

Dear friends,

It gives me immense pleasure scripting a few thoughts for the inaugural edition of the CDC newsletter

A large family stretching the four corners of the globe, but with no care and concern for one another, would not necessitate the need to connect. That today CDC needs a newsletter illustrates how extensively our branches have spread and our sense of caring for the Alma Mater. This newsletter is meant to be a media that will help to bond not only with the immediate students and faculty of the college, but also with the alumni working in different mission hospitals all over the country and elsewhere.

Having experienced CDC's struggle to gain a foothold and make its presence felt in our country, I cannot help but feel that we have now firmly carved for ourselves a little niche on this planet.

May this newsletter also serve as a platform, to share each other's news, also to air our own world views, and announce to the world that we have arrived!! I congratulate the student's council of our college, particularly Dr. Sheryl Mary Mathew (intern and editor in chief) for taking the effort to bring out this publication. May the grace of the Lord be upon each of us as we publish and enjoy reading this, and many more issues of Crossroads.

Dr. J. L. Joshi
(Principal)

Imprints

If we could see beyond today, As God can see,
If all the clouds should roll away, The shadows flee,
O'er present griefs we would not fret, Each sorrow we would soon forget,
For many joys are waiting yet, For you and me.

If we would know beyond today, As God doth know,
Why dearest treasures pass away, And tears must flow,
And why the darkness leads to light, Why dreary paths will soon grow bright,
Some day life's wrongs will be made right, Faith tells us so.

If we would see, we could know, We often say
But God in love a veil doth throw, Across our way
We cannot see what lies before, And so we cling to Him the more,
He leads us till this life is o'er, Trust and obey

excerpt from 'Streams in the Desert'

ANNUAL CONVOCATION

The annual convocation or to put it more aptly the perennial convocation of the College was held on the 18th of September. The Principal Dr. J.L. Joshi presented 65 graduates from the 95 - 98 batches with the degree of Bachelor of Dental Surgery. The Chief Guest was Dr. J. S. Gujral (Vice chancellor of the Baba Farid university of Health Sciences, Faridkot) and the guest of honour was Dr. David Troughton, (Member: Governing body/ Friends of CMC in New Zealand). Graduates were also presented certificates and medals for outstanding academic achievements. Indeed a proud moment for the graduates and their parents who had traveled from different parts of India to witness the occasion. From our part as organizers, it will be remembered for, apart from the pleasure of seeing the old students and the 'lot of work', the tension arising due to the weather. The dejection that afternoon as we surveyed the damage due to a heavy downpour was almost palpable. As the phoenix rose from the ashes, our ground staff rose to the occasion. Mopping up operations that would have warmed the hearts of many a cricket pitch was set in motion.

A perfectly dry venue arrayed in white, played host to the gathering. The present batches of students ably led by the students council did us proud with their efficient ushering; the faculty, exemplary in participation and executing responsibilities. The word nostalgia perfectly summed up what followed.



Where Do We Go From Here?

Living on earth is an expensive affair, but it does include a free trip around the sun!
For those of us in the batch of 95, the convocation was an event we were eagerly looking forward to, ever since we graduated out of the hallowed portals of our alma mater. It was meant to be the time of our first reunions, a time to reminisce on our old glory days at CDC.

As each of us received our degrees, the solemnity of the occasion started to sink in. We were reaping the benefits of the dedication and hard work put in by our principal and teachers, who taught us more than just the intricacies of dentistry. We will forever be indebted to them as they taught us not only to be good doctors but good human beings also.

Once we all got together, it didn't take long for the wisecracks and the humour to begin. As the girls of our batch strolled up smartly to grab almost all the gold medals and awards, the boys could be heard saying: "Ha, if only we had known we would be getting all these medals, we would have definitely started studying 3 days before the Prof instead of the usual 2!"

Now the essential question remains WHERE DO WE GO FROM HERE? This convocation has been an important milestone in our lives. Many of us probably have a fair idea of where the journey of life is headed, some of us are still waiting to move on. Whatever the situation, the world we live in and the opportunities available are much larger than all of us realize. The following message given to me by my class teacher as I left school, probably sums it up very well:

"In a universe scattered by zillions of galaxies is a small galaxy called the Milky way, clustered with billions of stars. Rotating around one of its small stars is a tiny planet called Earth, further divided into continents and countries. Within the countries are thousands of cities, crisscrossed by streets on which are buildings with many floors. On the floor of one such building is your office. The office has so many divisions and departments, further divided into cubicles. In the far left corner of one such cubicle, your name will be written. Does your vision for this world end in that cubicle?"

