



MANIPAL COLLEGE  
OF DENTAL SCIENCES  
MANGALORE  
(A constituent unit of MAHE, Manipal)

# COMMUNIQUE

Newsletter of Manipal College of Dental Sciences, Mangalore

Volume 09 , Issue 04 (October 2024–December 2024)



# EDITORIAL



**Issue Editor:**  
**Dr. Charisma Thimmaiah**



**Guest Editor**  
**Dr. Suprabha BS**

## Deputy Editors:

**Dr. Arathi Rao, Dr. Ashwin Rao, Dr. Karuna Y.M, Dr. Anupama Nayak,**

# ADMINISTRATORS



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**Pro Vice Chancellor**



**Dr. Ashita Uppoor**  
**Dean**



**Dr. Junaid Ahmed**  
**Associate Dean**



**Dr. Arathi Rao,**  
**Associate Dean**

# LETTER FROM THE EDITOR

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As we begin the new year, we are excited to share the remarkable achievements and activities that have defined our institution over the past months. This issue, compiled by our department, highlights the accomplishments of our institution from October to December 2024.

The issue focuses on various international observer ship programs for our interns that provide invaluable professional experiences and broaden their perspectives. We proudly showcase the achievements of our students and faculty, reflecting our high standards of excellence. The professional development programs and workshops that keep our faculty and students updated on the latest advancements in dental science, value-added courses for interns, and training programs for non-teaching faculty, all of which ensure skill enhancement across dental health care professions of our institution is another important feature in this issue.

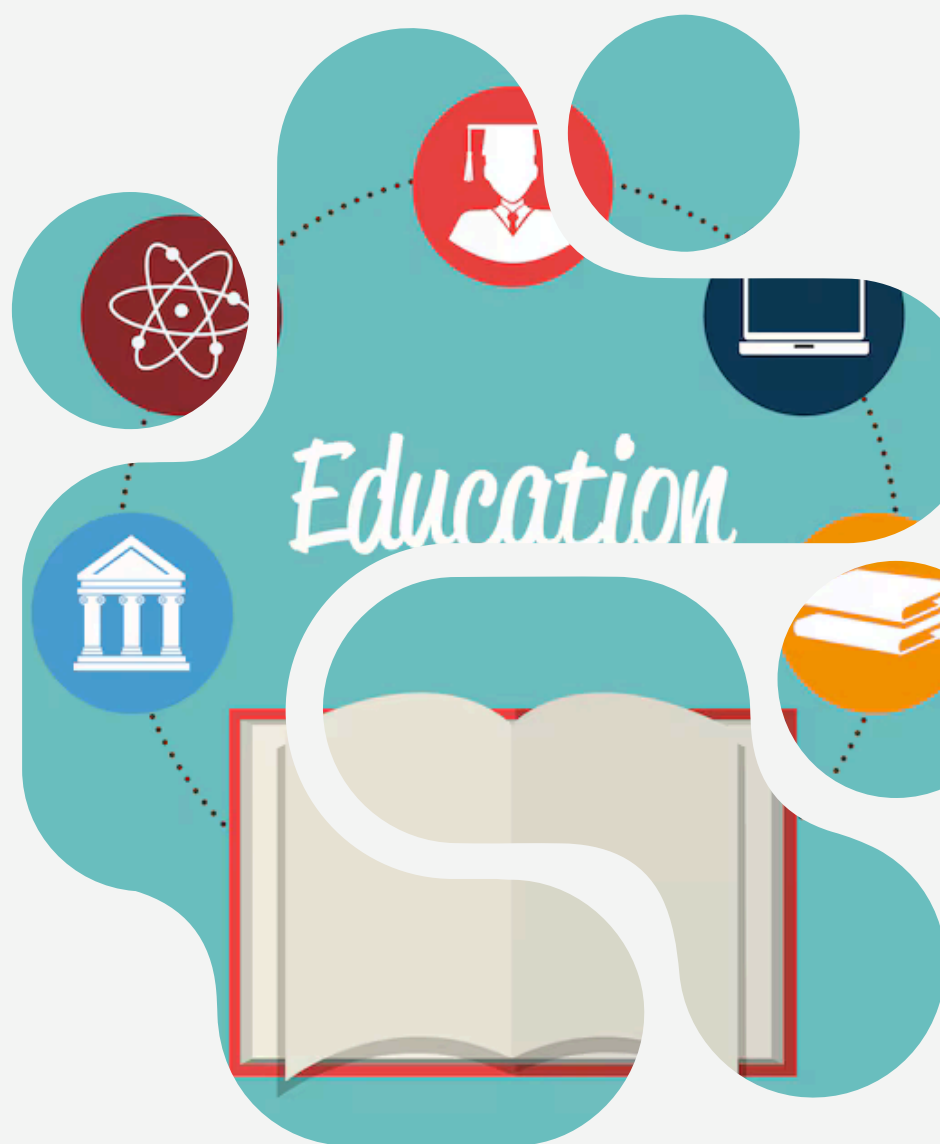
Another highlight is the completion of the Dental Annex building renovation, home to our department. The new state-of-the-art facilities in the renovated Pediatric and Preventive Dentistry Department create a child-friendly environment that eases the anxiety of our young patients.

