr. Harvey Thomas MDS
Principal
Al-Azhar Deni PRINCIPAL
Thodupuzha

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DETAILS OF THE PROGRAMME

PROGRAMME : YOGA:INTEGRATING BODY,MIND AND SPIRIT

ORGANISED BY : IQAC AL AZHAR DENTAL COLLEGE

DATE :26TH JUNE 2022

VENUE : LECTURE HALL 1

TIME :10.30 AM



Speaker taking class



Speaker receiving momento







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Ref. No. AADC/CIR/59-5/22

Date: 25-05-2022

CIRCULAR

This is to inform all the staff and students that, Women's cell is conducting a Programme on Menstrual Health & Hygiene, 'Menstrual Cups: Greening the Red' by Dr. Shiny Daniel, Senior Consultant and HOD, Smita Memmorial Hospital, Thodupuzha on 28-05-2022 at 9.00 am in Lecture Hall 1.All are invited for the same.

Al-Azhar D Thodupu

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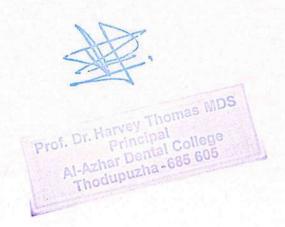
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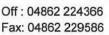
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DETAILS OF THE PROGRAMME

PROGRAMME

: MENSTRUAL CUPS; GREENING THE RED

ORGANISED BY

: WOMENS CELL

DATE

:28TH MAY 2022

VENUE

: LECTURE HALL 1

TIME

:9.00 AM



Speaker on the stage with AO in dias



Speaker taking class







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Ref. No. AADC/CIR/49D/22

Date: 11-04-2022

CIRCULAR

Department of Public Health Dentistry is organizing a CDE program on 12-04-2022 on the topic "Dental Ethics and Jurisprudence". All the faculties, students and interns are requested to attend the program.

PRINCIPAL DS

Prof. Dr. Harvey Indicate

Principal

Pri

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DETAILS OF THE PROGRAMME

PROGRAMME

: DENTAL ETHICS AND JURISPRUDENCE

ORGANISED BY

: PUBLIC HEALTH DENTISTRY

DATE

:12TH APRIL 2022

VENUE

: LECTURE HALL 1

TIME

:10.00 AM

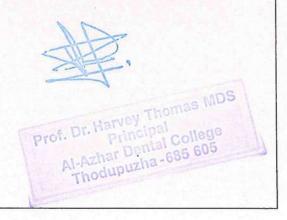


Speaker introduced to audience



Speaker taking class







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Ref. No. AADC/CIR/58-3/22

Date: 30-03-2022

CIRCULAR

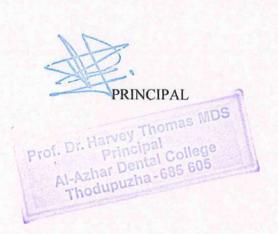
This is to inform all the staffs and students that IQAC of Al-Azhar Dental College is conducting a programme "Express yourself an Innovative Workshop on Life Skills" by Civy V Pulayath on 01-04-2022 at 10.00 am in Lecture Hall 1. All are invited for the same.

Copy to .

Administrative officer

All Departments

Notice Boards









AL-AZHAR DENTAL COLLEGE

(APPROVED BY DENTAL COUNCIL OF INDIA & AFFILIATED TO KUHS)

RUN BY NOORUL ISLAM TRUST

PERUMPILLICHIRA P. O., THODUPUZHA, IDUKKI DIST., KERALA— 685 605

DETAILS OF THE PROGRAMME

PROGRAMME : EXPRESS YOURSELF

ORGANISED BY : IQAC OF AL AZHAR DENTAL COLLEGE

DATE :1ST APRIL 2022

VENUE : LECTURE HALL 1

TIME :10.00 AM

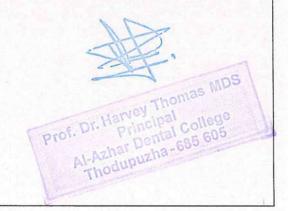


Participant Receiving certificate from Speaker



Speaker receiving Momento









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PERUMPILLICHIRA P. O., THODUPUZHA, IDUKKI DIST., KERALA—685 605

Ref. No. AADC/CIR/48A/22

Date: 02.03.2022

CIRCULAR

This is to inform all the staff & students that the Women's Cell of Al Azhar Dental college is celebrating International Women's Day which will be presided by Chief Guest Mrs. P M Rajeena (Director, Al Azhar Group of Institutions) and Guest of Honour Mrs. P.K Fathima followed by a Lecture by Ms.Prameela PD (Asst. Sub Inspector & Counselor, Thodupuzha) on 'Women empowerment an awareness talk on legal rights' at 9.30 am on 11.03.2022 in Lecture hall 1. All are invited for the same.

PRINCIPAL

Prof. Dr. Harvey In Principal College Al-Azhar Dental College 605

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PERUMPILLICHIRA P. O., THODUPUZHA, IDUKKI DIST., KERALA— 685 605

DETAILS OF THE PROGRAMME

PROGRAMME : INT

: INTERNATIONAL WOMENS DAY

ORGANISED BY

: WOMENS CELL

DATE

:11TH MARCH 2022

VENUE

: LECTURE HALL 1

TIME

:9.30 AM

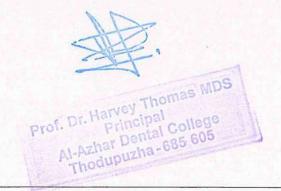


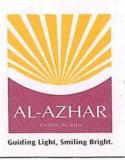
Speaker taking Lecture



Speaker receiving Momento







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PERUMPILLICHIRA P. O., THODUPUZHA, IDUKKI DIST., KERALA— 685 605

Ref. No. AADC/CIR/45C/22

Date: 25-02-2022

CIRCULAR

This is to inform you that,we are conducting a CDE on 'Steroids in Dentistry- A boon or a scourge? By Dr.Anu Vijayan,Reader,Mar Baselious Dental College on 04-03-2022(Friday) from 10.30 am at Lecture Hall-1

