

## SREE MOOKAMBIKA INSTITUTE OF DENTAL SCIENCES

### LITERARY FEST 2019

#### EVENT REPORT

The Literary fest 2019 at Sree Mookambika Institute of Dental Sciences was a resounding success. This was a time when the entire team of SMIDS comprising of students both the Under Graduates and Post Graduates, faculty members both teaching and non teaching came together to contribute their best to this endeavor to bring out extra ordinary talent in the students. The fest was all set to make a mark yet again.

Scheduled to start from 9<sup>th</sup> of October 2019, and continued till 15<sup>th</sup>, the fest was spread across 7 days with great pomp and show, comprising of various competitions in which the students showcased their talents. This celebration was able to become a reality as a result of the vision and determination of the Management and the Principal of our Dental College, Dr.Elizabeth Koshi Madam.

As like always 2019 also witnessed a number of events to encourage the budding and growing talents. A plethora of competitions were organized by the Principal and organizing committee, they were vegetable/ fruit carving, soap carving, pencil sketching, pot painting, mehendi designing, face painting, collage, essay writing, popsicle stick craft, spell bee , debate for the undergraduates and postgraduates and quiz for the under graduates and post graduates, all the events saw tremendous participation.

The festival celebrated the power of imagination and creativity. The most important aspect of the literary fest of SMIDS is that it combines both the showcasing of skills like carving to very enriching events like quiz and debate. In a sense it was a holistic literary festival.

#### VEGETABLE AND FRUIT CARVING

Fruits & Vegetables are beautiful in their own right, but when their carved or simply arranged in a different way, they look exquisite. Carving Fruit or vegetable is a wonderful talent. This competition was held to encourage budding artists to display their imaginations in the form of fruit & vegetable art.

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III Prize – Susmitha (III Year)

- Siva Prashanth (IV year)

## PENCIL SKETCHING

Pencil sketching competitions are important for students as they make them work harder and try their best in the meantime. These competitions motivate them to express their views and explore their creativity through their Art works.

A pencil sketching competition was organized for the undergraduates and the interesting topic that was given to them was 'Human portrait'. It was held on the 10<sup>th</sup> of October. Their drawings were judged on the basis of degree of difficulty, creativity, theme, neatness and presentation. All the students participated with full enthusiasm and wondrously showcased their talents and the winners were appreciated. The participants enthusiastically painted their perceptions on an art paper and it was worth watching.

The competition had 5 participants from each batch. The judges for the event were Dr.Chintu, HOD Dept of Paedodontics and Dr.E.Eshona Pearl, Senior Lecturer, Department of Prosthodontics,. The winners for the event were as follows:

I Prize – Siddharthini (IV Year)

II Prize – Annie (III Year)

III Prize – Kripa Raj (II Year)

## POT PAINTING

Pot painting competition was conducted for the undergraduate students of SMIDS on the 10<sup>th</sup> of October 2019. It was an event where the students had to paint on medium sized earthen pots. The theme given to the students was 'Rural India- Indian village scene'. The students from all the batches and Interns actively participated in the competition.

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followed by the theme. All the students participated enthusiastically along with competitive spirit.

The activity boosted the divergent thinking among the students as they had to decide how to make the best use of the waste materials to express their thoughts.

There were 2 teams from each batch, and each team comprised of 4 participants. The competition was judged by Dr. Bijvin and Dr. Redwin. The criteria of judgment were Creativity, Theme and Presentation. The winners were :

I Prize – Dhanush, Gokul, Siva Prasanth, Jeeva (IV Year)

II Prize – Razick, Hariharasudhan, Jebeson, Ajay (II year)

III Prize – Preethi, Jerfin, Ivilin, Ponkarthika (I year)

This activity not only brought out their team building & decision making skills but also exhibited the creativity, problem solving capabilities & leadership skills of the students. All collages were Displayed , appreciated & applauded by all the students & faculty of college & the winners were adjudged & rewarded.

### POPSICLE STICK ART

Popsicle stick craft is an art which is basically art out of waste. It helps the students to showcase their creativity through this competition. The reason for conducting this competition is to learn about teamwork and to have fun.

There were 2 teams from each batch, and it was overwhelming to see the students artistic and creative abilities. They created their masterpieces using popsicle stick and glue alone.