I extend my gratitude to Dr. Charisma Thimmaiah, Issue Editor, for her valuable efforts in compiling this issue, and to Deputy Editors Dr. Arathi Rao, Dr. Ashwin Rao, Dr. Karuna Y.M, and Dr. Anupama Nayak for their precious inputs.



Dr. Suprabha BS  
Professor and Head  
Department of Pediatric and Preventive Dentistry

# ACADEMIC EXCELLENCE



## NATIONAL ORTHODONTIST DAY

The Department of Orthodontics and Dentofacial Orthopedics, MCODS, Mangalore successfully celebrated National Orthodontist Day on 5th October 2024. An inter-college quiz on orthodontics was conducted for the post-graduate students. The first place was bagged by the team from Yenepoya Dental College and the second place was bagged by the team from MCODS Mangalore. The next event conducted was an artistic wire bending competition. The post-graduate students enthusiastically took part in this event and showcased their talents.



## ORTHOGNATHIC SURGERY – AN INTERDISCIPLINARY MEETING



The Department of Oral & Maxillofacial Surgery in collaboration with Department of Orthodontics & Dentofacial Orthopedics conducted CPD program "Orthognathic Surgery – an interdisciplinary meeting". The resource person for the program was Dr Arun TJ, Assistant Professor, Oral & Maxillofacial Surgery, GDC Kottayam. Dr Arvind R, Associate Professor and Dr Sandeep Madhu, Senior Lecturer, Department of Oral Maxillofacial Surgery, MCODS Mangalore, dated 23rd October 2024. The surgical demonstration at KMC Attavar Hospital with hands-on surgery for the staff participants was conducted. The program was well appreciated and enhanced treatment planning, surgical skills by the participants



As part of the UGC initiative to commemorate Constitution Day, MCODS Mangalore, organized a series of events on 26th October 2024, to celebrate and honor the significance of the Constitution of India. The event aimed to instill awareness about constitutional values among students and encourage active participation in activities promoting national unity and responsibility. A highlight of the day was the essay competition on the topic "Constitution of India." The best essays were awarded a certificate acknowledging students' values and respect for India's constitutional heritage.

## RUBBER DAM WORKSHOP



The Rubber Dam Xtremes workshop was conducted on 11th and 12th November by the Centre of Advanced Dental Education and the Department of Conservative Dentistry & Endodontics. This comprehensive two-day program was designed to elevate the practical skills of dental practitioners in isolation techniques using rubber dams. With a mix of lectures, demonstrations, and hands-on sessions, the workshop was structured to cater to novice and experienced participants, enhancing their expertise in applying rubber dams across various dental procedures. Resource persons Dr Karthik Shetty, Dr Laxmish Mallya, Dr Shreya Hegde, Dr Roma M, Dr. Janina Loren D'Souza

## TRAINING PROGRAM



On 6th December the Non teaching Staff members underwent an exceptional training session on communication skills conducted by Dr. Rakshith Bhandary and Mr. Sachin R Chandra, the session highlighted the practical insights and actionable takeaways.

# CHILDREN'S DAY

The Department of Pediatric and Preventive Dentistry, Manipal College of Dental Sciences, Mangalore conducted Children's Day celebration on 14th November in the Department. A total number of 30 children who visit the dental clinic regularly participated in the program with their parents. The children were made to feel comfortable by creating a playful and friendly environment. The department was decorated with balloons and ribbons. Music welcomed the little guests as they arrived.

The program included free dental screening and Preventive treatments followed by cake cutting by the children. Gifts were given to the children at the end of the program. Group pharma sponsored the event with dental hygiene products worth Rs. 4200. On this occasion the Department of Pediatric and Preventive Dentistry donated total amount of Rs 5000 to Government Primary School at Bondel Mangalore, one of the schools included in our School Dental Health Program. The principal and teachers were overwhelmed and appreciated this contribution to school.



