



CHRISTIAN DENTAL COLLEGE  
LUDHIANA

"MY WORK IS FOR A KING"

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# EDITORIAL

The Christian Dental College has been abuzz with activity over the past months. In this volume of Crossroads we bring you a snapshot of the accomplishments and endeavours undertaken in the recent past. We also have Dr. George Markose from the batch of 1994 reminiscing about the glorious times at college. All in all it has been a wondrous few months...

I am once again indebted to our esteemed Principal Dr. Abi M Thomas, whose support, guidance and encouragement has been a fortress. My associate editors have worked extremely hard to make this endeavour possible and I express my heartfelt gratitude. Last but not the least I thank the Almighty for without Him none of this would have been possible. On behalf of the entire editorial board I thank our beloved readers for their invaluable comments. We hope you enjoy this one...

Thank you,

George Abraham  
Editor

Dr. Abi M. Thomas  
Principal  
Christian Dental College

# PRINCIPAL SPEAKS

Virtual social networks, stock markets becoming more un-predictable, bankruptcy being a common word, relationships stooping low, quick money for some, no money for others, 'accountability' becoming meaningless etc. (the list is long) are some of the common news we come across every day.

One author questioned the beneficiaries of a listed company. Is it the stock holders, workers or the consumers? According to that author the reason for the recent market crashes is the wrong emphasis on the stock holders.

What about dentistry? From what we see and hear, it is not exempt from the general decay. As Christdents we have moral responsibility to set up standards for the rest. As we set up standards, wrong emphasis can be disastrous. May God guide and help us to set up standards that revolve around our patients.

## Fire Drill: Basics in Fire Fighting

In order to enlighten the students and faculty about the hazards of fire and educate them about the means to combat it, a lecture on fire safety was held on the 4th of September, 2009. Mr Baldev Raj, Chief of Security, addressed the gathering on the constituents of fire, the different types of fire and basics in combating a fire with the help of a fire extinguisher. Following the lecture was a practical demonstration by Mr. Raj and his team. The significance of fire safety cannot be belittled as reports of catastrophes due to ignorance and imprudence stream in everyday.



## Teachers Day: 2009



Teachers hold a special place in the heart of every Christent for without them we wouldn't be where we are today. Teacher's Day is the occasion when the students get an opportunity to express their gratitude for the wisdom imparted to them by their beloved teachers. An austere ceremony was held at the Lady Willingdon Hall in which floral bouquets were presented to the all the members of the faculty. A friendly Volleyball match between the faculty and the students was held on the 4th of September, 2009 as part of the Teachers' day Celebrations

## Council Investiture Ceremony & Freshers' Welcome

The official investiture of the Students' Council 2009-10 was held on the 5th of September following the Teacher's Day Programme at the Lady Willingdon Hall. The oath was administered to the Council by Dr. George Koshy, beloved Vice Principal & Registrar, Christian Medical College. Esteemed Principal Dr. Abi M Thomas handed over the plaque to Anish Varkey John, President, Students Council 2009-10 in the presence of former Council member, Dr. Preetham Prasad (General Secretary Students Council 2008-09).

### STUDENTS' COUNCIL - 2009

President	Anish Varkey John
Vice President	Shilpa Ann Jacob
General Secretary	Josie Kurien Paul
Treasurer	Jeanthai Gengmei
Editor in Chief	George Abraham
Cultural Secretary	Shipra Singh
Sports Secretary	Amithoj Sidhu

Following the Investiture ceremony was the convivial of the Batch of 2009, into the Christent family. The gathering witnessed scintillating dance performances by the second years, third years and the interns with the final years exhibiting their vocal talents. The second years staged a hilarious and entertaining skit about life in college. The evening was thoroughly enjoyed by all present.



## Zephyr's Retreat & Orientation Trip

Zephyr, Batch of 2009, had their first retreat at Gurbachan Memorial Hospital (CMC's rural health care centre at Lalton Kalan) on the 6th of September, 2009 organized by the Fellowship Department of CMC&H. Among the faculty who accompanied them were present Dr. Abi M Thomas, Dr. George Koshy, Dr Jacob Koshy, Rev. Stanley Thomas and Dr. Anand Peacock along with a group of interns. Dr Jacob Koshy addressed the students regarding discipline in a student's life and how temptations can be successfully dealt



with. The day was filled with intriguing indoor and outdoor activities which were a refreshing break for the students from the monotony of classes.

