

**Adhesion 2019: Annual sports and Cultural Fest**

Vivacious "Adhesion 2019", annual cultural and sports festival of DIRDS was celebrated for 4 days from 28<sup>th</sup> – 30<sup>th</sup> March 2019.

On the inaugural day, cultural competitions like Face painting and Caption writing were held followed by various sports events like volleyball, throwball, table tennis, badminton chess, basketball, athletics and carrom in the later days. all other cultural events were held on the valedictory day. winners were awarded with medals and certificates.





[www.dasmeshinstitutes.com](http://www.dasmeshinstitutes.com)

(Recognized by Dental Council of India, New Delhi)

PH. NO. 01639-250257, 254425

FAX NO. 01639-251666

**DASMESH INSTITUTE OF RESEARCH & DENTAL SCIENCES**  
**TALWANDI ROAD, FARIDKOT**

email: [dirdsfdk@gmail.com](mailto:dirdsfdk@gmail.com)

Dated: 13.03.2019

**NOTICE**

Adhesion-19 (Sports and Cultural Fest) shall be celebrated from 29.03.2019 to 31.03.2019. Teaching classes of all BDS & MDS students will continue as per their schedule/time table. No leave of any kind will be sanctioned to the students during the festival. Attendance of all students will be taken by their respective Co-ordinators at respective venues.

All the committee members for Adhesion-19 (list enclosed) are requested to attend the meeting in the office of undersigned at 02:00 PM today i.e. 13.03.2019.

  
Principal 13/3/19

**Dr. S.P.S. Sodhi**  
Principal

**Dasmesh Institute of Research  
& Dental Sciences, FARIDKOT**

Copy to: All concerned departments, DIRDS, FDK  
NOTICE BOARD  
Admn Office for information to DIRECTOR, DIRDS, FDK

  
Principal 13/3/19

**Dr. S.P.S. Sodhi**  
Principal

**Dasmesh Institute of Research  
& Dental Sciences, FARIDKOT**


# ADHESION 2019

(29-31 March, 2019)

## ORGANIZING COMMITTEE

- Organizing Chairman : Dr. SPS Sodhi
- Chief Co-ordinator : Dr. Tarun Kumar
- Conveners : Dr. Thippeswamy SH  
Dr. Ramandeep Singh Punia  
Dr. Piyush Gandhi
- Co-ordinators : Dr. Ramandeep Singh Brar (PG)  
Dr. Ramandeep Singh Punia (Interns)  
Dr. Pardeep Bansal (Final Year)  
Dr. Prahlad Gupta (3<sup>rd</sup> Year)  
Dr. Gurlal Singh (2<sup>nd</sup> Year)  
Dr. Piyush Gandhi (1<sup>st</sup> Year)
- Treasurer : Dr. Gursimrat Kaur

EVENT	INCHARGE
CRICKET	Dr. Thippeswamy SH
CHESS & CARROM	Dr. Nitin Khuller
BADMINTON	Dr. Pardeep Bansal
TABLE TENNIS	Dr. Preetika
BASKET BALL	Dr. Piyush Gandhi
VOLLEY BALL	Dr. Satnam Singh
THROW BALL	Dr. Poonam Bali
ATHLETICS	Dr. Sandeep Kumar Bains

  
Dr. S.P.S. Sodhi  
Principal  
Dasmesh Institute of Research  
& Dental Sciences, FARIDKOT



PH. NO. 01639-250257, 254425

FAX NO. 01639-251668

# DASMESH INSTITUTE OF RESEARCH & DENTAL SCIENCES

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(Recognized by Dental Council of India, New Delhi)

email: dirdsfdk@gmail.com

DDC/19

Dated: 03:04:2019

## NOTICE

The Valedictory Ceremony of Adhesion 2019 will be held at 01:00pm today at Capt. (Dr) Puran Singh Auditorium. All faculty members are cordially invited.

All the students are directed to be seated in the Auditorium by 12:30 PM. The attendance of all the students/ interns shall be marked as under:

1 <sup>st</sup> Year	:	Dr Khusdeep Singh
2 <sup>nd</sup> Year	:	Dr Poonam Bali
3 <sup>rd</sup> Year	:	Dr Harkanwalpreet Singh
4 <sup>th</sup> Year	:	Dr Gurlal Singh Brar
Intern	:	Dr Ramandeep Singh Brar

Theory classes after 12:30 pm shall remain suspended. All HOD's of clinical departments to ensure the smooth functioning of OPD till 03:30 pm.

Copy to:

Admin. Office for Information to Director, DIRDS, FDK  
All Concerned Dept., DIRDS, FDK  
Notice Board, DIRDS, FDK  
IQAC, DIRDS, FDK

  
Principal 3/4/19

Dr. S.P.S. Sodhi  
Principal  
Dasmesh Institute of Research  
& Dental Sciences, Faridkot

  
Principal 3/4/19

Dr. S.P.S. Sodhi  
Principal  
Dasmesh Institute of Research  
& Dental Sciences, Faridkot



PH. NO. 01629 250957, 234425  
FAX NO. 01629 251648

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Notice Board, DIRDS, FDK  
IQAC, DIRDS, FDK

**Dr. S.P.S. Sodhi**  
Principal  
Dasmesh Institute of Research  
& Dental Sciences, FARIDKOT

  
Principal 3/4/19  
**Dr. S.P.S. Sodhi**  
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Dated: 13.03.2019

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NOTICE BOARD  
Admn Office for information to DIRECTOR, DIRDS, FDK

  
Principal 13/3/19

**Dr. S.P.S. Sodhi**  
Principal

Dasmesh Institute of Research  
& Dental Sciences, FARIDKOT

  
Principal 13/3/19

**Dr. S.P.S. Sodhi**  
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Dasmesh Institute of Research  
& Dental Sciences, FARIDKOT

P.T.O. ⇒

# ADHESION 2019

(29-31 March, 2019)

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- Organizing Chairman** : Dr. SPS Sodhi
- Chief Co-ordinator** : Dr. Tarun Kumar
- Conveners** : Dr. Thippeswamy SH  
Dr. Ramandeep Singh Punia  
Dr. Piyush Gandhi
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Dr. Ramandeep Singh Punia (Interns)  
Dr. Pardeep Bansal (Final Year)  
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THROW BALL	Dr. Poonam Bali
ATHLETICS	Dr. Sandeep Kumar Bains



**Dr. S.P.S. Sodhi**  
Principal

Dasmesh Institute of Research  
& Dental Sciences

To

The Principal,  
Dasmesh Institute of Research & Dental Sciences,  
Faridkot

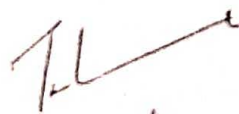
Sub: Permission for Adhesion 2019.

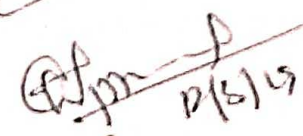
Respected Sir,

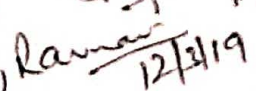
This is to bring to your kind notice that the students of our Institute desired to celebrate Adhesion 2019. The recommended date schedule is from 29.03.2019 to 31.03.2019 with valedictory function on concluding day. Students may please be allowed to play outdoor games after college timings as per above schedule, so the teaching is not disturbed.

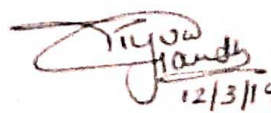
Please consider and grant permission for the same.

Thanking you.


(Dr. Tarun Kumar) 

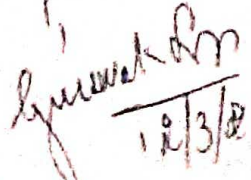
(Dr. Thippeswamy SH)  12/3/19

(Dr. Ramandeep Singh)  12/3/19

(Dr. Piyush Gandhi)  12/3/19

Forwarded to Director  
that outdoor games league  
matches be played after  
4.00 PM, evening time. NO  
inauguration. Concluding finals  
on stipulated days.  
Students of physiotherapy  
be also included in competition

 12/2/19.

Yes  
 12/3/2019.





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Dated: 13.03.2019

**NOTICE**

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All the committee members for Adhesion-19 (list enclosed) are requested to attend the meeting in the office of undersigned at 02:00 PM today i.e. 13.03.2019.

