

CHRISTIAN DENTAL COLLEGE
LUDHIANA

CROSSROADS

VOL XIII March'15 -September'15

Newsletter of Christian Dental College, Ludhiana

EDITORIAL

"MY WORK IS FOR A KING"

This fundamental principle of CMCL is a golden standard to live by. Crossroads Vol XIII is a humble attempt by the editorial team to achieve that level of excellence in order to present to you all the current events with a journalistic and creative approach. The kaleidoscopic talent within our college is unique and continues to inspire me for future endeavors.

Nikita Pandey
Editor-in-Chief



PRINCIPAL'S DESK

India is changing and in this life process, change is a constant reality. Our affiliated university, Baba Farid University of Health Sciences, brought in drastic modifications with a purpose of streamlining medical and dental education in the state of Punjab, causing a shift in the atmosphere of all academic institutions including ours. This affected almost all our students, some of which are still struggling to cope with it. Therefore, I would encourage those who are facing difficulty to stand firm and not be shaken as they draw strength from God's solid foundation to face these challenges. Everyone who made a difference in their life or in the lives of others, experienced failures and storms but they stood strong and emerged victorious.

Dr. Abi M Thomas
Principal



CONVOCATION

For Zephyrs, batch of 2009, The morning of 23rd march witnessed a reminiscence of college life as they recaptured their past during the alumni meet in lecture hall where they provided feedback regarding mission work in their respective locations while appreciating the efforts of the faculty for equipping them appropriately and encouraging students to pursue this good work.



The convocation ceremony was held at children's park in faculty campus. Medical, Dental, Nursing and BPT batches of 2009 were awarded their professional degrees in the esteemed presence of Dr K K Talwar, Former Chairman of MCI's board of governors. Dr. Medha Gupta was awarded "best graduate" award for academic excellence. Students were also presented certificates and medals for outstanding academic achievements. The annual report for the academic year 2013-2014 was given by our Principal.

Minu George

FREEDOM IS HERE

On 15th august 2015, CMC Ludhiana gathered as an institution to celebrate our country's 69th year of independence. Christian Dental College was the host of this prestigious event. The day was commemorated with a special service in College Chapel, as we thanked and praised God for our freedom. Dr George Koshy shared God's word with the congregation. After this sacred time of prayer, the gathering moved to the Assembly Hall grounds for cultural events. The national flag was hoisted by the honorable chief guest, Mr. Surinder Singh Johl, Chancellor of Punjab University and the morning air resonated with "Jana Gana Mana". Students engaged in a glorious march-past as a tribute to our legacy. Spectacular dance performances were put up by the students of dental college, physiotherapy and nursing which enthralled the congregation. Melodious songs by the Medical college and Allied Health Sciences rekindled our patriotism. After a quick break for refreshments, the much awaited Intercollegiate matches began, comprising of basketball for boys and throw ball for girls. The day came to a close after a sumptuous lunch organized by respective colleges in their Hostel Mess..



Ann Mary Thomas

[EVENT UPDATE]

THE BORN IDENTITY

Sep 11th-13th would be 3 days that boldly stand out in this academic year of CMCL. The reason? A camp by the name of "born identity" organized by EU at Donbosco School, Kauli. Participants were divided into various teams such as "Bravehearts", "invincibles" etc that competed in outdoor games and talent night. The worship sessions turned out to be quite a surprise as everyone seemed to have put on their dancing shoes. Dr. Aniu (RZIM) and Dr. Sujith Verghese (BCH, Fatehpur) presented the main theme of the camp 'one's identity in Christ' through talks distributed across the program. 'Two by Two' time and QnA forum were of great practical use. All in all it was a rejuvenating weekend of fun, fellowship and sound bible teaching.

Arul Nathaneal



PHILOS '15

First week of August was a grand celebration of friendship as the college participated in PHILOS 'The friendship week'. New tasks were put up each day such as, 'Tag A Friend', that allowed students to dedicate nicknames and movie titles to their friends; 'Star Trek' in which individuals were given stars to stick on anyone who brightened their day; '#itallstartswithcoffee' included buying a cup of coffee with a secret message on it. The favorite of them all was 'Biggest Groupie' in which everyone was asked to post the biggest groupie they could take on the notice board with the winners featuring in this section. The festival of friends unraveled with much enthusiasm within the faculty and student body alike and these vibrant smiles bear witness to it.

