

**Report with Photographs  
National and International  
Commemorative days,  
Events, and Festivals**

**Academic Year 2020-2021**



## **ARMY COLLEGE OF DENTAL SCIENCES**

Chennapur –CRPF Road , Jai Jawaharnagar Post, Secunderabad – 500 087, Telangana

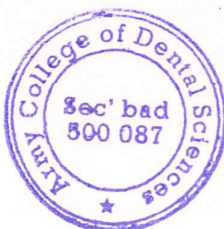
Ph: +914029708384, 9347411942


Website: [www.acds.co.in](http://www.acds.co.in) Email : [army\\_c@rediffmail.com](mailto:army_c@rediffmail.com)

NAAC Accredited 'A' & Certified ISO 9001 : 2015 & ISO 14001 : 2015

### **Summary-Academic Year 2020-2021**

S.No	Date	Title of the Programme
1.	21-06-2020	International Yoga Day
2.	08-07-2020	Haritha haram
3.	15-08-2020	Independence Day
4.	22-08-2020	Vinayaka Chaturthi
5.	17-10-2020	Bathukamma
6.	14-11-2020	Diwali
7.	26-01-2021	Republic day
8.	13-02-2021	International oral & maxillofacial surgeons' day
9.	05-03-2021	Cons Endo Day
10.	20-03-2021	World Oral Health Day
11.	29-03-2021	Holi
12.	31-05-2021	World No Tobacco Day
13.	05-06-2021	World Environment Day
14.	21-06-2021	International Yoga Day
15.	15-08-2021	Independence Day
16.	22-08-2021	Onam Celebrations
17.	31-08-2021	Janmashtami Celebrations
18.	10-09-2021 to 14-09- 2021	Vinayaka Chaturthi
19.	30-10-2021	Rashtriya Ekta Divas
20.	23-12-2021	Christmas celebrations



  
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**PRINCIPAL**  
Army College of Dental Sciences  
Secunderabad-500 087.

# **International Yoga Day**



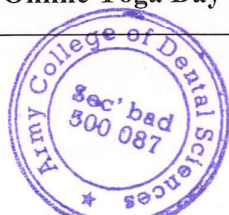
Recognizing its universal appeal, on 11 December 2014, the United Nations proclaimed 21 June as the International Day of Yoga by resolution 69/131. The first International Day of Yoga was observed around the world on June 21, 2015. PM Modi, during his speech at the UNGA, said, "Yoga is an invaluable gift of India's ancient tradition. International Yoga Day 2021: This year the theme is 'Yoga For Wellness' and for the practicing yoga for physical and mental well-being.

Army college of dental sciences celebrated the International Yoga Day on 21 June 2020 with much fervour and enthusiasm. The event and celebration depicted the innumerable benefits of Yoga. The event concluded with some breathing techniques and exercises like Pranayams, Anuloma and Viloma, Meditation and Relaxation with Laughter yoga. Everyone was encouraged to practice regular yoga to remain fit and improve concentration. Due to the Lockdown Yoga Day was celebrated in their homes by all the staff members of ACDS.



Online Yoga Day celebrations

*Amara*  
Principal  
Army College of Dental Sciences  
Secunderabad-500 087.



*Amara*  
Principal  
Army College of Dental Sciences  
Secunderabad-500 087.

# **Haritha Haram**



It is one of the Telangana Flagship programmes to rejuvenate degraded forests, protecting these forests from threats such as smuggling, encroachment, fire and grazing. Best conclusion for Haritha haram will be the results it brings about, the lowering of climatic temperatures, reduction in pollution levels, increase in general public health, increase in wild resources, and enhancement of wildlife and biodiversity.

Army college of Dental Sciences celebrates Haritha Haram every year on 08 July. Herbal, fruit and decorative plants were planted to create green environment in and around the campus.

All the staff and students enthusiastically participated in the event. The programme is aimed at increasing the green cover in the campus. It is to ensure a safe environment for our future generations and save the planet. Haritha Haram plans to rejuvenate degraded forest and setup green cover over waste lands.



**Haritha haram at ACDS**





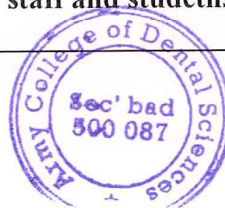
Plant Sampling by staff





Plant Sampling by staff and studetns

*Principal*  
 Army College of Dental Sciences  
 Secunderabad-500 087.



*Principal*  
 Principal  
 Army College of Dental Sciences  
 Secunderabad-500 087.

# **Independence Day**



The Independence Day of India, which is celebrated religiously throughout the Country on the 15th of August every year, holds tremendous ground in the list of national days, since it reminds every Indian about the dawn of a new beginning, the beginning of an era of deliverance from the clutches of British colonialism of more than 200 years. It was on 15th August 1947 that India was declared independent from British colonialism, and the reins of control were handed over to the leaders of the Country. India's gaining of independence was a tryst with destiny, as the struggle for freedom was a long and tiresome one, witnessing the sacrifices of many freedom fighters, who laid down their lives on the line.

Army College of Dental Sciences celebrated Independence day on 15th August 2021. The program started at 7:30 with flag hoisting. We all then sang our national anthem “Jan Gana Mana” with great pride and patriotism. Students performed skit that included introduction to various freedom fighters and gave us a lot of knowledge about the struggle faced at that time. Every story filled our hearts with emotions and patriotism as they were very heart touching. Then, We ended the as all of us pledged to do something great for our country and make it proud



Flag Hoisting

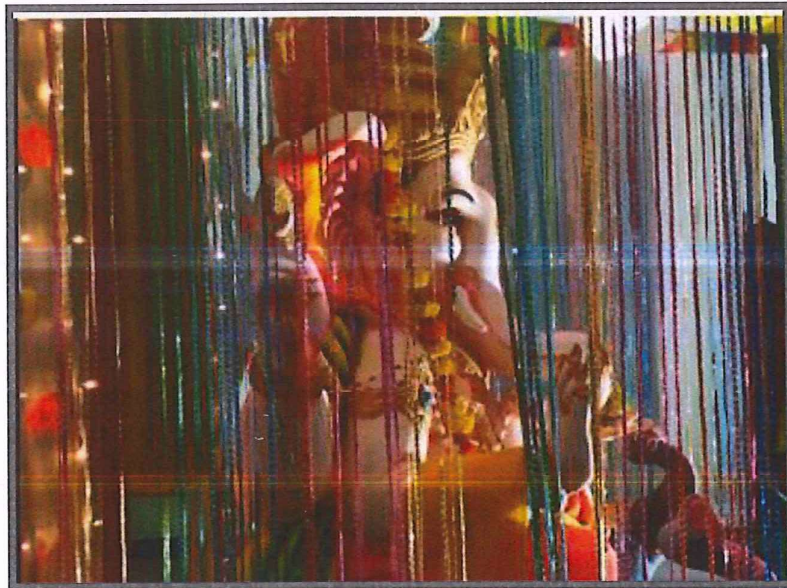


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Principal  
Army College of Dental Sciences  
Secunderabad-500 087.

