



CHRISTIAN DENTAL COLLEGE LUDHIANA

OCTOBER '15 to JULY '16

VOLUME - XIV
CROSSROADS
NEWSLETTER OF CHRISTIAN DENTAL COLLEGE, LUDHIANA

PRINCIPALS' DESK

"Amazing Grace"

The meaning of grace is unmerited favor. That is what happened and what is happening to our college. Our college was ranked as the 7th best dental college in the country for 2016 by the Outlook magazine; Dr. Sucratha Susie John from the batch of 2007 got 2nd rank and Dr. Namitha Maria John from the same batch of 2008 got 32nd rank at the All India PG Entrance Examinations conducted by AIIMS, New Delhi for the year 2016; Dr. Rinu Abraham, PG Resident in Pediatric & Preventive dentistry won the best paper award in her category at the National conference (ISPPD - 2015) at Raipur; while Dr. Annie George won 1st position in Oral presentation category at CARES 2016 organized by CMC, Ludhiana. In response to this and to many other blessings, all we can offer is gratitude and commitment with integrity and humility at every level. Let us do that. With best wishes and prayer

Dr. Abi M. Thomas
Principal, Christian Dental College

EDITORIAL

"Crossroads are about change, Change powered by choice"

As another academic year draws to a close and a new batch of doctors' graduate, we find ourselves standing at the crossroads of life. The enormity of decisions taken right now seem overwhelming. Add to that a looming anxiety and it becomes evident that we are to be hurled head-first into society. But at this juncture it is crucial to remember the core belief of CDC. A sacred promise to serve, our service for the king. No matter where we are, let us choose to be professionally sound, socially relevant and spiritually alive. Echoed through the ages, let this triad of excellence become the foundation of our future. At the completion of my tenure as Editor-in-chief, I am privileged to present Crossroads vol. XIV, the Christdent newsletter summing up all student activities from October '15 - June '16.

Nikita Pandey
Editor-in-Chief, Student Council '15-'16



Prarambh

FRESHERS' AND INVESTITURE

CDC family officially welcomed 'Altheans'- Batch of 2015 with grandeur on October 18th. Prarambh – the mark of new beginnings, commenced with an investiture ceremony for Students Council 2015-16. The event was presided over by the Director, Dr. Abraham G Thomas and our Principal Dr. Abi M Thomas.

Dr. George Koshy, vice principal led the newly elected council members in an oath taking ceremony wherein they solemnly swore to uphold the standards of our prestigious college. The previous year council report was presented by Dr. Mrinalini Rathore, Editor-in-chief, Student Council 2014-15. A light cultural performance comprising of enthralling medleys and dance performances by the seniors and juniors concluded the event which was followed by a sumptuous dinner.

Hunger Games

The onset of winter brought about the latest season of hunger games conducted from 29th October to 1st November 2015. A tradition initiated in the year 2012, hunger games is a nonprofit effort by the student community to collect funds for the underprivileged. Often inaugurated with a fun-fest, these games are a series of sport tournaments held among teams sponsored by the faculty. The Throwball league for girls included six teams while the Futsal league comprised of four teams. The blue falcons and black hawks entered throwball finals wherein the former owned the game with a score of 3-1. Sponsored by Dr. Ruchi Gera, the blue falcons comprised of Dr. Kanika Kaur, Christina Ann, Nikita Pandey, Annie and Donna who were led to victory by Captain Dr. Hazel Caroline. In Futsal, the final match was held between The Madrids and The Snipers. Team Sniper, with members Abhishek George Mehta, Kuriakose K Joseph and Samanvay Gupta, captained by Stanley Abraham, emerged victorious with a score of 5-1.



Shiloh 2015

The annual students mission conference was conducted by CMC vellore from 1st – 3rd of October 2015. Nikita Pandey, batch of 2011, attended this 3 day conference themed "shalom makers" or peace makers, which comprised of interactive sessions with speakers who have dedicated their lives to mission work all over India.

'Tis' the Season, 'Tis' the Reason

CHRISTMAS DINNER

Christmas cheer spread early within CDC as the Christent family gathered to celebrate this cheerful season with a special service. A foggy December 17th welcomed happy faces, marking the end of strenuous send ups and the culmination of the three week long Secret Santa games. This year saw new additions in Santa's list with our staff joining the fun. They were the most enthusiastic of all and performed a foot tapping number that enthralled the crowd. A melodious student choir led the service into a time of thanksgiving. The theme "tis' the season, tis' the reason" was portrayed through a choreography by the students. An exchange of gifts and a lavish meal concluded the event.

