



Eye-ris

*"Our Eyes are a gateway to our soul. Open them
and you will encounter a gate way to new world
full of wisdom and a potential within."*

Mahe Institute of Dental Sciences & Hospital



Place of Publication : Mahe Institute of Dental Sciences & Hospital
Periodicity : Annual
Printers & Publishers Name : Dr. Anil Melath
Nationality : Indian
Address : Mahe Institute of Dental Sciences & Hospital
Chalakkara , Palloor P.O., Mahe, 673310

Layout & Front page design : Sandeep Pathiyan
Printing : Printing park, Thalassery

Declaration :

I Dr.Anil Melath here by declare that the particulars given above are true to the best of my knowledge and belief.

Anil Melath
Sd/

MINDS



MINDS

Mahe Institute of Dental Sciences & Hospital (MINDS), is a premier institute located at Mahe (Mayyazhi) a serene, quiet & enchanted town on the banks of the pristine Mayyazhi river. Mahe (Mayyazhi) is a land titled as the Eye brow of the Arabian sea and situated on the estuary of the Mayyazhi river and Arabian Sea. Mahe is famous as an erstwhile french colony and is currently a union territory under Puducherry.

Conceived out of a dream to revolutionize the method in which the knowledge of dentistry is imparted, Mahe Institute of Dental Sciences (MINDS), is an august institution. Our College has adopted a holistic approach, for the development of skilled & scientific professionals. This educational institution offers every student a panoramic view of the future of dentistry.

We impart quality education to our students and is supported by three key pillars: ensuring access to quality teachers; providing premium learning tools for professional development; the establishment of a safe and supportive quality scholastic environment. "The function of education is to teach one to think critically & provide humane service to all of humanity. Intelligence plus character – that is the goal of true education", Martin Luther King.



DR.ROSHIN C.N



DR.SHALAKA

STAFF EDITORS MESSAGE

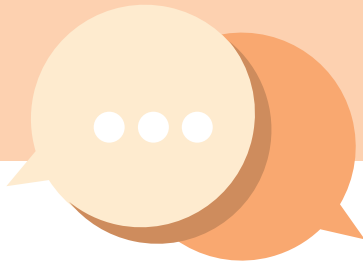
“Creativity is seeing what others see and thinking what no one else ever thought”.

The college has provided us immense platforms for the creative minds present here. We have celebrated the talent among us by Rhythm 2K22 which was successfully held this year. And now it's time for us to lend some time to our young artists that makes you think endless from what you have seen. Dear people, we present to you our college magazine of the year 2022 'EYE-RIS'.

A portrayal of paintings, photographs, articles, stories, poems and memories contributed by the people in here.

There is a saying which goes 'We need to look at the Subtle, the Hidden and the Unspoken'. So let's take a moment to cherish and appreciate the efforts and the creativity by our student council, 'The Elite Conclave' in producing the magazine.





MESSAGE



K.P. RAMESH KUMAR,
Chairman
Mahe Institute of
Dental Sciences & Hospital

"We cannot always build the future of our youth, but we can build our youth for the future."

-Franklin D. Roosevelt

A holistic learning experience backed with a strong exploration into innovation marks the vision of Mahe Institute of Dental Sciences & Hospital. Beyond the boundaries of books where mere studying becomes the norm, we also provide a strong learning environment to students so that when they begin to traverse the path of life, commitment and ethics which becomes a sound base in their career path, thus establishing a positive contribution to society and the nation at large.

The future is bright and I want you all to use your creativity and talents to mould

into professional individuals with immense potential to serve the society tomorrow. The college magazine is a platform where talents and achievements of students and staff are showcased, reflecting creativity of thoughts and imagination of our MINDS family. This college magazine, EYERIS, is a perfect amalgamation of creativity and excellence.

Extending my warm wishes to the principal, faculty and to students to keep moving on this road of excellence to reach the pinnacle of success.

Best Wishes,
Mr. K.P. Ramesh Kumar
Chairman



MESSAGE



DR.NIDA RAMESH

CEO

Mahe Institute of
Dental Sciences & Hospital

Mahe Institute of Dental Sciences and Hospital focuses on ensuring a rich and rewarding experience to all students during their time at the institution. We believe the achievement of every student is built on their commitment to studies and engagement in extracurricular activities.

In the 13-year journey of MINDS, the ethos of knowledge with purpose has defined and distinguished us from others. It is this very spirit that has helped us, and will guide us in the future. The college magazine mirrors the growth of institution and the development of students in academics and co-curricular activities. I'm thrilled to see the wide breadth of talent and capability

of our amazing students and staff at the institution, through this magazine.

I wish every success to all the students who have worked hard, dedicated their time and contributed to bring life to the magazine "EYERIS". I sincerely encourage students to continue their initiatives in extra-curricular activities and I congratulate all the students and staff for their commendable achievements.

Thank you and Best wishes,
Dr.Nida Ramesh
CEO
Mahe Institute of
Dental Sciences & Hospital



MESSAGE



DR. ANIL MELATH

Principal
Mahe Institute of
Dental Sciences & Hospital

“While educating the minds of our youth, we must not forget to educate their heart” – Dalai Lama

Mahe Institute of Dental Sciences and Hospital is an amalgamation of competent teachers, state of the art infrastructure and an experienced and efficient management, safe and supportive environment for its students to provide a perfect balance of academics, sports, artistic and social opportunities.

The college magazine plays a very important role in an educational institution as it channelizes the budding talented writers and helps in encouraging their writing skills by appraisal which inspires and motivates them to read and write much more. Every person is born with one or the other talent; it may be in sports, painting, writing, acting, singing, dancing, and any other activities. Suitable platforms are very much essential to flourish talents during childhood and teenage. Of course, the primary goal of students is to focus on their studies and complete their education with flying colors. But in addition to securing an academic qualification, what else a student

gained is equally important for future ventures. Along with acquiring knowledge through studies, active participation in extracurricular activities would become a value-addition for a student to build a bright career.

The variety and creativity of the articles in the magazine pages represent the talents of our MINDS family. I congratulate the entire team for their hard work and dedication for making this magazine happen. The reflection of the students and teachers creativity is the epitome of the magazine ‘EYERIS’. I am sure that the positive attitude, hard work, sustained efforts and innovative ideas exhibited by our young children will surely stir the mind of the readers and take them to the fantastic world of unalloyed joy and pleasure. “Success comes to those who work hard and stays with those who don’t take rest on the laurels of the past”
“With warm wishes and God’s blessings”

Dr. Anil Melath
Principal



MESSAGE



DR.SELVAMANI M

Vice Principal
Mahe Institute of
Dental Sciences & Hospital

I have been associated with Mahe Dental College (MINDS) since 2014 and have observed very closely how this institution has grown immensely, reached the zenith of success, and achieved the heights of glory.

In a span of few years, MINDS has become the only Post-graduate (MDS) Dental College of Mahe running MDS in seven specialities of dentistry. MINDS is well equipped with ultra modern laboratories and clinics and is committed to provide excellent dental education and professional training to its students with emphasis to make them not only good dental professionals but good human beings too. We lay great emphasis on the all-round growth and the personality development of our students, so that they may take their place as confident and competent professionals in any part of the world and contribute to the welfare of humanity not only as professionals, but also as responsible and devoted citizens. A big team of dedicated and

learned faculty of MINDS is actively involved in educating, motivating, and supporting the students to perform the utmost of their potential and to come up with excellent results in academics as well as extra-curricular activities. The students at MINDS are also educated about the value of honesty, discipline, hard-work, and punctuality, which they imbibe in themselves to enrich their lives on different platforms in life.

I am confident that the UG (BDS) and PG (MDS) aspirants, who wish to make a successful and bright career in the field of dentistry, will find this institute par excellence for obtaining quality dental education and professional training.
Follow your dreams with us at MINDS.

With regards,
Dr.Selvamani M
Vice Principal

HOD'S MESSAGE



DR. ANIL MELATH
PERIODONTICS

I am happy to note that our students are taking a good initiative in releasing College magazine 'EYERIS' which is a milestone that marks our growth, unfolds our imaginations, and gives life to our thoughts and aspirations. It unleashes a wide spectrum of creative skills ranging from writing to editing and even in designing the magazine. I would like to start by conveying my regards to all the team members of editorial board and faculties who has worked to make this happen. It is a technical platform to bring out the hidden talents of students and faculty. 'Success comes to those who work hard and stays with those, who don't rest on the laurels of the past'. We live today in a world that is so very different from the one we grew up in, the one we were educated in. The world today is changing at such an accelerated rate and we as educators need to pause and reflect on this entire system of Education. In this era the college magazine plays a very important role. It channelizes the budding talented writers and helps in encouraging their writing skills by appraisal which inspires and motivates them to read and write much more. The students learn the value of cooperation for the success of the magazine. A good spirit of competition comes among students. I congratulate the entire editorial team for their hard work and dedication that has resulted in the publication of this issue of the college magazine.

With warm wishes and God's blessings



DR. RAJ A.C
ORAL MEDICINE & RADIOLOGY

"I am happy that the Elite Conclave is bringing out college magazine "EYE RIS". It is an excellent platform for the students and staff to show their talents. I wish all the best to editorial team to bring a top-notch magazine."

HOD'S MESSAGE



DR. GEORGE THOMAS
CONSERVATIVE DENTISTRY AND ENDODONTICS

I am extremely glad that MINDS is publishing its annual magazine titled "EYE-RIS" I am sure that this magazine will showcase the creative and intellectual capabilities of students and faculties in the literacy sphere.
I wish the editorial board all the success in this venture.



DR. PRASAD ARAVIND
PROSTHODONTICS

It has given me immense joy in learning that Mahe Dental College is coming up with a college magazine. I still cherish my college magazine "Au revoir" And often use it as a tool to unwind, relax and be happy. It seems that life starts becoming more serious with added responsibilities each passing year. It's fun to remind oneself of the routes traveled, friends made and the fun and the banter we shared. I wish your magazine turns out to be such a kind that, after many years when we reminisce it will give us pleasure and fill us with so much energy and think about all those exciting days and to move on in life with a joy in your heart.



DR. RENA EPHRAIM
PEDODONTICS

"We the Department of Pedodontics and Preventive Dentistry are delighted and proud that The Elite Conclave is trying their hand at bringing out a college magazine 'EYE-RIS'. We wish the editorial team and all who are a part of this wonderful venture, all the very best for the success of this magazine."

HOD'S MESSAGE



DR. RAJANI MARY GEORGE
PUBLIC HEALTH DENTISTRY

Though I am relatively new to MINDS family. I have been able to witness an array of talents and events of staff and students in a short span of time
Each edition of college magazine is a portal to mark our growth, Unfold our imagination, unwind our memories and to give life to our thoughts and aspiration and making it a milestone. I congratulate the entire editorial team for their dedication and hardwork and also extend my best wishes for the success of the endeavor.



DR. BASTIAN T.S
ORAL PATHOLOGY AND MICROBIOLOGY

I am happy to come across this news that my beloved students of The Elite Conclave is publishing a magazine called 'EYE-RIS'. I can't wait to see what amazing articles has become the soul of this piece of work which I am sure will be an excellent platform which will let us meet with some extraordinary talent! Congrats and best wishes to the editorial board for bringing this up!



DR. MANOJ KUMAR
ORAL AND MAXILLOFACIAL SURGERY

It brings me utmost pride and happiness to hear about the college magazine. This will indeed be a milestone in the history of Mahe Institute of Dental Sciences and Hospital. But this milestone should not be our destination.

I would wish that you keep exploring and attaining new dreams that will lead our college to unpresidential heights. I wish my very best to all those who have worked hard in making our college magazine a success.

HOD'S MESSAGE



DR. JITHESH KUMAR
ORTHODONTICS

I am so happy for you all.
Wishing you all the very best in life.
There are lots of exams you need to go
through to get your aim; successes
and losses come and go, but your
dedication and hard work will always be
with you to lead you towards a step ahead.
You are the person who can change the world.

GALAXY OF HOD'S



MEDICAL DEPARTMENT



Dr.Selvakumar



Dr.Deviprasadh



Dr.Priyanka



Dr.Muralidhara



Dr .Manohar Herle P.N



Dr.Satheesha
Nambiar P



Dr.Anjali



Dr.Rajeshwari



Mr. Gireesh Kumar



Mrs.Sona Valsaraj



Mr. Rahmathullah



Mrs.Shyja



Mrs. Ravdeep Kaur



Editorial Board



Staff Editors



DR. Roshin C.N



DR. Shalaka

Student Editors



Shakoufa Nazir



Kavitha

Sub Editors



Shreya



Gayathri



Abhijith



Nabeel



With immense pleasure, I would like to introduce you to our EYE-RIS an amazing booklet of knowledge, fun, inspiration and much more. I cannot wait to discuss this visual treat to each and every one of you!

This magazine will become a souvenir, something which will bring back all the memories when we will turn its pages after many years.

EYE-RIS is nothing but the efforts of so many talented people among us, who worked hard to bring out this joyous ride which is sure to bring you happiness and enlighten you in this edition, you will get to read some amazing works by students, the alumni and staffs of MINDS and you will be surprised to come across their hidden talents. In this era of social media, where one cannot seem to take their eyes away from mobile phone, checking out reels, memes, posts, running behind likes and subscribers, Chatting, sharing and posting, this will be different from your usual routine and it would make us happy if we could be able to bring out the inner reader in you. As said reader lives a thousand lives before he dies... The man who never reads lives only once!

At last our gratitude goes out to Dr Roshin and Dr Sharath for helping us day and night to bring out this fruit of our hard work. I would also like to thank the sub-editors, the student council members and all the people of MINDS who have shown interest and contributed to bring out this astounding piece of work that you are holding now!

So sit back, relax and enjoy this memorable ride!

SHAKOUFA NAZIR
KAVITHA



MAHE INSTITUTE OF



MINDS VISTARA



DENTAL SCIENCES & HOSPITAL



Election
 Teamwork
 Diversity
 Fun
 Officer
 Help
 Leadership
 Members
 Projects
 Success
 Goals
 Vision
 Service
 Position
 President
 Community
 Spirit
 Improve
 Inspire
 Dedication
 Student
 Council
 Positive

THE ELITE CONCLAVE

Time is a precious commodity. We know that. So are memories. And where do we find it hidden the most? In our college days. A bunch of young adults, high spirited with a wish to make the best out of their life will have more stories to tell than any fictional comic .

It's important to save these memories , to cherish it , to keep them alive. To remember the good old days and to leave a piece of us in the past, when we look back in time, we present to you **EYE-RIS** Our new college magazine.

Shreya S, President



Shreya S
President



Mohammed Sahal
Vice President



Thomas Saji
Secretary



Abhijith Babu
Joint Secretary



Prathyusha Prakash
Joint Secretary



Sandra S L
Cultural Secretary



Harfath
Sports Secretary



Shakoufa Nazar
Student Editor



Dr. Prakash
PG Representative



Dr. Mohd Nabeel
Intern Representative



Kavitha R
Member



Geethika Sajeev
Member



Sona
Member



DEPARTMENT GALLERY



**PEDO
CORNER**



Sitting from Left ...Dr.Dhanya, Dr. Ambili, Dr. Rena Ephraim,
Dr. Mridhul, Dr. Sharath Chandrasekar, Dr. Ramnesh





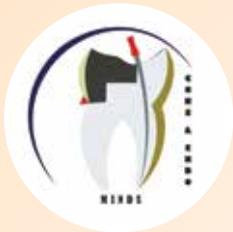
PERIO
CORNER



From Left Lower Row Dr.Nanditha, Dr.Anil Melath, Dr.Subair.K, Dr.Arjun,
Upper Row- Dr.Jilu, Dr.Mahesh, Dr. Hemalatha, Dr.Vishnu Sri Priya.



DEPARTMENT GALLERY



**ENDO
CORNER**



Standing from left : Dr. Sreenath Ramesh , Dr. Saicharan , Dr. Manju Krishna EM ,
Dr. Saron Nair, Dr. Ashish Ramakrishnan.
Sitting from left : Dr. Adarsh VJ , Dr. Sunil Jose , Dr. George Thomas , Dr. Sona Joseph.





ORTHO
CORNER



From Left- Dr. Steve, Dr. Manas, Dr. Jithesh, Dr. Panjami,
Dr. Aravind, Dr. Aswin



DEPARTMENT GALLERY



**OMFS
CORNER**



From left Dr. Athul J.P, Dr. Sarath K, Dr. Manoj Kumar V, Dr. Anjali, Dr. Chaitanya





**OMR
CORNER**



From Left- Dr. Megha, Dr. Jeena, Dr. Raj A.C, Dr. Nikhil



DEPARTMENT GALLERY



PHD
CORNER



From left Dr.Teenu, Dr.Rajani Mary George, Dr. Sharanya





PROSTHO CORNER



From Left Dr.Dipin, Dr.Abhinav ,Dr. Mansoor ,Dr. Arvind Prasadh,
Dr.Lino Paul,Dr. Cimmy Augustine,Dr.Nirosha



DEPARTMENT GALLERY



ORAL PATHOLOGY CORNER



From Left Lower row Dr. Suhana, Dr. Selvamani, Dr. Bastian, Dr. Roshin
Upper Row Dr. Moonas, Dr. Rugma Kannan.



