



Communique

Rank #2

Among private
dental colleges

Rank #9

Among all dental
colleges in India



NEW NORMAL



AMENDMENTS IN
DENTAL PRACTICE
FOR COVID-19 ERA

- Dr. Neelesh Singh



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Pro Vice Chancellor
MAHE, Mangalore



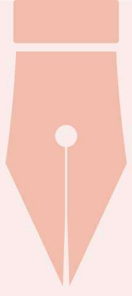
Dr. Ashita Uppoor
Dean,
MCOADS, Mangalore



Dr. Junaid Ahmed
Associate Dean,
MCOADS, Mangalore



Dr. Premalatha Shetty
Associate Dean,
MCOADS, Mangalore



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Professor & Head
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Greetings



Dr. Neetha J. Shetty
Professor & Head
Department of Periodontology
MCODS, Mangalore

The city of Mangalore has a special place in my heart as it has given me the opportunity to be in the vanguard of my field for which I'm passionate about. It has been a special honour to spearhead the **Department of Periodontics** in the most prestigious Institution in the city,

Manipal College of Dental Sciences, Mangalore.

With the institution always pushing forward the best in-class education, student welfare and relevant practical experiences, it was an ecstatic moment to be presented with the title of **Institute of Eminence**.

With the added responsibility of this prestige and dynamic superintendence of our Pro-vice chancellor **Dr. Dilip G. Naik** and Dean **Dr. Ashita Uppoor**, our college has prospered and accomplished great things. Various activities, such as invigorating scientific and clinical temperament to extracurricular and personality building, have been organised in order for students to achieve what they believe in them.

The institution has always encouraged students to dream and has actively participated towards making them realise those dreams.

The department of Periodontics has always endured on principles set by our institution and has continued to evolve within.

With such great initiatives and innovations, we are bound to make memories that last a lifetime. To treasure those experiences, our department has been given the responsibility to draft, devise and design this year's issue of **Communique** which showcases the events organised by our college, highlights hard work put by the students and the faculty and the laurels they brought to themselves & the institution.

My sincere thanks to all my post graduate students for their cooperation and a special thanks to **Dr. Shalini Mundra** for her valiant efforts in adding immense value to the magazine. She has been instrumental in designing this magazine from the scratch and has put her heart and soul into it.



Institutional Accolades

Manipal College of Dental Sciences,
Mangalore Is ranked

9 (Overall)

&

2 (Among Private Dental
Colleges)

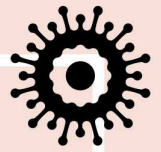


TOP 10 DENTAL COLLEGES

RANK 2021	RANK 2020	RANK 2019	RANK 2018	COLLEGE	CITY
1	1	1	1	MAULANA AZAD INSTITUTE OF DENTAL SCIENCES	New Delhi
2	2	2	2	FACULTY OF DENTAL SCIENCES, KING GEORGE'S MEDICAL UNIVERSITY	Lucknow
3	3	3	4	POST GRADUATE INSTITUTE OF DENTAL SCIENCES	Rohtak
4	4	4	5	FACULTY OF DENTAL SCIENCES, IMS, BHU	Varanasi
5	5	5	3	MANIPAL COLLEGE OF DENTAL SCIENCES	Manipal
6	7	7	8	GOVERNMENT DENTAL COLLEGE & HOSPITAL	Mumbai
7	6	6	6	NAIR HOSPITAL DENTAL COLLEGE	Mumbai
8	8	11	13	DR R. AHMED DENTAL COLLEGE & HOSPITAL	Kolkata
9	11	9	11	MANIPAL COLLEGE OF DENTAL SCIENCES, MANGALORE	Mangaluru
10	10	8	9	CHRISTIAN DENTAL COLLEGE & HOSPITAL	Ludhiana

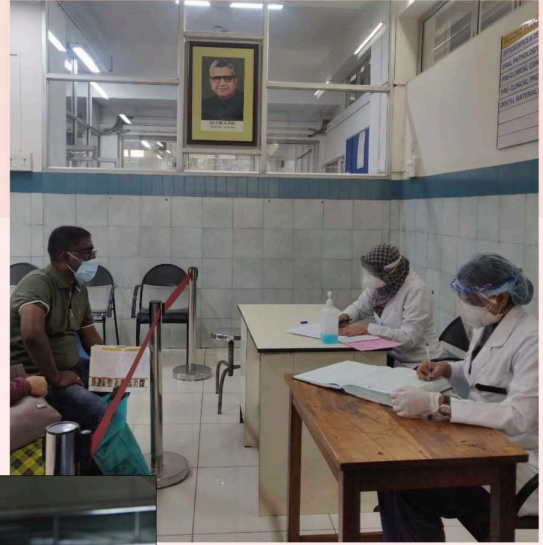
Note: The rankings are for Bachelor of Dental Surgery (BDS) course

