

## Editorial

During the past few months our college has witnessed numerous intercollege as well as intracollege events. Besides helping the students to break away from their mundane routine, it has also served to foster a sense of togetherness between faculty, students and institutions.

Those fun filled months have now given way to that time of the year when pulses race, hearts beat faster and the adrenaline rushes. Exam fever is in the air. Every nook and corner has been occupied, no table unturned, libraries overflow, even the night canteen has been raided by hungry hostellers as they diligently burn the midnight oil. We wish them all the best for the forthcoming professional exams.

As the exams mark the end of yet another academic year so has the five year long trust of our class, the batch of 2000 with CDC culminated. Many are the moments we cherish, both blissful and sad, as each of us prepares to leave our sheltered cocoons and take on the real challenges of life. For most of us staying miles away from home, CDC has become a way of life.

As the great philosopher Kahlil Gibran wrote:  
I am forever walking upon these shores, betwixt the sand and the foam, the high tide will erase my footprints, and the wind will blow away the foam. But the sea and the shore will remain forever

Sherryl Mary Mathew

Editor in Chief

## Imprints

The fiercest wind that may blow on me is held in the hollow of His hand. Behind what seems cruel chance, there is the love so wise and wisdom so loving of our God.

If God can send a storm through space,  
And dot with trees the mountain's face,

If He the sparrow's course can trace,  
What can He do for you?

If God can hang the stars on high,  
Can paint the clouds that drift on by,

Can send the sun across the sky,

What can He do for you?

If God can send us sunny days,  
And nature from her slumber raise  
Till song birds lift their notes of praise,

What can He do for you?

If God can do these many things,  
Can count each little bird that sings,  
Control the universe that swings,

What can He do for you?

If God can bring sweet peace to me  
And to my soul bring liberty,

By Christ who hung upon the tree,

This He can do for you.

G. E. Wagoner



The annual dental cultural, literary, sports and arts fest Kaleidoscope was held from the 24th of February to the 9th of March. It was composed of five main parts which included Jig and Jive - dance night, Rhythm and Beats - musical night, Vibgyor - Arts, Thought process - Literary and Kinetics - Sports. It kicked off to a flying start with the badminton and table tennis matches. The arts events started from the 1st of March. Face painting had the students using the faces of eager models; whereas for Rangoli

the students used the dental college reception as their canvas to bring vivid pictures to life. The other events in the art category included Collage and pot painting. The Literary events included Quiz conducted by Dr. Manisha which had the students put their general knowledge to the test; Dumb Charades and essay/creative writing competition. Antakshari also conducted by Dr. Manisha had both students and faculty guessing tunes from the classics to the latest Hindi songs. The all time favorite basketball, throw ball, volleyball matches were conducted simultaneously, in which the final years, interns and the senior dental mechanics and hygienists respectively, emerged as the winners. The grand finale was the dance and the musical nite held on the 8th and the 9th of March. Hats off to the 2nd years and the 3rd years especially for their breath taking performances.

## To conclude a series of fun the faculty and were held on

# FUN GAMES

Kaleidoscope, games for both the students the 12th of

March '05. It began with the lemon and spoon race in which Dr. Gandhi emerged as the popular and jubilant winner. This was followed by the three legged race where Ashwin and Gursimran (BDS. 2nd Year) hopped skipped



and tripped their way to the finish line. The highlight of the day was the treasure hunt which had students in a marathon, as they fought their way to search for the hidden clues. But alas it was the faculty headed by Dr. Panda in conspiracy with Dr. Vivek, Dr. Sanjeev, Dr. Simarpreet, and Dr. Vaibhav who pirated the treasure. The confusion that followed settled as the weary treasure hunters downed gallons of water in the pinocytosis competition where Parmesh (3rd Year) was declared the winner. Amidst the frenzy of activities, food stalls were started



complimentary of the hard work and efforts put in by the senior faculty, staff and demonstrators. The last event was the arm wrestling competition; Dr. Naveen (Intern) defended his title for the second year in a row. The games were followed by the certificate distribution ceremony. All the participants were given certificates for their commendable performance in the various events of Kaleidoscope. The overall championship trophy was awarded to the Infernos (2nd years) for the spirit and enthusiasm with which they managed to attain the maximum number of certificates.



## Synopsis

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*The new face of dentistry* -The 59th Indian Dental Conference Ludhiana will host the conference in January 2006. Our Principal Dr. J.L.Joshi is the organizing chairman. The clarion call is out...Register.

*Congratulations:* Dr. K.B.S Kuckreja (Professor, Dept. of Prosthodontia) has been appointed as the Honorary Secretary of the Indian Dental Association (IDA) -Ludhiana branch.

The 9th of March witnessed the members of the dental fraternity of Ludhiana and adjoining areas converging in Le Baron to felicitate two very important sons of the soil on their occupying the highest positions of dentistry in India. Dr. Anil Kohli, President, Dental Council of India and recipient of the Padma Bushan; Dr. Bhagwant Singh, President, IDA. The function hosted by the Ludhiana branch of the IDA was an extravagant display of traditional expressions of respect and affection. CDC was well represented with our Principal, members of the faculty and students attending.

