



**CHRISTIAN DENTAL COLLEGE
LUDHIANA**

AUGUST '16 to JANUARY '17

CROSSROADS
NEWSLETTER OF CHRISTIAN DENTAL COLLEGE, LUDHIANA
VOLUME - XV

PRINCIPALS' DESK

In the Bible, it is written in Exodus 40:36-38; "In all the travels of the Israelites, whenever the cloud lifted from above the tabernacle, they would set out; but if the cloud did not lift, they did not set out—until the day it lifted. So the cloud of the Lord was over the tabernacle by day, and fire was in the cloud by night, in the sight of all the Israelites during all their travels."

In the life of CDC, it is a matter of joy and gladness that God was very good to us for the last 25 years and we praise God for each person who facilitated this journey. Also, we know that it was an enriching experience for our alumni and their feedback encouraged us to face difficult times.

With best wishes and prayers



Dr. Abi M. Thomas
Principal, Christian Dental College

EDITORIAL

As we welcome yet another year, the editorial board would like to present Crossroads Vol. XV which is our humble attempt to highlight the events and activities involving the Chridents during August '16 - January '17.

The myriad hues of CDC make it unique from the rest and inspire many to do great things in life. I am indebted to our Principal Dr. Abi M Thomas and our Vice Principal Dr. George Koshy for all the support, guidance and encouragement. I am immensely grateful to the almighty for leading us for the past 25 years and for guiding me throughout the process of bringing out this volume of our newsletter. On behalf of the entire editorial board I thank our beloved readers for their invaluable comments. We hope you enjoy this one.



Ancy Mathew
Editor-in-Chief, Student Council '16-'17

INDEPENDENCE DAY- 2016



Christian Medical College, Ludhiana led the institutional celebration of our nation's 70th Independence Day on 15th August 2016. The celebrations commenced with a special service in the college chapel, as we thanked the Almighty for our homeland, its riches and all the freedom that we enjoy. Students from all the five colleges took part in the ceremonial march past. Hearts were swollen with pride when the chief guest for the day Mr. Gulshan Rai unfurled the tricolour and as the sound of Jan Gan Man resonated. This was followed by an array of cultural programmes. Students from CDC put up an enthralling dance performance which was appreciated by one and all. After a quick refreshment break, the much awaited volleyball match for men and throwball match for women began. CDC emerged victorious in the throwball match.

Christians made waves at Pulse 2016 organized by All India Institute of Medical Sciences, New Delhi from 16th September to 22nd September. It was attended by a contingent of 12 representatives from CDC. Tinu Mary Thankachan, Batch of 2011, brought laurels to the institution by bagging 2 golds, 1 silver and 1 bronze in athletics. Binu Punnoose Gold, Batch of 2012 bagged a silver medal in Caroms. Milhun Mohan George and Santhi Anna Kuruvilla, Batch of 2012 bagged third position in the Duet (Indian Light Music Category). The group dance was adjudged as the 7th best among dances from colleges all over India. They surely left an imprint on many minds.

PULSE '16



GURU DAKSHINA Teacher's Day 2016

The student community of CDC paid homage to their mentors on 5th September 2016, observed as teacher's day on the occasion of Dr. S. Radhakrishnan's birth anniversary. Dr. Abi M Thomas addressed the gathering with his ever encouraging words. A special video titled 'Walk down memory lane' was then played and brought back so many amazing memories. This was followed by inter departmental games which were enjoyed by one and all. The Department of Oral and Maxillofacial Surgery emerged winners of the evening after which everyone enjoyed a toothsome snack box. Then the most awaited volleyball match started and after a neck to neck fight, the students emerged victorious. As a token of gratitude to our teachers, handmade mementos were presented to each of them which was much appreciated.