Amidst Pandemic

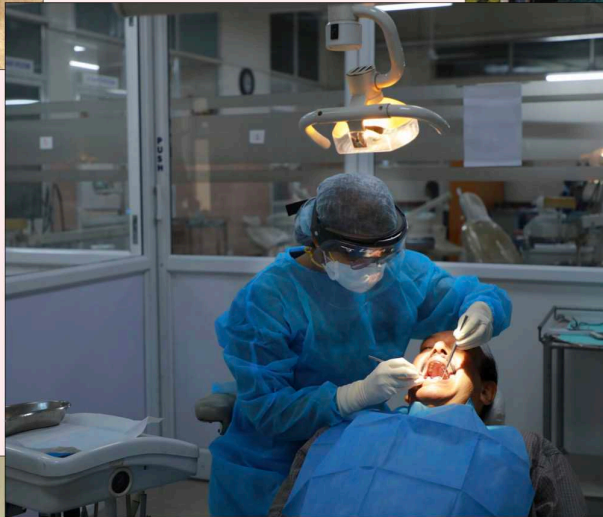


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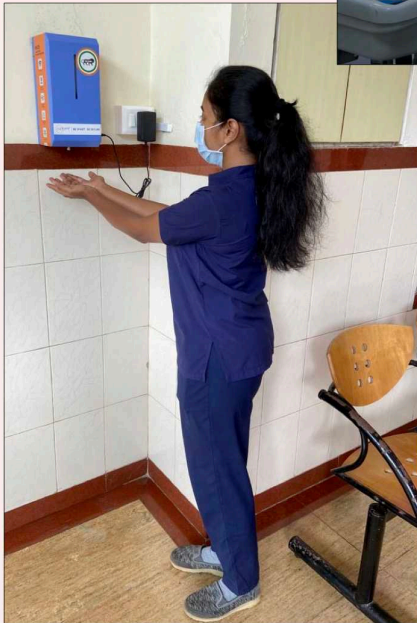
COVID



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PROTOCOLS



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Orientation

First year BDS students

The **third orientation** session for the **1st BDS students**, was held on the **8th of March** at the Bejai campus, KMC Mangalore. **Dr. Sharanya B Shetty** and **Dr. Reshma N S** from the Department of Psychiatry spoke on “**Awareness against substance abuse**” and “**Identifying stress on coping healthily**” respectively. The Dental student council 2020-2021 also conducted a session making the students aware of the various extracurricular activities and wellness club of MCODS Mangalore. The deputy director student affairs, MCODS Mangalore, **Dr. Arathi Rao**, and the student advisor, MCODS Mangalore, **Dr. Ashwin Rao** were present at the event. In view of the prevailing COVID 19 situation, the students strictly followed norms of wearing the mouth mask and social distancing during the program.



Orientation for Interns



The **Interns'** orientation was held on **5th March 2021**. **Dr. Ashita Uppoor**, the Dean oriented the interns about dental ethics, patient care and their responsibilities during the one year internship. The interns were also addressed regarding new COVID protocols to, be followed. **Dr. Premalata Shetty**, the Associate dean highlighted about the rules and regulations that have to be taken care in one year internship program.