PRINCIPAL

Prof. Dr. Harvey Thomas MDS
Principal
Principal
Al-Azhar Dental Gollege
Thodupuzha-685 605

Copy to

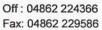
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DETAILS OF THE PROGRAMME

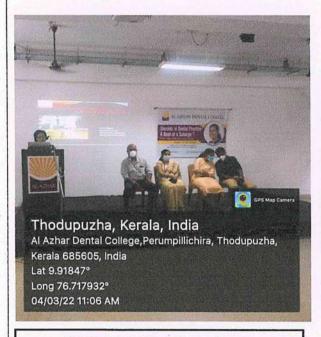
PROGRAMME : STEROIDS IN DENTISTRY

ORGANISED BY : AL AZHAR DENTAL COLLEGE

DATE :4TH MARCH 2022

VENUE : LECTURE HALL 1

TIME :10.30 AM



Speaker introduced to audience



Speaker receiving Momento







AL-AZHAR DENTAL COLLEGE

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Ref. No. AADC/CIR/45B/22

Date: 23-02-2022

CIRCULAR

This is to inform you that, we are conducting a CDE on 'Sterilization & Infection Control in Dental Office, by Dr.Mili James, MDS, on 24-02-2022 at 10.30 am at Lecture Hall-1.

All are requested to attend without interruption in department functioning

PRINCIPAL

Prof. Dr. Harvey Thomas in Principal Al-Azhar Dental College

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PERUMPILLICHIRA P. O., THODUPUZHA, IDUKKI DIST., KERALA— 685 605

DETAILS OF THE PROGRAMME

PROGRAMME

: STERILIZATION AND INFECTION CONTROL

ORGANISED BY

: AL AZHAR DENTAL COLLEGE

DATE

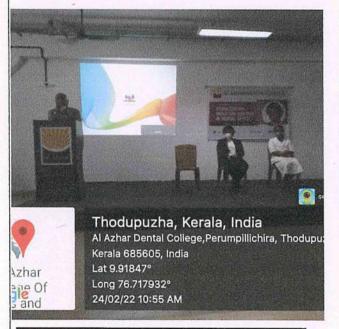
:24TH FEBRUARY 2022

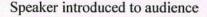
VENUE

: LECTURE HALL 1

TIME

:11.00 AM







Speaker taking lecture









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PERUMPILLICHIRA P. O., THODUPUZHA, IDUKKI DIST., KERALA— 685 605

Ref. No. AADC/CIR/42A/22

Date: 1-1-2022

CIRCULAR

This is to inform all the students that, we are conducting a career guidance programme 'What after BDS?' by **Dr.Amitha Basheer N** on 15-1-2022(Wednesday) from 11.00 AM at Lecture Hall-1.

PRINCIPAL

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DETAILS OF THE PROGRAMME

PROGRAMME : W

: WHAT AFTER BDS?

ORGANISED BY

: AL AZHAR DENTAL COLLEGE

DATE

:15TH JANUARY 2022

VENUE

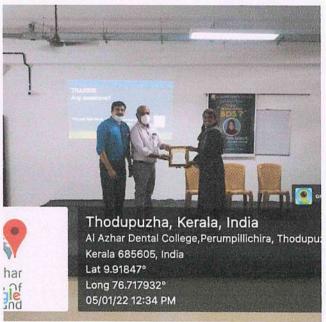
: LECTURE HALL 1

TIME

:11.00 AM



Speaker introduced to audience



Speaker receiving Momento



Prof. Dr. Harvey Thomas MDS

Principal
Principal
Al-Azhar Dental College
Thodupuzha - 685 605



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PERUMPILLICHIRA P. O., THODUPUZHA, IDUKKI DIST., KERALA— 685 605

Ref. No. AADC/CIR/56-1/22

Date: 08 - 01 -2022

CIRCULAR

This is to inform all the staff and students that the IQAC of Al - Azhar Dental College is conducting a Value-added course on 'Interpersonal Skills' by Dr Sreelakshmi G from 10-01-2022 to 14-01-2021 in lecture hall 1 at 2:30 pm. All are invited for the same.

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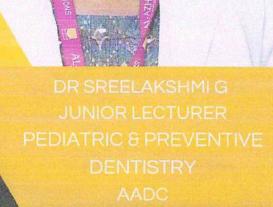
Prof. Dr. Harvey Thomas MDS Principal Al-Azhar Dental College Thodupuzha -685 606



INTERPERSONAL SKILLS

CONTENTS

- Introduction
- Definition of interpersonal relationship
 - Behaviour, Attitude, Ego
 - Rapport
 - Transactional activity
 - Language
 - Evaluation





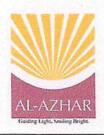
10-01-2022 to 14-01-2022



02.30 pm - 05:30 pm

VENUE: LECTURE HALL 1, ALAZHAR DENTAL COLLEGE

Prof. Dr. Harvey Thomas MDS
Principal
Al-Azhar Dental College
Thodupuzha-685 605



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Ref. No. AADC/CIR/95/21

Date: 20 - 11 -2021

CIRCULAR

This is to inform all the staff and students that the IQAC of Al - Azhar Dental College is conducting a Value-added course on 'Health and Yoga' by Dr Vishnu Thomas from 23-11-2021 to 27-11-2021 in lecture hall 1 at 2:30 pm. All are invited for the same.

