

FOLLOWING IS THE LIST OF ACTIVITIES WHICH WERE CONDUCTED BY OUR ALUMNI .

SR.NO.	DATE	NAME
1.	1 ST APRIL 2022	TWIN HEART MEDITATION WORKSHOP
2.	1 ST APRIL 2021	VIRTUAL LECTURE 'CAD-CAMIZING ORTHODONTICS- THE GEN NEXT ALIGNER TERRAIN!'
3.	28 TH JULY 2020	YARST ENDO WEBINAR LECTURE SERIES
4.	4 TH DECEMBER 2019	PHOTOCLOVE '19
5.	20 th AUGUST 2019	MINIMALLY INVASIVE ENDODONTICS WORKSHOP

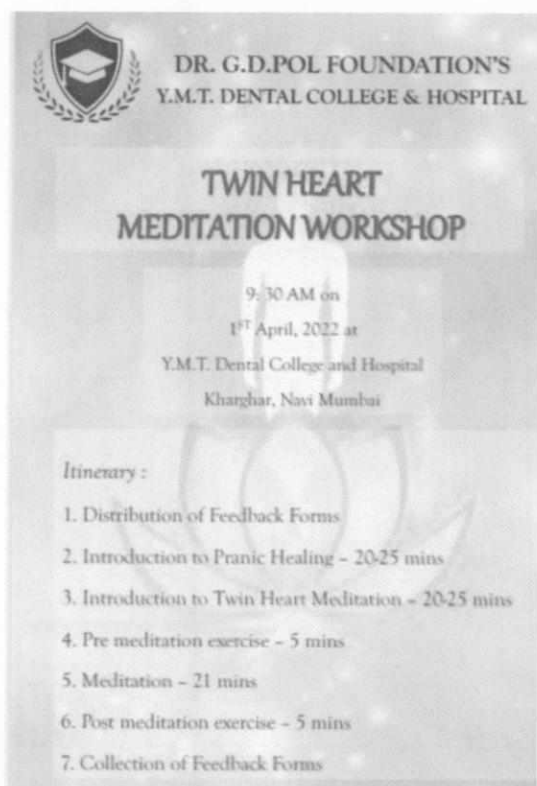
M. V. Vaidya

DEAN
Y.M.T. Dental College
& Hospital Kharghar,
Navi Mumbai - 410 210

TWIN HEART MEDITATION WORKSHOP

Date: 1st April 2022

Venue: Lecture hall 3, YMT Dental College



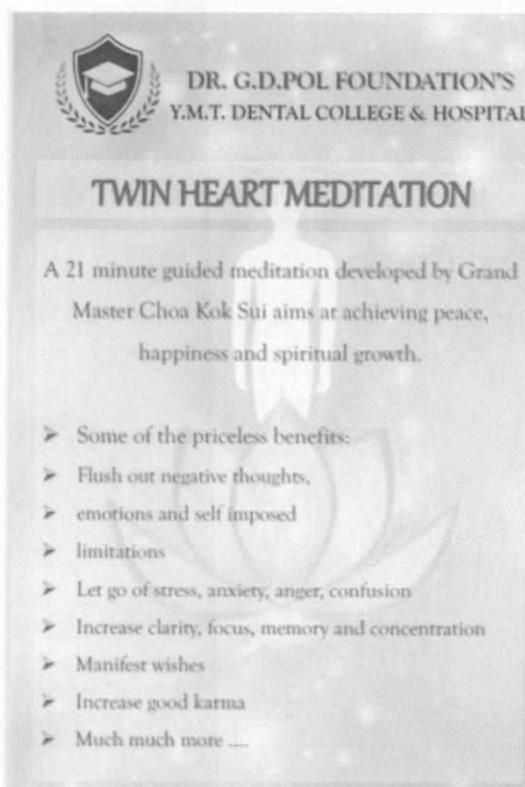
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Y.M.T. DENTAL COLLEGE & HOSPITAL**

**TWIN HEART
MEDITATION WORKSHOP**

9:30 AM on
1st April, 2022 at
Y.M.T. Dental College and Hospital
Kharghar, Navi Mumbai

Itinerary :

1. Distribution of Feedback Forms
2. Introduction to Pranic Healing - 20-25 mins
3. Introduction to Twin Heart Meditation - 20-25 mins
4. Pre meditation exercise - 5 mins
5. Meditation - 21 mins
6. Post meditation exercise - 5 mins
7. Collection of Feedback Forms



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TWIN HEART MEDITATION

A 21 minute guided meditation developed by Grand Master Choa Kok Sui aims at achieving peace, happiness and spiritual growth.