# PRACTODENT

Institutional Academic Excellence Committee, Manipal College of Dental Sciences, Mangalore Organized a value added course on dental practice management titled 'PractoDent'. The module 3 was conducted on 3rd October that included sessions on Finance in Dental Practice by Dr Subrahmanya Kumar N, Associate Professor, Department of Commerce, MAHE .



## EVIDENS-12.0

A workshop was conducted on Research Methodology and Biostatistics and ethics on 4th and 5th November, 2024 at Medical Education Hall, LHH. The resource persons were the faculty of Public Health Dentistry- Dr. Ramya Shenoy, Dr. Ashwini Rao, Dr. Mithun Pai, Dr. Praveen Jodalli and Dr. Avinash B R . It was attended by 81 participants. A Detailed session on Research Methodology and ethics with emphasis on how to write protocol and search strategy. Hands-on biostatistics and Mendeley software was given during this programme



## WORKSHOP ON BASIC LIFE SUPPORT



Department of Oral and Maxillofacial Surgery, MCODS Mangalore in collaboration with Department of Emergency Medicine, Kasturba Medical College, Mangalore conducted a Basic Life Support (BLS) Hands-on workshop on 13th and 14th December for the 3rd BDS students at the Simulation Centre, KMC Attavar. The resource persons were Dr. Vivek Gopinathan, Professor, and Dr. Keerthana, Senior Resident from Department of Emergency Medicine, KMC, Mangalore along with Dr. Joanna Baptist, Associate Professor, Department of Oral & Maxillofacial Surgery, MCODS, Mangalore, who trained the 3rd BDS students in Basic Life Support and Cardio-Pulmonary Resuscitation.



## WORKSHOP ON BLS & PARENTERAL INJECTION TECHNIQUES



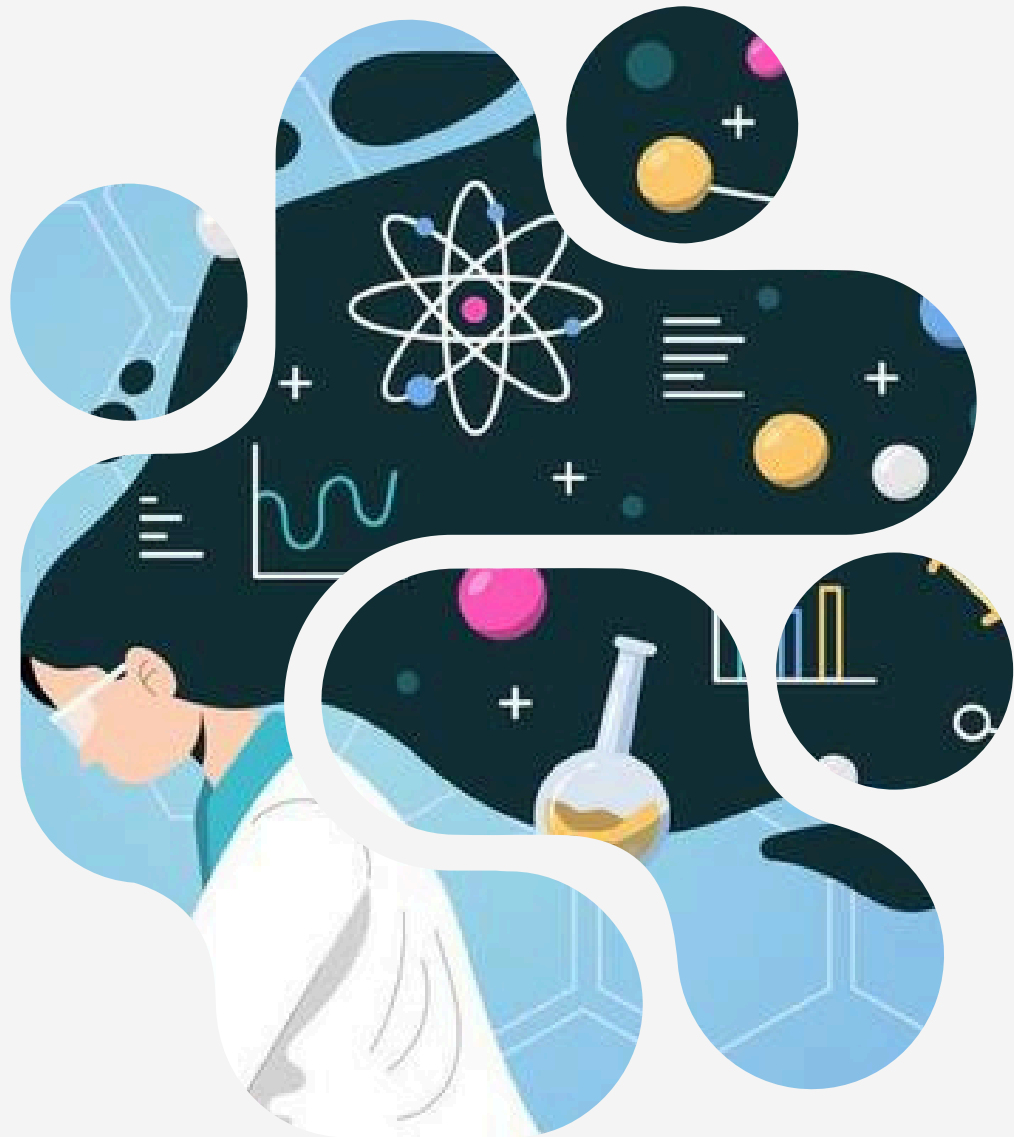
Hands-on-workshop on BLS & Parenteral Injection Techniques were conducted on 23rd and 24th December for interns of MCODES, Mangalore. A brief lecture on BLS & various parenteral injection techniques followed by demonstration of BLS & various injection techniques were conducted by MAX-FACS Skills Center, Department of Oral and Maxillofacial Surgery, Manipal College of Dental Sciences, Mangalore in collaboration with Department of Emergency Medicine, Kasturba Medical College, Mangalore and Simulation Centre, KMC Attavar. The resource persons were Dr. Premalatha Shetty, Professor, MCODES, Mangalore along with, Dr. Sanjan.A, Assistant Professor, and Dr. Keerthana, Senior Lecturer, Department of Emergency Medicine, KMC Mangalore.

