



KMCT
DENTAL COLLEGE

Recognised Research Centre of Kerala University of Health Sciences

Recognised by Dental Council of India and Govt. of India

KMCT Medical College Campus, Mukkam, Kozhikode-673602

Phone: (0495)2292002, 2292004

E-mail: dental@kmct.edu.in, website: www.kmctdentalcollege.org

TO WHOM SO EVER IT MAY CONCERN

This is to certify that the information in the attached documents is verified by me and is true to the best of my knowledge.




Principal

Dr. MANOJ KUMAR.K.P
Principal
KMCT Dental College
Manassery, Mukkam



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**GENDER EQUALITY SENSITIZATION PROGRAMME FOR
ACADEMIC YEAR 2016-2017**

TALK ON “ORAL CARE DURING PREGNANCY”

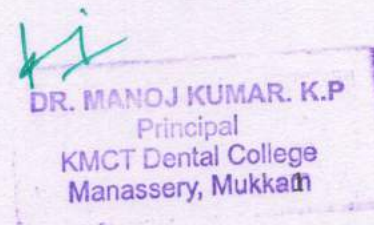
ACTIVITY REPORT

Venue: Lecture hall

Date: 10/10/2016

Speaker: Dr Sameera Nath

Oral care is very essential habit that should be maintained throughout our lifetime. Oral hygiene and proper care helps to avoid number of diseases related to it. Pregnancy is the time where a woman experiences physiological, emotional and physical changes within her. Oral hygiene if compromised, may lead to severe periodontal issues. Moreover, due to the hormonal changes, women may develop various pregnancy associated lesions or diseases which may be aggravated because of poor oral hygiene. Hence the talk stressed on the importance of oral care during pregnancy. Dr Sameera Nath, Periodontist, KMCT Dental college was the speaker and she gave an insightful lecture on the importance of oral care during pregnancy. A total of 120 students had participated in the interactive session.



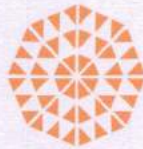


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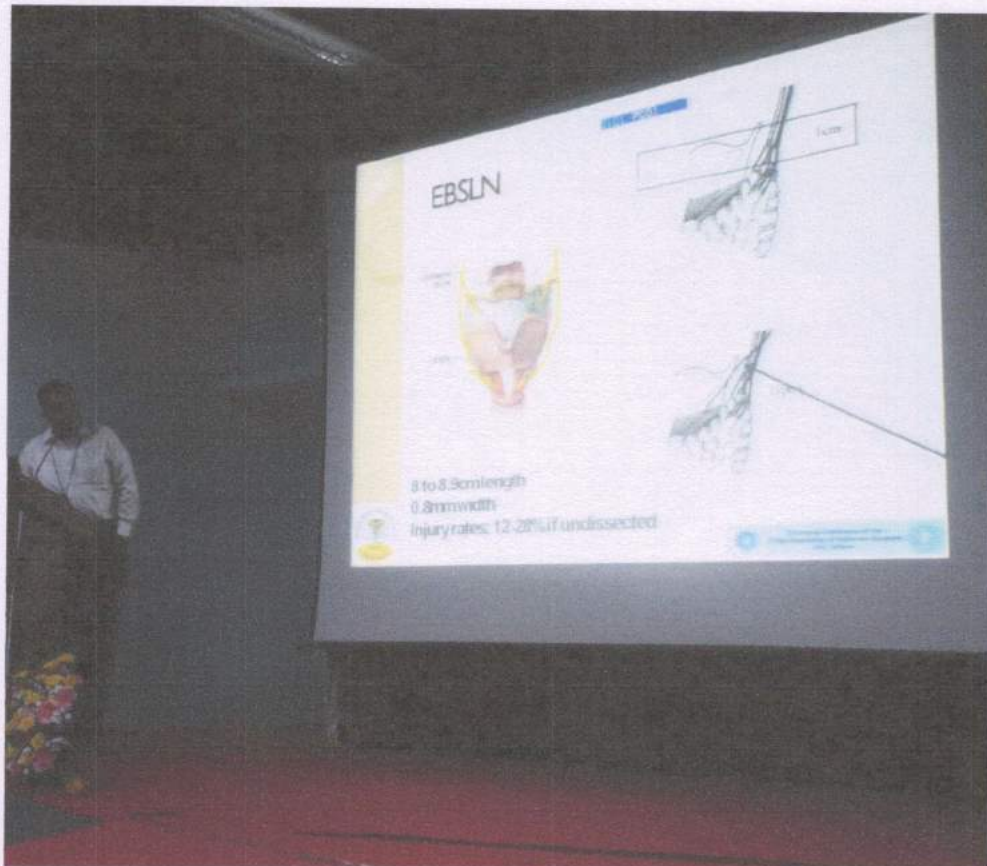


