

CHRISTIAN DENTAL COLLEGE LUDHIANA

September '17 to March '18
CROSSROADS XVII
NEWSLETTER OF CHRISTIAN DENTAL COLLEGE, LUDHIANA

PRINCIPAL'S DESK

Change is something which we don't like, rather we resist at times. But, just like 'aging', change is a process which is inevitable. History teaches us that for sustenance we need to stand up to challenges otherwise we get drowned in the tide. In this process, the common mistake many do is trying to dilute the core values, rather than addressing the process of implementing the core values. Once we succumb to the pressure of altering the core values then there is nothing left to pursue or motivate the journey of the organization.

My prayer and desire for our institution and for each individual whether faculty or staff or student is that we stand on our core values and face all the challenges which come our way.



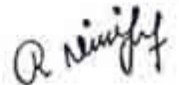
Dr. Abi M. Thomas

EDITORIAL

"With gratitude"

As another academic year comes to an end, with hearts filled with gratitude, we the editorial board would like to chronicle the events in our institution from September to March. Inside you would find a mixture of news both happy and sad, but His grace has brought us through.

The endeavour of bringing out Crossroads XVII would not have been possible without the steadfast support and guidance by our Principal Dr. Abi M. Thomas and our Vice Principal Dr. George Koshy.



Nissi Evelyn. R
Editor-in-chief



IN REMEMBRANCE OF DR. SHANE SAM MATHEW

A goofy, infectious smile, the rare ability to laugh in the midst of adversities and find humour in trying circumstances- This was Dr. Shane Sam Mathew, a beloved son, brother and a wonderful friend to many. Dr. Shane belonged to the batch of 2010- Asclepians. He graduated in the year 2015 and went on to serve at TLM Chandkhuri Leprosy Hospital, Bilaspur for his service obligation.

When the need arose for a dentist to replace Dr. Jhurgen Cazso in Liberia, he rose to meet it gladly and with faith that God would be his guide. On the night of September 3rd, 2017, Dr. Shane Sam Mathew lost his life in a tragic fire accident.

Following are excerpts from a few tributes written by his batch mates who loved him dearly:

"He was like the wind, no one knew where he'd come from or where he'd plan to go next. If there was anyone in the batch who could elevate the stressful mood, it would have to be Shane. His presence in classroom meant laughter and giggles".

"His smile could cure my grief and put a smile on my face. The most charming guy in our batch who shared a special bond with each one of us and taught us to be happy regardless of our situations. I thank God for Shane's life, the blessing he was to us and the people he served in the mission field".

Dr. Shane's life will be forever cherished, he will be fondly remembered and will remain an inspiration to many.

Mission Update



The untimely passing away of Dr. Shane Sam Mathew in a tragic fire accident in Liberia shook the entire CMC family and continues to be a painful loss. Our graduate Dr. Jhurgen Cazso who earlier served in this hospital from October 2015 to December 2016 has volunteered to fill the void. He rejoined the Ganta United Methodist Mission hospital in January 2018 and is continuing the ministry Dr. Shane left behind. We pray that God's name be glorified through his work.

CROSSROADS:

College life presents with many choices and detours for any youngster, with each road leading to a destination and outcome. Keeping this in mind "The Evangelical Union" organised a camp for the students of CMC, the theme being

"Crossroads". With songs, activities and games packed in, the camp started on September 15, at Trinity College, Jalandhar. It was truly bustling with enthusiasm. The theme was dissected by the renowned neurosurgeon Dr. George Kovoor. Dr. Laji Varghese shared his experience in the setting up of Lady Willington Hospital, Manali; while Dr. Arpith Mathew engaged the audience with the practical aspects of the theme. The much awaited game sessions and talent night made sure that the sessions were not 'all talk and no play'. Truly it was a wonderful time of renewal and preparing oneself for the choices that are still in the horizon.



carving. In Throb, Arya Acca Varghese and Samanvay Gupta secured the second place in dance and first in caroms respectively. Kiskindha made us proud by bagging the third prize in PCTE for her solo dance.

TALENTO

Christians are known for their talents and they never keep them hidden. A bunch of enthusiastic students took part in various inter college cultural and sports fests - Pulse, Throb and PCTE held in the month of september and brought laurels to our college. Nirmal P John bagged the second prize in Pulse for soap

TRANSFORMED FOR TRANSFORMATION

Shiloh- The Annual students mission conference of Christian Medical College, Vellore was held in the month of September, with the theme being "Transformed for transformation". Interns from CDC attended the conference. Below is the experience of one of the intern who attended the conference.

'One of the events I had eagerly looked forward to in internship was Shiloh. 5 interns from CDC chose to travel to CMC, Vellore to attend this mission conference which was held from 28th of September to 1st of October.