TEACHING STAFF



POST GRADUATES



INTERNS - GENEZENS 2017



XCALIBURNS 2018



BRAVADOZ-2019



EXORIANS - 2020



MEDOXIANZ 2021





DR. GEORGE THOMAS
HOD,
DEPARTMENT OF CONSERVATIVE
DENTISTRY AND ENDODONTICS

SCIENTIFIC TEMPER IN MEDICAL STUDENTS

“Article 51 A(H) of the constitution of India states ‘To develop scientific temper, humanism and the spirit of inquiry and reform’ in all Indians.

Here, I want to discuss the term ‘scientific temper’ or the lack of it in the context of modern medical science. Our constitution clearly lays down the basis on which an Indian citizen should live his or her life. Wikipedia describes scientific temper as a modest open-minded temper- a temper ever ready to welcome new light, new knowledge, new experiments even when their results are unfavorable to pre conceived opinions and long cherished theories.

To make it more simpler, scientific temper uses the scientific method of thinking, observing physical reality, testing, hypothesizing, analyzing and communicating. Discussion, argument and analysis are vital parts of scientific temper. More importantly it aims to drive away superstition, religious bigotry and all forms of pseudo-science based on imaginary concepts.



Our first Prime minister, Pandit Jawaharlal Nehru brilliantly summed up the phrase scientific temper in 'The discovery of India.' Here I quote his words. "The scientific temper points out the way along which man should travel. It is the temper of a free man. We live in a scientific age, so we are told. But there is little evidence of this temper in the people anywhere or even their leaders. What is needed is the scientific approach, the adventurous and yet critical temper of science, the search for truth and new knowledge, the refusal to accept anything without testing and trial, the capacity to change previous conclusion in the face of new evidence, the reliance on observed fact and not on pre conceived theory and the hard discipline of the mind - all this is necessary not merely for the application of science but for life itself and the solution to its many problems"

Nehru contented that scientific temper is the opposite of the method of religion, which relies on emotion and intuition and is [mis] applied to everything in life, even to those things which are capable of intellectual inquiry and observation. While religion tends to close the mind and produce intolerance, credulity, superstition, emotionalism and irrationalism. Unlike a temper of a dependent unfree person under religion, scientific temper is the temper of a free man. He also indicated that scientific temper goes beyond objectivity and fosters creativity and progress. He envisioned that the spread of scientific temper would be accompanied by a shrinking of the domain of religion. He also stated that "it is science alone that can solve the problems of hunger and poverty, of insanitation and illiteracy, of superstition and deadening custom and tradition, of vast resources running to waste of a rich country inhabited by starving people"

It is ironic that, today a great teacher like Panditji is ridiculed and ignored for the contribution he made for the betterment



of science in our great country. His statements are a standing testimony to what is wrong in medical education today. As a teacher of modern medicine, I find little or no scientific temper in today's educational system. It is for every student to analyze and do critical thinking and have self-belief in his or her capabilities. There has to be a clear distinction between "Darwinism and Creationism." A medical student has to apply his head and not his heart when it comes to matters of critical thinking. Science is the answer to survivability and sustenance. A doctor has to believe and practice science for the betterment of humans and nature in general. I end my essay here with a famous quote by Albert Einstein.

"A man's ethical behavior should be based effectually on sympathy, education and social ties; No religious basis is necessary. Man would be in a poor way if he had to be restrained by fear and punishment and hope of reward after death"

--- courtesy and credits to Google

www.vdent.in

VARE AVAILABLE
ALL OVER KERALA



THE POWER OF *We*



Vdent labs LLP.
Perambra, Kozhikode
Kerala-673525

0496-2963189
9846 532 188

An Exclusive Pedo/Orthodontic Laboratory



WE UNDERTAKE PARTY ORDER
WITH LIVE COUNTERS

HOME DELIVERY

+91 8129 080 108

NEXT TO DOWNTOWN MALL, JUBILEE ROAD
THALASSERY 670101

tkfit_gym_nutrition.shop

TK FIT
of your physique

START TRAINING TODAY

30% OFFER
3 MONTHS 2499 ONLY

NO ADMISSION FEES

ZIN VYSHNAVI
ZUMBA, CERTIFIED TRAINER

Thalassery | Pancer | Keothuparamba
Pilkandy Arcade | Chambad | Near Fishmarket, Zoco Mall
4 VK mall road | Road

CONTACT
+91 9633 78 14 13

RIYAS TK Mr. ASIA
CELEBRITY TRAINER Mr. INDIA
Mr. KERALA

TK FIT
Mould your physique



SEERA AUTOMOTIVE

seeraautomotive@gmail.com
+91 7034 99 8833, +91 9946 026095

Your vehicles new **COMPANION**

A/c work	Car detailing	Undercoating
Accessories	Spare parts	Vehicle insurance
Pickup & delivery	Wax polishing	
Form wash	Normal wash	
Water mark remover	Diesel wash	

 Near Sahakarana hospital jn
NH Bypass, Vadakara
Calicut, 673101



Literature



While thought exists,
words are alive and liter-
ature becomes an escape,
not from, but into living”
- Cyril Connolly



RENTHA FATHIMA M
3rd YEAR

Conflicts, quarrel, fight are just mere term when it comes to the horrifying word 'WAR'. It is and has been one of the worst and the most disgusting, destructive events that can happen. But it is wrong to accuse the deadly sins existing in the world . Although war as always evil , in some cases it is inevitable

War may be necessary in social economical sense or in other words, war is the motive power of progress and effective method of keeping demographic situation stable . Certain inventions were first applied in military leading to both good and bad conditions to the people and environment . War can be necessary at certain situations and even bring glory to countries . War may be offensive or defensive and just like in case of self defence, countries attack other countries at circumstances like smuggling , terrorist issues, human trafficking etc.

Usually wars are officially declared by countries on each other and smaller armed conflicts are often called 'RIOTS', 'REBELLIONS' 'COUPS' etc. One country may send forces to the other country for a variety of reasons , sometimes it is to help keep order or prevent the killing of many innocents and crimes against humanity. In this case, it is called ' Humanitarian Intervention' instead of WAR. Another kind of war existed from 1947 until 1991 called '**COLD WAR**'. This started when diplomatic relationships between the United States and the Soviet Union (Russia) broke down .There was no actual war between the two. It ended with the fall of Soviet union in 1991. And the '**VIETNAM WAR**' is often given as an example of **PROXY WAR** happened long before the cold and warm and I still happening.

A war between people and groups in the same country is known as '**CIVIL WAR**'

NO WAR END ALL WAR

It is generally agreed, that there are two things that make a war a civil war. It must be a struggle between groups in the same country or state of political control or to force a major change in the government's policy. Secondly it leads to a critical situation where more than thousands of people had to be killed '**THE AMERICAN CIVIL WAR**' is an example of a civil war.

Since the dawn of times it has had a significant impact on the course of the history. From the earliest battles in the ancient Mesopotamia to the today's wars in the Middle East. Conflicts have had the power to shape and change our country and world. Over the countries, combat has become increasingly more sophisticated. However wars have the ability to change the world that has stayed the same. "**THE HUNDRED YEARS WAR**" fought over 100 years between England and France from the 1337 through 1453. "**THE PEQUOT WAR**" happened during the 17th century battle were ranging as colonist struggle against native Americans. This war lasted two years from 1634 through 1638. "**THE FRENCH AND INDIAN WAR**" and "**THE SEVEN YEAR WAR**" began in 1754 between the British and French and armies escalated into what many see as the first global war. "**THE FRENCH REVOLUTIONARY AND NAPOLEONIC WAR**", the French revolution began in 1789 after famine, excess taxes, and a financial crisis that hit the common people of France. "**WORLD WAR I**" of the 20th century became an era of global conflict and it started in 1914 Outbreak of the World War I, it had set the state for further tension and was one of the most

devastating wars in the history. "**WORLD WAR II**" was truly a global war touching every continent and country in some way. Most of the fighting occur in Europe, Northern Africa and Asia, with all of EUROPE taking the most devastating hits. These were in a way some of the most devastating life threninging wars to have occurred. Very recently in 2022 Russian invasion to Ukraine, the invasion caused Europe's largest refugee crisis since **WORLD WAR II**, with more than 9.6 million Ukrainians fleeing the country and a third of population displaced.

Wars can affect mainly the economy and society. It also affects one's political, social, mental and physical life. Its consequences are widely spread to the civilians, especially women and children as they suffer unspeakable atrocities in particular. Present day internal war generally take a larger role on civilians than state wars. Effects of war also include mass destruction of cities and have a long-lasting effects on the country's economy. Armed conflicts have an indirect negative consequences on infrastructure, public health provision and social order. It also leads to famine and poverty.

I suppose war is a cowardly escape from the problems of peace. And the only alternative to war is peace and the only road to peace is negotiations. As a first step there must be an offer to achieve equality of rights which is disarmament by abolishing the weapons forbidden to the central powers of the peace treaties. There was never a good war or a bad peace. Hoping for a better world with peace and love.



Sree Lakshmi
3rd Year

SECRET ADMIRER

Silently he comes,
He who wraps us tightly.
Struggles are a lot but
Holds us tightly and
Never let us leave...as if no one ever loved us so.
Alas, we enjoy his care and warmth.
There flows the line of emotions.
He who takes us to another world.
Day long the nightingale sings ,
like a mother's song and there we sleep,
to forget time, to forget the past and to have no tomorrow.
Deep sleep it is...
Under the brown blanket.
Silence around
Peace forever.





Nabeel (Intern)

PHYSICAL HEALTH \neq MENTAL HEALTH ?

NEWS

Regional suicide rates should be addressed as a public health issue, SA psychologists say

1 day ago



Media India Group

Rising suicide rates reflect mental illness: GoodLives

1 month ago



Medical Dialogues

Electroconvulsive therapy ineffective in reducing suicide risk among patients with depression

22 hours ago



Southwest Times Record

Suicides of Arkansas sisters raise mental health challenges ...



So, Let me start like this, Of course Talking about your Mental Health is considered a Taboo in INDIA and in Indian Families. Nobody realizes this aspect of your mental state, ultimately controls every damn thing surrounding your environment as it plays a huge role in your day to-day life.

WHO defines "Mental Health as a state of well being where a person is able to cope with normal stresses of life." In order to handle and cope up with our lives curveballs , which of course most of the today's teens finds difficult. This has risen as a matter of concern.

Most of the scientific researches today have proven that poor

mental health will not only disrupt your body's ability to make healthy decisions but also can increase your risk of developing chronic heart diseases.

Talking about depression, it is not a synonym of sadness. People often confuse sadness with depression. Depression and anxiety are like best friends, they stay together most of the time.

"It's the fear of failure but there is no urge to be productive!

It's wanting friends but hate socialising!

It's wanting all the attention in the world but to stay alone too!

It's caring about everything and then caring about nothing!

Its feeling everything at once then feeling paralytically numb." Confusing right? IT SURE IS.

The person next to you will almost laugh his face out in front of you. He'll make it look so believable and still suffer from depression inside and you'll never know.

The 'D word' is not usually used by most of us, we never share this to anyone or take it seriously. This particular condition is known in other words namely sensitive, weak, stressed, sad or even bored. Yes you read it correctly. Been there? This changes according to the level of mental maturity the opposite person has. And the popular medical treatment they give for us is **"Man up bro, This too shall pass."**

That feeling in your throat when you have everything you need in front of you but still want to cry, that sense of doom every now and then. Nights are said to be the most vulnerable time to anyone's heart. It can take away your sorrows or make them heavier. It can make you curl up and cry till you no longer have the energy to cry, that helplessness and that suffocation can literally destroy you and make your mind believe that there's never gonna be a tomorrow or you may have a reason. You may be longing for a long lost love. You maybe longing for your best friend who isn't with you anymore or someone from your family who isn't with you anymore. And when you still somehow manage to wake up to see the sun next morning and you long for that one person with a ray of hope that he/she will make you better and they aren't there by your side... That silent cry for help, that endless feel of helplessness, that moment when you convince your heart and your mind that you are strong enough. We've all been there. We have all felt

this pain..

But when you have no idea why you're crying, You my friend need help. This is not just being "sensitive".

Try to get out of this without much vandalism. *"Dont make life decisions and major life altering decisions in this period cause it's never gonna end well".*

Let's send love to every soul suffering and struggling alone. Being strong is killing us. Reach out to your people. Open up to them. This intense sadness can last for many days to weeks and keep you from living your own life, don't let this demon pull you down. We all have a way of handling things.. **'You do you'!** Post as many stories you want.. keep spamming us, cook, draw, sing, dance, do whatever you feel is right. If people are judging you right now I'm pretty sure they're gonna judge you even if you stay mum. So ghost them. Do whatever you feel comfortable with to get out of this. Most of us never get the luxury of having a person to open up to. There are professionals who can help you get out of this. Reach out to them!

When things go south, when you can't even trust your own mind, when you can't find a single reason to hold on just call that one person who gives you hope, who gives you a reason to laugh, share your pain, ready to kill for you and so damn ready to live for you..... I'm not talking about your parent or your partner.... I'm talking about my very few friends who were always there and will be there for me ..who slay with you and stay with you .. who kills you and heals you.. your own unpaid therapist..never ever lose that person.

Personal note: "Thankyou to my friends who helped me through my own mental crisis and to the ones who were the reason behind it."

Awareness note: *"For every one you meet is fighting a battle you know nothing about, so please be kind".*

"NO DISTANCE OF PLACE OR LAPSE OF TIME CAN LESSEN THE FRIENDSHIP OF THOSE WHO ARE THOROUGHLY PERSUADED OF EACHOTHER'S WORTH." -ROBERT SOUTHEY (*Dedicated to my Friends*)

-Much love, Nabeel

Credits : Google!



Dr. Arjama Chaudhury
(PG- Dept. of
Conservative Dentistry
And Endodontics)

CHOICES

Life is unpredictable, filled with surprises,
Ridden behind bushes
Or rolling down the branches.
Happiness and tragedy just fade into chances.

We sow and often remain unripe,
So we hide to think and not to fight.
Joy isn't a gift or a dream looking forward,
It is now or never to encounter

We are the people with battered souls,
Feeling sweltered in a glaze on sunny roads.
Don't be indolent, don't let it engulf,
Feel the tan and find the flawless tone.

Exhausted you may be,
Driven by your mortal enemy.
Don't let him worn you out.
Whisper to yourself
Learn the truth,
Smiling the way up or down,
Is not up to them but up to you

Create your happiness,
Don't wait for it to arrive
Phobia of being happy may be cloaked around,
Be chagrined for rejecting happiness.
We are the one who make us,
We are the one who break us.



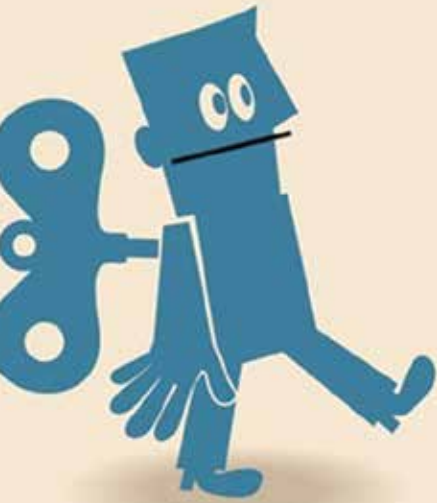


Ente Vithi Ente Theerumanagal Aanu! (My Decision Determines My Destiny)

Dr. Shalaka

When Kasi from the movie "Neelakasham Pachakadal-Chuvanna Bhoomi" said '...the one thing I was always sure about was **Ente Vithi Ente Theerumanagal Aanu!** I felt that. I felt that because I knew that if I didn't decide for myself then others will. We have two points in life, birth and death. "We are born weak and die weak, what we do in between is up to us" and that's what is called "Choice", to decide what happens in between the 2 points. When you let go of that choice, you are left with nothing but to agree to what others decide for you. When I say to make a choice for yourself, it doesn't mean to rebel. Paulo Coelho, in one of his books mentioned about how other people's experiences are always helpful. So I believe it is ok to seek help from someone before you make a decision in life, because decisions are the hardest thing to make. We are told that we are always a step away from making a decision that could change our life. But the irony is that we are always a step away from making a decision in life that people would judge us for. Nobody wants to know the battles you fought or the courage you put into, for making that decision. Until you succeed no one actually believes in you.

College life isn't easy, it is the period of our life where



we are confused new adults. We are in a phase where things look and feel similar but isn't the same. "Students in a state of dilemma figuring out life!" Some words create an impact in our lives. My professor, Dr. George was leading my class where he spoke about certain things and there was one thing he said while he concluded "Live In Your Own Conviction", that never left my mind. Conviction means a firmly held belief. It was quite difficult for me to possibly think of living in my own conviction and I kept questioning it. Gradually figuring it out, you can live in your own conviction only if you believe in yourself. To believe in yourself is to decide when to take a stand. To believe in yourself also means to improvise and not necessarily change for the people around you. Remember when Pink Floyd said "We don't change. We take the gravel in the shell and we make a pearl!"

There is no human, that lived without

So my dear people reading this, my message to you is to believe that you are capable enough to decide for yourself, to give yourself another chance, to live in your own conviction because

**Ninte Vithi Ninte
Theerumanagal Aanu.**

making a single mistake. We've all been lost or broken at some point of life. You may feel stuck or weak. You might not know where you would end up. But it's all a choice. Your choice to correct the mistake or not. Your choice to heal from what you've lost. Your choice to regain your strength. Your choice to stand up brave and face it. Your choice to make that decision irrespective of whether it would be right or wrong.

