



No. DCH/Dean/1204-24/2025

Govt. Dental College & Hospital

Ahmedabad-16

Date: 24/03/2025

CIRCULAR

Attention Second Year B.D.S. students:

A Field Trip from Mind-full-ness to Mindfulness on 3rd April 2025 (09:30 a.m. onwards)

Kindly be informed of a Mental Health Shaping field trip to be held at the Maharishi Ved Bhavan, SG Highway, Ahmedabad on the aforementioned date.

This is an excellent chance to learn about integrated mind-body subconscious programming. A crucial component of your growth as aspiring dental professionals is realizing the significance of preserving personal well-being. This technique will help you perform better in reducing negative emotions, trait anxiety, and neuroticism and improving markers of learning, memory, and self-actualization. Learn about techniques advocated, researched & integrated into treatment protocols internationally. (You may like to read through what one of such centres offers:- <https://my.clevelandclinic.org/health/treatments/22292-transcendental-meditation>)

To get the most out of the learning process, taking notes is strongly advised.

P.S.: A few practitioners of the above technique are: Dr Deepak Chopra, Oprah Winfrey, Ellen DeGeneres, Hugh Jackman, The Beatles, Clint Eastwood, Arnold Schwarzenegger, late Kobe Bryant & many more. If time permits, we will also feature a talk from a practitioner who happens to be a Padma Shree awardee & a prominent interventional cardiologist

Dr. Rupal Shah
(Dean & Add'l Director, Dental)
Govt. Dental College & Hospital, Ahmedabad

Copy to:

- All departments (HODs & In-charges)
- AO
- Students section

CIVIL HOSPITAL CAMPUS, ASARWA, AHMEDABAD, GUJARAT, INDIA-380016
gdchahmd@gmail.com
Phone No 07922682070, 07922682060

With PadmaShree & PadmaBhushan awardee cardiologist Dr Tejas Patel @ a mental health training centre



GPS Map Camera

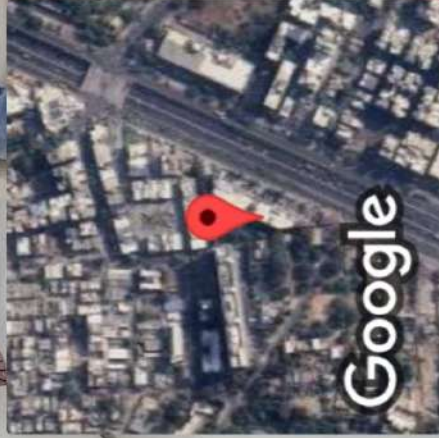
Ahmedabad, Gujarat, India

106, Patel Ave, Near Gurudwara, Thaltej,

Ahmedabad, Gujarat 380054, India

Lat 23.045168° Long 72.514286°

03/04/2025 11:42 AM GMT +05:30



Google

An absolute requisite is being calm & composed esp. while performing on patients



GPS Map Camera

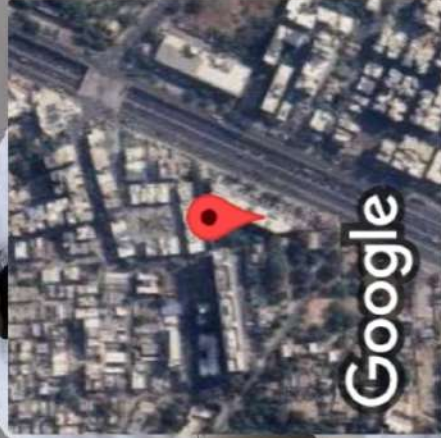
Ahmedabad, Gujarat, India

106, Patel Ave, Near Gurudwara, Thaltej,

Ahmedabad, Gujarat 380054, India

Lat 23.045123° Long 72.514327°

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Mental health tenacity has to be learnt & practiced!



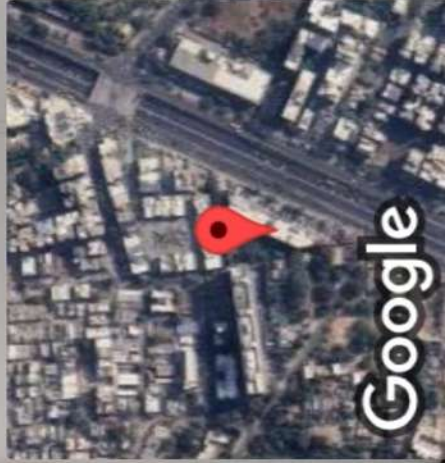
GPS Map Camera

Ahmedabad, Gujarat, India

9, F.f. , Patel Avenue, Sarkhej - Gandhinagar Hwy,
Thaltej, Ahmedabad, Gujarat 380059, India

Lat 23.045205° Long 72.514344°

03/04/2025 11:36 AM GMT +05:30



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Second B.D.S.First Term/Second Term Started from 23/09/2024.....

