



March to November 2012
CROSSROADS
VOL. XI

THE EDITORIAL

To carry forward the legacy we bring to you yet another edition of the college newsletter, the CROSSROADS. I am immensely grateful to the Lord Almighty for guiding us through the task of covering the activities of the institution from March till November. It has been a fantastic experience for us as an editorial team chronicling such events. This year marks 20 years since we began as a college and the Chrisdents are still 'marching on'!!! God doesn't despise the day of small beginnings and the events highlighted here are proof of His faithfulness.

This endeavour would not have come to pass without the constant support of our principal Dr. Abi. M. Thomas and the tireless efforts of the editorial team. I hope we have been successful in covering the recent events and 'highlights' in the college with an aim to keep you updated. Your invaluable comments and feedback are always appreciated. Wishing you a pleasurable reading experience!
Thank you!



Bini Varghese
Editor-in-chief

THE PRINCIPAL SPEAKS

CDC has crossed another milestone; that is from its humble beginnings on 30th August 1992, it has completed 20 years of imparting education, serving the community and setting up benchmarks in health education and service. This was made possible only by the prayers and support of many people. Dr. J.L. Joshi, the founder principal, who was instrumental in this endeavour, will be always remembered for his hard work and zeal.

CDC as the Chrisdents fondly identify, is a home away from home, where lasting relationships are built and it is a growing intimate family which is the core of its existence. At present CDC is at the threshold of another milestone in terms of starting new Post graduate courses and we look forward for your prayers and support.



Dr. Abi. M. Thomas
Principal
Christian Dental College

CONVOCATION



the graduates - batch phoenix

The annual convocation was held on 10th of March 2012 at the Convocation lawns in the faculty campus. The Medical, Dental and Nursing batches of 2006 were awarded their professional degrees in the esteemed presence of Dr. S.S. Gill, Honourable Vice Chancellor, Baba Farid University of Health Sciences. The students from all batches were felicitated for their outstanding academic performance. Ashima Razdan received the best graduate award for academic excellence. The annual report for the academic year 2011-2012 was presented by the principal, Dr. Abi M Thomas. The event witnessed young graduates with their proud parents aiming forth into the future with 'the sky' as their limit.

symphony



Music has always been celebrated in our college in every way possible and so it was only natural for us to accept the invite from CMC for the much awaited intercollege competition Symphony, initiated and organised

under the able guidance of our worthy director Dr. Abraham. G. Thomas.

CDC was represented by Akula Sunil Kumar, Dr Yogaen Vohra, Rik Mukherjee, Jasmine Baluja and Benita Thomas with Jennifer Vincent and Benjamin Jayakar on accompaniment. They competed against fellow music lovers from CMC, College of nursing, physiotherapy and Allied Sciences.

As the evening proceeded it was clear that the Chrisdents had mesmerized the judges, the audience and had stolen

the limelight. It therefore came as no surprise when both the best male and female singer awards were won by CDC. Akula Sunil Kumar was awarded the Dr Ashish Maseeh award for best male singer in the western category, while Jasmine

Baluja won the Dr Rebecca Abraham award for best female singer in the western category. But that was not all, Dr Yogaen Vohra won the third position for male solo in the eastern category and Benita Thomas won the second prize for both the western and eastern categories. The night thus ended in jubilation for the Chrisdents, followed by a victory photograph, refreshments and memories of a time that would go down in CDC history.

easter cantata

We can never forget the selfless sacrifice made by our Lord Jesus Christ, His death on the cross for the forgiveness of our sins. To honor and praise the Lord for His mighty works, a thanksgiving service in the form of a cantata-'Unbelievable love' was organized. The Easter cantata held on 3rd & 4th -April in the Lady Willingdon hall was organized under the able guidance of Rev.

Stanley Thomas, Head of the Fellowship Department and Dr. Arpit Mathew, Dept of Surgery. It saw the joint efforts of students of all faiths from all colleges under the CMC society coming together to bring out a meaningful and powerful message. This service touched the hearts of many and was appreciated by all.



welcome aboard xavions

Exhausted, nervous, excited and anxious, we, the new batch of Chrisdents officially walked in through the doors of Christian Dental College on the 17th of July, 2012 as the youngest members of the CMC family. An orientation program was organised in which we introduced ourselves and our parents to the whole gathering. It was indeed a proud moment for us to stand on the threshold of this famed institution and introduce ourselves. The faculty introduced themselves, their departments, and sensitized us to the needs of the future and the expectations required of us. A slideshow summarizing the glorious legacy of C.M.C, its vision and structural layout was shown. We were assured of a home away from home when the faculty told us that their doors were always open for us.