- Some of the priceless benefits:
- Flush out negative thoughts,
- emotions and self imposed
- limitations
- Let go of stress, anxiety, anger, confusion
- Increase clarity, focus, memory and concentration
- Manifest wishes
- Increase good karma
- Much much more

Brochure

M. J. Vandekey
DEAN
**Y.M.T. Dental College
& Hospital Kharghar,
Navi Mumbai - 410 210**

SUMMARY:

As a part of the Holistic Healing Program, TWIN HEART MEDITATION WORKSHOP, the first of many in view of the International Yoga Day on 1st April 2022, was conducted by Department of Orthodontics and Dentofacial Orthopedics in association with Alumni association of YMT Dental College at YMT Dental College which was attended by the III, IV BDS students and Interns.

It was conducted by our undergraduate alumnus Dr.Nakita Mehta and Mrs. Dhurma Mehta. This workshop was based on 'Pranic Healing' as advocated by Grandmaster Choa Kok Sui. Introduction and welcome address was delivered by Shweta Juneja.

The mementos to the guests were presented by Dr Shweta Chhaya and Dr Pooja Rohondia, Faculty members of the Department of Orthodontics.

Dr. Nakita Mehta spoke about the origin, practice and the beneficial effects of this workshop, giving the students an insights into PRANIC HEALING. Further she also demonstrated a healing technique.

A 21 min meditation was held for the students which was appreciated by all, followed by a vote of thanks from the Intern's Council.

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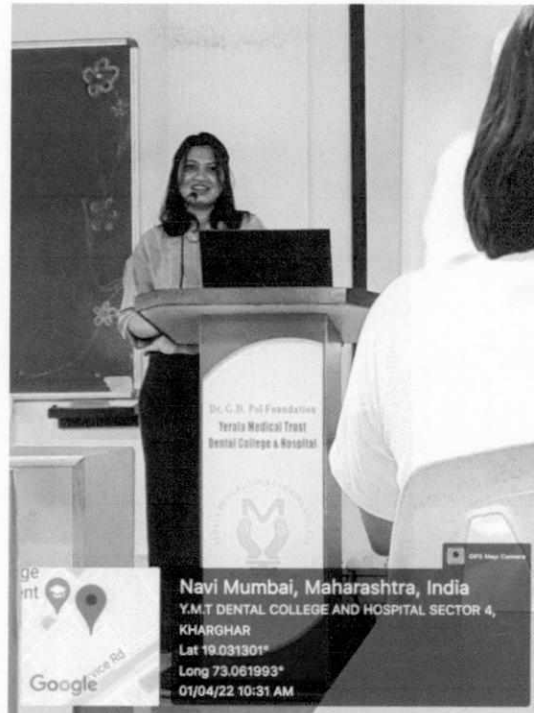
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Dr. Nakita Mehta teaching pranic healing to the participants.



Demonstration Of Pranic Healing

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Participant List - Twin Heart Meditation



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VIRTUAL LECTURE 'CAD-CAMIZING ORTHODONTICS- THE GEN NEXT ALIGNER TERRAIN!'

Date: 1st April 2021

Venue: Virtual platform

Number of participants:190

- UG students:106
- PG students: 41
- Interns: 27
- Faculty: 16



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KHARGHAR NAVI MUMBAI

COGNIZANCE 2021
KNOWLEDGE beyond boundaries

GUEST Speakers

CAD-CAMizing Orthodontics
The Gen.Next Aligner Terrain!

DR. VIRAJ DOSHI DR. DHAVAL FADIA

Date: 1st April 2021.
Time: 10.30am – 11.30am

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SUMMARY:

Department of Orthodontics and Dentofacial Orthopedics in association with Alumni association of YMT Dental College organised a virtual lecture 'CAD-CAMizing Orthodontics-the gen next aligner terrain!' as a part of 'cognizance', a virtual annual scientific convention on 1st April 2021 from 10:30 am-11:30 am.

The aim was to understanding the concept of 'CAD-CAM' in Orthodontics.

The objectives of the workshop were-

- Highlight the importance of CAD-CAM in aligners.
- Use of CAD-CAM in routine dentistry.

The lecture was conducted by Dr. Viraj Doshi and Dr. Dhaval Fadia, both alumni of YMT Dental college.

