

COMING SOON

Newsletter of Manipal College of Dental Sciences, Mangaluru



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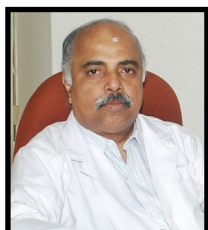
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(Associate Dean)**



**Dr Ashita Uppoor
(Associate Dean)**

EDITORIAL

It is indeed an honour to write the guest editorial for the 3rd issue of *Communiqué*, the vibrant newsletter of MCODES, Mangaluru. The present initiative which has commenced under the guidance of our ever supportive Dean Dr Dilip Naik,



strives to showcase the various activities and achievements of our faculty, students and alumni. *Communiqué* is a sincere attempt to help the students, both past and present, and the staff to keep abreast with the recent events in our institution.

This particular issue is also dedicated to the Department of Oral Medicine & Radiology which deals primarily with diagnosis, medical treatment and maxillo-facial imaging. The activities and innovations of the department have been showcased in this issue.

I would like to take this opportunity to acknowledge the support and the creative inputs from all my faculty including Dr Ravikiran Ongole, Dr Ceena Denny, Dr Nandita Shenoy & Dr Almas Binnal. A special thanks to Dr Nanditha Sujir for compiling the matter in the most creative way possible.

Once again, I would like to extend my gratitude to our dynamic Dean Dr Dilip Naik for his unstinted support and also would like to place on record the unflinching support of our Associate Deans, Dr Mohan Baliga and Dr Ashita Uppoor.

Kindly give us your valuable feedback on this edition of *Communiqué* at oralmed.mcodsmr@manipal.edu



Dr Junaid Ahmed

Activities

“When your work speaks for itself, don't interrupt” - Henry J. Kaiser

Diabetes Day

The **Department of Periodontology**, as a part of the **Center for Oral Systemic Health**, celebrated the **World Diabetic Day** on **14th November 2016** in collaboration with **Kasturba Medical College (KMC), Mangaluru** to create awareness among the medical fraternity about the link between oral health and diabetes. An e-poster competition for the undergraduate students and interns of KMC,



Mangaluru was conducted. The judges for the competition were **Dr B Unnikrishnan**, Associate Dean, KMC, Mangaluru and **Dr Junaid Ahmed**, Professor and Head Department of Oral Medicine and Radiology, MCODS, Mangaluru. The posters were displayed for public education and the three best posters were awarded prizes. On the **17th of November 2016**, a free health check-up was provided for more than 100 diabetic



Participants at KMC Hospital, Attavar

patients at KMC Hospital, Attavar and they were referred to the dental clinics at MCODS, Mangaluru for treatment.



Hungry for more information/ pictures ???
Look for this!



Scan it using an
QR Code Reader
app



IT'S A LINK!!!




Inauguration of ARMCODS

A **RM**CO**D**S (Reaching out to our alumni...) i.e Alumni Relations, Manipal College of Dental Sciences, Mangaluru was launched to serve as a medium through which alumni/alumnae of our college can stay connected with the institute. **ARMCODS** team is headed by our Dean **Dr Dilip Naik** as the Chairperson, **Dr Arathi Rao**, 1988 batch

alumna as the Alumni Coordinator, **Dr Nidhin Philip** 2002 batch alumna as Joint Coordinator, **Dr Karen Boaz**, 1989 batch alumna, **Dr Nandita KP**, 1992 batch alumna and **Dr Nanditha Sujir** 2004 batch alumna as members.



ARMCODS team with the dignitaries

Activities



Inauguration Ceremony



The inauguration ceremony for ARMCODS

was held on 15 December 2016 with Dr Venkatraya Prabhu, Dean, KMC, Mangaluru as Chief Guest and Dr Santosh Rai, Associate Director Alumni Relations MU as Guest of Honour. Dr Ramnarayan K, Vice President Alumni Relations, MU, also attended the program.

A logo competition was announced at the end of the program which was open to students and alumni of MCODS.



WINNER is Dr Shanmukh Srinivas, Batch of 2008



Silver Jubilee Reunion of Batch of 1991

The 1991 batch celebrated their Silver Jubilee reunion on 17th and 18th December 2016 at Mangaluru. Total of 61 alumni from India and abroad attended the program.

The event saw the presence of their teachers Dr Sudha P, Dr Shyam Bhat, Dr Rohan Mascarenhas, Dr LK Chatra, Associate Deans Dr Mohan Baliga, Dr



Batch of 1991, MCODS, Mangaluru

Activities

Alumnus (in Latin a masculine noun) refers to a male graduate or former student; the plural is **alumni**.



Alumna (in Latin a feminine noun) refers to a female graduate or former student; the plural is **alumnae**.

Ashita Uppoor, and Dr Arathi Rao, Alumni coordinator, ARMCODS. Lunch

at Kaprigudda Mens hostel, visit to Marena (Sports Com-

plex) and to Dr TMA Pai Convention Centre was arranged.



Virtual Reality Surgery

Postgraduates of the Department of Oral and Maxillofacial Surgery had the opportunity to learn Lefort 1 osteotomy through virtual reality on 11.1.2017. This was made possible by a team of non-medical researchers from University of Huddersfield, UK which included Dr Yeshwanth Pulijala, Doctoral

student, Prof Min Hua Ma, researcher in serious games and digital media, Dr David Peebles, Reader in Cognitive Psychology and Mr Matthew Pears, Doctoral student, who visited MCODS, Mangaluru.