## DR. SOBEN PETER ENDOWMENT LECTURE

The Department of Public Health Dentistry, MCODES, Mangalore, commemorated the life and legacy of the Late Dr. Soben Peter by organizing the annual "Dr. Soben Peter Endowment Lecture" on 20th December. Dr. Ridhima Gaunkar, a Professor in the Department of Public Health Dentistry at Goa Dental College and Hospital, Goa, and the Honorary General Secretary of the Indian Association of Public Health Dentistry, was invited as the Guest Speaker. She delivered an insightful talk on the topic, Profit vs. Prevention: Commercial Determinants in Dental Public Health, which captivated the audience and sparked meaningful discussions



# RESEARCH



# FACULTY ACHIEVEMENTS



**Dr. Kundabala Mala**  
Professor, Conservative Dentistry &  
Endodontics

Awarded the Best Scientific Presentation at the 32nd National Conference of Indian Endodontic Society held from October 3rd -5th October 2024.



**Dr. Ravikiran Ongole**  
Oral medicine and Radiology

Awarded the Best Scientific Paper, at the 35th IAOMR National Conference held in Mangalore on 22nd to 24th November 2024



**Dr. Suprabha BS, HOD & Professor,**  
Department of Pediatric & Preventive  
Dentistry

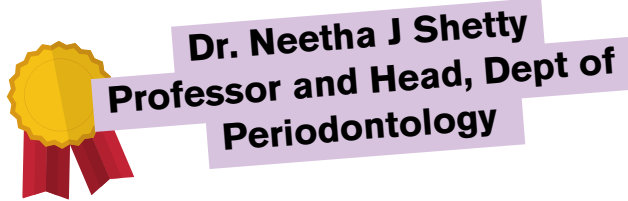
Has been appointed as Assistant Editor for the Journal of Indian Society of Pedodontics and Preventive Dentistry and is a part of the executive committee of the Indian Society of Pedodontics and Preventive Dentistry.



**Dr. Karthik Shetty**  
HOD & Professor  
Conservative Dentistry & Endodontics

Delivered a guest lecture on 'Preclinical training in Post graduation' during the 'PG orientation' program organized by the Indian association of Conservative Dentistry and Endodontics on the 14th of November.

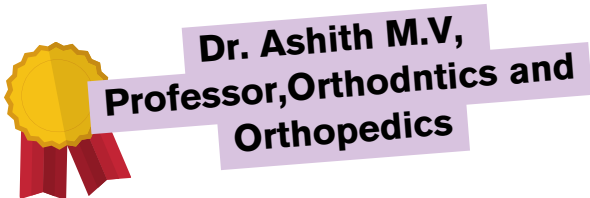
# FACULTY ACHIEVEMENTS



Delivered a keynote online lecture on the topic "Beyond the surface: Periodontal Aesthetics" organized by MAHSA University, Malaysia on 26th October, 2024.