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Session by our Alumni Dr. Viraj Doshi & Dr. Dhaval Fadia

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List of Participants

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3/18/2021 11:15:39	mehtarishi007@gmail.com	Rishi Mehta	Interns
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3/18/2021 13:35:39	vallarimalandkar16@gmail.com	Vallari Malandkar	Interns
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3/22/2021 8:11:03 poojarexx56@gmail.com	POOJA KATWATE	Interns
3/22/2021 10:27:12 drpradnyasaty@gmail.com	Dr. Pradnya Satye	Post Graduates
3/22/2021 10:31:51 divenachoudhary2@gmail.com	Divena Choudhary	Interns
3/22/2021 10:37:13 ymjadhao02@gmail.com	Yogesh Jadhao	Interns
3/22/2021 10:38:20 keepitsimplebhumi@gmail.com	Bhumika Jain	Interns
3/22/2021 10:44:42 sambutala98@gmail.com	Samruddhi Butala	Interns
3/22/2021 10:48:01 syandcunha@gmail.com	Syan D'Cunha	Interns
3/22/2021 11:01:15 neha.savaji@gmail.com	Neha Savaji	2nd Year
3/22/2021 12:42:48 saakshipati130@gmail.com	Saakshi Patil	1st Year
3/22/2021 13:21:55 durgeshwarisawant@gmail.com	Durgeshwari Sawant	1st Year
3/22/2021 17:07:50 rachh.pranidhipurnima@gmail.com	PRANIDHIPURNIMA DINE	3rd Year
3/22/2021 17:08:15 aryakamath22@gmail.com	Arya kamath	3rd Year
3/22/2021 19:34:42 ankitawalkar95@gmail.com	Ankita	Post Graduates
3/22/2021 20:07:11 shreyakothari151@gmail.com	Shreya Kothari	3rd Year
3/22/2021 21:28:34 shreeyamohite98@gmail.com	Shreya Vasant Mohite	3rd Year

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3/22/2021 21:59:30 samruddhihakare910@gmail.com	Samruddhi Sunil Thakare	3rd Year
3/22/2021 22:55:39 madhavradhika10@gmail.com	RADHIKA SAKHARAM	M3rd Year
3/22/2021 23:27:57 tejallende@gmail.com	TEJALLENDE	3rd Year
3/22/2021 23:34:42 anubhide99@gmail.com	Anushka Chittaranjan Bhic	3rd Year
3/23/2021 9:22:39 dikshapagare7@gmail.com	Diksha Pagare	2nd Year
3/23/2021 9:34:24 masaratmadhiya@gmail.com	Mussarat Madhiya	Interns
3/23/2021 9:58:16 bhattiya1998@gmail.com	RIYA SANJEEV BHATT	Interns
3/23/2021 10:06:39 divyamerchant7@gmail.com	Divya Merchant	Interns
3/23/2021 14:25:03 driz28@yahoo.com	Dr Rizwan Sanadi	Staff
3/23/2021 15:44:06 uchalej@gmail.com	DR.JAYSHRI BHAU UCHI	Post Graduates
3/23/2021 15:45:19 uchalej@gmail.com	DR.JAYSHRI BHAU UCHI	Post Graduates
3/23/2021 15:45:57 uchalej@gmail.com	DR.JAYSHRI BHAU UCHI	Post Graduates
3/23/2021 15:47:10 uchalej@gmail.com	DR.JAYSHRI BHAU UCHI	Post Graduates
3/23/2021 15:49:10 uchalej@gmail.com	DR.JAYSHRI BHAU UCHI	Post Graduates
3/23/2021 15:53:42 uchalej@gmail.com	DR.JAYSHRI BHAU UCHI	Post Graduates
3/23/2021 15:55:18 uchalej@gmail.com	DR.JAYSHRI BHAU UCHI	Post Graduates
3/23/2021 16:50:38 sakshi11.kandalkar@gmail.com	Sakshi Kandalkar	3rd Year
3/23/2021 17:46:09 Nabeel.malim@gmail.com	Nabeel Malim	Post Graduates
3/23/2021 20:14:11 patilrutika2711@gmail.com	Rutika patil	3rd Year
3/23/2021 20:16:48 Rdeshmukh760@gmail.com	Rasika Deshmukh	3rd Year
3/23/2021 22:15:34 sarvadabidvi002@gmail.com	Sarvada	1st Year
3/23/2021 22:38:39 ghankuteanuja@gmail.com	Anuja	1st Year
3/23/2021 23:44:50 gaurhansika@gmail.com	Hansika Gaur	1st Year
3/24/2021 7:18:13 sailee.misal222@gmail.com	Bhagyashree Misal	3rd Year
3/24/2021 11:23:38 mistryvinik@gmail.com	Vini Mistry	3rd Year
3/24/2021 11:30:45 kavitagpol@yahoo.co.in	Kavita Pol	Staff
3/24/2021 12:19:55 amarkatre78@gmail.com	Amar Narayan Katre	Staff
3/24/2021 13:26:38 naikdevika0528@gmail.com	Devika Naik	2nd Year
3/24/2021 13:30:44 lamhimudi@gmail.com	Himanshi Dave	2nd Year
3/24/2021 14:29:54 docswatigaba@gmail.com	Swati Sharma	Staff
3/24/2021 18:43:28 rathi.vyom@gmail.com	Vyom Rathi	3rd Year
3/25/2021 9:31:26 thompsondcruz@gmail.com	Thomson Mariadasan Don	Staff
3/25/2021 11:00:01 pranj.kudase@gmail.com	Pranjal Kudase	3rd Year
3/25/2021 11:10:56 kalsekarsnehal@gmail.com	Snehal Kalsekar	Interns
3/25/2021 11:55:41 giriwardhantrivedi4747@gmail.com	Giriwardhan	1st Year
3/25/2021 12:38:44 shreya2727lohiya@gmail.com	Shreya Deepak Lohiya	1st Year
3/25/2021 15:07:17 123nehalatthe@gmail.com	NEHA SANJAY LATTHE	3rd Year
3/25/2021 15:50:14 akshadasolanke2809@gmail.com	Akshada solanke	3rd Year
3/25/2021 15:52:03 pradnyapawar07081999@gmail.com	Pradnya P Pawar	3rd Year
3/25/2021 16:07:11 abpatil507@gmail.com	Aditya patil	3rd Year
3/25/2021 19:13:18 bhargavinaiik03@gmail.com	Bhargavi Naik	1st Year
3/26/2021 11:59:07 dsaraftarvi@gmail.com	Dr.Tarvi Saraf	Staff
3/26/2021 19:25:55 sayem2611@gmail.com	Sayem Anwarhussain Mul	1st Year
3/27/2021 8:22:33 swatikoyande1212@gmail.com	Swati Koyande	3rd Year