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Prof. Dr. Harvey Thomas MDS
Principal
Al-Azhar Dental College
Thodupuzha - 685 605

PRINCIPAL



HEALTH & YOGA

CONTENTS

- Introduction
- · Health & Physical fitness
- · Philosophical bases of health education & yoga
 - · Role of institutions policies
 - · Yoga types, features, nature & implications
 - Meditation & stress management
 - · Holistic health education
 - · Health related fitness evaluation

DR VISHNU THOMAS
SENIOR LECTURER
PROSTHODONTICS
AADC



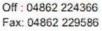
02:30-05:30 PM



23-11-2021 TO 27-11-2021

VENUE: LECTURE HALL 1, ALAZHAR DENTAL COLLEGE

Prof. D. Harvey Thomas MDS Principal Al-Azhar Dental College Thodupuzha - 685 605





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Ref. No. AADC/CIR/67/21

Date:14-10-2021

CIRCULAR

This is to inform all the staff and students that Public Health Department is celebrating International Day of Rural Women on 15-10-2021 at 11.00 am in lecture hall 1. All are invited for the same.

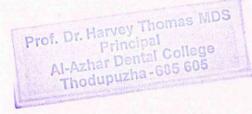
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DETAILS OF THE PROGRAMME

PROGRAMME

: INTERNATIONAL DAY OF RURAL WOMEN

ORGANISED BY

: PUBLIC HEALTH DENTISTRY

DATE

:15TH OCTOBER 2021

VENUE

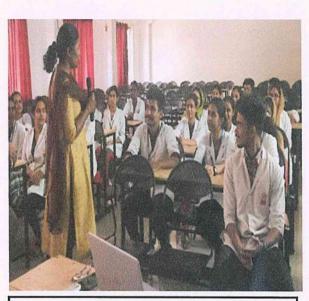
: LECTURE HALL 1

TIME

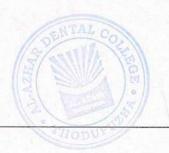
:11.00 AM



Speaker giving Lecture



Speaker interacting with audience









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Ref. No. AADC/CIR/54V/21

Date: 25-8-2021

CIRCULAR

This is to inform all the staff and students that Women's cell and Public Health Department is celebrating Gender Equality day on 26-8-2021 at 10.30 am in lecture hall 1. All are invited for the same.

PRINCIPAL

Prof. Dr. V.A. AFZAL., M.D.S.

Principal

Al-Azhar Dental Cottege

Perumpillichira P.O., Thodupuzha-685 605

Copy to

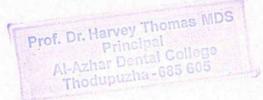
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DETAILS OF THE PROGRAMME

PROGRAMME : GENDER EQUALITY DAY

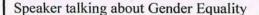
ORGANISED BY : WOMENS CELL AND PUBLIC HEALTH DENTISTRY

DATE :26TH AUGUST 2021

VENUE : LECTURE HALL 1

TIME :10.30 AM



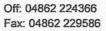




Speaker interacting with audience









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PERUMPILLICHIRA P. O., THODUPUZHA, IDUKKI DIST., KERALA—685 605

Ref. No. AADC/CIR/54 P/21

Date: 07 - 08 - 2021

CIRCULAR

This is to inform all the staff and students that the IQAC of Al - Azhar Dental College is conducting a Value-Added course on 'Bio-Medical Waste Management' by Dr. Jose Sunny from 09-08-2021 to 13-08-2021 in lecture hall 1 at 2:30 pm. All are invited for the same.

PRINCIPAL

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Prof. Dr. V.A. AFZAL., M.D.S.
Principal
Al-Azhar Dental College
Perumpillichira P.O., Thodupuzha-685 605

華

Prof. Dr. Harvey Thomas MDS
Principal
Al-Azhar Dental College
Thodupuzha-685 605

BIO-MEDICAL WASTE MANAGEMENT

Prof. Dr. Harvey Thomas MDS
Principal
Al-Azhar Dental College
Thodupuzha-686 605

DR JOSE SUNNY SENIOR LECTURER ORTHODONTICS AADC

CONTENTS

- Types of Wastes
- · Sources of Waste
- Biomedical Waste Storage & Handling Intermediate and Final Storage Area
 - Color Coding Systems
 - Sharps management
 - Liquid Waste Management from Clinical Dept and Laboratories
 - Linen management
 - Infection Control
 - Biomedical Waste Treatment Technologies

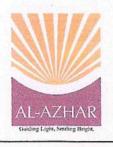
09 - 13 august 2021

> from 02:30 pm -05:30 pm



AL-AZHAR DENTAL COLLEGE

VENUE: LECTURE HALL 1, ALAZHAR DENTAL COLLEGE



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Ref. No. AADC/CIR/54 D/21

Date: 10 - 07 - 2021

CIRCULAR

This is to inform all the staff and students that the IQAC of Al - Azhar Dental College is conducting a Value-added course on 'Tobacco Cessation Program' by Dr Surya Suprabhan from 13-07-2021 to 17-07-2021 in lecture-hall 1 at 02:30 pm. All are invited for the same.

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Prof. Dr. V.A. AFZAL., M.D.S.
Principal
Al-Azhar Dehtal College
Perumpillichira P.O., Thodupuzha-685 605

Prof. Dr. Harvey Thom

Prof. Dr. Harvey Thomas MDS
Principal
Al-Azhar Dental College
Thodupuzha-685 605



TOBACCO CESSATION **PROGRAM**



INTRODUCTION TO TOBACCO CESSATION

- SOURCES OF TOBACCO
- APPROACHES FOR CESSATION
 - · GUIDELINES, COUNSELLING

BEHAVIORAL

SUPPORT

· NON-PHARMACOLOGICAL &

PHARMACOLOGICAL INTERVENTION

NICOTINE REPLACEMENT THERAPY







13.07.2021 TO 17.07.2021 02:30 - 05:30 PM

LECTURE HALL 1, ALAZHAR DENTAL COLLEGE

DR SURYA SUPRABHAN SENIOR LECTURER PERIODONTOLOGY AADC



AL-AZHAR DENTAL COLLEGE

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Ref. No. AADC/CIR/18D/21

Date: 07-03-2021

CIRCULAR

This is to inform all the staff and students that Department of Public Health Dentistry is celebrating 'International Women's Day' on 8-03-2021 at 1.00PM in Dept. of PHD. All are invited for the same.

