



CHRISTIAN DENTAL COLLEGE
LUDHIANA

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March 2011 to March 2012

CROSSROADS

VOL. X

Editorial

This much awaited 10th issue of Crossroads is a culmination of the efforts of every Christdent. It is a reflection of the past twelve months at CDC.

Our team of editors has laboured for long and finally succeeded in bringing out this issue, inspite of obstacles. It would not have been possible without the unwavering support and encouragement of our Principal, Dr. Abi M. Thomas.

Our endeavours have borne fruit only because of the blessings of the Almighty. We are truly grateful for His grace.

With immense pleasure, I present this volume of the college newsletter to our readers, hoping that you would enjoy it as much as we did, writing it for you.

On behalf of the Editorial Board,

Tulika

Tulika Diwan
Editor-in-Chief

My Work is for a King
सोना लोबान मुर

Principal's Desk

When we look back at the last twenty years, it is amazing how CDC has overcome many obstacles and carved out a place for itself. This was possible only with the help of the Almighty, and the prayers of many saints. This edition of CROSSROADS is a testimony to that.

Recently, we received feedback from several of our graduates posted at various mission hospitals. One word which stood out in most of the responses was 'values'. I was very happy to hear that because it is evident from this that, to some extent, we have achieved our mission in training at Christian Dental College.

Sadly, I also see a trend among many alumni of distancing themselves from supporting CDC! Alumni are the backbone of any institution and, similarly, without the parent institution, there are no alumni. It is the moral responsibility of all alumni to render support to its alma mater. I hope there is much more meaningful interaction with them, instead of only requests for recommendation letters.

I congratulate and thank our editorial team for bringing out this edition of CROSSROADS.

With best wishes,

Abi M. Thomas

Dr. Abi M. Thomas
Principal, CDC

Baccalaureate Phoenix

The baccalaureate service for the Batch of 2006 was held on 28th May 2011 in the Lady Willingdon Hall. The short service saw the elegantly dressed interns step onto the podium as each was introduced with an appropriate title. The ambience turned nostalgic as a slide show of their time in CDC was replayed. The service bond-places were announced by Dr. Abi M. Thomas, followed by a reminiscence speech by Dr. George Koshy. Thus ended the farewell of Phoenix- one of the liveliest batches in the history of CDC.

Bon voyage, Phoenix!





IDA Students' Clinician Programme 2011

The 14th annual IDA Students' Clinician Programme (SCP) 2011 was held at Jaipur, from 9th-11th February. The programme encourages undergraduate dental students to explore and invent new methods and technology to further dental sciences.

Our students, Rashmi Ann & Simrata Sandhu, guided by Dr. Ajit Jaiswal & Dr. Kavitha Eappen, presented models and posters on 'Mode of action of Functional Appliances- An evidence based concept' & 'Non-Muscular Hypothesis (growth relativity)'.



CDC Laurels ICMR Scholarship 2010-2011



The Indian Council of Medical Research, New Delhi, organizes a nationwide short-term scholarship programme annually for undergraduate medical and dental students, to generate interest in the field of research. Upon completion, scholarship certificate and stipend are awarded to deserving participants.

Of the nearly 30 students, from CDC, which applied for STS 2010, 5 research proposals were approved by the council. The selected students (Dr. Suja George, Dr. Preethi Ann Koshy, Akula Sunil Kumar, Vijay Alageshan and Tulika Diwan) also attended a workshop on 'Clinical and Laboratory Medicine Research' sponsored by the ICMR and organised by the Moving Academy of Medicine and Biomedicine, Pune. It was held at the Institute of Pathology, Safdarjung Hospital, New Delhi from July 12th to 14th 2010.

Project reports that were awarded with a certificate of accreditation and a sum of Rs. 10,000 were:

- 'Visibility of anterior teeth at rest- an evaluation' (Dr. Suja George, under the guidance of Dr. Angleena Daniel)
- 'Clinical comparison of the efficacy of the conventional inferior alveolar nerve block and the modified approach' (Dr. Preethi Ann Koshy, under the guidance of Dr. Manisha Chauhan)
- 'Recognising and assessing the fear of dental pain and anxiety' (Tulika Diwan, under the guidance of Dr. Inderjot Singh).

Results- CDCites do it again!

Once again, Chrisdents move on to a new professional year, setting the bar even higher for those succeeding them.

The fourth years were the first ones to officially step into their final year as undergraduates, proud of a 100% result. Ashima Razdan scored the highest aggregate. The 3rd year results followed, with Rupali Miglani and Shinu Koshy raking in the highest scores in their batch. The second Prof. results were declared next, Ansu Elizabeth Saju being the top scorer. The last to be declared were the first year results. Hazel Caroline shined in their batch with the highest score.

