



CHRISTIAN DENTAL COLLEGE LUDHIANA

JANUARY-AUGUST 2017

CROSSROADS XVI

NEWSLETTER OF CHRISTIAN DENTAL COLLEGE, LUDHIANA

PRINCIPAL'S DESK

As we celebrate the silver jubilee of CDC from its humble beginnings to the present status, let me quote Dr. Gayatri, who graduated from the pioneer batch of 1992, who is presently a part time Faculty at Harvard Dental School, Boston, USA.

"Christian Dental College played an integral part in shaping my career. It helped me achieve my goal to become an Endodontist and prepared me well didactically and clinically to excel as a good clinician in the US. The importance of patient care, "patient comes first" are key fundamentals instilled at CDC. Being gentle and compassionate towards your patients and your fellow staff was inculcated in me during the formative years at CDC. These virtues have really helped me to develop into a good clinician today. I owe a lot to this institution and do not have enough words to express my gratitude".

I thank God for all the students, faculty, staff, administration and well-wishers who contributed and nurtured every individual in this journey.

With best wishes and prayers



Dr. Abi M. Thomas

EDITORIAL

Hurray! It's our 25th anniversary.

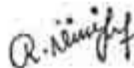
We are the living embodiment of the phrase, 'humble beginnings should not be despised' as we have maintained the 7th position as the best dental college in India for two consecutive years by Outlook magazine.

Of course, we did not achieve this feat on our own. We had the guidance of our God Almighty and the prayers of our well-wishers. We wouldn't be here without them.

There are plenty of achievements in our timeline that can be mentioned as examples of God's favour. Looking back at the road He has lead us, our hearts can only be humbled.

As you gear up for the upcoming year, the editorial board has been hard at work in bringing out the Crossroads XVI. Hope you enjoy it to the fullest.

We thank our Principal Dr. Abi M. Thomas for his unwavering support.



Nissi Evelyn .R
Editor-in-chief

REPUBLIC DAY

Even as the drizzle mizzled down relentlessly, the CMC family came together to celebrate Republic day on 26th January, 2017.

The day started with the Chapel service followed by a celebration at the Assembly Hall. Hoisting the flag the students of different colleges took part in the march past. The thought provoking speech by the chief guest Shri Pal Oswal was truly inspirational.

With the flag fluttering high, the students from different colleges filled the Assembly hall stage with their breath-taking performances.



EMI VISIT



Engineering Ministries International (EMI) is a non-profit Christian development organization with a vision to mobilize design professionals to provide design assistance to organizations serving the poor in developing nations.

From February 5th- 12th, 2017 an EMI team consisted of 5 architecture and 5 engineering professionals from USA and India visited CDC, with the task to provide a feasibility study for CDC to consider ways to meet current infrastructure requirements from the Dental Council of India for accreditation.

A report was given by them with the goal to support CDC administration in decision-making, fundraising and obtaining permissions.

CALYPSO-LEGACY REBOOTED

Amidst the collywobbles of finishing quota, preclinical work, record books came the silverline "The interbatch fest - Calypso". A time of enjoyment, teamwork, creativity in action started with the opening ceremony by the Principal Dr. Abi M. Thomas. The cold winter breeze did not stop the CDCites from partaking in this extravaganza.

Nrityotsav - Dance night marked an end to the fest witnessing batch Xavions being crowned victors.



SYMPHONY

"Music gives soul to the universe, wings to the mind, flight to the imagination and life to everything"

The rhythms and the beats of the western and regional solo and duet singing competitions resonated around the campus of CMC during 'Symphony' on 23rd February, 2017. The singers and the instrumentalists performed with confidence and spread an aura of pleasant harmony which captivated the overfilled auditorium. The responses from the audience were overwhelming.

Mithun, Sanjana, Shanthi, Tarun, Rithika, Sherin made our alma mater proud with their unparalleled singing and by bagging prizes in the event. The winners were well appreciated by the judges and the prizes were distributed by our Director, Dr. Abraham G. Thomas.

Symphony provided the participants with a great opportunity to express their talent and a memorable evening for all those present.