Delivered a Guest Lecture on Interdisciplinary Approach to PG Learning at The IOS PG Orientation program organized by Indian Orthodontic Society on 28 October 2024.



Delivered a Guest Lecture on "Anterior Maxillary Distraction: Enhancing Facial Aesthetics and Functionality" in the Guwahati Orthodontic Study Group held on 3rd November 2024



Delivered a Guest Lecture on "How to present a journal club" In MDS SANATHAN workshop for PG's organized by the Department of Public Health Dentistry and IQAC at Anil Neerukonda Institute of Dental Sciences, Visakhapatnam on 12th November 2024.

# FACULTY ACHIEVEMENTS



**Dr. Ashwin Rao, Associate Professor**  
**Department of Pediatric & Preventive**  
**Dentistry**

Delivered a Guest Lecture on “Oral and Intra-Nasal Sedation” organized by the Department of Pediatric and Preventive Dentistry, Yenopoya Dental College on 12th December 2024.

**Dr Arvind R, Associate Professor**  
**Department of Oral & Maxillofacial**  
**Surgery**

Was invited by Osstem Implant as part of group delegation to visit Osstem Implant HQ in Seoul, South Korea and attend seminar by Osstem titled “Osstem’s digital- guided implant surgery – OneGuide”



**Dr. Anupama P Nayak,**  
**Associate Professor**  
**Department of Pediatric & Preventive**  
**Dentistry**

Interview on Akashvani Mangalore on 17th November on Oral health care for children



**Dr. Ravikiran Ongole, Professor and Head,**  
**Oral Medicine and Radiology**  
**Dr. Joanna Baptist, Associate Professor,**  
**Oral and Maxillofacial Surgery**  
**Mr. Sarabpreet Singh**

Have formerly Webmaster MAHE have incorporated a company Acadnetica Solutions Private Limited. Their web domain AcademicAlerts.org lists genuine academic events like conferences, seminars, workshops across all specialties happening around the world. It is a one stop for all genuine academic updates.

# STUDENT ACHIEVEMENTS



**Dr. Shruti Singh,**  
Post Graduate Student,  
Periodontology

Won the Commendation Prize for the poster presentation at the 48th ISP National conference held from 15th to 18th October 2024 in Goa



**Dr. Saumya Verhwani**  
Post graduate Student  
Conservative Dentistry &  
Endodontics

Won the first Prize in Paper Presentation, at the 39th IACDE National Conference, Jio World Convention Centre, Mumbai from 28th-1st December 2024



**Dr. Ishan Bhatla**  
Post graduate Student  
Conservative Dentistry &  
Endodontics

Won the first Prize in Paper Presentation, at the 39th IACDE National Conference, Jio World Convention Centre, Mumbai from 28th-1st December 2024



**Dr. Tejaswini Shetty,**  
Post Graduate Student  
Conservative Dentistry &  
Endodontics

Won the first Prize in Paper Presentation, at the 39th IACDE National Conference, Jio World Convention Centre, Mumbai from 28th-1st December 2024



**Dr. Vighnesh M**  
Post graduate Student  
Conservative Dentistry &  
Endodontics

Won the first Prize in Paper Presentation, at the 39th IACDE National Conference, Jio World Convention Centre, Mumbai from 28th-1st December 2024



**Mr. Prajval Mahajan,**  
Intern,

Awarded as a Best Presenter for a Poster Presentation during ICHTR 2024 organized by MAHESRF 2024, KMC, Mangalore from 18th -19th December 2024

# STUDENT ACHIEVEMENTS



RECEIVED THE STS GRANT - HRD SCHEME,  
DEPARTMENT OF HEALTH RESEARCH



**Safiya Huda**  
3rd Year student



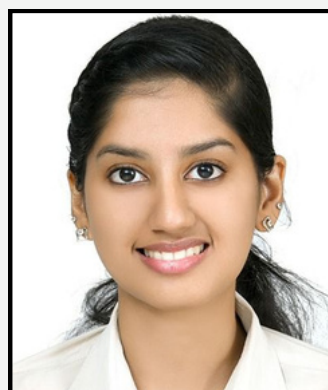
**Deepthi P Sreeganthan**  
3rd Year student



