



PERIO-TIMES



DEPARTMENT OF PERIODONTICS

JANUARY 2022 • ISSUE 1 • VOLUME 1



UPCOMING EVENTS

[January 2022)

Hands-on workshop on
Advanced Implant Surgeries-
CDE : SPEAKER-DR.PRITHVI

04th & 05th February 2022
PARICHAY NATIONAL ISP
PROGRAM

EDITORIAL NOTE

BY. DR. ARJUN M R

Dear Reader,

Born of a dream to rewrite the way the conventional approaches of running the show, our department head, and also the head of the institution Dr Anil Melath came up with his innovative idea of a department news letter . Adopting a holistic approach to the creation of thinking professionals, this news letter offers every student an insight of programmes and activities at the department



MESSAGE FROM CHAIRMAN



It gives me great pleasure to write this message to the readers of our college's first newsletter PERIO-TIMES, by the Department of Periodontics. I am thrilled and excited to be part of this new initiative by MINDS that help our students achieve holistic wellbeing beyond academic progress. PERIO-TIMES provides an opportunity and platform for our MINDS family to express their thoughts and creativity with the rest of us.

You have all shown great resilience and strength through all the additional challenges we have been facing over the last two years. Learning and sharing knowledge should become an essential part of everyday life for all of us. PERIO-TIMES provides an additional platform for our MINDS family to share thoughts and knowledge with the wider community. I want to encourage our students to use this opportunity to communicate and share more with the rest of the MINDS family. I wish happy reading to all readers and appreciate the effort and contributions made by Department of Periodontics headed by our Principal & HOD Dr. Anil Melath and his Periodontics team for the creation of the newsletter. All the very best for this new venture and wish you all A Happy and Prosperous New Year!

K.P.RAMESH KUMAR
(Chairman, MINDS)

MESSAGE FROM PRINCIPAL



The mind is not a vessel to be filled, but a fire to be kindled." Said Plutarch. Perio Times our department newsletter ignites the imagination of our scholars.

I congratulate the staff and students who have used various mediums of communication to present their ideas. As long, as our ideas are expressed and thoughts shared, we can be sure of learning, as everything tangible begins with an idea. "Big things have small beginnings" (Prometheus)

I appreciate every student and my dear colleagues who have shared the joy of participation in this newsletter along with their commitment to academics. That little extra we do, is the icing on the cake. 'Do more than belong - participate. Do more than care - help. Do more than believe - practice. Do more than be fair - be kind. Do more than forgive - forget. Do more than dream - work. I congratulate the whole perio team on having successfully released the newsletter in grace & aplomb. I express my utmost gratitude to our beloved Chairman Sri K P Ramesh Kumar and the management for their whole hearted support in this august venture.

Happy Reading and Wish you all a Very Happy and Prosperous New year

DR.ANIL MELATH
(PRINCIPAL, MINDS)

MESSAGE FROM VICE-PRINCIPAL



My heartfelt congratulation and best wishes to entire periodontics team for bringing up News letter. Well done, and best wishes and many more success for future.

DR.SELVAMANI
(VICE-PRINCIPAL,MINDS)



A YEAR IN REVIEW: OUR WINS AND MILESTONES

By **Dr.Subair K**

2021 has been a challenging year but we made it. Influence is something that you can make in a society by doing a small bit every day. Swami Vivekananda has rightly said that good people and good things do not happen in a single day. Any person having no merit can actually achieve a lot in a single day by just being lucky. But being consistent doing small things and being thoughtful, being kind and realising which situation you are in, doing bit by bit to help others achieve their goals is what a great influencer does. One challenge and opportunity will be how we transition back to working after the pandemic is under control. As we wait to vaccinate our country while continuing to combat the virus, we are presented with all that has transpired this year. We can learn a lot from the last year. New opportunities will present themselves that either didn't exist before the pandemic or are the result of an accelerated trend created by the pandemic.

January 2021 we started the year with the birthday celebration of our energetic and enthusiastic Principal and HOD Dr. Anil Melath on January 1st. After that under the guidance of Dr. Anil Melath we did 1st ISPRP National VIRTUAL CONFERENCE successfully. PGS Dr Vishnu won second prize in paper and Dr Salma first prize in poster competition.

Medical scrubs provide adequate protection against bodily fluids. High-quality medical scrubs are made of fabric thick enough to prevent a patient's bodily fluids from making direct contact with the wearer's skin. By understanding the importance we introduced scrubs to our department.

In the month of February - Dr Mahesh Raj our former pg student joined here as senior lecturer in department

In most clinical teaching settings, case presentation is the most frequently used teaching and learning activity. Our Pgs Dr Najia, Prabisha and Vishnu participated in Global outreach dental clinical case contest and presented their clinical cases at national level.

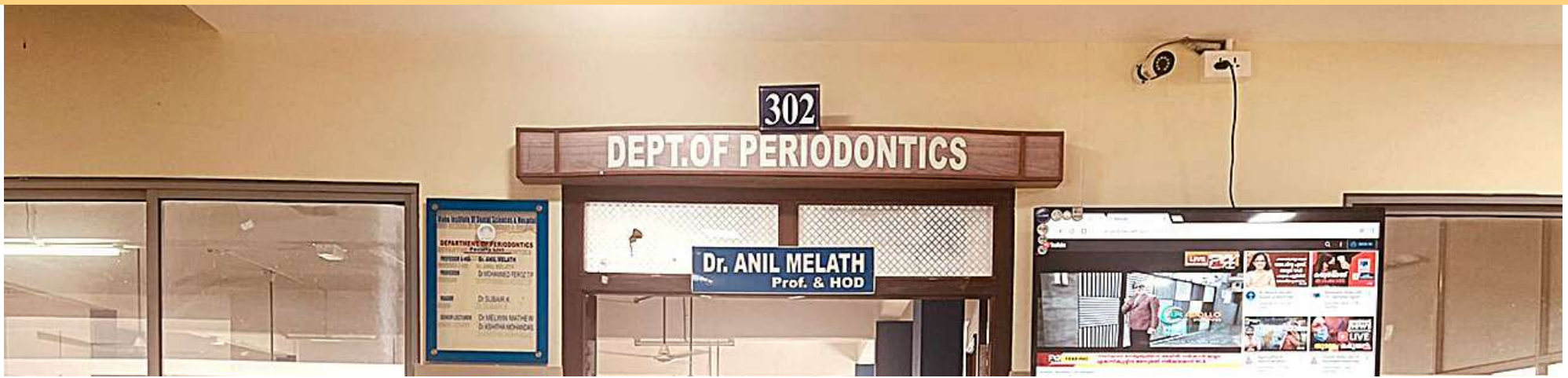
the month of March - Dr Arjun joined and became a part of our growing enthusiastic team.