We experienced heart- warming hospitality and enjoyed being in the big and beautiful campus. There were various sessions focusing on medical missions, how our service can be significant and what it truly means to live transformed lives. The speaker included Mr. Rajkumar Ramachandran, Dr. Sam Thomas, Dr. Sujith Varghese and various doctors who have devoted their lives to missions. They shared inspiring instances of how God had used them to transform lives of thousands of underprivileged people.

It indeed challenged me to dare to tread the path they had chosen in faith, for the rewards seem supernal. We returned having renewed our commitment to Christ and with a will to serve like He did, "Your mission field lies between your feet". Wherever we are planted we are to bloom and bear fruit'.



- Sharon Suresh

AAGAAZ:



'Fresher's welcome' is an event that is all about establishing and strengthening of bonds between the students with their seniors and teachers. It is the feeling of joy and integrated happiness, welcoming the juniors to the institution. On 17th October, 2017 came the much anticipated day - AAGAAZ. Seniors welcomed their juniors, the batch of 2017 with great joy. The batch of 2017- Krenoviantz announced their arrival with introductions and a splendid dance performance. Our respected Principal Sir delivered an inspiring speech as he welcomed the batch to the CDC family.

The investiture ceremony of the new council 2017-2018 was led by our Principal Dr. Abi M. Thomas and our Vice Principal Dr. George Koshy. The ceremony started with Dr. Armaan Pandher, General Secretary, student council 2016-2017 delivering the council report. It was followed by the administration of the oath to the new council members and the handing over of the college plaque to the council as a symbol of the trust reposed in them to carry forward the legacy. This was followed by the prayer of dedication by Rev. Alex Peter. The council 2017-18: President: Christie Loya Prasad; Vice President: Hemiya Anna Thomas; General Secretary: Alma Chirayil Prathap; Sports Secretary: Jasjot Singh Cheema; Cultural Secretary: Ekta Mani; Editor-in-Chief: Nissi Evelyn R; Treasurer: Reshma Mariam Saju.

The Chridents who brought laurels to our institution were also acknowledged.

THANIMA

Come the month of October, and the college witnessed another cultural evening celebrating Onam on October 15th, 2017. It was organized by the MBBS and BDS batch of 2016. The chief guest for the day was our Director Dr. Abraham G. Thomas. The programme included various games and dances which left the audience spell bound. The arrival of Mahabali lightened up the atmosphere with laughter and fun. It was followed by Onam sadhya and the evening proved to be a joyous occasion.

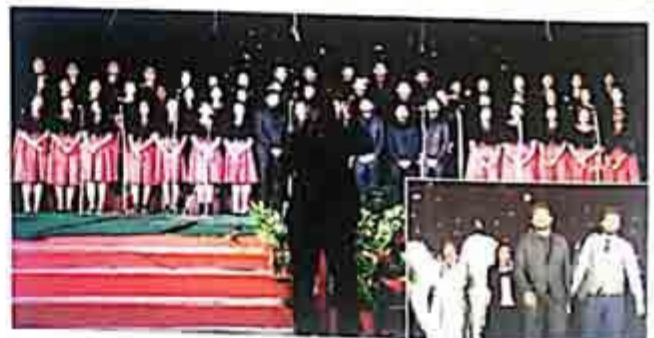


TEACHER'S DAY:



On October 31st, 2017 the family of Chridents got together on the occasion of teacher's day to appreciate and thank our teachers for everything they do to bring out the best in their students. A delicious lunch was organised that was enjoyed by the students and faculty. The program commenced with a song dedicated to the teachers, followed by the fun spirited games which filled the atmosphere with enthusiasm and enjoyment. The Department of Prosthodontics were the winners of the event. A peek into the life of the faculty in CDC was portrayed with a slideshow highlighting their efforts to make the patients smile and the students wise.

INSTITUTIONAL CHRISTMAS PROGRAM



A break from the stress-filled 'send up' season was welcomed in the form of our Institutional Christmas program held on 15th, 16th, 17th December, 2017. Dr. Jennifer Vincent from CDC conducted the Institutional Choir which filled our hearts with joy and peace.

A chucklesome play 'Don't you see it' directed by the talented interns from CDC- Dr. Jerin Jacob and Dr. Ashish Mathew Joseph, brought to life the true meaning of Christmas. There was eager participation by the Chridents in this institutional event.

SANTA IS COMING TO TOWN

The 'Christmassy' feeling is spread with the stars hung on doorways, Christmas trees lit up, Santa Claus roaming the roads and the shopping malls, but if there's one feature of the festival that paves for an inclusive celebration, it's the carols. On the chilly nights of December 18th, 19th, 21st the interns along with the Santa Claus visited the faculty houses singing Christmas carols. The faculty and their family members welcomed the interns cheerfully singing songs, eating goodies and praying together. The melodious songs by the faculty kids was like the icing on the cake. This opened an opportunity to spread the tidings of great joy.