# **Vinayaka Chaturthi Celebrations**



Every year, Vinayaka Chaturthi, also known as Ganesh Chaturthi, is dedicated to Lord Ganesha, the Lord of New Beginnings. The college celebrated this festival with zeal on 22 August 2020. Students, faculty, and non-teaching staff were all cordially invited to participate in this activity. The student council was in charge of decorating the hall with brightly colored papers, flowers, leaves, candles, lights, and lamps. The stage was elegantly decorated to welcome Lord Ganesha. The event began with the principal lighting the lamps, followed by students singing Ganesh Vandana and everyone offering their prayers to the Lord. A Havan was performed first, followed by a magnificent Aarti and Puspanjali. Then Prasad was distributed to all.



Vinayaka Chaturthi celebrations

# **Bathukamma Celebrations**

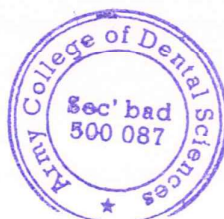


Bathukamma is a colorful floral festival of Telangana and is celebrated by womenfolk with exotic flowers of the region. The festival has over the years become a symbol of Telangana culture and identity. At ACDS, the non-teaching staff made small 'Bathukammas', played around them in the evening, and immersed them in a nearby water pond.



Bathukamma celebrations

*[Signature]*  
**PRINCIPAL**  
Army College of Dental Sciences  
Secunderabad-500 087.



*[Signature]*  
**Principal**  
**PRINCIPAL**  
Army College of Dental Sciences  
Secunderabad-500 087.

# **Diwali Celebrations**



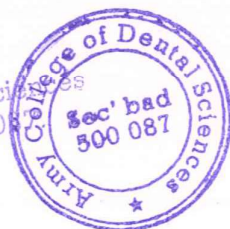
Diwali is an Indian holiday that celebrates the triumph of virtue over evil (evil). It is a celebration that Indians enthusiastically celebrate. The event honors happiness, peace, and victory. It also commemorates Lord Ram's return from exile.

At ACDS, Diwali was celebrated on 14 November 2020. On the celebration day, courtyards were decked with colorful rangoli, which were lit with lamps. Students put on new outfits, and enjoyed the delicacies, lit lamps, and burst crackers as the sun set.



Diwali celebrations

*Namane*  
PRINCIPAL  
Army College of Dental Sciences  
Sec' bad  
Secunderabad-500 087



*Shubh*  
Principal  
PRINCIPAL  
Army College of Dental Sciences  
Secunderabad-500 087.

**Republic Day**

India celebrated its first Republic Day in 1950 on the 26th of January. The country got Independence in 1947, and then there was a constituent assembly formed for making the Constitution. It took two years to make the Constitution by the constituent assembly. It was finally completed on the 26th of November in 1949. The announcement of its implementation was made on the 26th of January, 1950.

Army College of Dental Sciences celebrated Republic Day on 26th January on 2021 with flag hoisting and highlighting the spirit of patriotism, oneness among the students and staff. The patriotic song and dance performances by the students, filled the crowd with great energy and enthusiasm. The heartfelt renditions of patriotic songs aroused feelings of love and brotherhood among all.



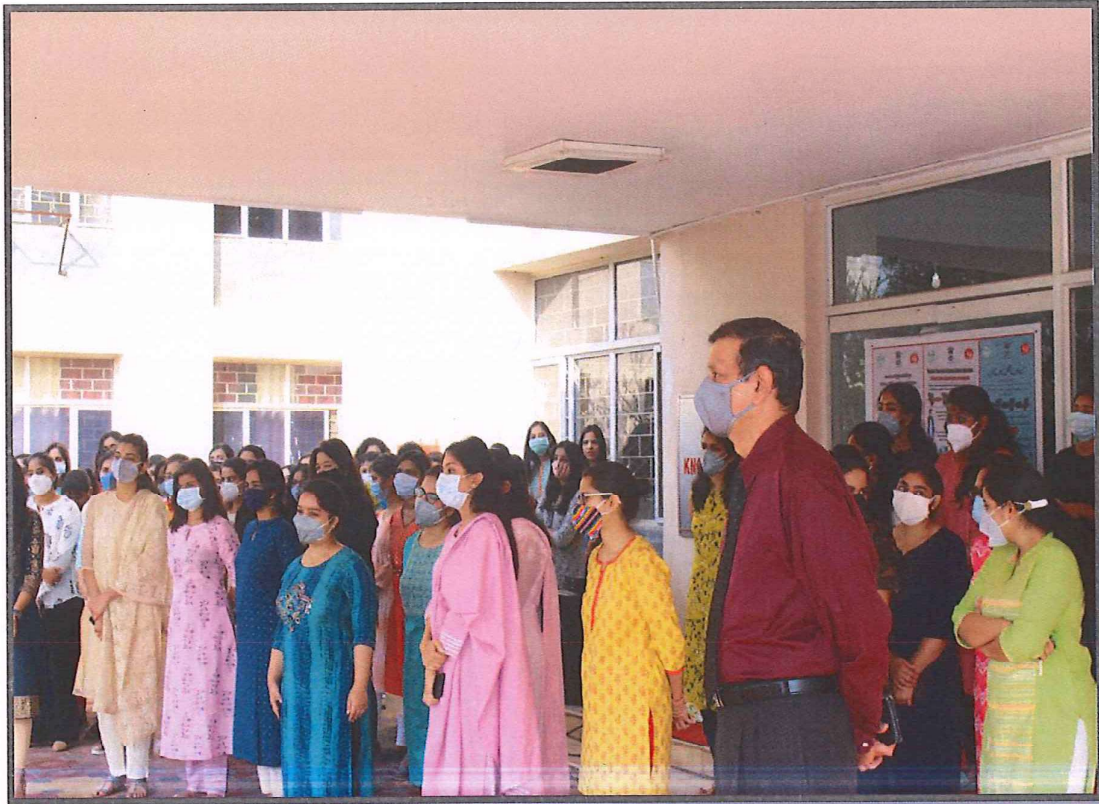
**Republic Day celebrations**





Republic Day celebrations





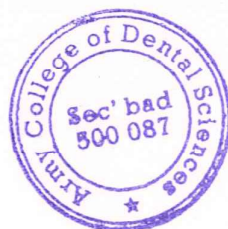
Republic Day celebrations





Republic Day Celebrations

*Anwar*  
PRINCIPAL  
Army College of Dental Sciences  
Secunderabad-500 087.