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Prof. Dr. V.A. AFZAL., M.D.S. Principal Principal College
Al-Azhar Dental College
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AL-AZHAR DENTAL COLLEGE

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RUN BY NOORUL ISLAM TRUST

PERUMPILLICHIRA P. O., THODUPUZHA, IDUKKI DIST., KERALA— 685 605

DETAILS OF THE PROGRAMME

PROGRAMME : INTERNATIONAL WOMENS DAY

ORGANISED BY : PUBLIC HEALTH DENTISTRY

DATE :8TH MARCH 2021

VENUE : AL AZHAR DENTAL COLLEGE

TIME :1.00 PM

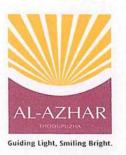


Participants of International Womens Day Programme





Prof. Dr. Harvey Thomas MDS
Principal
Principal
Al-Azhar Dental College
Thodupuzha-685 605



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Ref. No. AADC/CIR/18B/21

Date: 5-3-2021

CIRCULAR

This is to inform all the staff and students that, DEPT. OF PUBLIC HEALTH DENTISTRY is celebrating NATIONAL DENTIST DAY on 6-3-2021 in the Dept. of PHD. All are invited for the same.

PRINCIPAL

Prof. Dr. V.A. AFZAL., M.D.S. Al-Azhar Dental College Perumpillichira P.O., Thodupuzha-685 605

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DETAILS OF THE PROGRAMME

PROGRAMME : NATIONAL DENTIST DAY

ORGANISED BY : PUBLIC HEALTH DENTISTRY

DATE :6TH MARCH 2021

VENUE : AL AZHAR DENTAL COLLEGE

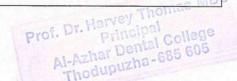
TIME :10.00 AM



Participants of National Dentist Day Programme









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Ref. No. AADC/CIR/15/21

Date: 12-02-2021

CIRCULAR

This is to inform all the staff and students that, Public health Department is celebrating National Women's Day on 14-02-2021 at 11.30 am in lecture hall 1. All are invited for the same.

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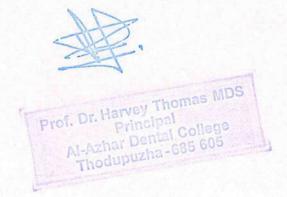
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PRINCIPAL

Prof. Dr. V.A. AFZAL., M.D.S.

Principal
Principal College
Al- Azhar Dental College
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DETAILS OF THE PROGRAMME

PROGRAMME

: NATIONAL WOMENS DAY

ORGANISED BY : PUBLIC HEALTH DENTISTRY

DATE

:14TH FEBRUARY 2021

VENUE

: LECTURE HALL 1

TIME

:11.30 AM



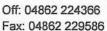


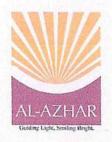
Participants of National Womens Day Programme

Cake Cutting









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PERUMPILLICHIRA P. O., THODUPUZHA, IDUKKI DIST., KERALA– 685 605

Ref. No. AADC/CIR/09 /21

Date: 30 - 01 - 2021

CIRCULAR

This is to inform all the staff and students that the Academic Forum of Al - Azhar Dental College is conducting a Value-added course on 'Hospital Infection Control' from 02-02-2021 to 06-02-2021 in lecture hall 1 at 2:30 pm. All are invited for the same.

PRINCIPAL

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Prof. Dr. Harvey Thomas MDS
Principal
Al-Azhar Dental College
Thodupuzha -685 605



Hand hygiene

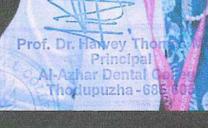
- The use of personal protective equipment
- The safe use and disposal of sharps
 - Reprocessing of reusable medical equipment and instruments
 - · Routine environmental cleaning
 - Respiratory hygiene and cough etiquette
 - Aseptic non-touch technique
 - Effective waste management

HOSPITAL INFECTION CONTROL

DATE: 02.02.2021 TO 06.02.2021

TIME:

02:30 - 05:30 PM



DR REMA J
PROFESSOR
ORAL MEDICINE & RADIOLOGY
AADC

VENUE: LECTURE HALL 1, ALAZHAR DENTAL COLLEGE



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PERUMPILLICHIRA P. O., THODUPUZHA, IDUKKI DIST., KERALA– 685 605

Ref. No. AADC/CIR/05/21

Date: 16 - 01 - 2021

CIRCULAR

This is to inform all the staff and students that the Academic Forum of Al - Azhar Dental College is conducting a Value-added course on 'Work Ethics' by Dr Renu Ann Mathew from 19-01-2021 to 23-01-2021 in lecture hall 1 at 2:30 pm. All are invited for the same.