Freshers party was organised by newly joined post graduates at IDA Hall Darmadam on 11.3.21. The main aim of this party is to give a warm welcome to the new comers. Such parties not only build their confidence but also add creativity to their levels

20.3.21- World Oral Health Day celebrated in our department and gave awareness class for patients and our beloved principal and HOD Dr Anil Melath was a guest speaker at a webinar organised by Institute of Dental sciences Bareilly on topic Dentipride - Be proud of your mouth. In the month of April - 12.4.21- internal mock practicals for exam going pgs with Dr Dayakar MM as external examiner.. Mock tests are important because of the practice they provide. Practice makes a man perfect.

In the month of May university exams waves impacted our department too and our exam going pgs attended online Rapid review- Perio Cognition.

Dr Anil Melath conferred with Principal of the year 2021 by Global Outreach Dental Awards that added one more feather in his crown and was a proud moment for our perio team..



A YEAR IN REVIEW: OUR WINS AND MILESTONES

The World No Tobacco Day is observed every year on 31 May to make tobacco users aware of the opportunity to lead a healthier life. The aim of this day is to spread awareness about the dangers of using tobacco and how health problems can be tackled by doctors when one quits smoking. On account of that E poster competition conducted for under graduates as a part of World No Tobacco Day. Theme was "Commit to Quit". 1st prize was awarded to Induja of 3rd yr BDS, 2nd prize to Meera of third yr BDS, 3rd prize for Aditya Narayanan

Consolation prizes were awarded for all the participants Also an educational video released by pgs on tobacco cessation. In the month of July it was time for our PG Convention. Conferences encourage attendees to share opinions and experiences that could prove beneficial for a private practice or a facility. Medical conferences were created so medical peers could exchange ideas and knowledge with one another on a more personal level.

Dr Najia presented a paper and was awarded first prize in paper presentation in ISP Pg convention. In the month of July-Dr Anil Melath was appointed as member of ug/pg board of students in dental sciences by Hon Vice Chancellor of Pondicherry University.

University Examination given by exam going 3rd year pgs and basic science exam by first year pgs. In the month of August - we celebrated ORAL HYGIENE DAY. As part of Oral hygiene day celebration, A Slogan competition was conducted for ugs and interns of college by the Department.

1st prize was awarded to Swetha Sivakumar of intern batch, 2nd prize to Pushpasanthi of intern batch and 3rd prize to Pooja Dayanand of third year BDS batch. Consolation prizes were announced for all participants. PG University practical exam was conducted by the month of August and Dr. Rahul Bhandari from AB shetty and Dr. Ganesh Puttu from Govt Dental college Chennai were the examiners

September, teachers month. On 5.9.21- Teacher's day was celebrated in our department. Our pgs presented a small gift to all our staffs as a token of their respect and love

Month of October was a joyful moment as - Results of University exams of pgs were announced.. All the pgs cleared exams with flying colours which make all of us proud. Dr Vishnu Sri Priya J was the college topper in Final year PG University Examination-2021 and she also secured second place at the University level. In the month of October - Dr Vishnu Sri Priya J our former PG student joined here as Senior Lecturer in the department. In the month of November - Dr Anil Melath selected among the nominees for Global Faculty Conclave Awards 2021 was a great moment for all of us. Dr. Arjun also selected for the global faculty award by AKS in the month of November. And we released a handbook **PERIO-DON** for our perio postgraduates.

PACE - Perio Advanced Continuing Education- hands on programme was conducted for interns batch on 16.11.21 and 18.11.21 was a great success. Students feedback really gave immense pleasure for our team. All together November was a great month for team perio.



A YEAR IN REVIEW: OUR WINS AND MILESTONES

December-World Diabetes day was organised by the department under the banner of ISP.. There was an interactive session with the patients in the department.. Dr Arjun had given a talk on Diabetes and Periodontium. In the month of December new members were added to our family, our 1st year pgs. Final year undergraduate university clinical exams were done successfully. And we have conducted a CDE program on LASER for all the 1st year postgraduates and the speaker for that program was Dr.Deepthi Cherian. And we are very pleased to launch our first newsletter PERIO TIMES in the month of December.

In both academically and clinically our department achieved a lot by the immense support of our management and chairman Mr.K P Ramesh Kumar.

We've learned countless lessons during the pandemic and economic downturn. As the recovery begins, we all will need to process what we learned and apply it to our future success. It's time to get away from all the things that have happened in the past year by allowing new possibilities for the next year.

Wish you all a Happy New Year!