The competition was judged by Dr. Marbon Jovetson, Senior lecturer , Dept of Oral Surgery and Dr. Annie , Senior lecturer , Dept of Paedodontics. The criteria of judgment were Creativity, Theme and Presentation. The winners were ;

I Prize – Femi and Sumitha (III Year)

  
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III Prize – Sachidanandan (III Year)

## ESSAY WRITING COMPETITION

Essay writing is not just a method of academic assessment, but also an art. This is an art of reporting and describing about a topic through which you pen down your knowledge and perception about the given topic. It not only requires storytelling skills, but also the presentation of the story. The main goal of including essay writing in the literary fest was to motivate the youngsters to improve their writing skills. The judges for the event were Dr. Joe Joseph, Hod dept of Public Health Dentistry and Dr. Prashanth, Professor Dept of Oral Pathology.

The winners were :

I Prize – (Year)

II Prize – (year)

III Prize – (Interns)

## QUIZ COMPETITION FOR UNDERGRADUATES

The quest for knowledge, like everything else of value, is not to be obtained easily. It must be worked for, studied for, thought for, and more than that must be prayed for. To encourage the students to widen their knowledge to emphasise on the improvement of the intellect and General Knowledge of the students. It was an intersection competition held exclusively for the undergraduates. Eight teams participated in it, comprising four students each.

Dr. Shashi, Reader, Department of Oral Medicine, conducted the quiz in a very interactive way and the teams participated with great enthusiasm. They skillfully answered the questions asked. The questions put forth to the teams were intriguing and exciting. The Overall In charge of this competition was Dr. Shashi, Scoreboard master. Time keepers were Dr. Soumya Mohan and Dr. Annie. Quiz was very informative and knowledge enriching for the

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## DEBATE COMPETITION FOR UNDERGRADUATES

"It is better to debate a question without settling it than to settle a question without debating it" - SMIDS organised an English Debate competition on October 24<sup>th</sup> 2019. The event was held in the college conference hall and was graced with the presence of our respected Principal, Dr.Elizabeth Koshi, who welcomed the participants and conveyed her best wishes for the competition.

The aim of the competition was to hone public speaking skills of the students and teach them to be articulate while expressing their thoughts and opinions. The speakers spoke eloquently on the topic 'NEET Boon or Bane'. The participants speaking for both 'for' and 'against' the motion debated enthusiastically.

The teams were well prepared and undoubtedly convinced the audience of their beliefs and views. The participants, armed with statistics and data made their arguments more emphatic with their righteous facial expressions and voice modulation. They exhibited great oratory skill. The competition was an enthralling experience for the speakers as well as the audience. The session was a kaleidoscope of opinions, thoughts, ideas and perspectives that definitely enhanced the knowledge and understanding of the topic among students. The competition was judged by Dr.Rajesh S and Dr.Amal S.

The winners were : (Proposition team)

I Prize – Athira (IV Year)

II Prize – Swarna Soumya (year)

III Prize – Ramitha (III Year)

The winners were : (Opposition team)

I Prize – Schubert Anto (Intern)

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**SREE MOOKAMBIKA INSTITUTE OF  
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<b>NAME OF EVENT</b>	<b>CHRISTMAS DAY CELEBRATION</b>
<b>DATE AND TIME</b>	<b>20-12-2019</b>
<b>VENUE</b>	<b>SMIDS AUDITORIUM</b>

Christmas is an annual festival commemorating the birth of Jesus Christ which falls in December 25<sup>th</sup>. Christmas is a festival of love, care and sharing. To set a perfect example of secularism, SMIDS celebrates all the festivals equally. On the 21<sup>st</sup> of December 2019, Christmas day was celebrated at the SMIDS auditorium with great enthusiasm.

The event started at 1:00 pm at the College Auditorium. All the Undergraduate students and the staff came up with a series of carol songs and the entire college vibrated with the echoes of Christmas carols.

It was a pleasant sight to see the students with their Santa hats on their heads. The celebration was a grand success as all the students and staff irrespective of their religion participated in all the events. The boundless joy of celebrating the festival was visible on the faces of the students especially when Christmas cake was distributed to them.

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<b>EVENT</b>	<b>ONAM CELEBRATION</b>
<b>DATE AND TIME</b>	<b>07-09-2019 , 11:00 am</b>
<b>VENUE</b>	<b>SMIDS AUDITORIUM</b>
<b>EVENT REPORT</b>	

Onam festival falls during the Malayalam month of Chingam ( August – September). Onam is a festival which is celebrated with great vigor by all the people of Kerala, irrespective of their community and religion.

