



CHRISTIAN DENTAL COLLEGE  
LUDHIANA

MARCH 2014 - MARCH 2015

# CROSSROADS

VOL XII

## THE EDITORIAL

This much awaited 12<sup>th</sup> issue of Crossroads is a reflection of the highlights of the past year here at CDC. With immense gratitude, I thank Lord Almighty for leading us through the activities from March, 2014 to March, 2015. The editorial board has labored for the past year and finally succeeded in chronicling the institution's year long timeline. This endeavour would not have been possible without the constant support and keen interest of our Principal, Dr. Abi M. Thomas. With hope of having covered the year that was, without a miss, we bring you Crossroads, Vol. XII. Feel free to direct any comments and feedback regarding the same our way. We wish you a fulfilling reading experience. Thank you!



Mrinalini Rathore  
Editor-in-chief


## PRINCIPAL'S DESK

Each day has its own ups and downs. Last two years as a college we went through a series of inspections by various regulatory bodies. It was not an easy time. Last comprehensive BDS inspection was held at 2001. Later new regulation came into force in July 2007 with all the requirements changed. Therefore, it was a mammoth task to fulfill all the new requirements. By God's grace we are much better than before. As an institution, I feel, we should set golden standards in all aspects of dental care and education. This is possible only with the support of all the people including alumni and former faculty and staff. May God help each one of us fulfill His plans in us. With best wishes



Dr. Abi M. Thomas  
Principal, Christian Dental College

## BACCALAUREATE-ZEPHYRS



The Baccalaureate service for the Batch of 2009 was held on 10<sup>th</sup> May, 2014 in the Lady Willingdon Hall. The short service saw the elegantly dressed outgoing interns step onto the podium as each were presented with a memento to commemorate their five year long journey in the institution. The service agreement hospitals for each of them were announced by Dr. Abi M. Thomas where the batch would be sent off to represent all that they had learnt here in the past 5 years. Thus, ended the farewell of Zephyrs, yet another part of the ever growing CDC family.

# CROSSROADS

## SHREK-THE MUSICAL



The year 2014 saw the Music and Theatre Workshop of CMC present yet another musical under the patronage of Dr Abraham G Thomas. This time they produced Shrek-The Musical, which was originally done on Broadway by DreamWorks Theatricals. Based on the book by William Steig, the story revolves around the seemingly smelly ogre, Shrek, who lives in a mystical land with other fairy tale creatures, and about how he finds love and friendship in the most unlikely people. One of the main characters, Fiona, was played by our very own Dr. Jasmine Ruth Baluja, while Dr. Rini Jose and Dr. Punika Marwaha were involved playing other roles and in choreography respectively. But that's not all. It also had the enthusiastic participation of Dr. Clifford John in production, Dr. Alpani Andrews and Dr. Ansu John in finance, Dr. Roshen Varghese and Dr. Sheeba Bernard in costumes. Last but not the least the music which was originally by Jeanine Tesori was played by the talented instrumentalists of CMC which included Jennifer Vincent from CDC on the piano.



## VANDE MAATARAM! - INDEPENDENCE DAY

Christian Medical College celebrated the 68<sup>th</sup> Independence Day on the 15<sup>th</sup> of August 2014 in the assembly hall lawns. An event that brought together all the colleges in the institution to join in the celebration of Independence with a spirit of patriotism and oneness. The program led by the medical students commenced with a word of Prayer followed by dance and song performances by students from all the sister colleges. A beautiful medley including the anthem of every patriot, Vande-maa-turam, was sung by the students of CDC. The 1<sup>st</sup> year students from all the colleges marched in the spirit of an Independent India. Last but not the least was a friendly volleyball match held between the medical and dental colleges. By a very close margin, the match was won by the medical students.



## HAR EK FRIEND ZARURI HOTA HAI - FRIENDSHIP WEEK!

Reminding us of the people who make our lives that much happier by just being in them, a whole week of activities were organized to celebrate the friends we have and often take for granted and to make some new ones. The week included simple gestures as sharing a tea and toast at Nescafe and pinning smiles on someone having a ghun day! The week was captured in photographs throughout, which were then compiled into a collage!