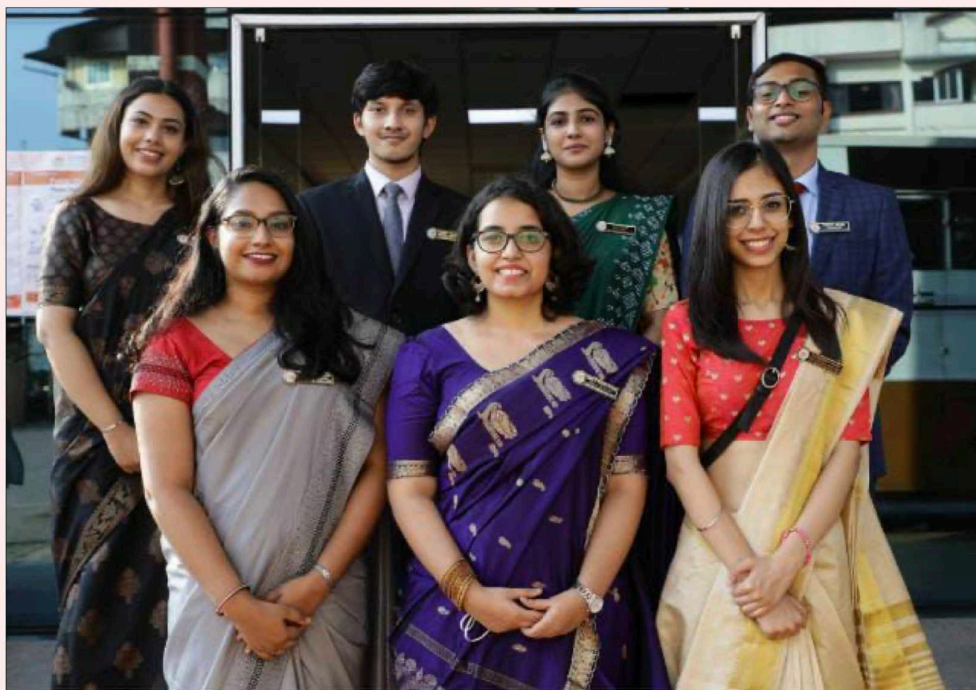
Induction ceremony



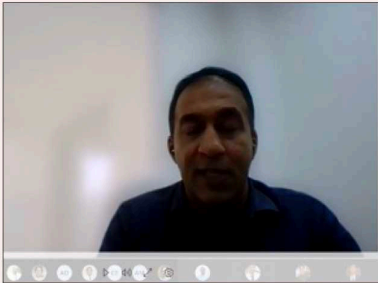
The induction ceremony for the student council was held on **March 10th**. The event was attended by our Dean **Dr Ashita Upoor**, Associate Deans **Dr Premalatha M Shetty** and **Dr Junaid Ahmed**, Staff adviser **Dr Ashwin Rao**, Sports coordinator **Dr Mranali K Shetty**, Cultural coordinator **Dr Mithun Pai** and all the Heads of the departments as well as student representatives from all the batches.

The elected council members are as follows :

G Kamla – President ,
Indrashish Chakravorthy – General Secretary,
Aayush Verma – Treasurer,
Kristi Kaushik – Fine arts Secretary,
Urmila Sachin Mense – Sports Secretary,
Jessica Sonal Monterio – Magazine Editor,
Harsimrat Kaur – VSO & Wellness representative.



Faculty Development Programme



The faculty development program “**Be informed about informed consent**” was held on **22nd March 2021**. The resource person was **Dr. Suresh Kumar Shetty**, Associate Dean and Professor, Forensic Medicine, KMC Mangalore. It was held online on Microsoft Teams. The attendees were faculty and postgraduate students of MCODES Mangalore.

Basic Recap - A two day symposium

Basic Recap a Two Day Symposium was conducted on 22nd and 23rd April 2021 by **Department of Conservative Dentistry and Endodontics, Manipal College of Dental Sciences, Mangalore** in association with the Association of Conservative Dentists and Endodontics Karnataka. The program consisted of 16 guest lectures on various basic topics by stalwarts in the subjects from KMC Mangalore and MCODES, Mangalore. The inaugural program and the entire module was conducted online on ZOOM platform. Dr. Ashita Uppoor, Dean, MCODES, Mangalore inaugurated the program. The 2-day program was conducted on ZOOM platform and the sessions were moderated by Faculty of various colleges from across Karnataka. Around 160 delegates (First year PGs) from across Karnataka actively participated in the program.



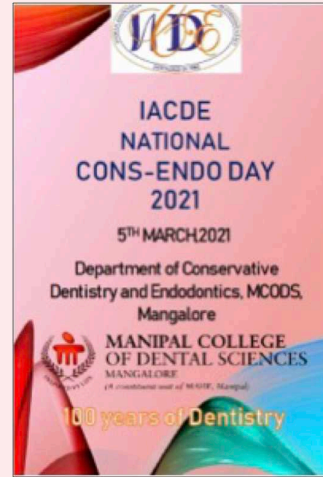
Chairperson in 19th ISP PG Convention



Dr. Neetha Shetty Professor and HOD, Department of Periodontology was awarded with Certificate of Appreciation for contributing as Chairperson in **19th ISP PG CONVENTION from 28th- 30th May 2021**.



Conso-Day 2021



Department of Conservative Dentistry and Endodontics, Manipal College Of Dental Sciences, Mangalore in association with **Indian Association of Conservative Dentistry and Endodontics (IACDE)** Karnataka conducted an inaugural program. The theme for this event was **“THE NEW NORMAL”**. The inaugural ceremony was attended by staff and post graduate students of Department of Conservative Dentistry and Endodontics.



Webinar



Dr. Joanna Baptist, Associate Professor in Oral and Maxillofacial Surgery delivered a Guest Lecture on **“COVID Appropriate Behaviour”**. This webinar was hosted by the Social Responsibility Cell of XIM University, Bhubaneswar, Orissa and was held on **21st May 2021**. This webinar was a part of the COVID 19 Awareness Programme held by XIM University. The talk dealt with strategies and preventive measures to be adopted by educational institutes and individuals to combat the spread of COVID 19 within the campus.