*Shubh*  
Principal  
PRINCIPAL  
Army College of Dental Sciences  
Secunderabad-500 087.



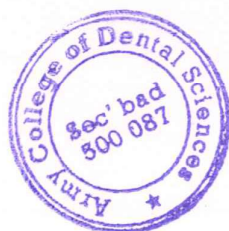
# **Oral & Maxillofacial Surgeons Day**

13<sup>th</sup> Feb every year is observed as **OMFS DAY** and this year also, ACDS celebrated it with great enthusiasm by organizing a UG Clinical Meet with the topic 'Management of Medical Patients in Dental Office'. Aim for the clinical meet was to update the students and staff on the appropriate management of medical patients in the dental surgery. The program was scheduled from 8;30am to 1;30pm, which started with a welcome address and an introduction to OMFS day by principal, DR KV RAMANA REDDY where he shared his valuable experiences with students. The chief guest for the day was Dr Ramakanth Reddy , Chief Consultant, oral and maxillofacial surgeon who delivered a lecture on 'Introduction to the Sentinels' and invited interested interns, PGs and staff to attend the CME program. Then started the competition where 3<sup>rd</sup> BDS and 4<sup>th</sup> BDS students were divided into 3 groups each and were given separate topics. Dr Aftaab Ali , Associate Professor , Department of General Medicine and Dr Sukhvinder Bindra, Associate professor of Department of Oral and Maxillofacial Surgery , were the judges for the competition. Group A, B and C of 3<sup>rd</sup> BDS presented the dental relevance in CVS disorders, Respiratory disorder and endocrine disorders respectively. Similarly, group A,B and C of 4<sup>th</sup> BDS discussed principals and management of maxillofacial infections, investigations for oral surgery patients and anxiety and pain control in dentistry respectively. The winners were chosen on the basis of a criterion including various attributes of presentations. Group A from both 3<sup>rd</sup> BDS and 4<sup>th</sup> BDS were selected as group winners. The best speakers from 3<sup>rd</sup> BDS were CL Bhargavi, K Ranjima, Tanuradha Hooda and the best speakers from 4<sup>th</sup> BDS were Iqbal Singh, ManishaKumari and Soni Singh. The program concluded with the prize distribution by Dr Aftaab Ali and with a closing note by principal sir where he encouraged students to perform well and motivated them for such programs in future.



Guest speaker-Dr. KV RamanaReddy

*Navaneetha*  
**PRINCIPAL**  
 Army College of Dental Sciences  
 Secunderabad-500 087.



*Shruti*  
**Principal**  
**PRINCIPAL**  
 Army College of Dental Sciences  
 Secunderabad-500 087.

**Cons Endo Day**

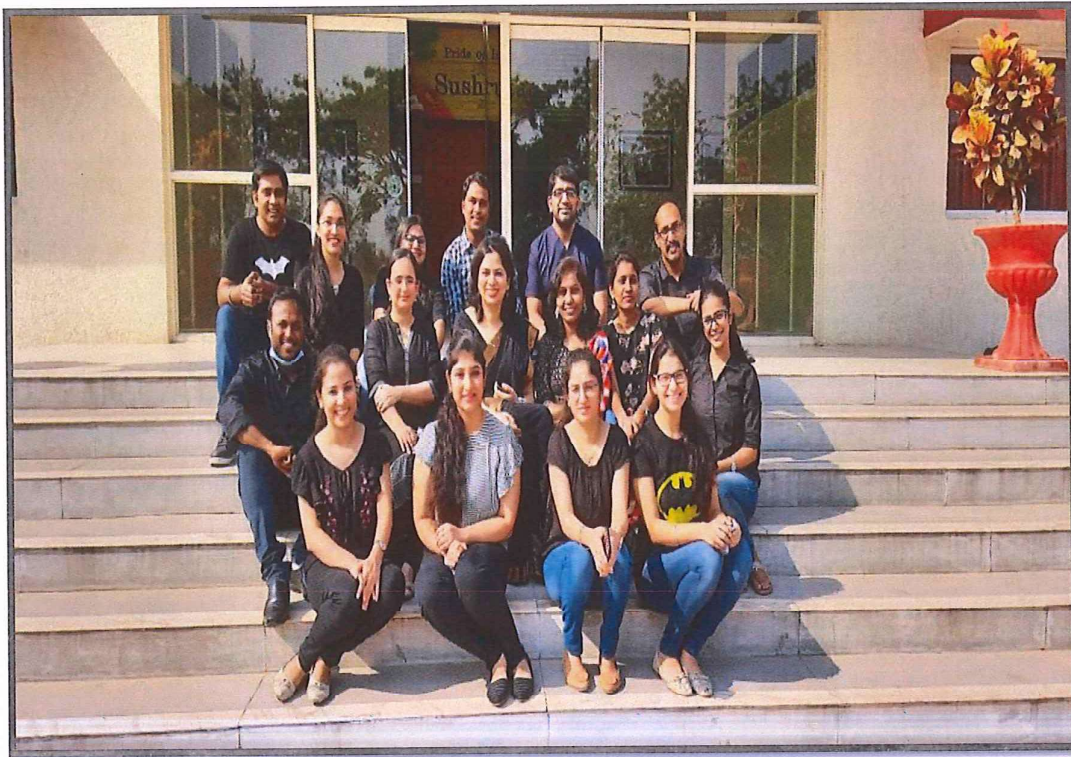


5th March every year is celebrated as Cons-Endo Day as per guidelines of our society IACDE. Conservative Dentistry is the branch of dentistry which is concerned with the conservation of teeth in the mouth. It embraces the practice of operative dentistry and endodontics, and includes various kinds of direct and indirect restorations of individual teeth in the mouth.

Conservative department of Army college of Dental Sciences conducts Quiz, Essay competition, CDE program on this special day. Motive of celebrating Cons Endo Day is to create awareness about speciality and also spreading the concept of plastic free dental practice

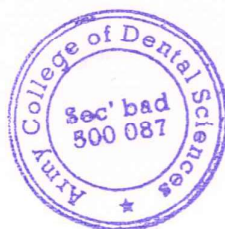


**Cons Endo Day celebrations**



Cons Endo Day celebrations

*Ananya*  
**PRINCIPAL**  
 Army College of Dental Sciences  
 Secunderabad-500 087.