Researchers from University of Huddersfield UK with Faculty and PGs of the Department of Oral and Maxillofacial Surgery

Guest Lectures

Distinguished faculty invited to deliver guest lectures



Dr Siddharth Shetty

Professor and Head

Department of
Orthodontics and
Dentofacial Orthopedics

"Rising Star Speaker"

at 51st Indian Orthodontic
Conference held at Goa
from 3rd to 6th November
2016



Dr Ashwin Rao

Associate Professor

Department of Paedodontics
and Preventive Dentistry

"Dental School Clinical Posting
-A New Beginning"

on the 16th of November 2016
at School of Dental Sciences,
Krishna Institute of Medical
Sciences University, Karad



Dr Ravikiran Ongole

Professor

Department of Oral Medicine
and Radiology

"Optical Diagnostic Techniques
for Early Detection of Oral
Cancer"

at 28th IAOMR conference at
Kanyakumari from 15th to 17th
December 2016

Activities



Dr Premalatha Shetty

Professor

Department of Oral and Maxillofacial Surgery

"Diagnosis of Temporomandibular Joint Pain"

at a symposium organized by Yenepoya Dental
College from 23rd to 24th January 2017

*"When you learn,
teach. When you
get, give."*

- Maya Angelou

Dr Mohan Baliga, Associate Dean and Professor,
Department of Oral and Maxillofacial Surgery had the
honour and distinction of being the Chief Guest for the
inauguration of Head and Neck Oncology unit at Kantipur
Dental College and Hospital, Nepal on February 28th
2017.

Dr Baliga also delivered a lecture on 'Maxillofacial Cases
of Importance to Medical Graduates' at this event.



Continued Professional Development (CPD) Programs

“Education is kindling of a flame, not the filling of a vessel” - Socrates

Future Dental Professional Program



The Future Dental Professionals program sponsored by Colgate Palmolive India Limited, was conducted on **12 November 2016** by **Manipal University Student Research Forum (MUSRF)**. Sessions were attended by interns, third year, final year and post-graduate students.



Chief Guest Dr Dilip Naik; Associate Deans; and Members of MUSRF

Scientific Program Schedule



Dr Shobha Rodrigues (Professor and Head, Department of Prosthodontics and Crown & Bridge) conducted a session for third years on the introduction to the novel curriculum of clinical training and infection control in clinics.

Final Year Students were addressed by **Dr Deepa Kamath** (Professor & Head of Department of Periodontology) on the topic of 'Pain Management'.



In his talk to the interns **Dr Karthik Shetty** (Additional Professor, Department of Conservative Dentistry and Endodontics) dealt specifically with private practice management.



MAX FACTS 2016: Emergency Skills for Dentists

The **Department of Oral & Maxillofacial Surgery**, as a part of Smile project, MU, conducted a hands-on workshop 'Emergency Skills for Dentists', on **November 18th, 2016**. Chief Guest **Dr V Surendra Shetty**, Pro vice Chancellor, Manipal University, Guest Of Honour **Dr Shishir Shetty**, President, Indian Dental Association, Dakshina Kannada Branch & **Dr Dilip Naik**, Dean, MCODES, Mangaluru were present.

The course coordinator **Dr Premalatha Shetty**, Profes-

sor, Department of Oral Maxillofacial Surgery oversaw this event.

Guest speaker **Dr Jeedhu Radhakrishnan**, Consultant, Emergency Medicine, KMC Hospital, Mangaluru delivered a talk on '**Medical Emergencies in Dental Clinics**'. Also a **Hands-on workshop** on Basic Life Support and parenteral injection techniques, was conducted by **Dr Madhusudhan Upadya**, Professor & Unit Chief, Department of



Anesthesiology, KMC, Mangaluru, **Dr Nishant Baliga** and their team from the Department of Anesthesiology, KMC, Mangaluru.

Microsurgery Redefining Periodontal Surgery

This CPD Program was organized by the **Department of Periodontology** on **December 10th 2016**, at Medical Education Hall. **Dr G Subraya Bhat**, Associate Dean and Professor, Department of Periodontology, MCODS, Manipal was the Chief Guest at event.



Dr K V Arun, Professor and Head, Department of Periodontology, Ragas Dental College and Hospital, Chennai spoke on "Introduction to Microsurgery-Instrumentation and Principles" and also conducted a hands-on workshop.

Successful Aesthetic Restoration

The **Department of Conservative Dentistry and Endodontics**, conducted this CPD program on **14th December 2016**. **Dr Ashita Uppoor**, Associate Dean, MCODS, Mangaluru

was the Chief guest. **Dr Pallavi Patil**, guest speaker, spoke on latest techniques in the manipulation of composite restorations and importance of aesthetic dentistry. In the afternoon session,

a workshop for the post graduate students was conducted. 3M ES-PE sponsored the Wet Canvas Contest 2016 - Carve, Color and Create were three best restorations were awarded prizes.



Interactive Session

An interactive session for the interns with **Dr Manu Alexander**, alumnus of 1991 batch was organized on **20th December 2016** at Lecture Hall (LH) 1, Attavar. Dr Alexander is currently a general dental practitioner in Tucson, Arizona, USA. This session was aimed at providing interns with information regarding the prospects of dentistry in the US. The session witnessed wholehearted participation from the interns.



Dr Manu Alexander receiving a certificate of appreciation from Dr Rajesh G, Head, Department of Public Health Dentistry

Medical Management of Orofacial Pain

Department of **Oral Medicine and Radiology** organized this CPD program on **7th January, 2017**. Chief Guest, Dean **Dr Dilip Naik** presided over the inauguration ceremony. Lectures were held in the morning session and an e-poster competition was conducted in the afternoon session.