On the 14th of November, the Zephyrs went on an orientation trip to Chandigarh with the Students' Council. It was a fun experience especially the boat ride at Sukhna Lake and unraveling the maze at the Rock gardens, which was thoroughly enjoyed by the students.





## Onam at CMC

This year's Onam Celebrations was held on the 13th of September, 2009 at the Lady Willingdon Hall. Onam, the harvest festival of Kerala, is celebrated in commemoration of the visit of great King Mahabali, promoting brotherly love and harmony. Dr. Abraham G Thomas, esteemed Director, Christian Medical College & Hospital, was the Chief Guest for the occasion. An enthralling cultural programme was put up by the students comprising of group song performances, a mesmerizing dance and a picturesque slide show. The programme was followed by the traditional Onam feast "Sadhya" at the Snow Mess.



## Songs for the Voiceless IV

For many years now, students have lent their harmonious voices for raising funds for poor patients. Under the auspices of the Fellowship Department, CMC & H, the students of various colleges of the Institution came together to present SFV IV on the 26th, 27th and the 28th of September. The superlative performances comprising of soulful songs and UV light choreography (by the dental students) were true to the theme 'If everyone cared'. Heart warming video presentations helped spread awareness on the plight of poor patients and how CMC has strived to alleviate their pains. Proceeds from the programme were allocated to the Poor Patients' Fund.

## Evangelical Union Camp 2009

The EU camp for the year 2009 was held from the 19th-21st of September in Chandigarh. The principal speaker, Rev. Dr. Godwin Nickelson, addressed the students on the theme "Fearfully and Wonderfully Made". The camp, spread over three days, included sessions viz. Temptations, Being lonely, Discouraged and Confused and How to tackle it, The Power of Forgiveness along with invigorating games, skits and

encouraging group discussions. Active participants from students of the Institution along with others from neighboring colleges were greatly encouraged and blessed.

## Intercollegiate Debate: Population & Environment

An intercollegiate debate on Population and Environment was organized under the auspices of the Indian Association of Parliamentarian Population and Development, New Delhi and the Baba Farid University of Health Sciences, Faridkot from the 19th-20th of September, 2009 at Desh Bhagat Dental College & Hospital, Muktsar. Jane John Thomas and Bini Varghese represented the College, accompanied by esteemed Principal, Dr. Abi M Thomas and Anish Varkey John (President, Students Council). The event witnessed the presence of various dignitaries including the Vice Chancellor of BFUHS, Prof Dr. S S Gill and Shri Manmohan Sharma, Executive Secretary, IAPPD. Delegates from various colleges participated in the competition and current issues in relation to environment and population were debated upon.

## Thank You Seniors

A heart warming thank you party was held on the first of October, 2009 by the freshers. Foot tapping song numbers were accompanied by delightful and entertaining dance numbers. It was a time thoroughly enjoyed by all the students and an opportunity for the youngsters to discover their hidden talents.

## BFUHS Youth Festival, Faridkot



A delegation from the college attended the Youth festival of the Baba Farid University of Health Sciences on the 8th, 9th and 10th of October, 2010. Many literary, cultural and sports events were organized, with the students winning many prizes. It was an experience to be cherished.





## The Department of Public Health Dentistry: Beautiful smiles for all

The Department of Public Health Dentistry, under the aegis of Dr. N. C. Mann and Dr. Progya Roy, has been serving the dental needs of the community with co-operation and support of various Non-Governmental Organisations. One of the most notable events during the recent past has been the dental camps at remote areas of Jammu & Kashmir



done in collaboration with Operation Blessing India. Four camps were conducted successfully in the Shopian, Baramulla, Anantnag and Phulwama districts from the 21st to the 24th of October, 2009. The dental team included Dr. Manoj M, Oral & Maxillofacial Surgeon; Dr Progya Roy, Public Health Dentist; Dr. Era Bhangar and Dr. Vaneetha, Demonstrators, Deptt. Of Public Health Dentistry, along with Interns Gloria Baby and Smitha Daniel, who were ably assisted by support staff from CDC. The endeavour was a great success with a progressive increase noted in the number of patients attending the camp everyday. It was



indeed a privilege to provide dental care to the people of Jammu & Kashmir who are most often inaccessible to dental health care facilities. In addition to this, the Deptt. has been instrumental in providing free dental treatment and care to the poor masses through out the state of Punjab and surrounding areas, including the mentally and physically challenged.