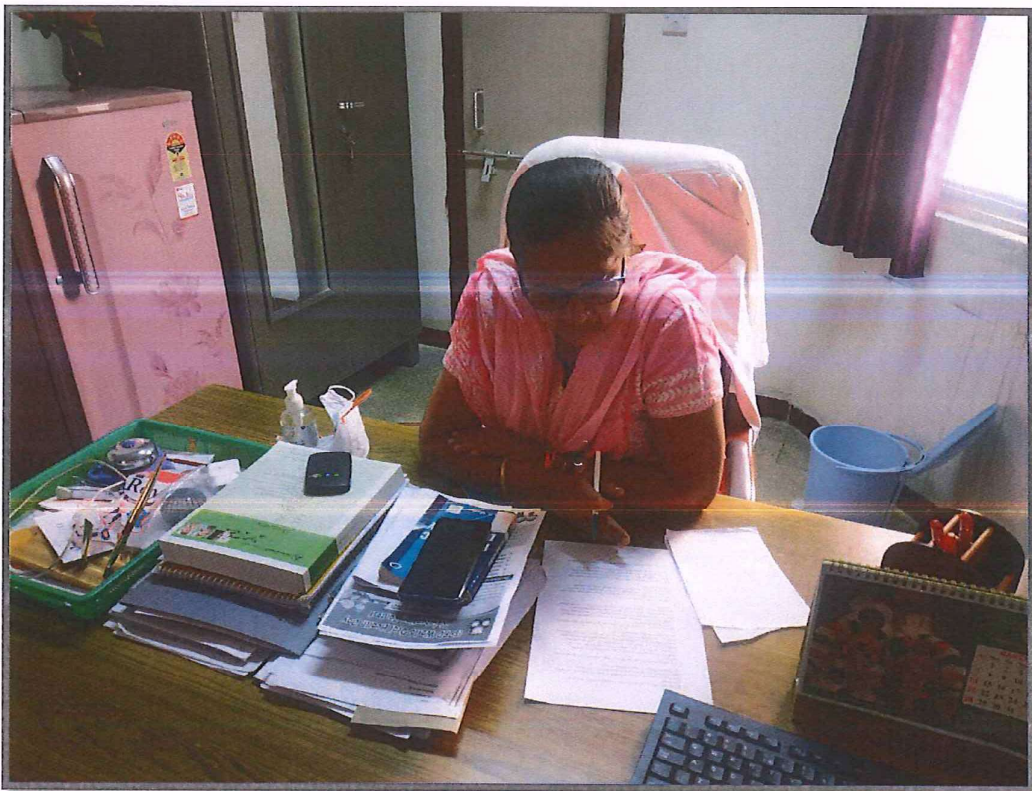


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**Principal**  
**PRINCIPAL**  
 Army College of Dental Sciences  
 Secunderabad-500 087.



# **World Oral Health Day**

On the Occasion of World Oral Health Day, a Radio-talk was organized by the Department of Pediatric and Preventive Dentistry in co-ordination with ACDS alumni President Dr. Harish Tenniti, RJ in 101.9 FM. The Programme was live on 20.3.2021 from 9:00-9:20 am on 101.9 FM. Dr. Krishna Priya, HOD, Dr Shreya and Dr. Sowmya PG students from the Department of Pedodontics and Preventive Dentistry talked in the show aired.



**Dr. Krishna Priya, HOD organized Radio talk program in 101.9FM**

World Oral Health Day Programme in association with IDA (sponsored by ORAL B) was conducted by Department of Periodontics on 23<sup>rd</sup> Mar 2021.

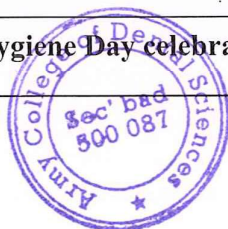
Schedule of the programme was :-

- (i) Introduction and welcome note to IDA
- (ii) Lecture on MODERN ORAL HYGIENE AIDS by Dr Navneet Kaur Sr.Lecturer ,  
Department of Periodontics , ACDS
- (iii) Interactive session with the audience including Quiz programme
- (iv) Felicitation and vote of thanks
- (v) Postgraduate students to be given dental freebies by (Oral B Toothbrush)



Oral Hygiene Day celebrations

*Navaneet*  
**PRINCIPAL**  
Army College of Dental Sciences  
Secunderabad-500 087.



*Navaneet*  
**Principal**  
Army College of Dental Sciences  
Secunderabad-500 087.



# Holi Celebrations

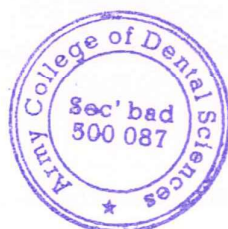
Holi was held at ACDS on March 29th, 2021. Holi is a festival that celebrates the triumph of good over evil. Performed a 'Holika Dahan' rite the day before Holi. Stacks of wood were burnt in this ritual. It represents the annihilation of evil forces, as told in the narrative of Holika and King Hiranyakashyap.

Because of the colors, the next day is likely to be the most colorful. Students enjoyed as they splashed water on each other and rushed around with water pistols spraying water. They painted each other's faces with color and submerged themselves in water. Gujiyas and Malpuas, holi's particular delicacy, are among the sweets produced and given to the students.



Holi celebrations

*Namane*  
PRINCIPAL  
Army College of Dental Sciences  
Secunderabad-500 087.



*Shubh*  
Principal  
PRINCIPAL  
Army College of Dental Sciences  
Secunderabad-500 087.

**World No Tobacco Day**



World No Tobacco Day (WNTD) is observed around the world every year on 31 May. The Member States of the WHO created World No Tobacco Day in 1987 to draw global attention to the tobacco epidemic and the preventable death and disease it cause. The day is further intended to draw attention to the widespread prevalence of tobacco use and to negative health effects, which currently lead to more than 8 million deaths each year worldwide, including 1.2 million as the result of non-smokers being exposed to second-hand smoke. Army college of dental sciences has observed “World No Tobacco Day” . The annual campaign is an opportunity to raise awareness on harmful and deadly effects of tobacco smoke use and second-hand smoke exposure, and to discourage the use of tobacco in any form. This year the theme of World No Tobacco Day 2021 is “Commit to Quit” The pledge taking ceremony was organized for all the faculty, students and non-teaching staffs of Army college of dental sciences on 31st May 2021. The pledge for faculty and non-teaching staffs was facilitated the principal of our college

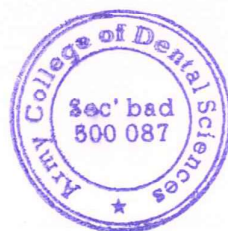


**World No Tobacco Day Celebrations**



Students taken pledge to quit tobacco usage

*Namra*  
**PRINCIPAL**  
Army College of Dental Sciences  
Secunderabad-500 087.



*Shubh*  
**Principal**  
**PRINCIPAL**  
Army College of Dental Sciences  
Secunderabad-500 087.