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**YARST Endo Webinar Lecture Series -NEGOTIATING THE BENDING & MANAGEMENT OF
DEEP SPLITS 2020**

Date: 28th July 2020

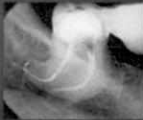
Venue: Virtual platform

Number of participants:100

- PG students: 33
- Interns: 42
- Faculty: 25


Y.M.T's Annual Research & Scientific Trades

 Guest Speaker Dr. Yogesh Sahu B.D.S, M.D.S. Professor, Dept. of Conservative Dentistry & Endodontics, Marathi College of Dentistry, Durg	 Dr. Vibha Hegde President Elect Indian Association of Conservative Dentistry & Endodontics Prof. and Head, Dept. of Conservative Dentistry & Endodontics Organising Chairman	 Guest Speaker Dr. Aarti Bohora B.D.S, M.D.S, PhD Associate Professor Dept of Conservative Dentistry & Endodontics SMBT Dental College, Raipur
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 Negotiating the Bending.	 Management of Deep Splits.
28th July 2020- 10.00 am - 12:00 pm	

Brochure- YARST


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SUMMARY:

Even amidst the COVID pandemic, the Department of Conservative dentistry and Endodontics conducted a lecture webinar series under the able guidance of Dr. Vibha Hegde. The guest speakers were Dr. Aarti Bohora and Dr. Yogesh Sahu. There were 100 participants including post graduate students, interns and staff delegates from various institutes in Maharashtra. The workshop was organized on digital platform and was open for participants all over Maharashtra.

The webinar was divided in two sessions,

The first session began with welcome address and introduction of speakers by Dr. Vibha Hegde (Professor and HOD, Department of Conservative Dentistry and Endodontics).

The first lecture by Dr. Yogesh Sahu commenced with the identification of apical root canal curvatures followed by grading their difficulties. The points discussed during the lecture were importance of glide path and different file systems employed for the negotiation of the curved canals.

The second lecture by Dr. Aarti Bohora emphasized on management of deep apical splits. She addressed the participants on role of magnification and use of ultrasonics in identification of apical splits. She highlighted the importance of 3-D obturation in such cases.

M J Vandekar

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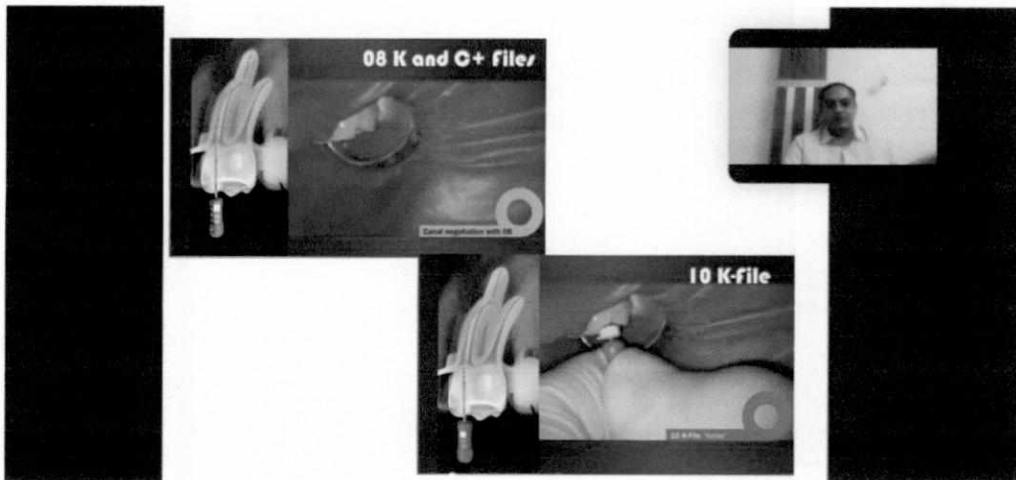
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Welcome address by Dr. Vibha Hegde