  
Principal 13/3/19

**Dr. S.P.S. Sodhi**  
Principal

**Dasmesh Institute of Research  
& Dental Sciences, FARIDKOT**

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Principal 13/3/19

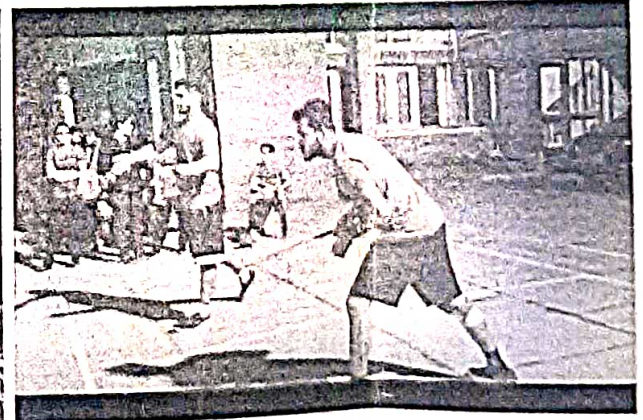
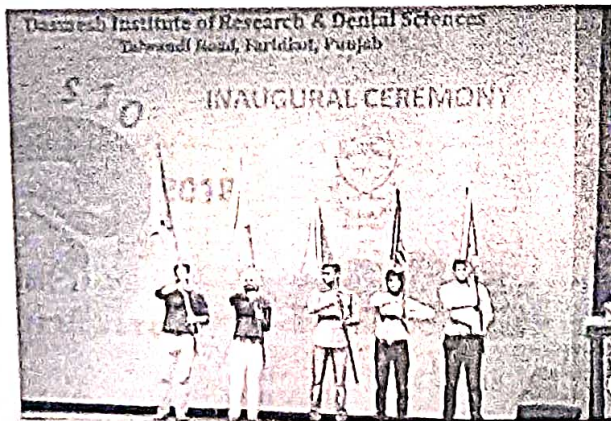
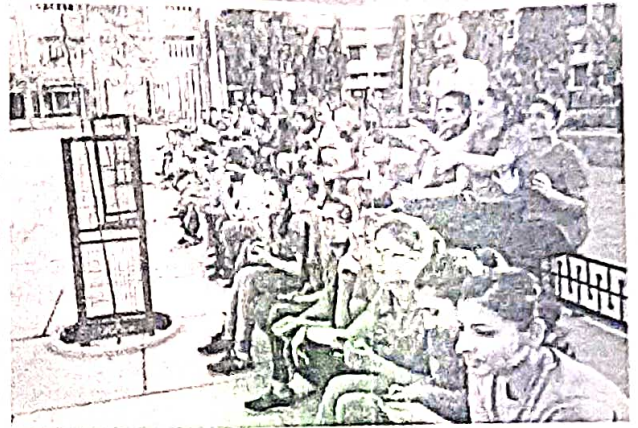
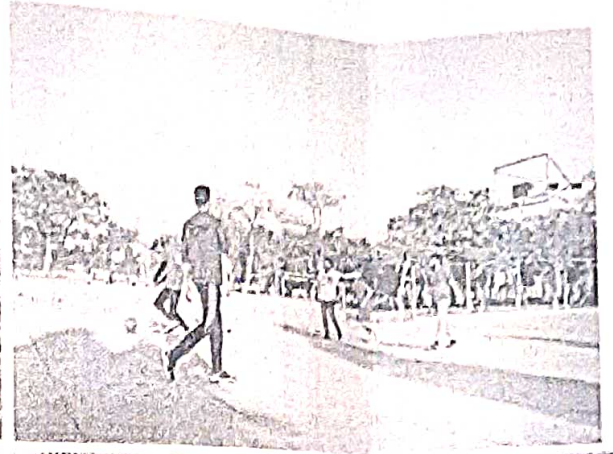
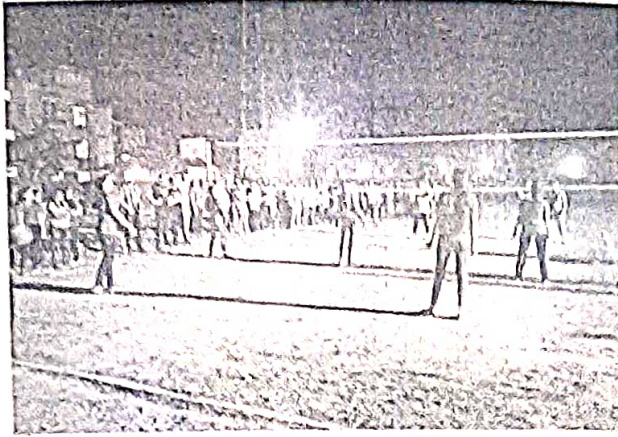
**Dr. S.P.S. Sodhi**  
Principal

**Dasmesh Institute of Research  
& Dental Sciences, FARIDKOT**

### **Adhesion: Annual Sports and Cultural Festival**

Vivacious "Adhesion-2018", annual sports and cultural festival of DIRDS was celebrated for 5 days from 8/3/18 – 12/3/18. It was inaugurated by Dr. Gulbir Kaur, renowned Gynaecologist of the city and our worthy Director Dr. Gursevak Singh on 8/3/2018 at Capt. Dr Puran Singh auditorium.

event started with Oath Taking ceremony by co-ordinators of respective Prof. Dr. Tarun Kumar was the Chief co-ordinator for the event dictated the oath for the co-ordinators. Dr. SPS Sodhi, Principal, DIRDS and all the faculty members and students of the institution were present on this function. this time six teams corresponding each prof were given different names like Reapers (1<sup>st</sup> prof), Hawks (2<sup>nd</sup> Prof), Spartans (3<sup>rd</sup> Prof), Insanity (4<sup>th</sup> Prof), Titans (Interns) and Infinity (PG'S and Staff). on the inaugural day competitions like Face Painting and Caption writing were held followed by various sports events like cricket, volleyball, throw ball, table tennis, badminton, chess, basketball, athletics and carrom in the later days. all the cultural events were held on the valedictory day. Team inters (Titans) won the overall Champion Trophy of the Adhesion 2018. Winners were awarded with medals and certificates.



low



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email: dirdsfdk@gmail.com

Dated: 23.02.2018

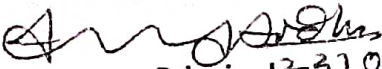
**NOTICE**

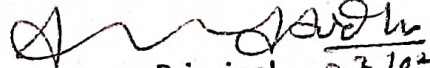
Adhesion-2018 (Sports and Cultural Fest) shall be celebrated from 08.03.2018 to 12.03.2018. Teaching classes of all BDS & MDS students will continue as per their respective schedules/ time table.

No leave of any kind will be sanctioned to the students during the festival. Attendance of all students will be taken by their respective Co-ordinators at respective venues.

Copy to:

All concerned departments, DIRDS, FDK  
NOTICE BOARD  
Admn Office for information to DIRECTOR, DIRDS, FDK

  
Principal 23/02/18  
**Dr. S.P.S. Sodhi**  
Principal  
Dasmesh Institute of Research  
& Dental Sciences, FARIDKOT

  
Principal 22/02/18  
**Dr. S.P.S. Sodhi**  
Principal  
Dasmesh Institute of Research  
& Dental Sciences, FARIDKOT

# **ADHESION' 18**

**(8-12 March, 2018)**

## **ORGANIZING COMMITTEE**

**ORGANIZING CHAIRMAN** : Dr. SPS Sodhi  
**CHIEF COORDINATOR** : Dr. Tarun Kumar  
**CONVENORS** : Dr. Thippeswamy SH  
Dr. Ramandeep Singh Punia

**COORDINATORS** : Dr. Ramandeep Singh Brar (PGs & Faculty)  
Dr. Ramandeep Singh Punia (Interns)  
Dr. Pardeep Bansal (Final Yr)  
Dr. Prahlad Gupta (3<sup>rd</sup> Year)  
Dr. Gurlal Singh (2<sup>nd</sup> Year)  
Dr. Piyush Gandhi (1<sup>st</sup> Year)

**TREASURER** : Dr. Gursimrat Kaur Brar

<b>EVENT</b>	<b>INCHARGE</b>
<b>CRICKET</b>	DR. THIPESWAMY
<b>CHESS &amp; CARROM</b>	DR. NITIN KHULLAR
<b>BADMINTON</b>	DR. PARDEEP BANSAL
<b>TABLETENNIS</b>	DR. PREETIKA
<b>BASKETBALL</b>	DR. PIYUSH GANDHI
<b>VOLLEYBALL</b>	Dr SATNAM SINGH
<b>THROWBALL</b>	DR POONAM
<b>ATHLETICS</b>	DR. SANDEEP BAINS
<b>FACE PAINTING</b>	DR. NIKITA BAJAJ
<b>RANGOLI</b>	DR. ANITA MEHTA
<b>COLLAGE</b>	DR. TARUNA
<b>DUMB CHARADES</b>	DR VANITA KESHAV
<b>JUST A MINUTE</b>	DR HARPREET DR MANVEEN

*\*PS S. Harmander Singh, Coach shall assist in all Sports & Athletic events*

  
**Dr. S.P.S. Sodhi**  
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(Recognized by Dental Council of India, New Delhi)

email: dirdsfdk@gmail.com

Dated: 28.03.2018

**NOTICE**

All the Students, Interns and Faculty members are hereby informed that the Valedictory Function for ADHESION 2018. (Annual Sport and Cultural Fest) will be on 29.03.2018 at 03:00 PM at Capt. Dr. Puran Singh Auditorium.

The attendance of all the students/ interns shall be marked as under:

1 <sup>st</sup> Year	:	Dr. Khushdeep Singh
2 <sup>nd</sup> Year	:	Dr. Gurlal Singh Brar
3 <sup>rd</sup> Year	:	Dr. Harkanwalpreet Singh
4 <sup>th</sup> Year	:	Dr. Sandeep K Bains
Interns	:	Dr. Ramandeep Singh Brar

Theory classes will remain suspended from 03:00 pm onwards. All HOD's of clinical departments to ensure the smooth functioning of OPD till 03:30 pm.