Dr. Pratihk Patel, Conservative Dentistry and Endodontics, was the resource person for continuing dental education program titled **“ Smile Correction and Post Endo Restorations Made Simplified, Predictable and Quick”** held on **29th April, 2021**. The program was conducted by the Department of Conservative Dentistry and Endodontics in association with VOCO. The aim of the program was to provide the attendees with knowledge to solve esthetician restoration problems and meet the high esthetician demands of the patients.



Lecture and Hands on

The **Department of Prosthodontics**, MCODS, Mangalore conducted a Lecture & Hands on by **Mr. SUMIT MAHAPATRA**, Head of ICDE (Technical) India & ISC. on **4th & 5th MARCH 2021**- 2 days at CENTRAL LAB . The workshop was well attended with 19 participants for, the Department of Prosthodontics and Conservative Dentistry.



Guest Speaker



Dr. Siddharth Shetty was invited as a guest speaker during the online symposium and hands-on on “**Anchorage Ascension : Stretching The Envelope**” held on 18th and 19th March, 2021, at **B.J.S. Dental College, Hospital and Research Institute Ludhiana**.

Dr. Ravikiran Ongole was invited as a guest speaker at the **5th National PG Rapid Review and Updates** in Oral Medicine and Radiology of Sri Ramachandra Institute of Higher Education and Research, Chennai, India. The online program was held between 19th and 22nd April 2021. Dr. Ravikiran spoke about **Salivary Gland Disorders and Exam preparatory tips**.



Dr. Ashita Uppoor was invited as a guest speaker at the **5th National PG Rapid Review and Updates**. This programme was organised by the Department of Periodontology & Implantology of Sri Ramachandra Institute of Higher Education and Research, Chennai, India. The online programme was held between 19th and 22nd April 2021.

Dr. Rajesh G was invited as a guest speaker for —

- National Public Health Dentistry Day 2021 on 19th June, 2021, at Sharad Pawar Dental College & Hospital, Sawangi (M), Wardha. The title of the talk was “**Public Health Dentistry – Today and tomorrow**”.
- World No Tobacco Day 2021 held jointly by the Department of Public Health Dentistry and the National Service Scheme-Unit-1 of the Yenepoya Dental College, Yenepoya (Deemed to be University) on 31st May, 2021. The title of the talk was “**Motivational Interviewing in Tobacco Cessation Counselling**”.
- The VII National Rapid Review program, PILOT 2021 held from March 29th to April 1st, 2021. Dr. Rajesh delivered a lecture titled “**Epidemiology of Non Communicable Diseases**” on 29th March, 2021.





Ortho Club - An interdisciplinary Discussion Forum

Orthodontic Recap

The Department of Orthodontics and Dentofacial Orthopaedics, MCOCS Mangalore successfully conducted the fifth webinar session of the Ortho Club series on the 21st March 2021. The topic of discussion was “**Orthodontic Recap**”. The resource persons for the session were **Dr. G. Sreejith Kumar**, Professor and Head, GDC Trivandrum, **Dr. Shobha Sundareshwaran**, Professor and Head, GDC Calicut and **Dr. S Gowri Sankar**, Professor, Narayana Dental college, Nellore Department of Orthodontics. Dr. G. Sreejith Kumar spoke on “**Functional Appliances**”, Dr. Shobha Sundareshwaran spoke on “**Orthodontic Diagnosis**” and Dr. S. Gowri Sankar spoke on “**How to write a theory paper**”. A very engaging discussion followed between the participants and resource persons with all of them sharing their valuable insights and experiences. The webinar was well appreciated and attended by 138 participants.

Current Trends in Oral Research



The Department of Orthodontics and Dentofacial Orthopedics, MCOCS, Mangalore successfully conducted the fourth academic **webinar** session of the Ortho club series on the 19th of March, 2021. The topic of discussion was “**Current Trends in Oral Research**”. The resource persons for the session was **Dr. Sreenath Madathil**, Assistant Professor, Faculty of Dentistry, Mc Gill University, Canada ; **Dr. Badri Thiruvekatchari**, Associate Professor in Orthodontics, Manchester University, UK and **Dr. B. Unnikrishnan**, Additional Dean and Professor, Department of Community Medicine, KMC Mangalore.



World No Tobacco Day



The Department of Public Health Dentistry Manipal College of Dental Sciences, Mangalore, in association with District health & Family Welfare services, Dakshina Kannada District, Mangalore; District Tobacco Control Cell, Dakshina Kannada, Mangaluru; Alumni Relations Manipal College of Dental Sciences (ARMCODS), Mangalore, and Dental Students Association (DSA) 2021 conducted various activities related to **World No Tobacco Day 2021 on 31st May, 2021**. A webinar was organised to address various issues related to tobacco use. The guest speaker for the webinar was **Dr. Harsh Priya**, who is an Alumna, MCOADS, Mangalore, batch of 2006. She is currently employed as Associate Professor, Division of Public Health Dentistry, Centre for Dental Education and Research, All India Institute of Medical Sciences (AIIMS). New Delhi. The second resource person was **Dr. Hanumantharayappa**, Tobacco Control Cell, Managlore. Various intercollegiate competitions were organised as a part of commemoration of World No Tobacco Day 2021.