**MAKE THIS YEAR SO AMAZING
THAT LAST YEAR GETS JEALOUS!**

“

Now we welcome
the New Year
Full of the
things that
Have ever been

RAINER MARIA RILKE

FUTURE PLANS

- 1.ANTI TOBACCO DAY 31st May 2022
slogan competition, poster competition
- 2.ORAL HEALTH DAY 20th March 2022
Essay competition
- 3 .ORAL HYGIENE DAY 1st August 2022
Quiz Competition
- 4.DIABETES DAY 14th November 2022
Diabetic and periodontium talk
- 5.ONE DAY TOUR PROGRAM

ACHIEVEMENTS



Dr. ANIL MELATH

PRINCIPAL AND HOD

Dr. Anil Melath our beloved Principal and HOD, has conferred with the AWARD 'PRINCIPAL OF THE YEAR 2021' by GOMHA. Another golden feather added to his crown.

Appointed as member of ug/pg board of students in dental sciences by Hon Vice Chancellor of Pondicherry University.

Selected among the nominees for GLOBAL FACULTY CONCLAVE AWARDS 2021



DR. ARJUN M R

ASSOCIATE PROFESSOR

Dr. Arjun M R, young and energetic Associate Professor got GLOBAL FACULTY AWARD 2021



Dentists they just don't know how to make money they just earn

DR.ARJUN M.R



class titled "finance for young adults" usually isn't part of a high school curriculum. this unfortunate lack leaves many young adults clueless about how to manage their money, apply for credit, and get or stay out of debt.

key notes

taking the time to learn a few critical financial rules can help you build a healthy financial future.

learning to prepare your annual tax return yourself could save you money.

start an emergency fund and pay into it every month, even if it is a small amount.

saving for retirement is an integral part of any financial plan, and starting young gives you the most time to grow your nest egg.

learning self control

if you're lucky, your parents taught you this skill when you were a kid. if not, keep in mind that the sooner you learn the fine art of delaying gratification, the sooner you'll find it easy to keep your personal finances in order. although you can effortlessly buy an item on credit the minute you want it, it's better to wait until you've actually saved up the money for the purchase. do you really want to pay interest on a pair of jeans or a box of cereal? a debit card is equally handy and takes the money from your checking account at once, keeping you from racking up an interest-bearing balance.

control your financial future

if you don't learn to manage your money, then other people will find ways to mismanage it for you. some of these people may be ill-intentioned, like unscrupulous, commission-based financial planners. others may be well-meaning but may not know what they're doing, like grandma betty, who really wants you to own your own house even though you can only afford one by taking on a risky adjustable-rate mortgage.

know where your money goes

the best way to do this is by budgeting. once you see how the cost of your morning coffee adds up over the course of a month, you'll realize that making small, manageable changes in your everyday expenses can have as big an impact on your financial situation as getting a raise.

in addition, keeping your recurring monthly expenses as low as possible can save you significant money over time. even if you can swing an amenity-packed apartment now, picking something plainer could let you afford to own a condominium or house sooner than you otherwise would.

The creatives came back from the retreat feeling inspired, refreshed, and ready to take on upcoming projects.

start an emergency fund

one of personal finance's most-repeated mantras is "pay yourself first." no matter how much you owe in student loans or credit card debt, and no matter how low your salary may seem, it's wise to find some amount—any amount—of money in your budget to sock away in an emergency fund every month.

having money in savings to use for emergencies can keep you out of trouble financially and help you sleep better at night. also, if you get into the habit of saving money and treating it as a non-negotiable monthly expense, then pretty soon, you'll have more than just emergency money saved up—you'll have retirement money, vacation money, or even money for a down payment on a home.

5. start saving for retirement

just as your parents probably sent you off to kindergarten with high hopes of preparing you for success in a world that seemed eons away, you need to plan for your retirement well in advance. because of the way compound interest works, the sooner you start saving, the less principal you'll have to invest to end up with the amount that you need to retire.

why start saving for your retirement in your 20s? here's an investopedia example: you start investing in the market at rs100 a month, averaging a positive return of 1% a month or 12% a year, compounded monthly over 40 years. your friend, who is the same age, doesn't begin investing until 30 years later and invests rs1,000 a month for 10 years, also averaging 1% a month or 12% a year, compounded monthly. after 10 years, your friend will have saved up around rs 230,000. your retirement account will be a bit over rs1.17 million.



PACE- 'PERIODONTAL ADVANCED CONTINUING EDUCATION

BY DR. SUBAIR K

An exclusively designed course in Periodontics has been successfully conducted by the Department of Periodontics under the guidance of our Principal, Professor & HOD Dr Anil Melath on 16th & 18th of November 2021.

Theory lecture along with live patient demonstration was provided to the students. All participants were accorded hands on experience with patients. All faculty members of our department have given their whole hearted support & effort to make this course a resounding success