**Dr. S.P.S. Sodhi**  
Principal  
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Principal  
Dasmesh Institute of Research  
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# ADHESION' 18

(8-12 March, 2018)

## EXPENSES

Sr No.	ITEM	AMOUNT
1.	T SHIRTS	Rs 57000/- + Rs 18000/- = Rs 75000/- ✓
2.	SPORTS EQUIPMENT	Rs 15960/- for reimbursement
3.	FLAGS	Rs 1000/- ✓
4.	MISC	Rs 3500/- ✓
5.	MEDALS & TROPHIES	Rs 7700/- ✓
6.	TOTAL	Rs 1,03,160/- ✓
7.	Physiotherapy @ Rs 300/-	Rs 18000/-
GRAND TOTAL		Rs 85160/-

$$\begin{array}{r} 15410 \\ 69200 \\ \hline 84610 \end{array}$$
  
70,000

# ADHESION' 18

## VALEDICTORY CEREMONY

29.03.2018

- *Introductory Remarks* 03:00 pm
- *Welcome Address* 03:05 pm
- *Distribution of medals & Certificates* 03:15 pm
- *Address by the Chief Guest* 04:15 pm
- *National Anthem* 04:25 pm
- *Refreshments*



SR NO.	EVENT	NAME	TEAM	POSITION	POINTS
1	THROWBALL	VAANI, MANVI PURANG, BIPANDEEP KAUR, PINDERJIT KAUR, SHARANJIT KAUR, KASHISH, GURLEEN SIDHU, GURWINDER	III YR	I	20
		JASLEEN, MEHAK, GURKIRAT, MANNT, SUKMEEN, SHABNAM	IV YR	II	15
2	VOLLEYBALL	NAVJOT SINGH, SHUBHAM, RAVINDER SINGH, BALWINDER, JASKARAN, HARPREET <del>PULKIT HANNA, VISHAL SINGH</del>	INTERN	I	20
		ARSHDEEP, NAVJOT, GAGANDEEP SINGH, GURSAMAN, JAGMEET SINGH, DILSAGAR, VIDHIT	IV YR	II	15
3	CRICKET (BOYS)	HARPREET SINGH, NAVJOT SINGH, SHUBHAM, BALWINDER, PULKIT, VISHAL, AAKASH, AMANDEEP, RAVINDER SINGH, SAURABH, JASKARAN, RAHUL,	Interns	I	20
		DR THIPPESWAMMY, DR PARDEEP BANSAL, DR PIYUSH GANDHI, DR SATNAAM, DR HARMEET S, DR GURLAL S, DR SANDEEP K, DR GAGANDEEP, DR HARPREET, DR JASPINDER, DR SACHIN	PG/STAFF	I	15

# ADHESION 2018

SR NO.	EVENT	NAME	TEAM	POSITION	POINTS
4	Basketball (Girls)	BIPANDEE, VAANI, SHARANJIT, KASHISH, LOVELEEN, PINDERJIT K, JESSICA, MANVI PURANG	III YR	I	20
		AKSHPREET, NANCY, AMANDEEP, SANDEEP, SURBHI, RAMANDEEP, HARPREET	Interns	II	15
5	Basketball (BOYS)	VISHAL, BALWINDER, PULKIT, SHUBHAM, RAVINDER, NAVJOT, AMANDEEP	Interns	I	20
		SUKHJEET, ARSH GILL, HONEY, GURTEK, IRVAN, GURWINDER, HOPINDER, INDER	BPT	II	15
6	FOOBALL	HARPREET SINGH, SHUBHAM, BALWINDER, PULKIT, NAVJOT, AAKASH, VISHAL, AMANDEEP, RAVINDER, SAURABH, JASKARAN SINGH	Interns	I	20
		RAJIV, AKSHIT, RASHUL, PARTEEK, MOHIT, ANMOL, DANISH, AAKASH, AMRIT, ARSHPREET, MANJOT S	III YR	II	15
7	TABLE TENNIS Boys Singles	BALWINDER	INTERN	I	10
		AAKASH	INTERN	II	5

# ADHESION 2018

SR NO.	EVENT	NAME	TEAM	POSITION	POINTS
8	TABLE TENNIS Boys DOUBLES	AAKASH & BALWINDER	INTERN	I	10
		IRVAN & KASHISH	BPT/ III YR	II	5
9	TABLE TENNIS MIXED DOUBLES	IRVAN & ANJALI	BPT	I	10
		KASHISH & VISHAL	III YR / INTERN	II	5
10	TABLE TENNIS Girls Singles	ANJALI	BPT	I	10
		KASHISH	II YR	II	5
11	TABLE TENNIS Girls DOUBLES	ANJALI & JASPINDER	BPT	I	10
		NAINA & ARSHJOT	INTERN	II	5
12	BADMINTON Boys Singles	DR SANDEEP KUMAR	PG/STAFF	I	10
		HARSIMRANJIT SINGH	BPT	II	5
		DIPANSHU	I YR	III	2
13	BADMINTON Boys Doubles	BALWINDER & PULKIT	Interns	I	10
		NAVTEJ & HARKIRAT	I YR	II	5
		VISHAL & AMANDEEP	INTERN	III	2
14	BADMINTON Girls Singles	ANJALI	BPT	I	10
		ANMOL SANDHU	I YR	II	5
		SHABNAM	IV YR	III	2
15	BADMINTON Girls Doubles	KRITI & SIMAR	IYR	I	10
		SHABNAM & JASLEEN	IV YR	II	5
		AMANDEEP & SHRADHA	BPT	III	2
16	BADMINTON MIXED Doubles	ANJALI & GURTEK	BPT	I	10
		JASAHN & HARNEET	II YR/ I YR	II	5
		ARSH & GURLEEN	IV YR/ I YR	III	2
17	CARROM GIRLS SINGLES	RICHA	INTERN	I	10
		RAMANDEEP KAUR	INTERN	II	5
		NANCY	INTERN	III	2

## ADHESION 2018

SR NO.	EVENT	NAME	TEAM	POSITION	POINTS
18	CARROM GIRLS DOUBLES	NANCY & SURBHI	INTERN	I	10
		YASMEEN & SANDEEP	II YR	II	5
		NAVKIRAN & SUKHMANN	I YR	III	2
19	CARROM BOYS SINGLES	NAVJOT	INTERN	I	10
		DR DAVINDER	PG/STAFF	II	5
		DR PARDEEP	PG/STAFF	III	2
20	CARROM BOYS DOUBLES	NAVJOT & GURSAMAN	IV YR	I	10
		DR JASPINDER & SACHIN	PG/STAFF	II	5
		PULKIT & BALWINDER	INTERN	III	2
21	CARROM MIXED DOUBLES	AKSHPREET & BALWINDER	INTERN	I	10
		DR DAVINDER & DR ASHIMA	PG/STAFF	II	5
		PARNEET & SAURABH	INTERN	III	2
22	CHESS GIRLS	AMBUJA	INTERN	I	10
		NANCY	INTERN	II	5
		SNEHA	BPT	III	2
23	CHESS BOYS	SAUMENDRA	IV YR	I	10
		DILSAGAR	IV YR	II	5
		HONEY	BPT	III	2
24	SHOT PUT (Boys)	AMANDEEP	INTERN	I	10
		ARSHDEEP	IV yr	II	5
		JASHAN SANDHU	II YR	III	2
25	SHOT PUT (GIRLS)	INDERJIT	BPT	I	10
		VAANI	III YR	II	5
		ARSHNOOR	I YR	III	2
26	RELAY (GIRLS)	TARANPREET, SUKHMEEN, SHABNAM,	IV yr	I	10
		SANDEEP, AKSHPREET, NANCY	Interns	II	5
		INDERJIT, GURVINDER, ARSHDEEP, GURTEEK	BPT	III	2
27	RELAY (BOYS)	BALWINDER, PULKIT, NAVJOT, SHUBHAM	Interns	I	10
		NAVJOT, GAGAN, VIDHIT, ARSHDEEP	IV yr	II	5
		KASHISH, JASROOP, BIPANDEEP, SHARANJIT	III YR	III	2

## ADHESION 2018

SR NO.	EVENT	NAME	TEAM	POSITION	POINTS
28	100M (Boys)	NAVJOT	IV YR	I	10
		RAJIV	III YR	II	5
		ARJUN	I YR	III	2
29	100M (GIRLS)	RAMAN VIRK	IV YR	I	10
		ASHNOOR	I YR	II	5
		KASHISH	III YR	III	2
30	200M (Boys)	NAVJOT	IV YR	I	10
		ARJUN	I YR	II	5
		SHUBHAM	INTERN	III	2
31	200M (GIRLS)	TARANPREET	IV YR	I	10
		GURJEEVAN	BPT	II	5
		HARNOOR	II YR	III	2
32	400M (Boys)	AKASHDEEP	III YR	I	10
		HARSIMRAN	BPT	II	5
		HARKIRAT	I YR	III	2
33	400M (GIRLS)	AKSHPREET	INTERN	I	10
		KIRANDEEP	BPT	II	5
		KAMALJIT	II YR	III	2



www.dasmeshinstitutes.com

**DASMESH INSTITUTE OF RESEARCH & DENTAL SCIENCES**  
**TALWANDI ROAD, FARIDKOT**

(Recognized by Dental Council of India, New Delhi)

PH. NO. 01639-250257, 254425

FAX NO. 01639-251666

email: dirdsfdk@gmail.com

Dated: 23.02.2018

**NOTICE**

Adhesion-2018 (Sports and Cultural Fest) shall be celebrated from 08.03.2018 to 12.03.2018. Teaching classes of all BDS & MDS students will continue as per their respective schedules/ time table.

No leave of any kind will be sanctioned to the students during the festival. Attendance of all students will be taken by their respective Co-ordinators at respective venues.