It commemorates the subsequent homecoming of their legendary emperor Mahabali. The wish that Mahabali was granted by Lord Vishnu was to be able to meet his people once every year and that is celebrated as Onam which is spread over a period of 10 days.

In Sree Mookambika Institute of Dental Sciences, Onam was celebrated in a grand and traditional manner on 7-09-2019. The celebration started with a 'Athapookalam competition' (traditional flower carpet) for the undergraduate students and the post graduate students which was an inter-college competition held in Sree Mookambika Institute of Medical Sciences.

Athapookalam was laid in the entrance of the Dental College. This was followed by a rainbow of cultural events which was organized by the students under the supervision of our beloved Principal , Dr.Elizabeth Koshi Madam.The celebration witnessed a mass participation by all the students, both teaching and non teaching staff. The students looked stunning in their traditional Kerala sarees and the male students resplendent in their colorful choices of dhothis.

  
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The cultural programme started by evoking the blessings of the Almighty with a prayer song. The gathering was welcomed by Dr.Vidya, Senior Lecturer, Department of Oral Pathology, who was also the anchor for the entire cultural event of the day.

The programme consisted of group songs and dance by the students. Onam songs collectively called 'Onapattu' were sung by the students. These songs are carried forward from one generation to the other by the people and they take a great delight in singing them.

There was a scintillating Onappattu by Dr.Geetha Vargheese, Professor, Department of Oral Pathology and the 1<sup>st</sup> year students. It was indeed a treat for the eyes and ears to watch young men and women sing melodious songs dressed in their traditional attire.

The celebration extravaganza reached its helm when there were 2 group dances called Thiruvathira, one group dance by the Interns and the other by the 1<sup>st</sup> and final year students. 'Thiruvathirakalli or kaikottikali' is a unique dance performed by women in Kerala on the auspicious day of Onam. It is performed by group of women dressed in traditional Kerala attire dance in a circle. The graceful movements with the dancers moving in a circle clockwise and anti-clockwise, the arms moving together in beautiful gestures upwards, downwards and to the sides in order to clap are both enchanting and elegant.

The performances left the entire audience cheering to the beat of the songs and the dances.

The cultural event came to an end with the vote of thanks delivered by Miss.Aathira, final year student and a concluding speech by Dr.Elizabeth Koshi Madam.

The cultural events was followed by 'Onasadhya' which was a lavish feast that had all kinds of traditional vegetarian dishes served on a banana leaf. All the students and staff enjoyed the delicious sadhya.

Onam celebration of the academic year 2018-2019 became one of the memorable events of the year.

  
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<b>EVENT</b>	<b>GRADUATION DAY PROGRAMME 2019 “ESTELLO MERAKIANS”</b>
<b>DATE AND TIME</b>	<b>18-09-2019 , 9:00 am</b>
<b>VENUE</b>	<b>SMIDS AUDITORIUM</b>
<b>EVENT REPORT</b>	

The word graduate comes from Latin word “gradus” which means degree step. Talent and skills are the crops that are nurtured, groomed and given all possible opportunities to grow and bloom. Graduation ceremony or convocation ceremony is the celebration of the harvest of this crop and the starting point of a bright future.

This was a much awaited moment in every student’s life, as it gave returns to the efforts put in by the students throughout their academic endeavour. It was the recognition of five years of rigorous training, hard work and sacrifices of the graduands. After walking the stage the ‘graduands’ become ‘graduates’.

On the beautiful morning of **18<sup>th</sup> September 2019**, 59 students of SMIDS celebrated their graduation “ESTELLO MERAKIANS” with their parents, teachers and management. SMIDS family was overwhelmed with happiness to see their 15<sup>th</sup> batch of students being graduated. It was a day full of joy, a day of pride and accomplishment and a sense of responsibility towards fulfilling further commitments for the graduates.

The celebrations started with the academic procession in which the dignitaries namely Dr.Vasudha Rajasekar, NABH Consultant, SMIMS, Dr.Elizabeth Koshi, Principal SMIDS, Dr.Sreelal.T, Dean of PG studies and Head Of the Department of Prosthodontics. Dr.Issac Joseph.T, HOD, Department of Oral Pathology, Dr.Rajesh.S Head of the Department

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Conservative Dentistry and Endodontics, Dr.Prasanth.T, Secretary of Academic Forum and Professor Department of Oral Pathology ,where ushered to the accompaniment of the student's into the venue of the function .