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**GENDER EQUALITY SENSITIZATION PROGRAMME FOR
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TALK ON THE TOPIC “WOMEN AND THYROID”

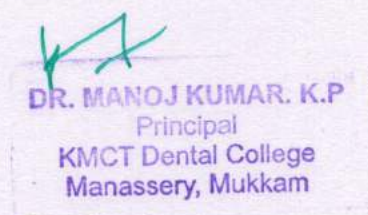
ACTIVITY REPORT

Venue: Lecture hall

Date: 10/03/2017

Speaker: Dr Pradeep P V

Women are more prone to have thyroid diseases compared to men. Thyroid hormonal issues lead to irregular menstrual period and generalized weakness which affects women mentally and physically. According to statistics, one in eight women develops thyroid issues during her life time. Hence awareness about early detection of thyroid diseases are mandatory. A talk on this topic was delivered by Dr Pradeep P V, Senior Consultant, Baby memorial hospital, Calicut. He explained about the Thyroid gland physiology and hormonal issues faced by women. The talk was very informative and interactive. A total of 130 students had attended the talk.





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GENDER EQUALITY SENSITIZATION PROGRAMME FOR ACADEMIC YEAR 2017-2018

TALK ON “IMPORTANCE OF LEARNING SELF DEFENCE”

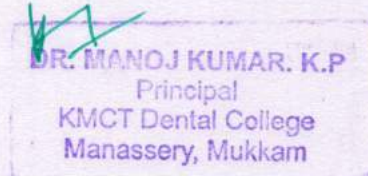
ACTIVITY REPORT

Venue: Lecture hall

Date: 25/11/2017

Speaker: Dr Rekha Binu

In this era, crimes against women are increasing at alarm rate and it is very important to be self-reliant enough to be their own warrior. Learning self-defence is the need of the hour as it gives them the confidence to face dangerous situations. It gives the tools and skills needed to confidently assess a dangerous situation and it also improves the focus or concentration. Dr Rekha Binu delivered a talk on this topic and it was a wonderful session. The students were empowered on this topic and they understood the importance of learning self-defence to live confidently in this society. A total of 120 students had participated in the interactive session.





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**GENDER EQUALITY SENSITIZATION PROGRAMME FOR
ACADEMIC YEAR 2017-2018**

**TALK ON THE TOPIC “CLEANLINESS DURING
MENSTRUATION”**

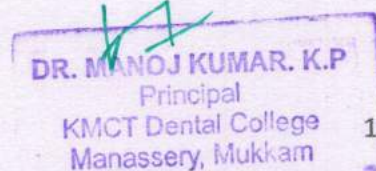
ACTIVITY REPORT

Venue: Lecture hall

Date: 08/03/2018

Speaker: Dr Shebi Mandoli

Menstruation is a monthly physiological event happening in females who reaches puberty and continues till menopause. Women experience many physical challenges in her life and menstruation is one among them. Cleanliness is a basic requirement for any individual, to maintain their health. Despite being an important issue concerning women, menstruation and menstruation hygiene is often overlooked. Poor menstrual hygiene is due to lack of awareness, persisting taboos and stigma, limited access to hygienic menstrual products. An informative session was handled by Dr Shebi Mandoli. The importance of cleanliness during menstruation was very well explained and the students became well aware of all the facts related to it. A total of 160 students had attended the program and made it a grand success.





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**GENDER EQUALITY SENSITIZATION PROGRAMME FOR
ACADEMIC YEAR 2018-2019**

