



From The Editor's Desk

The 6th volume of Crossroads follows the pattern of the 5th volume, the focus being crisp and precise information about events and activities in Christian Dental College. Any suggestions to improve Crossroads will be appreciated greatly.

I hope you enjoy reading this volume of Crossroads as much as and even more than the 5th volume.

Thank you,

Selven Thirumalai

Editor-In-Chief

Principal Speaks

There is a growing concern about the future of dentistry. This is mainly due to the increasing number of dental graduates coming out each year. Other factors may be the cost of higher education, increasing cost of hiring office/clinic space, very little clinical exposure during undergraduate days leading to lack of self-confidence & most importantly very few people still opting to set up their practices in the rural setup.

As per the figures available less than 3 percent of dental professionals are serving 70 percent of rural India. Therefore, the Government is justified in opening new dental colleges. Why is it that very few people are opting for rural practice?

What is our role as Chrisdents in this situation? I will be happy to receive your comments in this regard. We will continue the dialogue in this important topic.

With best wishes,

Dr Abi M. Thomas
Principal CDC

*May Peace be your gift at
Christmas and your blessing
all year through!*



Deck The Halls With Boughs Of Holly

Christian Dental College held its annual Institutional Christmas Program on 21st Dec 2008. A small choir of students and Interns sang a few Christmas carols. Dr Emy Thomas, Professor, Dept of Dermatology sang a special song. The Christmas message was shared by Mr Paul. The program was followed by dinner. It was a short but meaningful program for the CDC family.

Punjab IDA Sports Carnival

The Punjab IDA Sports carnival was held in Jalandhar on the 13th and 14th of Nov 2008. Dental colleges and IDA regional branches from all over Punjab participated in the event. A 14 member team comprising of faculty and students represented CDC in Cricket, Chess, Lawn tennis & Table tennis. Dr Parampal Singh, Lecturer, Dept of Oral Medicine & Radiology bagged the 2nd Place in chess. Dr Vikram Bali, Lecturer Dept of Periodontia, & Dr Parampal Singh won the 2nd Position in Lawn Tennis doubles. CDC reached the Semi finals in cricket. It was an enjoyable time for all concerned.



The 4th Punjab State and North India Dental Students Conference

The 4th Punjab State and North India Dental Students Conference was held in Ludhiana on 9th and 10th Jan 2009. A 16 member student delegation from CDC participated in various events like scientific paper presentation, quiz, sports and dance. Sakshi Deep BDS Intern and Bini Varghese BDS 1st Yr presented papers on 'The Hidden factor-C Factor' and 'Forensic Odontology' respectively. Varsha Masih, BDS Final Yr student won the 1st prize in Table Tennis. The quiz and dance teams were also highly appreciated.

Mere Desh Ki Dharti

On 26th Jan 2009 the CMC family celebrated the 59th Republic day. The chief guest for the day was Colonel Christopher. The program started with a march past by the 1st year students of all the colleges followed by the flag hoisting ceremony. Various cultural events were put up by the students. CDC students presented a group song 'Dharti Sunheri'. After the speech by the chief guest, the employees of CMC who have been working for the institution for the last 35 years were felicitated. Mrs. Valsa Peter, Mr. Mukesh & Mr. Roshanlal were among the awardees from CDC. The celebrations concluded with light refreshments for all.



FUN GAMES : LET YOURSELF LOOSE

CDC organized a day of fun games on 1st Nov 2008. The games included three legged race, sack race, lemon and spoon race, pinocytosis and phagocytosis. The day ended with a treasure hunt which had all the batches scrambling all over the campus hunting for clues leading them to the treasure. Refreshment stalls were put up by the faculty and students. It was a fun filled and enjoyable day for all involved. We hope that such days of bonding and enjoyment will come more often in future.



CALYPSO 2009 - RISE TO THE CHALLENGE

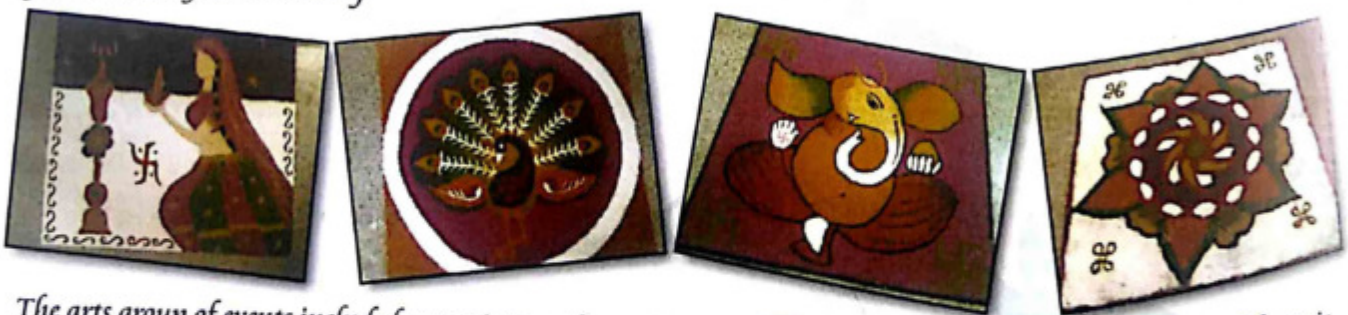
CDC believes in the adage 'All work and no play make Jack a dull boy.' The CDC annual inter-batch competitions Calypso 2009 were held from 16th to 29th Jan 2009. The word calypso indicates an Afro-Caribbean style of music which has a strong syncopated rhythm i.e. variety of rhythms which are in some way unexpected, and is accompanied by percussion and drums. The CDC family consists of people coming from different regional and cultural backgrounds from all over India, each with his or her own talents, not just in terms of academics but also in sports, cultural events, art and literature. In CDC all these talents combine to form a unique blend, just as in calypso music, a variety of rhythms, sometimes unexpected but always lively and joyous. Calypso 2009 showcases these talents at their very best, bringing out the competitive spirit among the faculty and students.