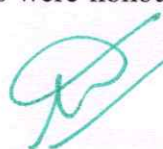
The dignitaries adorned the dias which was followed by the invocation of the Almighty with the prayer song. The traditional lighting of the lamp which symbolizes that 'agni' or fire leads us from darkness to light. All the dignitaries on the stage had the privileged honor of lighting the lamp.

Our beloved Principal Dr.Elizabeth Koshi delivered the welcome address. Madam is the corner stone of our Dental College, her strong personality, exemplary leadership and management skills are craze worthy and unique to her style. As quoted by her students she is very known for her 'motherly love'. She welcomed all the dignitaries on the dias and they were felicitated with the bouquet.

The chief guest of the day Dr.Vasudha Rajasekar addressed the gathering she pointed out that learning is the continuous process by hard work and dedication by teachers in shaping the graduands as responsible citizens of the country. She also stressed on the importance of dedication, skills and commitment to the profession. The guest of honor appreciated the Institution for imparting value based education to the students.

The Principal declared the graduation day open and she congratulated the graduands. Dr.Sreelal.T, Dean of the postgraduate curriculum addressed the gathering. He shared his experience with the audience by telling he had a concept in life to work as a team to achieve success. He also emphasized that learning and hardwork is the key to success and is very much required for improving their professional carrier and life as there is no short cut to it. Dr.Issac Joseph T, Professor and Head of the Department , Department of Oral Pathology enlightened the students with his motivational speech.

Following this, the certificates and momentos were distributed to the graduands. The HODs of each departments presented the graduation certificates and momentos for conferment of the degree. The subject wise toppers were honoured with cash prize, certificates and momentos by the Chief Guest.



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The subject topper for Dental materials Ms.Gowsalya M. The subject topper for Oral Pathology, Paedodontics Ms.Shanmuga Priya K, The subject topper in Oral Medicine and Radiology was Ms.Banu Priya E. The subject topper in Orthodontics, Periodontics, Conservative Dentistry and Oral Surgery was Ms.DivyaRajeswari. The Subject topper in Prosthodontics is Ms.MeenaPriya. The subject topper in Public Health Dentistry is Ms.Anline Joe.

The best outgoing student of the year Miss.Divya Rajeswari was awarded a special memento and cash prize. The college auditorium bubbled with excitement and enthusiasm.

Hippocratic oath is an oath of ethics historically taken by the physicians where they swear by a number of healing Gods to uphold specific ethical standards. We the Dentists take a modified form of the Hippocratic oath. Our Principal Madam Dr.Elizabeth Koshi had the distinguished honour to lead the graduates in the declaration of the Hippocratic oath.

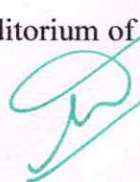
The graduands looked stunning in their graduation attire which comprised of a simple black gown with red borders and a square academic cap with the golden band around it with a golden tassel at its corner. All the graduates stood with their tassel on their academic cap on the left and soon after reciting the pledge the tassel was changed to right.

HOD's of all the departments felicitated the gatherings. Three representative graduates from their batch delivered valedictory speech. Ms.Mythili Abhilash, Ms.Divya Rajeshwari and Ms.Sainaf Sameera had the honor to deliver the valedictory speech.

The ceremony came to an end with the vote of thanks delivered by Mr.Prithvindrakumar who was the batch representative of the graduating batch which was followed by singing of the the National Anthem.

Refreshments were served after the ceremony for all those who took part in the celebration.

The next session was cultural events. A rainbow of cultural programmes were organized by the students under the able guidance of Dr.Elizabeth Koshi Madam. The gamut of celebration and activities was held on the 5<sup>th</sup> floor auditorium of our Dental College with lots of enthusiasm, thrill and vigor.

  
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The whole event was compered by Dr.Annie, Senior Lecturer, Department of Paedodontics and Dr.Janu, Senior Lecturer, Department of Orthodontics, with the help of Dr.Aparna Mohan, Reader, Department of Prosthodontics, Dr.Sarah Reader, Dept of Conservative dentistry and Endodontics. The organizing committee comprised of Dr.James Rex, Dr.Allen Jim Hines, Dr. Vivek B Chandran, Dr. Soumya Mohan, Dr.Giri, Dr.Prashanth, Dr. Arun Sadasivam, Dr.Sheetal.