Scientific Program Schedule

- ◆ Management of Neurologic Pain: **Dr Manjunath Prabhu**, Professor, Department of Anesthesiology KMC, Manipal
- ◆ Medical Management of Temporomandibular Mandibular Joint Disorders: **Dr Suhas S**, Professor and Head, Department of Oral Medicine and Radiology, Sri Siddharta Dental College, Tumkur
- ◆ Medical Management of Oromucosal Lesions: **Dr Keerthilatha M Pai**, Additional Dean & Professor Department of Oral Medicine and Radiology, MCODS, Manipal
- ◆ Palliative Pain Management in Head and Neck Cancer: **Dr Krishnaprasad** Consultant Medical Oncologist, KMC, Mangaluru

E-poster Competition was held for interns and post graduates and adjudged by

- ◆ **Dr Laxmikant Chatra**, Professor and Head, Department of Oral Medicine and Radiology, Yenepoya Dental College
- ◆ **Dr Prashanth Shenoy**, Professor, Department of Oral Medicine and Radiology, Yenepoya Dental College
- ◆ **Dr Raghavendra Kini**, Associate Dean & Professor, Department of Oral Medicine and Radiology, AJ Institute of Dental Sciences
- ◆ **Dr Prasanna Rao**, Professor, Department of Oral Medicine and Radiology, AJ Institute of Dental Sciences

SCoRE

Manipal University Student Research Forum of MCODS, Mangaluru conducted the **"FIRST" Student Conference of Research in Education (SCoRE) 2017** on the 3rd and 4th February 2017 at Dr TMA Pai International Convention Centre, Mangaluru.



The conference started with four Pre-Conference Workshops on 3.2.2017



'The Science Behind the Smile'
Resource Person: **Dr Arvind Shenoy**



'Forensic Odontology'
Resource Person: **Dr Srikant N & Dr Nidhin Philip**



'Cone beam Computed Tomography in Dental Practice'

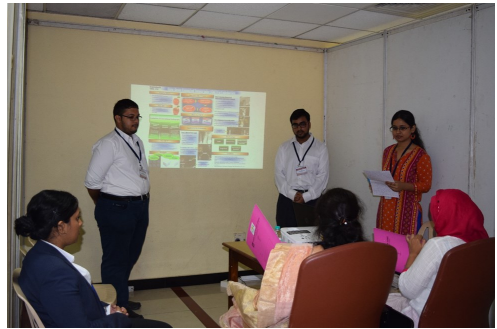
Resource Person: **Dr Praveen BN,**

'Steps to Publish your Research'

Resource Person: **Dr Prasanna Mitra**



tions of **LASERs in Medicine**. **Dr M S Valiathan**, National Research Professor, was the Keynote speaker and he spoke on "**Scientific Research in Student Education**". The second guest lecture by



On 4th February 2017, the conference was inaugurated by **Dr Vinod Bhat**, Vice Chancellor, Manipal University, who was the Chief Guest. Guest of Honour **Dr V Surendra Shetty**, Pro Vice Chancellor, Manipal University and Dean **Dr Dilip Naik**, MCOCS, Mangaluru were also present on the occasion. 425 registered delegates from all southern states, Maharashtra and Rajasthan were present. Following the inauguration, **Dr Santhosh Chidangil** delivered a guest lecture on **Diagnostic Applica-**

Dr Manthan Janodia was on "**Fundamentals of Intellectual Property Rights**". 40 paper presentations and 120 e-poster presentations were also held. **Odontique**, a dental quiz was conducted by Quiz Masters **Dr Karen Boaz** and **Dr Srikant N** from the Department of Oral Pathology.

To wrap up the conference, a valedictory and award ceremony was held in the evening where **Dr Narayan Sabhahith**, Registrar, Manipal University was the Chief Guest. Indira Gandhi Institute of Dental Sciences, Pondicherry bagged the Best College award for both performance and participation. The event concluded with an entertainment segment by delegates of our college which was followed by dinner.



CAMPUS VISIT



Dr Abdul Razzak

Pro Vice Chancellor, Melaka Campus,
Manipal University & Chief Executive of
Melaka Manipal Medical College

Visited our institute on 17.1.2017



CBCT workshop

First of the bi-annual workshop conducted by the **Department of Oral Medicine and Radiology**, for the year 2017 was held from **22nd to 25th February**. This was the 7th such workshop organized by the department.



Participants with the Faculty and Post graduate students, Department of Oral Medicine and Radiology



The faculty of the department were the resource persons for the workshop. The workshop aims to familiarize practitioners with recent advances in Cone Beam Computed Tomography and its practical applications.

CPD

Restor Endo 3.0

Department of **Conservative Dentistry and Endodontics**, successfully conducted this program on **23rd February, 2017**. **Dr Moksha Nayak**, Dean, KVG Dental College, Sullia was the Chief Guest, and shared her thoughts and experiences in clinical practice and the use of microscopes in dentistry.

Dr Mithra N Hegde, Associate Dean and Head, Department of Conservative Dentistry and Endodontics, A. B Shetty Memorial Institute of Dental Sciences, spoke on the topic "Aesthetic Dentistry in Clinical Practice". **Dr Vidya Saraswathi**, Professor and Head, Department of Conservative Dentistry and Endodontics, MCODS, Manipal delivered a lecture on the topic "Ergonomics - Shaping a Healthy Practice". **Dr Sunil B Rao**, clinical practitioner and



Inauguration Ceremony

an MCODS, Mangaluru alumnus gave a brief insight on the topic "Magnification in Dentistry".

Adjunct Faculty



Dr Abhiram Maddi, DDS, PhD,

Department of Periodontics & Endodontics, School of Dental Medicine, University of Buffalo, New York, USA and an **Alumnus** (Batch of 2007) has been appointed Adjunct Visiting Professor at MCODS, Mangaluru.

Extracurricular Events

"I am seeking, I am striving, I am in it with all my heart" - Vincent van Gogh

Rashtriya Ekta Diwas



On the occasion of Sardar Vallabhbhai Patel's birth anniversary, on the 31st of October, our college in collaboration with KMC celebrated Rashtriya Ekta Diwas on the 4th of November 2016. Various competitions were held for the students of both MCODS and KMC such as slogan writing, essay writing and T- shirt designing. Enthusiastic participa-

tion was observed from students of all batches. Dr Rekha T, DDSA, Mangaluru campus presided as the Guest of Honour for the occasion.



Certificates of appreciation were awarded to all participants and the winners of the competitions were felicitated. After

the ceremony, as a part of an initiative by Central Vigilance Commission (CVO), all present took the 'Integrity Pledge'.

Constitution Day



Constitution Day, also known as Samvidhan Divas, is celebrated in India on 26th November every year to commemorate the adoption of the Constitution of India.