Systematic Review - An Overview



Department of Oral Medicine & Radiology and Alumni Relation MCOADS, Mangalore organised a continuing dental education program tilted "**Systematic Review : An Overview**". This webinar program was held through Microsoft teams. The resource person was **Dr. Shivi Khatri**, Alumna of MCOADS, Mangalore (Batch of 2004).

Congratulations !



Dr. Suprabha B.S, Professor and Head Department of Pediatric & Preventive Dentistry bestowed with “**Distinguished Woman of the Society**” award for her immense contribution in the field of Pediatric Dentistry during the occasion of International Woman’s Day on 8th March 2021 by the Indian Society of Pedodontics and Preventive Dentistry.



Dr. Srikant N, Professor,
Department of Oral
Pathology, MCOADS,
Mangalore



Dr. Junaid Ahmed,
Professor, Department
of Oral Medicine,
MCOADS, Mangalore.

Won **Best Paper Award at 5th International eConference on Forensic Odontology**, for the presentation titled — “**2D geomorphometric shape analysis of maxillary first premolar : an indicator of sexual dimorphism**” organised by International Association of Scientists and Researchers (IASR) and Association Forensic Odontology For Human Rights (AFOHR)

Congratulations!



Dr. Soham Chatterjee (alumnus MCOBS, Mangalore batch 2019) was awarded the Winner's trophy for the category, "**Budding Dentist of the year**", Zone B category", at the 8th Famdent Excellence in Dentistry awards 2021 which was organised in a virtual format on 29th May 2021.



Dr. Mahima Mishra, Alumna, Batch of 2015, has been selected as a Winner/ Finalist in the MHRD'S National Innovation Contest, after evaluating 9000+ innovations for 900+ institution. And she is eligible for funding support and business linkages by the MHRD.



Dr. Samreen Fatima (Batch of 0'16) and **Dr. Purva Rasane** (Batch of 0'16), Intern, have won second place in the **national level E poster** competition organised by the **IDA Kerala** in collaboration with **WHO Oral Health and Tobacco South East Asia for World No Tobacco Day 2021**. The poster was on the topic "**I Can I will I must**". They have won certificates and cash prize.



Miss Ananya Jha Second year student has secured **first** place in the **All-India Cultural competition Parichay 2021**, organised by **AIIMS Raebareli**. **PARICHAY** was an online inter college Carnival with various events like - dance, art, literature. She participated in **RAAS** the **dance** event and won **first** place in the same.

Congratulations!



Akshaya Gupta, First year student has won the **First** prize in “**Short Essay Writing Competition**”, the topic for the events was “**Choose to Challenge**”. On the occasion of International Women’s Day organised by MAHE, Manipal on 6th March 2021.



Akriti Chaudhry, First year student has won the **second** prize in “**Short Essay Writing Competition**”, the topic for the events was “**Choose to Challenge**”. On the occasion of International Women’s Day organised by MAHE, Manipal on 6th March 2021.



Dr. Aishwarya Dham 3rd year PG student, Department of Periodontology received **Consolation** prize at **ICPA Predict the Future Innovations Contest (2021)** held on the occasion of World Oral Health Day held on 20th March 2021.



Dr. Antarleena Sengupta 2nd year PG student, Department of Periodontology received **Second** prize at **ICPA Predict the Future Innovations Contest (2021)** held on the occasion of World Oral Health Day held on 20th March 2021.



ARMCODS Mangalore



The Alumni Relations program at MCODS Mangalore (ARMCODS) is committed to involve and enable its alumni in all the Institution's activities. Alumni can help mentor students on guidance in research, academia and career prospects. The professional and personal expertise of past students are shared with current batches that benefit in their overall development beyond campus life.