First session by guest speaker Dr. Yogesh Sahu on negotiating the canal curvatures

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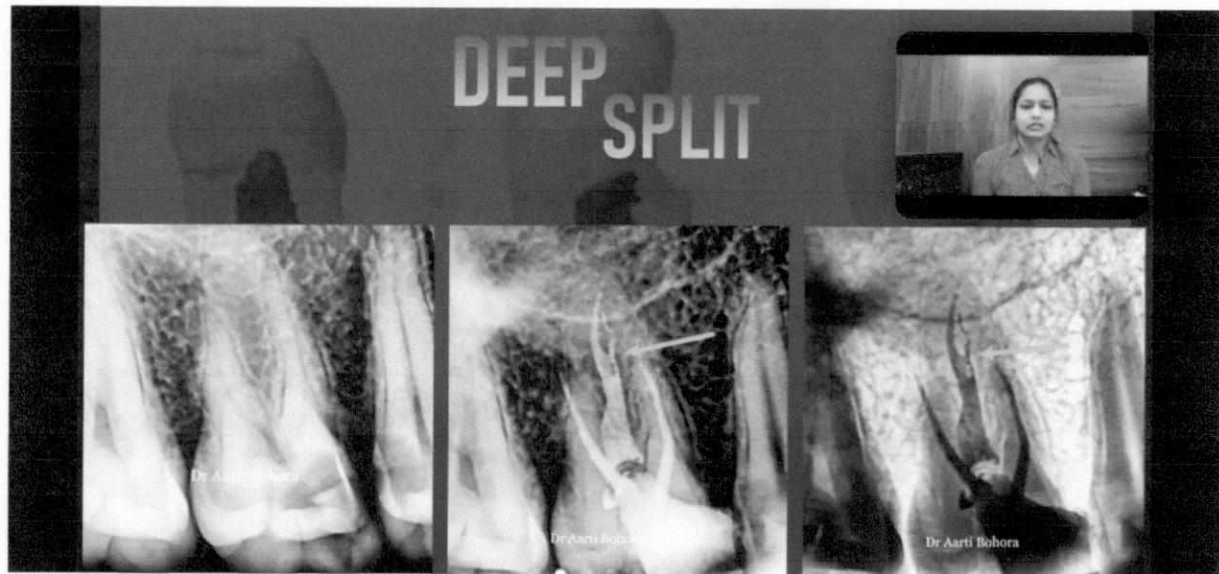
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Second session by Dr. Aarti Bohora on Management of apical Splits

List of Participants

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List of participants attending "Endo Webinar Web Series " 28th July 2020

Sr no	Name of participants	college name	mobile no.
1	Dr Yogesh Sahu		
2	Dr Aarti Bohora		
3	Dr Vibha Hegde		
4	Dr Minuhalini Kulkarni		
5	Dr Ushaina Fanibunda		
6	Dr Ashwin Jain		
7	Dr Jaiti Gupte		
8	Dr Rahul Ved		
9	Dr Satish		
10	Dr Pranav Thakkar		
11	Dr Harshraj Gawande		
12	Dr Siddhi		
13	Dr Sahil		
14	Dr Shweta		
15	Dr Rajkumar		
16	Dr Swati Patil		
17	Dr Swati Thongire		
18	Dr Vishwamika Jadhav		
19	Dr Sanket Meher		
20	Dr Aviraj Damrekar		
21	Dr Shen Furtado		
22	Dr Sanjivani Jadhav		
23	Dr Komal Jadhav		
24	Dr Amber Ansari		
25	Dr Nikita Singh		