# **World Environment Day**

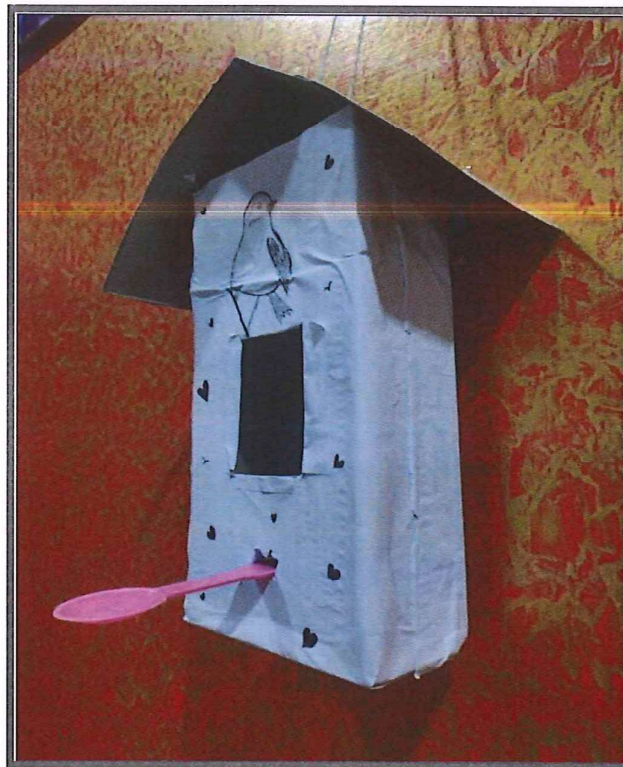
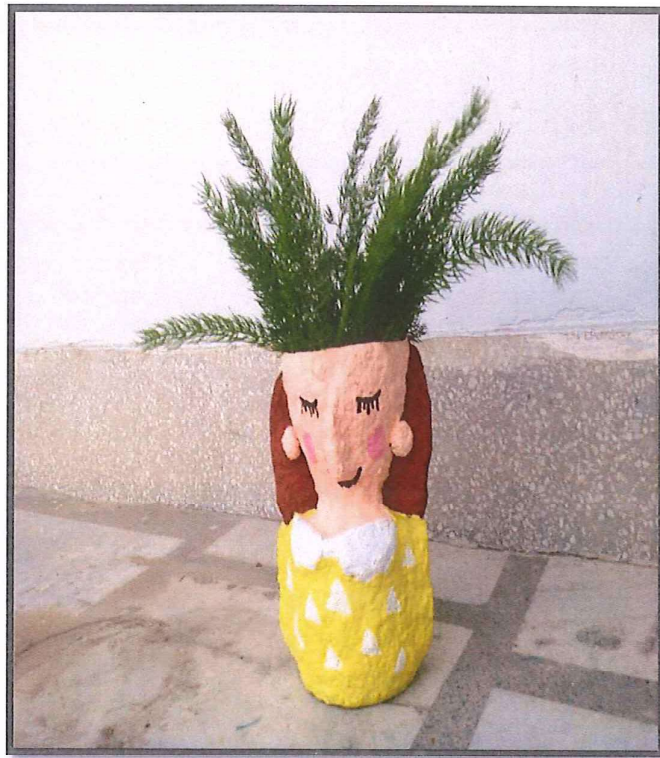


World Environment Day was launched by United Nations General Assembly (UNGA) in 1972 which was the first day of the Stockholm Conference on the Human Environment. However, it was first observed in the United States in 1974 with the theme- 'Only one earth'. Started in 1974 by the United Nations, each year World Environment Day is hosted in a different country, with events focusing on a central theme. World Environment Day 2021 was held in Pakistan, with 'ecosystem restoration' as the central theme. Ecosystem restoration can take many forms: Growing trees, greening cities, rewilding gardens, changing diets or cleaning up rivers and coasts

In Army College of Dental Sciences to mark the celebrations of world environment day on June 05 2021 the Department of Public health dentistry organised an competition Themed “BEST OUT OF WASTE” for students, interns, PGs and staff of ACDS. Most of the students and staff participated in the competition. Staff Along with students and interns planted “Plant Samplings” in the campus.



**Students participated in Best out of waste competition**



Models prepared by students in Best out of waste competition





Plant sampling by students and staff



*[Signature]*  
**PRINCIPAL**  
 Army College of Dental Sciences  
 Secunderabad-500 087.

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**Principal**  
**PRINCIPAL**  
 Army College of Dental Sciences  
 Secunderabad-500 087.