Dr. Arathi Rao
Alumni Coordinator



Members



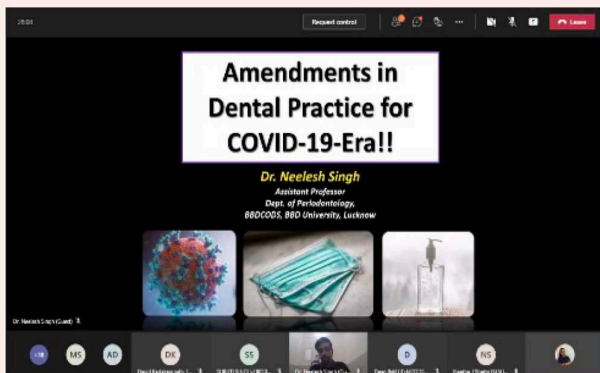
Chairperson:
Dr. Ashita Uppoor, Dean
Alumni Coordinator:
Dr. Arathi Rao
Joint Coordinator:
Dr. Nidhin Philip

Dr. Karen Boaz
Dr. Nandita K P
Dr. Nanditha Sujir
Dr. Ashwini Rao
Dr. Ashwin Rao
Dr. Umesh Pai
Dr. Manuel Thomas
Dr. Sangeeta U Nayak
Dr. Jefferson Prince

ARMCODS Mangalore



The Department of Periodontics in association with ARMCODS Mangalore hosted a CDE program on “**AMENDMENTS IN DENTAL PRACTICE FOR COVID-19 ERA**” on 16th April, 2021 virtually. The resource person for program was **Dr. Neelesh Singh**, PG alumnus of MCODES Mangalore (Batch of 2013) on Microsoft Teams and was attended by interns, postgraduates and faculty members. Keeping in mind the current pandemic, the session looked into the dos and don'ts to follow in a clinic setting, safety measures to avoid transmission, and administrative measures to take in a personal clinic.

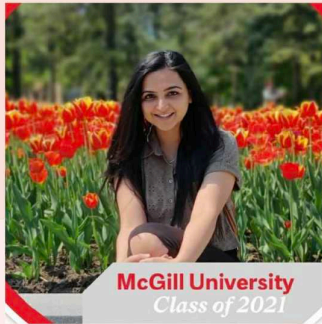


The Institutional Academic Reputation Cell (IARC) and Alumni Relations MCODES, Mangalore organised a continuing dental education program titled “**Connect the Dots : BDS and beyond**” to help students understand the career prospects to pursue MBA in international institutes. This webinar program was held through Microsoft teams.

The resource person was **Dr. Ashmita Deb**, Alumna of MCODES, Mangalore (Batch of 2014). She has recently been admitted to John's Hopkins University Carey Business School with Dean's scholarship for her Full-time MBA with specialisation in Healthcare, Technology, and Innovation.

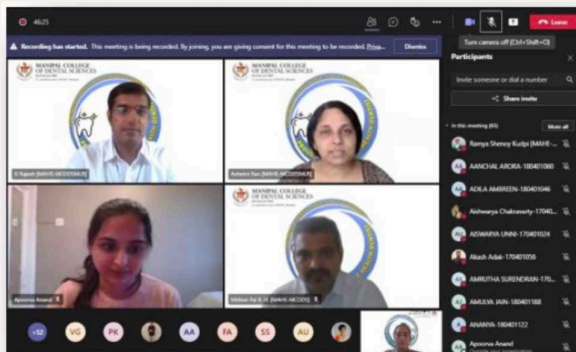


ARMCODS Mangalore



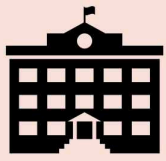
The Department of Public Health Dentistry, Manipal College of Dental Sciences, Mangalore, in association with Alumni Relations Manipal College of Dental Sciences (ARMCODS), Mangalore commemorated the “National Public Health Dentistry Day 2021” on 18th June, 2021.

The guest speaker for the webinar was **Dr. Apoorva Anand**, who is an Undergraduate Alumna, MCOADS, Mangalore, batch of 2013. She is currently employed as Project Manager, Research Institute of McGill University Health Centre (RI-MUHC), Montreal, Canada. Dr. Rajesh G, Professor & Head, Department of Public Health Dentistry, Manipal College of Dental Sciences, Mangalore, introduced the significance of “National Public Health Dentistry Day” to all the participants.



A webinar titled - “**Tools and Tips to Conduct Systematic Review**” was organized by the Department of Public Health Dentistry, Manipal College of Dental Sciences, Mangalore on 27th May, 2021. A total of 198 participants participated in the program, which included post graduate students, & faculty members from MCOADS, Mangalore and other dental institutions of India. The webinar was held on online platform Microsoft Teams. The resource person for the program was Alumna MCOADS, Mangalore Batch 2011, **Dr. Monika Bhuma Reddy** who discussed various tools related to conduct systematic review and meta analysis. She also held demonstration session on “**abstrackr**”, “**openmeta**” and “**SRDR +**” software.





Alumni Relations



Dr. Vaibhav Jagat



Down the memory lane

You can take someone out of Manipal, but you can never take Manipal out of them. “When I moved to Mangalore, it was the first time I had left the comfort of home to live by myself. It was intimidating, and I questioned if I should have picked a college closer to home in Mumbai. My concerns were put to rest soon as I was extremely fortunate to have found family of classmates, faculty and staff. The breakfast at Ideals, my favourite buns at the Taj mahal café, and the gadbad at Pabbas were among the many things that made me fall in love with the city. Over the five years I spent there, I had successfully made a home away from home.