GURUDAKSHINA

As a tribute to the CDC gurus, teacher's day was celebrated on the 4th of September. Dr. George Koshy inspired the eager gathering by his encouraging words. Cake cutting ensued with much excitement as the faculty joined in for a group photograph. The much awaited video comprising of interviews taken from the faculty, describing their experiences as a teacher, was then revealed. This was followed by an interdepartmental trident which included a quiz competition, Antakshari and Minute-To-Win-It game round, which was indeed an escape from their busy and stressful schedule. The Best department award was bagged by Dept of Prosthodontics. The evening came to an end with an amiable volleyball match between faculty and students. As memorabilia, hand-made calendars and key chains were presented to each faculty member.

Neethu Merin Mathew



SERVICE WITH A SMILE

Social relevance update

DENTAL MELA

As part of its oral health mission program, CDC organized a dental camp on the occasion of World Health Day on 7th April. This remarkable feat comprised of various informative models on basic oral hygiene, videos and poster presentations on general awareness regarding brushing habits, ill effects of tobacco use, dental flossing and other useful topics. Pamphlets in Hindi and English, addressing oral problems and treatment modalities were also distributed. Around a hundred patients turned up to avail the facility of free dental checkup. Under the guidance of Dr. Ritu Jain and Dr. Amandeep Pabla, referral cards were made for the patients and treatment was provided at subsidized rates within the college.



Ancy Mathew

THE INDUSTRIAL REVOLUTION

This year saw an extension of community dental services offered by our college into the industrial sector so as to address the changing trends of society in Ludhiana. Yajur Verma, (CR batch of 2011) was the mastermind behind this innovative outreach and managed to loop in Major Hosiery mills such as Nahar, Oswal and Monte Carlo for this project, each having an average of over 2000 employees. Multiple camps were set up for free oral hygiene evaluation and referral in these locations, The results have been phenomenal! 1185 individuals were examined and referred within 7 months. The best quality of dental treatment is being provided to them at subsidized rates. A continued pursuit of this service is intended in the coming years to impact a target population of nearly 10,000 workers.

ACADEMIA

RESULTS

FINAL YEAR

Jitika Sachdeva
(College Topper)

THIRD YEAR

Samridhi Bhuria
(College Topper)
Raunika Sehgal
(Distinction in Medicine)

SECOND YEAR

Deepa Gupta
(University Topper)

FIRST YEAR

Paravreet Woodwal
(University 2nd Rank,
Distinction in Anatomy)
Nishima
(University 3rd Rank,
Distinction in Anatomy)

FDP LECTURES

Colgate in collaboration with IDA organized future dental professional talks in our college for the Interns, Demonstrators and PG students. The program includes lectures on recent advances in dental treatment modalities. On 27th August a detailed and informative presentaion on composite veneers was given by Dr Preet Kanwal from the Dept of Conservative Dentistry and Endodontics.



FDI BANGKOK

Yajur Verma, BDS intern attended FDI 2015, 103rd annual World Dental Congress held in Bangkok, Thailand from 22-25th September. He presented a scientific paper on "Amalgam restorations replacements and their impact on the environment".



LIBERIA NEWS

Dr Sundeep Franklin, the fourth dentist sent by our college to Ganta Methodist Hospital Liberia, Northwest Africa served there for one and a half years and returned to India by September 2015. While in Africa he also trained registered nurses as dental therapists and continued his work among the people of three countries, in spite of an Ebola outbreak. He has now been replaced by Dr Jhurgan Caszo.



Sharon Massey

WELCOME PG FRESHERS

Admissions for the MDS courses offered in CDC welcomed a new batch of enthusiastic post graduate students as a part of our elite institution. Their training involves three years of intense in-depth study and clinical expertise in respective subjects. We wish them success in all their endeavors as they begin this new journey towards excellence.

Dept of
Oral Surgery



Dept of
Pediatric
Dentistry

Dept of
Prosthodontics



DBS UPDATE

Dental Bible Study, held on every Tuesday at 6pm; continues to be a forum of spiritual growth for the students. The recent studies, led by Dr Abi, Dr Koshy, Dr Emy and Dr Shereen, have been on the books of Revelations and Galatians. Dr Sam Abraham from Ambillikai Mission took a special session as well. Dr Raju and Dr Honeysh from Kacchwa mission hospital shared encouraging testimonies.

TO THE HOOP!

CMC organized a girls basketball match between MBBS and BDS students, as a part of 'systole'. The dental team comprised of 8 members namely Nayanika Priyam, Niharika Bhutani, Rachel Singh, Ekta Mani, Ashima, Annie And Sarah Ohri under the able leadership of Team Captain Sona. The match came to a glorious end with team CDC winning the game, as well as our hearts.