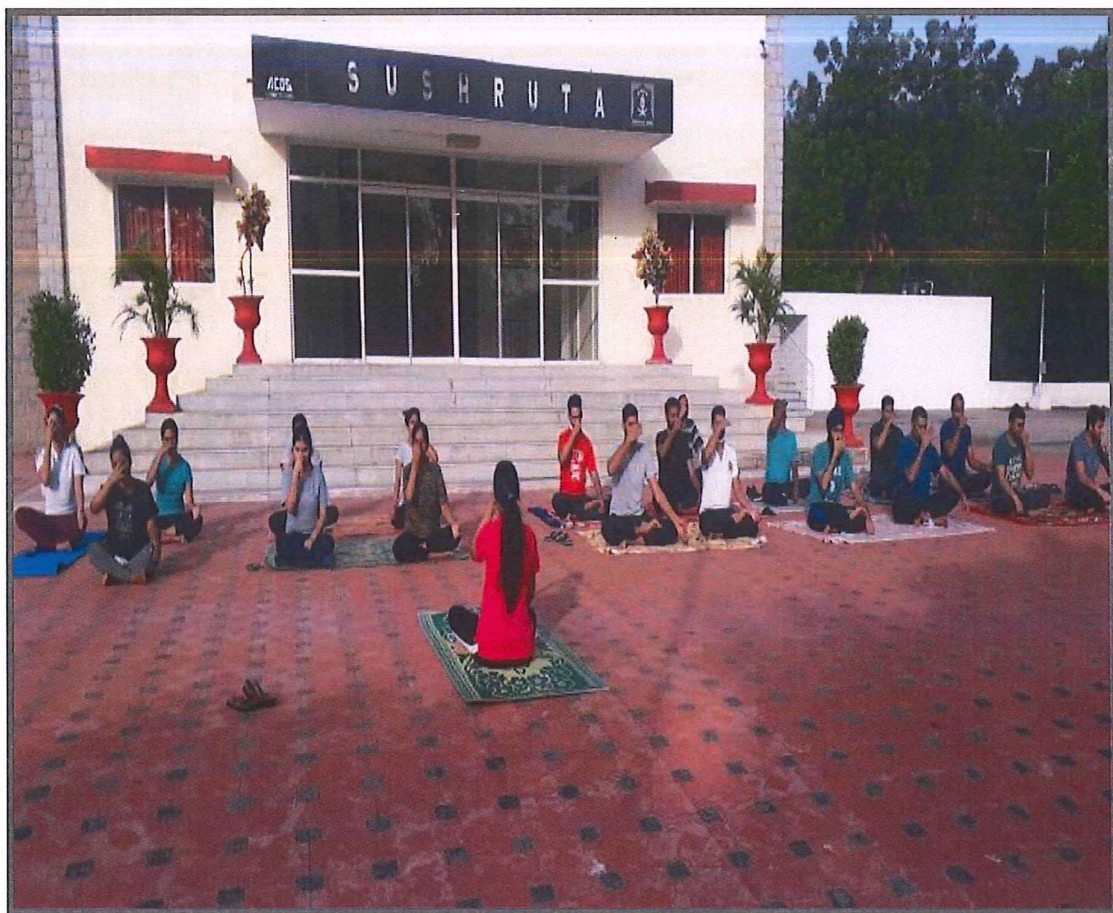
# **International Yoga Day**

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June 21 is marked as the annual International Day for Yoga to celebrate the ancient Indian art of healthy living. Translating into “unity” from Sanskrit, Yoga intends to unite the body and mind to bring harmony.

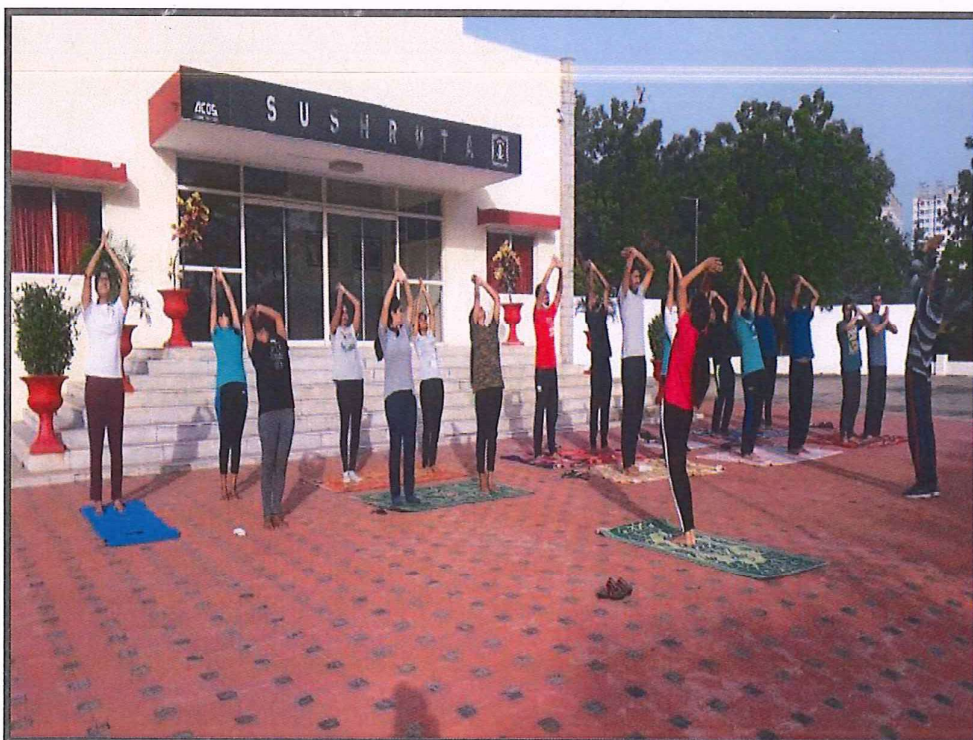
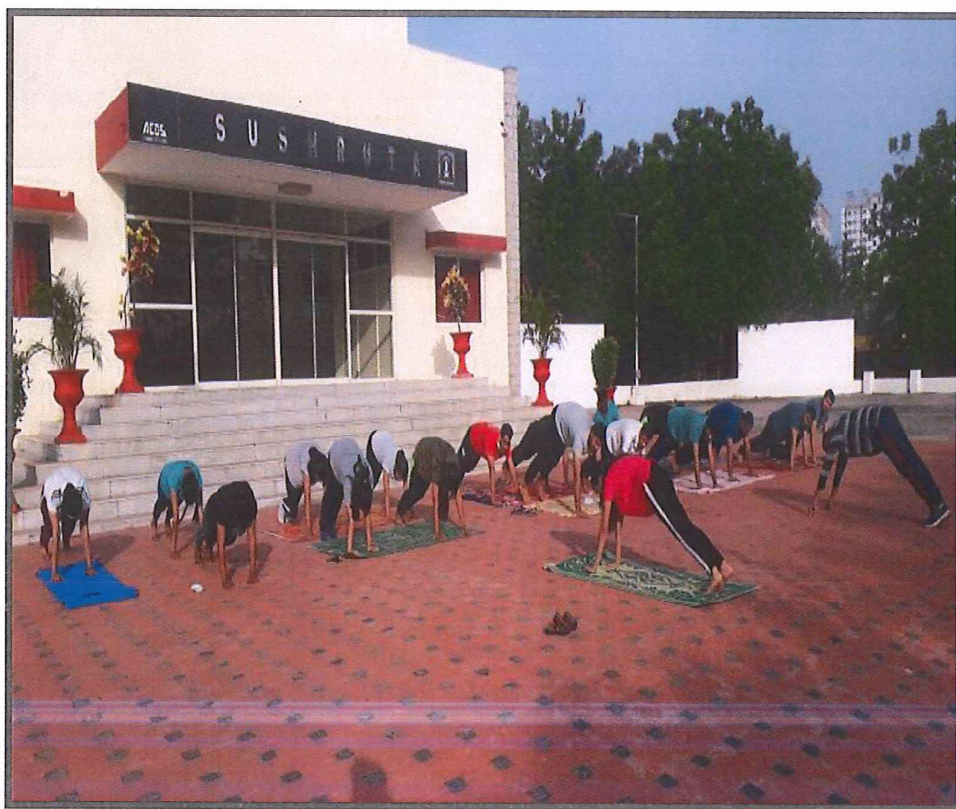
The date was chosen on the suggestion of Indian Prime Minister Narendra Modi, who had pitched June 21 for being the longest day of the year in the Northern Hemisphere, which is observed as a day of cultural significance in different parts of the world.

Army college of dental sciences celebrated the International Yoga Day on 21 June 2019 with enthusiasm, eagerness and joy. Various asanas were followed by omkar chanting. Warm-up exercises, sitting and standing asanas were performed. The event concluded with some Meditation and Relaxation with Laughter yoga. Everyone was encouraged to practice regular yoga to remain fit and improve concentration. The event helped us feel confident and content physically, mentally and spiritually.

