



# PERIO-TIMES



DEPARTMENT OF PERIODONTICS

VOL-2 ISSUE 1 • JANUARY- 2023

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PRINCIPAL, PROFESSOR & HOD



DEPT OF  
PERIODONTICS, MINDS

## UPCOMING EVENTS

ISP PG CONVENTION 2023  
1st & 2nd April 2023

## IMPORTANT DAYS

Dentist Day Celebration  
March 6th 2023

## EDITOR'S DESK

**DR JILU ABRAHAM**

“Remember that you will find your treasure wherever your heart is” . It is a matter of pleasure and satisfaction that our college has been granted grade A by the National Assessment and Accreditation Council (NAAC) . This I am sure shall bring a new spirit into the academic and research environment of the institution. Some opportunities make us feel alive, engaged, connected, and fulfilled. Proud moment for MINDS

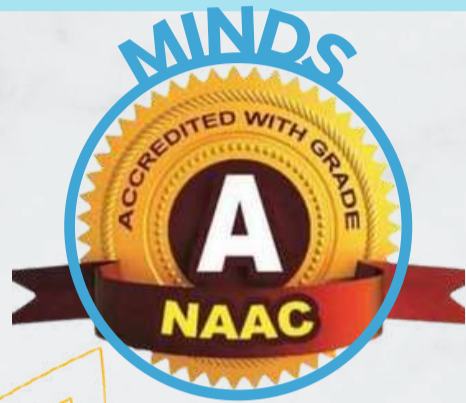
We all are the same but at the same time, we all are unique. When we were able to collaborate on the uniqueness of every team member, it was the moment when we brought out the most astonishing results. This opportunity made me respect the tremendous hard work and dedication every member has put forward. With constant efforts, we are able to bring a worth-reading piece of articles to the newsletter. I can proudly say, I have learned something new. And I believe all the readers will definitely get inspired by these articles and will be able to follow their heart to find the most beautiful treasure, the “Passion”

This newsletter round up our department's affairs, achievements and past events in a concise manner. It will also give you a glimpse of upcoming events in the coming months

I take this opportunity to express my sincere gratitude wholeheartedly to all staff members and postgraduate of perio department for their valuable contribution to this newsletter.

January was named after Janus, the Roman god of all beginnings. This is the month of the new door of the beginnings of the new year with new things, and possibilities and provides the ability to see all things past and future.

Wishing you all a Happy New Year. 2023 is the beginning of a new chapter. This is your year. Make it happen



# PERIO TIMES

## MESSAGE FROM HOD'S DESK



**DR ANIL MELATH**  
PRINCIPAL & HOD

Welcome to the Department of Periodontics MINDS! We, the Department of Periodontics feel our enthusiasm to publish the 2nd volume 1st issue of our department independence day special edition newsletter, "PERIO TIMES." In this time it's my great pleasure that our college has been granted grade A by the National Assessment and Accreditation Council (NAAC) The department endeavors to produce confident professionals tuned to real time working environment. The department offers excellent academic environment with a team of highly qualified faculty members to inspire the students to develop their technical skills and inculcate the spirit of team work in them.

I, as head of the department would like to thank all the faculty members, non-teaching staffs and pg students for their limitless support and sincere efforts for the betterment and development of department. On this occasion, I congratulate all the team members of the editorial board for bringing up this special edition in a better shape. And wishing you all a Happy New Year 2023

**THANK YOU..!**

NAAC



## A BIRD'S EYE VIEW ON THE MILESTONES OF THE PAST FOUR MONTHS

The upcoming days were filled with full of hopes and enthusiasm on the pandemic was found to be slowing down. A FESTIVAL OF TOGETHERNESS CELEBRATION PERI'ONAM'. We have celebrated the grand PERI'ONAM' on September 6th. We displayed flower carpet and all were in ethnic dress. Our float was recognised for its artistic touch and the message conveyed.



Our department celebrated teachers day in order to pay tribute to the contribution made by the teachers towards the community. Since 1962, Teachers Day is celebrated on the birthday of Dr. Sarvepalli Radhakrishnan, a reformer and a great teacher, who is known for his contribution towards the education system of India. The value of a good teacher can never be overstated. They do more than just teach and instruct. They guide, support, inspire and encourage. They mould minds and shape thinking. We the students of Minds recognise this and are tremendously proud and blessed to have a sincere and dedicated teaching fraternity. On this day we host a cake cutting ceremony and delivered a speech about them.