Come 1st of August and we were back from home to officially start our journey in CDC. Orientation programs were held where we were told about our subjects and the curriculum. Our classes soon commenced and every day seemed tougher than the previous. To our relief, the Council took us on a day out, where we spent time getting to know each other, played games, watched movies and savoured some Punjabi delicacies.

Leadership Training program

Haggai - Institute for leadership training, organized a program for the batch of 2007- Dunamis, from 27th -29th of July in the college lecture hall. The sessions were coordinated by Dr. Vijay Kant, a dentist by profession who is the North India Director of the Haggai Institute.

Mr.T.Meshram, Ms. Neena William ,Rev.Rolly Singh and Rev. Pervez were the other speakers.

The sessions encouraged the fresh graduates to take a stand for Christ as they step out into their professional lives. They were instrumental in preparing the young dentists as they venture into their new work places. The graduates were grateful to the college administration for organizing such a meaningful event.



We were taken by the Fellowship department for a one day retreat in Lalton Kalan. Through games, skits and talks, we learnt about the importance of

having unity amongst classmates and co-dependence, the significance of giving utmost priority to the Almighty in everything that we do. We were encouraged to apply all of these ideals and work towards upholding the motto of our institution, 'My Work is for a King'. Thus the foundation for an exemplary lifestyle was laid out for us to build upon to ensure a successful, wholesome and fruitful experience in the years to come. We truly hope that we will be able to keep up the standards set before us to become Christdents who will bring pride and honour to our institution.

Ancy Mathew

BACCALAUREATE - 2012

The Baccalaureate service for 'Dunamis' -the Batch of 2007 was held on 28th July at Lady Willingdon Hall. Dr. Ritu Jain recalled fond memories of the trials and triumphs of the batch through the past years.

The audience was taken down memory lane through a presentation with the background score 'Seasons in the



sun' aptly suited for the slide show. The batch was individually introduced with appropriate titles by their friends. The evening ended on a sombre note as Christdents finally realized it was time to bid our beloved seniors adieu. We wish them the very best for their future endeavours.

RESULTS

The CDC mark sheet like all times before lived up to its name. The happy Christdents took a step higher into yet another professional year with promising results to boast of. The first to be out were the much awaited results of the final years with an applaudable 92.10%. Shinu Koshy graduated with first rank followed shortly by Blessy Susan R. Alex and Namita Maria John. The 3rd Prof Results were declared next with Ishita Zem Taneja, Ansu Elizabeth Saji and Medha Gupta leading their batch into their final year as undergraduates with an aggregate 96.96% result. Mrinalini Rathore followed by Hazel Caroline ranked the highest scores, from the second year batch which had a 97.29% aggregate result. They also brought laurels to the college by achieving the only two distinctions in the entire university for the subject of Pharmacology. Abhipsha Mishra ranked third in class. Last to be declared were the results of the First year Prof Exams, which was a close match between Shambhavi Srivastava and Palak Dua for the top position along with an aggregate 80% batch result.



Hunger games

With an aim to raise funds for the under privileged, the 'Hunger Games' was organised. It included a series of tournaments comprising of various sports namely

football, throw ball, cricket and volleyball.

Football and throw ball were played as league matches with teams being mentored by different faculty members.

Football premier league was won

by the CDC Raptors led by Jakes Mammen, mentored by Dr. Gandhi and Dr. Navpreet. Team Mavericks led by Surbhi Mehdiratta and mentored by Dr. Shaila won the throwball tournament.

A volleyball match between the faculty and students was held on the 24th September 2012 which the students won. Funds raised from these matches are to be used for orphanages, leprosy homes and others. The events also furnished the faculty student relationship as it provided a different arena apart from the usual classroom settings for a friendly interaction on the sports field.

Independence day

Christian Medical College celebrated the 66th Independence Day on the 15th of August 2012 in the assembly hall lawns. It was yet another event which saw all the colleges come together and join in one spirit to celebrate the joy of independence.