I have carried bits of pieces from the people I met, the books I read, the music I listen to, the movies I watch and from the places I visit. I've moulded my thoughts from what I've seen and heard. I've unlearned things that the society has fed us. And it was all of my choice to decide how I wanted my Destiny to be like. So my dear people reading this, my message to you is to believe that you are capable enough to decide for yourself, to give yourself another chance, to live in your own conviction because

Ninte Vithi Ninte Theerumanagal Aanu.



Dr. Prakash
PG - Dept. of
Periodontics

WHETHER FAILURE IS THE KEY TO ACHIEVE SUCCESS???

An idle person never gains anything if they sit & wait for better opportunities to come. The person who is going to work hard will gain success. I still believe that education & hardwork are two keys to achieve success. If hardwork leads our journey to success than education gives us the direction to success.

We all are big dreamers, some dreams come true while some don't. We must have failed multiple times while in the process of achieving our dreams but we shouldn't give up. Just think! To achieve great things we put in greater efforts and more time so, never regret failing while in the process of achieving success. We should be positive & always work hard to achieve success in life.

Path



Rida Javad
2nd year

Life is like a built shadow
So watch your step
Nevertheless it shall swallow you
Don't let the tyranny be thrown at you
Let you loose your grip
Time unfold shades with depth
That has no end and everything perishes with it
Either you live to see it or it will
It will all begin with you , we always tend to fall on sides
Which blind us or may be something
In them, might have blinded us
So is it like we fall for blindness
Or blindness is what makes us
Fall for it
Magnificent or are those who hide
Their lacerate not so it
Would tear again but
Because some impressions are
Beautiful untouched





Dr. Jeena
Reader
Dept. of
Oral Medicine
& Radiology

Believe in your inner beauty

It is indeed difficult to fully define beauty because everyone has their own views about it. Our whole life is a mad search for beauty in different forms. Every fine art is a treasure house of beauty, be it dance, poetry or sculpture. So beauty has many forms as one can imagine.

Beauty is not a face, it is a light in the heart. No one's definition of beauty is wrong. However it does exist & can be seen with the eyes & felt with the heart. It is a quality or attribute that is much sought after. Anything that is joyful to behold that captures our heart is beautiful. It could be in a flower, a baby, even in the serenity of an old woman, the love of a parent etc. Likely it has been said, beauty lies in the eyes of the beholder. Not everyone sees beauty in the same thing

No beauty shines brighter than that of a good heart. Outer beauty attracts but inner beauty captivates.

TRY TO BE A SOUL OF SUNSHINE

Even though we debate a lot about the inner beauty. Has the idea of beauty changed throughout the years?????

ONAM CELEBRATION





CDE PROGRAM







FRENCH CAPITAL OF INDIA

Kavitha & Prithi
3rd year

There's a little piece of France in India and its called Pondicherry, a fascinating, calm and colourful, small town with enough elements to charm people. The former French colony is known for age-old monuments, majestic churches, exotic beaches, and tree-lined boulevards with picturesque coastline which is indeed a destination for beach lovers. Walking around or renting bicycles or motorcycles are the best ways to explore this delightful little town. As you walk around, especially in the town's old French quarter, you might have a momentary lapse as to whether you are in India or France! So let's get exploring the city....

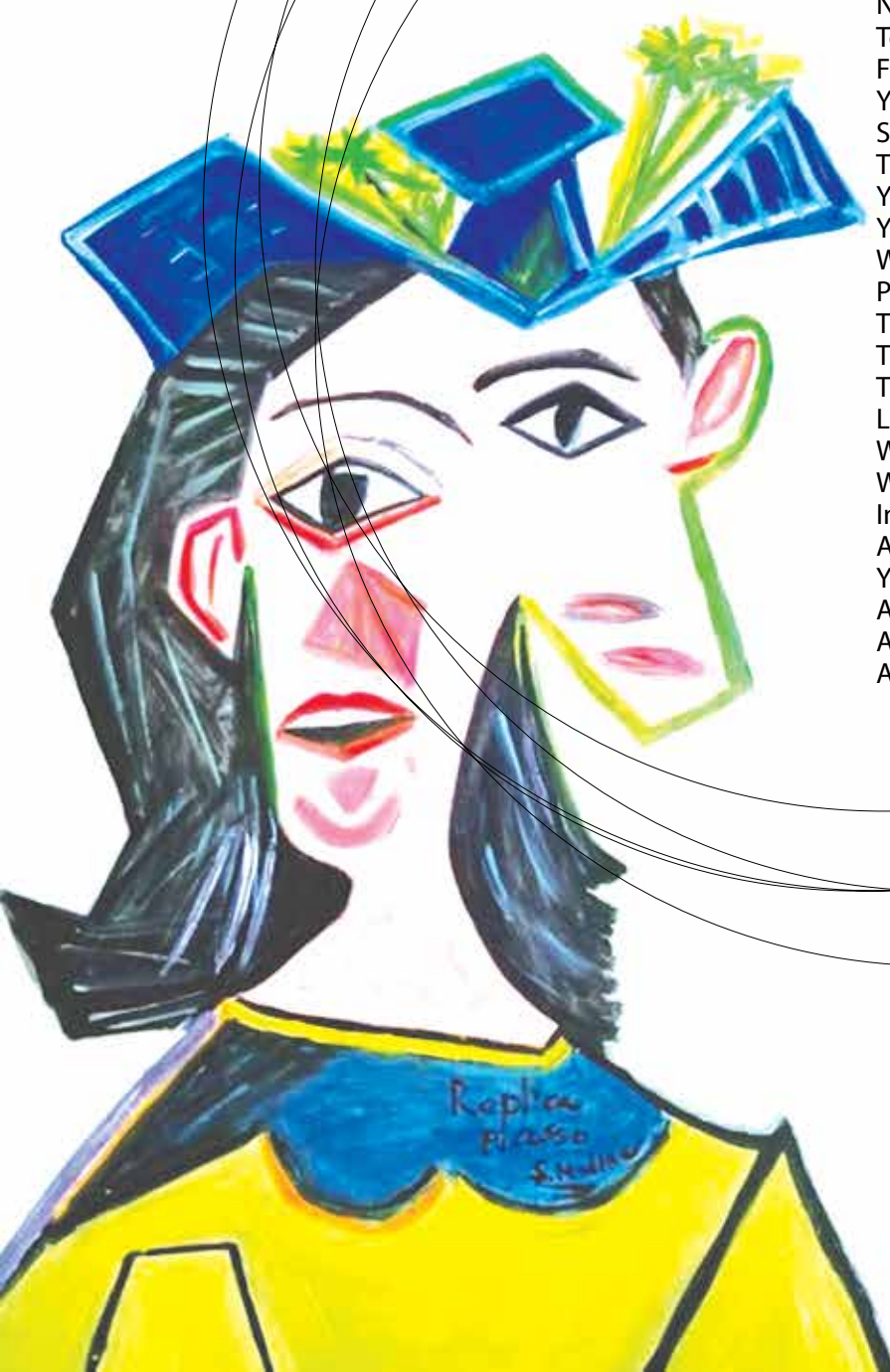




LOOP

Shreya .S (3rd year)

Never signed up
To sell the coloured unicorn
For the corporate labyrinth
Yet , unknowingly
Slipped into it
The same way
You failed to notice
Your shackles
When there's a bunch of minions
Playing the same role
The pattern traps your mind
That's the way it works
That's the way it always works
Lost sight of earth and green
Well, can't complain
When you're born
Into a concrete building
And live in a man made world
You fail to recognize this very life
And the living moment
And the time that ticks
And the beauty we breath



I am not a FEMINIST BUT,



-Nabeel (Intern)

"Disclaimer : This post contains untold words. It contains casteist and gender related rantings ! This is not meant to hurt anyone's personal feelings.

So thank you for sparing your valuable time to give a read !

GVS

Dalit teenager raped and killed by 'upper-caste' men in India

29-Sept-2020

Global Citizen

Another Woman of Low Caste in India Has Died After Brutal ...

29-Sept-2020

NewsRaja

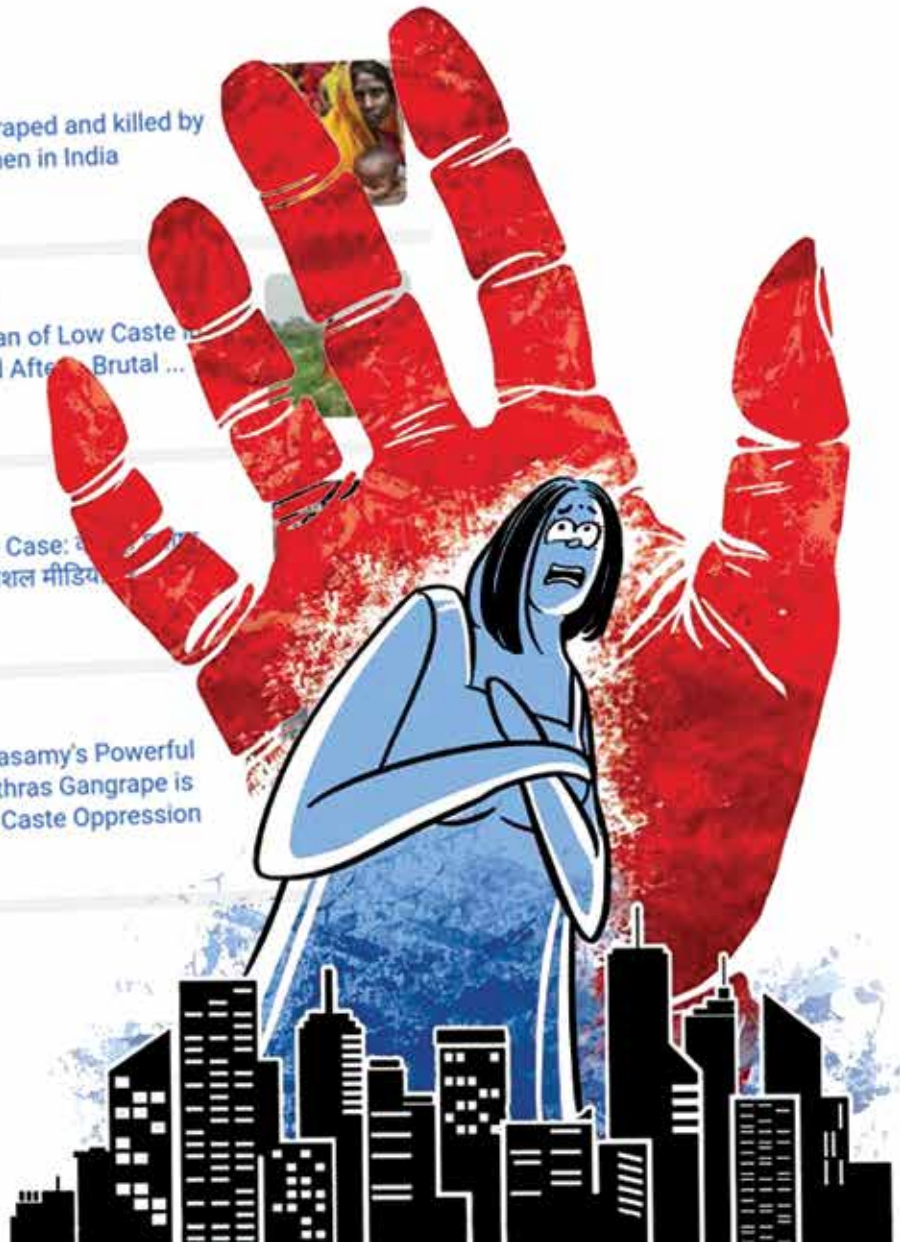
Hathras Rape Case: ...
वाल्मीकि और सोशल मीडिया

04-Oct-2020

NEWS

Meena Kandasamy's Powerful Poem on Hathras Gangrape is Reminder of Caste Oppression

01-Oct-2020



Many people have spoken about this particular issue! (No I am wrong) Not so many people have spoken about this issue until she died! No Am wrong again, Until she was (not) cremated but burnt! We only know Manisha from #Justicefor-Manisha! I'm gonna talk about Manisha of the famous hashtag #thejusticeformanishavalmiki! We never knew this particular Manisha and we never would have if not for this beautifully managed hashtag!

Cause I guess like other media doesn't care if she's a girl from a poor family or a lower caste girl, Cause this doesn't give the hype like celebrities drug scandal! We all know what celebrities were wearing when they went for enquiry or Film fares don't we? Their beautiful hair and those matching chappals but we failed to notice this girl who was only 19!

Wait! she was not just raped. I guess rape has now been normalised enough to say that she could have been left after this remorseless act. They could have spared of the little soul left in her to live! They didn't just do that! Everyone might have experienced the pain of biting your tongue while having food! Imagine cutting it into two! They did that! Personally being a Dental student while working in pre-clinical lab, I myself have experienced worse form of pain, when I fractured my little thumb and it made me suffer for weeks. Imagine your spinal cord being fractured which I am told is the worst kind of pain! (But for me thumb fracture was itself worse!) Her legs became paralysed after that! No you cannot victim shame her Bro.

"She was not alone!

*She was not out roaming in the streets after dark!
She was neither wearing shorts nor she asked for it!
She was with her mother and two brothers in broad daylight!*

Oh and for all those sanskari aunties she did wear a dupatta!

"The same dupatta for which every girl is slut shamed for not wearing was the exact thing they used to choke her and drag her around like a puppy on a leash"

But she just couldn't give up could she. She held onto her life just to see her get her justice she deserved. But did she?

She was in ventilator for around two long weeks! But we didn't even know her till she died! Maybe she never felt safe in a hospital too. Maybe she was scared of being raped by her own doctors. We all knew the famous driver who made his ambulance into a bedroom for himself!

She was a Dalit! In a land where Dalits cannot rule they cannot rage or even mourn!

This has happened before, This will happen again! Where we idolize Women as Gods in our country how can this kind of heinous act be tolerated! It really sends chills down the spine! How can someone be so cruel?

Coming to the beautiful Funeral service she had! Nope! She didn't!

During times where dignified death has become a fundamental right of every citizen, her soul begged for a peaceful death. When humanity left her for dead, the least we could have done for her, was letting her family to mourn for her peacefully! She was forcefully taken by the cops and was burnt without her family's consent. Despite her family pleading for a few minutes for her body, to do their last rites, the police were so negligent, when they should have done the opposite! They told the press that these were orders from above! Who is above? Just because she was a dalit, just because she was born to a Dalit mother by fate, she was tortured till her last breath and died alone! They made this into a caste dispute that easily! This was never a caste dispute. This was never about who's upper class or who's lower class. This was never about who's rich and who's poor here!

This was about a girl who was raped.

*No, girls are not things we can use for our pleasure!
No. If a girl is beautiful that doesn't mean you can touch her!*

No. If a girl is social. It doesn't mean she's a public property!

No. If a girl posts a picture of herself it doesn't mean you can take advantage of her!

Start with the people around you. Ask the girls around you about how many times they've faced this and how embarrassed they are to even talk about it. Make them talk.

Let's start by asking guys to control themselves rather than asking girls not to go out.

And for all the girls out there next time when a guy invades your privacy, in even a teeny tiny way possible, defend, kick him off and move on!

Personal Note: *"Recognize The Human Race as one! There's no caste in Blood!"*

Awareness Note: *Section 100 INDIAN PENAL CODE of the Indian constitution gives women the right of private defence of the body extends to causing death.*

-Much Love, Nabeel.

Credits: Google!



Senega S.G
3rd Year

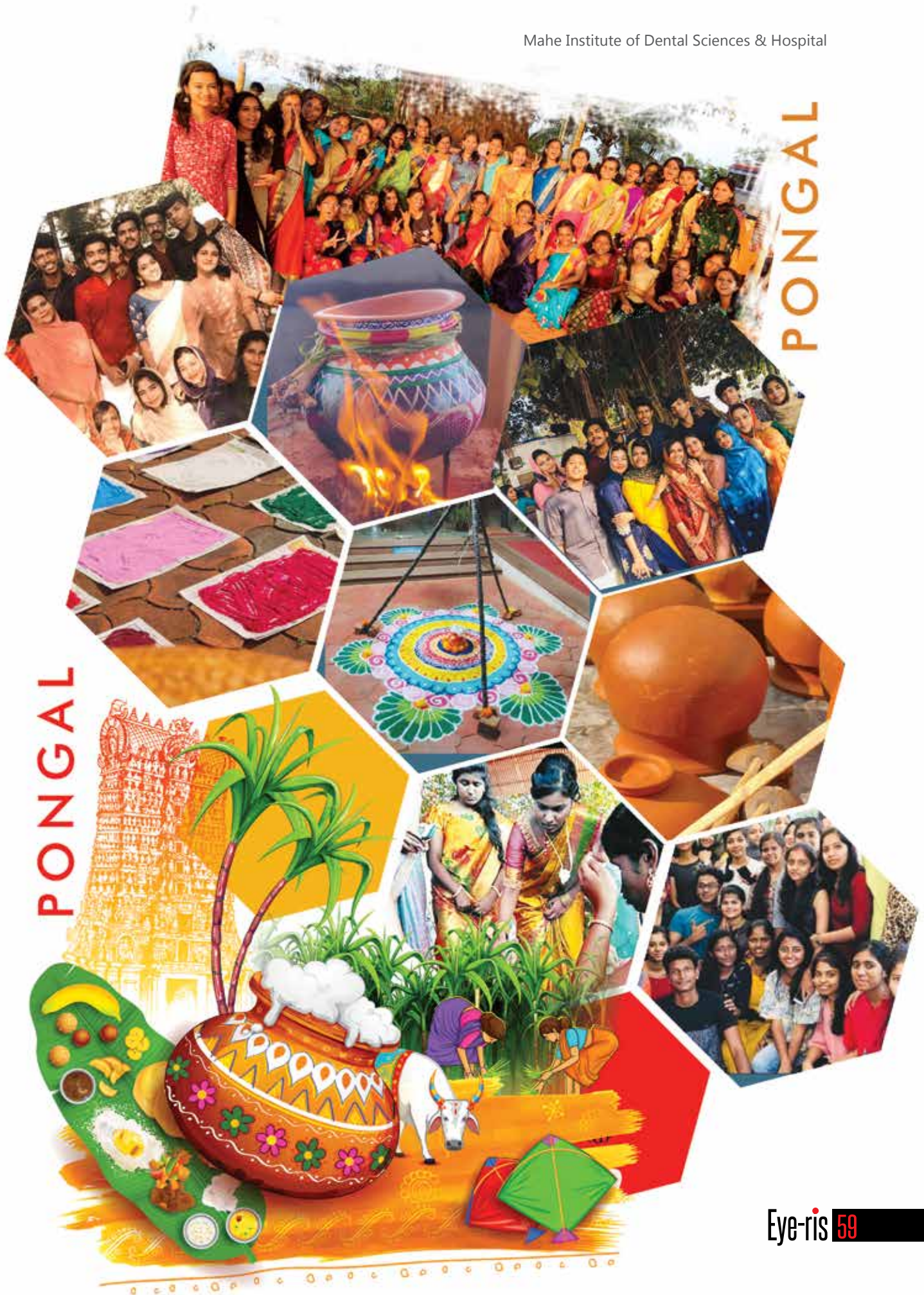
மனித உறுப்பாம் பல்லே வாழ்க!