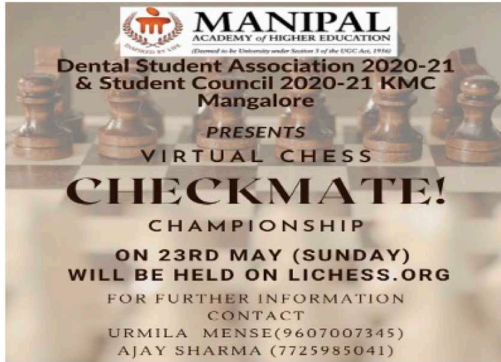
As the training progressed, I knew I was getting a quality education, but I only found out just how good it was, when I met other dentists from across the world. I had been exposed to materials and techniques that many had not even heard of. I felt very grateful. We, as healthcare professionals, have an obligation to maintain a moral compass and provide the best care for our patients. “Do what is right, not what is easy!” I was told. The incredible faculty at MCODS instilled a deep sense of ethical fitness in me and today, I refuse to deliver anything short of excellent care to my patients. I keep up with continuing education and make sure I am proficient in the treatment I provide.

As I bid a bittersweet farewell to the unforgettable Mangalore rains, I moved to USA to pursue DMD at Boston University. Here, I met more dentists that have walked the corridors of the Light House Hill road campus before me. Meeting another Manipalite outside of Manipal is an amazing experience and creates an instant bond. I am yet to meet anyone who does not speak highly of their time there.

I have practiced general dentistry in a private office in Boston since graduation and have enjoyed every minute of it. I am currently starting a new chapter of my life as I enter the Pediatric Dentistry Residency program at Boston University. I am excited to use all the training and experience I have received so far and build upon it. I am confident about my future, as I know My foundation has been laid strong. I have the entire faculty at MCODS Mangalore to thank for it.



Co-curricular activities



A virtual Chess Tournament “CHECKMATE” was organised by Dental Student Association 2020-21 and in association with KMC Student Council 2020-21 Mangalore on 23rd May 2021. It was held on lichess.org.

The winners were; First place – Prashanth J Naik (KMC Mangalore), Second place – Kush Pipada (MCODS Mangalore) and Third place – Siddharth Ramesh (MCODS Mangalore)



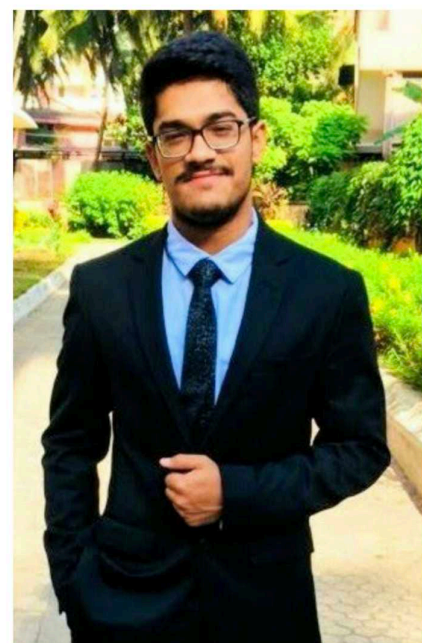
Virtual Chess Tournament “CHECKMATE” was organised by Dental Student Association 2020-21 on 12th May 2021. The tournament consisted of 7 rounds and each match was of duration of 10 minutes. First place—Kush Pipada(‘20 batch), Second place – Pratik Wathore(‘18 batch) and Third place – Siddharth Ramesh(‘017 batch)