Our college in collaboration with KMC celebrated the event on the 26th of November 2016 at LH 1, Attavar campus. Dr Roma, Assistant Professor from the Department of Conservative Dentistry and Endodontics



spoke on the importance and significance of Samvidhan Divas. At the conclusion of the event all present took the

pledge of non violent dispute resolution.

Christmas Celebrations



Members of our faculty, students and Alumni of our college in collaboration with KMC, Mangaluru organized the Annual Christmas Celebrations, Manipal University, Mangaluru campus on 13th November 2016 at St Sebastian Platinum Jubilee Auditorium, Mangaluru. The talented organizing team performed Oscar Wilde's 'The Young King' as a musical.

Children's Day Celebrations

Department of Paedontics and Preventive dentistry celebrated Children's Day on 14.11.2016 at Government School Kadri. It was a fun-filled day where the children showcased their talents by performing dance and songs. The team of faculty, postgraduates and in-

terns conducted games for the kids, distributed toothpaste & toothbrushes, donated equipment and served delicious snacks. The program was conceptualized by Dr Anupama Nayak (Assistant Professor). Toothpaste and toothbrushes were contributed by Department of Public Health



Dentistry and sports equipment was sponsored by Dr Ashwin Rao.

Dental Week 2017 - Madhatters Academy

The much awaited inter-batch cultural and sports competition organized by the Dental Student Association, fondly known as 'Dental Week' was held in the month of February. Students and faculty participated with enthusiasm in all the events.

THE TEAMS



Culturals

INTERBATCH COMPETITIONS

- 15.2.2017 Creative Writing, Cartooning, Crossword, Graffiti
- 16.2.2017 Rangoli, Sketching, Painting, Collage
- 17.2.2017 Clay Modelling, Flower Arrangement, Mystery Box Challenge, A La Carte
- 18.2.2017 Dance to the Tune, Jam, Quiz, Mad Ads
- 19.2.2017 Picture Perfect, Debate, Poetry, Extempore, Face Painting, Madhatter Quiz, Pot Pourri, Mimicry, Street Play, Mock Press, Mime
- 20.2.2017 Creative Jam, Antakshari, Musical Night
- 21.2.2017 Cultural and Variety Show
- 22.2.2017 Spot photography, Installation



There is so much more @



Sports

A plethora of sports events were organized over the past four months including the Annual Sports Day, which was held on 5th February 2017.



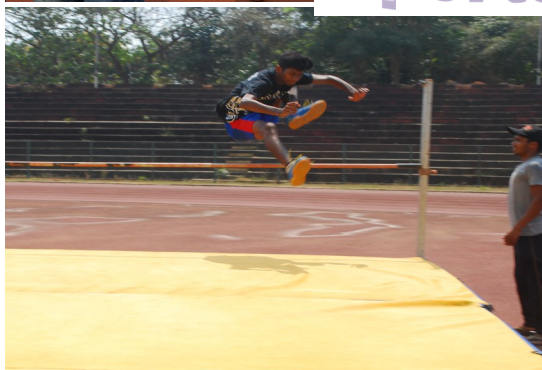
Dr Rohan Rai (Alumnus, Batch of 1998) Professor, Department of Orthodontics, AJ Institute of Dental Sciences was the Chief Guest for the Sports Day. Students of all the batches and the Staff team participated in the march-past and competed in various track and field events.

INTERBATCH TOURNAMENTS

9 th November 2016	Cricket
14 th - 15 th November 2016	Women's Basketball
15 th December 2016	Squash
16 th - 19 th December 2016	Carrom
21 st - 23 rd December 2016	Hockey
6 th February 2017	Badminton
7 th -8 th February 2017	Cricket (Finals)
10 th February 2017	Swimming
11 th - 13 th February 2017	Football



Sports Day



The students and faculty of our college also participated in Manipal University Inter Collegiate sports competitions



Dr Mranali Shetty, Reader, Department of Periodontology along with Dr Beena Shetty Professor Department of Biochemistry, KMC won the first place in Manipal University Inter Collegiate Staff Badminton tournament, doubles category held at MIT, Manipal on 12th February 2017



“The simplest acts of kindness are by far more powerful than a thousand heads bowing in prayer” - Mahatma Gandhi

Balikaashram Visit



Students of MCODES visited *Balikaashram* Mangaluru on 6th November 2016. Second year students and the children displayed their talents through skit, dance and singing. Participants also enjoyed scrumptious snacks. The event concluded with a warm thank you note by one of the residents. DISHA donated 100 soaps and a ceiling fan to this organization.

Christmas Celebrations by DISHA



Christmas celebrations were held at *Prashanth Nivas*, an orphanage cum old age home on Sunday, the 11th December. Students of first and third year volunteered to put up an entertainment program.



Similar celebrations were held at *White Dove*, home of the destitute. This event was organized by Dr Karen Boaz, Professor and Head, Department of Oral Pathology. The council members, intern and post-graduates came together for a good cause. The team was joined by volunteers from KMC, Mangaluru.



Animal Care Trust



Sixty two students volunteered at Animal Care Trust at Shaktinagar on 22.1.2017. DISHA also donated animal care products to the trust.



DISHA
Direction in Society for Human Awareness, an initiative by the Dental Student Association

“More powerful than the will to win is the courage to begin.”

- Orrin Woodward



Mr Ajith Kamath (2011 Batch) was awarded the **Best Paper** UG Category for his presentation titled "Effectiveness Of Comprehensive Oral Care On Bradburn Scale Of Pyschological Wellbeing Among Young Adult Smokers And Tobacco Chewers" at 44th KSDC conference, Hubli-Dharwad held between 8th - 11th December 2016.

Ms Jyostna Arun (2011 Batch) won **First Prize** for e-poster titled "Effect of Tobacco extract on Growth of S. mutans and its Possible Role in Modulating Carcinogenesis" at 'IMPACTION 3', a conference held at MMMC, Malaysia on 22nd December 2016.