## Christmas: Season of peace & joy



Once again the chilly winter winds brought along the yuletide joy and merry making, as the young and old of CMC joined together to celebrate the magic of Christmas. The Institutional Christmas Programme was held on the 10th, 11th and 12th of December at the Lady Willingdon Hall. The spirit of Christmas was brought alive by the carols sung by the Institutional choir comprising of students from all the three colleges, and a senior choir which included the faculty members. An action song was performed by little children followed by the traditional Christmas skit based on the age old cartoon characters of Asterix & Obelix. A splendid and heart warming choreography, depicting the life of Jesus, using ultra-violet light was performed by dental students of the Batch of 2007. The Christmas message was shared by Sr. Christina from the Missionaries of Charity and the evening concluded with a bonfire in the lawn, where refreshments were served.

For the first time in the history of CDC, Chridents spread the joy of Christmas with door to door caroling. It was an amazing experience with Santa giving away chocolates and carols, both in English and Malayalam, sung in unison by the Interns.

On the 17th of December, the Chridents celebrated Christmas at the campus ground. It was a special and joyous moment for all as the Chrident family sung carols, with Christingles distributed to all. The Christmas message was shared by Rev. Warris Masih. It was a heart touching moment when gifts were exchanged by the secret Santas'. The event was followed by dinner which was savored by all.







## Calypso 2010: A Cultural Extravaganza

The most awaited Inter batch Cultural Fest and Sports Meet of the Christian Dental College, Calypso 2010, was a runaway success, with active participation of both students and faculty alike. Held from the 15th to the 30th of January it was a well deserved break for the students. Various competitions were held including Antakshari, Debate, Just a Minute, Dumb Charades, Pot painting, Face Painting, Rangoli, Soap Carving, Collage along with Creative and Poetry writing in both English and Hindi. The Hindi & Regional music night, Alaap and the English Music night, Rhapsody was an absolute treat to the ear. Promenade, the dance night was held on the 30th of January with the crowd witnessing breath taking and mesmerizing performances including Classical dances. For the first time, the badminton matches were organized at the Guru Nanak Stadium, Ludhiana and the table tennis matches at the Ross Hostel. Chess, caroms, basketball, football, volleyball, throwball and cricket matches were also held as the various teams fought it out in the true spirit of sportsmanship. The Overall winners of Calypso 2010 were the Faculty with Interns ensuring a second place. It was a thrilling experience which helped nurture hidden talents.



## Republic Day Celebrations 2010

The 26th of January instills a spirit of patriotism in each one of us. And it was no different this year as the Institution celebrated the birth of the Republic of India. The Chief Guest for the occasion was Shri Satpal Gosain, Deputy Speaker, Punjab Vidhan Sabha and he was welcomed by the esteemed Director Dr. Abraham G Thomas. The hoisting of the national flag was preceded by the customary parade. Shri Gosain addressed the gathering and honored staff from various departments. There was a poem recital by Rev J.N. Noel which was followed by a cultural programme in which students of all the colleges participated. The splendid performances included Bhangra and Giddha dances along with a number of patriotic songs.



## Annual Athletic Meet

The 27th Institutional Annual Athletic Meet was held on the 19th-20th February, 2010. It was an intra collegiate event with the active participation of all member colleges of the Institution. The students exhibited great enthusiasm and zeal while participating in the various events viz. 100m, 200m, 400m, long jump, high jump, discus throw and shot put. On the closing day was held an inter collegiate 4x100 m relay where our students came first



in the mixed and girls' leg. Prizes for the fastest male and female athlete was won by Jhurgan Ray Cazo and Lincy Mathew respectively; both students of our college.