விண்ணுக்கழகு நிலவின் தோற்றம் !
மண்ணுக்கழகு பசுமைப் போர்வை !
மலைக்கழகு நீரின் வீழ்ச்சி!
மனிதனுக்கழகு பற்களின் அமைப்பு
பற்களின் அழகு கிறைவனின் கொடையே
சிரிப்பின் அழகு பற்களால் அமையும்!
சிரிக்கும் சிரிப்பில் உலகே மயங்கும்!
எலும்பும் திசுவும் கிணைந்தவை பற்கள்
நொறுங்கத் தின்றால் நீடு வாழலாம்
உணவை அரைக்கும் எந்திரம் பற்கள்!
கிரீடம் வேரென கிரண்டு பிரிவைக்
கொண்ட பற்கள் முகத்தின் தேவை
சொற்களைச் சொல்ல அவையே வேண்டும்
பொக்கை வாயோ குழந்தைக் கழகு
பெரியவர் தமக்கோ அது பொருந்தாதாகும்
மருத்துவப் பரிவின் மாபெரும் பகுதி
பல்லின் மருத்துவம் என்பதே உண்மை
பற்பல சிகிச்சை பற்கள் குறித்து
இயேசு கிறிஸ்து பிறப்பின் முன்னரே பலவாய் இருந்தது
ஜெர்மனி நாடே கிம்மருத்துவம் குறித்து
முதலாம் நூலைத் தந்தது பேறு !
சிற்சில காரணி அதனால் எவர்க்கும்
பற்கள் போகலாம் கவலை வேண்டாம்
நவீன முறையில் மருத்துவம் கண்டு
இயல்பாய் அமைத்து இன்பம் காணலாம்!
முறையாய்ப் பற்களைக் கவனித்துக் கொண்டால்
வாழ்நாள் வரையில் நன்மையே தொடரும்!
பற்களைக் காத்து பயனுற வாழ்வோம் !



PONGAL

PONGAL





POTMANIA

Failure is the stepping stone to success
 Everyday new words are added to a private dictionary called the mind. One day I came across 3 new words. The first word was "Potterhead" [noun] which meant a Harry Potter fan, the second word was Pott lucky which meant lucky ones who will pick seventh Harry Potter adventure and the third was "Pottering" [noun] : a group of Harry Potter fan who share and exchange memorabilia. Fortunately, some pottering students were keen at the release of the book and that's the time I came across these 3 words. The adventure of Harry Potter series is popular among us, so much that there are adults too who are deeply involved in the spirit of fantasy. But did anyone ever thought about the master mind behind this creative work who had gone through the extreme ups and downs of life? The creator of this fantasy would did not have any wizard, witch or a magician in her own life.

As a teenager Joanne lived in a grade 2 listed cottage in Gloucestershire, which she states was "not a particularly happy time in my life," due to her mother being diagnosed with multiple sclerosis and a strained relationship with her father. Her deep grief on her mother's death is clearly reflected on the death of her serial character Harry Potter's parents in one of the books
 From an early age she had an ambition to be a writer. She wrote a book "rabbit" when she was 6 years old but couldn't publish it. She received a Doctor of Laws honorary degree from the University of Aberdeen at Marischal college.
 In 1991, she left England to get job as an English teacher in Portugal. She got married to Jorge Arantes and together they had a child Jessica. However, after couple of years, the couple split after fierce argument, whereby all accounts she was thrown out of the house. She went through a lot of mental traumas in her wedlock. As a result, she underwent a few years in depression. At one point of



Hannah Thomas
 2nd year

M A G I C

Harry Potter

AND THE
PHILOSOPHER'S STONE™



her life, she thought to commit suicide as it was getting bitter and worse for her to accept the reality. She found her loneliness gnawing her to darkness. An introspection gave her the courage to move on and survive with her daughter. She channelised her negative thoughts to transform it into creative energy. She wiped her tears and overcome the buried pain in her life

The idea of writing Harry Potter series came to her while she was travelling from Manchester to London in a crowded train. In December 1993 she returned to the UK, moving to Edinburg where she finished her first book. She would often go to Edinburg café to work on her book. Her first book Harry Potter and the Sorcerer's stone was rejected by 12 major publishing houses. Finally, there was an end to this search, Bloomsbury a small publisher agreed to publish her book and rest is history.

That's Joanne Rowling popularly known as J.K Rowling. Presently she lives in Scotland. Her view on her books is given below:

"I don't believe in the kind of magic in my books. But I do believe something very magical can happen when you read a good book.

We may come across various things in our life but no wizards/witches would help us neither do they exist. It's we ourselves who need to instil a positive thought in us, rise and walk ahead"



Asif : 9895 522 842,
9895 061 901

Lulu

Fancy Light Showroom

Main Road, Parakkal, Mahe
Off: 7736 55 425, +94 9895 187 868

Hanging Light, Wall Lamp, Mirror Light, Gate Light, Table Lamps, SFL Lamps, Tube Fitting, Photo Framing, Led Fittings, Led Lamps



Maleshwar

TEXTILES

17/60, Ground Floor, Century Mall,
Rajaji Road, Near Mofusil Bus Stand, Calicut 673004

P R PATEL :
80897 51452, 79072 29349

ASHOK PATEL :
80897 23400, 70128 42850

Wholesale dealers **FANCY | MAFTHA | SHAWAL | DUPATTAS | HAND KERCHIEF**

MALESHWAR TEXTILES CALICUT, MATAJI TEXTILES CALICUT, MAHALAKSHMI CASH & CARRY CALICUT
MAHALAKSHMI TEXTILES KODUVAYUR PALAKKAD, MAHALAKSHMI TEXTILES COIMBATORE



Dr. Arjama Chaudhury
(PG- Dept. of
Conservative Dentistry
and Endodontics)

यादें

बहुत रहस्यमयी है यह ज़िन्दगी
लोग बोलते हैं “ तेरे बनि जिया ना जाए ,
पर अक्सर वही लोग छोड़ के चले जाते हैं
ना चाहते हुए भी समझना पड़ता है
बस यादें में ही एक घर सा बसा लेते हैं
फिर ज़िन्दगी की दौड़ में ऐसा घुस जाते हैं
की कभी कभी उस एक दर्द के एहसास
को भूल ही जाते हैं
पर अक्सर आस पास की ज़िन्दगी की तरकीब याद ढीला ही देती है
फिर हमारा हर कोशिश बेफ़ज़ूल लगने लगता है
हर गुस्सा , हर तकलीफ़ खाली सा लगने लग जाता है
लगता है इस ज़िन्दगी के लिए कुछ करने के अलावा तोडा और
वक्त गुज़र लेने ज़िन्दगी से लड़के
तो तोड़ी और यादें बन जाती
तोड़ी और खुशियाँ मलि जाती
गम तो कम नहीं होतो तुम्हारी जाने का ,
बस अफ़सोस की तोड़ी कमी ज़रूर हो जाती

- संप्रिया पूजनीय मेरे
“ प्रिय दादा जी





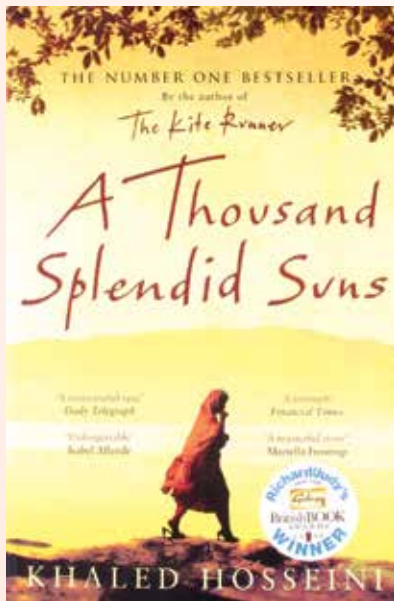
WOMENS DAY



BOOK REVIEW

A Thousand Splendid Suns

By Khaled Hosseini



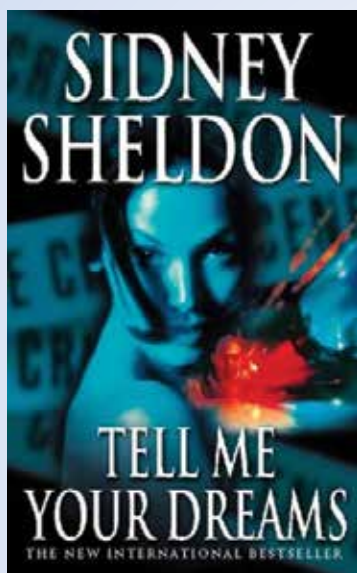
'Society has no chance of success if its women are uneducated'

- Khaled Hosseini, A thousand splendid suns

The Kite runner was one of the first books of the author read by me and I fell in love with his words, the emotions he displayed, the soul of the book, instantly. I knew I had to read another work of his and came across 'A thousand splendid suns'. A thought provoking captivating story of two women, fighting against all the odds to survive in a world of dominating cruel men who has laid down rules all of which giving them very less chance of existence. I felt their pain, their emotions, the burden they carried on their backs. A heart wrenching piece, with your not so usual heroines, I realised how easy our lives are, and how blessed we are. I got to know about Afghanistan, its people, the rules laid down by its men and its women. I met two women of immense strength and valour. Somehow this book changed my perspective and taught me sacrifice and always reminded me to be bold and to be brave.



Shakoufa Nazir
3rd year



Tell me your dreams

by Sidney Sheldon

'She could go from a blissful euphoria to a desperate misery. She had no control over her emotions.'

- Tell me your dreams, Sidney Sheldon

Tell me your dreams is a novel written by writer Sidney Sheldon. I will start with the three main characters of the novel, Ashley, Toni and Alette. All of them are successful and content with their life in their own manner but have a disliking towards each other. How the three of them are involved in a murder mystery becomes the crux of the story. This is one such novel that you won't be able to put to rest and won't find peace until the mystery is solved. You will feel sorry for the victim, the one who became victim of the the foul play of one man, that too her close one. You will realise how women are not safe in their own houses. Sidney Sheldon was able to describe the turmoils faced by each character and bring out our sensitive sides making us feel the emotions displayed by the characters. The novel kept me hooked till the end as I find it to be one of the most thrilling novel of its time and honestly it hasn't lost its shine till now.



Shreya.S
3rd year

BLANK SPACE

Dusk. The sun slipped into the lake and the shadows grew longer, fading out the colour of water. Time slipped away as it should, but the air around had a sense of grief, accompanying her, the breeze rubbing against her cheeks, as she closed her eyes. Leaves rustled, as if the trees heard her pain. The place they first met. Nothing had really changed. The lake, the trees, the pebbles and her. Ah yes, it's only her this time. And onwards. The day they first met, slipped into her memory soon. That reassuring smile, his glance taunting her everytime their eyes met, their first kiss, it all happened here. And now, what was to do with it? With all of it. All the memories stirring inside her was maddening, yet she felt nothing. As if staring into an abyss of pain, that she will have to face every waking moment of her life. Is this how it's going to be for the rest of her life? She wondered.

But there is nothing to be said or done. Not any more. Only if he could've told her, or even just a hint, as to how much he is

loosing it ,for him to choose death over life. Or did he?
Did he ever give her any signs? Did she fail to notice it? What if she could've sensed it? Would he still be alive in that case?
He had his mood swings, but she never took it into reasoning, because he comes back, he always does, no matter what. But not this time . There was a phone call and that was it. Rushed to his house, only to see the paramedics carrying his lifeless body to the ambulance.
That was it. Found in his bath tub, veins slit, drowned in his own pool of blood. At least that was the story for anyone who asked about it. They said that his mom found him. How must've she felt? What must've gone through her mind. The pain that she might have felt, losing her only son. His dad must've been broken by the sight of him. It's no sight for a father to witness.
It's been over a month now. Yet nobody knows. He left nothing, not even a note. No explanation, no excuse or a reason why he did

what he did.
She didn't care, as it became night. She didn't realize it. After a month of being in her room, feeling nothing but doubts, she stepped outside for a walk and somehow ending up here, by the lakeside.
How could she mourn, how would she, with a thousand questions waiting to be answered. Was it her? Did she play a part in his death. The more she thought about it, she was afraid of the questions racing towards her.
What if she turns out to be a reason? A sudden chill ran through her spine, by the mere thought of it. Would he forgive her, if that was the reason. That wasn't the toughest part though.
Will she be able to forgive him? Ever? For the pain , the chaos, for this never-ending nightmare and torture . She opened her eyes. Her eyes filled with tears for the first time after his death. She hadn't spilled a drop, even after these many days. She stood there and stared at the lake, as the moonlight hit the waters, glimmering it and the sky lit with infinite stars staring down at her.



GOLDEN HUES OF ELEGANCE
FINE HANDCRAFTED JEWELLERY FOR EVERY OCCASION

EASY GOLD SCHEME
FOR CONVENIENT GOLD PURCHASE

50%*
ADVANCE BOOKING
LOCK GOLD RATES

EXQUISITE BRIDAL,
TEMPLE, ANTIQUE & DIAMOND
JEWELLERY COLLECTIONS

Francis Alukkas
A HERITAGE OF PURITY

*T&C Apply

+91 9495 448 844 | ask@francisalukkas.com | francisalukkas | francisalukkas

Freshers day



Orientation day



YOU AND THE UNIVERSE



Eswari Nivetha
3rd year

Constellations in the sky
Shined down as you're born.
The sun, the moon, the star,
Witnessed your arrival.
The endless ocean,
The vast mountains,
The borderless winds,
are hard to measure
So are you for sure.
Elements that make the earth,
makes your blood too.
The countless molecules you hold,
Is a beauty to behold
Traces of your genes,
Proves you're supreme.
The mighty universe dwells,
inside your cells.
Splendid it is and definite,
That you are infinite
You're a cosmic entity that
lives with human identity
Capable of anything
Just know you're everything.
You don't know,
What a shame
You and the universe
Are just the same
Dark and bright but so deep
Souls of light that never sleep



Mahe Medical & Diagnostic Center

Maidanam Road, Mahe
Behind Mahe Municipal Office

- ജനനം മെഡിസിൻ, കാർഡിയോളജി, പീഡിയോ (ട്രിക്സ്), ഗൈനക്കോളജി, നെഫ്രോളജി, യൂറോളജി, ഡെർമറ്റോളജി, ഇൻടി, ഓർത്തോ, ഡയബറ്റോളജി, ജനനം സർജറി, അലർജി, തുടങ്ങിയ വിഭാഗങ്ങളിൽ വിദഗ്ദ്ധ സ്പെഷ്യാലിസ്റ്റ് ഡോക്ടർമാരുടെ സേവനവും, എല്ലാവിധ ലാബ് പരിശോധനകളും അൾട്രാസൗണ്ട് സ്കാനിങ്, ഡിജിറ്റൽ എക്സറേ, ഇ സിജി, എക്കോകാർഡിയോഗ്രാം, കണ്ണ പരിശോധന, ഒപ്റ്റിക്കൽ ജോറും, ഫാർമസി, പിസിയോതെറാപ്പി, തുടങ്ങി എല്ലാ സേവനങ്ങളും ഒരു കൂടക്കീഴിൽ എന്ന പോലെ മാഹി എം എം സിയിൽ ലഭ്യമാണ്.
- കിടപ്പ് രോഗികൾക്ക് തുടർ പരിശോധനകളും മരുന്നുകൾ ക്രമീകരിക്കുന്നതിനും ഫാമിലി ഡോക്ടർ അടങ്ങിയ മെഡിക്കൽ ടീമിന്റെ സേവനങ്ങൾക്ക് മാഹി എം എം സിയിൽ മുൻകൂട്ടി ബുക്ക് ചെയ്യാവുന്നതാണ്.
- സങ്കീർണ്ണമായ ആരോഗ്യപ്രശ്നങ്ങൾക്ക് ഹയർ സ്പെഷ്യാലിറ്റി ഹോസ്പിറ്റൽ ചികിത്സക്ക് ആവശ്യമായ റഫറൻസുകൾക്കും ഫോളോ അപ്പുകൾക്കും മാഹി എം എം സിയിലായി ബന്ധപ്പെടുന്നതാണ്.
- ഇന്ത്യയിലെ പ്രശസ്ത ഹോസ്പിറ്റൽ ഗ്രൂപ്പായ അപ്പോളോയിലെ വിദഗ്ദ്ധ ഡോക്ടർമാരുടെ സേവനം ടെലി മെഡിസിൻ സംവിധാനത്തിലൂടെ ലഭ്യമാക്കാൻ ഡോക്ടർമാരുടെ ബുക്കിങ്ങിന് മാഹി മെഡിക്കൽ ആൻഡ് ഡയഗ്നോസ്റ്റിക് സെന്ററുമായി ബന്ധപ്പെടുക.