She was also awarded position of **Runner Up** in 'BITE-IN' Awards 2016 held at World Trade Center, Mumbai on 18th December 2016.



Ms Shruthy Panicker, (2011 Batch), won the **Second Prize** in e-poster competition for her poster titled 'TENS in Management of Orofacial Pain' held by the Department of Oral Medicine and Radiology, MCOADS, Mangaluru on 7th January 2017.

Ms Madhura Sen, (2011 Batch), has been awarded Certificate of Excellence for achieving **First Rank** in the final year BDS university examination for the academic year 2015-16 at the 1st National Dental Student's Workshop held at Ahmedabad from 7th - 8th January 2017.



Ms Surabhi Soumya (2011 Batch) won the **Best Paper** award at the 70th Indian Dental Conference held in Vashi, Navi Mumbai from 17th - 19th February 2017.

Dr Varsha Joseph, Second year Post Graduate, Department of Conservative Dentistry and Endodontics won **First Prize** in paper presentation entitled 'Comparative Clinical And Radiographic Assessment Of Direct Pulp Capping Using Biodentine And Mineral Trioxide Aggregate-A Randomized Control Study' in the 31st IACDE and 24th IES National Conference, held from 9th - 13th November 2016 in Kolkata.





Dr Shivangi Vats and Dr Neetha G Shenoy, first year post graduates, Department of Conservative Dentistry and Endodontics won **First Prize** in e-poster presentation entitled "Electronic Apex Locators: The Game Changer!!" at the 31st IACDE and 24th IES National Conference, held from 9th - 13th November 2016 in Kolkata.



Dr Ellana J Joseph, first year post graduate Department of Paedodontics won **Third Prize** in "Wet Canvas Contest 2016 - Carve, Colour, Create" at the 3M ESPE workshop conducted by Department of Conservative Dentistry, MCOODS Mangaluru on 14th December 2016.



Dr Adithya Sanapala & Dr Ashwin Jayaram, third year Post graduates, Department Of Conservative Dentistry And Endodontics won the **First place & Second place** respectively in "Wet Canvas Contest 2016 - Carve, Colour, Create" at the 3M ESPE workshop conducted by Department of Conservative Dentistry, MCOODS Mangaluru on 14th December 2016.



Dr Anand S Kulkarni & Dr Nupur H Vaidya, second year post graduates, Department of Prosthodontics and Crown & Bridge won the **Best Paper** Award for a paper presentation on "Comparative Evaluation of the Effects of Different Chemical Disinfectants on the Physical and Mechanical Properties of Type III and Type IV Gypsum Products: an in-vitro study" at the 44th Indian Prosthodontic Society Conference, Mumbai held from 2nd - 4th December 2016.



Dr Tinsy Mary, second year post graduate, Department of Pedodontics won the **Best paper** award at the 14th Indian Society of Pedodontics & Preventive Dentistry, National Post Graduate Convention held from 9th - 11th February 2017 at Bengaluru.



Dr Nukala Sree Suma, second year postgraduate, Department of Orthodontics, has been awarded the **First Prize** for her paper presentation titled "3D Versascrew- a Novel Approach in Management of Bilateral Cleft Cases" at the 21st Indian Orthodontic Society PG convention held at Banaras Hindu university, Varanasi from 16th - 19th February 2017.

Innovation day

Faculty and students took part in Innovation Day organized by Manipal University, on 17.12.2016. **MCODS, Mangaluru won the Third place in the Institution category.** The students' team of Ms Sana Chawla, Ms Sanchitha Chandar, Ms Shreepriya Singhania (Batch of 2011) & faculty team lead by Dr Karuna YM (Assistant Professor, Department of Paedodontics) were awarded certificates of Appreciation for their innovation.



Guident Academic Excellence Awards 2016

The Guident Academic Excellence Award recognizes dental academicians who demonstrate great standards and promote excellence in dental education through updated knowledge and innovation. It also recognizes Undergraduate and Post graduate students who demonstrate commitment to excellence

of teaching and learning through their clinical work, research, continuing education, and community-based services. The award ceremony was held on Thursday, **1st December 2016**, at Hotel Tunga, Vashi, Navi **Mumbai**.

*Manipal College of Dental Sciences, Mangaluru, bagged **8 awards** including **'THE MOST PROACTIVE COLLEGE'** of the year 2015 at the Guident Academic Excellence Awards.*



And The Winners Are.....

Categories	Winners
Most Proactive Dental College of 2015	Manipal College of Dental Sciences, Mangaluru
Academicians	
Most Proactive Dental Academician Prosthodontics	Dr Umesh Y. Pai, Associate Professor
Departments	
Best Department of Oral Medicine & Radiology	Manipal College of Dental Sciences, Mangaluru
PG Students	
Best PG, Department of Endodontics	Dr Ashwin Jayaraman
Best PG, Department of Paedodontics	Dr Vignesh Palanisamy
Best PG, Department of Oral Medicine & Radiology	Dr Zeena Vanisha Dcosta
UG Students	
Best UG Student 1st Year	Ms Pooja P. Netalkar
Best UG Student 3rd Year	Ms Nikita Rungta

Laurels

"We are made wise not by the recollection of our past, but by the responsibility of our future."

- George Bernard Shaw



Dr Lavanya Varma (Batch of 1991) was awarded the 'Most Pro-active Dental Academician, Endodontics at Guident Awards 2016.

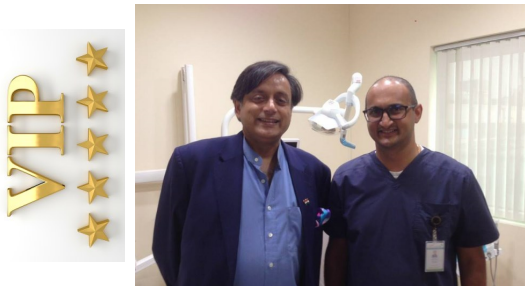


Dr Raghav Sood (Batch of 2002) was awarded the 'New Practice of The year' at the FAMDENT EXCELLENCE in Dentistry Awards 2016.