# CROSSROADS

## GENEZANS- THE BATCH OF 2014

With mixed feelings of excitement, anxiety and curiosity, the batch of 2014 walked through the gates of CDC and gathered in the Chapel on July 28<sup>th</sup>. Some being social, some a little more reserved, we set off on this new road. We, the babies of the Chrisdent family, were welcomed in with warmth and led by our Student Council through the ways of this then foreign place. A retreat was organized by the Fellowship department at Kashish Club, Lalton in the month of August where through worship, music, games and food we came to know each other a little better. This was followed by the much awaited Chandigarh trip with the Student Council in the month of November culminating in a sumptuous dinner at Queen's, Neelon. Making our way through the anatomy dissections and the nuances of tooth carving, the Genezans have finally found their way around the CDC roads.



## ONAM

On 29<sup>th</sup> Sept. 2014, the institution celebrated the annual harvest festival of Kerala, Onam! The celebrations commenced with a word of prayer by Rev. Alex, followed by a programme festooned with tradition, color and the grace of the state the festival hails from. Together with their medical counterparts, the 2<sup>nd</sup> years organized the evening complete with dance and music performances depicting the cultural diversity of 'God's own country'. The programme was followed by the much awaited sumptuous 'onam sadya', relished by all.



## RESULTS!

The Chrisdents saw the end of another academic year with the announcement of their much awaited results. The first to be out were the Final year results catapulting them into their internship with Hazel Caroline bagging the 1<sup>st</sup> position. Following them, the 3<sup>rd</sup> year results were declared with Jitika Sachdeva securing the top position. The 2<sup>nd</sup> years proved their worth by securing two distinctions in Gen-pathology and Microbiology by Samridhi Bhuria and Shivangi Gaur. Samridhi Bhuria was also the highest scorer of the batch. The last to be declared were the first years' results where Deepa Gupta scored the highest.

## PULSE 2015

A contingent of 15 Chrisdents was sent to AIIMS to represent the institution in their annual cultural and sports meet, Pulse, during the month of September. With participation in events ranging from athletics to cultural performances, our teams brought home some big wins. Nidhi Neha Bodra finished first in Girls long jump and third in Girls 200 meter dash. Abhipsa Mishra bagged the fourth prize among over 60 dancers from all over the Nation. However the highlight of Pulse 2015 was a group classical dance performance by the Chrisdents that won the 3<sup>rd</sup> prize, competing among dancers from professional dance institutions. The group included Abhipsa Mishra, Sharon Maria Thomas, Shweta Singh, Plessy Thomas, Rachel S. Singh, Shriya Chopra and Reshma John.



# CROSSROADS

## AAGMAN- INVESTITURE & FRESHERS' 2014

'Aagman', the Fresher's welcome and investiture ceremony of the Student's Council for this year was held on 18 October, 2014. The programme commenced with a word of prayer by Rev. Alex Peter and welcome address by our esteemed Director, Dr. Abraham G Thomas. It was followed by the report of the previous council's activities for the year 2013-2014 by Dr. Clifford John.

After which the oath taking ceremony took place, which was lead by Dr. George Koshy. The President of the new council Marc Pranay David was handed over the college plaque, which has been handed down historically from one council president to the next after which he delivered his presidential speech. The youngest members of Chrisdent family christened themselves with the name 'Genezans', which means 'born to heal' and introduced themselves to the congregation. The seniors performed a melodious rendition of the song 'Shine your way' and a fun dance highlighting the special relationship between the seniors and juniors in the family.

Next up on stage was the prize winning entry in Pulse, 2014 organised by the All India Institute Of Medical Sciences, New Delhi. The beautiful performance left everyone spellbound. Genezans performed a medley of various songs and a very lively Bhangra. Our principal, Dr. Abi M Thomas addressed the gathering once again and welcomed the first years to our closely knit family. The class representative of Genezans, Sarah Ohri delivered the vote of thanks.

All that is well ends well. The beautiful evening came to an apt end with a sumptuous dinner and with the hopes of building lifelong bonds with the newest members in our family.



## HUNGER GAMES II

The Chrisdents got together through the month of November for throwball and volleyball league matches. The matches were held as part of a fund-raiser for charitable purposes. The event saw the Chrisdent family get together in the spirit of sports for a good cause. The Volleyball league was won by team Spartans led by Dr. Amit William, mentored by Dr. Sumir Gandhi. The throwball league was won by team Thundercats led by Hazel Carloine, mentored by Dr. Ritu Jain.



## TEACHER'S DAY

*"A teacher affects eternity, and can never tell where the influence stops."*

On Sept. 05, '14, the Chrisdents came together to celebrate Teacher's day. It was a short programme organized by the student council, which involved a fun trivia quiz for the teachers, giving them a much needed break from their busy schedules. The teacher's participated with great gusto and the department of Prosthodontics emerged as the winners. Personalized plaques, hand made by the Interns were given out as mementos to each teacher. This was followed by snacks for the students and a Pizza lunch for the teachers which they savoured.