**Sri Varshini S**  
3rd Year student



**Sanskriti Rautela**  
3rd Year student



**Amulya Ellan Veetil**  
3rd Year student



MCODS team won first prize in The Model Your Microbe competition 2024, organized by Dept of Basic Medical Sciences, Manipal on 13th December, 2024

# INTERNATIONALIZATION





# OBSERVERSHIP PROGRAM – BPKIHS, NEPAL



Dr. Suveksha Pandey and Dr. Urmila Paudel, final-year postgraduate students in Public Health Dentistry at B. P. Koirala Institute of Health Sciences (BPKIHS), Nepal, participated in a 28-day student exchange program at Manipal College of Dental Sciences, Mangalore, India, from September 18 to October 15, 2024. During their stay, they gained hands-on experience in search strategies, scoping reviews, and the use of Atlas.ti software, visited Primary Health Centres, observing their operations, and also toured the Community Health Centre in Moodabidri. Additionally, they attended and presented at the International Conference on Dental Education and Curriculum Conclave 6.0, delivered a journal club presentation to faculty and postgraduate students, and engaged in our post graduate presentations and some undergraduate theory classes. They closely observed the functioning of a mobile dental van as well. Their visit included a trip to the Manipal campus and excursions to Karkala and Kaup lighthouses to experience South Indian culture.



## LECTURE BY ADJUNCT FACULTY

The Department of Pediatric and Preventive Dentistry, conducted an online lecture session on 26th November by adjunct faculty, Dr. Raghbir Kaur, Director, Pediatric Dental Services and Associate Director, Pediatric Dental Residency Program at NYU Langone Health, USA, for faculty and post graduate students. The topic was "Management of Cerebral Palsy", where the oral manifestations and treatment considerations were discussed. This was followed by an interactive question answer session.

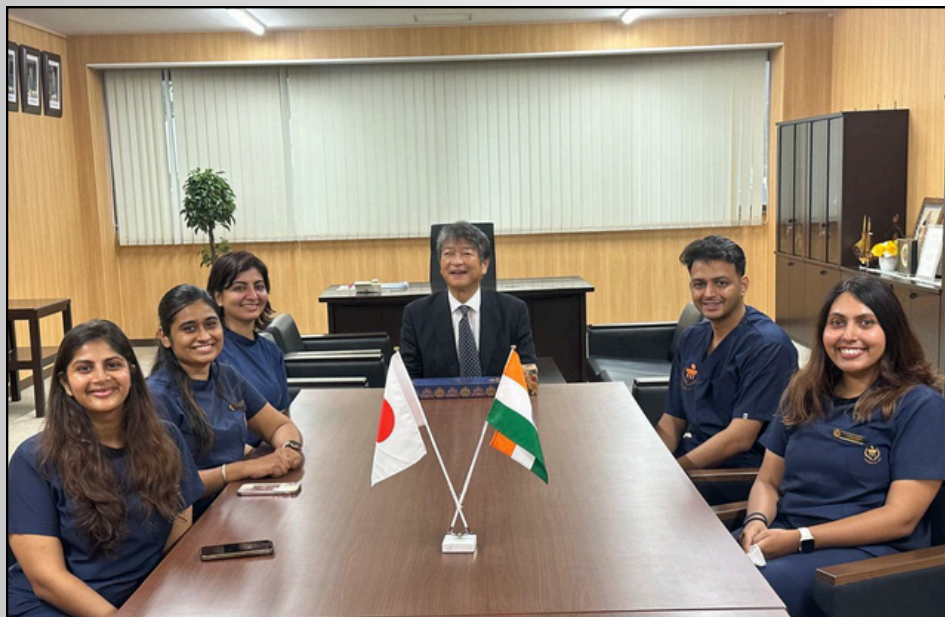
# BLUE PRINTS FOR SUCCESS: A MASTERCLASS IN IMPLANT TREATMENT PLANNING



The Department of Periodontology conducted a CDE program on the topic "Blue prints for success: A masterclass in implant treatment planning" on 29th October consisting of a lecture and hands-on workshop by our adjunct faculty Dr. Betsy S Thomas, Professor in the faculty of Dentistry, MAHSA University, Malaysia.

An observer-ship program was held at Tokushima University Faculty of dentistry, Japan, from 2nd October 2024 till 8th October 2024, for interns of Manipal College Of Dental Sciences, Mangalore. Dr. Tomonori guided the students giving a tour of the campus. the orientation session was led by Dr. Omar. Following This was a great opportunity to meet and connect with fellow international students, as well as the Japanese peers. During the program, the participants observed advanced techniques in dentistry. In Periodontology, ultrasonic scalers with multiple tips and curettes were used for precise scaling. The department of Oral Surgery follow a strict sterility protocol, using drapes that covered the entire body including the eyes, except for the mouth. In Prosthodontics, machines were used to measure the biting force through glucose analysis and tongue muscle strength with a force meter were showcased. Digital impression for a patient with cleft palate was demonstrated in Orthodontics. Overall, the program offered hands-on exposure to modern dental practices and innovative technology.