M. V. Vardikar

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26	Dr Pritisha Jain		
27	Dr Jantvli Parekh		
28	Dr Pooja Bhagat		
29	Dr Surekha Waghmore		
30	Dr Vishal Phole		
31	Dr.Gagandeep PG	Vydehi Institute, Bangalore	9167575137
32	Ikajal mavla PG	gdc ahmedabad	9033491763
33	Dr. Prajakta Gaikwad PG	Terna Dental College	9969639085
34	Battula Sai Madhuri PG mail:saimadhuri@gmail.com	Army college of dental sciences	8790817349
35	Dr.Ram Bhojane 3rd yr PG student Mail id- addi127.rbi@gmail.com	A.C.P.M. dental college,Dhule Maharashtra	7057355606
36	sameen khot Intern	YMT	8169949198
37	Sapna singh Intern	ymt	8425988709
38	alshwarya maipure Intern	ymt	8369665487
39	Affra Naushin Shaikh Intern affra9shin@gmail.com	ymt	9920847008
40	Unik agarwal Intern	ymt	9820594072
41	Hinal bhayani Intern	ymt	7208388034
42	Mayank Sachdeva PG mayank.sachdeva260@gmail.com	MMCDSR Mullana Ambala	8826898025
43	Devanshi Shah Intern devanshishah2222@gmail.com	ymt	9833656298
44	Hetvi Vajani Intern	ymt	885041914

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	hetvi0218@gmail.com		0
45	Umil Vilankar Intern	ymt	996900368 3
46	Yashvi Shah (Intern ysshah97@gmail.com	ymt	996773907 2
47	Dr Onkar Arun Patil 2nd Yr PG STUDENT onkarpatil1993@gmail.com	Tatyasaheb Kore Dental College and Research Centre	705723069 3
48	Anshu Gupta PG Emaild-anshu.gupta09876@gmail.com	maharishi markandeshwar college of dental sciences, muliana, ambala	946980026 9
49	Samiksha Shaha Intern	ymt	983330129 7
50.	Prince Joy p.g resident in Endo princejoya@gmail.com	A.J Institute of Dental Sciences, manglore	944677195 0
51.	Nidhi .M. Sharma Intern nidhi.s.0807@gmail.com	ymt	992034282 0
52.	Taabish Altaf Vasta Intern tabz.vasta4@gmail.com	ymt	808276380 6
53.	Naman Adhvaryu Intern namanadvharyu@gmail.com	Ymt Dental College	986733450 9
54.	Amisha Parekh Int anp2988@yahoo.com	ymt	897686938 9
55	Dhara Movalla Int dharamovalla26@gmail.com	ymt	75061 49803
56	Sayali More Int spmores.more90@gmail.com	ymt	98921 02964
57	ShreyaSawant Int sawantshreya11@yahoo.in -	ymt	98696 44240
58	Janhavi Patil Int janhavipatil9@yahoo.com	ymt	998795515 4
59	Dr. Deepak Thombare	ymt	770925384

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76.	Prem Kaskar Intern premkaskar@gmail.com	ymt	908267616 0
77.	Dr. Priyanka Podutwar MDS		976613672 4
78.	-Dr. Sonal Sahu PG drsonalsahu55@gmail.com	Terna dental college	900485612 6
79.	Reeva Rathod (Intern) reevarathod02@gmail.com	ymt	773847451 7
80.	Leah Mathew Intern leahmathews97@gmail.com	ymt	982097926 7
81.	Mahima Mehta Intern mahima.mehta9867@gmail.com	ymt	986778989 2
82.	-Dr. Sneha PG student College snehainair.singh@gmail.com	maltri dental college and research center	722296045 1
83.	Damini Kulkarni Intern damini301996.dk@gmail.com	ymt	900430086 6
85.	Dr.Ambika Bana. PG ambikabana@gmail.com	-Army college of dental sciences.	900017124 0
86.	Dishani Jain Intern dishani97@gmail.com P	ymt	982044347 2
87.	priyanka ram sapkal, no_emailid- sapkalpriyanka100@gmail.com	ymt	- 913020295 4
88.	Janvi Mody Intern janvimody97@gmail.com details:	ymt	987095268 4
89.	Ranjana Sinha Tutor drsinhadentist@gmail.com		922402387 3

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90	dr ayushya warang staff	ymt	998791420 1
91	dr nupur sah staff	ymt	976904849 4
92	dr amit benjamin staff	ymt	
93	dr deepa das staff	ymt	
94	dr shreyas gupte staff	ymt	
95	dr s r patankar staff	ymt	
96	dr saloni mistry staff	ymt	
97	dr ashwin jawdekar staff	ymt	
98	dr meghna vandekar	ymt	
100	dr kavita pol	ymt	
101	dr dheeraj kalra	ymt	
102	dr shalle PG	ymt	
103	surlee chavan PG	ymt	
104	sheetal PG	ymt	

