



# **COLUMBIA DENTAL ASDA**







**COLUMBIA  
DENTAL ASDA**

# WHY IS COLUMBIA THE 2019 IDEAL ASDA CHAPTER?

**LET'S TAKE A WALK  
THROUGH NEW YORK CITY  
TO FIND OUT!**



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## **COLUMBIA DENTAL ASDA**

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# A letter from the President

"I am incredibly proud of the dedication and many hours our committee leaders and members have devoted into putting on outstanding programming and membership engagement events."  
-Peter Chuyn, Columbia ASDA President



Columbia ASDA at the College of Dental Medicine has always prided itself on a spirit of independence, self-motivation, and a can-do attitude. As chapter president, I am incredibly proud of the dedication and many hours our committee leaders and members have devoted into putting on outstanding programming and member engagement events.

## MEMBERSHIP ENGAGEMENT: Washington Heights

This past year, the chapter operated twelve committees with the leadership of executive board members, 18 committee chairs, and 70 committee members. In addition, we had five members serve on District 2 cabinet and one national ASDA leader. Student-run initiatives and ingenuity are the backbone of any successful ASDA chapter. As outlined in the national ASDA strategic plan, a goal of a chapter is to provide members with value. For us here at Columbia CDM ASDA, we focus on providing value through excellent event programming, mentorship, extracurricular education, leadership roles, and service opportunities.

## COMMUNITY SERVICE: Greenwich Village

Giving back to the community this year began strong with nearly one hundred-fifty students participating and seeing over six hundred children in Give Kids a Smile. Throughout the year our community service chairs organized volunteers to staff community health fairs, give OHI to seniors through ElderSmile, provide free pediatric care on the dental van, and distribute food in partnership with City Meals on Wheels. A collection was done during the winter holidays to provide school supplies for children in foster care.

## MENTORSHIP: Upper East Side

A unique benefit of our local chapter membership has been a mentorship committee that hosts class overviews, exam reviews, and advice for boards. This mentorship has benefited countless students navigating the difficult medical curriculum taken during the first two years at Columbia. We are proud to have installed a new pre-clinical branch on top of a didactic branch to provide more assistance to students as they transition from the didactic years to the clinical ones.

## ADVOCACY: Central Park

Our legislative committee stepped up its game a big way being awarded the national ASDA advocacy grassroots event grant as well as being selected as the winner of the Molar Bear video challenge. Initiatives this year included a social media campaign during advocacy month using the hashtag #BeWokeASDA. Committee members took turns posting Instagram stories every day on current dental advocacy issues. November concluded with our advocacy committee working in partnership with our school administration to host ADA President Dr. Gehani along with other distinguished speakers in a Q&A panel.

## WELLNESS: Coney Island

Our wellness committee has always been a strength. The committee this year organized kayaking on the Hudson River, cycling, and cardio kickboxing to name a few events. There was a renewed focus on mental wellness and a new gratitude card writing campaign during the Thanksgiving holiday. A wellness potluck was hosted with members bringing their healthiest and tastiest homemade dishes.

New York City is the concrete jungle where dreams are made of.  
Join us for a stroll through the neighborhoods of New York as we show you Columbia ASDA.



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# MEMBERSHIP : *Washington Heights* ENGAGEMENT

*Encourages member involvement & has significant participation from members*

**NEW!** Mentorship Committee split into two arms: basic sciences & pre-clinical to enhance the amount of assistance that could be provided to underclassmen. Since this introduction, attendance at mentorship events has been up 70% due to individualized instruction

**NEW!** Community Service oral health instruction (OHI) at local schools to increase Columbia ASDA's presence in the community (approximately 10 students have the opportunity to attend each event)

**NEW!** Created new executive committee positions & co-chair positions to increase the opportunities for leadership (the entire board has close to 70 students involved)

**NEW!** Advocacy Week has increased awareness of advocacy efforts on the national level and attendance at advocacy events is up 60%

**NEW!** ADA President Dr. Chad Gehani spoke during an advocacy panel

**NEW!** 1 student received an award at District 2 Meeting

**IMPROVED!** Lunch & Learn attendance has increased; approximately 50% of the entire school body population will attend a Lunch & Learn

**IMPROVED!** Wellness Week added events and saw a 20% increase in event attendance

**IMPROVED!** Vendor Fair student and vendor attendance have increased

**IMPROVED!** Sending letters to ADPAC congress (number of signatures increased 15% from last year--35% of the entire student body population participated)

**IMPROVED!** Sent 19 students to District meeting (5% increase from 2018)

**IMPROVED!** Sent 11 students to NLC (400% increase from 2018)

**IMPROVED!** Attendance at New York County Dental Society (NYCDS) lectures has increased 20%, engaging more members in networking and learning about issues and treatments which real dentists face

**IMPROVED!** Increased the number of D1 committee positions (out of over 45 who applied, 22 individuals were chosen)

*Organizes a successful membership drive to introduce new students to ASDA*

**NEW!** Wellness picnic potluck in Haven Plaza during fever week (over 30 students contributed food)

**NEW!** Social event at a biergarten in Harlem to welcome students to ASDA during fever week (over 50% of the student body in attendance)

**NEW!** Community Service back-to-school drive during fever week (3 bins of supplies were collected to donate to Cayuga Centers, a local nonprofit that provides foster care service for unaccompanied minor children)

**IMPROVED!** ASDA Fever Week pushed up to be the second week of school to introduce D1s to ASDA soon after starting

**IMPROVED!** Mentorship Committee Kickoff saw increases both in the number of students attended and frequency of events being held

*Recruits and engages advanced standing/IDP or non-traditional students at your school*

**NEW!** Mentorship committee holds both basic science reviews as well as pre-clinical instruction to ensure that all students are at an equal advantage if they need extra help

**NEW!** Advanced Standing Students "Buddy" Program where both current D2s and incoming Advanced Standing Students are assigned a "buddy" to teach them about Columbia

**IMPROVED!** Advanced standing committee to hold events to introduce advanced standing students to ASDA when they enter the school

*Organizes events with the local and/or state dental society such as Signing Day to help fourth-year students transition to the ADA*

**NEW!** Joint event with the New York County Dental Society (NYCDS) on finding a job after dental school

**IMPROVED!** Handed out flyers and signage from the ADA to D4 students on benefits to membership at the post-graduate level

*Uses the following communication vehicles: class announcements, newsletter, bulletin boards, email, website, social media, etc.*

**NEW!** Instagram statistics have increased (Total likes: ~95 likes/post, Total posts: 187, Total followers: 1,049 (and counting!))

**NEW!** Instagram "stories" feature is utilized at least once/day to remind the followers of current ASDA initiatives

**NEW!** Instagram #BeWokeASDA utilized once per day during the month of November to enhance awareness of advocacy initiatives

**NEW!** #BeWokeASDA Advocacy Video is an informational segment (5 minutes) which follows several students around to inform others about oral health advocacy initiatives in a creative way--close to 200 views on Youtube (won the National Molar Bear Video Competition)

**NEW!** Instagram Scavenger Hunt for Molar Bear where students would have to run to find Molar Bear and post pictures of themselves in order to increase followers and page engagement

**NEW!** Presence at weekly Farmer's Market to increase presence both around the school and in the local community

**NEW!** Web video series consists of humorous videos depicting dental student life (15-minute segments which are released 3x/semester)

**IMPROVED!** Weekly ASDA newsletter sent via email every Sunday night with all upcoming events outlines

*Successfully implements chapter leadership transitions through use of how-to guides, reports and retreats*

**NEW!** Google Drive implemented to transfer documents, photos, attendance sheets, & contact information to the incoming leadership

**IMPROVED!** Transition meeting/dinner between old and new leadership when the new board is elected to prepare the incoming board to take over the responsibilities and initiatives of the old board

*Creatively distributes content from district and national meetings to local membership*

**NEW!** Newsletter emailed out after every district/national ASDA meeting where attendees contribute articles on what they learned for the rest of the student body to review

**IMPROVED!** Instagram stories / posts during national meetings via "Instagram takeovers"

*Uses ASDA branding (including ASDA signage, banner and ASDA flyers, and communicates national ASDA initiatives and events to its members*

**NEW!** ASDA Banner is used at both on and off-campus events (ie farmers market) in order to increase presence both in the school and local community