Dr Manoj Varma (Batch of 1989), Dean, Srinivas Institute of Dental Sciences & **Dr Rupesh Suresh** (Batch of 1997) were elected President of IDA, Dakshina Kannada branch and Allappuzha branch respectively.



Alumni News

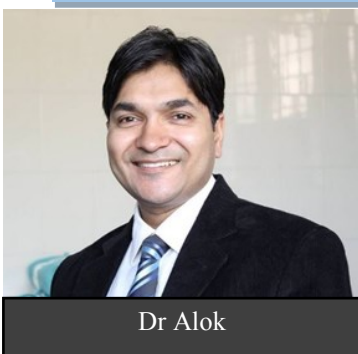


Dr Shashi Tharoor on his visit to **Dr Madhu Mathew** (Batch of 1987). He was impressed with the dental care provided.

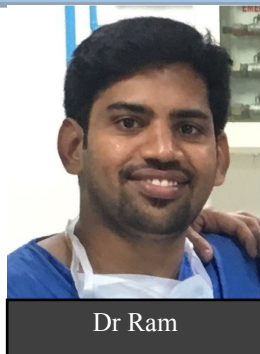
Dr Mudita Verma (Batch of 2007) was awarded the 'BITE-IN Best) Outgoing PostGraduate of the Year' award at Mumbai on 18th December 2016.



Four of our Post Graduate Alumni (Oral Surgery) have successfully cleared the *Fellowship examination of International Board for Certification of Specialists in Oral & Maxillofacial Surgery* (FIBCSOMS). The exam was conducted in Bangalore, India in October 2016. **Dr Vandana Shenoy**, **Dr Rammanohar** and **Dr Sony Pullan** were among the first in India to be awarded the Fellowship while **Dr Alok Sagtani** was the only one from Nepal.



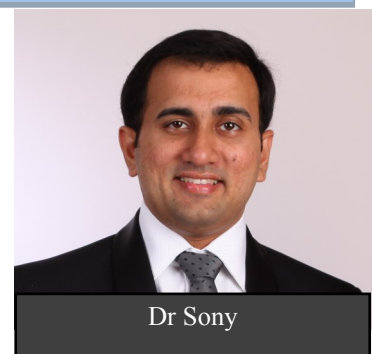
Dr Alok



Dr Ram



Dr Vandana



Dr Sony

We asked the INTERNS to pen down their thoughts and experiences of the various Departments



Prosthodontics

The Department of Prosthodontics and Crown & Bridge is best known for its artistic skills. Working in this department has been nothing short of a pleasure as it allows us to rehabilitate not only patients' functional occlusion but also their smile, making all the effort and hard work worth the while. The department constantly pushes us to do our best and strive for perfection because our patients deserve nothing less. Such qualities have now become a part of our training and personality and are bound to help us become well-trained clinicians and craft the perfect smiles.



Public Health Dentistry

Public Health Dentistry is generally considered as a dry/boring subject. Well what happens here is absolutely contrary to the belief, with highly interactive class room sessions often preceded/succeeded by motivational quotes and videos, involvement of students and teachers at a personal level as well as introduction of relatable examples in various topics of study. Continuous revision of indices through games and various other activities kept the interest high. The department faculty inspire a unique kind of tireless work ethic which keeps everyone going whether post graduates or interns. The camps, though tiring in certain ways, gave a special opportunity to learn outside the conventional practices and also made many of us quicker than we already were. The staff have always been guiding and mentoring the students not just academically but also regarding personal advancements in terms of co-curricular activities and research which is necessary for the holistic development of students.



Dental Materials



This is one department which we would call the essential and yet often unmentioned where a quality research as well as academics happens and here the very core of our profession is taught. The brilliant yet humble and spirited staff have been a part of our lives from first year to final year. The class notes, opportunities to teach the batch on our own, frequent evaluation, multiple demonstrations on how to make a Plaster of Paris cube, primary and secondary impressions, the beautiful see through acrylic blocks (many a times not-so-see-through due to porosities) all laid down the foundation of what was yet to come and what would remain with us for the rest of our lives.



Oral Surgery

As we entered into the first rung of BDS, there was always a distinctive zeal in most of us, to study one of the most sought-after branches of dentistry- Oral & Maxillofacial Surgery. Enthralling surgical cases and the accomplished teachers have left us spell bound from our very first lecture. In the clinical hours, our professors, right from third year, made sure that we dealt with patients with utmost confidence; hence not only was theoretical knowledge imparted but also patient management skills & strategies were handed down to us. We are encouraged to regularly visit the operation theatre, where we get to see interesting cases; the best part being the live explanation of the procedures by our very own professors. The approachable professors, their selfless assistance in helping the students with classroom studies, research articles and their sustained efforts and goodwill in attending to the patients definitely creates a lovely atmosphere to work in and makes it one of the best postings of the undergraduate life.

Paedodontics



"Every child has a fundamental right to his oral health. The society has an obligation to fulfil this faith". With this motto in mind, the Department of Paediatric Dentistry has been functioning successfully ever since the inception of the institution. With all the latest modern equipment's and armamentarium and thoroughly professional faculty who uphold the integrity of the institution, it is an ideal serene environment for developing minds. The student-centric method of teaching followed by the department is sure to produce world class paediatric dental professionals.



Orthodontics

Thank you

For teaching us how to straighten a wire

For correcting those planes when they went haywire

For helping us with our thousand clasps

Even when it seemed like such an impossible task

For those elaborate demos

From retractors to long labial bows

For being open to our doubts without hesitation

For giving us that much needed FINAL YEAR work completion

For those constant attendance reminders and proper dress codes

For training us to work better in a professional mode

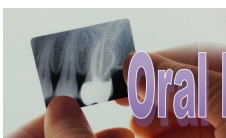
For making us love this subject and allowing us to thoroughly learn

For making Orthodontics so much fun.