Staff vs Students Volleyball Match



The volleyball match between the students and faculty was held on the 6th of August 2011, which saw participation of students from all batches and many members of the faculty in a game of 5 sets. It was an exciting and a very close battle as everyone witnessed cutthroat competition till the last set. The students' team managed to win the first and the third sets but the faculty showed their might and mettle by fighting till the last point to win the match.





Jai Hind!!!



The rains did not dampen the patriotic spirit of CMC as it celebrated India's 64th year of Independence with great enthusiasm.

The function, hosted by the Christian Dental College, was preceded by the morning worship service at the college chapel and march-past by the students and security personnel of the Institution.

The flag hoisting ceremony was held on CDC college grounds and the cultural programme in Lady Willingdon Hall.

The Chief Guest for the occasion Brig. George Jacob, Officer-in-Command of armed forces in Ludhiana, delivered an inspiring message to the audience.

The programme saw a colourful display of cultural dances performed by the medical and physiotherapy students. The nursing students rendered a heart touching version of A.R. Rahman's immensely popular 'Vande Mataram', while the Dental students put up a vibrant piece of choreography that received accolades for their performance.

EU Camp 2011

Year after year, the Evangelical Union organizes camps and retreats for students to draw them out of their fast-paced lives and provide an environment conducive for introspection, and to reconnect with the Almighty.

Students from the Medical, Dental and Physiotherapy Colleges came together for a time of fun and worship at the EU Camp 2011, held at Kharar, from August 20-22.

Themed 'PRISON BREAK', the camp included a multitude of group activities, games clubbed with practical talks and prayer sessions. The Chief Speaker, Mr. Philip Cherian, and many of our faculty members spoke about how we have forgotten the freedom we had been entrusted with, and instead chained our spirit to worldly things and insignificant desires.

The three-day camp was an enriching experience for many as they learnt from sessions, interacted with new people and grew closer to the Lord.



Onam Celebrations

On 18th September 2011, the college celebrated Onam, the harvest festival of Kerala.

The celebrations commenced with a word of prayer by Rev. Stanley, followed by a programme full of colour, culture and energy. The chief guest for the occasion was our esteemed Director, Dr. Abraham G. Thomas, Our beloved Principal, Dr. Abi M. Thomas also graced the occasion.

Sharon Maria Thomas and Sanuj kicked off the celebrations with a melodious rendition of the Malayalam song, 'Kera nirakaladam oru haritha...' This was followed by a play, depicting the legend of King Mahabali. The 'Thiruvathira', a traditional dance form and the sword art form of Kerala, the 'Kalaripayattu', were also performed, adding to the beauty and grandeur to the festive atmosphere. The festivities came to an end with the traditional Onam feast, savoured by all.



BFUHS FEST - 2011 was held in the month of February in Faridkot. Jayant Marya and Andrew Singh represented the college in Table Tennis. Yogaen Vohra and Karun Cherian won the first prize in Hindi Song category.

Freshers'

On October 24, 2011, Chrisdents welcomed the newest members to their family with an eventful evening full of fun, introductions and best wishes for their journey to come.

The entire college gathered in the hospital auditorium, where our Principal Dr. Abi M. Thomas and the Director, Dr. Abraham G. Thomas addressed the gathering. This was followed by a group of students led by Liji and Jasmine from the batch of 2009, dedicating the song 'Aashayein' to the first years- an apt beginning for the life that lay ahead of them.

The freshers were called on stage, one by one, to introduce themselves. The rounds of introduction were an attempt to foster camaraderie between the students at different stages of completion of their course, and the freshers, and to welcome them into our ever-expanding family. Some tickling questions were also launched at them to tease their wit, but all in good fun.



OMR Conference

A group of 18 people from the batch of 2008, accompanied by Dr. Shaminder, Dr. Kirat, Dr. Karan Doomra, Dr. Simran Gill, Dr. Aby K. Babu and led by Dr. Shekhar Kapoor attended the 'All India Undergraduate Oral Medicine and Radiology Conference' held on 19th and 20th November 2011 at Maharishi Markandeshwar University, Mullana.

It was quite enlightening and interesting to listen to the participants present novel ideas and latest research in the field of dentistry such as, implant radiology, CAD/CAM, dermatoglyphics etc.

The poster presentation was an amalgamation of colours and illustrations on novel topics - Nanotechnology, Radiology expressions in nature, Micro robotics, to name a few.