25th Anniversary



Christian Dental College was founded in 1992 and for the past 25 years we have faithfully been catering to more than just the dental health care needs of our patients from various walks of life, while also training students to be professionally competent, socially relevant and spiritually alive.

The institution has taken grand strides in the direction of continued success and achievements braving the hardships and hurdles it had to face. So it was with immense gratitude and infinite joy the Chridents both present and past, came together from all around the country and the world to join in the silver jubilee celebration held on 17th, 18th, 19th of March, 2017.

The ceremony commenced prayerfully with the lighting of lamp by the dignitaries present. The gathering included the Chairman and honourable members of the Governing Body, CMC Ludhiana Society. The audience was addressed by the Principal Dr. Abi M. Thomas followed by the Director Dr. Abraham G. Thomas and the founder Principal, Dr. J.L. Joshi, who recalled the humble beginning and the struggles and successes of the College.

A slideshow 'Down the memory lane' was put together by Dr. Ritu Jain portraying, the events both big and small, and important milestones in CDC history. The day ended with a friendly basketball match between the alumni and the students.

The following day scientific presentations were given by the alumni.

Surgeon Commander Ashish Chakranarayan (Batch of '93) delivered a talk on 'Orthognathic surgery'. Followed by Dr.Rishi Seth, Orthodontist (Batch of '98) presented on 'Soft tissue changes after Orthodontic treatment'.

Dr. Shivangi Maletia (Batch of '03) popularly known as 'life coach' influenced us with a motivational talk. A few representatives of various batches fondly shared their cherished memories and testimonies.

The quiet evening was brought to life by a variety of cultural programs organised by the student body, the alumni and the faculty. There were scintillating dance performances and rhythmic renditions.

The Chapel service on Sunday was organised by the students and faculty. It indeed was divinely inspired and was a blessing to many.

The ceremony concluded with a special evening with Dr. Benny Prasad and his wife Zanbeni Prasad rendering a few meaningful gospel numbers and sharing their challenges and compelling testimonies and words of encouragement.





The annual convocation ceremony was held for the batch of 2011 'Oranes' on 23rd March, 2017 at the children's park. Shri Prasanta Kumar, Chief Postmaster General, Punjab and UT graced the occasion as Chief Guest. Dr. Joy G. Paul, Consultant Urologist, from Los Angeles was the Guest of honour. Accompanied by the applause of the audience, the graduates brimming with smiles were awarded their certificates. The outstanding efforts of the students and graduates were recognised with academic awards. The event ended with the convoking batch capturing their proud moments with their loved ones.

BACCALAUREATE



'Xavions' the legacy that never ends. One of the most versatile batches which showed their talent in every field. With the grace of God the 'Xavions' completed their five successful years in CDC. With their baccalaureate celebrated on 10th of June, they were dedicated for the upcoming battles of life to achieve new heights in their profession. With hearts filled with gratitude to God who led them through thus far and with hope as an anchor, firm and secure they now embark on a new journey, ready to discover new horizons.

As the first week of August arrived, so did the friendship week. The week proved to be an exciting one with different tasks laced throughout the week from finding your picture mate to stereotyping your friends.

There was an enthusiastic participation from the students and faculty. It ended with the old school friendship band activity.



FRIENDSHIP WEEK



KRENOVIANTZ



Knowing that it is the place where God wants us to be, we came to CDC with glittery eyes and lots of expectations. The day we entered the college was the day our council members were introduced to us. From that moment till now, they have been there for us. This new phase of our life began with a chapel service followed by the orientation programme. A different phase it is, to be a part of a class where people speak different languages and follow different cultures and traditions. Instead of dividing us, these boundaries brought us close and helped us to learn new things. Soon our classes started and we became busy with our studies and activities. Like an oasis in the desert, the fellowship department came to the rescue from our busy schedules with a retreat at Bilga general hospital. As time passes by, our bonds have become stronger and this place has become our home away from home. As mentioned earlier, we came with lots of expectations and we soon realised that this is the place where our expectations met reality.