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## IDA CONFERENCE-JAMMU

The 10<sup>th</sup> State and Inter-state Dental Conference was held by the Jammu branch of IDA on 31<sup>st</sup> Oct., 1<sup>st</sup> Nov. and 2<sup>nd</sup> Nov, 2014 hosted by the Indira Gandhi Govt. Dental College, Jammu, J&K. A team of 12 interns accompanied by Dr. Shekhar Kapoor, Dr. Sonal Grover and Dr. Rajbir represented CDC at the conference. Dr. Sonal Grover presented a paper on "Diagnostic Reliability of Micronuclei in Potentially Malignant Disorders" at the conference. Nithin V. Joy and Honeysh George won the first prize in scientific poster presentation for their intriguing poster on "The Avant-garde of Prosthodontics". Manpreet S. Dev and Mrinalini Rathore also won 1<sup>st</sup> and 2<sup>nd</sup> prize respectively in paper presentation.



## EMFI CONFERENCE, 2014

The EMFI Biennial National Conference was held in the Lady Willingdon Hall, CMC, Ludhiana between the 2<sup>nd</sup> and 6<sup>th</sup> October of 2014. Medical and dental professionals and students from different parts of the country came together for the event. The theme of the conference was 'My life and my work for a King', which is also the motto of our institution. The main speakers at the Conference were Dr. Kuruvilla Varkey from Christian Fellowship Hospital, Oddanchtram, Tamil Nadu and Dr. Ajith Fernando from Sri Lanka. Dr. Arpit, Dr. George Koshy, and Dr. Jacob Koshy led us into a wonderful time of worship. A team from Bengaluru, 'Beyond Barriers', had also arrived at the conference to address the youth. Through the 3 day long conference, God's presence could be felt all along.



## ANNUAL ATHLETIC MEET

The 30<sup>th</sup> Institutional Annual Athletic Meet was held on 27<sup>th</sup> and 28<sup>th</sup> March 2015 at Morning Site park. The first year students from all the competing colleges- CMC, CDC, CON, College of Physiotherapy and IAHS- kicked off the event with the traditional march-past. The oath taking ceremony was led by our very own Tinu Mary, the former best athlete.

Following this the guest of honor, Dr. Sudhir Joseph, Director, St. Stephen's Hospital, New Delhi declared the games open.

This year, upkeeping with the college's reputation, students and faculty from our college brought home many prizes. Dr. Jhurgen with 1<sup>st</sup> prize in the staff men 100m, 200m, 400m, and 800m races, and 2<sup>nd</sup> prize in staff men triple jump won the Best Athlete award in the staff category, continuing his legacy. Other prizes included big wins in events like triple jump, high jump, long jump, discus and shot-put throw, javelin throw, relay race.



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## THE CDC YULETIDE- CHRISTMAS 2014

The chilly months of November and December experienced a lot of hustle bustle on the CDC campus. Starting from the mysteries of the Secret Santa to the grandeur of the Christmas program, it truly was the season of happiness. The awe inspiring voice of CDC and its sister colleges came together to sing carols as a part of the Institutional choir conducted by Dr Jerin Kuruvilla. Of special mention was a mesmerizing Capella performance which included some of CDC's very own voices. CDC's annual Christmas dinner concluded with the warmth of fellowship and in anticipation of the holiday season.



## CALYPSO 2015

When everything was dull and grey during the winters of Ludhiana, there came a festival of colours, music and dance – CALYPSO 2015! Every soul in CDC was thrilled to the core. It commenced with Fun Fest, which was a plethora of fun games, music, food and an Inter-department Salad making competition won by the dept. of Pedodontics



Calypso brought out the best in every Christdent who put their heart and soul participating in the various sports, literary and cultural events. Participation from all tiers of CDC, from the veterans in the faculty to the amateurs from the first years, is what made the competition all the more intriguing.



An apt finale to this year's Calypso was the dance eve, 'Nriyotsava', power packed with dance performances from all the batches. The show stopper, although was a Bhangra performance by our dear faculty which left us all in awe of them and signed Calypso 2015 off on high spirits.



## NEWS FLASH

A fresh new, much awaited, wave of change hit CDC in the wake of 2014. After a long run of undying efforts by the administration and the faculty Christian Dental College, was granted 3 post-graduate seats each for the departments of OMFS and Prosthodontia.

