



An Initiative of NAAC-IQAC
Saraswati Dental College, Lucknow



Events

- ◆ 5th September: Teacher's day celebration
- ◆ 10th September: Anti-Ragging Orientation Programme
- ◆ 15th September: Basic Life Support
- ◆ 22nd September: Value Added Program On Dental Chair Repair And Maintenance
- ◆ 29th September: Urja Abhyan
- ◆ 1st October: Medical Emergencies WorkShop
- ◆ 30th October : Counselling under tobacco control and cessation
- ◆ 14th November: AROGYA HEALTH MELA
- ◆ 29th November: Talent hunt for school kids singing and dancing competition
- ◆ 30th November: Value added program on Biostatics
- ◆ 1st December : AIDS Day
- ◆ 15th December: Yoga Session
- ◆ 21st December: Soft Skills from College to Career



Saraswati Dental College celebrated its SILVER JUBLIEE celebration with pomp and gaiety, entering its 25th foundation day. Arogya Health Mela had been inaugurated on this occasion. Doctors and special guests from other areas of the society graced the event.

Year long silver jubilee celebration will be observed by the college with variety of events taking place each month.





An "Anti-Ragging Orientation Programme" was organised at Saraswati Dental College and Hospital Lucknow on the 10th of September, 2022 in the Co. TS Mathur Auditorium to create awareness amongst the Students and Faculty about the Menace of Ragging in the Professional Institutions.

The Main Speaker for the event was Dr. (Prof.) Anil Kumar Chandna, EC Member, Dental Council of India .






The Dept. of Oral and Maxillofacial Surgery, Saraswati Dental College and Hospital, Lucknow organised an AMERICAN HEALTH ASSOCIATION (AHA) certified Basic Life Support (BLS) training programme in association with I.E.M.S New Delhi and SGPGI on 15th and 17th September 2022. The students were trained in providing Basic life support in respiratory and cardiac distress and the importance of teamwork in a critical emergency



Saraswati Dental College, Lucknow in collaboration with Department of Public Health Dentistry, Unnat Bharat Abhiyan, Red Cross Society observed World AIDS Day on 1st December 2022 in village Madiakon.

The theme for World AIDS day was **“Putting Ourselves to the Test:”**




SARASWATI DENTAL COLLEGE & HOSPITAL, LUCKNOW

Dr. Awadhesh Kumar Sharma
Yogacharya

“YOGA - Self Conscience Development”



Silver Jubilee Celebration
15th December 2022

Organized by Institutional Committee for Student Welfare & Extra Curricular Activity (ICSWECA)

Venue:- Amphitheater, Saraswati Dental College & Hospital, Lucknow

Time:- 11:00 AM onwards

As Saraswati Dental College and Hospital, Lucknow is celebrating its Silver Jubilee Year, under Self Conscience & Wellness Month Development Activities” a Yog Workshop & Training session was organised in the College campus.

The YOG session was conducted at the Oval ground of the College by Yogacharya Awadesh Kumar Sharma, Founder and Director Samagra Yog Kendra, Jigyasa Kapri who is a Senior Yoga Teacher and their team.

UNSUNG DREAMS

Staring skyward, looking inward
 Storm dissipating, yet clouds swirl still
 Millions of stars I gaze upon,
 Filled with thoughts I wonder; how can we go on?

Life's not fair, we all know
 You, on the other hand, are blessed though.

Living in the lavish country land,
 Where few others are banned.

He lost his childhood doing dishes,
 He missed all his mother's kisses,
 He lost his father when he was young,
 This is his song; unheard, unsung.

Filled with thoughts as I lay on,
 Wondering, how can we go on?

There were lots of sleepless nights,
 There were demons he had to fight,
 In his jogger, he took your order looking cool,
 He hid behind all his tears and made you fool.

The night is gone and the sun is out,
 A new day, a new hope will shout,
 I woke up with beautiful wishes,
 For him, he was just doing dishes.

Filled with thoughts as I move on,
 Wondering, how can we go on?
 It was just a frosty November night,
 I am just a girl, bringing his plight.

-Arish Khan
 4th year



Arbeshad Khan/ 2nd year



Akanksha Gupta
 4th year

ARAMBH AUR ANT

Ant tha vo ek ka, aur ek ka aarambh hua
 Shunya pe ruka hua tha shunya pe hi dam hua

Kis baat ka ghamand, kis baat ka abhimaan lu
 Daulat ki thaat lu, ya rutbe ki daad lu.

Phir daulat aur rutbe ki shaan me itna khoya
 Ki har guzrate lamhe me khud ko badlta paaya
 Jab jab ek ki majburi ke taakh me apna kaam banaya
 Tab shayad khud ke ek hisse ko khud se hi naaraz paaya

Kaafi kabhi nhi hua, Naa vo daulat na vo shohrat
 Bas aur aur ki chahat ko jaahir kar paaya
 Shayad aise hi ye insaan khud insaanityat se mu mod aaya.
 Ki shayad aise hi hmne ant ki aur kadm badhya, ki shaayad
 aise hi khud ko Maine bhi khud se dur paaya.

Ant tha vo ek ka, aur ek ka aarambh hua
 Shunya pe ruka hua tha shunya pe hi dam hua

- Medha Rai / 4th year



Faculty Members

Dr. K.N. Dubey : Editor-in-Chief
 Dr. Vivek Bains : Editor
 Dr. Akanksha Dubey : Member

Student Members

Arish Khan : 4th Year
 Nidhi Singh : 4th Year