Batch A- 1 to 63, Batch B- 64 to 126

Dates on which class are held

		Batch A- 1 to 63, Batch B- 64 to 120					
		Dates on which class are held					
Roll No.	Name of Students						
1	AJAY MEENA						
2	AJAY NAGORA	P					
3	AKHUNJI MO FAIK MOILIYAS						
4	AMAN KUMAR						
5	AMIT SINGH	P					
6	ANKIT JHA						
7	ANURAG TRIPATHI	P					
8	ARYA AMIN	P					
9	BALADANIYA ANKUR DHIRUBHAI	P					
10	BALDANIYA VANSHIKA SANJAYBHAI	P					
11	BALDANIYA ZARNA JAGABHAI	P					
12	BHARGAVI MAKWANA	P					
13	BHOYE BHAVESHKUMAR BHAVARYABHAI						
14	BHURIYA RINKUBEN SURESHBHAI						
15	BHUT MAN RAJANBHAI						
16	CHAUDHARI STUTIKUMARI NIRAJKUMAR						
17	CHAUDHARY UMEDBHAI MAVABHAI						
18	CHAVDA HEENA JAYESHBHAI						
19	DAMOR PREKSHA PARESHKUMAR						
20	DEEPSHIKHA GUPTA	P					
21	DESAI KRAMIK JERAMBHAI						
22	DESHNA VIRAJ SHAH	P					
23	DHOLARIYA RIDDHIBEN RAJESHBHAI	P					
24	DIVYA TAYAL	P					
25	DONDA HUNNY VIJAYBHAI	P					
26	DUDHATRA MARGISH SAMIR						
27	GADHAVI VANDANA DESHAR						
28	GHODASARA SHRUDIP PRAFULBHAI						
29	GOHIL RISHITABA PRUTHVIRAJ SINH	P					
30	GOHIL RIYA ABHESINH BHAI	P					
31	GOSWAMI SANJAYBHARTHI DINESHBHAI	P					
32	[REDACTED]						
33	GUPTA AAYUSHI RAKESHBHAI	P					
34	GUPTA MUKUL						
35	HADIYA DHRUV JERAMBHAI	P					
36	HARIYANI JAY MANSUKHLAL						
37	HARSHIT JOSHI						
38	HERAMB DEEPAK GODGASTE	P					
39	HIMANSHU MUDGAL						

40 JADAV KULDEEPKUMAR NARENDRASINH
41 JADAV KUNJ RAMESHBHAI
42 JINAL BHARATKUMAR PANCHAL
43 JITENDRA KHAKHAI
44 KALADIYA MOHMADARSHAD BASIRBHAI
45 KALSARIYA ANJALI HARJIBHAI
46 KALSARIYA HARDIKBHAI BHUPATBHAI
47 KANERIYA VRUNDA VITTHALDAS
48 KANTA
49 KARANKUMAR SHARMA
50 KATARA JAY MAHENDRABHAI
51 KATARIYA CHANDRESH NARESHKUMAR
52 KHARADI DHRUVKUMAR
53 KHRISTI JENISHKUMAR STEEVAN
54 KHUSHI NAYAK
55 KRATI AGARWAL
56 KUMAVAT KOMAL PRABHULAL
57 LEVA DHRUV ARJUNBHAI
58 LUHANA ANUJ SUNILKUMAR
59 MACHHAR DHRUVI VINUBHAI
60 MADARIYA JENISH SANJAYBHAI
61 MAHAKAL SHEFALI PRAVINBHAI
62 MAHETA AYUSHI DEVENDRABHAI
63 MAJA MOHMED ZAID MOHMED YUSUF
64 MAKWANA APEXA RAJESHBHAI
65 MAKWANA DIVYABEN DIPSINGBHAI
66 MANAV GABRA
67 MANSI P MISHRA
68 MEENAKSHI
69 MEETKUMAR RATILAL BHOYA
70 MITAL CHOTALIYA
71 MODH DOLIBEN SUNILBHAI
72 MUSKAAN MAHESHWARI
73 NAKUM BHAUTIK RAMESHBHAI
74 PANCHAL HEER
75 PANCHAL HET VIMALBHAI
76 PANCHAL KRISHNA RAJESHKUMAR
77 PANDEY SNEHA
78 PARIKH VISHVA
79 PARMAR BHUMIL ASHVINKUMAR
80 PARMAR DHRUVIL SHAILESHKUMAR
81 PARMAR SANDHYA SURESHBHAI
82 PATEL KRISHNA MANISHKUMAR
83 PATEL NIVYA NARENDRAKUMAR
84 PATHAN AAFIYA NASIRKHAN
85 PITHVA CHIRAG ASHVINBHAI
86 POOJAN HARESHKUMAR CHAUDHARI
87 PRACHETA ANAND
88 PRERNA PANDIT
89 RAJNISH RANJAN
90 RANGPARIYA TIRTH MAHENDRABHAI
91 RASHI SRIVASTVA

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Transcendental Meditation

224, Patel Avenue, Nr. Gurudwara, S.G. Road,
Ahmedabad, Gujarat India-380 054 Ph. (+91) 9913243824

To,
Second Year B.D.S Students,

Date: 03/04/2025

Subject: Introduction to Transcendental Meditation

Dear Students & Professors,

With great joy I am writing this acknowledgement letter for your successful participation in the introduction seminar of Transcendental Meditation at Maharishi Ved Bhavan Ahmedabad Gujarat.

It was such a enriching experience to have such distinguished pupils of Goverment Dental Collage and Hospital Ahmedabad under the leadership of Dr. Parth Pandya visit our Transcendental Meditation Centre.

This technique is most essential for holistic development of mental, physical & emotional health. In addition to the health benefits, Transcendental Meditation provides a way to overall improve the quality of life by making individuals most competent to handle all situations that may arise in life.

We would like to welcome all participants to come and undertake the 4 day Transcendental Meditation course, which will provide you with the practical experience of this spectacular technique.

Transcendental Meditation for Totality in Life.

If you would like any more information of have any questions please feel free to get in touch with us.

Warm Regards

Chandrakant Jani
Regional Head
Transcendental Meditation Centre Gujarat