JANUARY 2022



INTEGRATED LASER DENTISTRY WORKSHOP FOR 1ST YEAR POST GRADUATES Speaker: Dr. DEEPTHI CHERIAN

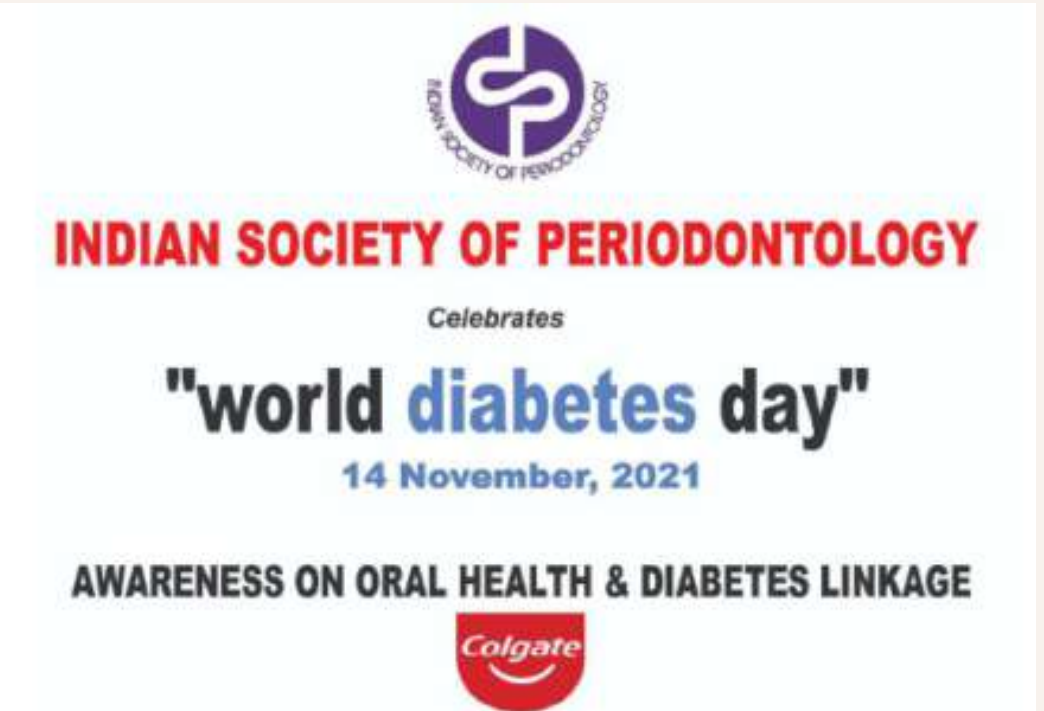
INTEGRATED LASER DENTISTRY

The term LASER is an acronym for 'Light Amplification by the Stimulated Emission of Radiation'. As its first application in dentistry by Miaman, in 1960, the laser has seen various hard and soft tissue applications. In the last two decades, there has been an explosion of research studies in laser application. In hard tissue application, the laser is used for caries prevention, bleaching, restorative removal and curing, cavity preparation, dentinal hypersensitivity, growth modulation and for diagnostic purposes, whereas soft tissue application includes wound healing, removal of hyperplastic tissue to uncovering of impacted or partially erupted tooth, photodynamic therapy for malignancies, photostimulation of herpetic lesion. Use of the laser proved to be an effective tool to increase efficiency, specificity, ease, and cost and comfort of the dental treatment.

ABOUT SPEAKER

Consultant Periodontist & Laser Specialist ,Assistant Professor at Sree Anjaneya Institute of Dental Science, Calicut Kerala

Speaker at various National and International Platforms (ECCMID AMSTERDAM ICID MALAYSIA ISOP NOIDA)



World Diabetes Day provides an opportunity to raise awareness of diabetes as a global public health issue and what needs to be done, collectively and individually, for better prevention, diagnosis and management of the condition. World Diabetes day was organised by the department under the banner of ISP.. There was an interactive session with the patients in the department. Dr Arjun had given a talk on Diabetes and Periodontium



In 2012 about 56 million people died throughout the world; 620,000 of them died due to human violence (war killed 120,000 people, and crime killed another 500,000). In contrast, 800,000 committed suicide, and 1.5 million died of diabetes. Sugar is now more dangerous than gunpowder.

MCQ IN PERIODONTOLOGY

BY DR.VENKAT RAGHAVAN

- 1) Who was the first dentist to practice only periodontics:
A. Glickman B. Carranza
C John W Riggs D. Pierre Fauchard
- 2) The main function of gingiva is:
A. Attaching the tooth to alveolar bone
B. Protection: of underlying tissues
C. Providing blood supply to teeth
D. Taking the brunt of mastication
- 3) Under absolutely normal conditions, the depth of gingival sulcus is about:
A. 0 mm B: 1 mm
C. 2 mm D. 3 mm
- 4) The width of attached gingiva is the distance between:
A. Bottom of gingival sulcus to MG junction
B. Bottom of periodontal pocket to MG junction
C. Both of the above are correct
D. None of the above are correct
- 5) The mucogingival junction is seen on:
A. Facial side B. Palatal side
C. Both of the above D. None of the above

Word search

There are 10 words hidden in the word search below, the words may be found across, down, diagonally and backwards and can overlap with each other. The hidden words are listed beneath the word search; circle the words in the word search as you find them and cross them out from the list.



Bana
Halitosis
Periodontitis
Probe

Cementum
Organoleptic
Periodontium

Flapsurgery
Periodontalmedicine
Pgingivalis

WE PERIODONTIST

DR.THAVI THAVAKER
2ND YEAR PG



Anybody can fly high ,
But only few can save the roots
One can't raise to zenith ,
With your base at shake
That's why we are here
As your silent rescuer .

As Periodontist
We strive
trying harder n hustling harder
In making your support Stronger
Just to make you smile better .

SMILE- SELF MOTIVATION IN LIFE

DR.NANDITHA CHANDRAN



A beautiful Smile fits your face - Don't just Follow instead Chase your dreams...Behind every Successful story there is a dream.. They will guide you.... Life is short.... Make the utmost use of it.... Forget the past Live in the present and make it beautiful... Enjoy every moment of LIFE and Cherish...



SOFT SKILL A TOOL FOR POSITIVE PRACTICE MANAGEMENT

DR SUBAIR K



Soft skills are a group of personality traits, language, personal habits, social graces, communication, optimism and friendliness that sets the relationship with the patient. Technical skills alone are not sufficient to improve patient satisfaction, according to studies inter personal relationship with dentists one of the primary factor in determining patient satisfaction and thus lead to importance of soft skill among dental practitioners. Soft skill help in organizing, planning and managing, and tracking changes of growing dental practice. Positive attitude, strong work ethics, problem solving skill, flexibility, adaptability, time management, good communication, self-confidence and team work are the different type of soft skill and are considered as important tools for a successful dental practice. Soft skills is a potent and positive energy for personal and professional benefit. The combination of technical expertise- hard skill) which are object, machine, tools; and soft skill is very important for patient management, dental practice and business management. Soft skill includes teamwork, communication, client relationship management, customer service, business awareness, problem solving and achievement of orientation skills.