**NEW!** Newsletter emailed out after every district/national ASDA meeting where attendees contribute articles on what they learned for the rest of the student body to review

**IMPROVED!** Columbia ASDA logo used on promotional materials

**IMPROVED!** ASDA Wellness pins handed out for those to wear on scrubs/jackets and promote ASDA in the patient population

**IMPROVED!** #ASDAO outreach bracelets handed out for students to wear while promoting ASDA





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# ADVOCACY: *Central Park*

*Holds legislative lunch and learns and other legislative events to inform members of ASDA's policies on issues such as licensure reform, student debt, barriers to care and mid-level providers*

**NEW!** Hosted ADA President Dr. Chad P. Gehani for a Future of Dentistry event where the following topics were discussed: hot topics in dentistry, where the career is headed, how the 2020 election may shape us, and how we can advocate for political change as students

**NEW!** #BeWokeASDA Advocacy Video is an informational segment (5 minutes) which follows several students around to inform others about oral health advocacy initiatives in a creative way

**NEW!** Aforementioned #BeWokeASDA Advocacy Video was selected to be the winner of the National Molar Bear Video Competition

**NEW!** Informs members about current important issues facing the dental profession by instagram posts #BeWokeASDA during Advocacy Month

**NEW!** Advocacy Week Lunch & Learn hosted Dr. Chelsea Fosse who spoke on how dentists can advocate for patients with disabilities

**NEW!** Instagram Scavenger Hunt for Molar Bear where students would have to run to find Molar Bear and post pictures of themselves in order to increase followers and page engagement (prizes included tickets to the Knicks game and a set of Figs scrubs)

**NEW!** Advocacy at the Farmer's Market (gave away coffee and raffled away prizes if they contacted their representatives as part of the ADPAC Engage Drive)

**NEW!** Introduced 3 acts to dental students (Dental Health Act, ELSA (Ensuring Lasting Smiles Act), and REDI (Residency Education Deferred Interest Act))

**IMPROVED!** Ice cream social during Fever Week to introduce students early on to learn about Lobby Day and how to get involved with ASDA advocacy

**IMPROVED!** Lunch & Learn with Dr. Edelstein (previous Congress aide) to learn about dental policy on a national level and how to get initiatives passed

**IMPROVED!** Lunch & Learn with Dr. Edelstein to teach students about pediatric dental advocacy and CHIP

**IMPROVED!** Occupations Lunch & Learn to gain perspective on student debt and licensure reform

*Attends state or national lobby days or organizes state lobby day*

**IMPROVED!** 11 students attended Lobby Day in Washington DC

**IMPROVED!** 9 students attended State Lobby Day in Albany, NY

*Involved with state and/or local dental society*

**NEW!** Heavily involved with New York County Dental Society (NYCDS) as Columbia ASDA students are invited to ~5 events per semester with approximately 10 students in attendance at each event

**NEW!** Student representative on the NYCDS Give Kids a Smile Committee

**NEW!** Student representative on the NYCDS DSO Task Force

**NEW!** Two students were awarded 2019 ASDA Outstanding Advocacy Certificates for their efforts in increasing advocacy

**NEW!** Columbia ASDA was awarded a special Event Grant from the Council on Advocacy

**IMPROVED!** Visited New York's capital to lobby for the protection of the scope of practice of dentistry in NY state to advocate for important issues such as removing confusion around the terminology "certified" dental assistants, granting patients the right to choose a direct insurance payment to doctors out of their network, and continue funding for NYSDA Charitable Grant Program

*Voting representation in the state dental society House of Delegates and representation on councils*

**NEW!** Student representative on the NYCDS Give Kids a Smile Committee

**NEW!** Student representative on the NYCDS DSO Task Force

**NEW!** Student delegate to the ADA House of Delegates

**NEW!** Student delegate to NYSDA House of Delegates

*Contributes legislative articles to local or national ASDA publications or other state society publications*

**NEW!** Two students wrote, submitted, and published a New York State Dental Association (NYSDA) article to be featured on the District 2 Incisal Scoop blog

*Conducts successful ADPAC drives*

**IMPROVED!** ADPAC Engage Drive had over 100 signatures collected (close to 30% of the entire student body)



# ACTIVITIES : *Lower East Side*

*Offers professional or educational programs that encourage interaction between students and faculty, staff and state/local dental societies*

**NEW!** Heavily involved with New York County Dental Society (NYCDS)  
**NEW!** Student representative on the NYCDS Give Kids a Smile Committee, NYCDS DSO Task Force, ADA House of Delegates, & NYSDA House of Delegates  
**IMPROVED!** Lunch & Learns with faculty  
**IMPROVED!** Participation in New York Lobby Day to advocate for scope of practice of dentistry in New York State  
**IMPROVED!** Participation in National Washington DC Lobby Day to advocate for dental students on Capitol Hill

*Develops mentorship programs for members*

**NEW!** Mentorship kickoff event to explain the ASDA Mentorship arm to members and describe both the basic science and pre-clinical divisions  
**NEW!** Suturing event with Columbia undergraduate predentals  
**NEW!** Pre-clinical division of the Mentorship Committee created to increase engagement of upperclassmen with younger ASDA members  
**IMPROVED!** Extensive mentorship program for the classes below where upperclassmen students create review slides and lead a review session for every upcoming test (each class sees ~80% attendance to these reviews)  
**IMPROVED!** Mentorship pairing with Columbia alumni to develop a professional relationship and learn more about certain specialties  
**IMPROVED!** Mock Gross Anatomy practicals for members (97% attendance) where cadaver bodies are tagged and a mock practical is performed.

*Organizes vendor fairs and lunch and learns frequently*

**NEW!** The Lunch & Learn Committee works to bring novel topics to students 1-2x/month  
**IMPROVED!** Hosted one large-scale vendor fair per semester with over 25 vendors to fundraise for future ASDA events  
**IMPROVED!** ASDA Leadership Lunch & Learn to discuss ASDA leadership opportunities on the local, district, and national levels

*Provides social activities*

**NEW!** Biergarten social at the end of Fever Week to introduce students to each other/upperclassmen/ASDA/NYC (over 50% of the student body in attendance)  
**NEW!** Bard social for upperclassmen to meet new D1 members  
**NEW!** Wig Party after D1 Block 1 Exams to celebrate their transition  
**NEW!** Combined social/advocacy initiatives for a Wine & Cheese Night followed by a presentation by ADA President Dr. Chad Gehani  
**NEW!** Brooklyn Nets game for ASDA students to watch basketball  
**IMPROVED!** Trivia Night for students to create teams and compete  
**IMPROVED!** Fall BBQ & softball game hosted by SGA, promoted by ASDA to members  
**IMPROVED!** Combined social/wellness initiatives by hosting a Push Pedal event, kayaking event & a kickboxing event

*Organizes events/programs that promote leadership development and professional training*

**NEW!** Heavily involved with New York County Dental Society (NYCDS) as Columbia ASDA students are invited to ~5 events per semester with approximately 10 students in attendance at each event  
**NEW!** Newsletter emailed out after every district/national ASDA meeting where attendees contribute articles on what they learned for the rest of the student body to review  
**NEW!** Pre-Clinical Mentorship arm created for upperclassmen to help underclassmen with their hand skills in the professional clinical setting  
**IMPROVED!** Leadership Lunch & Learn to discuss ASDA leadership opportunities on the local, district, and national levels  
**IMPROVED!** Numerous Lunch & Learns hosted by sponsors or experts in the dental field to teach about professional training

*Holds events with other ASDA chapters in district, if possible*

**NEW!** Mixers with NYU School of Dentistry ~1x/semester  
**NEW!** Planning a joint NYC-school Day of Dentistry to include Community Service, an Ethics Debate, and a Social  
**NEW!** Aspen Dental Social with NYU School of Dentistry  
**NEW!** Cuspid Crawl with NYU School of Dentistry and Stony Brook School of Dental Medicine following NYU's Pre-Dental Day  
**IMPROVED!** Engage Drive Social with NYU School of Dentistry to increase opportunities for students to network with one another

*Offers events targeted at different groups, including advanced standing/IDP students, non-traditional students, etc.*