The program led by the medical students started with a song invoking god's blessing followed by a prayer by Rev. Stanley Thomas. The chief guest for the occasion was the former vice chancellor of PAU, Dr. Manjit Singh Kang, who addressed the gathering with a powerful message instilling the spirit of an independent India. He then

hoisted the national flag and released a flight of doves as a symbol of freedom and peace.

Various cultural events were put forth which saw active participation of all the colleges. A beautiful song, tum chalo toh Hindustan chale was sung by the christents which was appreciated by all.

The most exciting part of the day was the intercollege basketball match between the medical and dental students. There were different matches for boys and girls. The games were indeed enthralling with close scores that sent everybody's adrenaline pumping high. Christents won both the matches. The events of the day were concluded with a hearty lunch that was organized for all the students.

SHILOH - 2012

Shiloh 2012, a joint venture by CMC Vellore, EMFI, CMAI, TLM, EHA and other medical missions was organised in CMC Vellore from

27th -30th September

2012. The event was

attended by six dental

interns Blessy Susan,

Bini Varghese, Nancy

Mathew, Jinsy Sam,

Jose Thomas and

Robit Sunny Mathew.

With the theme as

"stewardship of

healthcare" the event

had many eminent speakers who put light on various

issues related to Christian stewardship in the field of

healthcare. Apart from the meaningful sessions there

were music concerts, movie nights, mission stalls and a

panel discussion with FAQs. All together it was indeed a

wonderful opportunity and an immensely enriching

experience for all.



HAPPY BIRTHDAY CDC !!!!

Christian Dental College celebrated 20 years of service since it began on 30th August 1992, as the first Christian dental institute in India, catering to dental health care needs and



providing quality dental education.

The day was commemorated with a small gathering arranged in the principal's office. The occasion was graced by the presence of our esteemed director, Dr. Abraham.G.Thomas, Associate director Dr. Kim Mammen, other senior faculty and senior staff members.



Dr. Abraham.G.Thomas recollected fond memories of the starting of the institution highlighting the progress it has made since its inception to its present stature and its future prospects. The contributions and

untiring efforts of the founder principal, Dr. J.L. Joshi were remembered with gratitude and appreciation; the services rendered by the faculty, both past and present were also fondly acknowledged.

In the evening, the whole student community came together to celebrate the day along with the principal and other faculty members. Dr. Rajesh, Dr. Vinod and Dr. Supneet spoke about their lives here as students and the wonderful memories they cherish. A large birthday cake was cut by the principal and the representatives of various batches. The evening culminated with refreshments for all.

TEACHER'S DAY PROGRAM



"Curiosity is the wick in the candle of learning; a teacher the spark that kindles the flame"....

On September 05, '12, Christian Dental College Ludhiana came together to

celebrate the spark called "Teachers' in all our lives. The evening started with a word of praise to the Almighty Father, followed by a tribute to the teachers through the beautiful language of music sung by the Intern batch which was accompanied by a special presentation .

Mrinalini Rathore gave a remarkable speech stating the inevitable role of teachers in our lives and about the legacy left by the Dr. S. Radhakrishnan.

Dr. Ritu graced the occasion by sharing her experiences as a

teacher and alumnus of CDC, while Dr. Vaishali livened up the mood with her melodious voice. Our beloved principal Dr. Abi M. Thomas shared his thoughts about the past, the present and the future of the college, thereby enlightening us with his words.

The evening progressed with exciting games between the professors from the various departments. The winning



team, the Veneers, which included Dr. Vaishali, Dr. Ritu and Dr. Shaila, received prizes for the same. The function concluded with the declaration

of the best department which was awarded to the department of Oral and Maxillofacial Surgery.

Our honorable principal accepted a Gurudakshina from the students which was a pencil sketch of the college by Shubhpreet Kaur from the Intern batch, followed by everyone savoring the refreshments to bring the evening to an end.