  
Principal 23/02/18

**Dr. S.P.S. Sodhi**  
Principal

**Dasmesh Institute of Research  
& Dental Sciences, FARIDKOT**

Copy to: All concerned departments, DIRDS, FDK

NOTICE BOARD

Admn Office for information to DIRECTOR, DIRDS, FDK

  
Principal 22/02/18

**Dr. S.P.S. Sodhi**  
Principal

**Dasmesh Institute of Research  
& Dental Sciences, FARIDKOT**



# **ADHESION' 18**

**(8-12 March, 2018)**

## **ORGANIZING COMMITTEE**

**ORGANIZING CHAIRMAN** : Dr. SPS Sodhi  
**CHIEF COORDINATOR** : Dr. Tarun Kumar  
**CONVENORS** : Dr. Thippeswamy SH  
Dr. Ramandeep Singh Punia

**COORDINATORS** : Dr. Ramandeep Singh Brar (PGs & Faculty)  
Dr. Ramandeep Singh Punia (Interns)  
Dr. Pardeep Bansal (Final Yr)  
Dr. Prahlad Gupta (3<sup>rd</sup> Year)  
Dr. Gurlal Singh (2<sup>nd</sup> Year)  
Dr. Piyush Gandhi (1<sup>st</sup> Year)

**TREASURER** : Dr. Gursimrat Kaur Brar

<b>EVENT</b>	<b>INCHARGE</b>
CRICKET	DR. THIPESWAMY ✓
CHESS & CARROM	DR. NITIN KHULLAR ✓
BADMINTON	DR. PARDEEP BANSAL ✓
TABLE TENNIS	DR. PREETIKA ✓
BASKETBALL	DR. PIYUSH GANDHI ✓
VOLLEYBALL	DR. SATNAM SINGH ✓
THROWBALL	DR. POONAM
ATHLETICS	DR. SANDEEP BAINS ✓
FACE PAINTING	DR. NIKITA BAJAJ ✓
RANGOLI	DR. ANITA MEHTA
COLLAGE	DR. TARUNA
DUMB CHARADES	DR. VANITA KESHAV
JUST A MINUTE	DR. HARPREET DR. MANVEEN

*\*P.S. Harmander Singh, Coach shall assist in all Sports & Athletic events*

*Dr. S.P.S. Sodhi*  
Principal  
Dasmesh Institute of Research

# ADHESION' 18

(8-12 March, 2018)

## ORGANIZING COMMITTEE

- ORGANIZING CHAIRMAN : Dr. SPS Sodhi
- CHIEF COORDINATOR : Dr. Tarun Kumar
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- COORDINATORS : Dr. Ramandeep Singh Brar (PGs & Faculty)  
Dr. Ramandeep Singh Punia (Interns)  
Dr. Pardeep Bansal (Final Yr)  
Dr. Prahlad Gupta (3<sup>rd</sup> Year)  
Dr. Gurlal Singh (2<sup>nd</sup> Year)  
Dr. Piyush Gandhi (1<sup>st</sup> Year)
- TREASURER : Dr. Gursimrat Kaur Brar

EVENT	INCHARGE
CRICKET	DR. THIPESWAMY <i>final : PG/Staff vs Interns</i>
CHESS & CARROM	DR. NITIN KHULLAR
BADMINTON	DR. PARDEEP BANSAL
TABLE TENNIS	DR. PREETIKA
BASKETBALL	DR. PIYUSH GANDHI <i>Senior Staff vs RPT</i>
VOLLEYBALL	DR. SATNAM SINGH <i>Final Yr Interns &amp; Final Yr</i> <i>vs Interns</i>
THROWBALL	DR. POONAM <i>① 2<sup>nd</sup> Yr, ② 4<sup>th</sup> Yr</i>
ATHLETICS	DR. SANDEEP BAINS
FACE PAINTING	DR. NIKITA BAJAJ ✓
RANGOLI	DR. ANITA MEHTA ✓
COLLAGE	DR. TARUNA ✓ 15
DUMB CHARADES	DR. VANITA KESHAV ✓ ✓
JUST A MINUTE	DR. HARPREET ✓ ✓ DR. MANVEEN ✓ ✓

\*PS S. Harmander Singh, Coach shall assist in all Sports & Athletic events

Dr. S.P.S. Sodhi



# ADHESION' 18

(8-12 March, 2018)

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- COORDINATORS : Dr. Ramandeep Singh Brar (PGs & Faculty)  
Dr. Ramandeep Singh Punia (Interns)  
Dr. Pardeep Bansal (Final Yr)  
Dr. Prahlad Gupta (3<sup>rd</sup> Year)  
Dr. Gurlal Singh (2<sup>nd</sup> Year)  
Dr. Piyush Gandhi (1<sup>st</sup> Year)
- TREASURER : Dr. Gursimrat Kaur Brar

EVENT	INCHARGE
CRICKET	DR. THIPESWAMY
<del>VOLLEYBALL</del>	DR. IRFAN
CHESS & CARROM	DR. NITIN KHULLAR
BADMINTON	DR. PARDEEP BANSAL
TABLETENNIS	DR. PREETIKA
BASKETBALL	DR. PIYUSH GANDHI
VOLLEYBALL	Dr SATNAM SINGH
THROWBALL	DR POONAM
ATHLETICS	DR. SANDEEP BAINS
FACE PAINTING	DR. NIKITA BAJAJ
RANGOLI	DR. ANITA MEHTA
COLLAGE	DR. TARUNA
DUMB CHARADES	DR VANITA KESHAV
JUST A MINUTE	DR HARPREET DR MANVEEN

P. S. S. Harmandar Singh Coach shall assist in all sports & athletics events.

To

The Principal  
DIRDS, Faridkot

19<sup>th</sup> February, 2018

Respected Sir

**SUBJECT: \_\_\_\_\_ PERMISSION FOR ADHESION 2018**

This is to bring to your kind notice that students of our institute desire to celebrate Adhesion 2018. The recommended date schedule is from 08.02.2018 to 12.02.2018 with valedictory function on concluding day. Students may please be allowed to play outdoor games after college timings as per above schedule, so the teaching is not disturbed.

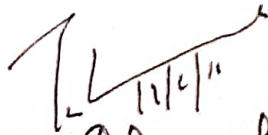
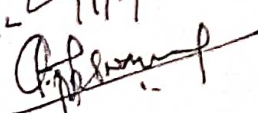
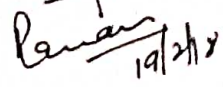
Please consider and grant permission for the same.

Thanking you

(Dr Tarun Kumar)

(Dr Thippeswammy SH)


(Dr Ramandeep Singh)


  
12/2/18  
  
  
19/2/18

Yes  
Gurwals  
19/2/18

Permissions :- daily after  
4 PM. onward.  
Valedictory - on 13<sup>th</sup> at  
2.30 PM  
onward -  
forwarded

Submitted for approval

  
19/2/18

Sony  
  
21/2/18

To

The Principal  
DIRDS, Faridkot

19<sup>th</sup> February, 2018

Respected Sir

**SUBJECT: PERMISSION FOR ADHESION 2018**

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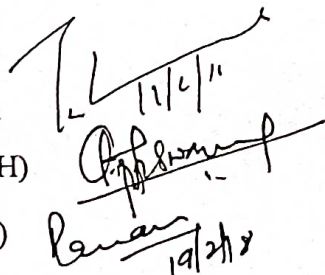
Please consider and grant permission for the same.

Thanking you

(Dr Tarun Kumar)

(Dr Thippeswammy SH)

(Dr Ramandeep Singh)

  
11/2/18  
19/2/18

Timings - daily after  
4 PM. onward.  
Valedictory - on 12th at  
2.30 PM.  
onward -  
forwarded to  
Director for approval  
19/2/18

# Student Committee

# SPORTS & CULTURAL FEST

FIRST YEAR - RITIK, HARRI RAT

SECOND YEAR - JASHAN, DINESH

THIRD YEAR - AMRIT, AKSHIT, RATIV

FOURTH YEAR - ARSH, JAGMEET

INTERNS - PULKIT, VISHAL, BALWINDER, RAUVINDER, NAVJOT, SHUBHAM

## GAMES

(OUTDOOR + INDOOR)

- 1) CRICKET ✓
- 2) BASKET BALL ✗
- 3) FOOTBALL ✗
- 4) VOLLY BALL ✓
- 5) TABLE TENNIS - 2??
- 6) BADMINTON ✓
- 7) LEG CRICKET ✗
- 8) THROW BALL (GIRLS ONLY)
- 9) TUG OF WAR

- 10) CARROM BOARD
- 11) CHESS
- 12) THREE LEG RACE

## CULTURAL EVENTS

- 1) RANGOLI ✓
- 2) FACE PAINTING ✓
- 3) ~~FASHION SHOW~~ - ?
- 4) NAIL ART ✗
- 5) MEHANDI COMP ✗
- 6) HAIR STYLING ✗

## ATHLETIC EVENTS

- 1) 100 mts ✓
- 2) 200 mts ✓
- 3) LONG JUMP ] ✓
- 4) SHOT PUT ✓
- 5) 400 mts ] ✗

7) POSTER MAKING  
College ✓

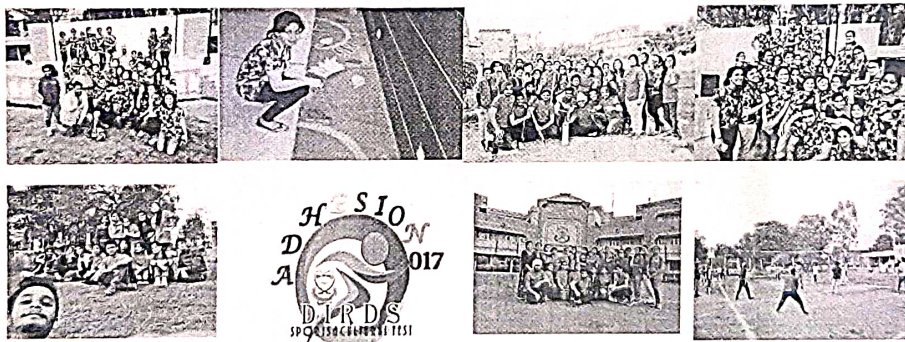
8) Just-a-minute

9) Drum singing

### Adhesion – Sports and Cultural Festival – March'17

Vivacious “ADHESION - 2017”, annual cultural and sports festival of DIRDS started on 8<sup>th</sup> march 2017, this time along with teams of our institution Dasmesh College of physiotherapy also participated.

various competitions like Ramp Walk and Face Painting, cricket, volleyball, throw ball, table tennis, badminton, chess, tug of war, athletics, carom, and chess were conducted in this sports fest.





Ph. NO. 01639-250257, 254425  
Fax No. 01639-251666

**DASMESH INSTITUTE OF RESEARCH & DENTAL SCIENCES**  
**Talwandi Road, FARIDKOT**

www.dasmeshinstitutes.com

(Recognized by Dental Council of India, New Delhi)

email:dirdsfdk@gmail.com

Ref. No. DC/17

Dated: 01:04:2017


**NOTICE**

Prize Distribution Ceremony of Adhesion 2017 will be held at 02:00pm today at Capt. (Dr) Puran Singh Auditorium. All faculty members are cordially invited.