**NEW!** Mentorship committee holds both basic science reviews as well as pre-clinical instruction to ensure that all students are at an equal advantage  
**NEW!** Advanced Standing Students "Buddy" Program where both current D2s and incoming Advanced Standing Students are assigned a "buddy" to teach them about Columbia  
**IMPROVED!** Advanced standing committee to hold events to introduce advanced standing students to ASDA when they enter the school

*Organizes activities that are unique and original*

**NEW!** Wellness potluck in Haven Plaza (a new outdoor space) during Fever Week to provide students an opportunity to be outside  
**NEW!** Instagram Scavenger Hunt for Molar Bear where students would have to run to find Molar Bear and post pictures of themselves in order to increase followers and page engagement (prizes included tickets to the Knicks game and a set of Figs scrubs)  
**NEW!** Farmers Market presence to teach students about the importance of advocacy and ASDA advocacy initiatives  
**NEW!** World Cultural Diversity Day Instagram Campaign in order to increase awareness of diversity  
**NEW!** Chipotle Fundraiser for the winners of which class could have the most students participate in the ADPAC Drive  
**NEW!** Collected donations through a Back to School Drive which benefitted Cayuga Centers, a local nonprofit that provides foster care service for unaccompanied minor children  
**NEW!** Humorous Webinar Series where students act in a 15-minute segment and 3 episodes are released per semester  
**NEW!** #BeWokeASDA info video to easily explain advocacy initiatives  
**NEW!** Wellness Gratitude Challenge for students to write handwritten notes to both students and faculty whom they are thankful for  
**NEW!** Fever Week Public Relations Campaign  
**IMPROVED!** ASDA members participate in the Velocity Ride at Columbia University to raise money for cancer research  
**IMPROVED!** Wellness Kayaking & Push Pedal Cycling Nights  
**IMPROVED!** OHI in the community to provide oral health instruction  
**IMPROVED!** Getting Into Residency Panel for members to ask residents of different specialties specifics about their programs

*Conducts one or more organized efforts to earn money for chapter events or initiatives*

**NEW!** Halloween Candy Gram Fundraiser where students could pay to send Candy Grams to fellow students or faculty/staff  
**IMPROVED!** Hosts 2 Vendor Fairs per year with multiple hosts to fundraise for future events  
**IMPROVED!** Bake sales occur ~1x/month aiming at fostering a fun community for students to show off their baking skills while also fundraising for future events  
**IMPROVED!** Chipotle Fundraiser where Chipotle donates a portion of their profits to ASDA if students mention "Columbia ASDA" at checkout  
**IMPROVED!** Valentine's Day Flower Sale where students could pay to send roses to fellow students or faculty/staff  
**IMPROVED!** AMF Scrub Sale each summer (raise ~\$3500)





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# WELLNESS:

*Coney Island*

*Organizes wellness events for members that focus on more than one of the five dimensions of wellness: emotional, physical, intellectual, occupational and environmental*

**NEW!** Wellness Potluck in Haven Plaza where members brought their favorite healthy dish or side dish and shared a tasty meal with their fellow dental students outside after class/clinic (emotional + environmental)

**NEW!** Thanksgiving "Friendsgiving" between the D1 and D2 classes to promote camaraderie (emotional + occupational)

**NEW!** Halloween Candy Gram Fundraiser where students could pay to send Candy Grams to fellow students or faculty/staff (emotional + occupational)

**NEW!** Wellness Gratuity Challenge for students to write handwritten notes to both students and faculty whom they are thankful for; over 200 cards were sent (emotional + occupational)

**NEW!** Kickboxing Class Excursion where members could learn the sport of kickboxing for free (physical + intellectual)

**NEW!** Ethics Panel with Student Professionalism and Ethics Association and New York County Dental Society where members engaged in thought-provoking dialogue (occupational + intellectual)

**IMPROVED!** Kayaking session in Chelsea for students to spend some time doing fun exercise outside of the classroom (physical + environmental)

**IMPROVED!** Valentine's Day Flower Sale where students could pay to send roses to fellow students or faculty/staff (emotional + occupational)

**IMPROVED!** Bake sales occur ~1x/month aiming at fostering a fun community for students to show off their baking skills while also fundraising for future events (emotional + occupational)

**IMPROVED!** Hosted a Push Pedal cycling class where members attended a biking class while benefiting Smile Train, an organization aimed at providing free cleft palate and lip surgeries (physical + emotional)

*Promotes wellness content and opportunities throughout the year, including during ASDA Wellness Month in September*

**NEW!** Wellness Gratuity Challenge for students to write handwritten notes to both students and faculty whom they are thankful for; over 200 cards were sent

**NEW!** Wellness Potluck in Haven Plaza where members brought their favorite healthy dish or side dish and shared a tasty meal with their fellow dental students outside after class/clinic

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**IMPROVED!** Bake sales occur ~1x/month aiming at fostering a fun community for students to show off their baking skills while also fundraising for future events

**IMPROVED!** Hosted a Push Pedal cycling class where members attended a biking class while benefiting Smile Train, an organization aimed at providing free cleft palate and lip surgeries

*Informs members on the importance of wellness through educational programs, content in chapter newsletters and websites, on social media and through ASDA's monthly wellness challenges*

**NEW!** Wellness Potluck during Fever Week introduced D1 students to the importance and emphasis placed on Wellness

**NEW!** Wellness Gratuity Challenge was heavily advertised by both students and faculty to show the importance that is placed on Wellness

**NEW!** Approximately 1 wellness-related Instagram post was posted per month as well as ~1 Instagram story/week

**NEW!** Wellness Committee is comprised of 8 students (as compared to only 2 in prior years) to demonstrate the emphasis that is placed on Wellness

**IMPROVED!** Wellness events are advertised through weekly Sunday emails

**IMPROVED!** Step Challenge within the school to get students up and moving (both students and faculty participated)

*Shares wellness content from district and national meetings with local members*

**NEW!** Newsletter emailed out after every district/national ASDA meeting where attendees contribute articles on what they learned for the rest of the student body to review

**IMPROVED!** Ideas retained from National ASDA events have been implemented into local ASDA Wellness ideas

*Establishes a wellness chair and/or wellness committee within the leadership structure*

**IMPROVED!** Wellness Committee is comprised of 8 students (1 Chair, 5 Committee Members, and 2 D1 representatives) on the Committee (as compared to only 2 in prior years) to demonstrate the emphasis that is placed on Wellness





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# COMMUNITY SERVICE

Greenwich  
Village

*Promotes unity, awareness and lifelong involvement in community service*

**NEW!** Award given for the highest engagement in the annual Columbia Day of Service

**NEW!** Collected donations through a Back to School Drive which benefitted Cayuga Centers, a local nonprofit that provides foster care service for unaccompanied minor children

**NEW!** Tutoring math and reading subjects at a local high school (CHAH, where several undocumented students attend school)

**IMPROVED!** El Nido OHI allows ASDA members to go into the community to provide oral health instruction

**IMPROVED!** Reach Out & Read gives students the opportunity to interact with pediatric patients in the dental clinic

**IMPROVED!** Give Kids a Smile participation had 146 students and saw 657 kids

**IMPROVED!** Partnership with City Meals on Wheels for students to help deliver nutritious meals to homebound elderly

*Organizes events to build the value of community in our profession*

**NEW!** Engage Drive to inform members on critical issues

**NEW!** Chipotle Fundraiser where Chipotle donates a portion of their profits to ASDA if students mention "Columbia ASDA" at checkout

**IMPROVED!** Local OHI events to bring students together in a non-academic setting

**IMPROVED!** Participation in the Columbia Day of Service where dental students can appreciate the engagement of the other professions in their desire to improve local communities

*Increases awareness of underserved populations*

**NEW!** Collected donations through a Back to School Drive which benefitted Cayuga Centers, a local nonprofit that provides foster care service for unaccompanied minor children

**NEW!** Hosted a Push Pedal cycling class where members attended a biking class while benefiting Smile Train, an organization aimed at providing free cleft palate and lip surgeries

**NEW!** Tutoring math and reading subjects at a local high school (CHAH, where several undocumented students attend school)

**IMPROVED!** Provided Oral Health Instruction at numerous local schools

**IMPROVED!** Dentist for a Day Program was aimed at minority high school students to be exposed to the field of dentistry