## ACADEMIA

On 5<sup>th</sup> April 2014, a one day workshop addressing the guidelines and limitations of Biomedical waste management in dental colleges was held in the Lady Willingdon Hall. The speakers at the workshop included Dr. Ramesh N. from Rama Dental College, Kanpur and Dr. Kapil Dua, Dr. Ritu Jain and Dr. Amandeep Pabla from Christian Dental College.

On 23<sup>rd</sup> February a guest lecture on "Prevention of Periodontal disease and maintenance of Oral Hygiene" was held in the Lady Willingdon Hall by Dr. Ajay Kakkar, President Elect., Int. of Academy of Periodontology.

The Chrismed Annual Research and Education Symposium was conducted in the hospital auditorium on the 5<sup>th</sup> of March, 2015. Dr. Libin, Dr. Shilpa and Dr. Alexander Speedie from the dept. of Pedodontia presented e-posters based on their original research in the Post-graduate category. Dr. Libin won the 3<sup>rd</sup> prize in the category for her presentation.

## FACULTY UPDATE

**Dr. Rajan Jairath, Dept. of Orthodontics**



**Birthday** - 23<sup>rd</sup> Feb.  
**BDS** - Government Dental College, Amritsar  
**MDS** - Bapuji Dental College, Davengere  
**Hobbies** - Sports, Travelling  
**Message For Students** -  
 Work Hard, work sincerely.  
 Read and learn as much as you can. God will give you everything that you need.

**Dr. Gauri Malik, Dept. of Conservative Dentistry and Endodontics**



**Birthday** - 9<sup>th</sup> Jan  
**BDS** - BRS Dental College, Panchkula  
**MDS** - DAV Dental College, Yamuna Nagar  
**Hobbies** - Reading, Travelling  
**Message to students** -  
 Follow your dreams!

**Dr. Preet K. Atwal, Dept. of Conservative Dentistry and Endodontics**



**Birthday** - 5<sup>th</sup> July  
**BDS** - GMC, Amritsar  
**MDS** - SURD, Amritsar  
**Hobbies** - Sports and dancing  
**Message to students** -  
 Maintain your confidence and keep a positive attitude!

# CROSSROADS

## SERVICE AGREEMENT- RURAL POSTINGS

- Alpana Andrews – Christian Hospital, Chhatarpur, Mahoba Road, Madhya Pradesh
- Christina Abraham – Champa Christian Hospital, Chhatisgarh
- Christina Amy Mathews – Duncan Hospital, Raxaul E. Chamaparan, Bihar
- Ishita Zem Taneja – G.M Priya Hospital, Dapengaoon, Latur District, Maharashtra
- Jasmine Ruth Baluja – St. Stephen's Hospital, Delhi
- Liji Rachel Thomas – St. Thomas Mission Hospital, Pallickal, Kattanam, Alapuzha, Kerala
- Minsu Mariam Varghese – Shantigiri Ashram, Edathala, North Alwaye, Kerala
- Nisha S. Abraham – Lakhnadon Christian Hospital, Lakhnadon, Seoni District, M.P.
- Praisyl Pallathu Prasad – Christian Hospital, Bissamcuttack, Orissa
- Prateeksha Sarojini Charles – Nur Manzil Psychiatric Centre, Lal Bagh, Lucknow, U.P
- Princy Thomas – Broadwell Christian Hospital, Fatehpur, U.P
- Rini Sara Varghese – Baptist Christian Hospital, Tezpur, Sonitpur, Assam
- Roshen Elizabeth Varghese – Snehadheepam Hospital, Neyyatinkara, Kerala

- Shannon Samuel – Evangelical Mission Hospital, Baitalpur
- Sonia Susan Abraham – C.S.I Mission Hospital, Codacal, Thirunavaya, Tirur, Kerala
- Susan Thomas – Duncan Hospital, Raxaul E. Chamaparan, Bihar
- Akshay Kalyan – Nawjiwan Hospital, Satbarwa, Palamau District, Jharkhand
- Amit Anjan Jall – Evangelical Mission Hospital, Tilda, P.O. Neora, Chhatisgarh
- Andrew Singh – Burrows Memorial Hospital, Bankandi, Cachar Dist., Assam
- Clifford John – (SDA) Ruby Nelson Hospital, Jalandhar, Punjab
- Jakes Mathew Mammen – Marthoma Ashram, Hoskote, Karnataka



## THE EDITORIAL BOARD

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