The attendance of all the students/ interns shall be marked as under:

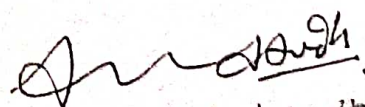
1 <sup>st</sup> Year	:	Dr Khushdeep Singh
2 <sup>nd</sup> Yr	:	Dr Poonam Bali
3 <sup>rd</sup> Year	:	Dr Harkanwalpreet Singh
4 <sup>th</sup> Year	:	Dr Gural Singh Brar
5 <sup>th</sup> Year	:	Dr Ramandeep Singh Brar

Theory classes after 02:00 pm shall remain suspended. All HOD's of clinical departments to ensure the smooth functioning of OPD till 03:30 pm.

  
Principal  
Dasmesh Institute of Research  
& Dental Sciences, FARIDKOT

Copy to:

All concerned, DIRDS, FDK  
NOTICE BOARD, DIRDS, FDK  
Admin. Office for information to Director, DIRDS, FDK

  
Principal  
Dasmesh Institute of Research  
& Dental Sciences, FARIDKOT

No. of screening / treatment camps :- 115

No. of patients examined :- 9020

School Dental Health Program

No. of Camps :- 19

No. of students examined :- 4039

89  
9  
9  

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107  

---

1

6296  
1241  
927  

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8464

10  
24  
40  
11  
25  
35  
55

16  
19

4029

9020  

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115

2, 195  
3, 171  
4, 311  
5, 96  
6, 80  
7, 175



PH. NO. 01639-250257, 254425  
FAX NO. 01639-251666

**DASMESH INSTITUTE OF RESEARCH & DENTAL SCIENCES**  
**TALWANDI ROAD, FARIDKOT**

www.dasmeshinstitutes.com

(Recognized by Dental Council of India, New Delhi)

email: dirdsfdk@gmail.com

Ref. No. DC/17

Dated: 11.01.2017

**NOTICE**

All the faculty members are hereby informed that a meeting will be held at 02:30 PM on 21.01.2017 (Saturday) at Meeting Room. All the faculty members are requested to attend the meeting positively.


The Agenda for the meeting will be as under:-

1. To discuss convocation and alumni.
2. S. Gurpreet Singh Doad Memorial Mega Camp.
3. CME Programmes/CDE/Guest Lecture etc.
4. Adhesion – Sport and Cultural Fest.
5. Any other with the permission of the chair.

Copy to: All concerned departments, DIRDS, FDK  
NOTICE BOARD  
Admn. Office for information to DIRECTOR, DIRDS, FDK

  
Principal 11/1/17

**Dr. S.P.S. Sodhi**  
Principal  
Dasmesh Institute of Research  
& Dental Sciences, FARIDKOT

  
Principal 11/1/17  
**Dr. S.P.S. Sodhi**  
Principal  
Dasmesh Institute of Research  
& Dental Sciences, FARIDKOT





SR NO.	EVENT	NAME	TEAM	POSITION	POINTS
1	THROWBALL	VAANI, MANVI PURANG, BIPANDEEP KAUR, PINDERJIT KAUR, SHARANJIT KAUR, KASHISH, GURLEEN SIDHU, GURWINDER KAUR	III YR	I	20
		JASLEEN, MEHAK, GURKIRAT, MANNT, SUKMEEN, SHABNAM	IV YR	II	15
2	VOLLEYBALL	NAVJOT SINGH, SHUBHAM, RAVINDER SINGH, BALWINDER, JASKARAN, HARPREET SINGH, PULKIT	INTERN	I	20
		ARSHDEEP, NAVJOT, GAGANDEEP SINGH, GURSAMAN, JAGMEET SINGH, DILSAGAR, VIDHIT	IV YR	II	15
3	CRICKET (BOYS)	HARPREET SINGH, NAVJOT SINGH, SHUBHAM, BALWINDER, PULKIT, VISHAL, AAKASH, AMANDEEP, RAVINDER SINGH, SAURABH, JASKARAN, RAHUL, SAUMENDRA	Interns	I	20
		DR THIPPESWAMMY, DR PARDEEP BANSAL, DR PIYUSH GANDHI, DR SATNAAM, DR HARMEET S, DR GURLAL S, DR SANDEEP K, DR GAGANDEEP, DR HARPREET, DR JASPINDER, DR SACHIN	PG/STAFF	I	15

SR NO.	EVENT	NAME	TEAM	POSITION	POINTS
4	Basketball (Girls)	BIPANDEE, VAANI, SHARANJIT, KASHISH, LOVELEEN, PINDERJIT K, JESSICA, MANVI PURANG	III YR	I	20
		AKSHPREET, NANCY, AMANDEEP, SANDEEP, SURBHI, RAMANDEEP, HARPREET	Interns	II	15
5	Basketball (BOYS)	VISHAL, BALWINDER, PULKIT, SHUBHAM, RAVINDER, NAVJOT, AMANDEEP	Interns	I	20
		SUKHJEET, ARSH GILL, HONEY, GURTEK, IRVAN, GURWINDER, HOPINDER, INDER	BPT	II	15
6	FOOBALL	HARPREET SINGH, SHUBHAM, BALWINDER, PULKIT, NAVJOT, AAKASH, VISHAL, AMANDEEP, RAVINDER, SAURABH, JASKARAN SINGH	Interns	I	20
		RAJIV, AKSHIT, RASHUL, PARTEEK, MOHIT, ANMOL, DANISH, AAKASH, AMRIT, ARSHPREET, MANJOT S	III YR	II	15
7	TABLE TENNIS Boys Singles	BALWINDER	INTERN	I	10
		AAKASH	INTERN	II	5

SR NO.	EVENT	NAME	TEAM	POSITION	POINTS
8	TABLE TENNIS Boys DOUBLES	AAKASH & BALWINDER	INTERN	I	10
		IRVAN & KASHISH	BPT/ III YR	II	5
9	TABLE TENNIS MIXED DOUBLES	IRVAN & ANJALI	BPT	I	10
		KASHISH & VISHAL	III YR / INTERN	II	5
10	TABLE TENNIS Girls Singles	ANJALI	BPT	I	10
		KASHISH	II YR	II	5
11	TABLE TENNIS Girls DOUBLES	ANJALI & JASPINDER	BPT	I	10
		NAINA & ARSHJOT	INTERN	II	5
12	BADMINTON Boys Singles	DR SANDEEP KUMAR	PG/STAFF	I	10
		HARSIMRANJIT SINGH	BPT	II	5
		DIPANSHU	I YR	III	2
13	BADMINTON Boys Doubles	BALWINDER & PULKIT	Interns	I	10
		NAVTEJ & HARKIRAT	I YR	II	5
		VISHAL & AMANDEEP	INTERN	III	2
14	BADMINTON Girls Singles	ANJALI	BPT	I	10
		ANMOL SANDHU	I YR	II	5
		SHABNAM	IV YR	III	2
15	BADMINTON Girls Doubles	KRITI & SIMAR	IYR	I	10
		SHABNAM & JASLEEN	IV YR	II	5
		AMANDEEP & SHRADHA	BPT	III	2
16	BADMINTON MIXED Doubles	ANJALI & GURTEK	BPT	I	10
		JASAHN & HARNEET	II YR/ I YR	II	5
		ARSH & GURLEEN	IV YR/ I YR	III	2
17	CARROM GIRLS SINGLES	RICHA	INTERN	I	10
		RAMANDEEP KAUR	INTERN	II	5
		NANCY	INTERN	III	2

SR NO.	EVENT	NAME	TEAM	POSITION	POINTS
18	CARROM GIRLS DOUBLES	NANCY & SURBHI	INTERN	I	10
		YASMEEN & SANDEEP	II YR	II	5
		NAVKIRAN & SUKHMAM	I YR	III	2
19	CARROM BOYS SINGLES	NAVJOT	INTERN	I	10
		DR DAVINDER	PG/STAFF	II	5
		DR PARDEEP	PG/STAFF	III	2
20	CARROM BOYS DOUBLES	NAVJOT & GURSAMAN	IV YR	I	10
		DR JASPINDER & SACHIN	PG/STAFF	II	5
		PULKIT & BALWINDER	INTERN	III	2
21	CARROM MIXED DOUBLES	AKSHPREET & BALWINDER	INTERN	I	10
		DR DAVINDER & DR ASHIMA	PG/STAFF	II	5
		PARNEET & SAURABH	INTERN	III	2
22	CHESS GIRLS	AMBUJA	INTERN	I	10
		NANCY	INTERN	II	5
		SNEHA	BPT	III	2
23	CHESS BOYS	SAUMENDRA	IV YR	I	10
		DILSAGAR	IV YR	II	5
		HONEY	BPT	III	2
24	SHOT PUT (Boys)	AMANDEEP	INTERN	I	10
		ARSHDEEP	IV yr	II	5
		JASHAN SANDHU	II YR	III	2
25	SHOT PUT (GIRLS)	INDERJIT	BPT	I	10
		VAANI	III YR	II	5
		ARSHNOOR	I YR	III	2
26	RELAY (GIRLS)	TARANPREET, SUKHMEEN, SHABNAM, RAMANDEEP	IV yr	I	10
		AMANDEEP, SANDEEP, AKSHPREET, NANCY	Interns	II	5
		INDERJIT, GURVINDER, ARSHDEEP, GURTEEK	BPT	III	2
27	RELAY (BOYS)	BALWINDER, PULKIT, NAVJOT, SHUBHAM	Interns	I	10
		NAVJOT, GAGAN, VIDHIT, ARSHDEEP	IV yr	II	5
		KASHISH, JASROOP, BIPANDEEP, SHARANJIT	III YR	III	2

SR NO.	EVENT	NAME	TEAM	POSITION	POINTS
28	100M (Boys)	NAVJOT	IV YR	I	10
		RAJIV	III YR	II	5
		ARJUN	I YR	III	2
29	100M (GIRLS)	RAMAN VIRK	IV YR	I	10
		ASHNOOR	I YR	II	5
		KASHISH	III YR	III	2
30	200M (Boys)	NAVJOT	IV YR	I	10
		ARJUN	I YR	II	5
		SHUBHAM	INTERN	III	2
31	200M (GIRLS)	TARANPREET	IV YR	I	10
		GURJEEVAN	BPT	II	5
		HARNOOR	II YR	III	2
32	400M (Boys)	AKASHDEEP	III YR	I	10
		HARSIMRAN	BPT	II	5
		HARKIRAT	I YR	III	2
33	400M (GIRLS)	AKSHIPREET	INTERN	I	10
		KIRANDEEP	BPT	II	5
		KAMALJIT	II YR	III	2

## OATH

“I \_\_\_\_\_ IN THE NAME OF ALL COMPETITORS OF MY GROUP SWEAR THAT WE WILL TAKE PART IN ADHESION 2018 ANNUAL SPORTS & CULTURAL FEST, RESPECTING THE REGULATIONS WHICH GOVERN IT AND WITH THE DESIRE TO PARTICIPATE IN THE TRUE SPIRIT OF SPORTSMANSHIP FOR THE HONOUR OF OUR INSTITUTE AND FOR THE GLORY OF SPORT”.