Good news for PG aspirants-"DipNB courses in all specialties of dentistry proposed"-straight from the President.

The pedodontists in Calcutta: The department of Pedodontia made its presence felt at the 26th ISPPD National Conference held at the science city, Kolkata, between Nov 14th-16th. Dr. J.L.Joshi, Dr. Manisha Prabhakar and Dr. Sanjeev Julkha led the team which included the post graduate students as well. Dr. Joshi was honored as a **Star Pedodontist** at the inaugural function of the conference and was also the Chair person of one of the scientific sessions. Dr. Manisha and Dr. Sanjeev presented widely appreciated papers on *A new approach to cleft palate management & Research in primary care* respectively. The PG students actively participated in the scientific sessions, presenting a record 7 papers and 2 scientific posters. After the academic pursuits of the conference some of the PG's visited the Belur Mutt and the Sunder Bans tiger reserve, which were equally enriching experiences.

## "Humara oral surgeons kya karega"

EVEN AS OUR ORAL SURGEONS WERE REPEATEDLY DENIED FREEDOM TO PARTICIPATE IN THE MANAGEMENT OF MAXILLOFACIAL INJURIES IN THE C.M.C. CASUALTY. THEY HAD THE OPPORTUNITY TO MANAGE RARE AND INTERESTING CASES. TO NAME A FEW, THEY PERFORMED PROCEDURES LIKE BILATERAL GAP ARTHROPLASTY WITH COSTOCHONDRAL GRAFTING WITH INTERPOSITIONAL TEMPORALIS MYOFASCIAL FLAP FOR A CASE OF TMJ ANKYLOSIS, SUB TOTAL MAXILLECTOMY FOR CASES OF NASOPHARYNGEAL ADENOID CYSTIC CARCINOMA AND CARCINOMA OF MAXILLARY ANTRUM, RESECTION AND RECONSTRUCTION OF VERRUUCOUS CARCINOMA OF THE UPPER LIP.

COMPLEX CASES LIKE MAL-UNITED MANDIBULAR FRACTURE AND A FEW OTHER PAN FACIAL TRAUMA CASES WHICH WERE DIRECTLY REFERRED TO THE DEPARTMENT WERE MANAGED SUCCESSFULLY BY OUR "ORAL SURGEONS". THEY ALSO DO DENTAL IMPLANTS!

EXPECT TO READ ABOUT BILATERAL SAGGITAL SPLIT OSTEOTOMY OF MANDIBLE (COSMETIC ORTHOGNATHIC SURGERY) THE FIRST OF ITS KIND IN CMC IN THE FORTHCOMING NEWSLETTER.

## EHA RETREAT IN DEHRADUN

EHA organized a retreat for the medical and dental students at Dehradun from the 10th-13th February. Forty excited students boarded the SPM bus on the 10th evening accompanied by Mr. and Mrs. Anand Peacock and Mr. Stephen Victor. The Himalayan torchbearers retreat centre was a fabulous sight with giant mountains overlooking the hilly plains below. Various sessions were conducted which gave us an insight into the mission of EHA. An exhilarating personality test named MBTI gave us an overall analysis of our specific personality type. The singing sessions conducted by the organizers were absolutely amazing. We were driven through snow capped mountains to the picturesque Landour community hospital located at Mussorie. Sumptuous food, wake up calls, cozy rooms and excellent hospitality made our stay indeed very memorable. Three days flew by and even before we realized, it was time to get back to our routine schedule at college. However, the retreat will always be cherished in our minds forever.



An intercollegiate sports meet was held on the 22nd and 23rd of March at the ever popular Sahara grounds. Organised as an institutional event it was inaugurated with a march past by the staff, dental, medical and nursing students. The events included 100m, 200m, 400m and 800m races, relay, long jump, high jump, triple jump, javelin throw, discus throw and shot-put. Among the dental students overall championship trophy for the best female athlete went to intern Dr. Seema Alice Mathew and in the male category it went to dental mechanic student Jagroop.



## Bond Commitment or Life Commitment ?

*Dr. Ashish Sharma belongs to the batch of 1999. He is currently fulfilling his service obligation with the seventh day Adventist Church in Ruby Nelson Memorial Hospital in Jalandhar.*

There are a few questions in life, which need serious reasoning and answers. Among the myriad of uncertain thoughts that confronts a fresh graduate stepping out of the comfort zone of familiar faces and experienced clinicians, one is tempted to ask: What next? Do I stand to gain or lose through this period of service commitment?

As a young dental professional, the world with all its brokenness awaits. To offer, not merely treatment, but healing. Real people, real life. Not just treatment for that painful tooth causing sleepless nights or for that disfigured face of a helpless child, suggestive of Ameloblastoma. The world needs healing of the mind and the soul. Hurting homes, abusive spouses, discouraged parents, angry adolescents and helpless alcoholics are among the few patients that one encounters. And one is tempted to ask, Why?