The 2nd day commenced with eminent speakers presenting seminars on various topics- 'Swellings of Maxillofacial Region' by Dr. Gnansundaram, 'Advances in Radiology and Imaging' by Dr. Vishal Dang.

An intercollegiate OMR quiz was conducted by Dr Gnansundaram, the 1st OMR postgraduate of India. Our quiz team consisting of Shinu Koshy, Blessy Susan, Mukul Lal, Jose Thomas and Dr. Aby Babu was declared as one of the 5 winners out of the participating 24 colleges.



Finally, the much awaited results of the paper presentations were announced. Dr Aby's paper on 'A case study on Calcifying Odontogenic Cyst' was awarded 'Best paper' out of the 245 papers that were presented.

The conference concluded with the Valedictory function. It was indeed an exciting and rewarding experience.



This was followed by a foot-tapping Bhangra performance by the first years. Before the final group of freshers gave their introduction, an enthralling dance performance was put up by Jancy Abraham and Nithin Joy of the 2010 batch. The evening ended with everyone savouring the refreshments laid out for them.

IDA Students' Conference

The IDA Students' Conference 2011, themed 'Yuva', was held on 5th-6th November 2011, at Government Dental College, Amritsar.

A team of students and interns represented our college at the various events- sports, literary and cultural.

A thirteen-member cricket team captained by Amit William played three matches and put up a good fight. The quiz team, comprising of Rashmi Ann, Mebin Matthew, Satvika Sethi and Abhinav Sharma weathered stiff competition to reach the semifinals.

Our students- Amrita, Camy, Sharin, Naina, Nidhi, Abhipsa, Nayanika & Yajur, performed a stunning piece of choreography based on the theme and bagged 2nd position for the same.

The conference was a blend of academic enlightenment, fun and entertainment and a cherishable experience for all.



Pedoquest - 2011

The ISPPD, a national society concerned with the oral health of children held its 33rd conference in A.B. Shetty Dental College, Mangalore from November 14th to 16th, 2011. 12 PG students accompanied by Dr. Shaila represented CDC at the prestigious conference.

At the conference, were conducted, several scientific sessions, one of those being a paper presentation. Dr. Ebin presented a paper on 'Knowledge, attitude and practice of school teachers towards traumatic dental injury in the city of Ludhiana'. The paper was very well received and adjudged the best paper of the session.





Christmas Season



INSTITUTIONAL PROGRAMME

Despite the winter chill, December in Ludhiana was fun as the spirit of Christmas was brought alive when the entire institution of CMC got together to put up a wonderful institutional Christmas programme on 10th, 11th December 2011 at Children's Park, Faculty Campus.

The programme consisted of melodious carols sung by the junior choir led by Joel Stephen, and the senior choir, consisting of faculty members, led by Dr. Arpit Matthew.

Also, there was a tableau performed by the campus children depicting the manger scene. This year's Christmas play, directed by Rashmi Ann, was adapted from Charles Dickens' popular novel, 'A Christmas Carol'. Students from the various colleges of the institution participated, making it a grand success. The programme concluded with a bonfire and refreshments.

CDC CELEBRATES CHRISTMAS

With the year about to end and everyone looking forward to spending time with loved ones, Chrisdents came together to celebrate Christmas. About 2 weeks before, everyone had been assigned a Christmas friend, for whom they were to play 'Santa'. Behold!! CDC now seemed to have come alive, with Santa's elves pulling up ingenious pranks and trying to come up with ways to make their friends feel special.

A fortnight of fun and excitement was concluded on the 16th of December when CDC celebrated Christmas. An array of programmes were held- carols sung by the Zephyrs (3rd years) and the Oranes (1st years), fun games etc, followed by the Christmas message shared by Dr. George Koshy.

The Secret Santas finally revealed themselves to their respective Amigos. This was followed by a sumptuous dinner. Altogether, it was a fun event, with new bonds made and existing ones made even stronger.

God bless Chrisdents!

Republic Day



62 years of India being a republic, this occasion was celebrated with great fervour in CMC at the college lawns.

Several distinguished faculty members, staff and students attended the programme, hosted by the College of Nursing. The chief guest for the occasion was Mr. Joginder Kumar, an eminent industrialist of Ludhiana. The programme consisted of the traditional flag hoisting, and march-past by the students of CMC's constituent colleges and the security personnel, followed by a cultural show put up by the students.