The students also participated in the Institutional Inter College Cricket tournament held between the 17th and 24th January, 2010.





## Dentsply IDA Student Clinician Programme: A Unique Experience

It was indeed a pleasure when Preethi Ann and I were given the opportunity to represent our college at the Indian Dental Association Student Clinician Programme by Dentsply on the 11th of February, 2010.

Under the able guidance of Dr. Ritu Jain and Dr. Vikram Bali, we were prepared to demonstrate "Free Rotated Papilla Autograft" for Treatment of Class I and Class II Gingival Recession (Root Coverage), for which a poster and a model on the types of gingival recession were made.

The conference was held at the Green Park Hotel in Chennai, Tamil Nadu. Our travel and accommodation was indeed very comfortable. Each contestant/team was given one and a half hours for final preparations following which they were individually called to the hall for the presentation. Five to seven minutes were given for the demonstration which was followed by an intense questioning session for about half an hour by an expert panel of judges. Most of the contestants had presented newer techniques of obturation in endodontics and endodontic surgery. The prize winning demonstrations were on mechanical air compression driven rotary instruments, green dentistry and implant impression techniques. Though we weren't able to win a prize, we were updated on newer dental procedures and methodologies. What ever it be, being selected as one among the twenty two contestants from over three hundred colleges was indeed an honour and a privilege. It was an indeed a memorable experience.

Vinaya Susan  
Batch of 2006



## Continuing Dental Education Programme

Continuing Dental Education has been a priority at Christian Dental College and the various programmes conducted during the past few months are witness to that. A brief review of the various academia and CDE sessions from the period of September to February are stated below:

**14th September 2009:** CDE on "Full mouth rehabilitation step by step, All ceramic crowns, Veneers: Preparation, Fixation and Practice Management" Esteemed faculty for the session were Dr. Y. K. Virmani (Member of the Dental Council of India) and Dr. Arun Nayyar (Clinical Director and Adjunct Principal Research Scientist of the Dental Technology Center at the Georgia Institute of Technology)

**25th September, 2009:** Implantology; a video presentation by Dr. Wheeler organized by Win Medicare. The various aspects on immediate service related implant, bone grafting and sinus lift procedures were discussed.

**30th September to the 1st of October, 2009:** Colgate Academia Program for dental students. Lectures and presentations were made on the following topics along with a poster competition: History and basic facts about Dentistry, Mechanical Cleaning and Infection Control, Oral Systemic Relationship, Teeth whitening and Practice Management.

**23rd January, 2010:** CDE on Etomex, a novel Non Steroidal Anti-Inflammatory Drug, which is a preferential COX inhibitor with lesser adverse effects than non selective and selective COX inhibitors.



12th February, 2010: Dr. Stanton Appleton, Professor at Loma Linda University delivered a series of lectures on "Dentistry and Systemic Health" and "Differential Diagnosis of Orofacial Pain"

All the above scientific sessions were attended by faculty and students. In addition to the above sessions the students are encouraged and given access to various dental journals so as to help them stay updated on the latest scientific findings and technology with special emphasis on Evidence Based Dentistry.

## REMINISCENCE

Never before... Never after...

*I can truly say I enjoyed college life to the hilt. It was a magical time sheltered in a cocoon, blissfully unaware of life outside the walls of the campus. Looking back life in CDC seems just like yesterday a new place, a new culture, a culture of fun....*

*So freshie tell me 10 good things about me! ("Ten" you must be joking). Yes maam. You are well dressed (now that's a safe one), you are very beautiful (I know I am pushing the limits and may just burst into laughter at any time just thinking of the irony, but its safe for now), maam, you are... (what now?). 'Freshie can you think of only 2 good things about me? No maam (I had to make up even those two).*

*Interaction with the seniors was two weeks of early college life that was nothing I had experienced before. But looking back it has left me with so many happy memories Walking around semi- bald (thanks to the CMC hair cut from Top Notch), being "a fire" for somebody's wedding, of marrying someone and divorcing somebody else all within 15 minutes. All part of an intense period of fine-tuning essential skills at the start of college life. It was a quick way to break the ice between seniors and the freshies. It was the start of friendships that have lasted to this day.*