PRINCIPAL

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Prof. Dr. V.A. AFZAL., M.D.S. Principal
Al-Azhar Dental College
Perumpillichira P.O., Thodupuzha-685 605

Prof. Dr. Harvey Thomas MDS
Principal
Al-Azhar Dental College
Thodupuzha-685 605



2021

WORKETHICS

Introduction to Ethics

- Ethics Meaning
- Personal Ethics and Morality
 - Dental Ethics
 - Principles of Dental Ethics
 - Hippocratic Oath
 - Codes of Ethics
 - Unethical Practices

19-01-2021 TO 23-01-2021 02:30 - 05:30 PM

VENUE: LECTURE HALL 1,

Prof. Dr. Harvey Thomas MDS
Principal
At-Azhar Dental Gollege
Thodupuzha-685 605

DR RENU ANN MATHEW

READER

PEDIATRIC & PREVENTIVE DENTISTRY

AADC



AL-AZHAR DENTAL COLLEGE

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PERUMPILLICHIRA P. O., THODUPUZHA, IDUKKI DIST., KERALA— 685 605

Ref. No. AADC/CIR/12A/21

Date: 3-02-2021

CIRCULAR

This is to inform all the staff and students that Public Health Dentistry is conducting a program regarding WORLD CANCER DAY on 4-02-2021 at 11.30 am in lecture hall 1. All are invited for the same.

PRINCIPAL

Prof. Dr. V.A. AFZAL., M.D.S.

Principal

Al- Azhar Dental College

Perumpillichira P.O., Thodupuzha-685 605

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DETAILS OF THE PROGRAMME

PROGRAMME : WORLD

: WORLD CANCER DAY

ORGANISED BY

: PUBLIC HEALTH DENTISTRY

DATE

:4TH FEBRUARY 2021

VENUE

: LECTURE HALL 1

TIME

:11.30 AM



Participants of World Cancer Day Programme

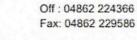


Poster on world Cancer Day





Prof. Dr. Harvey Thomas MDS
Principal
Al-Azhar Dental College
Thodupuzha - 685 605





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Ref. No. AADC/CIR/55/20

Date: 23-11-2020

CIRCULAR

This is to inform all the staff and students that, Women's cell and Public Health Department is celebrating International Day of Elimination of Violence against women on 25-11-2020 at 11.00 am in lecture hall 1. All are invited for the same.

Prof. Dr. V.A. AFZ PRINCIPAL
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Al-Azhar Dental College
Al-Azhar Dental College
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DETAILS OF THE PROGRAMME

PROGRAMME

: INTERNATIONAL DAY OF ELIMINATION OF VIOLENCE

ORGANISED BY

: WOMENS CELL AND PUBLIC HEALTH DENTISTRY

DATE

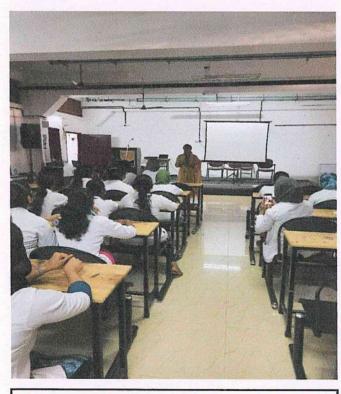
:25TH NOVEMBER 2020

VENUE

: LECTURE HALL 1

TIME

:11.00 AM



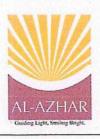




Audience attending the session



Prof. Dr. Harvey Thomas Mide Principal Al-Azhar Dental College Thodupuzha -685 605



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Ref. No. AADC/CIR/22 /20

Date: 13 - 02 -2020

CIRCULAR

This is to inform all the staff and students that the Academic Forum of Al - Azhar Dental College is conducting a Value-added course on 'Bio-Medical Waste . Management' from 15-02-2020 to 20-02-2020 in lecture hall 1 at 2:30 pm. All are invited for the same.

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Prof. Dr. V.A. AFZAL., M.D.S..

Al- Azhar Denlai College Perumpillichira P.O., Thodupuzha-685 605

*

Prof. Dr. Harvey Thomas MDS Principal Al-Azhar Dental College Thodupuzha-635 605



Perumpillichira P.O., Thodupuzha, Kerala - 685605

BIO-MEDICAL WASTE MANAGEMENT



CONTENTS

- Types of Wastes
- Sources of Waste
- Biomedical Waste Storage & Handling Intermediate and FinalStorage Area
- Color Coding Systems
- Sharps management
- Liquid Waste Management from Clinical Dept and Laboratories
- Linen management
- Infection Control
- Biomedical Waste Treatment Technologies

Prof. Dr. Harvey Thomas MDS
Principal
Al-Azhar Dental College
Thodupuzha-685 605

DATE:15.02.2020 TO 20.02.2020

TIME: 02:30 - 05:30 PM

VENUE: LECTURE HALL 1, ALAZHAR DENTAL COLLEGE





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Ref. No. AADC/CIR/19/20

Date: 11-02-2020

CIRCULAR

This is to inform all the staff and students that, Women cell and Public Health Department is conducting a poster competition in accordance with National Women's Day on 14-02-2020 at 12.00 pm in lecture hall 1. All are invited for the same.

Prof. Dr. V.A. AFZAL., M.D.S.

Prof. Dr. V.A. AFZAL., M.D.S.

Principal College
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DETAILS OF THE PROGRAMME

PROGRAMME

: NATIONAL WOMENS DAY

ORGANISED BY

: WOMENS CELL AND PUBLIC HEALTH DENTISTRY

DATE

:14TH FEBRUARY 2020

VENUE

: AL AZHAR DENTAL COLLEGE

TIME

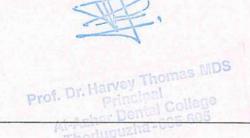
:12.00 PM

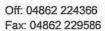


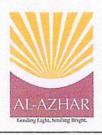


Students Participating in Poster Competition









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Ref. No. AADC/CIR/26/19

Date: 19 - 08 - 2019

CIRCULAR

This is to inform all the staff and students that the Academic Forum of Al - Azhar Dental College is conducting a Value-added course on 'Tobacco Cessation Program' by Dr Joe Manuel from 20-08-2019 to 24-08-2019 in lecture-hall 1 at 02:30 pm. All are invited for the same.