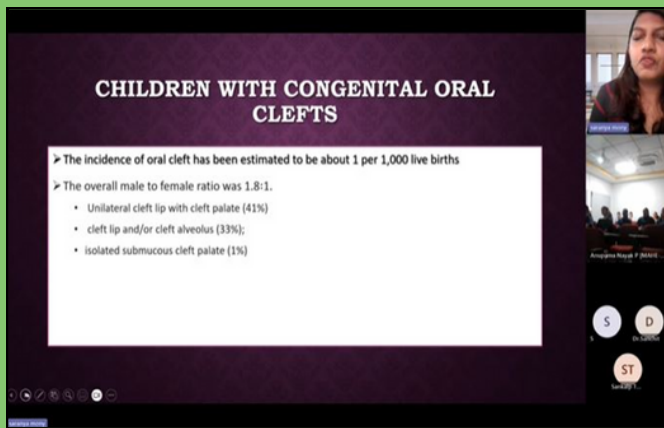
## OBSERVERSHIP PROGRAM AT TOKUSHIMA UNIVERSITY



# ALUMNI RELATIONS



# PACE : PARTNERSHIP WITH ALUMNI FOR COLLOBARATIVE EXCELLENCE PROGRAM



The Department of Pediatric and Preventive Dentistry, Manipal College of Dental Sciences, Mangalore conducted PACE: Partnership with Alumni for Collaborative Excellence Program on the occasion of Pedodontist Day on 3rd December by Dr. M Saranya, Chief Pediatric Dentist, Chandra's Little Smiles, Coimbatore (PG alumnus of 2010) the talk was on Infant Cleft Care for postgraduate, Alumni and faculty.

## BEYOND THE CLASSROOM: PRACTICE MANAGEMENT



The Department of Orthodontics and Dentofacial Orthopedics, MCOODS, Mangalore conducted an alumni Guest Lecture by Dr. Shakti Singh and Dr. Aditya Chhibber (Alumni Batch of 1999) on the topic "Beyond the Classroom: Practice Management tips from a decade long personal experience." on 28th December. The lecture was followed by a panel discussion with the post-graduates covering various aspects of dental practices in India and internationally. It was attended by the department's postgraduates, alumni and faculty members.

## BATCH SILVER JUBILEE ALUMNI REUNION

The 1999 BATCH SILVER JUBILEE ALUMNI REUNION was conducted on December 28th 2024. It was a grand success and was attended by 55 alumni.. The Inaugural function was graced by Dr Dilip G Naik, Pro VC Mangalore Campus. Dr Nidhin Philip, Alumni Coordinator welcomed the alumni, Dean Dr Ashita Uppoor and Associate Dean Dr Arathi Rao spoke to the alumni. Alumni were taken on a college tour, to the hostels and Marena. All alumni were given mementos from MAHE.



# DIAGNOSIS IN ENDODONTICS: TIPS AND CHALLENGES



The Department of Conservative Dentistry and Endodontics, MCODS, Mangalore, organized and conducted a Continuing Dental Education program on the topic "DIAGNOSIS IN ENDODONTICS: Tips and Challenges" by the resource Person, Dr. Neeraj Malhotra (Alumnus of Batch 1999), on 28th December 2024 in collaboration with Dr. Aarthi Rao, Alumni Relations Coordinator, MCODS Mangalore, MAHE.

## BONE GRAFTING FOR IMPLANTOLOGY: CURRENT CONCEPTS

A guest lecture was conducted for the postgraduate students of the Department of Periodontology, delivered by Dr. Vijendra Singh, an esteemed alumnus (UG 1999 & PG 2007) of the institution. The session focused on the topic of "Bone Grafting for Implantology: Current Concepts," providing an insightful overview of advancements in the field.