NEW AND IMPROVED



Renovations for the dental student council room were completed by 26th August. It now boasts of a new electrical system, better lighting, elegant wall paint, and a well-equipped sports section. The Principal inaugurated the room in the presence of senior faculty and the CRs and

ACRs of all batches. Ribbon cutting was followed by a friendly match of TT between faculty and students. The revamping also included a facelift for the mess in Eden brown boys' hostel, a badminton court within the compound, a TV room set up and a water cooler facility.



IT'S A FRESH START

NEW KIDS ON THE BLOCK

CDC family welcomes batch of 2015

With humble steps and ecstatic hearts the batch of 2015 stepped into the wonderful and majestic realm of CDC. For some of us making friends and memorizing names was a piece of cake while for others it was an unnerving experience. Nonetheless, the council welcomed us with open arms and introduced us to the workings of this college. As the mood shifted to serious business and lectures turned overwhelming, fellowship department came to the rescue and organized a retreat for us at the Bilga branch of CMC, where endless green fields and wonderful breeze created a world miles apart from the one we had landed into a month ago. From the chapel service to the return journey every programme was executed in a clear cut manner. The outing was blessed by the presence of our distinguished Director, the Principal and Vice Principal. One might think with all these dignitaries the occasion would've been a solemn and quiet event, however it turned out to be a fine mix of Get-real talks and uninhibited fun, with the latter being led by our council members themselves. Sessions taken by Rev. Alex, Dr. Abi Thomas and Dr. Koshy, focused on the various aspects of life within the CDC family and equipped us with practical information to excel in the coming years. From action songs to fun games such as "snatch the partner" and "plate pass" this day truly delivered the whole package, refueling us with passion and motivation as we entered college, ready to make our lives count.



Arul Nathaneal

Dr. Deepti Sharma

Assistant Professor
Dept of Oral Pathology

BDS : SGRD, Amritsar
MDS : Genesis Dental College, Ferozepur
I like reading
"Be honest to yourself"



Dr. Ashwin Romy Sakharia

Senior Resident
Dept of Oral and Maxillofacial Surgery

BDS : Christian Dental College, Ludhiana
MDS : Savita Dental College, Chennai
I like basketball and music
"Professionally ,do unto others as you'd want to be done unto yourself"



FACULTY UPDATE]

Dr. Karuna Bector

Senior Resident
Dept of Orthodontics

BDS : Genesis Dental College, Ferozepur
MDS : Genesis Dental College, Ferozepur
I like travelling, music and anything adventurous
"be confident, trust yourself and work hard"



Dr. Annie Edwin

Senior Resident
Dept of Pediatric Dentistry

BDS : Christian Dental College, Ludhiana
MDS : Christian Dental College, Ludhiana
I like painting and music
"Even when the odds are against you,, the creator of the universe can bring your dreams back to life"



Adieu Asclepians

In the month of July, CDC family bid farewell to the graduating batch of 2010, Asclepians, as many of them left for their service obligations. Given below is a list of new doctors, locked and loaded to serve in mission locations along with their predecessors across the country and change a nation at its roots.

Abigail Kovoor
Alka Mariam Mathew
Bosy Thankam Matthew
Dhanya Joy Varghese
Karuna Elza Oomen
Preethi Ann Jacob
Sharon Maria Thomas
Ashish Mathew
Marc Pranay David
Nithin Varghese Joy
Nitish George
Honeysh George
Shyama Sherin Joy

Landour Community Hospital, Mussourie
Bethany Health Care Centre, Chetpet, Chennai
MOSC Medical College And Hospital, Kolencherry, Kerala
Makunda Christian Hospital, Bazaricherra, Karimganj District, Assam
St. Gregorios Medical Mission, Parumala, Kerala
Christian Fellowship Community Health Centre, Ambilikkai, Tamil Nadu
MOSC Medical College And Hospital, Kolencherry, Kerala
Christian Medical Ashram Hospital, Ankora, North Canara, Karnataka
Duncan Hospital, Raxaul, East Champaran Dist. Bihar
Hoskhote Mission and Medical Centre, Bengaluru
Evangelical Hospital, Khanar, Nuapada, Orissa.
Kachhwa Christian Hospital, Mirzapur, Uttar Pradesh
Sneehadeepam Hospital, Neyyattinkara, Thiruvananthapuram

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Principal

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