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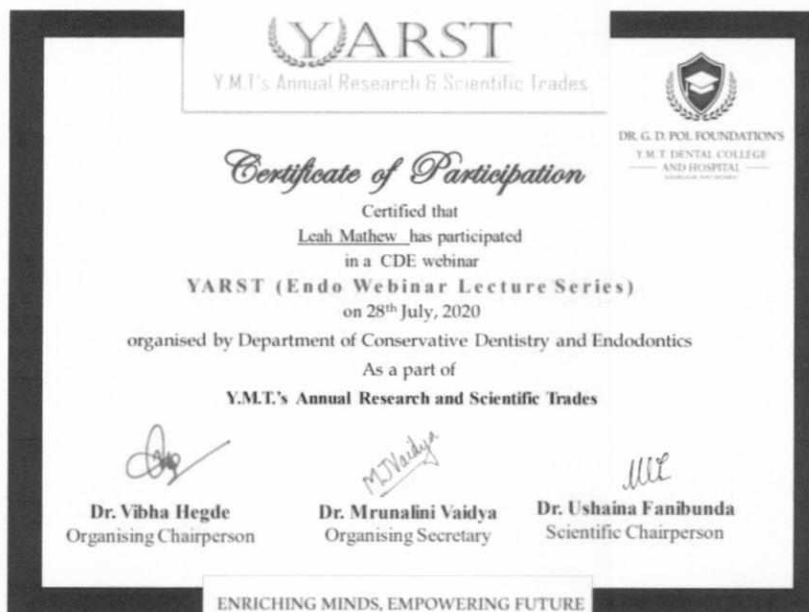
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Certificate




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PHOTOCLAVE '19

Date: 4th DECEMBER 2019

Venue :Norman Kingsley Seminar Hall, Dept.Orthodontics YMT Dental college and hospital

Number of participants :

- PG Students : 39
-

SUMMARY: PHOTOCALVE '19 was conducted at Dr. G d Pol foundation YMT dental college and hospital to introduce first year post graduates to clinical photography. Lecture on introduction to dental photography was delivered by Dr. Meghna Wandekar, lectures on intra and extra oral photography in dentistry, digital photo editing were delivered by Dr. Vikram Shetty, Dr. Rajesh Kuril and alumni Dr. Raveena Chimnani. Basic photography technique were demonstrated by the speaker, alimni Dr. Rohan Bhagat and other staff members of Department of Orthodontics. Specialised photography techniques according to requirements of other departments were also demonstrated. The lectures guided the importance of photography in clinical practice covering its important aspects.

Live demonstration and hands on session were conducted on various topics such as photography equipments, understanding the camera, extra oral photography techniques, intraoral photography techniques and table top photography by other staff members of the department.



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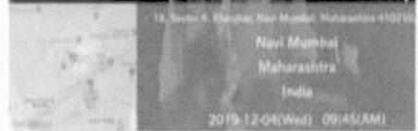
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PHOTOCLAVE '19



*Department Of
Orthodontics And
Dentofacial
Orthopaedics*



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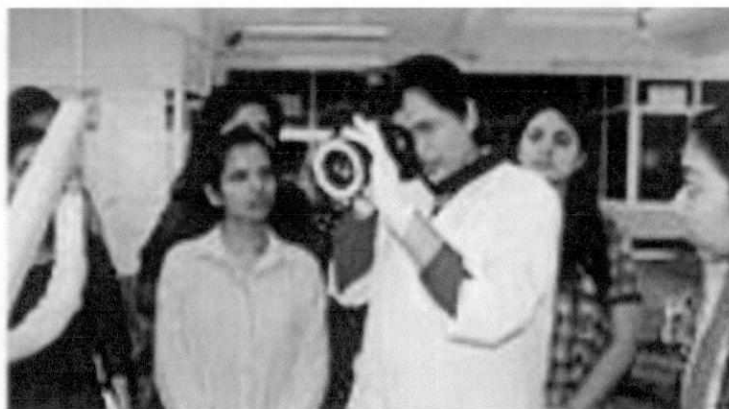
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Dr. Rohan Bhagat demonstrating techniques of basic photography

M. J. Mandekar

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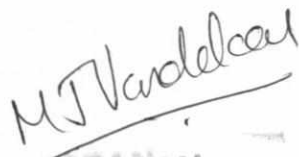
☎: 022-2774 4429