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Principal
Al-Azhar Dental College
Perumpillichira P.O., Thodupuzha-685 605

Prof. Dr. Harvey Tho

Prof. Dr. Harvey Thomas MDS
Principal
Al-Azhar Dental College
Thodupuzha-685 605



Perumpillichira P.O., Thodupuzha, Kerala - 685 605







20.08.2019 - 24.08.2019

02:30 - 05:30 PM



LECTURE HALL 1,
AL- AZHAR
DENTAL COLLEGE

CONTENTS

- Introduction to Tobacco Cessation
- Sources of Tobacco
- Approaches for Cessation
- Guidelines, Counselling, Behavioral Support
- Non-pharmacological & pharmacological intervention
- Nicotine Replacement therapy

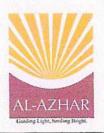


Dr JOE MANUEL, SENIOR LECTURER, ORAL PATHOLOGY, AADC

Prof. Dr. Harvey nomas MDS
Principal
Al-Azhar Dental College
Thodupuzha-685 605

MODUPU'DA





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Ref. No. AADC/CIR/25 F/19

Date: 17 - 07 - 2019

CIRCULAR

This is to inform all the staff and students that the Academic Forum of Al - Azhar Dental College is conducting a Value-added course on 'Work Ethics' by Dr Jayesh J Unnithan from 19-07-2019 to 24-07-2019 in lecture-hall 1 at 02:30 pm. All are invited for the same.

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Prof. Dr. Harvey Thomas MDS
Principal
Al-Azhar Dental College
Thodupuzha -685 605



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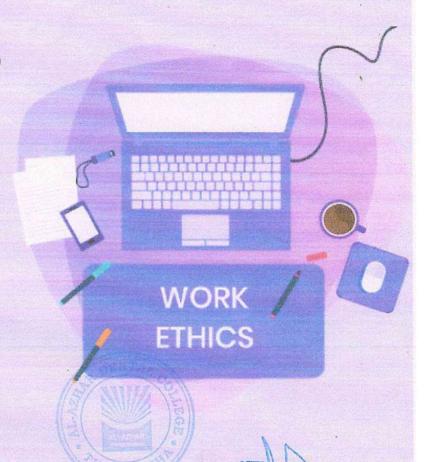
19.07.2019 - 24.07.201902:30 - 05:30 PM



LECTURE HALL 1 AL-AZHAR DENTAL COLLEGE



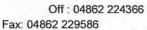
Dr JAYESH J UNNITHAN READER, **ORAL MEDICINE &** RADIOLOGY, AADC



CONTENTS

Prof. Dr. Harve y Thomas MDS

- Introduction to Ethics
- Ethics Meaning
- Personal Ethics and Morality
- Dental Ethics
- Principles of Dental Ethics
 - Hippocratic Oath
 - Codes of Ethics
 - Unethical Practices





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Ref. No. AADC/CIR/24A/19

Date: 03 -06-2019

CIRCULAR

This is to inform all students and staff that, DEPT. OF PUBLIC HEALTH DENTISTRY is celebrating World Environment Day on 05-06-2019 at 11.30 AM in college premises. All are invited for the same.

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DETAILS OF THE PROGRAMME

PROGRAMME : WORLD ENVIRONMENT DAY

ORGANISED BY : PUBLIC HEALTH DENTISTRY

DATE :5TH JUNE 2019

VENUE : AL AZHAR DENTAL COLLEGE

TIME :11.30 AM





Planting of saplings by staff and students







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Ref. No. AADC/CIR/23M/19

Date: 29-05-2019

CIRCULAR

This is to inform all the staff and students that Public Health Dentistry is celebrating WORLD NO TOBACCO DAY on 31-5-2019 in lecture Hall-1 at 10.00 am. Tobacco Cessation counseling will also be conducted on the same day. All are invited for the same.

Prof. Dr. V.A. AFZAL., M.D.S. Al- Azhar Dental College Perumpillichira P.O., Thodupuzha-685 605

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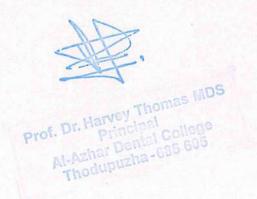
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PERUMPILLICHIRA P. O., THODUPUZHA, IDUKKI DIST., KERALA— 685 605

DETAILS OF THE PROGRAMME

PROGRAMME : TOBACCO CESSATION COUNSELLING

ORGANISED BY : PUBLIC HEALTH DENTISTRY

DATE :31ST MAY 2019

VENUE : AL AZHAR DENTAL COLLEGE

TIME :10.00 AM





Tobacco Cessation Counselling Programme on 31st May 2019







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PERUMPILLICHIRA P. O., THODUPUZHA, IDUKKI DIST., KERALA—685 605

Ref. No. AADC/CIR/23 D/19

Date: 22 - 04 - 2019

CIRCULAR

This is to inform all the staff and students that the Academic Forum of Al - Azhar Dental College is conducting a Value-added course on 'Hospital Infection Control' from 24-04-2019 to 29-04-2019 in lecture hall 1 at 2:30 pm. All are invited for the same.

PRINCIPAL

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Prof. Dr. V.A. AFZAL., M.D.S. Principal Al-Azhar Dental College Perumpillichira P.O., Thodupuzha-685 605

华

Prof. Dr. Harvey Thomas MDS
Principal
Al-Azhar Dental College
Thodupuzha - 685 605



Perumpillichira P.O., Thodupuzha, Kerala - 685 605

HOSPITAL INFECTION CONTROL

CONTENTS

- Hand hygiene
- The use of personal protective equipment
- The safe use and disposal of sharps
- Reprocessing of reusable medical equipment and instruments
- · Routine environmental cleaning
- Respiratory hygiene and cough etiquette
- Aseptic non-touch technique
- · Effective waste management

DATES 24-04-2019 to 29-04-2019

TIME 02:30 PM - 05:30 PM

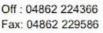
VENUE: LECTURE HALL 1
AL-AZHAR DENTAL
COLLEGE

Their future is in your hands



Dr LITTO MANUAL PROFESSOR, PROSTHODONTICS, AADC

Prof. Dr. Harvey Thomas MDS Principal Al-Azhar Dental College Thodupuzha - 685 605





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Ref. No. AADC/CIR/22E/19

Date: 6-03-2019

CIRCULAR

This is to inform all the staff and students that Women cell in association with Public Health Dentistry is celebrating International Women's Day on 8-03-2019 at 10.30 am in lecture hall 1. All are invited for the same.