Contact : 7591939136, 0490 2335135



ANONYMOUS LETTERS TO STAFF

Being a staff in the same college you studied must be cool, until your juniors figure out all your stories!! But seeing such people, gives me a sense of surety because they are our go to person, someone who can actually understand a student's perspective. And this is about one such staff who constantly supports his students in every possible way.

Being a Oral and Maxillofacial Surgeon must be hectic and tiresome, but sir has never failed to teach us even during his busy days. No matter how many cases he does, he will always come around to check up on us. That I guess, is what you call Dedication.

"I cannot teach anybody anything. I can only make them think" Socrates. This is exactly what he does. He is going to question you, instil the spark and make you THINK. Which, I think one of the greatest quality any teacher can acquire.

They say maturity comes with age, but I think Maturity comes with Experience. And he is a good example for this. It's about understanding the small things that students go through and teach & support them during their difficult times. To become a teacher is easy, but to become a teacher who understands his students is something great. He is undoubtedly one among the best staffs we have come across.

Be it sharing knowledge, teaching practical stuff or sharing experiences, sir has never let us down. He always comes up with instances from his life that in one way or other, help shape our college life. He truly is a man of dedication and support. So, here I am, writing this to thank him for all his amazing guidance and support.

To,
Dr.Sarath K
Dept. of Oral and Maxillofacial Surgery.

This is a thank you note for the one who came in recent time, and gave a actual understanding of what this subject is.. Sometimes it is difficult for students to understand things be it practical or theory. Most often dentists lose their temper when they see work of lower standard. It's the work of this department that scares most students. I have seen even CRRIs struggling with it. Prostho is a work of art. It is the sublime interconnection of complex theory & skillful handwork. But failing to understand the basis of this, puts a lot of pressure among students that is reflected as poor working skill. But teaching each and every step no matter how many times we ask for it is one of the best qualities you have. We are not sure how long you will continue to work here, but you have proven to be a good teacher in this short period of time. Be it teaching theory or practical, you always find a simplest way to convey the concept. It is this attribute that makes you a good teacher. Thank you sir for the amount of patience you have shown towards us.

To,

!!! हयात !!!



Kavitha R
3rd Year

बड़ी तरंगी है यह हयात
आज अपनी माँ के हाथों में ,कल धरती माँ की बाहों में !

कभी पानी की तरह ,कभी ज़हर की तरह !
कुछ समय नमकीन और खट्टी, कुछ समय प्यारी और मीठी !

कभी उमंग की ओर ,कभी पैसों की ओर
कोई समय के आगे-आगे और कोई समय के पीछे-पीछे

इस ज़िन्दगी को कोई मेहेगे जीते है और कुछ शख्स भूके पेट सोते है !

अतीत कुछ लोगों को आगे बढ़ने नहीं छोड़ता है!
कुछ लोग ऐसे है जो अतीत को हराकर लक्ष्य के ओर चलते है !

जवानी में कहते” नफरत करता हूँ मैं ज़िन्दगी से”
फरि बुढ़ापे में बोलो” यार !!क्या ज़िन्दगी थी हमारी !!!”

कुदरत की हयात बड़ी लम्बी है !
लेकनि क्या पता कोई उस पेड़ को काट कर मेज़ भी बना सकता है !
नहीं-नहीं !!कोई थो बना ही रहा है हर रोज़ !!!

ना जाने क्या बताना चाह रहा है यह कठनि और उलझाव भरा ज़िन्दगी?
या यह बताना चाह रहा है की” में उलझाव भरा और कठनि नहीं हूँ!!”
“बस तुम्हारी सोच ऐसी है “

सभी को एक ही ज़िन्दगी है !!पर इसे जीने की तरीका अलग है !!!
हमिमत ,ईमानदारी ,सहायता, और मान्यता को अनुसारण करे
रब में कस्म खाना छोड़ो ,और अपना आत्मवश्वास को वश्वास करो

सोच बढ़लो !!अपने हाथों में !अपने हयात !!
मंज़लि आपके आगे है !!!





Sree Lakshmi
3rd year

THE UNCLASSIFIED.

I wonder why people don't understand those who are in between. Why always the extremities are the chosen ones. Either this or that! What about all those in between?

Yes it's a fact that the more the thing is sensitive, the more audience you get! And here i don't know how many even had a thought on thisus !

The Unclassified.

So here I'm writing for those average, the middle ones , in that case ,the youth and all those which comes in to this in between category. Why all the basic things are out into, classified or rather viewed only in two extremities.

is it not ?.... people! Just give it a thought.

Okay.... I personally know one thing which includes this in between ! When It comes for classification. in pharmacology , The Drugs! some one once said ...ask questions! Start asking questions for you shall find the purpose!

Yes! Completely took his advice.

but as a youth, in my family, whenever I ask questions I've been shut by few words..." you are not supposed to ask questions, you are not grown enough to question us"

Asking questions, in particular to someone older than us , be it your elder siblings or seniors, Questioning becomes an act of disrespect !attitude! and what not!

I know most of you might have heard this

" he/she is smaller than you , why don't you be little matured."

Also the same mouth from where these sentences come will say...

" you don't do it, you are still small you don't know things "

i don't understand!

what are we ? what are we supposed to do?

are we not supposed to express or feel upon things? things which really matters!

if at all we are given a room to express ourselves! a chance for us!

' The Unclassified.'

there would have been some difference! This hurts....a life where the only thing you feel is stuck!





Hasna Sajitha
Mohammed
4th year

Grey

Nothing exists as pure black or pure white:
There is something somewhere in the middle;
"THE GREY"

Which we often fail to recognize
None of us are pure, innocent or transparent as white,
Or evil or dark as black;
None of our life so soothing and calm as white;
Nor so overwhelmed by the dark clouds of life.

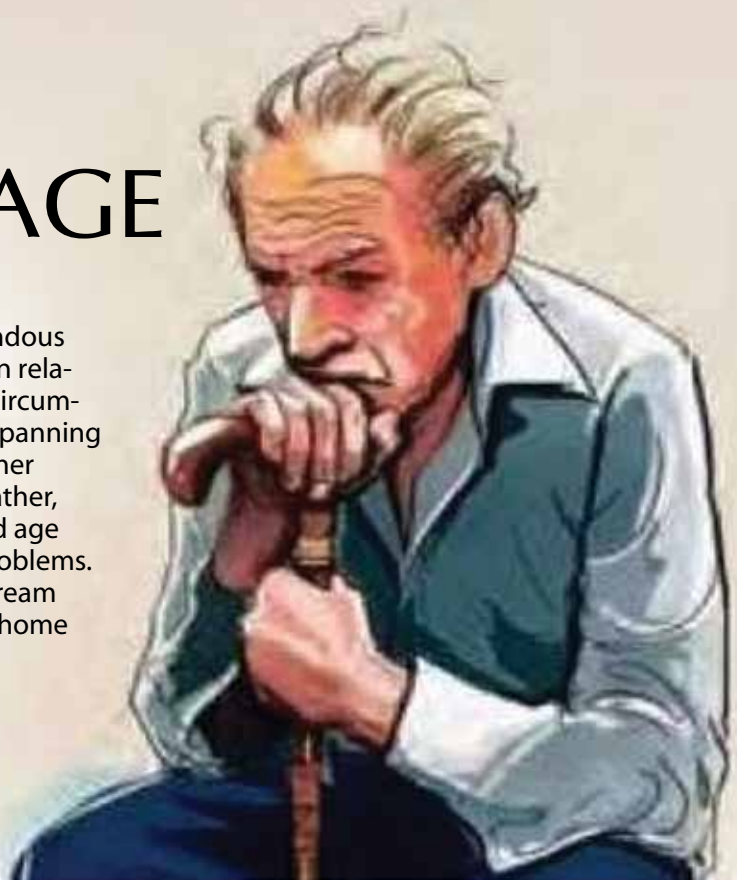
We all live at the point of grey:
Where everything exists,
Which make your life dramatic and simple.
At the same time; recognize the grey
in your life
&
ADORE THEM



OLD AGE

Jaseel ,
4th year

Michael and his father had a stupendous camaraderie more than a father son relationship. They were together in all circumstances. Michael always thought of passing the values he inherited from his father to his son. But in later stage of his father, Michael had to take his father to old age home due to a number of family problems. Michael got up horrified from his dream to find himself in the same old age home where he has been for past 4 years.





CAFE SALFINO

FOLLOW
THE REAL
TASTE

SAY CHEESE



1. Hand rolled Italian pizzas
2. Fresh burgers
3. Classic salads
4. Beef steaks
5. Rice bowls
6. Tempting desserts
7. Mocktails and many more....



Opposite Federal Bank, MC Road,
Perumbavoor, Kerala

Free home delivery Call: 7994611123

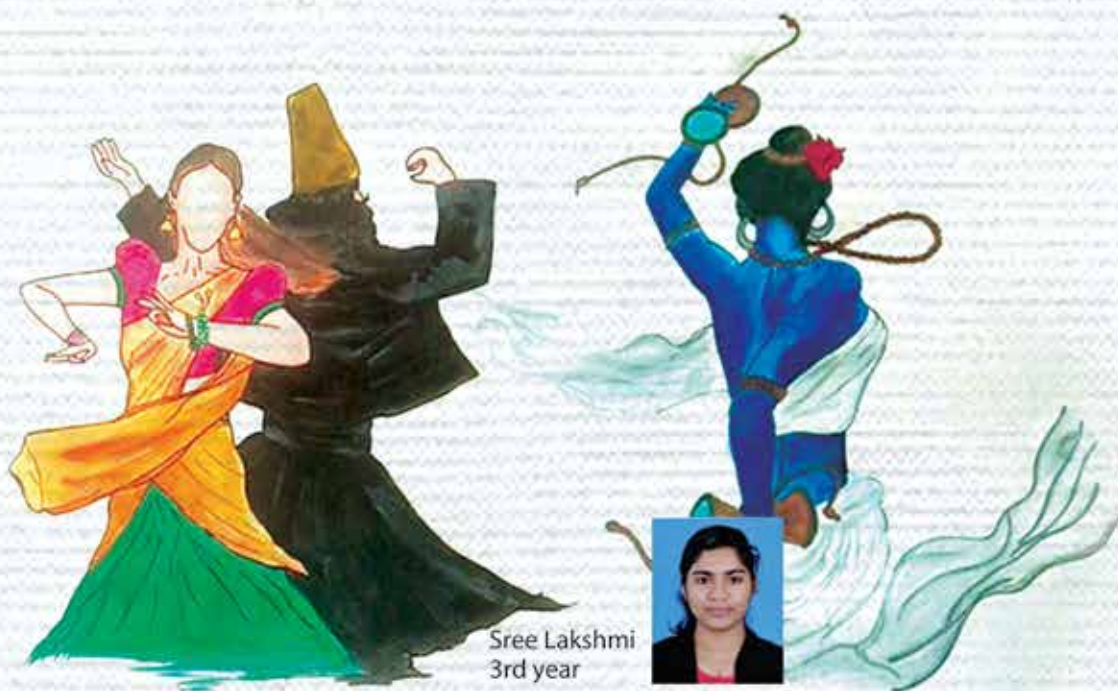




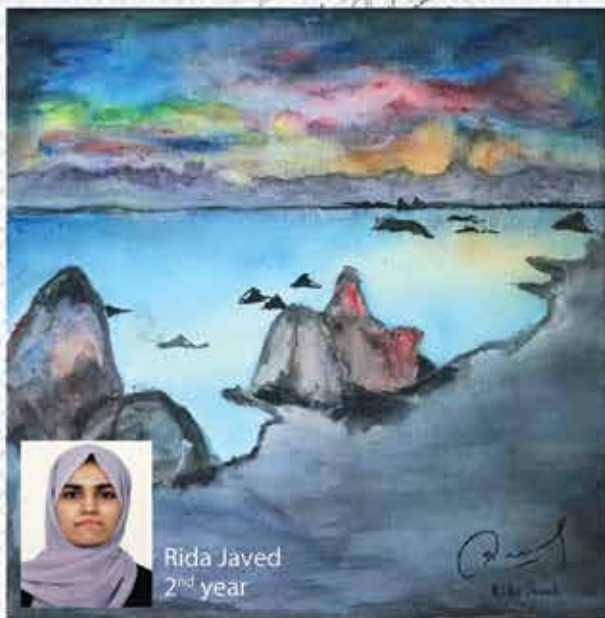
GALERIA DE ARTE

PAINTING | DRAWING | CRAFT

GALERIA DE ARTE



Sree Lakshmi
3rd year



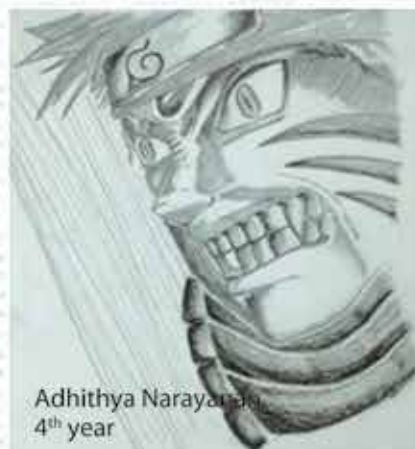
Rida Javed
2nd year



Adhithya Narayanan
4th year



Sandra
3rd year



Adhithya Narayanan
4th year

GALERIA DE ARTE



Sooraj
4th year



Riji K.V
2nd year



Jananie
3rd year



Bharathijolie
Coeur
Intern



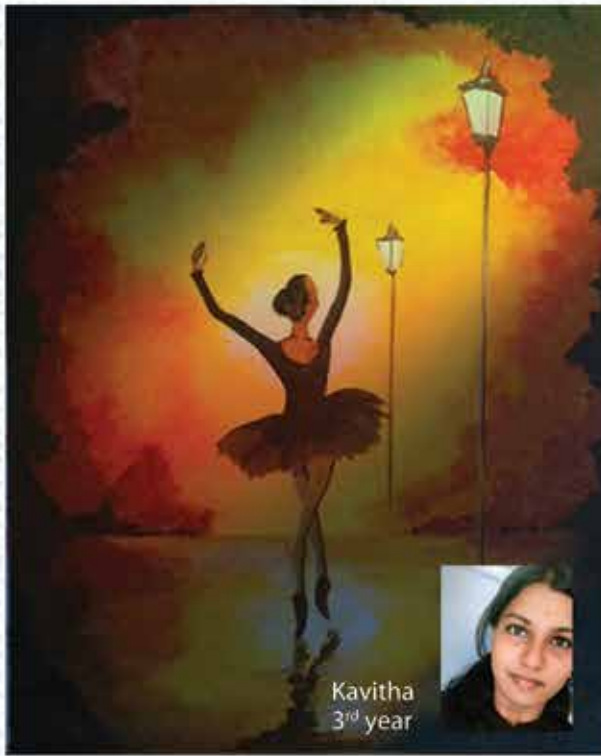
Bharathijolie
Coeur
Intern



Sanjay
Intern



GALERIA DE ARTE



GALERIA DE ARTE



Kavitha
3rd year



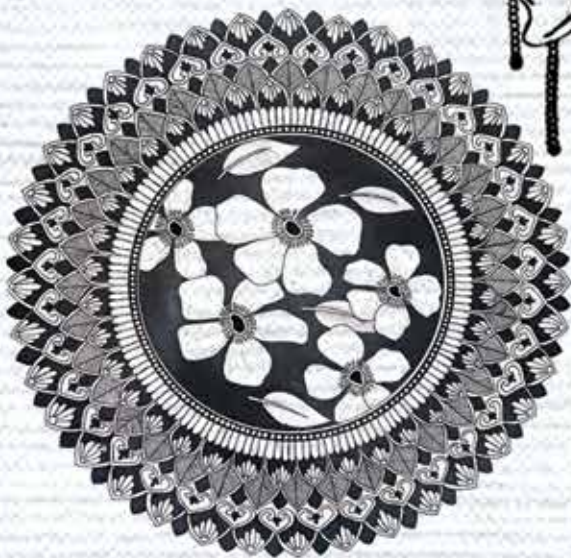
Prithi S
3rd year



Rathiesha
2nd year



Amritha
3rd Year



Dr. Megha
OMR



Dr. Siva sakthi
intern

PIXELS



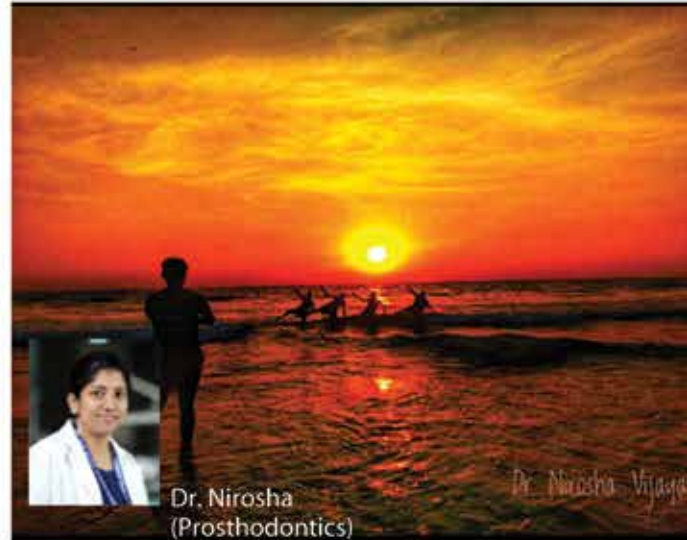
Prithi
3rd year



Sri Ramanan
Intern

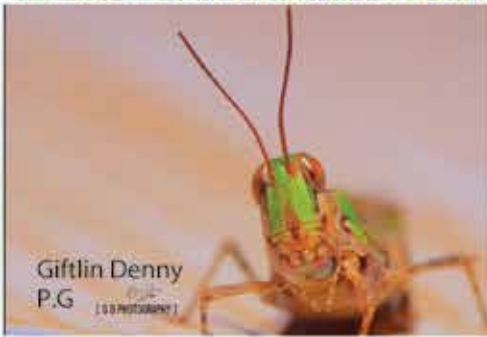


Nithyajayashree
3rd Year



Dr. Niroscha
(Prosthodontics)