Conservative Dentistry & Endodontics

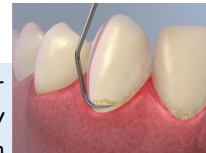
It's busy, it's bustling and it's brewing with energy like a hot cup of coffee. One step into the Department of Conservative Dentistry and Endodontics and you are filled with Passion - the essence that drives the department: passion to provide impeccable treatment to all patients, passion to learn about the latest technologies and instruments, to further use them to improve the quality of treatment and enhancing our skill and knowledge. The passion to impart the same knowledge to students enables us to become better professionals. In addition to this, we are blessed with a proficient staff who ensure that we improve our concepts before dealing with patients in the clinics. Without their support, we wouldn't have been able to manage our patients with the efficiency that we can today.



Oral Medicine & Radiology

We were welcomed to the world of Oral Medicine and Radiology in the third year. A friendly department with loving staff taught us the first most important steps of clinical practice 'the interaction with patients'. They taught us to read through the black and white radiographs, took us into the world of medicine where we were taught to treat patients and alleviate their symptoms. Each time we failed in our attempts, they were there to hold us with their help and encouraging words. A big thank you to the entire department.

Periodontology



Despite being one of the busiest departments in the college, the faculty take the time out to painstakingly teach each of us all that we needed to know to as budding clinicians. Right from chair positions, infection control, patient management and good chair-side behavior, the wealth of knowledge that they shared with us, honed from their years of clinical practice, serves us to this day. They instilled in us a healthy work ethic that played a major role in making us better clinicians. The faculty members of this department are some of the most approachable, caring and friendly. They ensure that each student is thorough with the course material by conducting repeated discussions and viva-voques and teaching them individually if required. They genuinely care about each student which is evident from the way they give us individual attention and are always ready to help clear our doubts. The faculty are actively involved in research and encourage undergraduate and postgraduate students to pursue research in their areas of interest. When we look back on our years as an undergraduate student in MCOADS, we will always remember this department with great fondness and we know that we wouldn't be half as good a dental practitioner if it weren't for them.



Oral Pathology

This is one department everybody has seen from first year. We literally learned the ABCs of Dentistry: from how each tooth looks like to how each disease looks like, histopathologically as well as clinically. We've all gone through that stage where we've looked at carving in awe as we were shown the demonstrations and realized this may not be so easy after all. Yet through constant practice, guidance and support from the wonderful staff we could more or less cover the basics of it. Also, when we think of this department we think about the blue and pink pencils that we carried along with us in practical classes and magically, how these two simple colours could define structures so complex. We also cannot forget the interactive lectures by the staff, about dingbats, quizzes conducted and the many many revision tests conducted. We also have fond memories of all the staff, who know us well, who have seen our child like behaviors and also made us do excellent work when the situation commanded. They always believed in us, even at times when we ourselves didn't. They shone the light on the path we chose to tread, and gave us the courage to travel afar.



Spotlight

Department of Oral Medicine and Radiology



Left-Right: Dr Nanditha Sujir, Dr Almas Binnal, Dr Nandita Shenoy, Dr Ceena Denny, Dr Junaid Ahmed, Dr Ravikiran Ongole

The Department of Oral Medicine and Radiology, Manipal College of Dental Science, Mangaluru was founded in the year 1986 with an aim to be pioneers in the field of maxillofacial diagnosis, medical management and imaging. The department was previously headed by stalwarts in the field including Dr Sanjay Mallya, Dr N Vallikathan, Dr Durgesh Bailoor, Dr L K Chatra, Dr PK Dayal, Dr Sharitha Ballal, and Dr Sumanth K. This subject lays the foundation for clinical practice and is taught in the third and final year of BDS curriculum. Apart from imparting education to UGs, PGs and guiding doctoral candidates, faculty are actively involved in research and providing quality patient care.

Achievements

The state-of-the-art CBCT machine was installed in 2013 which has contributed immensely to patient care and research



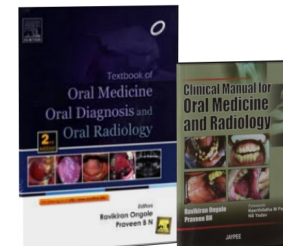
Certificate Course in CBCT

The Department recently conducted the 7th CBCT certificate course. This course continues to garner overwhelming response and the feedback has been extremely encouraging.

Centre for Forensic Odontology

This initiative is a part of a collaborative effort with the Department of Oral Pathology

The Department bagged two 'Guident Academic Excellence Awards' for the year 2016 in the categories: **Best Department and Post graduate, Oral Medicine and Radiology**



Dr Ravikiran Ongole has authored two textbooks & is the recipient of Good Teacher Award

Orofacial Pain Clinic



Specialized clinic for the management of patients with orofacial pain



Dr Zeena Dcosta (PG) receiving the award

Research

The department has published over 100 articles in the last 5 years

Grants

Dr Ceena Denny is a recipient of an ICMR grant. Dr Ravikiran Ongole was a part of a collaborative project with Boston University which received the McKeeson grant



Dr Junaid Ahmed (HOD) receiving the award

Post graduation program was started 4 years back and our PG alumni are already making great strides in our field. We interviewed two of our notable alumnae regarding their experiences.

INTERVIEW

Dr Ritika Jindal, PG Alumna, Batch of 2012
Consultant Maxillofacial Radiologist

Why did you choose MCODS, Mangaluru?

I chose MCODS, Mangaluru as part of the selection process, without any prior planning and was fortunate to get admission through All India PG entrance test held by Manipal University in 2012.

What inspired you to take up specialization in field of Oral Medicine and Radiology?

I had never planned to take Oral Medicine and Radiology for specialization. But during counseling when I was left with few options my undergraduate teacher encouraged me to take up this particular field. I am glad it worked out and today I can proudly say I have acquired a Masters degree in Oral Medicine and Radiology.

How has your experience been in the department during the tenure of your MDS?