FRESHERS WELCOME

The long awaited fresher's welcome was held on the 22nd of September along with the investiture ceremony of the council for the year 2012-13 which



made the evening all the more special. The MCs for the evening Benita and Yajur, welcomed the excited congregation at the assembly hall, to a memorable, fun



filled evening. After the opening prayer led by Rev. Stanley, the batch of 2011, Oranes sang a cover of "Aint no mountain high enough". This was followed by a speech by Dr. George Koshy,

detailing the previous council's achievements and welcoming the new council into their official post. Tulika Diwan, editor in chief of the council 2011-12 presented the annual report. The investiture ceremony was led by Dr. Abi M. Thomas soon after, as the newly invested council took their oath. The President of the new council Benjamin Jayakar was handed over the college plaque, which has been handed down the years from one council president to the next. After he delivered the presidential speech, the first years began to introduce themselves.

The audience was kept entertained by their rendition of 'keep holding on'. A medley of songs by Dr. Yogaen Vohra, Rik Mukherjee and Clifford John, left everyone asking for more. A futuristic dance was performed by chrisdents from various batches. All too soon the evening drew to a close, with glad hearts and a hearty snack box each, we went our ways, eagerly looking forward to settling in with the new additions to the chrisdents family.

Onam 2012

September 30th 2012 dawned bright and cheerful on the CDC family. There was more than everyday hustle and bustle in the college as everyone was busy preparing for the much awaited onam celebrations. The 2012 fiesta was organized by the batches of 2011- The Sanadors(CMC) and The Oranes(CDC). The cultural programme which commenced at 12 noon was graced by our worthy director, Dr. Abraham G Thomas, associate director, principals of various colleges, staff with family and students. The relevance of onam was put across to the present generations in the form of a



meaningful skit along with a choreography that showcased onam celebrations traditional kerala style. The folk dances 'onampattu' and the 'tiruvathirakali' left the audience thoroughly impressed. This was followed by a sumptuous sadhya held at the Snow Hostel. The day thus ended with family and friends, elegant in their beautiful 'kasav' sarees and mundus enjoying the paalada paysums and capturing moments of an unforgettable time together.

eu camp

Heralded by promotional videos, posters and warm invites, this year's EU camp was held from the 18th to 20th of august in the Punjab bible college, Kohara. The theme of the camp was 'Step up generation', a wakeup call to step out from the prevailing desperate, mediocre and

complacent attitude and stand up to be a part of a generation who will strive to uphold the ideals of a true Christian. The camp spanned over 3 days, each day more exciting than the other. There



were powerful worship sessions, sessions by the main speaker, Mr. Jacob Issac of Kerygma ministries, Bangalore, practical talk by Dr. Arpit, Department of Surgery, fun filled games, two by two prayer sessions and the question answer sessions. The camp was attended by over 160 people comprising of MBBS, BDS and BPT students. It was indeed a much awaited and fulfilling break.

CDE PROGRAMS

ENDODONTICS CONFERENCE

As part of the continuing dental education (CDE) program, our college hosted one day workshop on the 19th of May, 2012. "Predictable Endodontics and Post and Core" presented by Dr. Kapil Dua, Dr. Tushar Ahuja and Dr. Abi Thomas. It included a clinical demonstration for a single visit root canal therapy. It was a full day course and 45 people including private practitioners from all over

Punjab registered. Dr. Kapil Dua, Head of Department of Conservative Dentistry & Endodontics, opined that this was a great learning experience and mentioned that the seminars were so well appreciated that three of the attendees brought their parents back for this treatment.



CONFERENCE ON IMPLANTOLOGY

"Dental Implants- Ambition to Reality" was presented by Dr. Sumir Gandhi, Dr. Laxman & Dr. Nitasha Gandhi. Dr. Abhinav Sood from New

Delhi was the guest speaker. The event was graced by the presence of Dr. Mann, the President, Punjab Dental Council and our worthy Director, Dr. Abraham. G. Thomas. More than 100 people registered for the accredited course, where a demonstration of implant insertion was given by Dr. Laxman, and Dr. Abhinav Sood demonstrated impression techniques on model. Dr. Sumir Gandhi, Head of Department of Oral & Maxillofacial Surgery, stated that the number of dental implant procedures carried out in this college have now risen to about 250 per annum, and he hopes to see the number multiply due to improved facilities and patient awareness.



NEWSFLASH

CDC gets a facelift as the much awaited dental chairs finally arrived. Twenty new dental chairs have been bought for various departments to improve the working efficiency and provide quality treatment to the patients.