Let us expand our horizons, think beyond our immediate comfort levels and try to make a difference to the people and the world around us. This is probably the least we can do for our institution. Thank you CDC for welcoming us back.

(Dr. Nebu Phillip is currently doing his PG in the dept. of Pedodontics at CDC)



Legends Vs Dream Team

In true N.B.A style this star studded game held on the 18th of September was in honor of the great old Legends of our CDC basketball team. Our enthusiastic boys require commendable praise for the pains they undertook, from the collecting of mementos to the cleaning up of the basketball grounds. The match was held as a part of the convocation package. It was preceded by a presentation ceremony graced by the presence of our Principal who inaugurated the game by scoring a basket. The extra innings of the match was presented by Liji. It was during the presentation ceremony that the Chrisdents basketball team was officially christened 'Raiders'.

The first two quarters of the game were very close. But to the dismay of the dream team, Rai scored some quick baskets. After that, despite some sincere efforts made by Naveen and Vidhya for a comeback, the Legends never gave them a chance. The game ended with a score of 51-42 and the Legends taking away the glory. And not to forget the audience, ready as ever with their slogans and chants especially the first years who even ran around the basketball court cheering the players.



Synopsis

The F.D.I-04 was held in Delhi from the 10th-13th of September after 91 years. Our respected principal Dr. J.L. Joshi was the chairperson for one of the sessions of this international conference. The highlights of the event were the Indian and international Trade fairs besides the various papers presented by world renowned dentists.

Dentsply India and CDC Ludhiana has joined hands in the field of dentistry to provide world class education. Under this joint effort was organized a one day Hands on Course on Ceramco3 held on 28th October 2004, in the Department of Prosthodontics, CDC. This course was conducted by Mr. Christian Specht from Germany who is a technician consultant on Ceramco3. A Continuing Dental Education Programme was also organized on the same day.

We are glad to announce the opening of the State of the Art Ceramic Lab, formally inaugurated on 28th October 2004, the services of which will be available to doctors for their metal ceramic lab work and implant prostheses. This will help in saving a lot of money (Rs. 3-4 lakhs annually) which we otherwise would spend on lab work by giving it to the agencies outside.

Two more postgraduate courses have been applied for in the subjects of Prosthodontics and Oral pathology. The inspection from the Punjab government has already taken place on 5.08.04 and a favorable report was given. We are now awaiting inspection from IDA and DCI. This is a major milestone in the history of CDC.

Replacement of missing teeth with implant: Replacement of missing teeth with removable partial dentures, complete dentures, and fixed partial dentures has been going on for ages. CDC is the only dental college in Punjab, where the replacement of missing teeth is being done with dental implants. A titanium implant is placed in the bone with a minor surgery. Resting period of 3-4 months is given to the implants so that it gets anchored within the bone. After that, the tooth is fixed over the implant. Advantages of the implants include the natural profile of the tooth, long life and no trauma to the existing teeth. Our implant teams consisting of oral and maxillofacial surgeons and prosthodontists have successfully put 60 implants over the last one and a half year.

✉ You've Got Mail ✉

We have started a yahoo group to bring Chrisdents closer. Keeping in touch with old friends can be made a lot easier. To enlist just log on to Group Chrisdents For further details contact Dr. Gingu.K.George, Demonstrator, Deptt. of Oral Surgery. (e-mail: gingu.kge@hotmail.com)

ALONE, BUT NOT LONELY!

Life in a mission hospital, essentially a rural set-up, for me meant to be transported back in time, in a Time-Machine. Initially, it came as a rude shock that the place assigned to me was devoid of eat-outs, grocery stores, shopping centers, phone booths, net cafes or even mobile connectivity. By now, you can fathom how rural it is. Today almost half way through my service bond, I have not regretted even one moment of my stay here.

From the time I commenced my bond I was fortunate to have been accepted well - both by my patients and the hospital staff. My initial apprehensions centered around the fear of being singled out by the senior doctors. However with the passing time I cannot help but smile with gratitude, since my work here is not only confined to dentistry but extends on a regular basis to the operation theatre and the delivery room. The doctors have constantly encouraged me to function as one among them. Our hospital staff comprises of those who have given up lofty prospects of working in private hospitals in order to serve those in dire need. It is an immense inspiration to be working amongst people whose selfless attitudes and ideals are uncommon. It dawned upon me that although there are many colleges in our country, it is only a few institutions like ours at CDC that instruct students with a spirit of Mission. Something I look forward to at the break of each day is the morning prayer-meet when the entire hospital staff congregate together. Buildings and technology do not make up a hospital, but it is solely built on patient care and prayers.