Well, the answer lies in experiencing this first hand. For which you have to make a choice. Take the experiences of those colleagues who have begun to toil amid remote villages, having to perform deliveries, assist caesareans, resuscitate babies, deal with alcoholic fathers, trauma patients, children dying in their arms and you are tempted to ask, Why God? Why?

The response in these circumstances is silence at times, from your colleagues, your cold and lonely room and even your friends. But it's through this silence that the sweet comforting words of the divine will speak to encourage, uplift and inspire. It is undeniably worth the cost. Pay it. Make the choice and your life will help change and affect many lives. You will learn not just dentistry but the lesson of life.

Finally my dear friends, I challenge you to commit, not just your 2-4 years but your entire life to Jesus to experience abundance of life. He has promised, *"I will open rivers in high places, and fountains in the midst of the valleys; I will make the wilderness a pool of water and the dry lands springs of water."* Isaiah 41:17, 18.

# Hot Shotz

**Dr. Himanta Bansal**  
**Department of Oral Diagnosis and Radiology**  
**B-day: 8th of April**

Dr. Himanta Bansal completed her B.D.S from B.R.S Dental College, Kot Billa, Panchkula and her M.D.S from K.L.E's Institute of Dental Sciences, Belgaum. During her post graduation she stood first among the many colleges affiliated to the Rajiv Gandhi University Of Health Sciences in the subject of Oral Pathology and Microbiology.

Every minute of our life adds to our knowledge. Joining the small family of this prestigious institute is in itself a great experience. There is still time to know more. I hope it turns out to be one of the best experiences of my life.

**Dr. Dhiraj Sasan**  
Principal's Clinic  
B-day: 25th September

It has been a deep sense of contentment working in CDC. I belong to a doctor's family and since my early days my father had been my mentor. Following my senior secondary, I worked very hard for my pre-medical exams but I was offered a Dental seat at SGRD Institute of Dental Sciences and Research, Amritsar. I was hesitant in the beginning but my principal Dr. Shea Singh Sidhu convinced me that dentistry was an equally good science as medicine. Finally I got through my baculare. Since I had developed an interest in the subject I was once not keen upon, I decided to go ahead with my Masters in Dentistry and I secured admission in MANE in the field of periodontology and oral implantology. During the final year of my PG, I decided it was time to tie the knot and thus my marriage was arranged. With a post graduation, I received offers from several institutes including my Alma Mater but I decided to join CDC, which is a reputed institute. The ambiance here is very congenial and friendly and I am able to acquire hands on experience handling a wide variety of cases. I am truly honored to be a part of this distinguished institute.

**Dr. Renuka Bhatti**  
Dental OPD  
B-day: 10th March

How does it feel to be back in CDC? This is one question I've been asked time and again since I have joined my Alma Mater. To be honest I was very apprehensive before joining as to how it would feel to work in the same place where I was once a student. Would I be welcome? All my apprehensions were put to rest with the assurance of our Principal. I left CDC in the year 2000, completed my bond and thereafter worked in National Dental College for two and a half years. During this period I have been fortunate to come across a lot of dentists including those who started their professional careers in CDC. The experiences my seniors had had here are enriching. I am indeed grateful for the ethical values that have been passed on to me. I thank God for bringing me back to CDC and pray that whatever predicament might come our way, CDC would still stand firm in Christian values and professionalism.

**Dr. Swati Gupta**  
Department of Periodontia  
B-day: 25th December  
Completed her BDS from BJS Dental College.

**Her Hobbies:** Listening to music, traveling, watching movies.

**She Likes:** Sincerity and humanity

Be happy, stay cool, enjoy life, work hard and leave the rest to God.

## Alem De Horizonte

The much awaited and oft postponed farewell function for the batch of 2001 was eventually held on the 4th of April, 2005. The theme for the evening *Alem De Horizonte* (Spanish for beyond the horizon) signified the metamorphosis from the life of a student to that of a doctor. The stunning backdrop displayed a sun rising out of the landscape that aptly befitted the theme. Heart shaped balloons bearing the names of the 40 chief guests adorned the stage.



The programme commenced with a grand procession of well dressed young gentlemen and ladies as they solemnly held lighted candles and took their seats upfront. The nervously anticipated titles were read out by the hosts and the organizers of the evening, the third years, as songs welcomed them on stage to receive their momentos, scrolls and a rose. Colorful and vibrant dances were performed by the first and second years. An amusing skit by the second years depicted to perfection the various mannerisms and antics characteristic of each and every final year. On behalf of the faculty, Dr. K. B. S. Kuckreja gave an inspiring speech encouraging the students. The deputy director Dr. John Pramod and our principal Dr. J.L. Joshi shared a few words with the audience. As a parting gift the class presented the college with a cavitron. The programme concluded with prizes distributed by Dr. Gandhi and Dr. Natasha for Mr. Personality: Sandeep Stevens and Miss charming: Elza Thenumkal, followed by a splendid dinner. The evening ended on a happy note with all and sundry wishing the final years for the forthcoming exams and their future plans.

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