Graduation day celebration 2019 thus came to an end and became one of the memorable events of the year.

  
Signature of Principal

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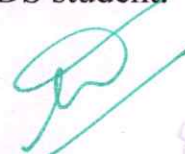
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<b>EVENT</b>	<b>FRESHER'S DAY 2019 -REGANZ REPORT</b>
<b>DATE AND TIME</b>	<b>19-10-2019 , 9:00 am</b>
<b>VENUE</b>	<b>SMIDS AUDITORIUM</b>
<b>EVENT REPORT</b>	

As an official welcome for the class of BDS I year students of Sree Mookambika Institute of Dental Sciences, a Fresher's day was organized on 19<sup>th</sup> October 2019. It was marked as a memorable day in the life of every fresher at Sree Mookambika Institute of Dental Sciences, Kulasekharam, Kanyakumari district.

The fresher's day was a day that was filled with excitement, joy, music, enthusiasm, laughter and happiness. The purpose of the Fresher's day was to make every new student feel connected as an integral part of the Sree Mookambika Institute of Dental Sciences family.

The celebration started at time 9:00 a.m on the 5<sup>th</sup> floor auditorium of our Dental college. Jovial smiles and high spirits marked the welcome party for the new students. The whole event was anchored by Ms.Sharry Ann Mathew, BDS IV year student and Mr.Mohith , II year BDS student.

  
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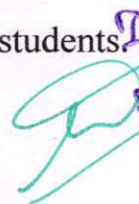
The dignitaries for the event were: Dr.Elizabeth Koshi, Principal and Head, Department of Periodontics; Dr.Rajesh, Professor and Head, Department of Conservative Dentistry and Endodontics; Dr.Chintu, Professor and Head, Department of Pedodontics and Dr.Prasanth, Professor, Department of Oral Pathology, adorned the dias .

As a part of our tradition , the programme began with invocation of the almighty with the prayer song and Lamp lighting by the dignitaries present in the function. The occasion was graced by the presence of Principal madam, HODs and all faculty members.

The honourable Principal Dr.Elizabeth Koshi, inaugurated the event by welcoming the students through her motivational speech. She also mentioned the achievements of Sree Mookambika Institute of Dental Sciences and gave valuable guidance to the students. Dr.Prasanth, Hon.Secretary of Academic Forum and Professor, Department of Oral Pathology addressed the gathering and welcomed the Freshers to the Sree Mookambika Institute of Dental Sciences family.

Following which there were various performances by BDS II year, III year and IV year students were done to entertain the audience. The enthusiastic welcome dance was performed by Dr.Lakshmi, Post Graduate Student Department of Orthodontics. The program kick started with all the participants elegantly dressed and ready to perform.

The cool seniors put up various performances like dancing, singing and mime to entertain their respective freshers. Mr.Jeoffry, BDS III year student sang a song with musical accompaniment. Followed by a melody song, which was sang by Mr.Schubert and Ms.Roja, BDS CRRRI students.

  
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After which, a group dance of retro style was performed by BDS CRRl students. The mercury began to rise, the dance floor was left open for some unbridled energy. Final year BDS students rocked with ghagra style group dance. II year BDS students performed a group dance of fusion category.

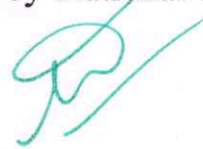
Followed by, a Tamil group song was sang by BDS II year students. III year BDS students gave a dazzling semi classical dance performance. This was followed by Mime, which was performed by BDS II year students. Ms.Mythili and Ms.Seena BDS CRRIs, performed an excellent dance.

A cinematic dance was performed by BDS II year syudents. Ms.Agi and Mr.Karthikeyan, BDS II year students sang a melodious song. An dual group dance of fusion type was done by BDS III year students.

A mesmerizing group song was performed by III year BDS students. An amazing group dance was done by BDS CRRl students. Finally, a group dance of dramatic type was performed by BDS IV year students. After that the juniors introduced themselves one by one in the allotted time.