**IMPROVED!** Partnership with City Meals on Wheels for students to help deliver nutritious meals to homebound elderly

**IMPROVED!** Give Kids a Smile participation had 146 students and saw 657 kids

*Participates in the ASDA National Week of Service*

**NEW!** Joint District 2 event with a Community Service event in the morning followed by an Ethics Debate in the afternoon and a Social in the evening

**NEW!** Volunteering at a community center on 86th Street

**NEW!** Collected donations for a Community Closet

**NEW!** Partnered with a Food Distribution Center to serve meals

**IMPROVED!** Participation in City Meals on Wheels to deliver food to homebound elderly individuals

*Provides leadership opportunities for organizing community outreach efforts within the chapter leadership structure (e.g., community outreach chair and/or committee)*

**NEW!** D1 representatives are given the opportunity to plan their own event given their own experiences and interests

*Hosts events with significant participation from members that benefit a significant number of people*

**NEW!** Community Service back-to-school drive during fever week (3 bins of supplies were collected to donate to Cayuga Centers, a local nonprofit that provides foster care service for unaccompanied minor children)

**NEW!** Program with the highest engagement in the annual Columbia Day of Service

**IMPROVED!** Creating Oral Health Instruction Goodie Bags to hand out to students at local elementary schools (over 30% of the school helped to stuff bags)

**IMPROVED!** Usually members are given the opportunity to provide OHI to an entire grade of students (~100 elementary students in total are reached during each event)

*Raises awareness through chapter, district or national platforms, as well as through social media campaigns*

**NEW!** Combined Community Service event with other District 2 schools where we were able to use their platforms to advertise as well

**NEW!** #BeWokeASDA Instagram campaign to bring awareness to underserved populations and the hardships they face

**IMPROVED!** Post community service event photos on Instagram after every event

**IMPROVED!** Post community service opportunities on Instagram

**IMPROVED!** Initiatives are advertised through the weekly Sunday emails





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# PREDENTAL & : Hudson yards ADVANCED STANDING

*Recruits predental members for national ASDA membership*

**NEW!** Social media campaign with pre-dentals to join ASDA at their respective schools

**NEW!** Reached out to numerous undergraduate institutions in the tristate area to form partnerships

**IMPROVED!** Continued the relationship with CAPS (Columbia Association of Predental Students) to help them with their application process and journey to dental school

**IMPROVED!** Discussed the benefits of pre-dental ASDA membership during the annual Dental Student for a Day programming

*Introduces predentals to dental school and organized dentistry (ASDA and ADA)*

**NEW!** Invited pre-dental students to Lunch & Learns

**NEW!** Invited pre-dental students to GBMs

**NEW!** Invited predental students to like our Instagram page

**NEW!** Posted an Instagram campaign about the benefits of organized dentistry, encouraging pre-dental students to joining their own pre-dental ASDA chapters

**IMPROVED!** Dental Student for a Day stimulates the life of a dental student and what to expect once a student matriculates

*Provides leadership opportunities for predentals*

**IMPROVED!** Pre-dental Committee works intimately with the current President of CAPS (Columbia Association of Predental Students) to plan events that will enhance membership engagement

*Organizes outreach events for pre-dental recruitment and encouragement*

**NEW!** Pre-dental outreach team visits schools in the area to give informational presentations on how to get into dental school

**IMPROVED!** Partnership with CAPS (Columbia Association of Predental Students) to recruit students who are considering a career in dentistry and help mentor them

*Organizes a Pre-dental Day or workshops for predentals on getting into dental school and hands-on activities*

**NEW!** One-on-one mock interviews during Dental Student for a Day workshop programming for feedback on interpersonal skills and interviewing to the best extent

**NEW!** Personal statement guidance during Dental Student for a Day for providing feedback on what comprises an engaging personal statement

**IMPROVED!** Dental Student for a Day sported close to 30 volunteers and over 80 pre-dentals as participants

**IMPROVED!** Students toured the Gross Anatomy Lab and were taught the anatomy of the heart, lungs, kidney, liver, spleen

**IMPROVED!** Students saw the pre-clinical setting and had the opportunity to fill composite and amalgam restorations. Over 200 Class I and II restorations were collected from students for the pre-dentals to fill

**IMPROVED!** Columbia ASDA volunteered to participate and help out in NYU's Predental Day

**IMPROVED!** Dental students helped pre-dentals take impressions, perform amalgam fillings, and sat on a panel of how to get into dental school

**IMPROVED!** Getting Into Dental School 101 where workshops were presented on the AADSAS application, the dental school interview, and what to expect in the life of a dental student

*Offers networking, social, and community service events for predentals*

**NEW!** Pre-dentals are able to get involved with volunteering with Elder Smile, a program that aims at providing oral health to geriatric patients

**NEW!** Columbia pre-dental students are invited to all Columbia ASDA GBMs and Lunch & Learns, giving them the opportunity to meet new people

**IMPROVED!** Advocated for the dental profession at Give Kids a Smile Day

**IMPROVED!** Volunteering with SMDEP and SHPEP includes assisting students who are learning how to drill, fill, and create temps

*Serves as mentors to predentals*

**NEW!** ASDA/ADEA Nationwide Mentorship Program includes over 150 mentors and over 250 mentees

**NEW!** ASDA/ADEA Webinar to give pre-dental advice, such as applying, interviewing, etc currently has over 400 views on Youtube

**NEW!** Assists pre-dental students who are volunteering at Elder Smile by teaching them how to take blood pressure and complete an intraoral examination

**IMPROVED!** Relationship with CAPS (Columbia Association of Predental Students) to do suturing labs and a wire-bending workshop

**IMPROVED!** Relationship with CAPS (Columbia Association of Predental Students) to hold other workshops or lectures which they might find useful

*Promotes national ASDA Predental Month*

**NEW!** Social Media Campaign to encourage predentals to join ASDA



**COLUMBIA  
DENTAL ASDA**

# WELLNESS: *Coney Island*

Physical, Intellectual, Environmental, Occupational,  
Emotional



The Wellness committee has been making an effort to engage in all areas of wellness. From our kickboxing event for physical wellness, to our gratitude challenge for emotional wellness, and our evening kayaking on the NY waterways for environmental wellness, we have tried to engage members with many different interests so that our students can experience wellness in different aspects of their lives.







**COLUMBIA  
DENTAL ASDA**

# WELLNESS: physical

*Coney  
Island*



"The ASDA  
Wellness  
Committee is able  
to find both local  
and off-campus  
opportunities for  
us to get moving!"  
-Racheal Long, c/o  
2022







**COLUMBIA  
DENTAL ASDA**

# WELLNESS: intellectual

*Coney  
Island*

"The Wellness Potluck was such a fun way to start the school year and meet the new students"

-Alexa Fine, c/o 2021







**COLUMBIA  
DENTAL ASDA**

# WELLNESS: *Coney Island* environmental

"The kayaking event is my favorite because I get to leave campus and do something with friends that's both exercise AND fun"

-Ali Lemkuil, c/o 2022







# WELLNESS: *Coney Island* occupational



"I love attending NYCDS events hosted by ASDA and being able to network with dentists in the area"