Time and again, we face trying times here. With limited resources, technology and manpower, the only source we can turn to is God. And His provision has always been in abundance. It is true that we are detached from the comfort zones of life, but that is when we can empathize with those who cannot afford even the basic necessities and so resort to repeated attempts to suicide. It is times like these when we need to consider how blessed we actually are and how favorable life has been to us.

In this age, where medicine and its knowledge is being commercialized, it's wonderful to know that mission hospitals effectively reach its service to the poorest of the poor. And it's the duty of students, like us, to keep its torch aflame.

As sojourners here on earth, we need to recognize that we have nothing, except what we have received from our Lord. So let us labour for our Master and thus uphold what we've always been taught: Our Work Is for a King.

Dr Roby Maria Isaac is fulfilling her bond service with the Orthodox Church. She is posted in Bishop Walsh Memorial hospital in Thadagam which is placed by the foothills of Ooty. The hospital caters to the needs of 30-31 tribal groups.



IS YOUR PATIENT A MOUTHFUL OF INSTRUMENTS ???

Walking Along Side

Always ready to step down and take an extra effort to get to know everyone on a personal level; his ever knowing smile and his famous quotes, doled out in inverted commas, is a trademark that will surely be missed. Rev. Ninan Chacko has always been our ardent supporter, fan, friend, and guide. He has left a lasting impression on each of our lives. As we bid farewell to sir after 10 precious years of service he shares a few parting words and thoughts.

There was this cartoon in my college days titled The Big world and the small people. It depicted people feeling small in the big wide world, lonely, left out, hurt, and cheated, while they were giants in fact, by vested interests. It was about how we all need someone to listen to us. The cartoon strip provided some valuable insights into human relationships and behavior.

My work with students brings back similar memories to mind. They needed someone to let the steam off. For me these personal and collective encounters with them in the campus were learning experiences. We were in an ongoing conversation over the years. We argued, raised issues without fear or favour, in the class and outside. For nearly a decade I worked with them and I am immensely thankful for what I have received out of their bounty: love, respect, compassion, support, honest answers, enlightenment, wit and wisdom in great abundance. What more can I ask for? I have learnt that we can only command respect, and certainly not demand it, as we often do in a hierarchically organized profession.

The genesis of many valuable meetings and friendships began in the sweltering heat of July through role plays, skits and songs at the introductory retreat. Ethics classes continued our common search for answers in life and in medicine. In those classes we broke all rules of traditional classroom teaching. It was freedom of expression at its best. Then there were chapel services where the class participated whole-heartedly. That played a cementing role. All faiths contributed by praying, singing and acting together for the whole community. It is during the internship however, that one comes to know these individuals more intimately. In personal growth and development sessions on Friday we had many a frank and honest discussion on everything they had undergone in their four years of college. Such was the road we traveled.

Tomorrow to fresh woods and pastures new! That's how life goes on. For me the journey with my young friends at CDC will be forever etched in my memory. Without a shadow of doubt, I can say, I have received more than I have given, the journey was as important as the destination.

FOOD FOR THOUGHT



After serious thought and a long drawn out wait the night canteen evolved. The venue being the dental hostel cooler room. The volunteers include Alfred uncle and Sushma aunty with assistance rendered by Reni and Santosh aunty. Considering the dietary habits of the targeted crowd not much scope was predicted. That was until the eventful day of 2nd of November when a queue of hungry, famished Snowies raided the canteen. In order to meet the rising demands and diverse cuisines, the menu containing staple foods as also paranthas and noodles were later enhanced to



chicken sausages and burgers. The response had been so overwhelming that many of the customers have even discontinued accounts with their regular mess. Hats off to the organizers responsible for the venture, above all Dr. Sheila Das for making it possible. Since the canteen is flourishing due to the steady flow of customers a new sincere and well meant suggestion that has come up is the opening of a gym to make compensations. That may take some time so till then bon appetite girls.

HOTSHOTS

They are the latest addition to our dental faculty. Fresh from college these **YUVAS** are all set to create waves in CDC. Their innovative ideas, enthusiasm and energetic personalities have caused many a head to turn.

Name: Dr. Sanjeev Julka, D.O.B: 5th May, 1975
Studied From: K.G Medical College Lucknow
He is the vibrant and dynamic new personality in the **Department of Pedodontia**. A friend and guide to many a PG he is always ready to extend a helping hand whenever needed.
Hobbies: Traveling, music and Cricket,
He likes: Sleeping, **He hates:** Jogging,
Words of advice: Stay cool and be happy always.