Institutional Christmas Program 2015

The Christmas institutional program 2015 was celebrated from 11-13th of December. Students from Medical, Dental, Nursing, Physiotherapy and Allied Health Sciences came together as one on this joyous occasion. The program included the institutional choir, the institutional play, performances by faculty and campus kids. The choir mesmerized the crowd with a stunning rendition of Handel's medley and other classics. The Christmas play was a wonderful reminder of the greatest day in history. Special performances were also included wherein the student community of different Churches presented songs and choreography, leaving the audience spellbound.



MUSICAL

The music and theatre workshop under the patronage of Dr Abraham G Thomas, presented their annual musical from 17-19th March 2016 at Guru Nanak Bhavan. Adapted from a popular Disney movie into a Broadway musical, *The Lion King*, is a heartwarming story of love and redemption. With the largest cast and crew ever to be involved in a single musical throughout the history of our college, this exotic venture took our breath away with its magnificent props, make up, choreography and music. Participating from the Dental College were Benita Mariam Thomas, Milen Mathew Abraham Kottackal, Subin Jee Varghese, Jennifer Floria Vincent and Nayanika Priyam.



Senior faculty leading by example

Participating in the blood donation campaign held by Department of Transfusion Medicine to celebrate World Blood Donor Day and commemorate the birth of Dr. Karl Landsteiner.

The month of January, witnessed our much awaited annual inter-batch fest, calypso. The entire month was filled with various sports and cultural events. It came as a refreshing start to the New Year with Chrisdents broadcasting their talents. Everyone came together in this time of fun and laughter to create a new history. The fest came to an end with a spectacular dance night followed by distribution of certificates. The end tally marked Team Faculty as the multitalented winners of calypso 2016.



Calypso

A NEW LOOK INTRODUCING SCRUBS

As the month of April ushered in the smoldering summer heat, our professional wardrobe witnessed a shift towards cooler shades of the spectrum. Bringing a drastic change in the "doctor-white coat" relationship our college introduced a new range of scrubs color coded for convenience. Gradually and with some reluctance, the white overalls dissolved into blues, pinks and greys. A pipeline dream for over half a decade, this concept finally came to light all thanks to the incessant efforts of the administration and the student council.

REPUBLIC DAY

Christian Medical College Society Ludhiana celebrated the republic day of our country with much aplomb on 26th January 2016. Coordinated by College of Nursing, the programme commenced with a ceremonial parade by students from all sister colleges of the society. Hearts were warmed with pride as our national flag was hoisted by The honorable chief guest Mr. Ravinder Arora, BJP Convener of industrial cell and social workers. An array of cultural events followed in which CDC students sang a patriotic mash up of "Saare jahan se accha" and "Des rangila". The programme consummated with a friendly basketball match between the College of Nursing and CDC. After a thrilling match, College of Nursing emerged victorious.



ISPPD Conference

Indian Society of Pedodontics and Preventive Dentistry conducted their annual conference in the month of October in Raipur. Dr. Rinu Abraham, PG, Dept of Pediatric Dentistry, won the best paper award and made the college proud. Her paper was based on a questionnaire study about knowledge and awareness regarding oral hygiene practices and treatment in parents of children with Cerebral Palsy.

FDI Conference, Bangkok

Yajur Verma batch of 2011, represented the student community in Bangkok for the International Dental Conference conducted by FDI during 22nd - 25th September 2015. He presented a review article on "Amalgam restoration and their impact on the environment"



IDC Delhi

A contingent of 12 undergraduate students participated in the 69th Indian Dental Conference organized by IDA-COLGATE in Delhi. The students presented posters, papers and review articles on recent advancements seen in the dental health care field. Conducted from 19-21st February, this conference also included lectures, talks and exhibitions providing a global outlook and an overview of changing trends in dentistry.



Continued Dental Education Programs

- 24.04.15 : Clinicopathologic meet conducted on the topic "Cemento-osseous dysplasia"
- 12.05.15 : Orthodontic awareness day, poster competition held in Wylie school among the school children of age group 12-15 years under leadership of Dr. Rajan Jairath HOD Dept of Orthodontia.
- 27.08.15 : IDA- Colgate lecture on "Composite laminate step by step procedure"
- 29.09.15 : Glaxo Smith Kline talk on "Tooth sensitivity"
- 01.10.15 : IDA- Colgate FDP lecture on "Implants in daily life"
- 07.12.15 : Guest lecture by Dr. Vipul Shah on "Lasers in dentistry"
- 02.02.16 : "Science behind teeth brushing" by Dr. Amandeep Pabla

Cares 2016

Chrismed Annual Research and Education Symposium held on 30th march 2016, saw an active participation from the dental graduate as well as post graduate students. Mentioned below are the winners from CDC :

Dr. Annie George

PG Pediatric Dentistry

1st position, oral presentation category (combined medical and dental entries)

"Perception and awareness about nasoalveolar moulding among post graduate students"

Dr. Lenetta M Yohannan

PG, Pediatric Dentistry

Best dental PG poster

"Knowledge and attitude regarding pediatric dental trauma in the medical professionals"

Dr. Joe Cherian

PG, Pediatric Dentistry

3rd position, oral presentation category

"Prevalence of dental and TMJ injuries in epileptic children and parental knowledge of its management."