It was great to be a part of MCODS. My PG life was a crucial time for me which I can never forget. It was the first time that I stayed away from home, but the support I got from my teachers in the department never made me homesick. The faculty in the department are encouraging; they have always inspired me to do well in my subject.

What is your current job profile?

Presently I am working as a consultant physician and radiologist at Altima Dental Clinic, Haryana. I also practice teleradiology at Dentonostix.

What were the challenges you faced after your graduation from MCODS?

Through the clinical experience during my PG course I got the opportunity to deal with different kinds of patients. Also, since the hospital environment provides interaction with other departments of the medical field, it gave us a chance to better utilize our knowledge. However, after completion of my post graduation the lack of job vacancies in hospitals and dental colleges was discouraging. But with persistence and God's grace I got an opportunity to work as an associate dental radiologist at a CBCT center in Delhi.

How has your experience in MCODS helped you in pursuing your new job venture?

My PG training has not only made me a confident Oral

Diagnostician but also instilled self confidence in me. This definitely helped me to get my job.

What is the scope of maxillofacial radiology in India?

The scope of a maxillofacial radiologist in the current scenario is really good. CBCT in dental radiology is evolving at a fast pace. This has opened up many opportunities in the private sector in India.

What are your future plans?

I want to open my own radiology set-up in collaboration with a general radiologist which will offer state-of-the-art maxillofacial imaging. As part of my diagnostic unit I want to incorporate USG, sialography, EMG, T-scan and other imaging modalities. Also, the specialized center will include an oral pathology and tobacco-cessation unit.

Any advice you would like to convey to our current post graduates?

Since you are acquiring a Master's degree in your subject, no one should know it better than you.

What was your best memory in this college?

My best memories are related to my seminar / presentations when I used to perform good/ bad. Those are the memories I will never forget.

Dr Saranya B, PG Alumna, Batch of 2011
Resident, University of Minnesota, USA

Why did you choose MCODS, Mangaluru?

Manipal University is a banner that every aspiring student in the country wants to get associated with. I was no exception. The legacy, infrastructure, the training program itself is the best exposure for a post-graduate. The team at MCODS is visionary and trend-setting. It was a no-brainer.

What inspired you to take up specialization in field of Oral Medicine and Radiology?

During my internship in dental school, Oral medicine rotation stood out in my memory for its challenges. Every patient was an enigma and every case was a puzzle and the process of unravelling the puzzle from history, clinical exam and diagnostic tests was a very fulfilling pursuit. Diagnostics was what I wanted to do and what better place than one of the best programs in the country.

How has your experience been in the department during the tenure of your MDS?

It was a life-changing experience for me, more than just at the professional front. The 3-year program made me a well-rounded individual and helped me realize my potential and work on my short-comings. The learning curve was steep, the program rigorous and responsibilities immense, but the faculty guided and mentored me at every step of the way. My faculty inspired me to think big, instilled the courage to pursue it and helped me face the challenges that came with. My colleagues Dr Richa Gaba and Dr Bijina Rajan instilled a healthy competition and were a constant source of motivation. Younger post-graduates Drs Prakriti Dayal, Arjun Kumar Tallada, Ritika Jindal, Aureus D'souza, Aditya Gupta and Aishwarya Nair brought in a fresh perspective and renewed intellectual vigor. Most importantly the team stood by me in my most testing times and lent many-a-helping-hand, instilling courage and confidence.

What is your current job profile?

I am currently enrolled in a 2-year Orofacial Pain residency program and a simultaneous Master of Science Program at the University of Minnesota, USA. I am set to graduate in May, 2017.

Were there any challenges you faced while you were pursuing higher studies in USA?

Firstly, the transition process was challenging. Secondly, the field is a cross-over between neuroscience and pain medicine; a leap from my training in Oral Medicine. The concept of biopsychosocial aspect of health care was different from the biomedical aspect that I had been used to. It was new environment, new patient clientele and new work culture. The clinical setting consisted of a multi-disciplinary team of dentists with training in Neuroscience, Anesthesiology, Orofacial pain, Occlusion, Oral Medicine etc, who work along-side physical therapists and a health psychologist dealing with chronic pain in the head and neck region. It was a very different setting to get used to, but very intellectually stimulating at the same time. The team was extremely encouraging and supportive of each other and welcomed me with an open mind and warm hearts. Lastly, the weather; the winters in Minneapolis when temperatures stayed below zero for 5 months of the year was a rude awakening (laughs).

Has the experience in MCOADS helped you overcome these challenges?

Yes, definitely. The Oral Medicine and Radiology training helped me immensely. My MDS training fine-tuned my critical thinking ability which helped ease into this new role.

Each one of my MCOADS faculty added a new shade to me as a clinician/person. I learnt leadership and charisma from Dr Junaid Ahmed, perseverance and ethics from Dr RaviKiran Ongole, affability from Dr Ceena Denny, team-spirit from Dr Nandita Shenoy and passion for the field from Dr Almas Binnal. I think my MCOADS Oral Medicine family is a dream team and I owe a great deal to them.

What is the current scope for a specialist in the field of Oral Medicine in the US?

Oral medicine and Radiology are two different specialities in the US. Oral Medicine is a very sought-after field in most of the states.

What are your future plans?

The biopsychosocial model of care interests me. My immediate plans are to pursue a PhD in health psychology with a focus in Orofacial pain and eventually practice in a multi-disciplinary team setting providing both clinical care and actively involve in research.

Any advice you would like to convey to our current post-graduates?

Good luck and keep up the good work! I am sure each one of you is great and being a lot to the department and health care. My hearty wishes to a bright future and let me know if I can be of any help.

What was your best memory in this college?

I have a few of those. Might be difficult to pick just one. The farewell lunch the Oral Medicine staff Mrs Bhageerathi, Mrs Nisha, Nirmala sister planned for me is very close to my heart.

You can learn more about our department and college @ <https://manipal.edu/mcods-mangalore.html>

Contact: 0824-2428716 Extn 5603

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