FAREWELL

Dr. Saroj Chopra, an efficient and admirable professor in the department of Paediatric and Preventive Dentistry, bid adieu to the college after 30 years of commendable service. She will always be remembered as a warm and motherly figure, who was very approachable, sincere, and dedicated to her work. She was a constant source of inspiration to many of her students, who have excelled in their fields through her able guidance. CDC will be ever grateful for her selfless service and wishes her the very best in her future.



FACULTY UPDATE

Name	: Dr. Sonal Grover	
Graduation	: Govt. Dental College, Rohtak, Haryana	
Post graduation	: Bapuji Dental College and Hospital, Davangere	
Birthday	: 3rd August	
Hobbies	: Dancing, reading books	
Advice to students	: Be sincere and give your 100% in whatever you do. Always remember life is a celebration.	

Name	: Dr. Amandeep Pabra	
Graduation	: Himachal Dental College, Himachal	
Post graduation	: Oxford Dental College, Bangalore	
Birthday	: 4th November	
Hobbies	: Reading and Music	
Advice to students	: Think out of the box	

Name : Dr. Supneet Singh
Graduation : Christian Dental College, Ludhiana
Post graduation : Govt. Dental College, Patiala, Punjab
Birthday : 19th April
Hobbies : Go Carting and Travelling
Advice to students : Be yourself!!!



- Mebin George Mathew: Burrows Mem Hosp, Alipur, Assam
- Vijay Alageshan: Nowrangpur Christian Hospital, Orissa
- Aneeta Mary Sabu: Christian Fellowship Hospital, Khariar, Orissa
- Ansu Kuruvilla: EHA Hosp, Robertsganj, UP
- Ashin Joy: MOSC, Kolencherry, Kerala
- Hanna Jose: MOSC, Kunnankulam, Kerala
- Laveena Lall: MOSC, Kolencherry, Kerala
- Preethi Ann Koshy: St. Thomas Hospital, Kattanam, Kerala
- Rinu Abraham: Marthoma Mission Hospital, Kumbanad, Kerala
- Rohini: St. Catherine Hospital, Kanpur, UP
- Shilpa Elsa George: MOSC, Kunnankulam, Kerala
- Sneha G. Thomas: Walsh Memorial Hospital, Thadagom, Coimbatore
- Suja George: Snehadeepam Hospital, Trivandrum, Kerala
- Laby Susan Varghese: St. Gregorious Hosp, Parumala, Kerala
- Abel George: Shantigiri Ashram, Aluva, Kerala
- Abhilash Babu E: MM Hospital, Hapur, UP
- Aby. K Babu: Christian Hospital, Kachwa, UP
- Blesson Abraham: Aizwal Adventist Hospital, Mizoram
- Joe Mathew Cherian: Dhamtari Christian Hosp, Chattisgarh
- Nirmal Kurian: Christian Hospital, Mungeli, Chattisgarh
- Angel Thomas: Landour Community Hospital, Mussorie
- Prashant K. Prasad: Liberia
- Renju M. Kunjumon: Liberia

SERVICE OBLIGATION

- Amrita John: Evangelical Hospital, Khariar Dist, Orissa
- Amy Elizabeth Thomas: Mission of Mercy Hospital, Kolkata
- Centina Rose John: CSI Mission Hospital, Tirur, Kerala
- Cimmy Augustine: Holdsworth Mem Hosp, Mysore, Karnataka
- Dona Elizabeth George: Landour Community Hosp, Mussorie
- Liji Mary Joseph: EHA Christian Hospital, Lakhnadon, MP
- Lisha Kumari: Christian Hospital, Bissamcuttack
- Naina Johnson: Evangelical Hospital, Tilda, MP
- Nidha Baby: Mission of Mercy Hosp, Kolkata
- Princy Mary Joseph: Fellowship Mission Hosp, Kumbanad, Kerala
- Priya T. Oommen: Prem Sewa Hospital, Utraula, UP
- Rashmi Ann: Christian Hospital, Chhatarpur, MP
- Sharin Jacob: Fatehpur Christian Hospital, UP
- Sucratha Susie John: ESAF Hospital, Palakkad, Kerala
- Basil M. Mathew: Navjiwan Hospital, Jharkhand
- Karun Koshy Cherian: Snehadeepam Hospital, Trivandrum

The editorial board

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