Prof. ORRINCIPAL College 665 605

At Azhar Po. Thodupuzha 665 605

Perumpilitchira P.O. Thodupuzha 665

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DETAILS OF THE PROGRAMME

PROGRAMME

: INTERNATIONAL WOMENS DAY CELEBRATION

ORGANISED BY

:WOMEN'S CELL AND PUBLIC HEALTH DENTISTRY

DATE

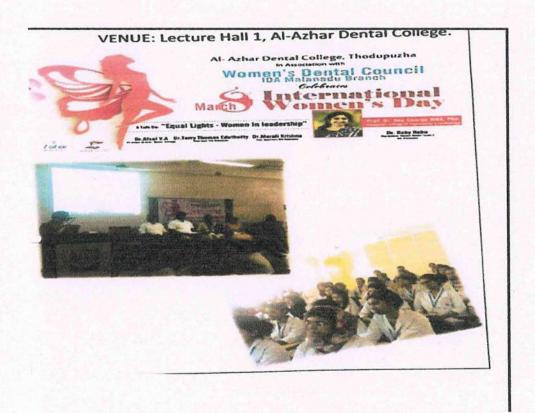
:8TH MARCH 2019

VENUE

: LECTURE HALL 1

TIME

:10.30 AM



Photos of the Programme



Prof. Dr. Harvey Thomas INDS

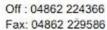
Prof. Dr. Harvey Thomas INDS

Prof. Dr. Harvey Thomas INDS

Al-Azhar Dantal College

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Ref. No. AADC/CIR/18/19

Date: 12-02-2019

CIRCULAR

This is to inform all the staff and students that Women's cell in association with Public Health Dentistry, Al Azhar Dental College is celebrating National Women's Day on 14-02-2019 at 10.30 am in lecture hall 1. All are invited for the same.

Copy to

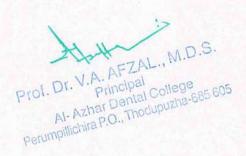
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DETAILS OF THE PROGRAMME

PROGRAMME

: NATIONAL WOMENS DAY

ORGANISED BY

:WOMEN'S CELL AND PUBLIC HEALTH DENTISTRY

DATE

:14TH FEBRUARY 2019

VENUE

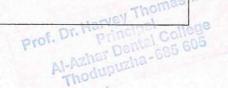
: LECTURE HALL 1

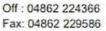
TIME

:10.30 AM



Dr Shiny Joseph interacting with the audience during the session







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Ref. No. AADC/CIR/12A/19

Date: 22-01-2019

CIRCULAR

This is to inform all the staff and students that Women cell and Public Health Department is celebrating National Girl Child Day on 24-1-2019 at 11.00 am in lecture hall 1. All are invited for the same

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Prof. Dr. V.A. AFZAL., M.D.S.

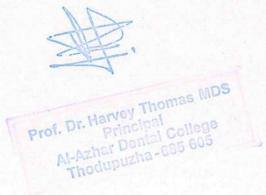
Prof. Dr. V.A. AFZAL., M.D.S.

Principal College 68569

Al-Azhar Dental College 68569

Perumpiliotira P.O., Thodupuzha 68569







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DETAILS OF THE PROGRAMME

PROGRAMME : NATIONAL GIRL CHILD DAY

ORGANISED BY : WOMEN'S CELL AND PUBLIC HEALTH DENTISTRY

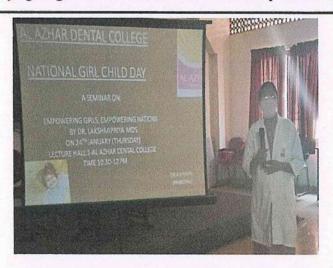
DATE :24TH JANUARY 2019

VENUE : LECTURE HALL 1

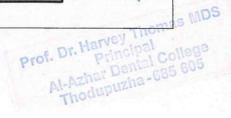
TIME :11.00 AM



Dr Lakshmipriya giving lecture on National Girl Child Day and audience



Dr Lakshmipriya (Speaker) giving the lecture





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Ref. No. AADC/CIR/02/19

Date: 4/1/2019

CIRCULAR

This is to inform all the staff and students that Al azhar dental college is celebrating WORLD CANCER AWARENESS MONTH on JANUARY. Flash mob will be conducted at mangattukavala bus stop on 6/1/2019 at 10.00 am. All are invited for the same.

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Prof. Dr. V.A. AFZAL., M.D.O.

Principal
Principal
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DETAILS OF THE PROGRAMME

PROGRAMME

: WORLD CANCER AWARENESS MONTH

ORGANISED BY

:AL AZHAR DENTAL COLLEGE

DATE

:6TH JANUARY 2019

VENUE

: MANGATTUKAVALA

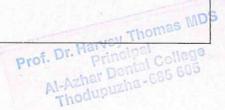
TIME

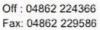
:10.00 AM



Inauguration of the world cancer awareness month









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Ref No : AADC/CIR/14K/18 Date: 09-10-2018

CIRCULAR

This is to inform all the staff and students that Women's cell and Public Health Department is conducting an essay competition in accordance with International Day of Girl Child on 11-10-2018 at 11.00 am in lecture hall 1. All are invited for the same.