**TALK ON THE TOPIC
“DEMYSTIFYING THE TRANSGENDER
STIGMA”**

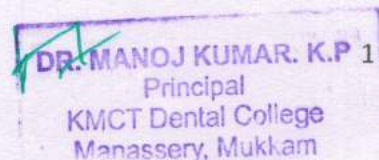
ACTIVITY REPORT

Venue: Lecture hall

Date: 20/11/2018

Speaker: Mrs Nishida Saibuni

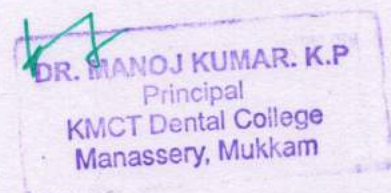
Transgender is a person whose sense of personal identity and gender does not correspond to their birth gender. They always feel insecure in their birth gender and have difficulty in gender expression. But unfortunately, our society has not yet understood the actual fact behind this mental state. Society treats these people in such a way that they feel rejected, harassed and being molested too. Hence understanding of this issue and acting empathetically is the need of the hour, to ensure equality for them in this society. Mrs Nishida Saibuni, M.S.W, delivered a talk on this topic and it enlightened all the students. The session included a video documentary on transgenders life. It was an excellent documentary and the students were able to understand the hardships faced by transgenders and measures to be implemented to get these people into mainstream. A total of 130 students had attended the program and made it a huge success.





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**GENDER EQUALITY SENSITIZATION PROGRAMME FOR
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**TALK ON THE TOPIC “ORAL CARE FOR
NEONATES”**

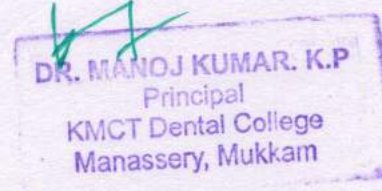
ACTIVITY REPORT

Venue: Lecture hall

Date: 13/05/2019

Speaker: Dr Sinu Jayaprakash

Neonate or new-born child is more susceptible to infection due of their low immunity. Hence any pathogenic microbe which stays in oral cavity can make the new born at risk. We must take extreme care for the maintenance of oral care, so as to reduce infections and for the wellbeing of the new born. A lecture on the topic was given by Dr Sinu Jayaprakash (Pedodontist, General Practitioner) where she stressed the importance of oral hygiene maintenance and the measures that are to be instituted for proper oral care. The session was very informative and students gained knowledge about this. A total of 120 students had attended the talk.





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TALK ON “POST-PARTUM DEPRESSION”

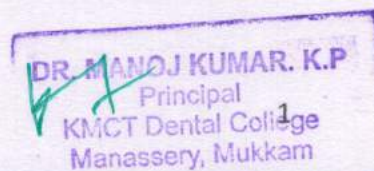
ACTIVITY REPORT

Venue: Lecture hall

Date: 09/12/2019

Speaker: Mr. Muhammed Farooq

The birth of a baby can trigger a number of powerful emotions, which varies from excitement to fear and anxiety. But at times this can result in simple mood swings to more intense and long lasting depressive effects that may interfere with day to day activities. These Symptoms usually develops as early as first few weeks after delivery or may eventually manifest later. It is very crucial and important to find out the affected women so as to counsel and motivate them to have a healthy life. It is nowadays visible that the baby becomes the responsibility of only the mother. Here is the importance of gender equality, where the spouse and family members also has to take the responsibilities of the child, so as to reduce the stress of women after delivery, and giving emotional support to women during this period will benefit to avoid depression during this period. A talk was given on this topic by Mr Muhammed Farooq, a Psychologist from the Department of Psychiatry, KMCT Medical College. The session was so informative and all the students became well aware of this state of mind which a woman faces after delivery. Altogether the session was very delightful. A total of 120 students had attended the program.





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**GENDER EQUALITY SENSITIZATION PROGRAMME FOR
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**TALK ON “HORMONAL IMBALANCE DURING
WOMEN’S LIFETIME”**

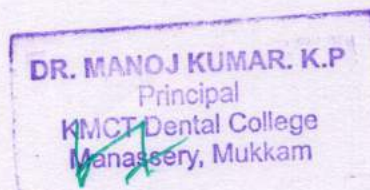
ACTIVITY REPORT

Venue: Medical college Lecture hall- 1

Date: 09/03/2020

Speaker: Dr. Jog Antony

Women naturally experiences several episodes of hormonal imbalance during their lifetime, mainly during puberty, menstruation, pregnancy and postpartum. Hence the after effect of this imbalance can reflect as mood swings and different types of health issues, which we have to recognize and act empathetically at the right time to empower the women. A talk on this topic was given by Dr. Jog Antony (MD, General Medicine, KMCT Medical College). The interactive session was extremely informative and all the students participated actively. A total of 110 students attended the program.