SR NO.	EVENT	NAME	TEAM	POSITION	POINTS
1	THROWBALL	HANEET, BINNI, VANSHIKA, SAAVI, ANMOL, ASHNOOR, KRITI, ANMOL SANDHU	BDS 2ND YEAR	1ST	20
		VAANI, BIPANDEEP, KASHISH, NANDISHA, SHARAN, GURLEEN, PINDER	BDS FINAL YEAR	2ND	15
2	VOLLEYBALL	ARSHDEEP, JAGMEET, ABHINAV, NAVJOT BHULLAR, GAGANDEEP, AMAN, VIDHIT	INTERNS	1ST	20
		JASHAN, DINESH, RAJBIR, ISHWAR, SAHIL (PG), PIYUSH (PG), KASHISH	BDS 3RD YEAR	2ND	15
3	CRICKET (BOYS)	ARSHDEEP, JAGMEET, ABHINAV, NAVJOT BHULLAR, GAGANDEEP, AMAN, VIDHIT	INTERN	1ST	20
		ARJUN, ABHISHEK, RITIK, NAVTEJ, HARKIRAT, DEEPANSHU, KESHVA, SHUKHDEV, AMRIT, KARAN, THAKUR	BDS 2ND YEAR	2ND	15



SR NO.	EVENT	NAME	TEAM	POSITION	POINTS
4	Basketball (Girls)	JASMINDER, MEHAKJOT, SUKHMEEN, JASLEEN, TARANPREET, ITIKA	BDS INTERN	1ST	20
		GURMANJOT, EISHA, TANYA, PARULDEEP, JAIDEEP, GAGAN	BDS 1ST YEAR	2ND	15
5	Basketball (BOYS)	PIYUSH, PANA V, TARAN, TUSHAR, SOURAV, SAGALPREET, MANPREET	BDS 1ST YEAR	1ST	20
		JAGMEET, ARASHDEEP, GAGANDEEP, VIDHIT, ABHINAV, AMANDEEP	INTERN	2ND	15
7	TABLE TENNIS Boys Singles	PRANAV	BDS 1ST YEAR	1ST	10
		ARASHDEEP	INTERN	2ND	5
10	TABLE TENNIS Girls Singles	ANANYA	BDS 1ST YEAR	1ST	10
		SHABNAM	BDS INTERN	2ND	5
12	BADMINTON Boys Singles	ABHISHEK	BDS 2ND YEAR	1ST	10
		Dr. SANDEEP	STAFF	2ND	5
13	BADMINTON Boys Doubles	PRANAV, PANA V	BDS 1ST YEAR	1ST	10
		DINESH, NAVTEJ		2ND	

SR NO.	EVENT	NAME	TEAM	POSITION	POINTS
14	BADMINTON Girls Singles	ASHNOOR	BDS 2ND YEAR	1ST	10
		KASHISH	BDS 1ST YEAR	2ND	5
15	BADMINTON Girls Doubles	KASHISH, ANANYA	BDS 1ST YEAR	1ST	10
		SHABNAM, JASLEEN	BDS INTERN	2ND	5
16	BADMINTON MIXED Doubles	DEEPANSHU, AKSHITA	SECOND YEAR	1ST	10
		ARSHDEEP, JASLEEN	BDS INTERN	2ND	5
17	CARROM GIRLS SINGLES	Richa	2 yr	1	10
		Avneet	1 yr	2	5
		Yasmeen Walia	3 yr	3	2
18	CARROM GIRLS DOUBLES	Promila & Prabhpreet	3yr	1	10
		Ryia & Riyanka	Interns	2	5
		Richa & Sukhman	2 yr	3	2
19	CARROM BOYS SINGLES	Harkirat	2nd year	1	10
		Prateek	4th year	2	5
		Tushar	1st yr	3	2
20	CARROM BOYS DOUBLES	Akashdeep & Prateek	Final year	1	10
		Tushar & Madhurmeet	1st yr	2	5
		Karan & harkirat	2nd yr	3	2
21	CARROM MIXED DOUBLES	Ashmeet & Dinesh	3rd yr	1	10
		Prateek & Vani	Final yr	2	5
					2
22	CHESS GIRLS	Arushi	1st yr	1	10
		Darshana	Pg	2	5
		Richa	2nd yr	3	2
23	CHESS BOYS	Ishvar	3rd yr	1	10
		Piyush	Pg	2	5
		Ujval	1st yr	3	2

SR NO.	EVENT	NAME	TEAM	POSITION	POINTS
24	SHOT PUT (Boys)	JASHAN SANDHU	3RD YR	1	10
		ARSHDEEP	INTERNS	2	5
		ARJUN	2ND	3	2
25	SHOT PUT (GIRLS)	ASHNOOR	2ND YR	1	10
		MANNAT	INTERN	2	5
		TANYA	1ST YR	3	2
26	DISCUSS THROW (BOYS)	ARASHDEEP	INTERN	1	10
		NAVTEJ	2ND	2	5
		PRANAV	1ST	3	2
27	DISCUSS THROW (GIRLS)	TANYA	1ST	1	10
		ANMOL	2ND	2	5
		MANNAT	INTERN	3	2
28	100M (Boys)	RAJIV	BDS FINAL YEAR	1ST	10
		NAVJOT	INTERN	2ND	5
		TUSHAR	1ST YEAR	3RD	2
29	100M (GIRLS)	RAMANPREET	INTERN	1ST	10
		ASHNOOR	2ND YEAR	2ND	5
		KAMAL	3RD YR	3RD	2
30	200M (Boys)	RAJIV	FINAL YEAR	1ST	10
		NAVJOT	INTERN	2ND	5
		JASHAN	3rd yr	3RD	2
31	200M (GIRLS)	TARAN	INTERN	1ST	10
		ANANYA	1ST YR	2ND	5
		NEHA	2ND YR	3RD	2
34	DUMB CHARADES	SIMRAN, NAVTINDER, RAMANDEEP, SUKHMEEN	INTERNS	1ST	
		ASHNOOR,ASHIMA, SIMAR,AKSHITA	BDS 2ND YEAR	2ND	

SR NO.	EVENT	NAME	TEAM	POSITION	POINTS
35	CRICKET GIRLS	PARULDEEP	1ST YEAR	1ST	
		GAGANDEEP			
		EKNOOR			
		DIKSHA			
		ALKA			
		PARUL SHARMA			
		JAIDEEP CHAHAL			
		ARUSHI			
		ANANYA			
		GURPREET			
	CRICKET GIRLS	JASLEEN	INTERNS	2ND	
		JASMINDER			
		RAMANDEEP			
		SUKHMEEN			
		KAMALPREET			
		NAVNEET			
		MEHAKJOT			
		YASHICA			
		MANISHA			
		PAWAN			
NIKITA					
36	FUN GAMES BALLON BURST	CHAHAT	1ST YR	1ST	
		PARTEEK, KARAN	FINAL YR, 2ND YR	2ND	
		GURKIRAT	INTERN	3RD	
37	FUN GAMES LEMON RACE	SHIVAM	1ST YR	1ST	
		PRABHPREET	3RD	2ND	
		HANEET	2ND YR	3RD	
38	FUN GAMES FROG RACE	RAJBIR	3RD	1ST	
		AKASH	FINAL YR	2ND	
		SAGAL	1ST YR	3RD	
39	FUN GAMES THREE LEG RACE	MANVEEN,VIVEK	1ST YEAR	1ST	
		DEEPSHIKHA,JASLEEN	INTERN	2ND	
		VAANI,DEEPALI	FINAL YEAR	3RD	
40	FUN GAMES (POTATO PEELING)	RAMANDEEP	INTERN	1ST	
		SANDEEP	3RD YEAR	2ND	
		MANISHA,NAVNEET	FINAL & 2ND YEAR	3RD	

**BEST PLAYER  
(VOLLEYBALL)**

**ARASHDEEP**

**INTERN**

**BEST BATSMAN**

**AMANDEEP**

**INTERN**

**BEST BOWLER**

**ARASHDEEP**

**INTERN**

**BEST  
SPORTSMAN**

**ARASHDEEP**

**INTERN**

PH. NO. 01639-251680  
FAX NO. 01639-251680

### Adhesion Sports and Cultural Festival – March'16

Vivacious "ADHESION - 2016", annual cultural and sports festival of DIRDS was celebrated for 3 days from 11.03.16 to 13.03.16. It was inaugurated by worthy Director, Dr. Gursevak Singh on 21.03.16 at De Cozy Corner.