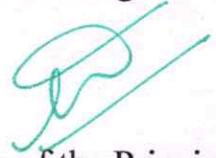
All of them were impressive in their own way. The Freshers showcased their talents by their amazing performances. The excitement augmented to a joyful high as performances graced the stage. The freshers sang group and solo songs and that was followed by amazing group dance and mime performances. Instrumental music recital attracted audience towards them and that was like adding cherry to the pie.

The programme concluded with a vote of thanks proposed by Ms.Fershia, BDS I year student, which was followed by National anthem. Refreshments was served at the end of the program.



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The whole of SMIDS family enjoyed the programme. The freshers thanked the honourable Principal, HODs of various Department, Faculties and Senior students for hosting such a nice programme that they could cherish life long.



Signature of the Principal ,

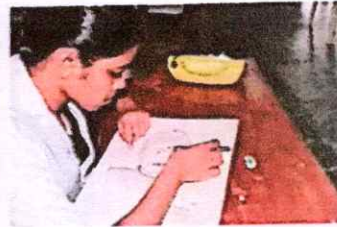
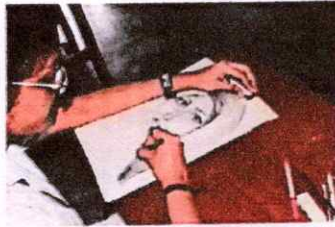
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QUIZ COMPETITION



PENCIL SKETCHING



POT PAINTING



  
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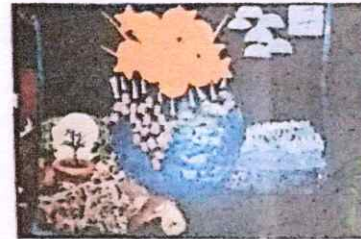
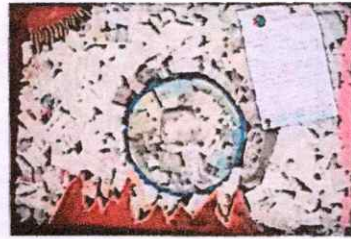
**MEHENDI COMPETITION**



**SOAP CARVING**



**COLLAGE MAKING**

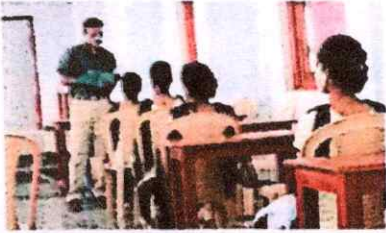


*Handwritten signature in green ink.*

*Dr. Elizabeth Kosti MDS  
Principal  
Sree Mookambika Institute of Dental Sciences  
V.P.M. Hospital Complex  
Padanilam Kulasekharam-629 181  
K.K Dist, Tamilnadu*

**LITERARY FEST-2019**

**FACE PAINTING**



**POPSICLE**



**VEGETABLE & FRUIT CARVING**



**Dr. Elizabeth Koshi MDS**  
*Principal*  
Sree Moorkambika Institute of Dental Sciences  
V.P.M. Hospital Complex  
Padanilam, Kulasekharam-629 185  
K.K. Dist., Tamilnadu

**7.1.8 Describe the institutional efforts/initiatives in providing an inclusive environment i.e., tolerance and harmony towards cultural, regional, linguistic, communal socioeconomic and other diversities**

The institution is diverse includes people of many religions, languages, economic groups and other cultural group. It is becoming clear that in order to build communities that are powerful enough to attain significant change, we need large number of people working together. People from different cultures have to be included in decision-making processes in order for programs or policies to be effective.

The admission pattern is also not biased on any religion or caste. Students from other states including Maharashtra, Andhra Pradesh, Kerala are also admitted as per the norms of the Dental Council of India and rules and regulations of Tamil Nadu Dr.MGR Medical University Chennai. The environment in the campus is maintained in such a manner that all the students irrespective of caste, creed, socio- economic status and religion live in harmony in the campus.

All hostel rooms are the same and the rooms are allotted without any bias. Hygienic and organic food is served in the hostel mess. Both vegetarian and non-vegetarian food is served in the hostel mess. The sole aim of the management is to provide all facilities to the inmates, both in the hostel and in the mess and creation of an environment conducive for study and peaceful stay.

With the changing trends we have noticed a major difference in the field of academics too. Co-curricular activities play a vital role in the life of students. As most of these activities are group oriented, which have students from different cultural , regional, linguistic, communal socioeconomic and other diversities, which gives them a chance to more know about people of different passions and cultures.