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**GENDER EQUALITY SENSITIZATION PROGRAMME FOR
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**WEBINAR ON “PREMARITAL COUNSELLING-
MENTAL HEALTH”**

ACTIVITY REPORT

Venue: Online (Webinar)

Date: 21/10/2020

Speaker: Dr MM Basheer

It is quite obvious that, a number of divorce cases are increasing nowadays and the majority cases are because of misunderstanding and lack of communication resulting in inability to resolve issues. Mental health reflects on a person's behaviour which can affect their marital lives. Premarital counselling is a type of counselling or therapy that is given to the couples prior to marriage, so that it helps them to get prepared for the marriage. Counselling helps them to build a healthy and strong relationship between each other and provides a strong foundation for a healthy relationship. So, it is always better to spread awareness about Premarital counselling. A webinar was conducted on this topic and Adv. Thara MS, Member- Kerala Women's Commission inaugurated the webinar. Dr MM Basheer, Rtd DMO was the guest speaker and elaborated the need of Premarital counselling and relationship with mental health. He also talked about the increasing number of Divorce cases among youngsters and the possible causes of it.. The session enlightened the students and altogether it was a great online session.



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MEDICAL COLLEGE



WEBINAR ON

Premarital Counselling



21st October - 2020



2 pm



Welcome Speech

Dr. Swapna Honawad

[Reader – KMCT Dental College]

Inauguration and Inaugural Address

Adv. Thara MS

[Member – Kerala Women's Commission]

Guest Speaker

Dr. MM Basheer

[Rtd DMO]

(Topic : Premarital Counselling -Mental Health)

Special Guests

Dr. Lathi Nair

[Principal – KMCT Medical College]

Dr. Manoj Kumar KP

[Principal – KMCT Dental College]

Vote of Thanks

Dr. Gowri Priya

[Intern- KMCT Dental College]

Organized by IQAC, KMCT Dental College & KMCT Medical College
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**GENDER EQUALITY SENSITIZATION PROGRAMME FOR
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WEBINAR ON “CONSTITUTIONAL RIGHTS”

ACTIVITY REPORT

Venue: Online (Webinar)

Date: 23/10/2020

Speaker: Adv. Ayub Khan

As an individual living in this society, we all must be aware of the constitutional rights, such as equality before the law. The Constitution describes all the constitutional rights of an individual. If we are unaware of the constitutional rights, we may get cheated by the society in many ways. So, it is our duty to understand the constitutional laws. The college has conducted an online webinar in Zoom and discussed on this topic. The webinar was inaugurated by Smt. M C Josephine, Chairperson- Kerala Women's Commission. Adv. Ayub Khan, who is a lawyer in the high court of Kerala, was the guest speaker. He enlightened the students about the Constitution and Constitutional rights. Students were very enthusiastic throughout the talk. In total it was an outstanding session.




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COLLEGE OF ALLIED HEALTH SCIENCE



NATIONAL HOSPITAL
INSTITUTE OF
HEALTH SCIENCES



23rd October - 2020



2 pm



Welcome Speech

Dr. Abu Nazar N

[Senior Lecturer - KMCT Dental College]

Presidential Address

Adv. Thara MS

[Member - Kerala Women's Commission]

Inauguration and Inaugural Address

Smt. M C Josephine

[Chairperson - Kerala Women's Commission]

Guest Speaker

Adv. Ayub Khan

[Lawyer - Kerala High Court]

(Topic : **Constitutional Rights - Gender Equality**)

Special Guests

Dr. Manoj Kumar KP

[Principal - KMCT Dental College]

Prof. Santheep Sankar

[Principal - KMCT College of
Allied Health Sciences]

Vote of Thanks

Prof. Vijay Selvan

[Prof. & HOD - KMCT College of
Allied Health Sciences
Dept. of physiotherapy]

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 Advocate Ayub kh	 Tabitha Mary Jose	 shamiya	 soorej	 Kripa Unnikrishnan
 KMCT Group of In	 drisya	 HP	 Mayeesh Radhakri	 vijay selvan
 linshida k. a	 Anjana krishna NV	 Fahmida	 Abu Nazar N	 Prof. Santheep S
 Anjana Rajeevan	 Dhanya Muralidhar	 ANU.PV	 Nandana vinod	 swapna honwad