Dr. Niroscha Vijaya



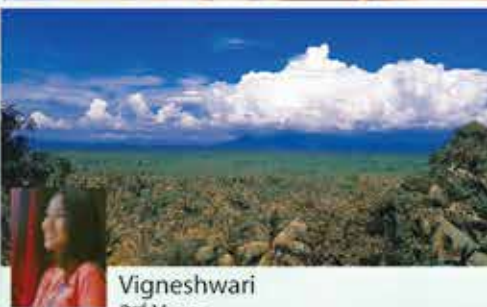
Giftlin Denny
P.G
(S.S. PHOTOGRAPHY)



Dr. Dhanya
(Pedodontics)



Jagatheesh
Intern



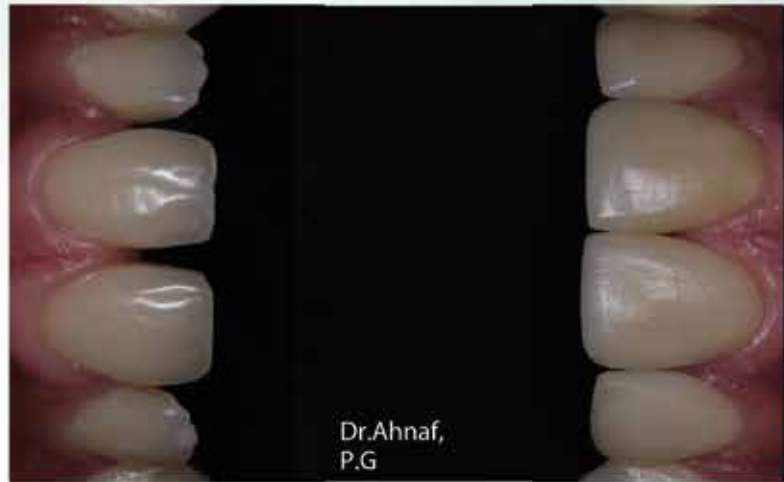
Vigneshwari
3rd Year

PIXELS

PIXELS



Bharathi Jolie Coeur
Intern



Dr. Ahnaf,
P.G



Dr. Jeffry
P.G



Jagatheesh
Intern



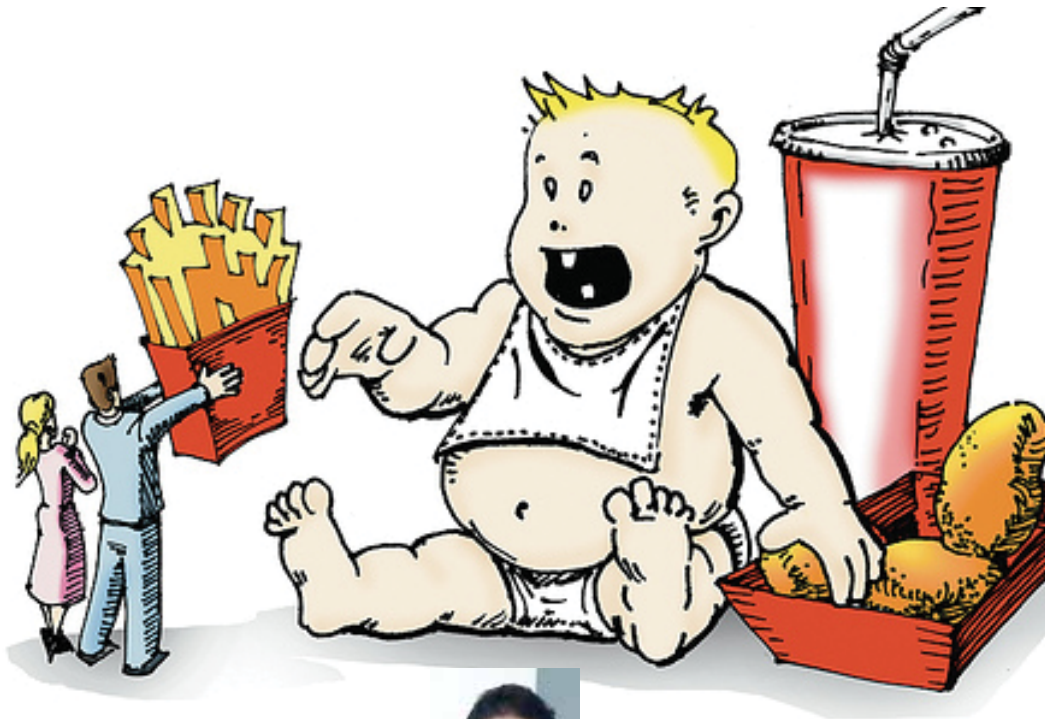
Dr. Arulvishi,
P.G



Yuvashri
2nd year

CRAFTS





Mr. Chackochan T.A
Physical Director,
MINDS

LIFE STYLE DISEASES

Today majority of the population suffer from diseases that are caused due to sedentary lifestyle. The human body was designed to move and works best when it's active. In olden days people used to do manual labour. But nowadays due to sophisticated technologies and modern vehicles, the labour work of men is reduced drastically. Also the consumption of chemical added food has reduced the well being of an individual and produces numerous problems such as gastrointestinal diseases, liver diseases & increases the risk of dental diseases. The effect of this sedentary lifestyle is severe and even life threatening in some

cases, which includes hypertension, diabetes, obesity, increased levels of cholesterol, stroke, heart diseases etc.

The effective way to attain a healthy lifestyle is through sports, games and physical activities. Engaging oneself in sports not only helps to maintain a good health but also refreshes one's mind. Regular engagement in sports increases cardiovascular fitness & reduces the risk of obesity. It serves as a greater ability to physically relax and therefore avoid the complications of muscle tension. It also reduces stress, improves mental health and overall emotional well-being.

SPORTS



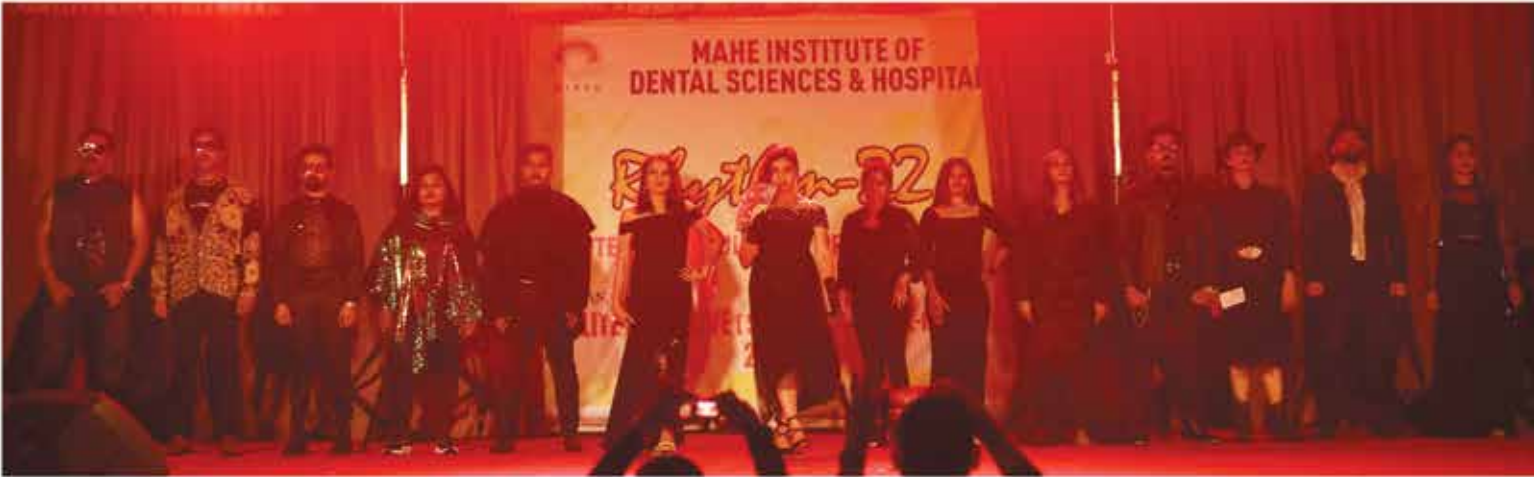


SPORTS

FASHION SHOW



FASHION SHOW



FASHION SHOW



DENTISTS DAY

DENTISTS DAY



ആശംസകളോടെ...



📞 0490 232 57 16
+91 944 73 73 489

The place to meet your business needs

PRAKASH ASSOCIATES

GST & INCOME TAX PRACTITIONERS

Nr. Federal Bank, Logans Road, Thalassery



MEDSPHERE

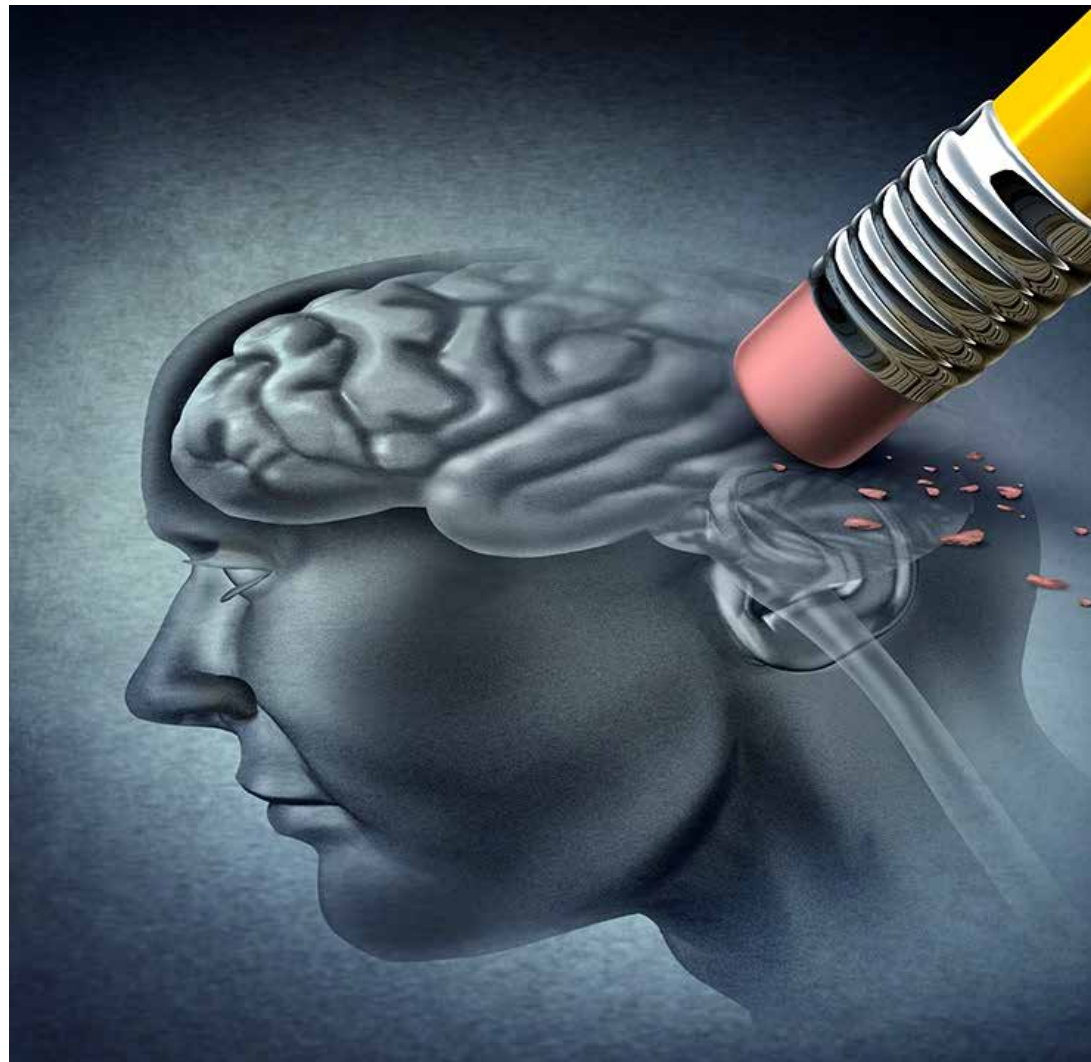


Mr. Rahmathulla L.P
Lecturer,
Dept. of Physiology

As the average lifespan is increasing in developed countries, the percentage of aged persons in the population is also increasing. In India, 7% populations are above 60 years. About 5-10% of people above 60 years are affected by Alzheimer's disease (AD) and the condition is becoming a major health problem in India. This disease was first reported by Aloysius Alzheimer in 1906. It is not proved to be a prion disease. But it is known that the disease is due to the alteration of protein. It is characterized by slow progression of memory loss, confusion, dementia, hallucination, abstract thought and mathematical calculations, decline orientation in time and space, impaired judgment, personality changes and finally patient enters into a vegetative state with no comprehension to the outside world. The most striking symptoms of AD are memory impairment. Patient may require round the clock care and protection. The abnormal behavior of the patient affects the whole family and is a serious psycho-social problem. Death occurs about 10 years after onset of symptoms.

When electronic computers were first developed, it soon became

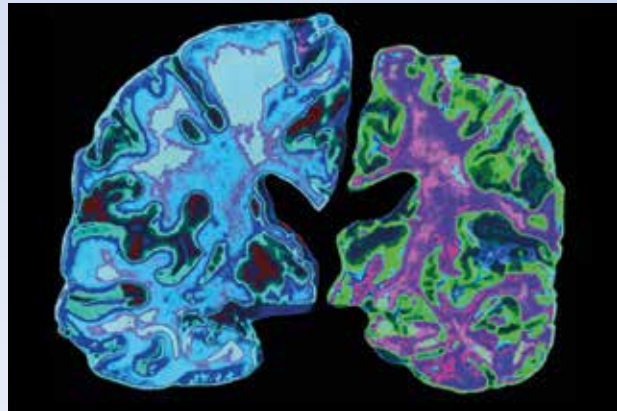
ALZHEIMER'S DISEASE



apparent that these machines have many features in common with our nervous system. The visual we see, the music we hear, the aroma we inhale all pass through neuronal pathways distributed all over the cerebral cortex of our brain that transform these experiences into things to be remembered. These memories are not stored in isolated sets of neurons but as superbly mixed, interlinked pathways, crisscrossing and stimulating each other.

Causes

AD is due to degeneration of cholinergic neurons from hypothalamus, hippocampus and amygdala. The characteristic changes observed in the brain of AD patients are 'senile plaques' and neurofibrillary tangles (NFTs). The NFTs are paired helical filaments made up of a protein called 'Tau'. The normal Tau is soluble and catabolised easily, but abnormal Tau is insoluble,



cannot be degraded by the tissue and are deposited around the neurons. Tau is required for stabilizing axonal microtubules and also reduces the synthesis of amyloid precursor protein (APP). This APP is a normal constituent of human serum. Mutation to APP gene produce beta APP, which is precipitated around the neurons as beta amyloid plaques. It is also known that Aluminium can change the alpha helices of APP into beta plated sheets, which is insoluble.