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Al- Azhar Dental College
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DETAILS OF THE PROGRAMME

PROGRAMME : INTERNATIONAL DY OF GIRL CHILD

ORGANISED BY : WOMENS CELL AND PUBLIC HEALTH DENTISTRY

DATE :11TH OCTOBER 2018

VENUE : LECTURE HALL 1

TIME :11.00 AM

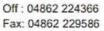




Essay Competition On International Day Of Girl Child









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Ref No: AADC/CIR/13G/18 Date: 25-8-2018

CIRCULAR

This is to inform all the staff and students that Women cell and Public Health Department is celebrating **Gender Equality day** on 28-8-2018 at 11.00 am in lecture hall 1. All are invited for the same.

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PRINCIPAL

Prof. Dr. V.A. AFZAL., M.D.S.

Prof. Dr. V.A. AFZAL., M.D.S.

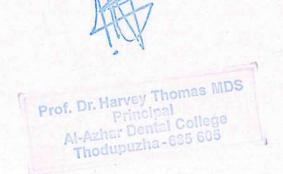
Principal Principal College

Al-Azhar Dental College

Al-Azhar Dental College

Perumpillichira P.O., Thodupuzha-685 605







AL-AZHAR DENTAL COLLEGE

(APPROVED BY DENTAL COUNCIL OF INDIA & AFFILIATED TO KUHS)

RUN BY NOORUL ISLAM TRUST

PERUMPILLICHIRA P. O., THODUPUZHA, IDUKKI DIST., KERALA— 685 605

DETAILS OF THE PROGRAMME

PROGRAMME

: GENDER EQUALITY DAY

ORGANISED BY

:WOMENS CELL AND PUBLIC HEALTH DENTISTRY

DATE

:28TH AUGUST 2018

VENUE

: LECTURE HALL 1

TIME

:11.00 AM



Dr Binila interacting with the audience during the session







(APPROVED BY DENTAL COUNCIL OF INDIA & AFFLIATED TO KUHS)

RUN BY NOORUL ISLAM TRUST

PERUMPILLICHIRA P. O., THODUPUZHA, IDUKKI DIST., KERALA— 685 605

Ref. No. AADC/CIR/12 A/18

Date: 22 - 06 - 2018

CIRCULAR

This is to inform all the staff and students that the Academic Forum of Al - Azhar Dental College is conducting a Value-added course on 'Work Ethics' by Dr Nishin K John from 25-06-2018 to 29-06-2018 in lecture hall 1 at 2:30 pm. All are invited for the same.

ENTAL

PRINCIPAL

Copy to

Administrative officer

All Departments

Notice Boards

Office File

Prof. Dr. V.A. AFZAL., M.D.S.
Principal
Al-Azhar Dental College
Perumpillichira P.O., Thodupuzha-685 605

Prof. Dr. Harvey Thomas MDS
Principal
Al-Azhar Dental College
Thodupuzha-685 605

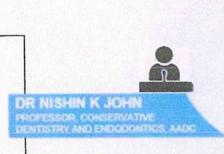


Perumpillichira P.O., Thodupuzha, Kerala - 685 605



CONTENTS

- Introduction to Ethics
- Ethics Meaning
- Personal Ethics and Morality
- Dental Ethics
- Principles of Dental Ethics
- Hippocratic Oath
- Codes of Ethics
- Unethical Practices of Dr. Har





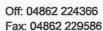
25.06.2018 TO 29.06.2018

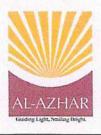
of. Dr. Harvey Thomas MDS
Principal



Al-Azhar Dental College 02:3

02:30PM - 05:30 PM





(APPROVED BY DENTAL COUNCIL OF INDIA & AFFLIATED TO KUHS)
RUN BY NOORUL ISLAM TRUST
PERUMPILLICHIRA P. O., THODUPUZHA, IDUKKI DIST., KERALA—685 605

Ref. No. AADC/CIR/11 A/18

Date: 02 - 06 - 2018

CIRCULAR

This is to inform all the staff and students that the Academic Forum of Al - Azhar Dental College is conducting a Value-added course on 'Stress Management' from 05-06-2018 to 09-06-2018 in lecture hall 1 at 2:30 pm. All are invited for the same.

PRINCIPAL

Copy to

Administrative officer

All Departments

Notice Boards

Office File

Prof. Dr. V.A. AFZAL., M.D.S. Principal Al- Azhar Dental College Perumpillichira P.O., Thodupuzha-685 605



Prof. Dr. Harvey Thomas MDS
Principal
Al-Azhar Dental College
Thodupuzha - 685 605

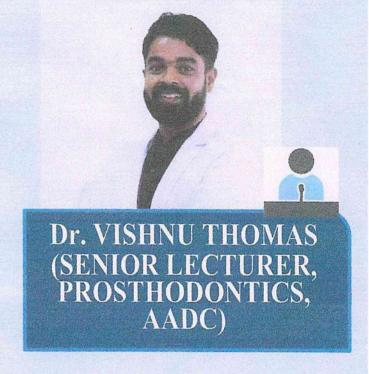


AL-AZHAR DENTAL COLLEGE Perumpillichira P.O., Thodupuzha, Kerala - 685605

STRESS MANAGEMENT

CONTENTS

- Introduction to Stress
 and its effects in life
- Conflicts and Stress
 Management strategies
- Mental & Physical
 Stress Strategies
- Time Management tips
 Thodupuzha-685 605



"TO GROW YOURSELF START FROM KNOWING YOURSELF"

DATES 05.06.2018 TO 09.06.2018

VENUE: LECTURE HALL 1 ALAZHAR DENTAL COLLEGE

> TIME 2:30 PM TO 5:30 PM