*CDC in many ways has moulded me into the person I am today. Being a new college those days, there was nobody to lead us or tell us how things should be done.*

*There were the medical students, their council and traditions, but hey, we were Christdents - a different breed and as such we couldn't follow them.*

*What we had, was a small group of students with quite similar likes and dislikes. We liked frenzies, we liked free classes and we liked college life (a life of coming to college and having fun). Attending classes and going to clinics were the optional extras. Class tests were things that needed to be postponed (always). Being the class representative was the one job you would regret almost as soon as you became one, because the only job was to get tests postponed.*

*At certain times of the year the college would look more like a botanical garden than a Dental College with plants from the CMC nursery neatly arranged in every corridor, waiting room and clinic. A fresh coat of white wash would be hastily applied over the wet and moulding walls. It would be time for an inspection of the college and waiting eagerly outside the main entrance a row of sari clad girls waiting to shower flower petals.*

*Frenzies a concept you could never fully grasp until you whole-heartedly took part in one. They were a regular feature on the academic calendar. We had frenzies before, during and after any major event. And when there were no events at least there was a frenzy. The best part was that it didn't need prior planning. "Christo"pher would take a collection on a Friday evening, the dental van would be parked across the entrance of the dental college and "Giani" was always available on short notice. It gave release to a lot of pent up energy. Most importantly it was something the students looked out for.*

*The Diwali lunch served in college was another of those special occasions that all the students looked forward to - poori /chole with "Robert" and his band playing in the background.*

*Falcons, Dolphins, Kingfishers... all I can remember was that it was a resounding success, so much so that we eventually had to tone down our first ever intra college competitions to avoid bloodshed.*





## Faculty Update

For programmes when everybody else came with loads of practice we managed to improvise in style at the last minute. Somehow the events we put so much of practice into never seemed to take off. "The Ugly Duckling" our original dramatics extravaganza never actually went past Act 1- Scene 2. The King got old and the prince and princess grew tired of repeating the same lines and the Director eventually had to return to dentistry.

But Fusion will remain the one milestone that will be hard to repeat. Because of the simple reason that anybody with a rational mind would find it hard to believe we could pull it off. A proper "musical", a full-length fashion show in the midst of an intercollege sports and cultural competition all in a week, and making a huge profit in the bargain.

With so much practice doing things in style albeit at the very last minute, we as Chrisdents are well prepared to take on the challenges of the real world - a world where things rarely go according to plan. A world where teamwork counts for so much more than individual brilliance.

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Mobile: 07912100430  
(Dr. George Markose  
from the Batch of 1994  
is currently pursuing his  
Masters degree in Oral  
& Maxillofacial Surgery  
in the United Kingdom)



Name: Dr. George C. Mathew

Deptt: Oral & Maxillofacial Surgery

DOB: 21st November

Graduation: V.M.S. Dental College, Salem,  
Tamil Nadu

Post Graduation: Govt. Dental College, Calicut, Kerala

Hobbies: Travelling, music, lawn tennis

Advice to Students: Where and what do you want to be after ten years? Think about it and plan your life accordingly.



Name: Dr. Vishali Sethi

Deptt: Conservative Dentistry & Endodontics

DOB: 29th September

Graduation: D.I.R.D.S., Faridkot, Punjab

Post Graduation: S.G.R.D, Amritsar, Punjab

Hobbies: Shopping, eating, listening to music, watching TV

Advice to Students: Just put a hundred percent dedication and concentration in whichever work you do, whether it is study or some other activity



Name: Dr. Kavita Eappen

Deptt: Orthodontia

DOB: 16th December

Graduation: Yenepoya Dental College,  
Mangalore, Karnataka

Post Graduation: Saveetha Dental College, Chennai, Tamil Nadu

Hobbies: Cooking and reading

Advice to Students: Enjoy every minute of college life but do not forget your purpose of being in college.



### FOR DETAILS CONTACT

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