The annual students missions conference Shiloh 2016, hosted by CMC Vellore from the 29th of September to 1st of October was attended by Jennifer, Divya, Elizabeth, Ancy, Nisha, Poulina and Sanoj from Batches 2011 and 2012. The theme of the 3 day conference was 'Come Follow me' which consisted of Plenary sessions, Interactive sessions addressing the problems faced by today's youth etc., by speakers who are part of missions throughout the length and breadth of India

SHILOH '16 Come, Follow me



Editorial Board

Sharon Suresh | Ann Mary Thomas | Neethu Merin Mathew | Minu George
Jerin Jose | Sharon Massey | Arul Nathaneal | Kishkindha | Aastha Verma

Picture Credits

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'Bienvenido-Welcome Aboard'

Investiture and Fresher's Welcome

'Bienvenido - Welcome Aboard' was the official Fresher's welcome and Investiture ceremony for the newly elected students council 2016-17. The event was graced by the presence of our director Dr. Abraham G Thomas and was presided over by our Principal Dr. Abi M Thomas.

Dr. Palak Dua, Treasurer, Students Council 2015-16 presented the council report. Dr. George Koshy, our Vice Principal led the oath taking ceremony for the newly elected council, where in the members were sworn in to uphold the institution's values and work towards the welfare of the student community. Christidants who brought laurels to the institution were also felicitated. The colorful evening witnessed the rendition of a medley of songs and foot tapping dance performances by the juniors and seniors alike, which were appreciated by one and all. A fellowship dinner marked the end to this memorable evening.



Welcome Aboard Troezianz

Admission time is the most crucial one in an individual's life. "My joy knew no bounds when I got admitted to one of the most prestigious colleges in the country, Christian Dental College". The first day in college consisted of the introductory sessions, learning new things, earning new experiences and meeting new acquaintances. After few exhausting days, we came to know that a Welcome service in the chapel as well as a Retreat was planned at Bilga General Hospital, Bilga by the Fellowship Department. It was a pleasant change from the routine hectic schedule. Our Chaplain, Rev. Alex Peter led us in prayer and devotion. After a few songs of praise and worship, our Principal Sir Dr. Abi M. Thomas took sessions about the code of conduct, our responsibilities as health professionals and practical talk. The warm afternoon came to an end with fun games, a sumptuous lunch and a photo session. On 13th October came the most awaited event - the Fresher's Welcome. We were all very excited and dressed in our best. Our faculty members, administration and seniors welcomed us with warm hearts. Our seniors put up a commendable performance on this occasion. We also had a nice time introducing ourselves to the eager gathering and portraying the talents in our batch. On the occasion, our class representative Sahil Paul revealed our batch name - Troezianz. The colourful evening will always be etched in our hearts as we hope to make this institution proud.

Día del Amigo

Friendship Week '16

CDC celebrated the much awaited Friendship week in the month of September with fervor and delight. Tasks like 'Tag a friend' let individuals tag their friends, 'Match and Click' in which people wearing matching colors were to click pictures together, 'Band Groupie' which let individuals pick friendship bands bearing suitable nicknames and give it to their friends, then click a 'groupie'. The grand celebration of friendship concluded with a collage of memories captured through pictures. The vibrant smiles bear witness to the beautiful memories that were created and will be cherished.



Throb

A group of 12 members from CDC took part in the annual cultural arts and sports fest, THROB '16 organized by Baba Farid University of Health Sciences, Faridkot at Guru Gobind Singh Medical College from 30th August to 2nd September. It was attended by students from all the medical and dental colleges affiliated to the university. Christidants took part in various sports events like Volleyball, Badminton, Table Tennis, Caroms and Chess.

DBS Update

With the end of the summer break Dental Bible study once again kick started itself into the new academic session with study on FRUIT OF THE SPIRIT

E.U CAMP '16 Thrive

September 9th, 10th and 11th were three days to remember in the past academic year, reason being, THRIVE, the E.U. Camp 2016. CMC-EU once again pulled off an amazing camp which turned out to be an amalgamation of fun, frolic and foundation building. The venue was Trinity College, Jalandhar, which truly

felt like a home away from home. While games and two by two sessions broke the ice, the messages that were delivered by Mr. Philip Cherian and Mr. Jiji Zacharia instilled a new and positive outlook in the hearts of those who heard it. Practical sessions were also taken up by Dr. George Koshy and Mr. Stephen Victor, both the sessions being filled with valuable life lessons. This camp focused with good clarity, on the eternal truth that our Father has placed us here, even in the middle of a tempest of one crisis after another, not just to survive through it, but to thrive in it with Him by our side. Just surviving you say? Why not choose to Thrive?