A vision envisioned through our mission;

A dream transformed into a reality;

A plan well executed to an action;

An aspiration fulfilled to an accomplishment;

A long felt desire turned to be a fulfilling one; and

What seemed next to impossible for some testified to be a possible one for all!!

Adding a new feather in MINDS cap by achieving another milestone of receiving A grade from National Assessment and Accreditation Council (NAAC).

To celebrate the success of NAAC Accreditation, on 13th Sep 2022 all the students and staff members were gathered in the campus under one roof. Students and staffs uncompromisingly worked towards this with whole dedication and hard work. We really have accomplished a marvelous end result because we have worked towards our goal like a whole family. Moreover we have worked day and night to meet the deadlines and come up with best results. It was the apt time of celebration for all of us, indeed!!”



## NAAC TEAM VISIT

World Heart day program was organized and conducted in our Department under the banner of Indian Society of Periodontics (ISP) on 29-9-22.

Demonstration of Basic Life Support (BLS) was given by Dr Mahesh Raj, Senior Lecturer of Department of Periodontics to the interns at Navathara from 9.00-10.00am. Theoretical aspect of BLS followed by a demonstration with hands on CPR was given to all the participants. It was an informative and interactive session. There were around 50 participants from the interns batch.

In the department, an awareness lecture on GUM CARE FOR HEART CARE was given to the public by Dr Nanditha Chandran, Senior Lecturer of the department of Periodontics emphasizing the importance of periodontal care in improving the systemic health.



Birthday is the beginning of your own personal new year. Your first birthday was a beginning, and each new birthday is a chance to begin again, to start over, to take a new grip on life. October, November and December were the birthday celebration months of our department. Young energetic post graduates Dr.Thavithavker's and Dr.Deepith's birthday were celebrated on October and September respectively. Next month December was also a great birthday month for our perio family. Our energetic and enthusiastic staff Dr.Arjun's birthday we all celebrated with great pleasure and happiness. A birth-date is a reminder to celebrate the life as well as to update the life.



Next month, December..Christmas bells ring in our department.Christmas is, indeed, a magical festival that is all about sharing joy and happiness. The college lobby and department were decorated in Christmas theme and all were dressed in a xmas attire.We decorated the xmas tree with strings of light and made a pretty crib with our innovative hands .Christmas carol was sung along with the cake cutting .



New year, new hope and new chapter of our life started with a very happy note. We are very fortunate to celebrate our principal and HOD Dr Anil Melath sir's birthday on 1st of January.

Our happiness got doubled as Anil Melath sir received an award of OUTSTANDING ACADEMICIAN OF PERIODONTICS 2023. That is a great proud moment for all of us.



Perio - Department

# HAPPINESS Timeline



**DR ANIL MELATH**

WAS AWARDED OUTSTANDING ACADEMICIAN  
IN PERIODONTICS BY COMHA 2023

2023



**DR.SALMA ARIF**

(3RD YR PG)

Won First Prize

In ISPRP Essay competition National Level, In Post Graduate Category

1<sup>st</sup>  
2023



3<sup>rd</sup>  
2023



**DR INDRAJITH**

(2ND YR PG)

Won Third Prize

In ISPRP Essay competition National Level, In Post Graduate Category



**DR.NAJIA NAZIR**



**DR.ARUNAGIRI**



**DR.VENKAT**

Our 2019-2022 Post Graduates Batch cleared MDS with flying colours

# DENTAL GRADUATES



DR.ARJUN. M.R

Dental Graduates in India are getting worried about the future of Dentistry and jobs in Dentistry in the near future. There is a very high increase in the scope of Dentistry all around the world, people are more aware now and more concerned about Oral health and have come to know the importance of a good smile in looking beautiful or professional. But the current scene in the market is both difficult and competitive for a new and upcoming dentist.

Earlier a Masters degree or MDS was a good career plan, where a Dentist can get settled in a college as a Senior Lecturer with fixed pay and might even go for consultations in the evening getting a decent pay from both. But it is not the case at present with huge number of MDS graduates passing out each year and lack of vacancies it has become difficult to an extent.

