

DEEKSHARAMBH- STUDENT INDUCTION PROGRAMME 2025

First BDS Students

2025-2026 Batch

Introduction: Transition from school to Professional College is the most challenging milestone in a student life, when a new student enters an institution. As they come from diverse backgrounds and thoughts, many of them have little knowledge of University life. An important task therefore is to welcome new students to higher education and prepare them for their new role. Keeping this in mind, The Union Minister of Human Resource Development (HRD) in 2019 Guided the University Grants Commission (UGC) to conduct "Deeksharambh", a student induction programme, for the freshly joined I BDS Students.

Purpose: The term induction is generally used to describe the whole process whereby the incumbents adjust to or acclimatize to their new roles and environment. In other words, it is a well-planned event to educate the new entrants about the environment in a particular institution, The Purpose of student induction programme is to help new students adjust and feel comfortable in the new environment, the programme aims to inculcate in them ethos and culture of the institution and help them build bonds with other students and faculty members. It also exposes them to a sense of larger purpose and self-exploration.

Procedure: Yenepoya Dental College conducts Deeksharambh according to the guidelines given by UGC. This will be a six days programme designed to be offered prior to beginning of BDS courses. The programme will be conducted in Lecture Hall 1 in Yenepoya Dental College.

Course Objectives:

1. Physical activity
2. Mentoring
3. Familiarization to Departments
4. Creative Arts and Culture
5. Library activity
6. Lectures by Subject Expert
7. Visits to local area
8. Extra-curricular activities in college

The following members constitute to the committee of the programme:

Chairman: Dr. Sham S Bhat, Dean, Faculty of Dentistry, YDC

Co Chairman: Dr. Laxmikanth Chatra, Principal, YDC

Coordinator: Dr. Hasan Sarfaraz, Vice Principal, Yenepoya Dental College



Convenor: Dr Savita Dandekeri, Professor, Yenepoya Dental College

Members: Dr. VarshaUpadhya, Dr. RakshaBallal, Add-, staff advisor to student council Member Yenepoya dental college

Dr. Shailesh R Shenoy Sports SecretaryMember YDC

Dr. A Kevin Fernandes Cultural Secretary Member YDC

Mrs. Soosamma student welfare officer YDC

Members of the Student Council & Interns YDC

The detail of the programme schedule is as follows:

Day 1- 29.09.2025: Venue: Auditorium YDC

Topic	Time	Resource Person
Inaugural Programme	9.00 am -9.30 am	
Address by Principal	9.30 am -10.00 am	Dr. Laxmikanth Chatra, Principal, YDC
Know your college (KYC). Introduction of the various Departments and various protocols.	10.00 am -10.30 am	Dr Sham S Bhat, Dean, Faculty of Dentistry, YDC
Examination and Evaluation System	10.30am-11.00am	Dr.Nandish B.T, Controller of Examination, Yenepoya University,
Ragging a Menace	11.00am-11.30 am	Dr.Sanath Kumar Shetty , Professor, Dept of Prosthodontics.
Introduction to creative arts and cultural activities in YDC	11.30am-12.00noon	Dr. Kevin Fernandes, Reader, Dept of Prosthodontics,
Break	12.00 noon-12.45pm	
Code of Conduct	12.45pm-1.15pm	Dr. Maji Jose , Dean student affairs Yenepoya (Deemed to be University)
Mentorship Programme Mentoring with the mentors Topic: Student Aspirations, family expectations	1.15pm-2.30pm	Dr. Joyce P Sequeira Prof Dept of Oral Surgery, Mentor coordinator Dr. Mallika Shetty, Additional



		Prof,Dept of Prosthodontics Mentor Co ordinator Mentors: DR. Yasmeen DR.Minaz DR.Jaslee Ann Jose DR.Natasha Nagesh Shetty DR.Samreena DR.Nihala Mariyam DR.Anu Babu DR.Pooja Harish S DR.Nishi Jayasheelan P DR.Kevin Fernandes
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Day 2 - 30.09.2025: Auditorium YDC