TYPES OF SOFT SKILLS

- Positive attitude
- Self confidence
- Strong work ethics
- Team work
- Good communication skill
- Time management skill
- Problem solving skill
- Flexibility and adaptability

Soft skill help to organize, plan, manage, and track changes during the course of dental practices. However Understanding of soft skill in practice management, its simplicity and complex context of practice is essential, it is really helpful to all practitioners to grow their practices using soft skills. Soft skill like a strong work ethics and a positive attitude can be the game changer for your dental practice in today's competitive world of dentistry.

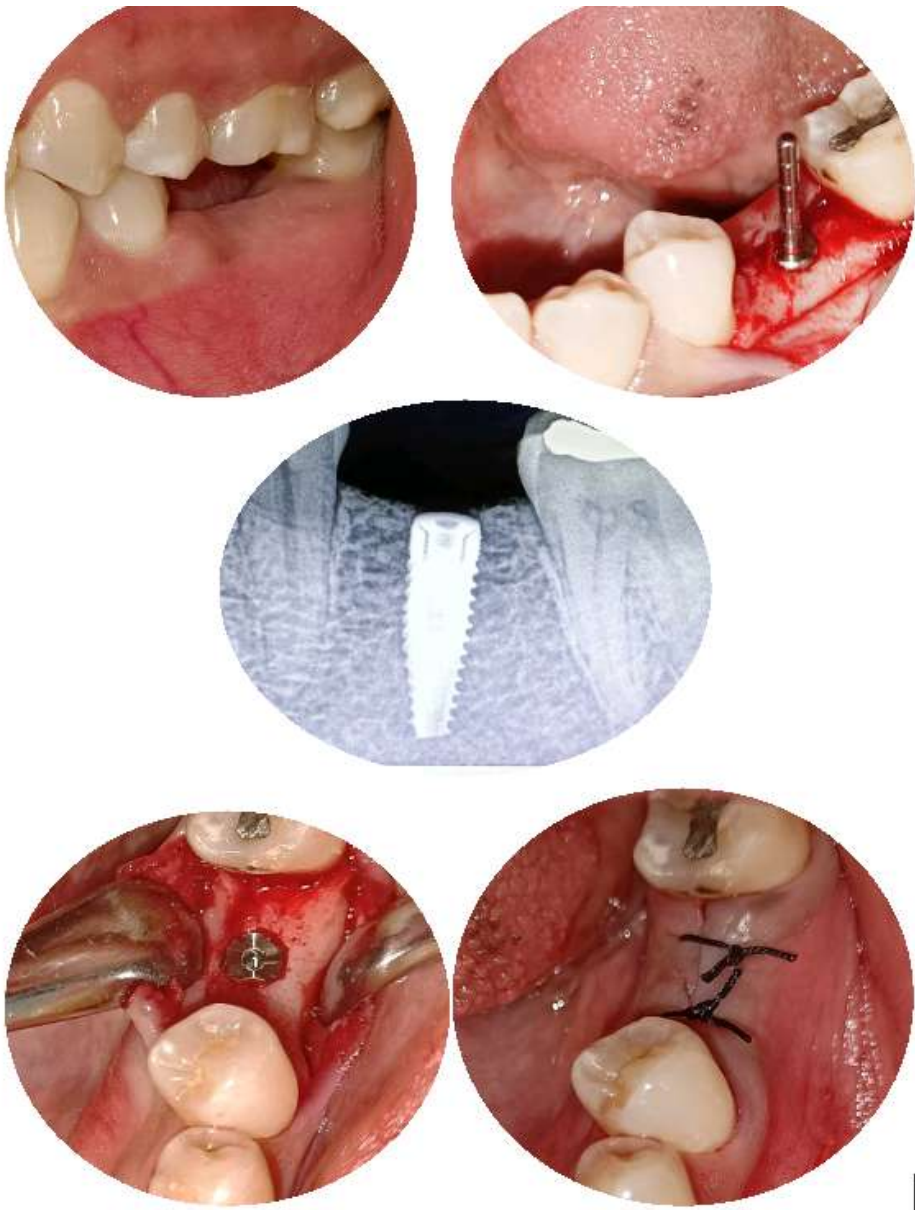
Kindness and generosity have always been great foundations for building a productive human culture.

CASE NO.2

TARNOW'S TECHNIQUE

DR.ARUNAGIRI
3RD YEAR PG

38 year old male patient reported to the department of periodontics with chief complaints of receding gums in the upper right back tooth region since 4 months ,on examination we diagnosed as gingival class II recession, we done Tarnow's with stabilizing suture technique.



