

AMC DENTAL COLLEGE

DEPARTMENT OF PUBLIC HEALTH DENTISTRY

Name of the Programme: “Ergonomics Workshop: Overcoming posture, Pain and Burnout in Dentistry”

Organized by: Department of Public Health Dentistry, AMC Dental College and Hospital

Speaker: Dr. AALAP SHAH (MPT AND PHD IN SPINE REHABILITATION), MISSION HEALTH, AHMEDABAD

Programme Coordinator: Dr. Ekta Damani (Head of the Department of Public Health Dentistry)

Brief Overview:

Main role of a public health dentist is to work towards prevention of disease and promotion of health. With this motto, to promote the health of our own students and faculty, a Seminar titled “Ergonomics Workshop: Overcoming posture, Pain and Burnout in Dentistry” with 3 CDE points was organized by the Department of Public Health Dentistry, AMC Dental College for the all students and faculties on the eve of **PUBLIC HEALTH DENTISTRY DAY on 19th June 2026** in association with **MISSION HEALTH** at AMC Dental College & Hospital. The objective was to create awareness regarding ideal posture, body mechanics, learning practical techniques and prevention of occupational stress among dental professionals.

The event was organized at ground floor of the college in Auditorium. Dr Aalap Shah was present with his team at the event. The event started at 2.00 p.m. with an introductory and aspiring speech by Dr. Ekta Damani (Head of the Department of the Public Health Dentistry), Dr. Ashish Sharma (Lecturer, Department of Public Health Dentistry) and Dr. Ketan Vaghela (Department of Public Health Dentistry) followed by concluding speech from respected Dean Ma’am, Dr. Dolly Patel.

Here, the students and faculties of the A.M.C Dental College were present at the event and the speakers gave presentation and explained in detail about Overcoming posture, Pain and Burnout in Dentistry through Physiotherapy. They also explained about various exercises which help in maintaining posture and helps in relaxation of spine. The event was followed by the inspiring Question and Answer session with the students and faculties, which truly added depth to the learning experience for that day. The event also garnered attention in leading newspaper “GUJARAT SAMACHAR”

PHOTOGRAPHS:



ORGANIZING COMMITTEE



SPEECH CONVEYED BY VARIOUS AUTHORITIES DURING THE SEMINAR



ખોખરાની એએમસી ડેન્ટલ કોલેજ અને હોસ્પિટલના પબ્લિક હેલ્થ ડેન્ટિસ્ટ્રી વિભાગ દ્વારા નેશનલ પબ્લિક હેલ્થ ડેન્ટિસ્ટ્રી ડે નિમિત્તે અર્ગોનોમિક્સ ઈન ડેન્ટિસ્ટ્રી વિશે વર્કશોપનું આયોજન કરવામાં આવ્યું હતું.

MEDIA APPRECIATION IN NEWSPAPER



Ahmedabad, Gujarat, India
 Khokhara, Ahmedabad, Gujarat 380008, India
 Lat 23.003769, Long 72.613452
 Friday, 19/06/2026 02:16 PM GMT+05:30
 Note : Captured by GPS Map Camera



Ahmedabad, Gujarat, India
 AMC DENTAL COLLEGE AND HOSPITAL, Khokhara,
 Ahmedabad, Gujarat 380008, India
 Lat 23.003588, Long 72.612931
 Friday, 19/06/2026 04:48 PM GMT+05:30
 Note : Captured by GPS Map Camera



Ahmedabad, Gujarat, India
 Anand Park Society, Khokhara, Ahmedabad, Gujarat 380008,
 India
 Lat 23.003825, Long 72.612783
 Thursday, 18/06/2026 08:38 PM GMT+05:30
 Note : Captured by GPS Map Camera

IMPARTING KNOWLEDGE ON OVERCOMING POSTURE, PAIN AND BURNOUT IN DENTISTRY