Name: Dr. Anjuman Khurana, D.O.B: 19th February, 1977
Studied from: CDC (BDS), PGIMER Chandigarh (MDS)
She is the smart, new, confident personality determined on improving people's smiles. A prodigy of CDC her dedication to her Alma mata has brought her back as a lecturer in the **Department of Orthodontia**. Her enthusiasm to teach has made her a favorite for both student and intern alike.
Hobbies: Listening to music, watching movies, traveling.
Words of advice: Be happy, enjoy life Work hard and leave the rest to God.

Name: Dr. Kapil K. Dua, D.O.B: 23rd June, 1976
Studied from: Manipal College of Dental Sciences
He is the friendly, all smiling new lecturer in the **Department of Conservative Dentistry**. He is known for doing things the *standardized way*. His liking for *Mallus* and fish curry has made him feel quite comfortable in unfamiliar surroundings. His 'all sports gear look' early in the morning has set him apart as a truly sporty and fun loving person.
Hobbies: Reading & traveling, **He likes:** Sincerity & Humanity
He hates: Mediocrity masquerading as Brilliancy
Words of advice: "Few of us will have the greatness to bend history itself, but each of us can work to change a small proportion of events, and in the total of all those acts will be written, the history of this generation"

Name: Dr. Simpreet Singh, D.O.B: 9th October 1976
Studied From: Manipal Academy of higher education (MAHE) He is the latest addition to the **Department of Community Dentistry**. This well dressed native is known for his quiet and serene nature .He is the last addition to the youth bandwagon.
Hobbies: Reading books and traveling
He likes: All the good things in life
Words of advice: Be good and humble

We wish all the three of you a fulfilling and pleasant experience throughout your journey in CDC. We wish you all the best and hope you continue creating waves in the portals of CDC.



THE ANCHORIA (BATCH OF 2004)

40 excited and confused individuals entered the battleground of CDC. One round of excruciating and mind boggling counseling later, we bid goodbye to our casual wear, smiles and eye contact with seniors. On our introductory visit to the hospital we were christened with names of which the most memorable ones were FPD, Honeycomb, Savlon, Doll from Gulf, Vroom-vroom Speedy and Chief Complaint Homo Sapiens Sapiens to name a few.

Interaction: The Anchoria (that's us) entered the battlefield dressed in tricolor (not the Indian kind), protected only with the sweet (ahem) aroma of oil as headgear. The battle that ensued was one of crooning and acting. The battle lasted two evenings. Guess the tricolor and the armor of oil put our seniors off.

Welcome Party: Yippee we're finally being accepted by the college, its staff and seniors as the batch of 2004. On that special day, we found an uncanny similarity-all of us were obsessed with painting, guess we should have really worked on our intros.

Thank You Party: Basically, all we put up was lots of singing and dancing, which we believe turned out pretty well. We guess our Thank you song will forever be etched in the hearts of our beloved seniors. Dr. J.L. Joshi pleasantly surprised us when he granted us permission for a dance party following that. Our heartfelt thanx.

Current Status: The Anchoria tries to balance studies and extracurricular activities. As far as the latter is concerned, the guys seem to have a flare for cricket (way to go Bengali Babu) and basketball. Besides sports, they also seem to be interested in cleaning up the council room often; a little hard work never killed anyone anyway. (We don't want to be the first) For the forty of us, the battle of life has just begun. So till we meet again, adieu.

Editorial

This is what the Lord says. Stand at the crossroads and look, ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls. Jer 6:16

The Oxford Dictionary defines Crossroads as a place where two or more roads intersect. Each of our lives takes diverse paths which interweave together at some point. Crossroads intends to make that pivotal point in our lives momentous, an experience to be cherished.

CDC has a lot to be proud of in the 12 long years since its groundwork was laid. From then on a lot of progress has been made such as the introduction of Post Graduate course, the opening of a full fledged dental library, a brand new operational ceramic lab to name a few. I am delighted to bring out this inaugural issue of the newsletter as a tribute. This publication is intended to be a vital link between the faculty and the student community, the alumni within and outside the campus and thus facilitate to preserve a sentiment of communion. A lot of technicalities went into the creation of this issue. I am extremely grateful to Dr. Joshi for his valuable support. It would not have been possible, without the assistance and guidance of Anand Peacock, Dr. Koshy, Dr. Tarun, Dr. Nebu and many others who have worked behind the scenes. I have only taken a small stride. The content and outlook of the newsletter can only advance if you put in your honest feedback. Hope you have enjoyed reading this as much as we have laboured on this pioneer issue.

Sherryl Mary Mathew
Editor in Chief