About 30% cases have genetic background, and these are called familial AD. Presence of Apo-E4 gene is a major risk factor for AD as Apo-E4 bind with Tau form tangles. Abnormal form of gene S 182 located on chromosome 14 is responsible for early onset of familial AD. Inflammation within the brain plays a role in the development of AD. Low level of folate, Vitamin B12 and elevated total homocysteine level are associated with AD. Diabetes mellitus and hypertension are also associated risk factor for AD. Electrolyte imbalances in Calcium and Sodium, high or low level of thyroid hormones are also seen in AD patients. Vascular dementia is thought to be caused by a disease affecting the arteries supplying blood to brain. Other possible risk factors are head injury, gender and level of education. From early adulthood onwards the average weight of human brain steadily decreases. As a result the count of synapses, neurotransmitter and neurotrophic factors are very much reduced. All these factors contribute to AD

Diagnosis

For the diagnosis of AD there is no single test in which the reliability is 100%. The most important diagnostic tool is a detailed interview of both patient and close family members. Standard questionnaires can be used to determine patient's behavioral problems and memory impairment. Along with these, complete physical, neurological examinations and tests for hemoglobin, serum electrolyte, Vitamin B12, folate and thyroid hormone level are to be done. Imaging studies can evaluate different regions of



brain and estimate can be done to know the frequency of plaques and tangles. Pathological changes of plaques, tangles and associated neurological loss and glial reaction can confirm the diagnosis of AD.

Treatments

For the treatment of AD currently, certain pharmacological agents are used for improving neurotransmitter called acetylcholine. This acetylcholine is a very important neurotransmitter in learning and memory. Acetylcholine is broken by an enzyme cholinesterase. Drug that inhibit this enzyme have shown some benefit in slowing the cognitive decline. Tacrine, Donepezil, and Rivastigmine are examples for such drugs. Non-steroidal anti-inflammatory agents such as Vitamin-E and botanical product Ginkobiloba are used for treatments. Scientist has demonstrated a vaccine that can prevent the progression of amyloid plaques in the brain of mice. Research works are going on in search of enzymes responsible for breaking beta amyloid peptide from APP. Control of hypertension, high blood sugar and cholesterol can reduce the risk. Cessation of smoking and finding regular exercise are also beneficial. Experts have long suspected that Zinc aids in memory,

but to not overdo it. Managing stress may be just as important to reduce the risk of cardio vascular diseases and hence AD. Mental exercise and activation of brain can remain alert as age advances. It is now known that neurons can regenerate much as the same way as other tissues provided the right type of stimulations. Estrogen, testosterone, growth hormone and nerve growth factors are neurotrophic factors nurturing much type of brain cells. British scientists have made the world's first pure batch of brain stem cells that can fight AD. Scientists from United States of America identified a gene named as 'clotho' responsible for aging in rats. Genetic engineering and activation of this gene will be a revolution in Gerontology.

The brain's real food is external environment through its sensory system: vision, hearing, smell, touch and taste. During the first three to twelve years of life by which time much of the fundamental architecture of the brain is completed and foundation is laid for attributes such as languages, attitude and aptitudes. Early exposure to violence, poverty, bad experiences, environmental stress etc. will negatively affect the further growth and development of brain.

Human brain weighs 1.4 to 1.5 Kg. It is estimated that ten to the power of 13 to 14 billion of neurons and around 100 trillion of connections make the human brain "most complex and powerful matter in the universe". It is the highest quest that humans are capable of attempting to understand brain itself. Knowing about the potentialities and power of the brain educate oneself and one's brain for a purposeful future.



DIGITAL DENTISTRY: IS IT THE WAY FORWARD?

Dr Salma Arif,
2nd year Postgraduate
Department of Periodontics

The connotations of being past the year 2010 bring about thoughts of futuristic concepts as suggested by movies, the Internet, and a vast array of media. Movies and books, set in a time period only a few decades forward, have portrayed a life filled with advanced medicine, travel, engineering, manufacturing, and even rapid and simple food production. Yet, when we reach that future date, we observe that technology doesn't change as fast as our minds imagine. Does dentistry today — often termed "digital dentistry" — represent the high-tech, easy-to-implement solutions that were imagined and written about 30 years ago or even last year?

Clinicians with decades of experience or the student of dental history can look back at the advances in dentistry and state clearly that the dental profession has experienced an exciting amount of technological growth. Yet in comparison to medicine, biomedical engineering, automotive and aeronautics, rapid manufacturing, electronics,

and others, dentistry appears to be more than a decade behind in adopting or integrating new technologies on a widespread basis. If other industries have adopted newer and better technologies (including sharing them among one other), why does dentistry lag behind? Where does our profession stand with new technologies, and where might we be going?

What is digital dentistry?

Digital dentistry may be defined in a broad scope as any dental technology or device that incorporates digital or computer-controlled components in contrast to that of mechanical or electrical alone. This broad definition can range from the most commonly thought area of digital dentistry — CAD/CAM (computer aided design/computer aided manufacturing) — to those that may not even be recognized, such as computer-controlled delivery of

nitrous oxide.

The following list represents the majority of the areas of digital dentistry. All are assumed to incorporate some type of digital components; not every conceivable area is listed.

- 1.CAD/CAM and intraoral imaging — both laboratory- and clinician-controlled
- 2.Caries diagnosis
- 3.Computer-aided implant dentistry — including design and fabrication of surgical guides
- 4.Digital radiography — intraoral and extraoral, including cone beam computed tomography (CBCT)
- 5.Electric and surgical/implant handpieces
- 6.Lasers
- 7.Occlusion and TMJ analysis and diagnosis
- 8.Photography — extraoral and intraoral
- 9.Practice and patient record management — including digital patient education
- 10.Shade matching

ADOPTION AND INTEGRATION OF TECHNOLOGY

It took roughly two years for air rotor handpieces to gain widespread adoption and replace belt-driven handpieces, about five years for widespread adoption of PFM crowns, and about 25 years for implants. Why such a difference when all are now proven and widely used?

Some new technologies are “disruptive” in nature and can cause rapid change. The introduction of full zirconia crowns and other monolithic crowns appears to be disruptive by its rapid adoption in the profession.

The examination of other industries and past technological advances proves it generally takes up to 25 years for a new technology to be accepted and widely used. If digital dentistry is now perceived as the future of dentistry, is it also behind by 25 years?

An integral part of understanding the future of dental technology involves observing and understanding new technologies in other industries and how that technology can be integrated into dentistry.

ADVANTAGES OF DIGITAL DENTISTRY

Each area of digital dentistry has advantages

in comparison to the conventional device or technique. Yet, some of the advantages may be diminished by the increased cost or technique sensitivity.

As an example, although diode lasers have been available for more than a decade, early majority adoption did not occur until the recent decrease in prices of lasers and increased offerings and competition. This has resulted in an alternative to the lower cost electrosurgery devices. On the other hand, chairside intraoral imaging and fabrication of indirect restorations by the clinician have been available for more than 25 years. However, even with new competition driving faster innovation, the price remains high, and adoption has not yet reached early majority (although it probably should have).

To be considered a clear advantage, the area of digital dentistry must include three things:

- 1.Improved efficiency — both cost and time
- 2.Improved accuracy in comparison to previous methods
- 3.A high level of predictability of outcomes

LIMITATIONS OF DIGITAL DENTISTRY

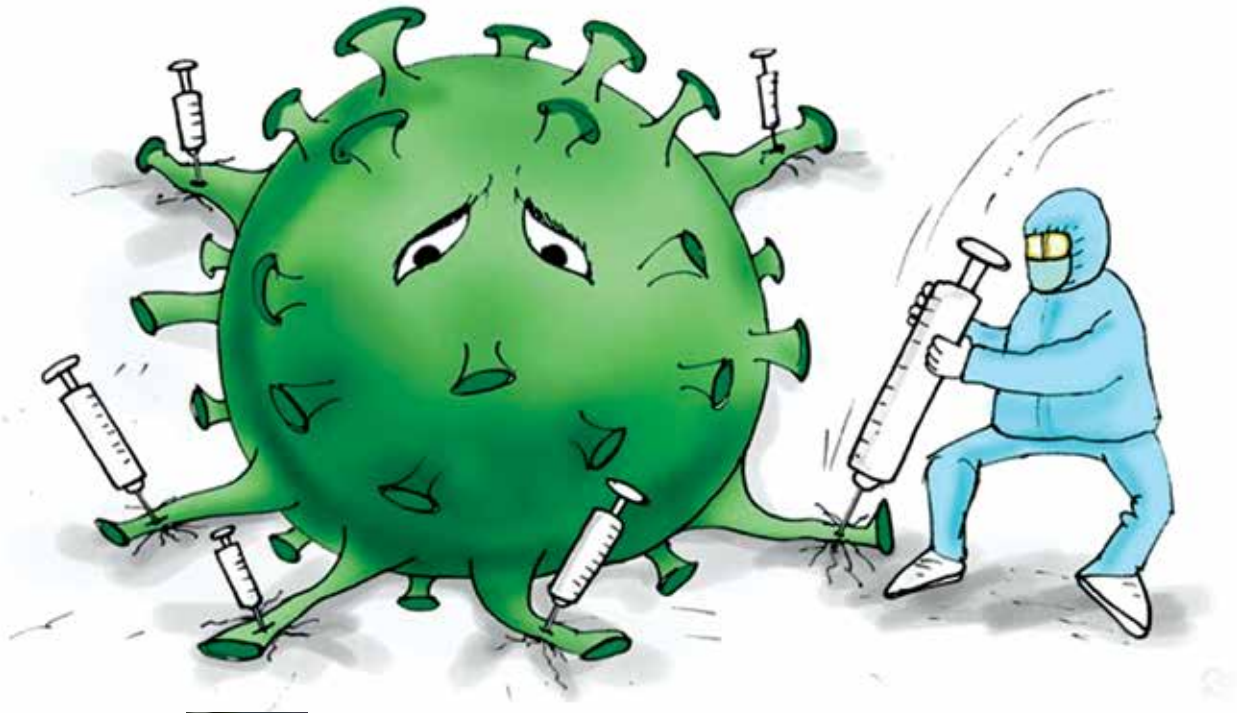
The major limitation of most areas of digital dentistry is cost. One of the common pitfalls in adopting new dental technology is lack of desire on the part of the clinician and team to be adequately trained. Some clinicians will purchase a new technology, yet never read the owner’s manual or seek advanced training on how to operate the technology efficiently, often leading to high failure and abandonment. Misunderstanding the new technology tends to foster slower adoption rates. This scenario can be easily avoided by greater attendance of basic and advanced hands-on courses in these areas of technology — not just the state’s minimum to maintain the dental license.

CONCLUSION

Digital dentistry is more than just hype. When properly implemented and fully educated, return on investment can be excellent, increased joy in practicing dentistry can be experienced, and better care for your patients can be delivered.

It is an exciting time to be in the dental profession as more technologies are being introduced that make dentistry easier, faster, better, and — most important — enjoyable.

The future of dentistry is now. Waiting another 10 years to adopt or integrate these new areas of dentistry will leave you decades behind. Decide which areas will best augment your practice, make informed decisions regarding your choice of product/technology, obtain education and training, and have fun



THE PANDEMIC ERA-CORONA VIRUS

Dr. Anjali K,
Sr. Lecturer, Dept. of Microbiology

Coronavirus disease (COVID-19) is an infectious disease caused by the SARS-CoV-2 virus. Most people infected with the virus will experience mild to moderate respiratory illness and recover without requiring special treatment. However, some will become seriously ill and require medical attention. Older people and those with underlying medical conditions like cardiovascular disease, diabetes, chronic respiratory disease, or cancer are more likely to develop serious illness. Anyone can get infected at any age with COVID-19 and become seriously ill or die. Since there are no definitive treatments available for COVID, the best way to prevent and slow down transmission is to be well informed about the disease and how the virus spreads. Protect yourself and others from infection by staying at least 1 metre away from others, wearing a properly fitted mask, and washing our hands or using an alcohol-based hand-rub frequently, get vaccinated and follow local health department guidelines.

The virus can spread from an infected person's mouth or nose in small liquid particles when they cough, sneeze, speak, sing or breathe. These particles range from larger respiratory droplets to smaller aerosols. It is important to practice respiratory etiquette, for example by coughing into a flexed elbow, and to stay home and self-isolate until recovery when we

feel unwell. However there were chances that some could get seriously ill and require medical attention .

I have had an experience of a hectic schedule as well as a struggling period where we as a team were striving to fight against the virus and protect the population from the pandemic. To bring pandemic under control, government started many measures to identify the patients to test and diagnose the covid -19 to admit and isolate to treating them in the community . I was also a part of this team as a research officer to diagnose covid by PCR method . After intial necessary training at Malabar Cancer Centre (Nodal centre) I was posted to work at the centers designated to (Regional public health lab, Kannur) to test the samples from Kannur regions .Our team consisted of nodal officer ,research officer, data operators and technologists ,our job was to test the sample,analyse and report the result to ICMR site and government site . We have the equipments like automated RNA extractor ,PCR kits, RT-PCR analyser and computers with necessary softwares to analyse the testing report accurately. Centre worked 24*7 because of the large number of samples coming from PHCs of Kannur districts.

Dr Saicharan G MDS, DSD(Spain)
Endodontist &
Cosmetic Dental Surgeon,
Assistant Professor,
Dept Of Conservative Dentistry &
Endodontics,
Mahe Institute Of Dental
Sciences & Hospital,
U.T Of Puducherry.



DIGITAL AESTHETICS- THE FUTURE OF MODERN DENTISTRY

Pre-op



Discoloured & malaligned central incisor



Non-vital bleaching



Digital shade selection



Digital Analysis



Anterior direct composite veneering completed

A beautiful smile is desired by everyone. Unfortunately, not many could afford one due to the defects of teeth and periodontium. Such defects include, dental caries, discoloration of teeth, malalignment of teeth, gingival pigmentation, gummy smile, missing teeth, etc. Even though, all these defects can be managed and treated using contemporary techniques, the precision and accuracy achieved by digital techniques are exceptional.

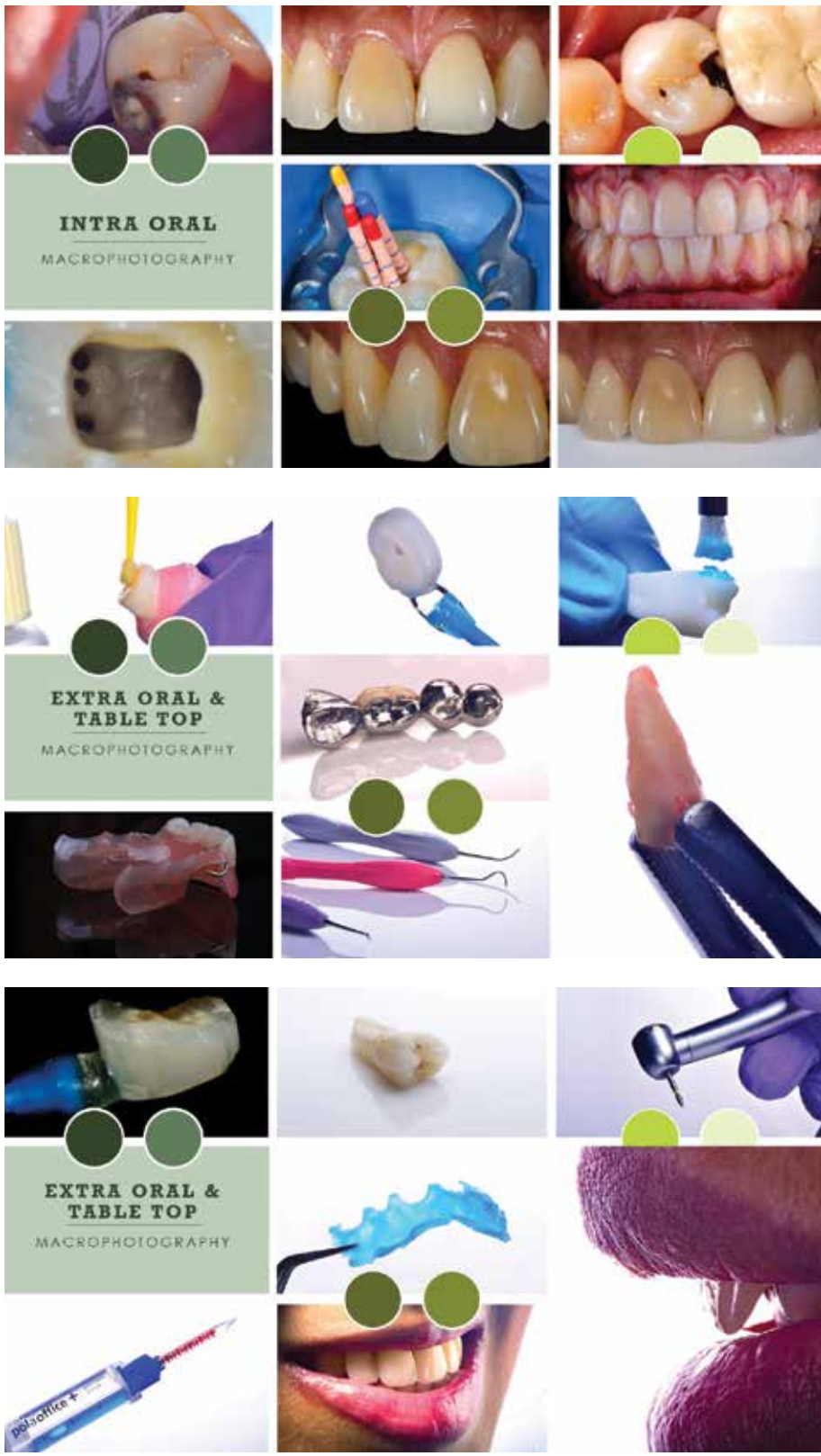
Matching patients' aesthetic expectations is a tough job using conventional techniques. Whereas it is much easier to regain the confident smile of the patient using Digital Aesthetics. The Digital armour can help the dentist to save a lot of time and material during the treatment besides achieving brilliant results.