-Olivia Griswold, c/o 2020

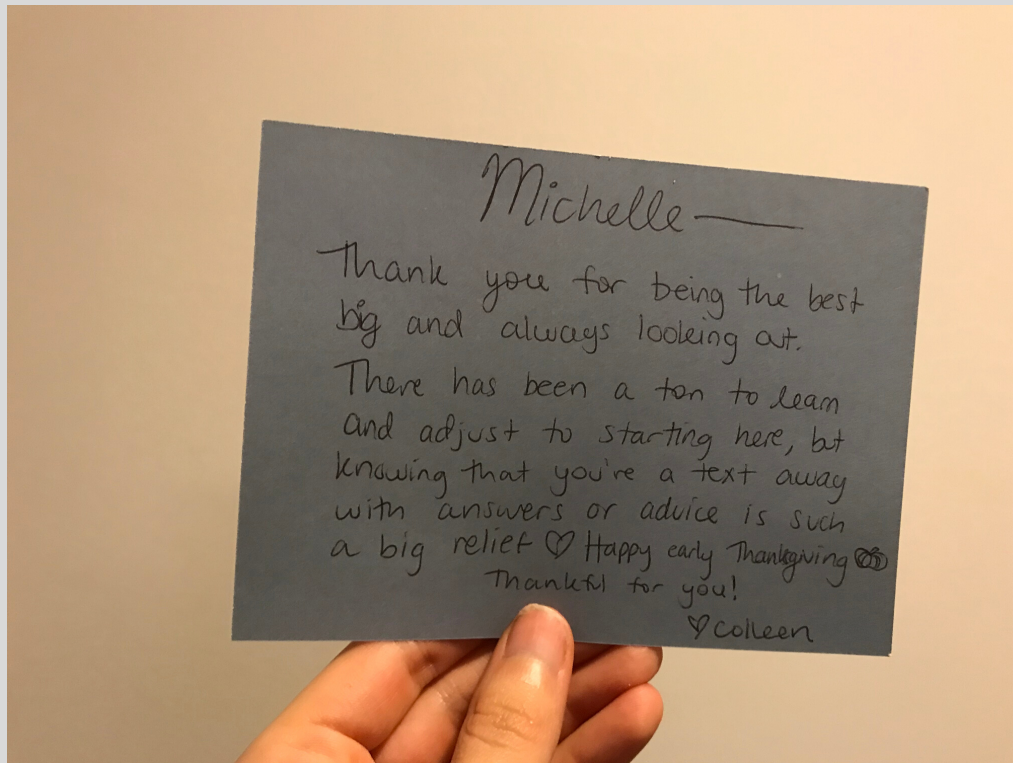




**COLUMBIA  
DENTAL ASDA**

WELLNESS:  
emotional

*Coney  
Island*



"We sent over 250 cards to the students, faculty, and staff of CDM. It was great to see the looks of gratitude on everyone's face when they opened their letter and read the nice things that others had to say. It made everyone's day."

-Alyssa Hanel, c/o 2022





**COLUMBIA  
DENTAL ASDA**

# MENTORSHIP: Upper East Side



"The ASDA Mentorship Committee is a large part of why I was able to get through my D1 year. They are so helpful in anatomy lab, pre-clinic and before tests. I never miss a review session!"

-Josh Yaminian, c/o 2022







# SOCIAL: Chelsea



The Social Committee at Columbia prides itself on putting together social events for the entire Columbia Dental community. We provide a getaway for students to come together in a place outside of the classroom and give them an opportunity to relax and have fun. We also work hand in hand with the other ASDA committees to promote maximum attendance at all events. The dedication that goes into planning our events ensures our CDM family the best experience during dental school.







**COLUMBIA  
DENTAL ASDA**

# SOCIAL: Chelsea



**Friendsgiving**



"I really appreciate that ASDA gives us the opportunity to have fun outside of the classroom"  
-Dani Stanbouly c/o 2023



*Whatta Clown*  
- Clay Sheffield

*Shitty Dad*  
- Nick D. Schlosser



*Clue Board game characters: 1 murder, 6 suspects*  
- Isa Rodriguez, Caroline Greco, Eileen Zheng,  
Chelsea Markus, Lotte Martin, Maddie Auvinen

*Maxillary Canines 6 & 11*  
- Colleen Proietto and  
Renee Eisenberg

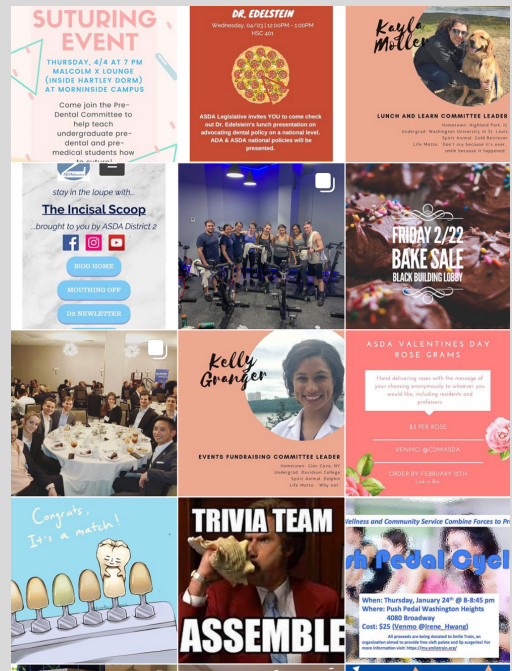
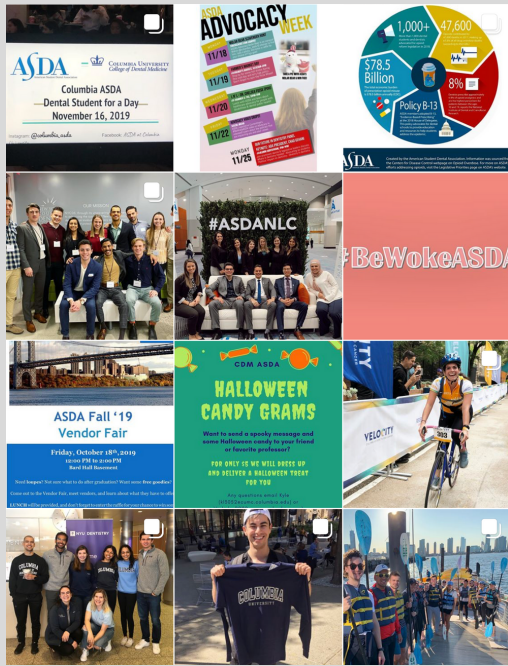
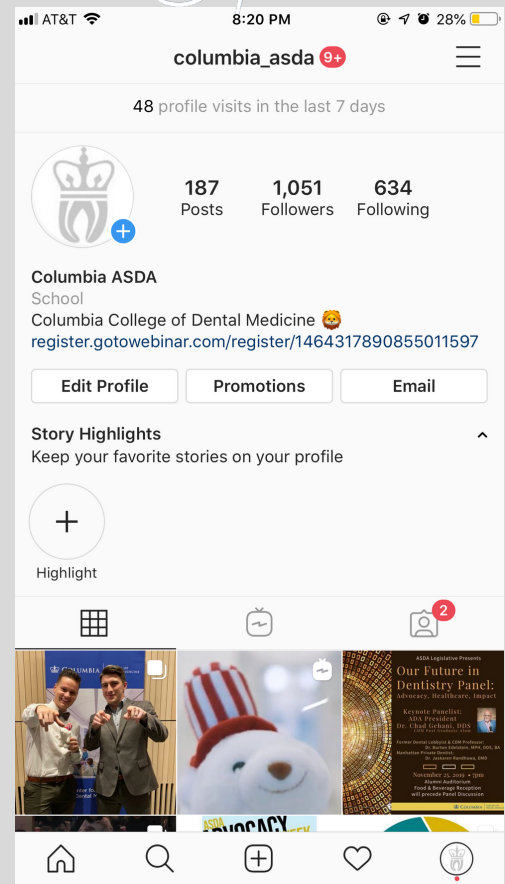






# PUBLIC RELATIONS: Times Square

The Public Relations Committee highlights the unique members, professors, events, and opportunities at CDM. In doing so, the committee strives to keep everyone in the know of what is happening on campus in order to facilitate and increase student involvement. Additionally, the committee launches several social media campaigns, such as #BeWokeASDA, to increase members' awareness of topics that are impacting students and their future as professionals. Ultimately, the Public Relations Committee aims to create a more united and powerful community at Columbia College of Dental Medicine.







# PUBLIC RELATIONS: Times Square

## ASDA Fever Week GENERAL BODY MEETING





PUBLIC RELATIONS: Times Square

# ASDA Fever Week

## LEGISLATIVE ICE CREAM SOCIAL







PUBLIC RELATIONS: Times Square



## ASDA FEVER WEEK SEP 3-6 2019

SEP 3

**GENERAL BODY MEETING**  
HSC 401 | 5:30 PM | FOOD PROVIDED

SEP 4

**LEGISLATIVE ICE CREAM SOCIAL**  
HSC 312 | 5 PM

SEP 5

**WELLNESS POTLUCK**  
Hammer Courtyard | 6-8 PM

SEP 6

**BIERSTRASSE SOCIAL**  
701 W 133rd St | 7-9 PM | \$8 drink tickets

SEP 3-6

**SCHOOL DONATION / PR CAMPAIGN**  
Donate @ Bard, Towers, VEC, Hammer, the CDM student lounge, or the Block Building  
Win Columbia gear by posting Fever Week pics to your social media!