CHRISTMAS FELLOWSHIP



Christmas fellowship, the last event of the year was held on 20th December, 2017 at the volleyball court. The event saw in attendance almost everyone from the students and faculty. The program started with a mellifluous song by the interns and a choreography depicting the good news of Christmas. The Christmas message for the evening was delivered by Mr. Purushotam Adhikari and this was a testimony of the love that God has for each of us. This was followed by the cultural programs ranging from a medley of Christmas carols by the post graduate students, enthusiastic choreography by the undergraduates and a special session of games. The star

attraction of the evening was the entry of Santa Claus on a bike. It was followed by the yearly custom of Secret Santas' revealing themselves and exchanging gifts. The night came to an end with dinner.

CALYPSO 2018 There was a special fever in the air with the end of winter break. The month of January saw the students go about with obvious excitement and anticipation written all over their faces, it was the most awaited inter-batch event- CALYPSO. Calypso was welcomed with warm hearts on January 20th with the blessings of our respected Vice Principal Dr. George Koshy who declared Calypso 2018 open. It was the time for everyone to shed their white coats for sporting gear and to play and cheer their hearts out for their batches and friends. This wonderful competition lasted for an entire month and culminated with 'NATYA TARANG- the dance night' adding the last star to the night sky. Mavericks put a star in their hats by bagging the first prize in Calypso 2018, followed by the faculty.



REPUBLIC DAY



On the graceful morning of 26th January 2018, our college celebrated the 69th Republic day which was hosted by the College of Nursing this year. It started with a chapel service, followed by a celebration at the Assembly hall lawns. As our honourable chief guest, Mr. Ravinder Arora unfurled the national flag, the student choir led the gathering into singing the National anthem with beautiful patriotic fervour. The highlight of the day was the march past which saw an enthusiastic participation by all the five colleges. A thought provoking speech was delivered by the Chief Guest. The patriotic songs and folk dances put up by the students left the audience awe-struck. An impressive dance was performed by the Chrisdents. With the vote of thanks, the celebration came to an end and people went back with a smile on their face.

CONVOCATION



With the convocation of Xavions- batch of 2012 being scheduled on March 10th, 2018, the batch gathered in the lecture hall on March 9th for a time of sharing testimonies and giving us a glimpse into their lives in their places of work. This was followed by a slide show of the graduating students in their work places. Food and fun fest by the departments paved the way for the batch of 2012 to have a time of fellowship with the faculty, batch-mates, seniors and juniors. On March 10th, the convocation commenced with a parade of the convocating students of all the 5 colleges. The Director Dr. Abraham G. Thomas welcomed the chief guest Mr. Brahm Mohindra, the Hon'ble Health Minister of Punjab, Dr. Arvind Sharma, Registrar, Baba Farid University of Health Sciences and the guests. The convocating students received their degrees and awards. The new graduates were administered the Hippocratic oath and Rev. Alex Peter led the graduates in a prayer of dedication. The program came to a close with the vote of thanks by Dr. George Koshy and the song 'Carry your candle' by the choir. The convocating students left with hope in their heart, prayer on their lips, with an aim to help the needy, with the belief that their work is for the King.

NIUGC 2017

CONFERENCES:



The National IAOMR undergraduate conference was conducted by the College of Dental Sciences and Research, MM University, Mullana, Ambala from September 14th -16th, 2017. Eminent speakers graced the occasion.

Various scientific papers were presented with Manu and Pavneet bagging the best poster award; Ananya and Deepika, Paravreet and Sharan winning the best paper award. Devika, Nishima, Samiksha and Ananya won first prize in the Quiz competition.

ISPPD

The annual conference of Indian Society of Pedodontics and Preventive Dentistry was held in the month of September from 13th -16th at Chennai. 8 zealous Postgraduate students attended the conference and presented papers and posters, with Dr. Shreya Tyagi bagging the first place for her paper.



AOMSI:



On September 9th and 10th 2017, the 7th Annual conference of Punjab Association of Oral and Maxillofacial Surgeons was held at Jalandhar. 8 of our dynamic Post graduate students attended the conference with their papers

and posters. In the event, Dr. Navaljeet Kaur won the best poster award.

42nd Annual congress of Association of Oral and Maxillofacial Surgeons of India was held at Nagpur from November 16th -18th, 2017. 3 Postgraduate students from our college presented papers and posters.

IDA Punjab:

The 57th IDA Punjab State Dental Conference and Students Conference was conducted at Guru Nanak Dev Bhawan, Ludhiana from 17th - 19th November, 2017. Chrisdents presented various scientific papers and e-posters.

Apart from the scientific research, sports and cultural events were also organised. The intercollege throwball competition was won by the zealous girls of CDC. The enthusiasm and diligence was evident with CDC bagging the second place in the entire event.