And by His grace, we came through

Dunamis- The power of God. Hurdles and sudden changes in the tide have flagged our time here. As first year students, none were able to grasp the full implications of the changes brought about in the BDS course. From then on, whether it may be bungling through the difficult times, or sailing on easy tides, the only thought that reassured each one was that we were not alone. And, sure enough, when we had resigned ourselves to our fate, came the shocking news that the final exams were less than 3 weeks away! With no time to spare, we plunged into our books. Time passed in the blink of an eye and we found ourselves biting our nails, waiting for the results. Our doubts gave way to shouts of relief and happiness when on 31st January the results were declared- a 100% yet again! Ashima Razdan stood first, Jayant Marya 2nd and Satvika Sethi 3rd.

Together, through Him, Dunamis stepped into another phase of life.

The Oranes-In and Out

Tensed faces turn into warm friendly smiles as each of the forty Oranians stand under the sky of CDC Ludhiana on a pleasant summer day of the year 2011. We entered into the portals of this esteemed



institution filled with dreams and ideas, all from a different cultural and traditional background, yet united with the common aim - "My Work is for a King".

The first day, we were introduced to the complexities of the human body on the medical side and the creativities of carving on wax blocks on the dental. We greeted the onset of Dental Materials with enthusiasm as it gave us the official permission to get messy. However, as we heard, CDC was not all studies and no fun, and sure enough, we witnessed in September, the North celebrating the colours and flavours of the South on the special occasion of Onam. The swishing 'barees' and 'mundu', the songs and the 'thiruvadira kali' served with a sumptuous feast left everyone spell-bound.

A few weeks passed. Then, a motherly call from one of our batch mate's home welcomed us with homely love, delicious food and friendly fun, albeit, with a tinge of nostalgia...we were home sick. After this were the orientation trip to Chandigarh and the retreat to Lalton. Rounds of questionnaires and games revealed the stark truth of the batch, making us solemnly vow to better ourselves. The freshers' day, which was to be our official introduction to the CDC family, came next.

We organized a dance party, a couple of months into college. The evening that commenced with dance ended with a night filled with memories to be treasured for life...

The cool, December breeze brought with it the season of Christmas, with a mystic mist engulfing all- Christmas friends running around, Secret Santas tip toeing, pranksters smirking at their success...the notice boards sporting colourful messages. The 'Secret Santa' game gave us an opportunity to interact and secretly expend our friends' circle.

Thus passed our first 6 months in CDC, where we have undergone transformations in the way we look at and go about the challenges that come our way.

Just as each day the sun rises irrespective of the previous night's events, such we hope, will be the future of the rising Oranes.

Kairos Amigo-phia

The Season of 'Friendly Love' was celebrated from 8th-14th Feb. 6 days...6 tasks- it was a week of gaiety dedicated to Christents.

Whatever the 'Love-task' of the day, whether it was helping a friend, bringing a smile to someone's face, speaking words of encouragement or thanking a friend, the college saw Christents running around enthusiastically, sporting colourful ribbons and smiley badges on the lapel of their coats. People were making an extra effort to wipe away the slightest of frowns and get those around them to laugh and smile. It was amazing to see how a tiny gesture, a thoughtful word, could lighten the hearts of many.

There was an aura of friendly love sprinkled in everyone, with bonds, both, old and new, springing and blooming to life!

Investiture Ceremony



The official investiture of the Students' Council 2011-12 was held on 13th February 2012, in the Lady Willingham Hall. It was held in conjunction with the opening ceremony of Calypso 2012.

Dr. George Koshy, Vice Principal of CDC & Registrar of CMC, administered the oath. Our esteemed Principal, Dr. Abi M. Thomas, handed over the College plaque to Mebin George Mathew, President of the Students' Council, in the presence of the previous year's Cultural Secretary, Dr. Santhi Mary Johnson.

Students' Council 2011-12

President	Mebin G. Mathew
Vice President	Rashmi Ann
General Secretary	Vinay Alagesham
Treasurer	Sharin Jacob
Editor-in-Chief	Tulika Diwan
Cultural Secretary	Amrita John
Sports Secretary	Amit William

The ceremony was followed by a lively game of 'Antakshari', marking the commencement of the inter-batch fest.





Calypso - 2012



Calypso 2012 was inaugurated on 13th February with an energetic game of 'Antakshari'. The following weeks saw students and faculty participating in the various events with great fervor, creating wonderful works of art in POT PAINTING, COLLAGE, RANGOLI, etc. and entertaining the audience with beautifully sung soulful numbers. Two new categories were introduced this year- Instrumental for the Music Night (JUKEBOX) & 'Show me what you've got' for the Dance Night (TO THE BEAT). A fortnight of fun & frolic ended in the grand finale event of 'To the Beat'. The evening saw enthralling performances by the participants, with the Media covering the entire event. For the first time, we also had a formal 'Awards Distribution' for Calypso, following the dance programme. The overall winners of Calypso 2012 were the Staff, the first runners-up being the Interns, followed by the 3rd years.