The CMC family came together to celebrate the 71st year of Independence hosted by the Christian Dental College. The programs started with a chapel service at the college chapel followed by the flag hoisting and various cultural programs in the Assembly hall lawns. The Chief Guest for the event was our respected Director, Dr. Abraham G. Thomas. The Principals from all the different colleges under CMC were present.

The tri-colour was hoisted with much pride and was followed by felicitation of one of the senior most member of the CMC family, Mr. K.T. Varghese. This was followed by various cultural programs put up by the students of Medical, Dental, Nursing, Physiotherapy and the College of Allied Health sciences. The day came to an end with a friendly match between CMC and CDC.

INDEPENDENCE DAY



READY SET CLICK

World photography day being celebrated on 19th of August, a photography contest was held. Enthusiastic Christdents displayed their photographic skills by clicking splendid pictures in and around CDC. Dr. Jennifer Vincent, Krithika Pandey, Jerin Jose won the contest.



RESULTS

Once again, the shining stars of CDC made us all proud with their academic talents portrayed in the university examination. After months of hardwork the final year batch of 2013 came out in flying colours with Deepa Gupta securing the 1st position and Abeegayil Johny securing the 2nd. The batch of 2014 stood tall with Subi Thomas bagging the first and Samiksha Wadhwa bagging the second position. The stars of 2015 marvelled us with Arpita Bagga securing the 1st place along with distinction in pharmacology and Archana securing the 2nd place. Lastly the results of the batch of 2016 were declared with Ravneet Kaur and Josena Saji leading their batch with Ravneet being the 1st and Josena being the 2nd.

WELCOME ABOARD PG FRESHERS

The month of May brought an energetic bunch of postgraduate students to CDC. With the batch of 2014 completing their post-graduation, the batch of 2017 started their journey in CDC. We wish the batch of 2014 and 2017 for a prosperous and successful journey ahead.



CONFERENCES AND AWARD WINNERS:



IAOMR Conference:

National Indian Academy of Oral Medicine and Radiology BDS convention Punjab state was hosted by Dasmesh Institute of research and Dental sciences, Faridkot on 4th March 2017. 13 delegates from CDC under the guidance of Dr. Shekhar Kapoor attended the conference and presented papers and posters of which Saino Mariam Shaji, Komalpreet Cheema, Nissi Evelyn. R were awarded best paper awards and Devika Sharma was awarded best poster award. In the quiz competition held in the conference a team comprising of Dr. Neha Thakur, Ancy Mathew, Devika Sharma bagged the second place.



WORKSHOPS:

A workshop on the topic "Occlusion in full mouth rehabilitation" was held on 24th February, 2017 by Dr. Moez I. Khakiani.



Poster competition:
Indian Dental Association, Ludhiana conducted an 'Oral cancer awareness' poster competition on February 10, 2017 in which Sarah, Keziah, Janus, Jasmine and Jyotsana were selected to compete with the members of other dental colleges in Ludhiana. The second prize in the finals was won by Sarah Ohri which was held on February 12, 2017.

CARES:

Chrismed Annual Research and Education Symposium held on 5th March, 2017 had an enthusiastic participation by 5 of our postgraduate students in which Dr. Rupali won the third prize for her presentation on "Effects of audio, audiovisual distraction and aromatherapy relaxation in managing dental anxiety in pediatric patients".

ISPRP Conference

Indian Society of Prosthodontics Restorative and Periodontics National conference was held at SRM Dental College on August 26th and 27th, 2017 in which 6 of our post graduate students from the Department of Prosthodontics presented papers and posters. Mentioned below are the award winners.

Dr. Rohit Sunny Mathew, Dr. Ashish Thomas

Best paper award

Topic: Rehabilitation with sectional complete removable dental prosthesis of a patient with microstomia

Dr. George Abraham

Best paper award

Topic: An innovative technique for hollowing a prosthesis with excessive vertical height using polyvinyl siloxane putty

Dr. Sherine Ponruj, Dr. Aakriti Mahajan

Best poster award

Topic: Aesthetic road map for dental implants

Dr. Nidhi Markan

Topic: Best poster award

Orofacial pain - Are we missing the target