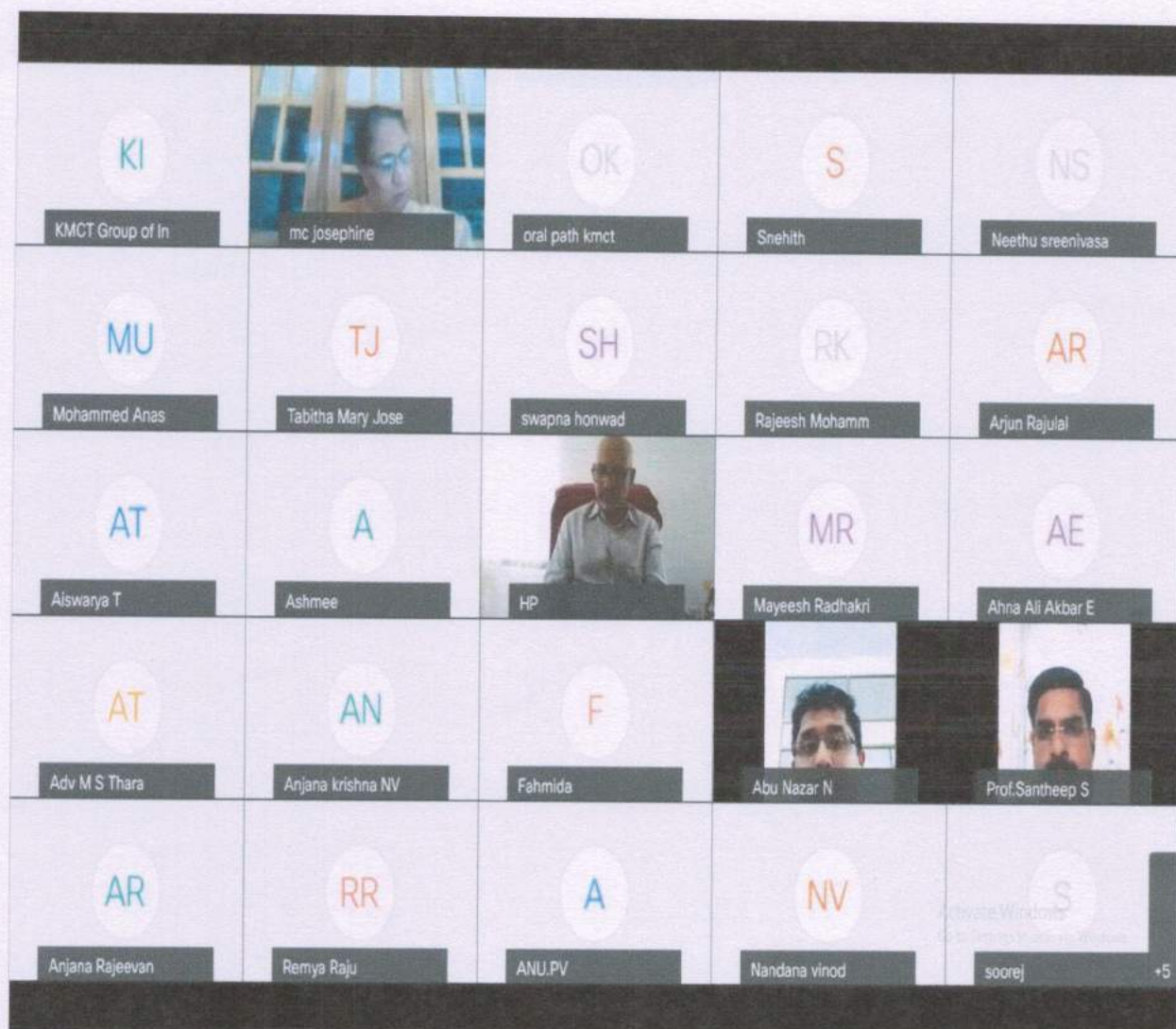


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Clean campus Initiative: Swachh Bharath Abhiyaan – 09/08/2017



As a part of Swachh Bharath Abhiyan NSS unit of KMCT Dental college organised a movement to keep the campus clean and green by emphasising everyone to stop littering and follow waste disposal protocols. Students cleaned the campus premises by removing all plastic and paper wastes, segregating them and disposing





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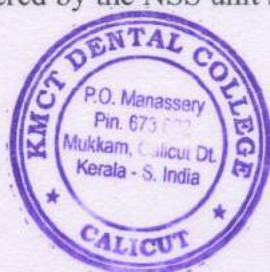
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WORLD ENVIRONMENT DAY: 05/06/2017



The National Service Scheme of KMCT Dental College together with the Dept. Of Public Health Dentistry planted saplings (mandharam) at the college premises on 5th June, Monday morning at 11.00 am. The programme started by Dr Arun paul (NSS, Programme Officer) introducing the occasion and the role NSS has in promoting green campuses. Dr Pradeep Kumar.C, Principal KMCT Dental college welcomed the staffs, students, house surgeons, non teaching staffs and patients to the occasion. Sapling were planted by the Principal, NSS programme Officer, Heads of Departments and student representatives. All saplings were fenced and labelled. Vote of thanks was delivered by the NSS unit student representative



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SELF DEFENCE CLASS- SPECIAL CAMP



Self defence class for girls was organised by **Shaolin yin yang kungfu centre Kozhikode**. Two lady instructors and chief Instructor Master Praveen guided the students in various self defence techniques. Demonstration of techniques were given. Students were given the opportunity to practise the same in groups. Students gave positive feedback about the programme.