Annual Athletic Meet

The 28th Institutional Annual Athletic Meet was held on 2nd & 3rd March 2012 at Morning Site park. First year students from the competing colleges- CMC, CDC, CON, College of Physiotherapy & IAHS- put up a spectacular march-past lead by Jhurgen Cazo, the former 'Best Athlete'. After this, Dr. Abraham G. Thomas, the Director, and the guest of honour, Dr. Subhash Batta, Civil Surgeon of Ludhiana, declared the games open.



With adrenaline coursing through their veins, the participants geared up for the various track events. It was thrilling to watch as our students amazingly thwarted the toughest of competitors to

come out victorious in nearly each event.

Apart from bagging the first position in girls' 100m, 200m, 800m races, long jump, triple jump, discuss throw, shot put, javelin throw, 4x100m relay, 4x100m mixed relay, boys' 100m, javelin throw, discuss throw, and 2nd position in 4x100m relay, our students were also awarded the 'Best Athlete' awards. Nidhi Neha Bodra, 2nd year student, and Dr. Lincy Mathew, from faculty, were the proud recipients.

Chrisdents defended their position as the reigning champions by earning the highest medal tally at the event.



Continuing Dental Education

CDC has always been a keen supporter of CDE, organising several conferences and seminars every year. Given below, is a brief overview of the various CDE programmes conducted by our college in the past year.

14th & 15th May 2011

Dental rehabilitation of patients with special needs- A team approach

The programme, held in the Hospital Auditorium, was designed to provide insight into evaluation of systematic treatment planning and scientific decision making of



dentofacial deformities, especially cleft patients, and to discuss inter-disciplinary treatment modalities. Lectures were delivered on topics such as dental arch preparation for alveolar bone grafting, surgical prediction tracing, splint fabrication for Orthognathic surgery and Distraction Osteogenesis. Dr. Sherry Peter and Dr. Puneet Batra gave guest lectures. The seminar was followed by a demonstration and hands-on workshops on Naso-Alveolar Modelling and Surgical Treatment Planning.

6th August 2011

An engaging session on the management of dentin hypersensitivity, sponsored by Colgate, was organised to introduce Colgate's new Pro-Argin Technology. Dr. Kapil Dua and Dr. Ritu Jain enlightened the gathering on Dentin Hypersensitivity prevalence, Diagnosis and Modes of management.

14th January 2012

Oral-B organized a CDE programme on 'Interdental care for healthy teeth and gums'. Students and faculty attended the session. They also provided free registration for receiving latest information on dental care from Oral-B.



Dr. Ajit Jaiswal was awarded first prize for poster presentation at 51st Punjab State & Regional Dental Conference in Dec. 2011 at Patiala. He was also the proud recipient of 3rd best clinical paper award at 46th Indian Orthodontic Conference in Sept. 2011 at Khajuraho, M.P.



Dr. Sumir Gandhi presented two research papers at the 20th International Conference on Oral and Maxillofacial Surgery, held in Santiago, Chile in November 2011. The conference was organized by International Association of Oral and Maxillofacial surgeons.



Dr. Abi M. Thomas
Principal

Tel/fax : (0) +91-161-2220410

e-mail: abithomas@gmail.com, cdc_office@yahoo.com,

website: www.cmcludhiana.in

Faculty Update

Dr. Anushi Mahajan, Asst. Professor

DOB 1st December 1980

BDS Dasmesh Institute of Research & Dental Sciences, Faridkot

MDS Periodontics, MM College of Dental Sciences & Research, MMU, Mullana, Ambala

Hobbies Poetry, Music & Badminton



Dr. Navpreet Singh Bedi, Sr. Resident

DOB 20th June

BDS SGRD, Amritsar

MDS Oral Surgery, SGRD, Amritsar

Hobbies Playing sports, listening to music



Dr. Stephen Koshy, Associate Professor

DOB 10th August 1977

BDS CODS, Mangalore

MDS Orthodontia, Bapuji Dental College, Devangere

Hobbies Reading, Listening to music



Dr. Vinod Balla, Assistant Professor

DOB 12th December 1981

BDS CDC, Ludhiana

MDS Prosthodontics, The Oxford Dental College, Bangaluru

Hobbies Badminton, Reading



News Flash - Dr. Laxman Kumar was appointed as the Vice-Principal of CDC, Ludhiana, sharing the position with Dr. George Koshy.

The Editorial Board

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