**Want a Flawless
Smile??** Go Digital

**A DIGITAL
SLR WHITE
BALANCE AIDED
NON-VITAL
TOOTH
BLEACHING AND
DIRECT COMPOSITE
VENEERING**

DENTAL MACROPHOTOGRAPHY



28
YEARS OF
TRUST

ONLINE UPS | INVERTER | BATTERIES | SOLAR SYSTEMS | LITHIUM BATTERY

Beacon Energy Storage Systems Pvt. Ltd., 17/607, Piraroor P.O., Kalady - 683 574, Kerala
www.beaconpowersys.com | Toll Free: 1800 121 3511 | info@beaconpowersys.com | Mob : 85939 60000

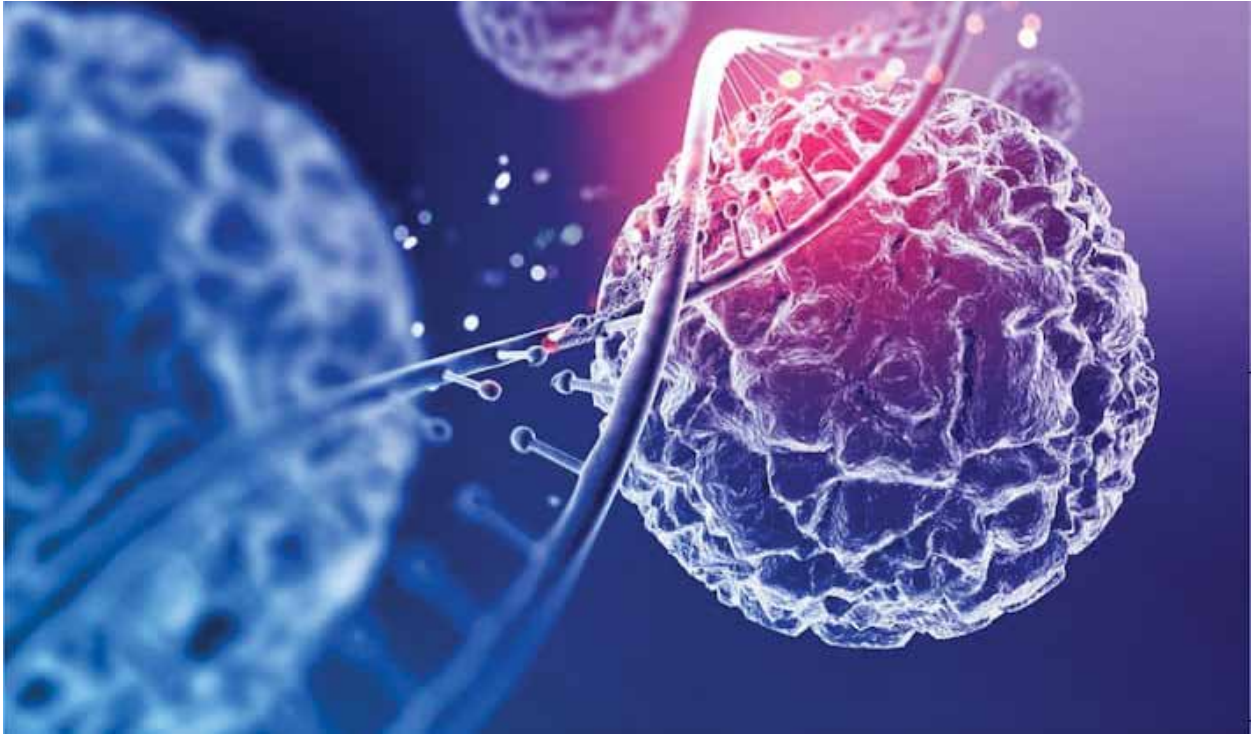
**ആരോഗ്യകരമായ ജീവിതത്തിന്
 വിട്ടുപിഴ്ച്ച അരുത്**

THOMSON[®]
PVC PIPE
A Kanchai product

An ISO 9001-2008 Company

OUTSIDE THE BOOKS





Generation of induced Pluripotent Stem cells (iPSCs) for Biomedical Applications

Dr.Selvakumar
HOD, Dept. of Microbiology

Stem Cells have tremendous medical potential including cell therapy, personalised medicine, disease modelling, drug screening and discovery, tissue engineering, and understanding organismal development. Stem cells are capable of self-renewing potential and can serve as the core cells during embryonic and organism development. Generally, stem cells are categorized into two types: embryonic stem cells and adult stem cells. The embryonic stem cells (ESC) can be isolated from the inner cell mass of the blastocyst stage during early embryonic development whereas, adult stem cells (ASC) are a discrete population that can be isolated from various tissues and organs in foetus and full adult mammals. ESCs are pluripotent cells that can differentiate into all the cell types belonging to three germ layers (ectoderm, mesoderm, and endoderm). In contrast, ASCs are multi-, oligo- or uni-potent cells with proliferative and self-renewing abilities, giving rise to progenitor cells, which eventually differentiate into specific terminally differentiated mature cells. The

major challenge in stem cell therapy is isolating required pluripotent cells either from embryonic or adult tissue. One of the essential criteria to address this is by identifying an ideal cell source in which pluripotency can be induced in an efficient manner to give rise to high-quality iPSCs. A landmark work reported in 2006 toward development of induced pluripotent stem cells (iPSC) from mouse embryonic fibroblasts by transfecting key transcription factors. From then, iPSCs derived using integration-free reprogramming approaches have improved the prospects of these cells for various biomedical applications. Typically, iPSCs are generated by introducing a specific cohort of reprogramming factors into adult somatic cells. The initial studies identified two reprogramming factor combinations [Oct4, Sox2, Klf4 and c-Myc (also known as Yamanaka factors) and Oct4, Sox2, Nanog and Lin28 (also known as Thomson factors)] to derive iPSCs. These iPSCs have tremendous potential since they are not genetically modified hence much safer for biomedical application.



Near Parvathi Gas Godown, Eripuram, Payangadi-670 303, Kannur Dist.
Tel: 0497 2872999 Mob: 9847387120, 8547375144 E-mail: buildersunique1@gmail.com



Rhythm



OFF STAGE

OFF STAGE



ON STAGE





BACK STAGE





ALUMNI MEET - MINDS





**REKINDLE
ALUMNI MEET**



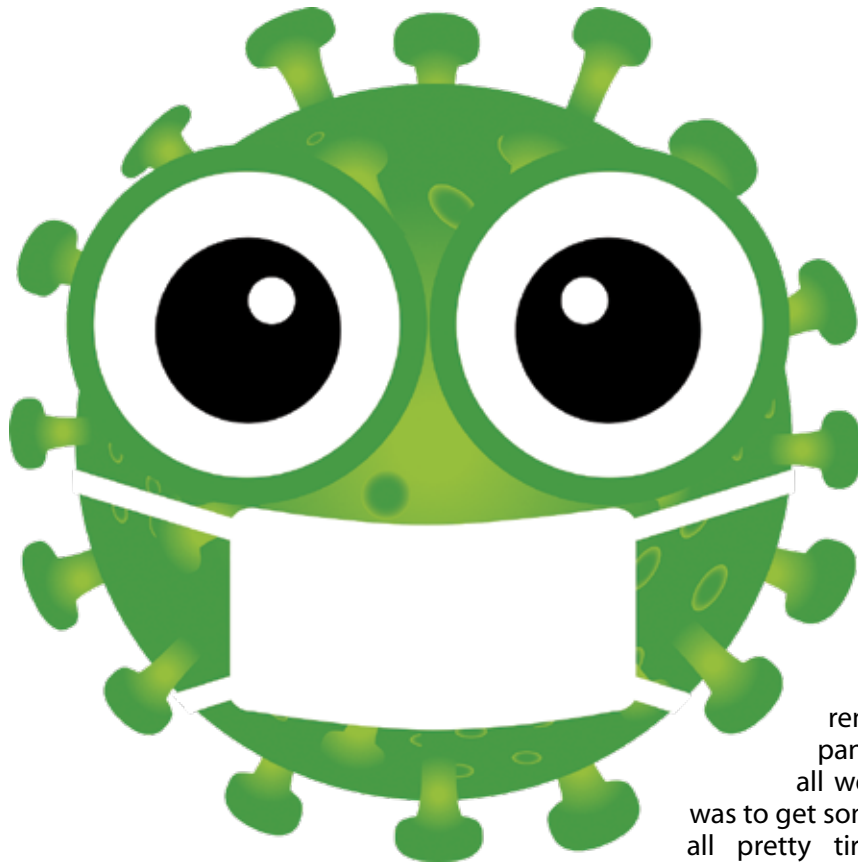
ALUMNI MEET - MINDS - 17.12.2021

GRADUATION CEREMONY





GRADUATION CEREMONY



QUARANTINE CHRONICLES

Dr.Noureen Nazir

I was doing my internship when covid-19 struck us , the first case being reported in 27th of January. I remember where we all fake panicked to be honest because all we cared about in those days was to get some days off because we were all pretty tired juggling between the patients in our respective department postings. I don't remember us being serious even when we came across the flash news regarding the death toll due to covid in China and other countries. We were scared, but didn't realize the seriousness of it until it hit us deep. I remember clearly how we were all always asking about the number of patients suffering from covid and number of deaths reported in other countries and guessing when this will come to our country. No, we did not want something like that to befall on us but hyping up something is what we always loved I guess. When I was asked to write about my experiences during the covid time, I sat thinking what exactly was I supposed to write? Should I write about the tragic experiences, the sufferings of the people around during those horrible times or should I write about the positive side of it? I chose positive because I neither want to be a news paper nor a news channel who feed on people's sufferings for TRP and ratings! In those days, we were cautious, wearing double masks, gloves, and a PPE kit (honestly, I hated it, I dreaded wearing it!). Our

casualty turned into an isolation ward and patients who came for treatment were not taken in for consultations if they were shown to have any symptoms or if they were known to have come from abroad. But we did find time to have fun even during this stressful period by teasing and shooing away our friends when one of us sneezed or coughed! Oh the sanitizers! Again there will be a perfect one, who will always carry a sanitizer and the rest of them will raise their begging hands once the cap of the bottle is open. Later on realizing the seriousness of the situation we started buying the sanitizers one by one and I remember how one day my friend informed me how sanitizers were out of stock and he travelled a long way to buy one! All this slowly made me realize that this was no child's play and the situation was about to be dreadful in the coming days.. Finally in March, one day when we were all sitting relaxed, resting our backs in the chairs in OMR department, news flashed –the college will be closed down till further notice. We were also happy to get that mini vacation not realizing that this was going to be a very long one. We grabbed our bags and made plans to have meet-ups, outings once we settled down. None of us knew that all our plans were about to be ruined in a few day's time! One evening, as I was lying down, most probably engrossed in my mobile, news ran on the television – lockdown imposed in state! Didn't know what I had to feel at that moment. Yes I was happy , some more days off but again I am somebody who always has a plan ahead and my plans to complete my internship in the said time was not working as I thought it would. But again I was happy that I didn't have to wake up early for a few more days! In

the coming weeks, more devastating news started to pour in as number of covid patients and the death toll increased drastically! I dreaded the idea of becoming the victim of covid myself and feared for my near and dear ones . Days, weeks and months passed and in my case I was getting restless sitting at home. I wanted to rejoin college as soon as possible. My sister had her online classes going on and I realized how challenging it was for these students and the staff. I realized how lucky I was as I got enough and more offline classes and practicals during my time and how these students were missing out on a lot of things to explore and learn. I saw her getting clueless sometimes looking at all these subjects in front of her and how difficult it was getting for her and her classmates to cope with this new learning method, tiring them mentally and physically as they were sitting hours and hours in front of their phones! Zoom meetings, Google meets were the only things she talked about during those months and this was the case for all my juniors and our cousins. Adults were not spared too as 'work from home' became their new normal. The only people who were spared were doctors and when the government announced all the doctors were being called into be the frontline warriors, I was feeling proud of the profession I hold. But it was sad that as we haven't had our graduation, we won't be able to take part in this noble cause. I grew impatient and literally prayed for the college to reopen as all we got was only 3-4 month of internship. Then it was said that our internship will be cut short as due to limited time and to accommodate the next batch. That came as a blow because honestly internship was what I was looking forward to for improving my practical work and taking a number of patients. We were disheartened to know this and started getting skeptical about our future because without knowing our work and without much prior practice, nobody would find it safe to hire us once we go out to seek jobs in clinics. Still there was nothing that could be done and we were supposed to utilize the maximum time we were allotted. After months I rejoined college and got about 17 days or so to complete it. Whatever I had to learn was grabbed in that short span and also discussions about the future panicked me because the friends who finished their internship were finding it hard to find the job as expected. Nobody wanted to hire 'Half-Interns' like us! I myself knocked the doors of many clinics in search of a job and all I heard was 'aren't you from the corona batch? You haven't completed your internship right?'. Now that was a very



difficult phase because I wanted to get a job, to work as soon as possible and did not want to sit back and relax and indulge in my personal commitments. And finally after 2 months i got a job, started working with half skills and learnt all I could from the senior doctor here. The Salary, the timings, nothing mattered to me because at least I was able to go back to taking patients. But things went downhill again when they announced another lockdown and cases increased drastically that patients feared coming to clinics. I myself came down with covid and that 14 days were literally horrible. I rejoined after gaining health and started doing the thing for what I have invested the past 5 years of life! Everything is good now but me along with my friends have surely had a fair share of difficult times during internship, later in finding jobs and finally taking up patients amid the corona threats. Patience was and will always be the key and we did believe in it. We patiently waited for the perfect opportunity, grabbed it and tried to give our best. Less or no salary in initial times didn't matter to us. All we wanted was to have clinical practice and slowly rise to someone

that we ourselves and the patients can trust. Always trust in yourself and never lose hope. Do not compare yourself with others and do not get disheartened on learning that someone is in a better position, in a better clinic and is earning more than you. It will be difficult in the initial stages and imagine we had to go through all these jitters during covid time. We swam across all those difficulties and now most of us are doing good as far as our professional life is concerned, I believe. Covid at times did bring us down, we did keep losing our hopes thinking that nothing is going to be alright for a long time but now i laugh thinking about that times for simply overthinking and ruining my inner peace. I have learnt my lesson that nothing should be planned before hand and to live in the present and go with a flow. I never saw myself working confidently, meeting many people and talking and convincing them but now I know I have learnt the trick by being completely honest with your patients, following the ethics and never compromising your values just for the business and for the demands of the world. So basically covid times taught me to be more patient, compassionate, confident and in believing myself. If I did it, then anyone can do it!



WHITE COAT DAY



Batch of 2k17 - Genezens



Aarsha
Simple and Humble



Abirami
Well Groomed



Adithyan
Stressless & Enjoyable



Aliya Anwar
Focused



Aishwarya
Ambitious



Ajeeth
The Film Maker



Ajith
Calm as Deep Sea



Amitha
The Brave All rounder



Ananthalakshmi
Fabulous & Soulful



Anjana M
The Neutral Butterfly



Anjana S
Conditioned Girl



Aruna
The Dora



Arundathi
Adorable & Charming



Aswathy Babu
The Richy Rich



Aswathy Preman
The Dancer



Aswathy S Nair
Open to Questions



Aysha
Approachable



Bhuvanesh
The Wanderlust



Chandana
High Achiever



Devyani
Be the way you are



Dharmaraj
Simple Folk



Dilip
Evergreen Glow



Dhivya S
Delightful



Dhivya S.S
Smile with Confidence



Naja
Short & Charming



Shamseena
The Unpredictable



Najiya
Spirited



Nidha Parveen
The Reserved



Femida
Polite



Hena
The Food Therapist



Athira S Raj
Creative & Artistic



Jagatheesh
No Copies Just Himself



Kavya
The Soulful Singer



Madhan
Charismatic Presence



Madhumitha S
The 'Lil Joyous'



Nabeel
The Valiant executive

Batch of 2k17 - Genezens



Nimisha
Daring & Classy



Oviya
Soulful Rider



Pallavi
The Entertainer



Pavithra
Playful Presence



Pooja
The Stuart Little



Praveen
Sports Champ



Preethi
Dance First, Think Later



Riaz
The Sincere



Roshaline
The Innovative Artist



Shahitya
Hard worker



Sangeetha
Chubby & Sweet



Sariga
Passionate



Sanjay
The one in Thousand



Sathya
Healthy & Wealthy



Sidharth
The Underrated Star



Sriramanam
Mr. Imperfect Photographer



Srisowmiya
Rapunzel



Subha
The Humble



Suha
Dynamic Lady



Swathi
Got the vibes right



Tharane
The Picasso



Theertha K
Reliable & Resourceful



Theertha Sunil
Perfect Smile



Vaishali R
Proactive



Vaishali K
The Competent



Gopika
The Fitness freak



Farhana
Calm & Friendly



Shivashati
The Intelligent



Sona Pradeep
Take it Easy



Vimal Raj
Sassy Boy



Sulabhi
Good Listener



Prem Chandar
De-Stress



Ajay
The Silent



Madumitha
The Model

VATAKARA **CBCT** CENTRE

Vadakara CBCT Centre, Link Road
Sree Gokulam Tower, Vadakara, Ph : 8129661400

KANNUR **CBCT** CENTRE

Opp.Lic Building, Talap, Kannur, Ph:7594000411

M.M Road, Above ICICI Bank, Thalassery, Ph:8129661400

CBCT Scan | Panoramic View | TMJ View | Sinus View