

I.T.S Dental College, Hospital and Research Centre

47, Knowledge Park – III, Greater Noida

Institution facilitates building and sustenance of innate talent /aptitude of individual students

Co-curricular activities prepare students practically for the future. The normal curriculum can only go so far as to teach and educate students about academic theories. But students whose only experience of school or college is one of rigid academic study may not be able to apply what they have learned in practice. We at I.T.S Dental College believe that co-curricular activities are particularly good at providing opportunities for students to work in teams, to exercise leadership, and to take the initiative themselves. Hence we give equal focus on non academic activities as well for our student development and welfare. Some examples of which are;

The International Yoga Day was celebrated on 21st June 2018 at the College campus to usher in peace, harmony, happiness and success to every soul in the world. Yoga is a mental, physical and spiritual practice that needs to be carried every day; this was a great opportunity to imbibe the value of this discipline. The session was attended by both faculty and students and it was organised in association with *Sammati Naturopathic Wellbeing Centre*.

The Instructor started the session with a prayer and explained how yoga embodies unity of mind and body. The participants thereafter performed various Yoga asana. All yoga asana were introduced/ explained before being performed. Finally, the session ended with meditation and prayer.

Annual Sports Festival 18th July 2018-20th July 2018 The event started with a brief inaugural ceremony on 18th July 2018. Thereafter Dr. Akshay Bhargava, Director Principal declared the event open. Day 1 and 2 saw various sports event like football, volleyball, cricket, shot-put, sprints, with teams of all batches putting up a tough competition against each other. Day 3 was reserved for finale of football and tug of war along with declaration of the overall winners.



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World No Tobacco Day was observed in I.T.S Dental College on May 31 2018 with the aim to create awareness and reduce the deaths from tobacco related health problems.

Tobacco is the second major cause of death in the world. It is well known that half the people who smoke regularly today- about 650 million people – will eventually be killed by tobacco. Equally alarming is the fact that hundreds of thousands of people who have never smoked die each year from diseases caused by breathing second – hand tobacco smoke

This yearly celebration informs the public on the dangers of using tobacco, the business practices of tobacco companies, what WHO is doing to fight the tobacco epidemic, and what people around the world can do to claim their right to health and healthy living and to protect future generations.

I.T.S-The Education Group sets Guinness World Record “Most People Using Mouthwash (Multiple venues) Simultaneously” 8th March 2018

A unique event was organised with the motive of spreading awareness regarding oral hygiene using mouth wash on a large scale at multiple venues. Over 4000 volunteers participated in this event, making it, one of a kind.