# ASDA Fever Week WELLNESS POTLUCK



10:46 AM 86%

columbia\_asda



## ASDA WELLNESS POTLUCK

### What:

Bring your favorite healthy dish or side dish and share a tasty meal with your fellow dental students!

**BONUS:** bring your recipe or email it to [ab3573@cumc.columbia.edu](mailto:ab3573@cumc.columbia.edu) to be included in a Wellness Cookbook!

### When:

ASDA Wellness Day to Shine: Thursday, September 5<sup>th</sup>, 2019

6 pm - 8 pm

Please arrive at 6pm with your dish  
(you do not need to stay the entire time)

### Where:

In the courtyard outside of Hammer, weather permitting

You are welcome to buy the dish but home-cooked dishes are encouraged!

Please watch out for allergies (peanuts, etc.)



Liked by sebandipity and 8 others



PUBLIC RELATIONS: Times Square

# ASDA Fever Week

## BIERSTRASSE SOCIAL & BAKE SALE

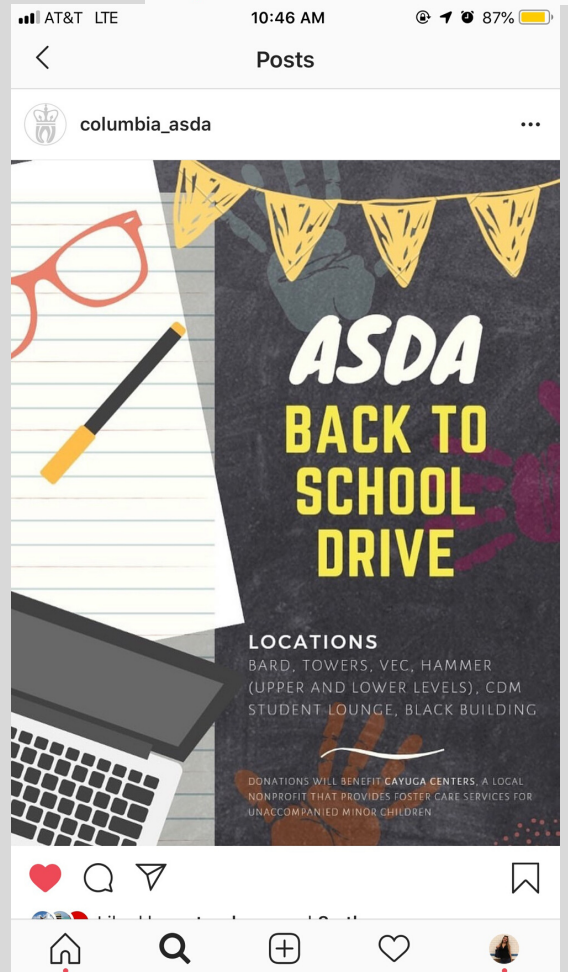






PUBLIC RELATIONS: Times Square

# ASDA Fever Week SCHOOL DONATION DRIVE





PUBLIC RELATIONS: *Times Square*

# ASDA Fever Week

## PUBLIC RELATIONS CAMPAIGN







**COLUMBIA  
DENTAL ASDA**

# FUNDRAISING: *Financial District*



COLUMBIA UNIVERSITY  
COLLEGE OF DENTAL MEDICINE  
New York, NY



FUNdraising is all about making money while also having fun! Our events throughout the year include vendor fairs, bake sales, candy-grams, and Valentine's Day rose deliveries. In order to subsidize ASDA trips and put on other ASDA events, financial health is essential. As a committee, we try to outdo ourselves every year and get that bread!







**COLUMBIA  
DENTAL ASDA**

# FUNDRAISING: *Financial District*



Oct  
18

## ASDA Fall '19 Vendor Fair

**Friday, October 18<sup>th</sup>, 2019  
12:00 PM to 2:00 PM  
Bard Hall Basement**

Need **loupes**? Not sure what to do after graduation? Want some **free goodies**?

Come out to the Vendor Fair, meet vendors, and learn about what they have to offer!

**LUNCH** will be provided, and don't forget to enter the raffle for your chance to win some cool prizes!

Plus, don't forget to check out our **scrub sale**!







**COLUMBIA  
DENTAL ASDA**

# COMMUNITY SERVICE: *Greenwich Village*

ASDA Community Service provides opportunities for students to engage with and give back to the community we call home for four years. We host a variety of opportunities, including back-to-school drives, oral health instruction activities at local schools, university-wide service events, and representing Columbia Dental at local health fairs.

We entered a profession that offers us the opportunity for lifelong service to our communities and ASDA Community Service aims to provide ongoing support to students to participate in service while in school through collaboration with community organizations and other student groups.

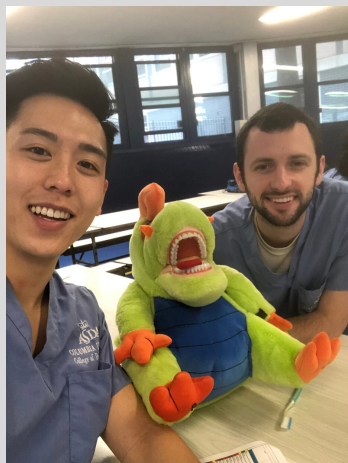






**COLUMBIA  
DENTAL ASDA**

# COMMUNITY SERVICE: *Greenwich Village*



"My favorite community service events are when we get to do OHI with the kids. Oral health starts young!"

-Kimberly Mei, c/o 2022







**COLUMBIA  
DENTAL ASDA**

# COMMUNITY SERVICE: *Greenwich Village*

"We like to have different collections throughout the year to eventually donate what we collect to local schools and shelters. They like to know that we're thinking of them."

-Abeer ElTemtany, c/o 2022







**COLUMBIA  
DENTAL ASDA**

# COMMUNITY SERVICE: *Greenwich Village*







**COLUMBIA  
DENTAL ASDA**

# ADVOCACY: *Central Park*

The Legislative Committee focuses on bringing ASDA's advocacy efforts to the local level. Our team encourages dental students to learn about policies which impact our profession and our patients in a creative fashion, especially during Advocacy Month! We also plan out the State and National Lobby Day trips, which allow us to engage with legislators and other dental students.








**COLUMBIA  
DENTAL ASDA**

# ADVOCACY: *Central Park*

"I really didn't know anything about ASDA advocacy initiatives until Advocacy Week. I saw everything being emphasized on Instagram and wanted to learn more. Thanks to ASDA Advocacy, I now understand policies that affect me as a student and as a dentist."

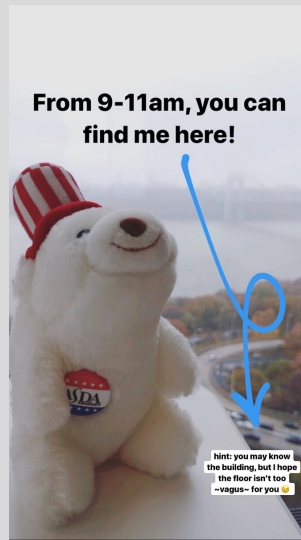
-Nick Arroyo, c/o 2023

**MOLAR BEAR  
SCAVENGER HUNT  
STARTS TODAY!**



**Your chance to win a  
FIGS SCRUBS SET!**

1 raffle ticket: find  
bear & take pic  
2 raffle tickets: post  
bear on social media!







**COLUMBIA  
DENTAL ASDA**

# ADVOCACY: Central Park

**ASDA ADVOCACY WEEK**

**MONDAY 11/18**  
**MOLAR BEAR SCAVENGER HUNT**  
THROUGHOUT CON CAMPUS  
ASDA's Advocacy Molar Bear is on campus! Watch @columbia\_asda IG stories to find him, take a photo, and enter a raffle for your choice of Figs gear!

**TUESDAY 11/19**  
**FARMER'S MARKET DAY**  
FARMER'S MARKET, 10:30AM-2PM  
Stop by for some hot drinks during this cold day and let's talk policy! Don't forget to spin the Prize Wheel!

**WEDNESDAY 11/20**  
**L'N' L - DR. CHELSEA FOSSE (POH)**  
@HAMMER 11 TIC, 12PM-1PM  
Lunch with ASDA and learn about healthcare advocacy for people with disabilities & dental public health!