BREAKING NEWS

TOP 20 DENTAL COLLEGES

RANK 2023	Name of the Institute	P.Pvt G. Govt	City	Selection process (2013)	Academic excellence (2012)	Personality Dev't & exposure (2012)	Infrastructure & facilities (2011)	Placement (2011)	Total 2015 (1,000)
1	Maulana Azad Institute of Dental Sciences	G	Delhi	192.0	183.0	205.8	158.0	172.9	911.7
2	Manipal College of Dental Sciences	P	Manipal	170.0	177.2	188.0	159.5	158.6	853.3
3	Government Dental College & Hospital	G	Mumbai	170.0	170.0	200.0	137.0	152.0	829.0
4	Nair Hospital Dental College	G	Mumbai	172.0	175.0	178.0	128.0	154.0	805.0
5	Government Dental College & Research Institute	G	Bangalore	186.0	168.0	175.0	133.0	141.0	803.0
6	Faculty Of Dental Sc, King George's Med. Univ.	G	Lucknow	147.0	167.0	183.0	154.0	154.3	799.3
7	Christian Dental College	P	Ludhiana	173.0	166.0	169.0	148.0	132.9	790.9
8	Dr. R. Ahmed Dental College & Hospital	G	Kolkata	184.0	156.0	169.0	133.0	143.0	785.0
9	Post-graduate Institute of Dental Science	G	RohTak	161.0	161.0	165.0	134.5	150.0	771.5
10	S.D.M College of Dental Sciences & Hospital	P	Dharwad	155.0	157.0	181.0	130.0	139.0	762.0
11	Sri Ramachandra University	P	Chennai	136.0	143.0	174.0	149.0	159.0	761.0
12	Bapuji Dental College & Hospital	P	Davangere	142.0	154.0	177.7	145.0	138.6	757.3
13	Manipal College of Dental Sciences	P	Mangalore	148.0	166.0	172.3	127.5	137.1	751.0
14	Faculty of Dental Sciences, MS Ramalah Med College	G	Bangalore	127.0	145.0	164.0	147.5	157.0	740.5
15	SRM Dental College	P	Chennai	146.0	145.0	167.0	151.0	130.0	739.0
16	Faculty Of Dental Sciences BHU	P	Varanasi	150.0	147.0	162.0	142.0	130.0	731.0
17	Government Dental College & Hospital Nagpur	G	Nagpur	160.0	191.0	126.9	125.5	127.0	710.4
18	Army College of Dental Sciences	P	Secunderabad	156.0	121.0	162.5	126.0	141.4	715.9
19	Government Dental College & Hospital	G	Aurangabad	151.0	149.0	158.0	113.5	142.0	715.5
20	College Of Dental Sciences Davangere	P	Davangere	147.0	152.4	150.0	118.0	135.0	712.4

We are proud to announce that CDC has bagged the 7th position in a Nationwide Survey conducted by Outlook Magazine for the Top 20 Colleges of India. The evaluation was based on parameters such as Academic Excellence, Personality Development, Exposure and Infrastructure etc.



We congratulate Dr. Sucratha Susie John on acing All India Post Graduate Dental Entrance Exam (AIPGDDE) and emerging as the 2nd rank, making us all proud.

MISSION

UPDATE

As part of my 2 year service commitment, I was posted to the Francis Newton Hospital, Ferozepur. The dental department of this hospital, though vibrant through the early 20th century, saw a rapid decline after the pioneer, Dr. Lyell, left the hospital in 1972. Private practitioners attempted to carry on the good work with regular visits but the OPD soon turned nil.

I joined the department on 11/1/2016. By the grace of God, the clinic was made functional again in the month of February and patients started trickling in around mid-march. The present OPD is at an average of 2-3 patients per day. All general dental procedures are being carried out in the clinic. I also assist Dr. Rohit Chawla, an OMFS surgeon, in major and minor oral surgical procedures.

- Dr. Joncy V. Abraham
Batch of 2010



Dr. Abi M. Thomas with Dr. Joncy at Francis Newton Hospital, Ferozepur