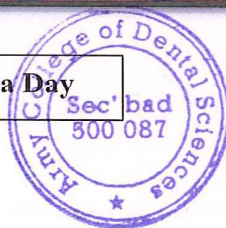


Yoga Day celebrations at ACDS





Celebrations of Yoga Day



*Mana*  
**PRINCIPAL**  
Army College of Dental Sciences  
Secunderabad-500 087

*Shub*  
**Principal**  
**PRINCIPAL**  
Army College of Dental Sciences  
Secunderabad-500 087



# **Independence Day**

India celebrated its 75th Independence Day on 15 August 2021. India got its freedom from the centuries-old colonial rule on 15 August 1947.


The fight to gain our Independence was long, difficult and cost many brave lives. Therefore, the whole country observes Independence Day to celebrate the freedom we enjoy in our country and also to acknowledge the long struggle that preceded it.

Army college of dental sciences celebrated the event by fall hosting in front of Malikarjuna building and a speech was given by first year PG students. A song was presented by first year bds students on the occasion.



Independence Day celebrations



  
**Principal**  
 Army College of Dental Sciences  
 Secunderabad-500 087.



# **Onam Celebrations**

Onam is a festival celebrated by Malayalis in Kerala or in any other part of the world to mark the homecoming of the Great King Mahabali. It is also said to mark the harvest season for Kerala. The festival lasts for ten days and is celebrated with a great splendour.

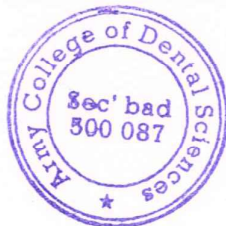
The campus of Army college of Dental sciences (ACDS), celebrated Onam festival on 22 August, wore a festive look as students celebrated the festival of onam at its campus . The lobby was decorated with pookalam (a traditional flower arrangement) and classical music played in the background, while students came dressed in their best traditional wear. The highlight, however, was the food – with an elaborate Onam Sadhya served on a banana leaf. From crispy upperi which are the much loved banana chips to the avial which is a mixed vegetable preparation cooked in coconut milk to the delicious payasam to end the meal, it was a feast like no other.




**Rangoli on occasion of Onam celebrations**



Onam celebrations



  
Principal  
**PRINCIPAL**  
Army College of Dental Sciences  
Secunderabad-500 087.



# **Janmastami Celebrations**

Janmashtami is celebrated as the birthday of Lord Krishna, one of the most powerful and famous reincarnations of Lord Vishnu. According to the Hindu calendar, this festival is celebrated on the Ashtami of Krishna Paksh or the 8th day of the dark fortnight in the month of Bhadon. This day indicated the beginning of hope in the older times; hope, that the malicious rule of Kansa would soon end.

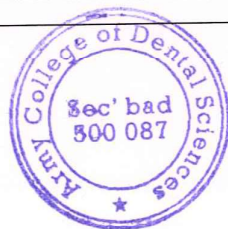
To seek the blessings of Lord Krishna, Janmashtami was celebrated at Army college of dental sciences . The fragrance of flowers, soothing aroma of camphor and the jingle of bells filled the air. While this religious importance is not lost, this day signifies a lot more to modern India, it signifies excitement, euphoria and a joyous spirit of enthrallment. To celebrate the extraordinary bond between children and the Almighty, Army college of dental sciences, took the opportunity to both jubilate and learn with the young minds. The students dressed up as lord Krishna and Radha, complete with flutes, peacock feathers and matkas. The premise was decorated beautifully and the spirit of festivity was enhanced with Jhankis depicting life history of Lord Krishna. The celebration that followed was truly entertaining and educating.

The life history of Lord Krishna was very beautifully depicted by colourful Jhankis. The parents had a great time participating in fun games..... The main attraction of the event was breaking of the treasure filled Matki.....

The Principal of the college blessed all the students on this auspicious day and gave them the message as always, looking ahead instead of reminiscing in the past. His words truly summed up the efficacy of celebrating festivals of devotion and obedience towards the students



Janmashtami celebrations



*[Signature]*  
**PRINCIPAL**  
 Army College of Dental Sciences  
 Secunderabad-500 087



# **Vinayaka Chaturthi**

## **Celebrations**

Vinayaka Chaturthi, also referred to as Ganesh Chaturthi is dedicated to the Lord of New beginnings, Lord Ganesha, every year.

Like every year, this year also, Army college of dental sciences celebrated this festival on 10 september with utmost fervour. All the students, teaching staff and non-teaching staff were cordially invited to be a part of this program. The student council took the responsibility to embellish the school with colour papers, flowers, leaves, candles, lights and lamps. The stage was ornamented beautifully to welcome Lord Ganesha. The event began on 10th September as the principal illuminated the lamps; students sang Ganesh Vandana while all the members offered their prayers to the Lord. A Havan was conducted followed by a grand Aarti and Puspanjali respectively.

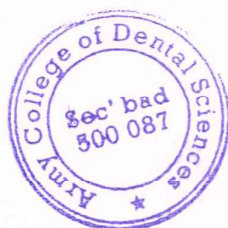
Then the Prasad was distributed among members. A table was set up in the hall to serve a considerable variety of sweets, confectionaries and dishes to the attendees of the ceremony. The program was concluded with the students' performance of various cultural programs to refresh and entertain everybody.