Event started with the oath Taking Ceremony by coordinators of respective Profs. Dr. Virender Goyal chief coordinator for the event dictated the oath for the coordinators. Dr. SPS Sodhi, Principal, DIRDS and all the faculty members and students of the institution were present on this function. This time six teams corresponding each prof were given different names based on five rivers of Punjab like Roaring Ravi (1<sup>st</sup> Prof), Beas Busters (2<sup>nd</sup> Prof), Sizzling Satluj (3<sup>rd</sup> Prof), Jhelum Giants (final Prof), Chenab Challengers ( Interns) and one team based on the geographic region Mighty Malwa's ( P.G's & Staff). On the Inaugural day, various competitions like Ramp Walk and Face Painting, were held. Which followed by various sports event like cricket, volleyball, throw ball, table tennis ,badminton, chess , tug of war athletics and carom next day events like collage making , just a minute along with finals of sports event were conducted. Final day Antakshari was organized followed by valedictory event. This occasion was witnessed by S.Kuldeep Singh Gill, Sr. Vice president , SSPP Sikh education society as chief guest and Dr. Gursevak Singh, Director DIRDS as guest of honor. Traditional Dental mela of ADHESION was cancelled this time because of rain.





**DASMESH INSTITUTE OF RESEARCH & DENTAL SCIENCES**  
**TALWANDI ROAD, FARIDKOT**

PH. NO. 01639-250257, 254425  
 FAX NO. 01639-251666

(Recognized by Dental Council of India, New Delhi)


email: dirdsfdk@gmail.com

Dated: 10.03.2016

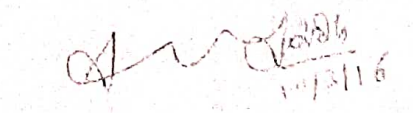
**NOTICE**

All the Faculty Members are hereby informed that the **INAUGURATION CEREMONY** of ADHESION' 16 (Annual Sports & Cultural Fest) is being organized in **DE - COZY CAFÉ** at 1.30 pm on 11<sup>th</sup> March 2016. All the faculty members and staff are required to be present positively for the inauguration ceremony and no leave of any kind will be sanctioned.

**"DENTAL MELA"** is also being organized on 13<sup>th</sup> March 2016 from 10 am to 2.00 pm. All the faculty and staff are requested to participate in it, to make it a great success.

  
 Principal 10/3/16  
 Dr. S.P.S. Sodhi  
 Principal  
 Dasmesh Institute of Research  
 & Dental Sciences, FARIDKOT

Copy to: All Concerned Dept., DIRDS, FDK  
 Notice Board, DIRDS, FDK  
 Admn. Office for information to DIRECTOR, DIRDS, FDK

  
 Dr. S.P.S. Sodhi  
 Principal  
 Dasmesh Institute of Research  
 & Dental Sciences, FARIDKOT



www.dasmeshinstitutes.com

PR. NO. 01639-250257, 254425  
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**DASMESH INSTITUTE OF RESEARCH & DENTAL SCIENCES**  
**TALWANDI ROAD, FARIDKOT**

(Recognized by Dental Council of India, New Delhi)

email: dirds@dirids.com

Dated: 27.02.2016

**NOTICE**

All the Faculty Members and Students are hereby informed that  
**'ADHESION' 16 (Annual Sports & Cultural Fest)** is being organized from  
**11<sup>th</sup> to 13<sup>th</sup> March, 2016** as per the schedule attached alongwith. Students can  
start various indoor & outdoor sports events from 9<sup>th</sup> to 11<sup>th</sup> March, 2016 after  
the college hours (i.e. 03:30 pm). Teaching from 01:30 pm to 03:30 pm on  
11<sup>th</sup> & 12<sup>th</sup> March, 2016 shall be suspended.

Principal

Copy to: All Concerned Dept., DIRDS, FDK  
Notice Board, DIRDS, FDK  
Admn. Office for information to DIRECTOR, DIRDS, FDK

Principal



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email: dirdsfdk@gmail.com

www.dasmeshinstitutes.com

Dated: 22.03.2016

**NOTICE**

Teaching will remain suspended on 23.03.2016 (Wednesday) in lieu of sports and cultural meet.

The college will remain close on 24.04.2016(Thursday) on account of Holi. However, emergency and <sup>inpatient</sup> OPD services will work as usual.

*[Handwritten signature]*  
Principal  
22.03.2016  
Dasmesh Institute of Research & Dental Sciences, Faridkot

Copy to: All Concerned Dept., DIRDS, FDK  
Notice Board, DIRDS, FDK  
Admn. Office for information to DIRECTOR, DIRDS, FDK

*[Handwritten signature]*  
Principal  
Dr. S.P.S. Sodhi  
Principal  
Dasmesh Institute of Research & Dental Sciences, FARIDKOT

To

The Principal

Dasmesh Institute of Research and Dental Sciences

Faridkot

25<sup>th</sup> February, 2016

Respected Sir

**SUBJECT: Permission for celebration of Adhesion'16 (Annual Sports & Cultural Fest)**

This is to bring to your kind notice that students of our institute desire to celebrate Adhesion'16(annual sports and cultural fest). The recommended date schedule is from 11<sup>th</sup> to 13<sup>th</sup> March, 2016, with valedictory function on 13.03.2016 i.e. Sunday. Students may please be allowed to play outdoor games after college timings from 9<sup>th</sup> to 12<sup>th</sup> March, so that their teaching schedule will not be disturbed.

Tentative schedule has been attached for your perusal.

Please grant permission for celebrating Adhesion'16.

Thanking you

Yours sincerely

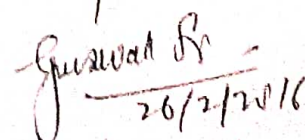
Dr.Thippeswamy SH  
(Convener)

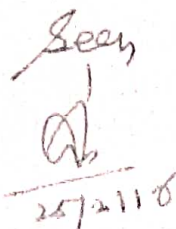
Dr.Ramandeep Singh Punia  
(Coordinator)

Forwarded to Director  
for approval. Teaching  
from 1.30 to 3.30 on  
11<sup>th</sup> & 12<sup>th</sup> March, 2016  
shall be suspended &  
Valedictory on 13<sup>th</sup> March

  
25/2/16

College sports from 11 to 13 March 2016

  
26/2/2016

Seen  
  
25/2/16

# ADHESION' 16

(11 - 13 March, 2016)

## ORGANIZING COMMITTEE

- ORGANIZING CHAIRMAN : Dr. SPS Sodhi
- CHIEF COORDINATOR : Dr. Virinder Goyal
- CONVENORS : Dr. Tarun Kumar  
Dr. Nitin Khullar  
Dr. Thippeswamy SH
- COORDINATORS : Dr. Ramandeep Singh Brar (PGs & Faculty)  
Dr. Ramandeep Singh Punia (Interns)  
Dr. Pardeep Bansal (Final Yr)  
Dr. Prahlad Gupta (3<sup>rd</sup> Year)  
Dr. Inderpreet Singh (2<sup>nd</sup> Year)  
Dr. Piyush Gandhi (1<sup>st</sup> Year)
- TREASURER : Dr. Gursimrat Kaur Brar

EVENT	INCHARGE
CRICKET	DR. THIPESWAMY
VOLLEYBALL	DR. PIYUSH GANDHI
CHESS & CARROM	DR. NITIN KHULLAR DR. RAJNANDA
BADMINTON	DR. PARDEEP BANSAL DR. PREETIKA
THROWBALL	DR. IRFAN
ANTAASHRI	DR. SPS SODHI DR. GURSIMRAT KAUR BRAR
ATHLETICS	DR. SANDEEP BAINS DR. ARCHANA
TABLETENNIS	DR. KAMALDEEP AULAKH - Dr. ANITA, Dr. RAMAN DR. AMANPREET NATT BRAR
FACE PAINTING	DR. NIKITA BAJAJ
RAMP WALK	DR. ANITA MEHTA
COLLAGE	DR. GEETIKA
JUST A MINUTE	DR. HARKANWALPREET SINGH DR. RAJNISH BANSAL
TUG OF WAR & FUN GAMES	DR. SATNAM SINGH DR. POONAM BALI

*[Handwritten signature]*

# ADHESION' 16

(11 - 13 March, 2016)

11.03.2016

FRIDAY

TIME: 1:30 PM - 03:30 PM

- Inauguration
- Ramp Walk + Slogan
  - 1 Entry (2 students) from each team
  - Time Limit: 2 minutes (Walk & Slogan)
- Face Painting
  - 2 Entries from each team
  - Time Limit: 30 minutes for painting, 1 minute for walk
- Collage
  - 1 Entry (upto 4 students) from each team
  - Time Limit: 45 minutes for collage, 1 minute for walk
- Outdoor Games: 03:30 pm onwards

12.03.2016

SATURDAY

TIME: 1:30 PM - 03:30 PM

- Just A Minute
  - 3 student from each team
- Run For Fun
  - 1 Entry (4 students) from each team
- Mad Ads
  - 1 Entry (4 students) from each team
  - Time Limit: 02 minutes
- Outdoor Games: 03:30 pm onwards

• Dumb Charades  
(Isharon Isharon mein)

13.03.2016

SUNDAY

TIME: 09:30 AM Onwards

- Dental Mela
- Antaakshri
- Tug of War (Finals)
- Spoon Race
- Three Leg Race
  
- Valedictory Function

1 - March

Meeting at 2:00pm at  
Principal office

## ADHESION' 16

(11 - 13 March, 2016)