☎: 022- 2774 4427

Participant list

 DR. G.D. POL FOUNDATION'S YMT DENTAL COLLEGE AND HOSPITAL KHARGHAR, NAVI MUMBAI Department of Orthodontics And Dentofacial Orthopedics "PHOTOCCLAVE 2019"					
Sr No	Name	Email id	MSDC Reg no	Mobile No	Signature
1	Ganesh Munagan	ganeshm523@gmail.com	A-35767	9892705791	
2	Mahesh Khote	maheshkhote1862@gmail.com	A-40790	9766035264	
3	Devashree Mujumdar	drdevashree@gmail.com	A-39210	8793779620	
4	Pradnya Lad	pradnyalad228@gmail.com	A-38702	7276679018	
5	Harshad Varpe	harshad919@gmail.com	A-34722	8007666513	
6	Surekha Waghmare	surekha.waghmare93@gmail.com	A-32663	8104595911	
7	Vishal Phole	vphole3@gmail.com	A-37936	9511942576	
8	Janhvi Parekh	janhviparekh@gmail.com	A-37321	7977313063	
9	Pooja Bhagat	pooja.bhagat135@gmail.com	A-38348	8082809311	
10	Pritisha Jain	jainpriti337@gmail.com	A-38529	9820659684	
11	Pooja Naik	pnaik4597@gmail.com	A-39433	9930105485	
12	Priyanka Jain	dpriyanka27@gmail.com	A-36220	9833698690	
13	Nikhil Gurav	guravnikhil1672@gmail.com	A-40286	8691949635	
14	Pankti Gangar	pankti.gangar@yahoo.com	A-38833	8879011686	

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16	Komal Chawla	chawlab657@gmail.com	A-35929	8291565850	Komal
17	Kamanksha Mhatre	kamankshism@gmail.com	A-39693	8355856360	Kamanksha
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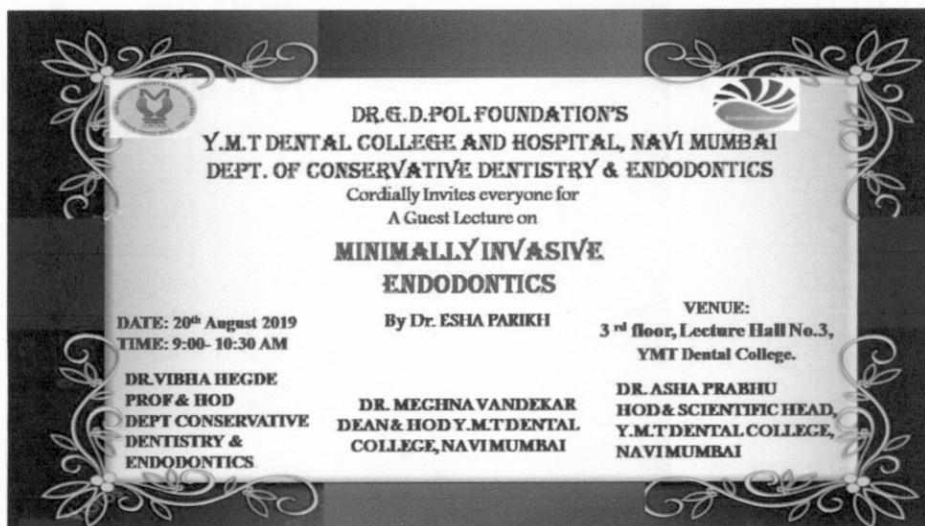
Minimally Invasive Endodontics 2019

Date: 20th August 2019

Venue: Lecture hall 3 (lectures), Preclinical Conservative Lab (hands on)

Number of participants: 51

- Interns: 51



Brochure


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SUMMARY:

The Minimally Invasive Endodontic workshop was conducted on 20 August 2019 by Department of Conservative Dentistry and Endodontics at GD POL Foundation YMT Dental College for intern students of the department.

Aim: To understand the concept of Minimally Invasive Endodontics

Objectives: Use of microscope in routine dentistry Highlight importance of conserving peri-cervical dentine

The workshop was conducted in two sessions.

The first session was introduction to minimally invasive endodontics by Dr.Vibha Hegde Professor and HOD Department of conservative Dentistry and Endodontics

The second session was addressed by guest speaker Dr. Esha Parikh. The speaker elaborated clinical cases of micro restorative dentistry and emphasized on tooth conservation

Questions addressed were:

- What are the differences between traditional conservative and ultra conservative approach towards endodontics What is the role of magnification in Minimally Invasive Endodontics.
- What is Minimally Invasive protocol for surgical endodontics
- The third session was an active discussion between participants and speaker on current concepts in Minimally Invasive Endodontics.

Closing remarks :

Organizing secretary highlighted the importance of microscope in routine practice and urged the students to approach dentistry in conservative way.


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Introduction to minimally invasive endodontics by Dr. Vibha Hegde



Guest lecture on micro-restorative dentistry and importance of tooth conservation by Dr. Esha Parikh



Discussion between participants & speaker on the current concepts in MIE.

M J Vandebeek

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- 41 GAWLI SHIVANI SURYAKANT
- 42 GHARAT HIMALI PRASHANT
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