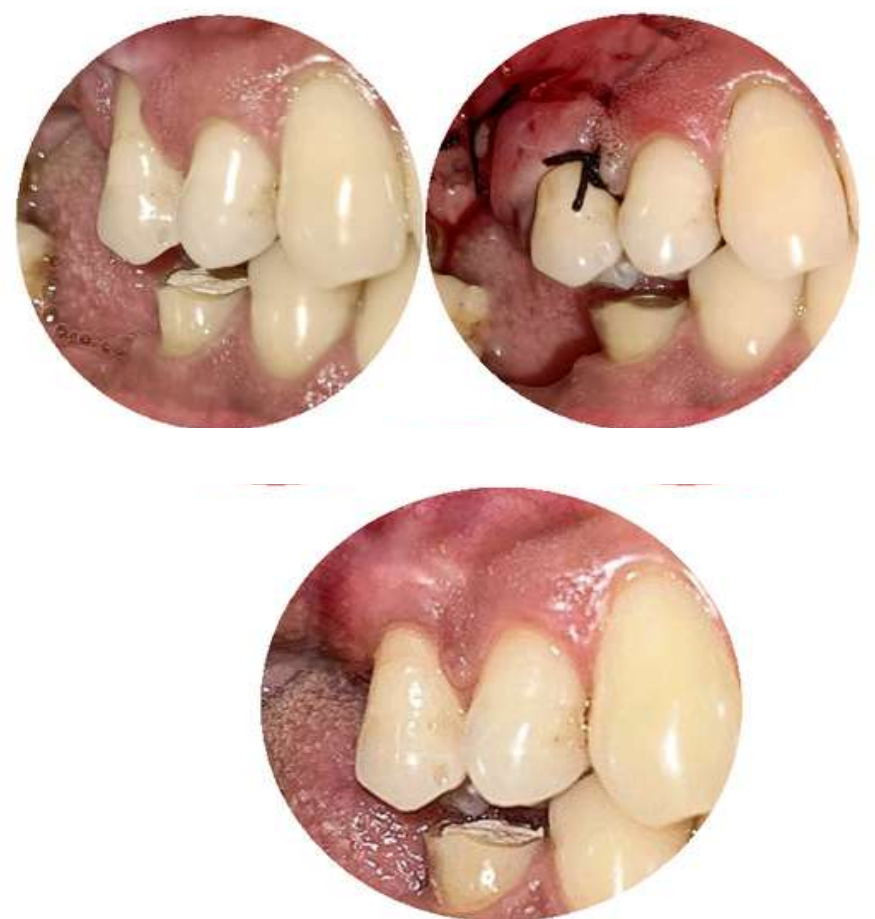
CASE NO.1

IMPLANT PLACEMENT

DR.ARUNAGIRI
3RD YEAR PG



32 year old female patient reported to the department of periodontics with chief complaint of missing tooth in the lower left back tooth region since 6 months, we diagnosed as Kennedy's class III partially edentulous in mandibular arch. so we placed 4.2mm*13mm implant on the lower left back tooth region.



LIP REPOSITIONING

DR.VENKAT RAGHAVAN
3RD YEAR PG



A patient name, Ms. Anjana Ramesh reported to department of periodontics with chief complaints of excessive display of gums while smiling. Diagnosed as Mucogingival deformities and conditions: excessive gingival display (2017 world workshop). Under surgical phase- First, Esthetic crown lengthening was carried out, later Lip repositioning procedure was carried out in order to reduce the excessive gingival display.



DR.NAJIA NAZIR
3RD YEAR PG

28-year-old female patient reported to the Dept. of Periodontics with chief complaint of excessive display of gums while smiling. On examination, patient had excessive gingival display of 5 mm and very high smile line. Lip repositioning procedure was done using scalpel under LA by removal of mucosal band 10 mm apical to mucogingival line . The incision lines were sutured with simple interrupted vicryl sutures. Post-operative instructions were given. After 1 week, patient displayed decrease in the gingival display



PRE-OPERATIVE



INTER-OPERATIVE



TIME IS PRECIOUS

DR. HEMALATHA



Imagine if your bank account is credited everyday with Rs.86400. This amount would automatically be debited by the end of the day. Next day it will be credited and this loop goes on. U can use it but can't save it for the nextday. What I'll we do.....

We would obviously use it till that last penny..... Wouldn't we.....?

We all know about the saying, Time is Money.

But in reality it is more than money. Optimal utilisation of it can do wonders. People who use this resource wisely become successful.

Principle of time is u either USE IT OR LOOSE IT.

We can use this money to live in present, build a better future, correct our past mistakes, do a great job at your workplace, have a happy fun-filled family time....and so on....

Time is precious.



MARTIAL ARTS: GREAT PHYSICAL RELEASE OF STRESS WITH DISCIPLINE AND DECISION MAKING

DR. MAHESH RAJ



A lot of our stress comes from our inability to make confident decisions. Think about how many times this fear has come over you in the workplace. Martial arts allow you to make decisions confidently under pressure. When fighting or landing a quick combination you don't have time to worry about what move might be best. These decisions are often instinctual. Martial arts allows you to really release this stress in a physical way in a very safe and controlled environment. The physical release of punching, kicking, elbowing, kneeing, rolling etc. works wonders for stress! This combined with all the other stress relievers will make you feel amazing. This will train all of your coping mechanics against stress such as decision making, fear, confidence, anger and will also make you feel good while doing it!

SUDOKU

Confidence is when you stop using a PENCIL while solving a



SUDOKU



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| 6 | | 3 | 9 | 4 | 1 | 7 | | 2 |

Ubuntu

The word "ubuntu" is from some southern African languages and it literally means "humanness." To have ubuntu is to be a person who is living a genuinely human way of life, whereas to lack ubuntu is to be missing human excellence.

BY. DR. ARJUN M R



AN ANTHROPOLOGIST PROPOSED A GAME TO THE KIDS IN AN AFRICAN TRIBE. HE PUT A BASKET OF FRUIT NEAR A TREE AND TOLD THE KIDS THAT THE FIRST ONE TO FIND THE FRUITS WOULD WIN THEM ALL. WHEN HE TOLD THEM TO RUN THEY ALL TOOK EACH OTHERS HANDS AND RAN TOGETHER, THEN SAT TOGETHER, ENJOYING THEIR FRUITS. WHEN HE ASKED THEM WHY THEY RAN LIKE THAT AS ONE COULD'VE TAKEN ALL THE FRUITS FOR ONE'S SELF, THEY SAID: "UBUNTU, HOW CAN ONE OF US BE HAPPY IF ALL THE OTHER ONES ARE SAD?"

JANUARY 2022



NEW YEAR RESOLUTIONS

DR JILU ABRAHAM



Wish you all a very HAPPY NEW YEAR... !