Kush Pipada



Pratik Wathore

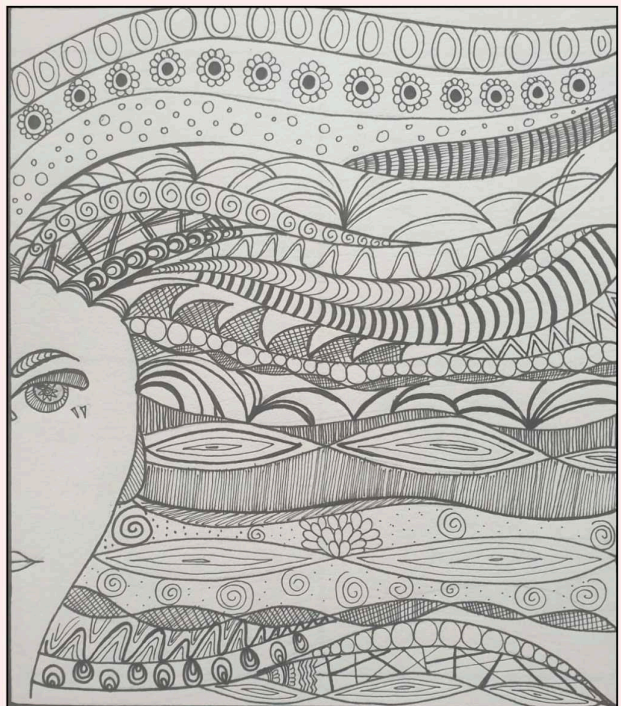
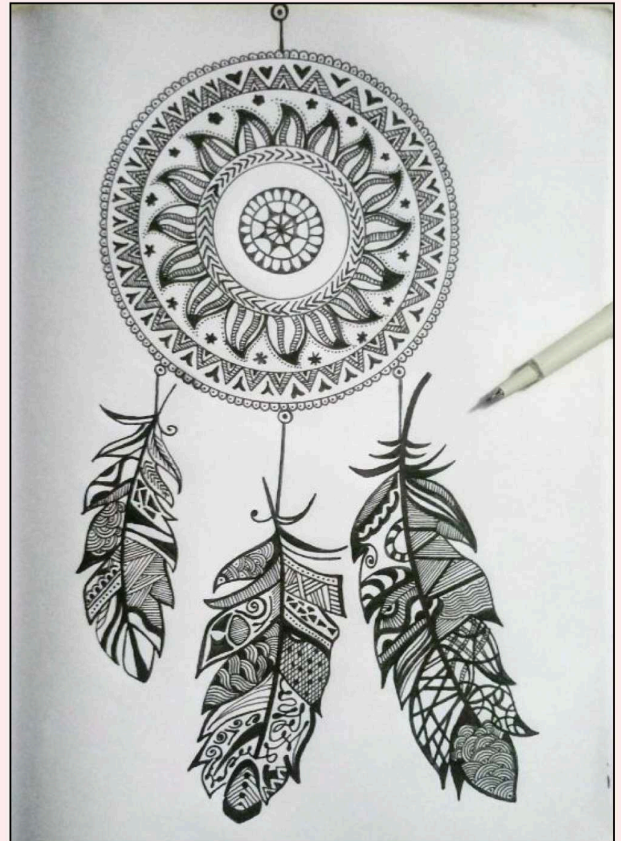


Siddharth Ramesh

Talent Corner



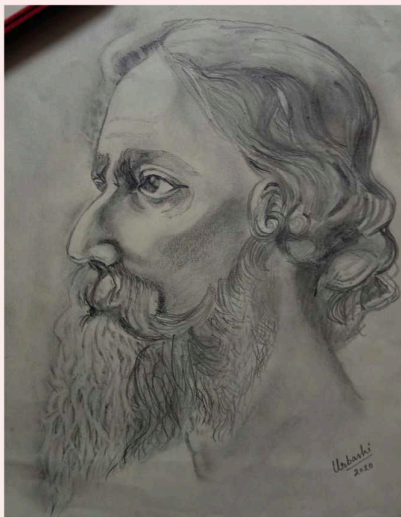
Dr. David Kadakampally



Dr. Shalini Mundra



Dr. Suhina Mitra



Dr. Urbashi Chowdhury



Team Perio

None of us are as smart as all of us !



L-R Dr.Sangeeta, Dr.Deepa, Dr.Ashita, Dr.Neetha, Dr.Dilip, Dr.David, Dr.Mranali



L-R Dr.Urbashi, Dr.Aishwarya, Dr.Sweta, Dr.Suhina, Dr.Antarleena, Dr.Shalini



Spotlight

The Department of Periodontology has been committed in its pursuit to educate the students in patient care, research, academics and social awareness . Since its establishment in the year 1987, the department has produced excellent clinicians owing to their belief in excellent clinical training & evidence based modern practices.

An active, motivated and dedicated faculty has contributed to inculcate passion of their field into the students in order for them to achieve success in private practice, in full-time academics or in leadership positions in national and international dental organisations. They have aced the educational space with their constant involvement & evolvment in research space by obtaining research grants, awards and scientific publications in national and international journals and authoring textbooks.

The teaching program of the department of Periodontology provides a platform for undergraduate and postgraduate students to become clinical scholars by increasing their proficiency in the diagnosis and treatment of all forms of periodontal disease including the management of advanced cases which require interaction with other clinical disciplines. Integration of Implantology as a treatment modality widens the scope of the clinical practicality. The students are encouraged to participate in national and international conferences, conventions and other competitions. With constant push towards dynamic learning, research and innovation; special care is taken to ensure their mental & emotional well-being so as to always keep them in the best state of productivity. Approachable faculty coupled with de-stressing activities from time to time ensure the same.

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