## ALUMNI ACHIEVEMENT

Dr. Shanti Swarup, 2009 Batch PG Alumni for being honoured with "MAHE YOUNG SCIENTIST AWARD" from the Society of Biomaterials and Artificial Organs, India



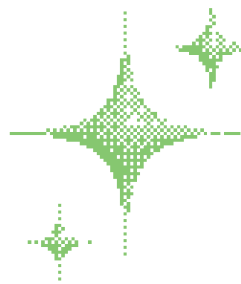
A treasure trove of memories start gushing into the airways of my mind as I ponder to pen down few words about my post - graduation days at my beloved alma mater MCODES Mangalore. As I embarked on this new journey thousands of miles away from the unswerving shelter of my family and the comfort of my home, Mangalore welcomed me with open arms. I was quite oblivious that soon it would be marked as one of the important chapters of my life. My life as a post graduate student in Dept of Pediatric and Preventive Dentistry in my esteemed alma mater under the guidance of the learned faculty members was a distinctive amalgamation of academic pursuits, challenges of balancing various responsibilities, hard work, patience, self - discovery and most significantly personal growth. It inculcated an urge in me to push beyond boundaries a bit more. As I look back, I cherish all the ups and downs which I faced as it paved the way for what I am today. As I traversed on this learning voyage I learnt a lot from my fellow post graduates, seniors and juniors. Friendships which brewed that time went on to be the strongest ones till date.

Being a clinician and a faculty member now of Dept of Pediatric and Preventive Dentistry of a Government Dental College, the voyage still continues and learning has become a relentless journey. Each day becomes a learning venture as I strive to treasure the beautiful smiles of the little ones and I feel blessed to be working along with skilled clinicians and academicians in this journey. Also as a teacher, I now realize how much dedication, hard work and sincerity goes into this art of teaching and making a positive impact on the minds of the budding dentists.

Overwhelmed with nostalgia I would like to conclude by saying that I shall forever be indebted to my esteemed alma mater, my learned teachers, friends and colleagues for painting the canvas of my memories of Mangalore so beautifully and contributing to one of the most important and cherished chapters of my life..



Dr Bhaswati Chakraborty  
(Batch of 2015-2018)  
PG Alumnus



# the SPOTLIGHT

The two core areas of thrust in any department of an institution are cutting edge clinical training and the research culture. The department of Pediatric and Preventive Dentistry at Manipal College of Dental Sciences (MCOADS) Mangalore is at the forefront of Pediatric Dentistry in India owing to its leadership in these crucial aspects. The faculty and postgraduate students are exposed to a wide variety of techniques in clinical behavior management, which is the foundation stone of children's dentistry. These include training in painless administration of local anesthesia, inhalation sedation, midazolam sedation and general anesthesia. Strong emphasis is also placed on other core areas of clinical Pediatric Dentistry like mixed dentition orthodontics including sectional fixed therapy, pediatric endodontics, pediatric restorative dentistry and preventive dentistry with the most up to date techniques and dental materials. The faculty and postgraduate students are also engaged in high quality research and publications in high impact factor journals. The aspects of clinics and research are further supported by a state-of-the-art infrastructure. Put in a nutshell, the Department of Pediatric and Preventive Dentistry MCOADS Mangalore provides the faculty with a robust environment for growth and prepares the postgraduate student comprehensively for a fulfilling career in the field of Pediatric Dentistry.



**Dr. Ashwin Rao**  
Associate Professor  
Pediatric and Preventive Dentistry

# EXTRA CURRICULAR ACTIVITIES

**Nihal Ranjan Sonowal**  
2nd Year Student



Won the Bronze medal in the 75-80 kg weight category at the Inter- Mahe Boxing Championship 2024 held at MIT Manipal



**Gautham Sanil**  
3rd Year Student

Won the Bronze Medal in kata and Kumite at the MAHE Intercollegiate Karate Tournament 2024 held at Manipal

**Pipada Kush Dheeraj**



Won the best MAHE- Male chess player in the 1st Mahe Bengaluru All -India Open Fide Rated Rapid Chess Tournament 2024 held in Manipal Institute Of Technology, Bangalore

## RASHTRIYA EKTA DIVAS

On 30th October, MCODS Mangalore commemorated Rashtriya Ekta Divas (National Unity Day), honoring the birth anniversary of Sardar Vallabhbhai Patel, an architect of India's unity. Over 100 students gathered to participate in the pledge ceremony, reaffirming their commitment to preserving the integrity, unity, and security of India.



## SWACHATA HI SEVA

The "Swachata Hi Seva" event, a cleanliness drive organized by MCODS Mangalore in collaboration with Rotary Mangalore, was held on 2nd October with great enthusiasm and commitment to promoting environmental hygiene. The drive focused on cleaning the Marena Sports Complex and its surrounding areas, a location frequented by students and the local community





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## Team Pediatric and Preventive Dentistry



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### CONTACT US

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