The most common question you will face within few days will be..

'What is your NEW YEAR RESOLUTION..????

According to me, If we want to change or adapt to any new habit for our self-improvement or something like that..Why you wait till new year for that? There is no need to wait till new year..if we genuinely want to do , we can start right at this moment itself. Is it right????

And did you ever think how this new year resolution concept came???



The custom of making New Year's resolutions has been around for thousands of years, but it hasn't always looked the way it does today...It was different and I feel it was more genuine than today's. The ancient Babylonians , they are said to have been the first people to make New Year's resolutions, some 4,000 years ago. They were also the first to hold recorded celebrations in honor of the new year though for them the year began not in January but in mid of March, when the crops were planted. During a massive 12-day religious festival known as AKITU, the Babylonians crowned a new king or reaffirmed their loyalty to the reigning king. They also made promises to the gods to pay their debts and return any objects they had borrowed. These promises could be considered the forerunners of our New Year's resolutions. If the Babylonians kept to their word, their (pagan) gods would bestow favor on them for the coming year. If not, they would fall out of the gods' favor a place no one wanted to be.A similar practice occurred in ancient Rome, after the reform-minded emperor Julius Caesar tinkered with the calendar and established January 1st as the beginning of the new year circa 46 B.C. Named for Janus, the two-faced god whose spirit inhabited doorways and arches, January had special significance for the Romans. Believing that Janus symbolically looked backwards into the previous year and ahead into the future, the Romans offered sacrifices to the deity and made promises of good conduct for the coming year.For early Christians, the first day of the new year became the traditional occasion for thinking about one's past mistakes and resolving to do and be better in the future.Despite the tradition's religious roots, New Year's resolutions today are a mostly secular practice. Instead of making promises to the gods, most people make resolutions only to themselves, and focus purely on self-improvement...

LIVE LESS OUT OF HABIT AND MORE OUT OF INTENT



POETRY IS
LANGUAGE AT ITS
MOST DISTILLED AND
MOST POWERFUL.
POETRY IS NOT
ONLY DREAM AND
VISION; IT IS THE
SKELETON
ARCHITECTURE OF
OUR LIVES. IT LAYS
THE FOUNDATIONS
FOR A FUTURE OF
CHANGE, A BRIDGE
ACROSS OUR FEARS
OF WHAT HAS NEVER
BEEN BEFORE

THE ENCOMPASSING DARKNESS

That darkness...
All so alluring,
She, with all innocence
Wondering
About its secrets

What lies beyond?
Why does the forbidden appeal?
Peculiar of its kind
Seemed surreal...

Her life with its opulence,
Tranquility at its best,
Prosperity is dense
Exceeding the rest...

Yet, inspite all warnings
For man forges his own ruin,
In the grand scheme of things
Just a step would be fine...

Or so she consoled herself
What would happen now?

Little by little,
The darkness engulfed
Her mind unsettled
She wishes to turn behind...

But it was too late...
No use of regrets
Couldnt blame fate
She screams
Hands outstretched...

In vain hopes
For anyone out there...
Alone she mopes
Oh why did she dare?

Life has its splendor
Its better to wonder
Than to venture...



DR. SALMA ARIF
2ND YEAR PG

FEW GLIMPSES OF 2021



JANUARY 2022

NEW MEMBERS OF OUR FAMILY



DR. DEEPITH KELOTTE

COMPLETED BDS FROM

MAHE INSTITUTE OF DENTAL SCIENCE AND
HOSPITAL



DR. INDRAJITH D

COMPLETED BDS FROM

VINAYAKA MISSIONS SANKARACHARIYAR
DENTAL COLLEGE SALEM



DR PRAKASH.N

COMPLETED BDS FROM

MAHE INSTITUTE OF DENTAL SCIENCE
AND HOSPITAL

GRADUATION IS AN EXCITING TIME. IT'S BOTH AN ENDING AND A BEGINNING; IT'S
WARM MEMORIES OF THE PAST AND BIG DREAMS FOR THE FUTURE.



വാപ്പ

ഡോ. റബീസ് കെ പി കെ
2nd YEAR PG



കാത്തു കാത്തു ഞാൻ ഇരുന്ന
വേദനതൻ അസ്ത്രമായി എന്നും,
കാണാൻ കൊതിച്ച് എന്നും ഉറങ്ങുന്ന
ഭാഗ്യമില്ലാത്തൊരു മകനാണ് ഞാൻ,

ആരാവണം എന്ന് ടീച്ചർ ഇരുന്നപ്പോൾ
നീയാവണം എന്നുറക്കെ പറഞ്ഞു ഞാൻ,
ആശ്ചര്യമായൊരു കൂട്ടത്തിനറിയില്ല
ആരായിരുന്നു നീയെന്ന അത്ഭുതം.

എന്നും ഞാൻ ഓർക്കുന്ന ഓർമകളിൽ
നീയാണ് ഏറെയും താരാട്ട് പാടിടാൻ.
ഇനിയെന്ന് കാണും നാം എന്നൊരു ചിന്തയിൽ
ഉണങ്ങാത്ത മുറിവ് പോൽ പിടയുന്നൊരുള്ളവും.

പറയാൻ ഏറെയുണ്ടെങ്കിലും നീയാരിക്കലും
തിരികെ വരില്ലെന്ന ദുഃഖവും ഉള്ളിലായി.
പെരിയവനോട് എന്നും ഇരക്കുന്നു ഞാൻ
ഇനിയുള്ള ജന്മവും നിന്റെ മകനായിടാൻ.

WHY I CHOOSE PERIO..??