**FRIDAY 11/22**  
**ADVOCACY VIDEO DROPS!**  
SOCIAL MEDIA  
ASDA Legislative Committee's ASDA VokeASDA video on Advocacy is #BeVokeASDA! Learn about the policies that are impacting you and your career.

**MONDAY 11/25**  
**OUR FUTURE IN DENTISTRY PANEL**  
KEYNOTE: ADA PRESIDENT, CHAD GEHANI  
@ALUMNI AUDITORIUM, 7PM-9PM  
Join prominent dental & legislative leaders discuss: Where is dentistry headed? Advocating as students! Politics' impact on dentistry! Diversity in dentistry!



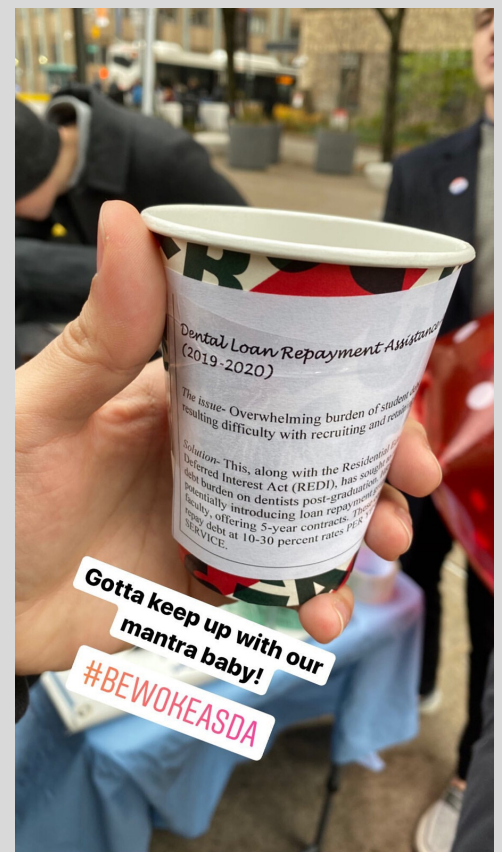
@peterchyun  
@lakuh\_ya



Take action on policy and you may win big!

- ✓ Tix to Knix game
- ✓ Oakley
- ✓ Gift cards

@dentalstudents  
#ASDAAdvocacy  
#AdvocacyBear



Gotta keep up with our mantra baby!  
#BEWOKEASDA

**Congratulations Vinay!!!**

Advocacy Week has officially started and the giveaways have just begun!

Interested in Oakley sunglasses, Starbucks gift cards, or tickets to a KNICKS game?

Come to the Farmer's Market tomorrow from 10am-2:30pm and catch the ASDA Legislative crew!

- ✓ talk policy!
- ✓ free coffee!
- ✓ win prizes!



**COLUMBIA  
DENTAL ASDA**

# ADVOCACY: *Central Park*

## #BeWokeASDA

Today's  
#BeWokeASDA  
topic:

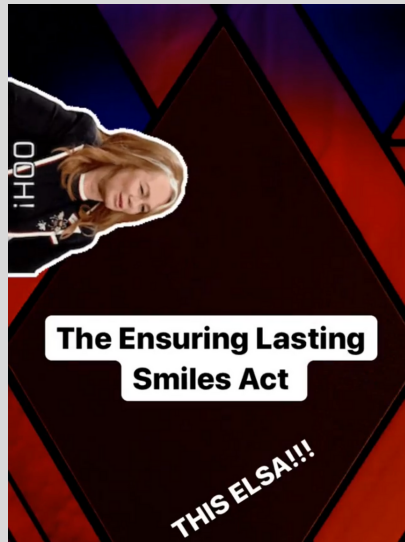
ELSA

LET IT GOOOOO

**No not her...**

LET IT GOOOOO

LET IT GOOOOO



**The Ensuring Lasting  
Smiles Act**

THIS ELSA!!!

The **AMAZING** thing is that ASDA members sent more than 600 letters to Congress advocating for this bill's passage!

### ASDA Advocacy: 2018

#### Legislative Activities & Successes

1

#### Action for Dental Health Act: PASSED

- ASDA members sent more than 600 letters to congress advocating for the bill's passage.
- The bill was signed into law on Dec. 11, 2018 and allows organizations to qualify for oral health grants administered by the Centers for Disease Control.



Your engagement truly  
matters!

**WHY DO WE NEED  
ELSA?**



People born with ectodermal dysplasias are often unable to properly develop teeth. If their teeth are not repaired or replaced, these individuals could have chewing, swallowing, digestive, speech and self-esteem issues.





**COLUMBIA  
DENTAL ASDA**

ADVOCACY: *Central  
Park*

**#BeWokeASDA**

**ANSWER HONESTLY!**

Did you know grad  
school loans were  
completely subsidized  
(no interest accrued)  
until 2012?

YUP!

NOPE!

**HEY YOU!**

Are you tired of your  
student loan interest  
accruing while you are  
in dental school?

\$ 999

HECK YEA!

NO, I AM  
FILTHY RICH

POOF!

livin' la  
vida broka



Well Rep. Judy Chu  
has got your back!

She is sponsoring the  
POST GRAD Act, which  
would reinstate YOUR  
eligibility for Federal  
Subsidized Loans!

**URGE your  
Representatives to  
pass the POST GRAD  
Act Now!**

**~Link in Bio~**

**#bewokeasda**

-brought to you by  
ASDA Legislative





**COLUMBIA  
DENTAL ASDA**

ADVOCACY: *Central  
Park*

**#BeWokeASDA**

**It's time to  
#BeWokeASDA**

*Action for*  
**DENTAL HEALTH** ➔

**ADA** American Dental Association®

**This bill was signed into law in  
December 2018, and it serves to fund  
oral health initiatives aimed at  
preventing dental disease and  
reducing barriers to dental services!**

## KEY POLICIES



1. Improve oral health education
2. Help patients establish dental homes
3. Reduce language and cultural barriers
4. Reduce use of emergency rooms for dental care
5. Facilitate dental care to nursing home residents







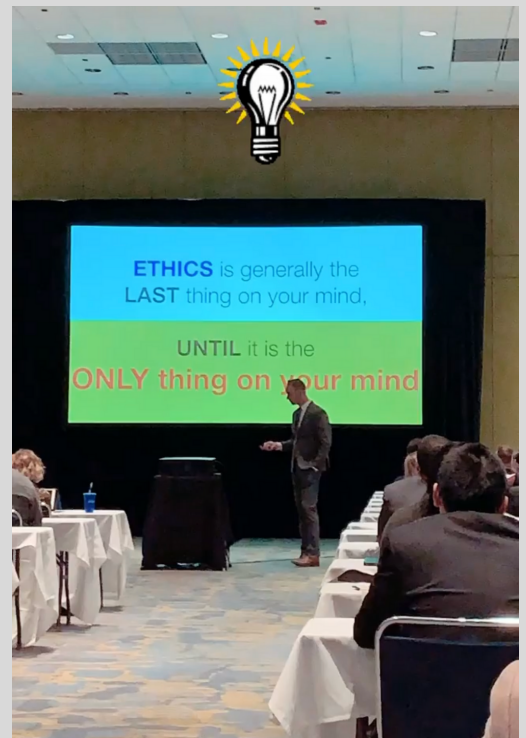
**COLUMBIA  
DENTAL ASDA**

# ADVOCACY: *Central Park*



**Rosemary Kennedy:  
Sister of JFK**

*Wikipedia her!*





**COLUMBIA  
DENTAL ASDA**

ADVOCACY: *Central  
Park*

ASDA Legislative Presents

## Our Future in Dentistry Panel:

Advocacy, Healthcare, Impact

Keynote Panelist:  
ADA President  
Dr. Chad Gehani, DDS  
CDM Post Graduate Alum



Former Dental Lobbyist & CDM Professor:  
Dr. Burton Edelstein, MPH, DDS, BA  
Manhattan Private Dentist:  
Dr. Jaskaren Randhawa, DMD

**This Monday  
6:45pm @ Alumni  
Wine, Beer, Cheese &  
Desserts will be  
served**

ASDA OF  
THE MIDDLE



What question would you  
like to ask our ASDA  
Legislative Panel?

Type something....