Besides this they share similar social, religious or even entertainment interest for socialization. Interaction with people of different backgrounds helps in development of interpersonal skills of students.

Extracurricular activities teach students how to work for a common goal and increases the level of confidence and also teaches them how to co-operate and work with people in different conditions. They learn to face challenges that come in education and carrier. Social activities are important for academic and occupational success. The main purpose of social activity are managing positive and negative emotions, developing interpersonal relationships, developing integrity, achieving autonomy and independence.

Cultural and sports activities to cater the rising passion of sports among Under Graduates and Post Graduates to show their skills. Institution promotes students participation in activities like cricket, carom, chess ,cultural festivals, social awareness programmes, etc. This increases confidence and sportsmanship in both genders. Cultural events like drama, dance, singing and fashion show are encouraged by the Institution to provide an inclusive environment irrespective of their cultural,regional and linguistic diversities.

Independence Day and Republic Day: Our institution celebrates Independence day and Republic day by flag hoisting followed by speech, singing and plays. The event is concluded by distribution of sweets.

Various religious festivals and important days are also celebrated in our institution such as:

- ✓ **Yoga day:** Yoga is a physical, mental and spiritual practice which originated in India. Yoga is an invaluable gift of India's ancient tradition. It embodied unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well being. On 25<sup>th</sup> June 2019 ,Yoga day was celebrated in SMIDS and yoga instructions to students was provided by Mrs.Uma Kalyani,Yoga instructor from Trivandrum. The yoga instructor with her team member, demonstrated various asanas .warm up exercises were taken and all the students performed various sitting and standing asanas. She encouraged students and the staff to practice regular yoga to remain fit and to improve concentration.
- ✓ **Onam day:** many students of the institution are from Kerela,Onam celebration was organized in the college premises. Students got together in large groups and drawing a pattern for athapookolam and also laying out the large pookalam in the institution

campus. Young students looked stunning in their traditional sarees and colourful choices of dhothies. The procession was accompanied with dance and music. All the students participated with great enthusiasm. The celebration was called off with the grand dinner called “Onam Sadhya”

- ✓ **Christmas day:** It is celebrated with great enthusiasm in our institution. The major events of this festival are Christmas carols and light decorated Christmas trees. The students exchange their wishes and cakes with each other. The students participate and enjoy every moment on this great day
- ✓ **Pongal day:** Pongal is one of the most popular harvest festival of South India. Students of our Institution celebrated Pongal in a traditional way by preparing, 'Pongal' in mud pot with all religious traits and performed special pooja. All the boys and girls in dhoties and sarees depicted our cultural way of dressing.
- ✓ **Women's day celebration:** as life on the internet, social media and websites have become particularly rich sources for trolls, and the victims mostly being girls of the age group 18 – 29. Taking this issue into consideration, the Institution celebrated women's day in a grand manner by arranging for an eminent speaker to prepare and defend the students of this institution from cyber crime.

**About the speaker:** the chief guest for the event was Dr.Dhanya Menon who completed her diploma in cyber crime from asian school of cyber law, Pune. She is a full time cyber crime investigator having completed her post graduate diploma in cyber crime from ICFAI and a cybercrime investigation course from asian school of cyber law. She is also selected as an associate of the cybercrime investigation team of the Indian Government that was involved in cracking high profile cases. She received the “First women achievers award” from the Indian President Sri.Ram Nath Kovind in 2018.she is now the managing director of Avanzo Cyber Security solutions, located at thrissur, Kerala. The students and the staff actively participated in the function.

**Note on institution has leveraged its location for the services of the community:**

Inorder to bridge the gap between the ever increasing demands for dental care in rural and urban areas Padanilam welfare trust established Dental college at Padanilam, Kulasekharam, Kanyakumari district to provide modern dental health

care. The institution has a strategic location which enables the patients to have an easy access to the dental hospital facilities. Our Institution location also allows us to leverage both students and the patients provides dental and other health services for vulnerable people having difficulty accessing conventional care.

Marappadi, our Institutional Rural health center (satellite center), is located 3 Kms from SMIDS and is well equipped and accessible to any member of general community. Two CRRIs and one staff are posted in this unit on daily basis. The Institution conducts a mobile dental care program, which travels to dentally underserved areas to provide critically needed dental services.