22nd October 2016 witnessed the cultural diversity of CMCL come together to celebrate Onam. PONNONAM '16 was hosted and organized by BDS (Altheanz) and MBBS (Zephyros) batch of 2015. The chief guest for the event was our respected Director, Dr. Abraham G. Thomas, who addressed the gathering. The cultural extravaganza brought Kerala to the Land of five rivers. Mithun and Sanjana sang a melodious duet number while Dr. Benita Mariam Thomas put up a ravishing performance. Sherin, from the batch of 2015 also entertained the audience with a foot tapping rendition of Malayalam folk songs. The joyous occasion culminated with the traditional delectable Onam Sadya.

ONAM



TIS' THE SEASON Christmas '16

Christmas has always been a time of celebration and of good cheer here in CMC. Elaborate planning and preparations are always a part of Christmas to proclaim the birth of our savior through the Institutional Christmas Carols and this year it was realized on the 9th, 10th and 11th of December 2016. Chridents were a part of the Institutional Choir, which under the able guidance of Dr. Eric Williams mesmerized every heart. Chridents were an integral part of organizing this year's Institutional Carol Celebrations.



CDC welcomed Christmas with much ardour as Secret Santa games started towards the end of November among the Faculty, Students and Staff. The college Christmas celebrations culminated on a misty winter night on the 17th of December with the Christmas dinner, which was graced by the presence of members of the administrative body, alumni and our former principal Dr. Joy. L. Joshi. Students from all the batches sang carols and danced to the popular Christmas classics. Our supporting staff also presented a medley of Hindi carols which was appreciated by one and all. Dr. Gurbir Gosal delivered a heartwarming Christmas message. The gathering was surprised when the flash mob delivered a splendid dance performance. This was followed by the time for exchange of love and warmth in the form of gifts and the evening concluded with a sumptuous dinner.

Welcome PG Freshers

Admissions for MDS courses offered in CDC welcomed a new batch of enthusiastic post graduate students as part of our institution. We wish them success in all their endeavours in this new journey.



MISSION UPDATE

Dr. Jhurgen Caszo, the fifth dentist from Christian Dental College served at Ganta Memorial Hospital, Liberia for a period of one year. He worked there as a consultant dentist carrying out all general dental procedures as well training 2 dental auxiliaries. We thank God for being with him and blessing his ministry there. Dr. Shane Sam Mathew is the next dentist who will extend his services in Liberia.

RESULTS

Final Year
Third Year
Second Year
First Year

Samridhi Bhuria (College Topper)
Deepa Gupta (University Topper)
Samiksha Wadhwa (College Topper)
Arpita Bagga (College Topper)

Academia



CONFERENCES AND AWARD WINNERS

- Indian Association of Forensic Odontology conference, Zirakpur, Chandigarh from September 23-25, 2016 was attended by a contingent of 4 members. **Ajay Peter Unison** (intern) presented a paper titled 'Role of Dentist in Child Abuse - An Indian Perspective' in UG category, under the able guidance of Dr. Sonal Grover for which he won the best presentation award.
- Dr. Avantika Sharma**, PG Resident in OMFS presented a poster titled 'Image Guided Navigation For Minimal Invasive Approaches in Craniomaxillofacial Surgery' at the First Zonal Conference of Punjab and Haryana Chapters of AOMSI, Zirakpur on 1st October 2016 under the able guidance of Dr. Sumir Gandhi, was adjudged as the best in the category.
- A contingent of 4 members **Shivangi Gaur**, **Samridhi Bhuria**, **Ambar Khan** and **Armaan Pandher** (interns) represented CDC at Global Dental Congress and Youth carnival from 7-9th October 2016 hosted by SGRD Dental College, Amritsar at Brain War-intercollege quiz. They made our College proud by securing the second position at the same.
- The 9th International Dental Students and 3rd Dental surgeons Congress, 2016, hosted by BRS Dental College and General Hospital, Panchkula, Haryana on 25th and 26th November was attended by 15 delegates from CDC, where they presented scientific papers and posters on topics from the various branches of dentistry. The Department of Oral Medicine and Radiology, headed by **Dr. Shekhar Kapoor** was selected as the best functioning department among the various dental colleges of Punjab and Haryana in the discipline.