**Include whether you  
want your name  
mentioned & if the  
question is directed  
toward a specific  
panelist.**





**COLUMBIA  
DENTAL ASDA**

# ADVOCACY: *Central Park*

"Hosting Dr. Gehani alongside other dentists was such an honor. I still can't believe he came!"

-Sebastian Celis, c/o 2022



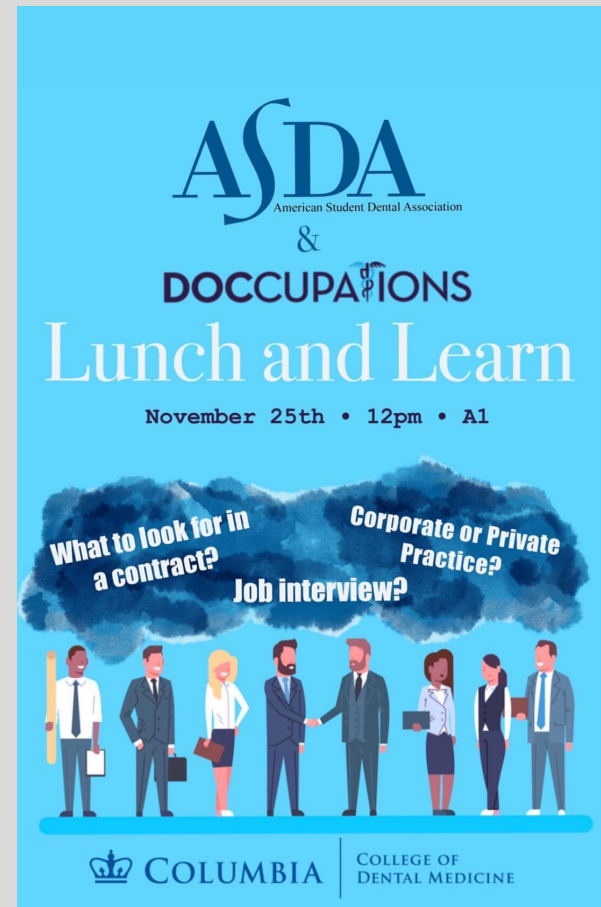




**COLUMBIA  
DENTAL ASDA**

# LUNCH & LEARN : Hell's Kitchen

At Columbia ASDA, Lunch and Learns are more than a free lunch or an opportunity to sample products. It is our chance to think outside the box and learn beyond our curriculum educational limits. It is the perfect opportunity to engage our members through educational talks but also delicious meals. So far this year, our L&L committee has gathered leaders from our community and the dental industry to share their knowledge and expertise in their areas. From financial freedom, to how to review a contract carefully, to being exposed to the latest implant technology, our students have come together to learn about topics we don't get to learn in our regular dental curriculum but that are as important for becoming the best dental providers we can become.



"The Doccupations Lunch & Learn is always my favorite because they give such practical advice for real-world topics, such as how to negotiate a contract and what to look out for."

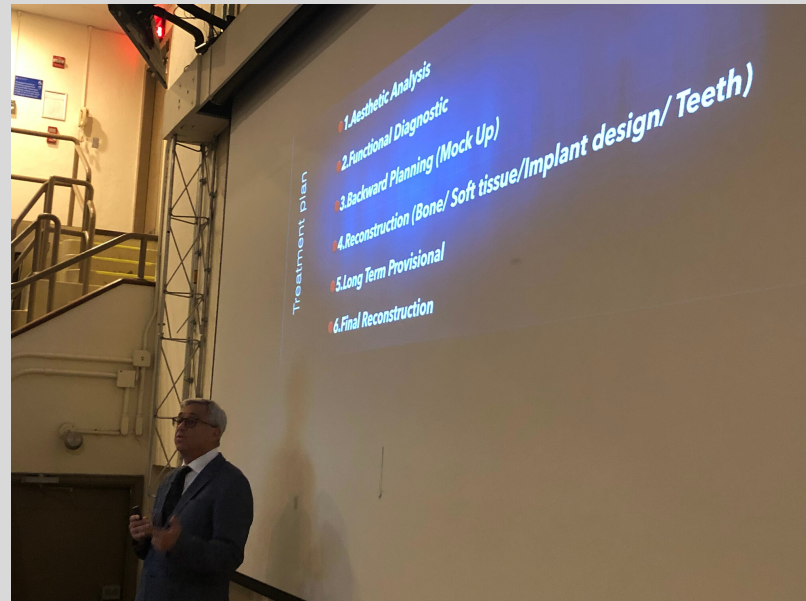
-Kyle Cameron, c/o 2020





**COLUMBIA  
DENTAL ASDA**

# LUNCH & LEARN : Hell's Kitchen







**COLUMBIA  
DENTAL ASDA**

LUNCH & LEARN : Hell's Kitchen







# PRE-DENTAL & Hudson Yards ADVANCED STANDING



CDM ASDA Pre-Dental is committed to providing guidance, resources, and experiences for pre-dental students in the area through interactive workshops and seminars. We host an annual "Dental Student for a Day" event to introduce students to our preclinical and anatomy labs, a "Getting Into Dental School 101" seminar with several workshops (including one-on-one mock interviews), and a suturing event with the Columbia undergrad pre-med and pre-dent students. New initiatives for this year have been creating an outreach committee to give presentations at local undergraduate universities, hosting a second "Dental Student for a Day" event in the spring, working with CDM ADEA to pair pre-dental students with "mentors", and providing hand-skills assistance to underrepresented minority students in the summer SHPEP program. In the coming months, we are hosting a small "dinner-and-meet" for pre-dental students to casually mingle with current dental students, and to launch an essay contest in which the winner would receive personal statement guidance from students and faculty.





**COLUMBIA  
DENTAL ASDA**

# PREDENTAL & : Hudson yards ADVANCED STANDING



"As a TA, I work a lot with the underclassmen, but Predental Day gives me the opportunity to work with students truly from the ground up. I like that I can sometimes be the first one to teach them about dentistry."

-Saahil Brahmbhatt, c/o 2020







**COLUMBIA  
DENTAL ASDA**

PRE DENTAL & : Hudson  
yards  
ADVANCED STANDING





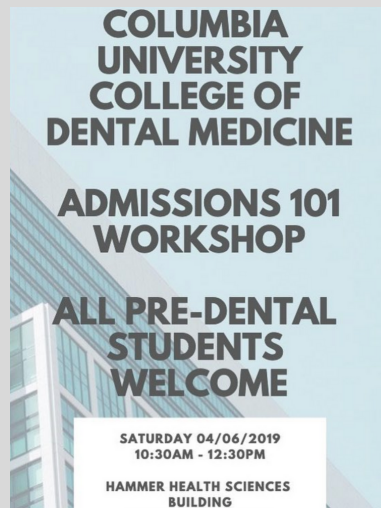
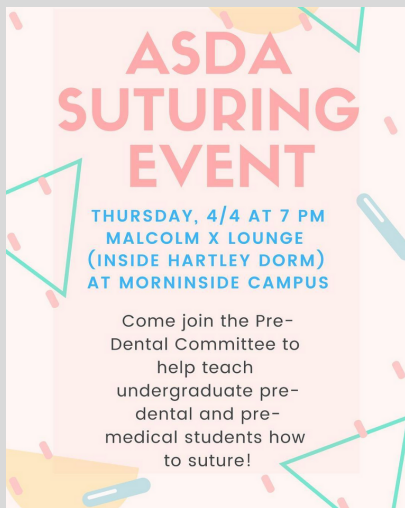


**COLUMBIA  
DENTAL ASDA**

# PRE-DENTAL & : *Hudson yards* ADVANCED STANDING

"I had a great time mock interviewing students. It feels good to be on the other side of the table, and be able to give pointers and helpful suggestions to students."

-Tammy Kumar, c/o 2021





# ASDA

Columbia  
in C



WELLNESS



**THANK YOU TO EVERYONE  
WHO CONTRIBUTED PHOTOS,  
QUOTES, AND TIME TO THIS  
DOCUMENT**

Author: Michelle Skelton

With special thanks to:  
Kasey Muchnicki & Christina Quiroga  
Nikita Chintalapudi

# ASDA EXECUTIVE BOARD

# GOLD CROWN CHAIRS



Michelle & Kasey