Calypso 2009 was inaugurated on the 16th of Jan. Representatives from the 5 batches were called forward to take the oath after which the fest was declared open by Dr Abi M Thomas, Principal CDC.

The Sports events included basketball, volleyball, cricket, throwball, badminton, football, chess & carom. All the events were fiercely competitive. The veterans of the tournament, the Faculty team walked away with 1st position in cricket, football & throwball. Basketball & volleyball were won by the Interns. Badminton was dominated by the Faculty & Interns in case of the boys matches & for the girls matches, by the Faculty & Final years. The Third years won first position in chess for boys while the First years took second place. Second years and First years took first and second places respectively in the girls chess series.



The literary section consisted of essay and poetry writing both of which were extremely competitive. The much awaited debate was on the controversial issue of peace vs. armed action to control terrorism in India. All the teams came up with strong arguments for and against the topic. The Interns debated their way to victory with the Second years following close behind. The final conclusion was that no single measure could solve the problem of terrorism and that it needs a multi-pronged plan of action. The Quiz was also highly enjoyable and was won by the Second years who romped to a victory.



The arts group of events included pot painting, face painting, rangoli, collage making & soap carving. The topic for Collage making was 'Pride & Prejudice' which all the teams managed to depict very well. All the teams did very well in the arts section. It can be safely said that CDC is home to a large number of artists who can contribute a lot, not just to the medical world but also to the art world if they do so wish.



The cultural section of the fest began with events like antakshari & dumb charades. In antakshari, which was the first event of the fest, it was a very close call between the Faculty & the Interns. The battle was won by the Interns in the last round. Dumb Charades was as hilarious as it was competitive. The Final years virtually sprinted to victory guessing a few rounds in the unbelievable time of 5 seconds.



Calypso concluded with a 3 day Battle Royale of songs & dances. The batches' put up scintillating performance after performance on both Western & Indian Song nights as well as on the Dance night. It was 3 evenings of pure magic and even though only 3 prizes were given for each category, there can be no doubt that all those who participated were winners in their own rights.



The overall winners of Calypso 2009 were the Interns- Batch of 2004 Anchoria. The veterans of the college, the Faculty came in second and the Third years took third place.

Calypso 2009 was an event that was thoroughly enjoyed by each member of the CDC fraternity and we look forward to the same spirit of competition & sportsmanship at next year's Interbatch fest Calypso 2010.

An Update On Endodontics- K3 Endo & Continuous Wave Obturation



Christian Dental College organised a Continuing Dental Education program on 'An Update On Conservative Endodontics' on 27th Nov 2008. The faculty for the CDE programme was Dr. Vinod R., an eminent endodontist from Bangalore. The program commenced with a lecture on conservative endodontics during which Dr Vinod spoke on endodontics in general and further on the role of rotary instruments in endodontics. This was

followed by a demonstration on K3 Endo Rotary System & Continuous wave obturation. The CDE was attended by around 100 people who included dental students and doctors from all over Ludhiana.



Let There Be Light- An Update On Lasers

Christian Dental College held a CDE program on the use of LASERS in dentistry on 21st Feb 09. The faculty was Dr. Himadri Chakraborty from Kolkata. The program was titled 'Let there be light'. Dr Chakraborty gave a lecture on lasers and the increasing use of lasers in dentistry. The lecture was followed by a live surgery demonstration and hands-on in periodontic & endodontic treatment. Around 50 people were present for the CDE.



The 12th IDA Student Clinicians Program



The 12th Student Clinicians Program was conducted by the IDA on 12th Feb 09 in Nagpur. BDS Intern Sakshi Deep was selected to represent CDC at the program. She presented a table clinic titled 'The Hidden Factor' ie The C Factor in composites. The Participants were given certificates of participation and Membership to SCADA ie Student Clinicians of American Dental Association.

CMC Institutional Athletic Meet

The CMC institutional athletic meet was held on 27th & 28th of Feb. Events included 100, 200, 400 & 800 m races, 800 m relay, shot-put, javelin, high & long jump etc. CDC students did extremely well in all events. BDS first yr student, Jhurgen Caszo was the best athlete from CDC. The boys relay team won for the 4th consecutive year. The mixed relay also went to CDC. CDC girls got second place in the girls relay.