### ORGANIZING COMMITTEE

- ORGANIZING CHAIRMAN : Dr. SPS Sodhi
- CHIEF COORDINATOR : Dr. Virinder Goyal
- CONVENORS : Dr. Tarun Kumar  
Dr. Nitin Khullar  
Dr. Thippeswamy SH
- COORDINATORS : Dr. Ramandeep Singh Brar (PGs & Faculty) 26/3/16  
Dr. Ramandeep Singh Punia (Interns) - Ra 26/3/16  
Dr. Pardeep Bansal (Final Yr) 26/3/16  
Dr. Prahlad Gupta (3<sup>rd</sup> Year)  
Dr. Inderpreet Singh (2<sup>nd</sup> Year) j/s  
Dr. Piyush Gandhi (1<sup>st</sup> Year)
- TREASURER : Dr. Gursimrat Kaur Brar 27/2/16

EVENT	INCHARGE
CRICKET	DR. THIPESWAMY
VOLLEYBALL	DR. PIYUSH GANDHI
CHESS & CARROM	DR. NITIN KHULLAR DR. RAJNANDA
BADMINTON	DR. PARDEEP BANSAL DR. PREETIKA
THROWBALL	DR. IRFAN
ANTAASKHRI	DR. SPS SODHI DR. GURSIMRAT KAUR BRAR
ATHLETICS	DR. SANDEEP BAINS DR. ARCHANA
TABLETENNIS	DR. KAMALDEEP AULAKH DR. AMANPREET NATT
FACE PAINTING	DR. NIKITA BAJAJ
RAMP WALK	DR. ANITA MEHTA
COLLAGE	DR. GEETIKA
JUST A MINUTE	DR. HARK ANWALPREET SINGH DR. RAJNISH BANSAL

27/2/16  
Kamal  
Anita  
27/2/16

# ADHESION' 16

09.03.2016

WEDNESDAY

TIME: 3:30PM ONWARDS

CRICKET MATCH - I & II (Winners of match I & II will qualify for Semi Final)

THROWBALL I & II (Winners of match I & II will qualify for Semi Final)

VOLLEYBALL I & II (Winners of match I & II will qualify for Semi Final)

CHESS & CARROM

BADMINTON

TABLE TENNIS

10.03.2016

THURSDAY

TIME: 3:30PM ONWARDS

CRICKET MATCH - III (Winner will qualify directly for Final) & SEMIFINAL

THROWBALL III (Winner will qualify directly for Final) & SEMIFINAL

VOLLEYBALL III (Winner will qualify directly for Final) & SEMIFINAL

CHESS & CARROM

BADMINTON

TABLE TENNIS

11.03.2016

FRIDAY

TIME: 3:30PM ONWARDS

CRICKET - FINALS

THROWBALL - FINALS

VOLLEYBALL - FINALS

CHESS & CARROM - FINALS

BADMINTON - FINALS

TABLE TENNIS - FINALS

12.03.2016

SATURDAY

TIME: 3:30PM ONWARDS

ATHLETICS

100 M, 200M, 400M, Relay (4 x 100M)

Long Jump



# ADHESION' 16

(11<sup>TH</sup> March, 2016)

## INAUGURAL CEREMONY

- *Inauguration* 02:30 pm
- *Introductory Remarks* 02:35 pm
- *Invocation* 02:40 pm
- *Welcome Address* 02:50 pm
- *Declaration of Meet Open* 03:00 pm
- *Oath Taking Ceremony* 03:05 pm
- *Introduction of theme* 03:10 pm
- *Ramp Walk* 03:20 pm
- *Declaration of Results*
- *Lunch*

co-ordinator of all Profs-??

Adhesion' 16

(Sports and Cultural Fest)

INAUGURAL CEREMONY

20 min

- Inauguration
- Introductory Remark
- Welcome of Chief Guest & Faculty
- Invocation
- Declaration of Meet open
- Welcome address
- Oath Taking Ceremony
- Introduction about theme
- Ramp Walk + Slogan Competition

- 1:30 pm Dr. Gursewak Singh
- 1:35 pm Dr. SPS Sodhi
- 1:40 pm Dr. Gursewak Singh
- 1:45 pm
- 1:55 pm Dr. Virinder Goyal
- 2:00 pm

30 min

- o Invitation to Judges
- o Walk
- o Declaration of result

12

Tourno

30 min

- Face Painting Ramp Walking
- o Invitation to Judges
- o Walk
- o Declaration Results

12

2:25pm

15 min

- Collage
- o Invitation to Judges
- o Walk
- o Declaration Results

6

• High Tea (for Faculty)

10) collage  
- Invitation  
- walk

11) Declaration of Results

12) High Tea. Lunch

- 1 Inauguration
- 2 Introductory Remarks
- 3 Invocation
- 4 Welcome address
- 5 Declaration of Meet open
- 6 Oath Taking ceremony
- 7 Introduction of Theme
- 8 Ramp walk + Slogan  
- Invitation to Judges  
- walk.
- 9 Face painting Ramp walking  
- invitation  
- walk.



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FAX NO. 01639-251666

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(Recognized by Dental Council of India, New Delhi)

email: [dirsdsk@gmail.com](mailto:dirsdsk@gmail.com)

Dated: 09.03.2016

**NOTICE**

All the Organizing Committee members of Adhesion 2016 (Sports and Cultural Fest) are requested to attend the meeting in the Principal Office today i.e. 09.03.2016 (Wednesday) at 01:30 PM, positively.

Principal

Dr. S.P.S. Sodhi

Principal  
Dasmesh Institute of Research  
& Dental Sciences, FARIDKOT

Copy to: All Concerned Dept., DIRDS, FDK  
Notice Board, DIRDS, FDK  
Admn. Office for information to DIRECTOR, DIRDS, FDK

Principal

Dr. S.P.S. Sodhi

Principal  
Dasmesh Institute of Research  
& Dental Sciences, FARIDKOT

SR NO.	EVENT	NAME	TEAM	POSITION
1	THROWBALL	Dr. Gursimrat Brar, Dr Shaminder Kaur, Dr Reva, Dr Deepkiran, Dr Shubhkirti, Dr Arunima, Dr Savreek	PGs & Faculty	I
		Itika, Sukhmeen, Taniya, Jasleen, Mehak, Mannat	II yr	II
2	VOLLEYBALL	Jaskaran Singh, Ravinder, Andrew, Harpreet, Shubham, Navjot Singh	III yr	I
		Dilsagar, Gursaman, Gagandeep, Arshdeep, Navjot Bhullar	II yr	II
3	CRICKET	Dr. Thippeswamy, Dr Pardeep, Dr Piyush, Dr Amanpreet, Dr Rohit, Dr Vaibhav, Dr Gagandeep (OS), Dr Jaspinder	PGs & Faculty	I
		Akash, Dhananjay, Shubham, Jaskaran, Harpreet, Ravinder, Andrew, Navjot	III yr	I
4	TUG OF WAR (BOYS)	Dr Nitin, Dr. Ramandeep Brar, Harkanwal, Dr Rajnish, Dr Inderpreet, Dr Dikshit, Dr Gagan, Dr Jaspinder	PGs & Faculty	I
		Jaswant Toor, Randeep, Satwant, Harpreet, Jatin, Lakshay, Khushvir	IV yr	I
5	TUG OF WAR (GIRLS)	Manisha, Vaani, Manvir, Jasroop, Sakshi, Nidhi, Sadika, Etaria, Arzoo, Nandisha	I yr	I
		Natinder, Itika, Jasleen, Mehak, Tanya, Nikita, Shikha, Manmeet	II yr	II

SR NO.	EVENT	NAME	TEAM	POSITION
6	TABLE TENNIS Boys Singles	Dr Arpit Sikri	PGs & Faculty	I
		Fawad Ahmed	Interns	II
7	TABLE TENNIS Boys Doubles	Dr. Pardeep Bansal, Dr Arpit Sikri	PGs & Faculty	I
		Navjot Singh, Shubham	III yr	II
8	TABLE TENNIS Girls Singles	Divjot Kaur	III yr	I
		Navpreet Kaur	IV yr	II
9	BADMINTON Boys Singles	Dr Sandeep	PGs & Faculty	I
		Arsh	II yr	II
10	BADMINTON Boys Doubles	Dr Gagan, Dr Dikshit	PGs & Faculty	I
		Navjot, Shubham	III yr	II
11	BADMINTON Girls Singles	Sumedha	Interns	I
		Deepkiran	PGs & Faculty	II
12	BADMINTON Girls Doubles	Maninder, Sumedha	Interns	I
		Tarleen, Sukriti	IV yr	II
13	BADMINTON Mixed Doubles	Simran, Sumedha	Interns	I
		Tarleen, Jaswant	IV yr	II
14	CARROM	Dr. Malwinder Cheema, Dr Deepkiran	PGs & Faculty	I
		Dr SPS Sodhi, Dr Gursimrat Brar	PGs & Faculty	II
15	CHESS	Lovepreet	IV yr	I
		Dr Sunny	PGs & Faculty	II
16	FACE PAINTING	Jasmine, Akshay	IV yr	I
		Pooja, Puneet	Interns	II
17	COLLAGE	Prabhjot, Ayushi, Ravneet, Pallavi	IV yr	I
		Shukti, Puneet, Aman, Raminder	Interns	II
18	JUST A MINUTE	Akashpreet, Parneet, Sapna, Sandeep	III yr	I
		Dr Gagandeep (OS), Jaspinder, Dr Aditi, Dr Asmita	PGs & Faculty	II

NO.	EVENT	NAME	TEAM	POSITION
19	RAMP WALK	Jatin	IV yr	I
		Guraansh Brar, Keshav	Interns	II
20	Athletics 100m Girls	Sahilpreet	IV yr	I
		Nancy	III yr	II
21	Athletics 200m Girls	Sahilpreet	IV yr	I
		Nikita	Interns	II
22	Athletics 400m Girls	Sandeep	III yr	I
		Sumedha	Interns	II
23	Antaakshri	Dr Dikshit, Dr Malwinder, M. ASMITA	PGs & Faculty	I
		Shikha, Simran, Aastha	II yr	II

<b>OVERALL WINNERS</b>	<b>PGs &amp; FACULTY</b>
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