DR.INDRAJITH D
1ST YEAR PG

I was practicing in my clinic for the last 12 years. Patients who come with the problem of gingivitis and periodontal diseases always wanted to remove the tooth. They were totally ignorant about the treatment of gum diseases. Then I thought if I could do a PG in periodontics I can easily convince them for better treatment. I enquired about the perio dept and understood that the perio dept in this college functions very well and has a good reputation under the guidance of our HOD and the expert faculties as well...



ADDING MOMENTS OF LIFE

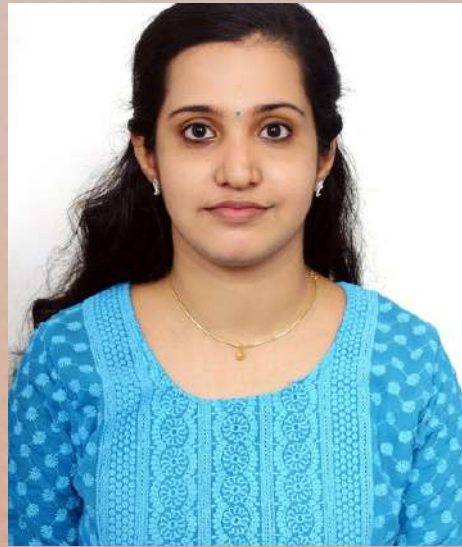
DR.DEEPITH KELOTTE
1ST YEAR PG



JANUARY 2022

★ ★ ★
**ORAL HYGIENE DAY SLOGAN
COMPETITION**

WINNERS



SWETHA SHIVAKUMAR
(1ST PRIZE)



PUSHPSHANTHY
(2ND PRIZE)



POOJA DAYANAND
(3RD PRIZE)

★ **CONGRATULATIONS** ★

**INDIAN SOCIETY OF PERIODONTICS- POSTER COMPETITION FOR
FINAL YEAR UNDERGRADUATE
WINNERS**

1ST PRIZE



AMITHA



CHANDANA

2ND PRIZE



SARIGA



SHIVASHAKTHI

**NEWS OF THE MONTH -
PAXLOVID**

The The first oral treatment designed specifically for COVID-19 has been authorized for use in the United States by the Food and Drug Administration (FDA). Called Paxlovid, the treatment is currently recommended for those at high risk of severe COVID-19 and is to be taken within five days of symptom onset. The FDA's emergency use authorization (EUA) allows treatment with Paxlovid in both adults and children aged 12 and over. The treatment focuses on those at high risk of developing severe COVID-19.

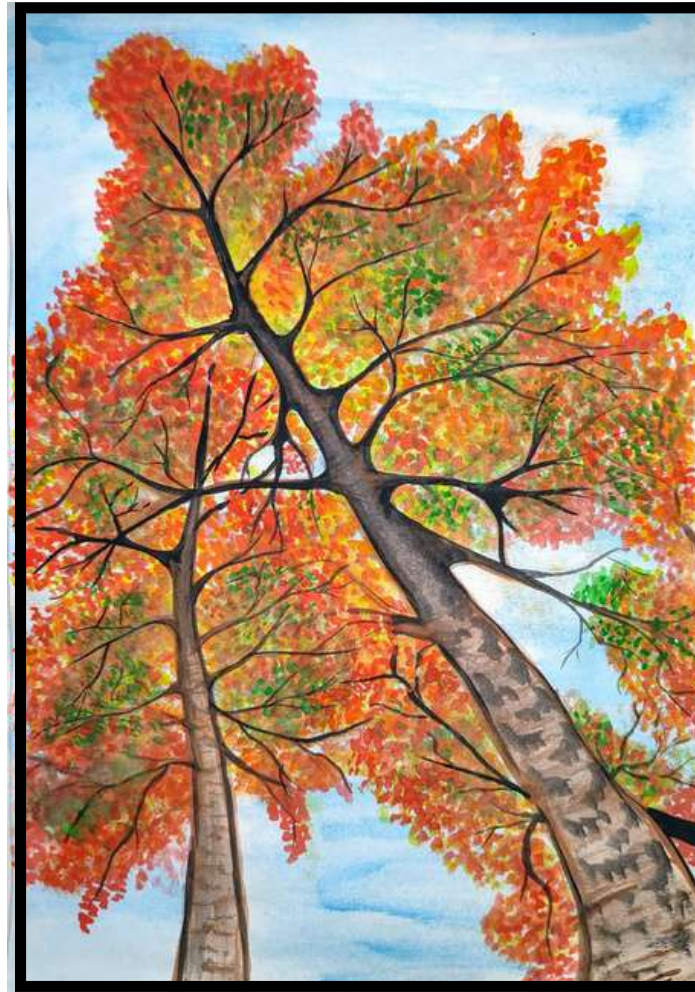
Paxlovid comprises two different oral drugs – nirmatrelvir and ritonavir. Nirmatrelvir is a novel molecule designed to inhibit replication of the SARS-CoV-2 virus and ritonavir is a pre-existing drug used to boost the antiviral capacity of nirmatrelvir by slowing the rate it is metabolized in a human body. The treatment regime is three tablets (two nirmatrelvir and one ritonavir) every 12 hours for five days.



A large clinical trial testing Paxlovid found it reduced hospitalization or death from COVID-19 by 88 percent in those commencing the treatment within five days of symptom onset. There are other trials exploring the use of Paxlovid as a tool to prevent severe COVID-19 in those potentially exposed but yet to turn positive, however, the FDA is clear in noting this authorization is not directed at those uses.

DR.JILU ABRAHAM

**YOU DON'T TAKE A PHOTOGRAPH,
YOU MAKE IT"**



*Doctor
Artist*

DR.VISHNU SRI PRIYA

**STONE PAINTING...! EVERYTHING
CHANGES..EVEN A STONE!**



DR.JILU ABRAHAM

”

Painting is
the silence
of thought
and the
music of
sight.”

Orhan Pamuk



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