World Water Day - March 22nd 2018

World Water Day (March 22nd) is a global day focusing attention on the importance of water for our survival. This day explores nature based solutions to our water challenges and focusing attention on the importance of water. The theme for World Water Day 2018 is “Nature for Water” – exploring nature-based solutions to the water challenges we face in the 21st century.




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The NSS unit of KMCT Dental College celebrated world water day by conducting a class on "Importance of Water" for first years, Second years, Faculty and Interns in accordance with the day. **Mr Vivek B**, noted Scientist from Center for Water Resource Development and Management, Kozhikode took the class. The programme commenced by NSS anthem. Dr Auswaf Ahsan (HOD, Oral medicine and radiology) delivered the welcome address. Dr Arun Paul (NSS programme officer) introduced the chief guest. Mr Vivek B elaborately talked about the various forms of water resources, water conservation methods, ground water management, rain water harvesting etc. The scope of dental students in conserving the water at college and hospital premises were also discussed. All students along with interns and faculties took the pledge to preserve water and take all the necessary steps to prevent the wastage of water.

Vote of thanks was delivered by Adithya. Refreshments for the chief guest and faculties were provided. The programme concluded by National anthem.



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KMCT Medical College Campus, Mukkam, Kozhikode-673602

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WORLD ENVIRONMENT DAY - June 5th 2019

A platform for action World Environment Day is the United Nations day for encouraging worldwide awareness and action to protect our environment. Since it began in 1974, the event has grown to become a global platform for public outreach that is widely celebrated in over 100 countries.

Each World Environment Day is organized around a theme that draws attention to a particularly pressing environmental concern. The theme for 2019 is "Air pollution".

The National Service Scheme of KMCT Dental College together with the **Mukkam Municipality** took the initiative to start a **project to plant 1000 saplings** in various wards of municipality for a period of 1 year. Dr Manoj Kumar KP, Principal KMCT Dental college welcomed the dignitaries, staffs, students, house surgeons, non teaching staffs and patients to the occasion. The programme was inaugurated by Mr George M Thomas ,MLA, he talked about the awareness people should have towards improving the ecosystem. Also talked about the green house effect and the increasing threat plastics causing to the environment. The municipal chairman addressed the gathering by describing the various projects the municipality is undertaking in the current year. Standing committee chairman for education Mr Chandran congratulated the NSS unit for such initiative and promised all cooperation from all the wards. Vote of thanks was delivered by the NSS unit Programme Officer Dr Arun paul.

The official function was followed by planting of saplings (Plumeria, Guava) at college campus by Mr George M Thomas, MLA, Municipal chairman, the Principal, NSS programme Officer, Heads of Departments and NSS volunteers. All saplings were fenced and labelled.



Handwritten signature in green ink.

DR. MANOJ KUMAR. K.P
Principal
KMCT Dental College
Manassery, Mukkam



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WORLD ENVIRONMENT DAY - June 5th 2021

World Environment Day is the United Nations day for encouraging worldwide awareness and action to protect our environment. This day is celebrated every year to create the awareness among students about the commitment and responsibility towards the nature.

The National Service Scheme of KMCT Dental College celebrated the environmental day under following themes

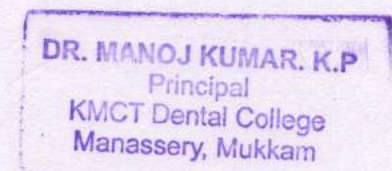
- a) **“Implant a plant”: Planting sapling at your surroundings**
- b) **“Share to care”: Feeding the animals around you**
- c) **Poster making and quiz competition**

In the midst of COVID 19 pandemic as the colleges were shut down the NSS volunteers decided to conduct the programmes at their own houses and competitions online using Zoom platform.

The programme was inaugurated by Principal Dr Manoj Kumar followed by felicitation address from other HODs and NSS programme officer.

“Implant a plant”: Planting sapling at your surroundings

Students took the responsibility of planting sapling at their houses.





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