**Vinayaka Chaturthi celebrations**



Vinayaka Chaturthi celebrations



  
Principal

 **PRINCIPAL**  
Army College of Dental Sciences  
Secunderabad-500 087.



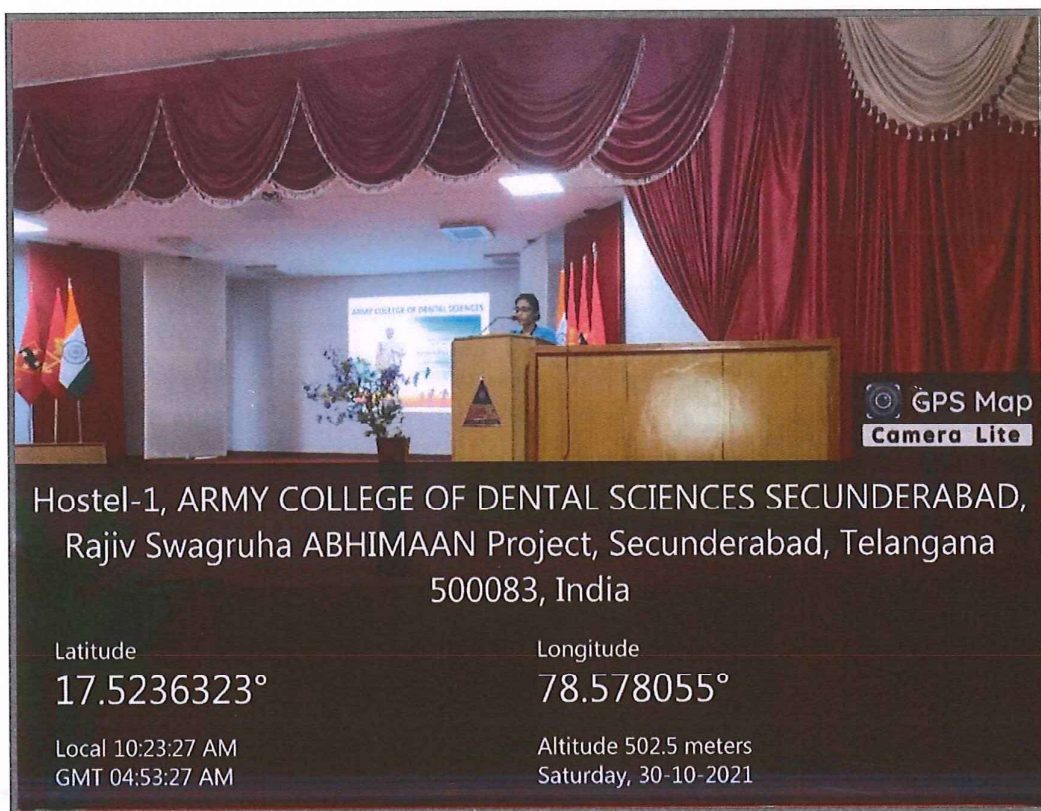
**Rashtriya Ekta Divas**

A function was organised to celebrate 146th birth anniversary of Sardar Vallabhbhai Patel as 'Rashtriya Ekta Diwas' (National Unity Day), in the Army College of Dental Sciences premises as a mark of tribute to the efforts of the country's First Home Minister to unite India on 30<sup>th</sup> Oct 2021. College students participated in the programme whole heartedly. To begin with, National Anthem, Unity Day pledge was administered after to all by the Principal Dr.S Subramanya Sharma. The students and the staff pledged to uphold unity and security of the nation. There was soap carving, painting & poster competition organized in which the 1<sup>st</sup> year and 3<sup>rd</sup> year participated and were appreciated with prize of Rs 2000/- each.

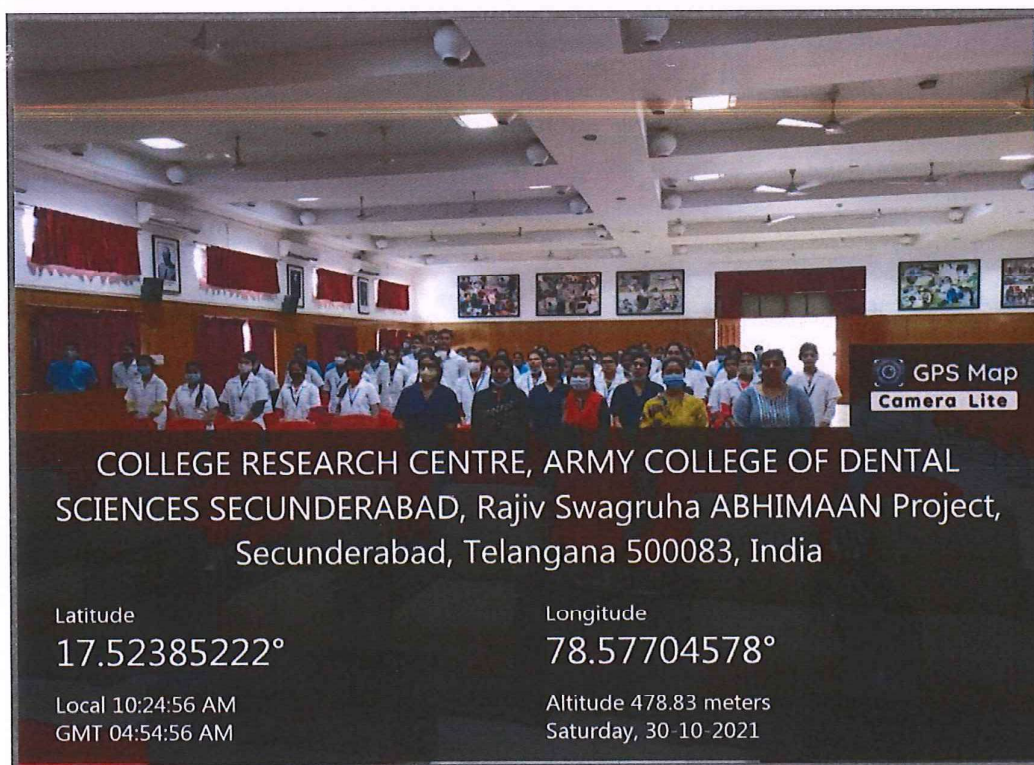


Poster competition

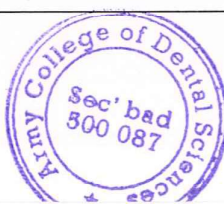




Hosting the program



Pledge taking by students and staff



*[Signature]*  
Principal  
Army College of Dental Sciences  
Secunderabad-500 087.



# **Christmas Celebrations**

Christmas Celebration at Army College of Dental Sciences. Christmas is celebrated worldwide as the birthday of Jesus Christ and deliverance of humanity from evil. The spread of love and peace among humankind is the supreme message of Christmas. The festival is celebrated on 25 December every year.

We organized a Christmas celebration in our college. All year students and teaching, non-teaching staffs are cordially invited. Students participated with great joy and enthusiasm. Before beginning the celebrations, the students decorated a beautiful Christmas tree with different ornaments, tinsel, snow and twinkling lights, hung up balloons, and decorated the reception to spread the Christmas spirit in everyone who entered the campus. A beautiful and peppy carol singing by the Students on Christmas celebration. The carol accompanied them with renditions of "Mary's boy child", "Santa Claus is coming", and "We wish you a merry Christmas", "Jingle Bell". A Small Prayer was held. Principal Sir Dr S Subramanya Sharma gave a speech. The students were further thrilled when Santa Claus actually came to town and interacted with all of them and distributed sweets. The celebrations ended with a cake cutting followed by some refreshments in library. Even though the celebrations ended on the day, the hearts of all students and children were filled with joy, happiness, and the spirit of giving.



Christmas celebrations





Christmas celebrations





Christmas celebrations



*[Signature]*  
**PRINCIPAL**  
 Army College of Dental Sciences  
 Secunderabad-500 087.