CDE PROGRAMS

The IDA Colgate CDE program for future Dental professionals was held on 14th October, 2017 at Christian Dental College. Professors from our very own college enlightened the students, PGs and Interns with 3 very applicative topics.

Dr. Preet Kanwal Kaur Atwal spoke on "Clinical posting- A new beginning for the 3rd years".

Dr. Saurabh Arya addressed the final years on "Management of Medical Emergencies in dental practices".

Dr. Harit Talwar acquainted the crowd on "Digital Photography"

FORENSIC ODONTOLOGY:

As a part of 'CDC updates' Department of Oral and Maxillofacial Pathology and Microbiology conducted a CDE program on "Forensic Odontology". Dr. Aman Choudhary and Dr. Priyanka Kapoor from Faculty of Dentistry, Jamia Milia University and Dr.O.P Jasuja from Punjabi University, Patiala and Dr. Deepti Sharma from CDC were the resource people. There was exuberant participation from the students of CDC and other colleges. Lively lectures and Hands on training on "Age estimation by Demirjian's method" made the event more informative and practical.



CONS- ENDO DAY



On 5th March, 2018, the Department of Conservative Dentistry and Endodontics celebrated Cons - Endo day by conducting Quiz and Rubber dam placement competition. The team comprising of Dr. Binduja, Sherly, Samiksha and Archana won the first prize in Quiz. In the Rubber dam placement competition Dr. Ashly and Dr. Binduja stood first.

FACULTY UPDATE:



Department of
Prosthodontics
and Crown and Bridge

Dr. Nirmal Kurian
BDS- Christian Dental
College, Ludhiana
MDS- Christian Dental
College, Ludhiana
Message to Students- Be
thankful for your PAST. Give
your 101% NOW in
EVERYTHING. Look
FORWARD to your FUTURE.
The BEST is yet to come.

Dr. Vinaya Susan
BDS- Christian Dental
College, Ludhiana.
MDS- Maratha Mandal's
Nathajirao G. Halgekar Institute
of Dental Sciences and research
Centre, Belgaum.
Message to Students- Balance
your academics and your
personal life. Learn to prioritize
without compromising
in any front.



Department of
Conservative Dentistry
and Endodontics.



Department of
Paediatric and
Preventive Dentistry.

Dr. Joe Cherian
BDS- Christain Dental
College, Ludhiana.
MDS- Christain Dental
College, Ludhiana.
Message to Students- Make
mistakes. Because mistakes help
you to try new things learn, live,
push yourself, change and change
the world around you.

Dr. Aneceta Mary Sabu
BDS- Christian Dental
College, Ludhiana.
MDS- Christian Dental
College, Ludhiana.
Message to the students-
Perseverance is the key to make
impossible possible.



Department of
Oral and
Maxillofacial Surgery.

MISSION UPDATE

Jerry Philip George- Duncan Hospital, Raxaul, Bihar.
Aparna Elizabeth Mammen- BAJM Hospital, Palakkad, Kerala.
Donna Mariam Varghese- MM Hospital, Kolencherry, Kerala.
Sanjana Anna Cheriyan- MM Hospital, Kolencherry, Kerala.
Ashish Mathew Thomas- CM Ashram Hospital, Ankola, Karnataka.
Jerin Jacob- Department of Prosthodontics, CDC.
Mekha K. Lazarus- Seventh day Adventist Hospital, Ottapalam, Kerala.
Suramya Ranjan Kumar- Evangelical Hospital, Khariar, Odisha.
Samuel Prasad Cherian- Mar Thoma mission Hospital, Hoskotte, Karnataka.
Dhruv Khanna- Department of Prosthodontics, CDC.

A Quote from the CDC visitors book

"I have had the privilege to watch the growth of CDC from 1992 when I was the Principal of Medical College. Lately I have had treatment also. I am glad to mention the excellence in expertise and commitment. The college needs more of infrastructure which will enable to project the comprehensive facilities of the highest standard. Dr. Abi M. Thomas and Dr. George, you have a prized possession. Keep up the good treatment and personalized care to patients and students".

Dr. Abraham G. Thomas
Former Director, CMCL.

BID ADIEU

'We are who we are today, much to your efforts'. We thank Dr. Stephen Koshy, Dr. Deena Abraham, Dr. Saurabh Arya and Dr. Amandeep Pabla for being a part of this institution and moulding our lives. As a CDC family, we wish them a flourishing and successful future.

The editorial board

Nissi Evelyn. R, Sharon Suresh, Minu Thomas,
Neethu Merin Mathew, Arul Nathaneal, Jerin Jose,
Sharon Massey, Aastha Verma, Divya Gupta,
Kishkindha, Harshika Jain, Josna Jose, Aemi Susan Sabu.

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