CDE PROGRAMS

- Direct Resin Artistry- Far Beyond the Ordinary - Dr. Rumpa Waj 28 August 2016. An interactive session on aesthetic dentistry followed by Hands on course. was attended by three members from CDC.
- Medical Emergencies in Dental Practice - 18 September 2016 at Park Plaza Hotel, Pakhowal Road attended by 8 members from CDC, it emphasized on various medical emergencies in dental practice and their management.
- As part of the CDC - UPDATES, a series of CDEs emphasizing basics in dentistry was conducted by the faculty of Conservative Dentistry and Endodontics department on 14th January 2017 on the topic, "Access cavity preparation and Biomechanical preparation", which was accredited by the Punjab Dental Council.

SOCIAL RELEVANCE UPDATE

This year saw an extension of dental health services offered by our college in collaboration with Trident Group to Barnala district of Punjab. The check up and treatment camps that were set up, rendered services including extractions, scaling, restoration, denture fabrication and oral health awareness to individuals from all walks of life. The industrial outreach program continues to cater to the dental health needs of the staff and their dependents in various hosiery mills in Ludhiana such as Nahar, Oswal and Monte Carlo. The best quality treatment is being provided to these areas of CDC outreach at affordable rates.

SERVICE OBLIGATIONS

- Ajay Peter Unison, D.** - NavJivan Hospital, Jharkhand
- Benet Babu** - MOSC Medical College and Hospital, Kolencherry, Kerala
- Divya Thomas** - Hoskote Mission and Medical Centre, Karnataka
- Elizabeth Abbu Varghese** - Department of Conservative Dentistry and Endodontics, CDC
- Isaac Reece C.** - Landour Community Hospital, Mussoorie
- Jennifer Floria Vincent** - Department of Prosthodontics and Crown & Bridge, CDC
- Mariam Tania Isaac** - St. Thomas Mission Hospital, Kattanam
- Milen Mathew Abraham** - Evangelical Hospital, Khariar, Odisha
- Sarath Cherian Jacob** - Makunda Christian Hospital, Assam
- Sherin Enocki Raj** - Christian Hospital, Chhatarpur
- Sigimol** - Duncan Hospital, Raxaul, Bihar
- Smriti B. Varghese** - Snehaddeepam Hospital, Neyyatinkara, Thiruvananthapuram
- Subin Jee Vargis** - Christian Hospital, Mungeli, Chhatisgarh
- Tinu Mary Thankachan** - MOSC Medical College and Hospital, Kolencherry, Kerala

INTERNS OUTREACH POSTINGS

Eight interns were posted in Duncan Hospital, Raxaul and CFH, Oddanchatram as part of their elective postings of 15 days from the last academic session.

As the Psalmist says, 'I will stand up before the congregation and testify of the wonderful things you have done for me' I take this opportunity to share my experience at Christian Fellowship Hospital, Oddanchatram, a small municipal town in Dindigul district of Tamil Nadu. The story of the hospital itself is amazing especially if one considers the humble beginning of the same- what started as a small one room clinic to provide healthcare to an impoverished area would grow to be a 300 bedded hospital that has so much to offer. As I reached there I was welcomed with much warmth and love by the dental team consisting of four dentists and dental assistants and led by Dr. Anand Suresh. I was encouraged to do any procedure and the team was always willing to teach. One thing that made this hospital stand apart is the prayerful attitude and the love which keeps everyone together. I have learnt that when you have that quality within you, every other noble quality you can think of actually follows suit. So thank you CFH, for the memories that I would cherish and I'm also grateful to Dr. Abi M Thomas and Dr. George Koshy for sending me to this place for my elective posting.

Dr. Ajay Peter Unison D.
Batch of 2011