Topic	Time	Resource Person
Introduction to student Evaluation Board	9.00 am-9.30am	Dr. Mallika Shetty, Additional Prof, Dept of Prosthodontics
Do you have it in you?- Skills to Good Dentistry	9.30am-10.15am	Dr. Hasan Sarfaraz Vice Principal, Yenepoya Dental College
Stress Management & Psychological Issues In Students	10.30 am -11.00 am	Dr. Anil Kakunje, Professor, Dept Of Psychiatry, YMC
Introduction to Hospital facility	11.00am-11.30 am	Dr. Nagaraj Shet , Assistant Medical superintendent , YMC
Mentoring with The Mentors Topic: Gratitude towards people helping me	11.30am – 12.30 pm	Dr. Joyce P SequeiraProf, Mentor coordinator Dr. Mallika Shetty, Additional Prof, Mentor Co ordinator and Mentors
Break	12.30pm – 12.45pm	
Student welfare at Yenepoya(Deemed to	12.45pm-1.30pm	Dr. Maji Jose, Dean, Student Affairs, Yenepoya (Deemed to be University)

be university) Substance Abuse Prevention	1.30pm-2.30pm	Dr. Shruthi Shenoy, Additional Prof Dept of Oral Pathology
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Day 3- 03.10.2025 : Auditorium YDC

Topic	Time	Resource Person
ICC Topic: Women safety	9.00am-10.00am	DrPriyaAranha , Associate Professor Stage II cum Vice Principal , YNC
Mentoring With The Mentors Topic: Prosperity	10.00 am – 11.00 am	Dr. Joyce P Sequeira Prof Dept of Oral Surgery, Mentor coordinator Dr. Mallika Shetty, Additional Prof, Mentor Co ordinator and Mentors
Campus Tour (Students will be divided into four batches) Visit to the Dental Clinics	11.00 am-12.00 pm	Dr.VarshaUpadhya , Dr. RakshaBallal , Yenepoya Dental College

Day 4: 04.10.2025: Venue lecture hall 1

Topic	Time	Resource Person
Mentoring with The Mentors Topic: Peer pressure	9.00am-10.00am	Dr. Joyce P Sequeira Prof Dept of Oral Surgery, Mentor coordinator Dr. Mallika Shetty, Additional Prof, Mentor Co-ordinator and Mentors

Introduction to Sports	10.00 am -10.30am	Dr. ShaileshShenoy, Additional Prof Dept of Pedodontics
Communication skills – local language	10.30am-11.00am	Dr. Vidya Bhat , professor Department of prosthodontics YDC
Introduction to NSS	11.00am-11.30am	Dr. AshwiniShetty, Professor Department of Anatomy, Director for Directorate of extension and outreach activities Yenepoya (Deemed to be University)
Orientation to the library resources and facility	11.45 am-12.15pm	Dr. K. S Ali Chief Librarian, Central Library
Break	12.15pm -1.00 pm	
Introduction to Red Cross	1.00 pm-1.30pm	Dr. Syed Miqdad, Reader, Dept.of Oral Pathology
Introduction to YUAA	1.30pm 2.00pm	Dr. Reuben, Senior Lecturer,Dept.of Oral Pathology
Talk by Interns and post graduates	2.00pm – 2.30pm	Dr. Bharathi, Dept. of Pedodontics, Mr. Ahmed Taha (Intern)

Day 5- 06.10.2025: Venue: Lecture Hall 1

Topic	Time	Resource Person
Yoga and Its Benefits	9.00am- 10.00am	Dr.Jagadish Chandra H , Prof and HOD Dept of Oral and Maxillofacial Surgery.
Social responsibility of dentist towards the community	10.00am-10.30am	DrRekhaShenoy ,Prof and HOD,Public Health Dentistry
Introduction to information, technology and communication for learning	10.30am-11.30am	Mr. Rajesh Karkera, Deputy Director, Information Technology
Cyber security session	11.30am – 12.45pm	Mr. Rajesh Karkera, Deputy Director, Information Technology



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Mentoring With The Mentors Topic: Human needs of (a) self and (b) body	1.15pm-2.30pm	Dr. Joyce P Sequeira Prof, Mentor co-ordinator Dr. Mallika Shetty, Additional Prof, Mentor Co ordinator and Mentors
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Day 6: 7.10.2025 : Venue lecture hall 1

Topic	Time	Resource Person
Fine Tuning, The Personality For Maximum Efficiency In Student Life	9.00am-11.00am	Dr. Akhter Husain, Prof Emeritus & Administrative Director, Centre for Cranio Facial Anomalies
Mentoring with The Mentors Topic: Relationships	11.00am-12.00pm	Dr. Joyce P Sequeira Prof, Mentor coordinator Dr. Mallika Shetty, Additional Prof, Mentor Co ordinator and Mentors
Break	12.00pm-12.30pm	
Cultural Programme by students	12.30pm-2.30pm	

Convener

Chairman

Principal

DEAN-FACULTY OF DENTISTRY
YENEPOYA DENTAL COLLEGE
YENEPOYA (DEEMED TO BE UNIVERSITY)
UNIVERSITY ROAD, DERALAKATTE
MANGALURU - 575 018

PRINCIPAL
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MANGALURU - 575 018