I have been asked many times what the future of Dentistry is going to be in India because of the huge number of Dental Graduates passing out every year and at the same time new dental colleges coming up rapidly all around India. I personally think that the ratio of Dentists to India will be constant as you know the rapid increase in population is equal to the increase in the number of Dental graduates in India. But with well established clinics having no problem in attracting patients, it is the new and upcoming Dental graduates who are facing problems with competing with established clinics and trying to get through with the high expenditures of setting up a clinic and maintaining it on a monthly basis



In case you are going to set up a Dental clinic after college you have to follow many Business tactics and advertising, which is now a taboo by the Indian dental association

The association believes that sticking to the code of ethics is the best, its outdated to be true

You buy a cbct machine at your clinic and don't advertise, it is just like Fools Paradise

You buy a digital scanner, don't advertise, you are an absolute idiot

But the association likes to be on the other side

I sometimes feel that not letting the younger generation to advertise is just to preserve the vested interests of old bugs

I literally know clinics started in the 1980's still working without an autoclave, that was not available in India then

They have patients, just because they started off early General public doesn't know about the newer modalities Like the importance of sterilization

Its advertising that will generate kind of an insecurity in between which will in turn enhance quality

I know my words are like a spoon of sugar in a peg of whiskey, doesn't change anything still I believe that there is a day when the younger generation will rise up like a tsunami, a revolution.. Its inevitable

One thing to look at is that the concentration of Dentists and Dental clinics is mainly targeted at Urban population and when we go to the Rural places the Ratio of Dentists to population is very low and way below par. The most important part in the increasing the number of Dental Jobs in India because of the increase in the number of Dental Clinics and more importantly Dental clinic chains all around India. Dental chains and clinics are using good amount of advertising to look for new graduates to work in Dental clinics and this has made it difficult for an individual Dentist who has set up his or her own clinic to go up against these corporates.

Recently a Dental chain has also started conducting Campus interviews for Interns to recruit in their Dental clinics around the state, for example, we have seen that there are many job vacancies in Bangalore recently which are vacant and this shows that there is no decrease in the number of Jobs for Dental Students.

*To be continued.....*

# New Year 2023

## CHEERS TO THE NEW YEAR



**DR. NANDITHA CHANDRAN**

### A move from March to January

The celebration of the new year on January 1st is a relatively new phenomenon. The earliest recording of a new year celebration is believed to have been in Mesopotamia, c. 2000 B.C. and was celebrated around the time of the vernal equinox, in mid-March.

A variety of other dates tied to the seasons were also used by various ancient cultures. The Egyptians, Phoenicians, and Persians began their new year with the fall equinox, and the Greeks celebrated it on the winter solstice

### Early Roman Calendar: March 1st Rings in the New Year

The early Roman calendar designated March 1 as the new year. The calendar had just ten months, beginning with March. That the new year once began with the month of March is still reflected in some of the names of the months. September through December, our ninth through twelfth months, were originally positioned as the seventh through tenth months (septem is Latin for "seven," octo is "eight," novem is "nine," and decem is "ten.")

### January Joins the Calendar

The first time the new year was celebrated on January 1st was in Rome in 153 B.C. (In fact, the month of January did not even exist until around 700 B.C., when the second king of Rome, Numa Pontilius, added the months of January and February.) The new year was moved from March to January because that was the beginning of the civil year, the month that the two newly elected Roman consuls—the highest officials in the Roman republic—began their one-year tenure. But this new year date was not always strictly and widely observed, and the new year was still sometimes celebrated on March 1.

### Julian Calendar: January 1st Officially Instituted as the New Year

The early Roman calendar became out of sync with the sun over the years, and in 46 BC, emperor Julius Caesar resolved to fix the problem by contacting the most important astronomers and mathematicians of the period. Thus, the Julian calendar was established, which is similar to the current Gregorian calendar. Interestingly, Caesar made January 1 the first day of the year partially to celebrate Janus, the Roman deity of beginnings. Romans commemorated Janus' birthday by presenting sacrifices to him, exchanging presents, decorating their homes with laurel branches, and throwing wild celebrations. Later, Christian authorities in mediaeval Europe temporarily replaced January 1 as the beginning day of the year with days that they believed had greater religious significance, such as December 25 (the birth anniversary of Jesus Christ) and March 25 (the Feast of the Annunciation). In 1582, Pope Gregory XIII reestablished January 1 as New Year's Day, which has been celebrated since.

### Middle Ages: January 1st Abolished

In medieval Europe, however, the celebrations accompanying the new year were considered pagan and unchristian like, and in 567 the Council of Tours abolished January 1 as the beginning of the year. At various times and in various places throughout medieval Christian Europe, the new year was celebrated on Dec. 25, the birth of Jesus; March 1; March 25, the Feast of the Annunciation; and Easter.

### Gregorian Calendar: January 1st Restored

In 1582, the Gregorian calendar reform restored January 1 as new year's day. Although most Catholic countries adopted the Gregorian calendar almost immediately, it was only gradually adopted among Protestant countries. The British, for example, did not adopt the reformed calendar until 1752. Until then, the British Empire —and their American colonies— still celebrated the new year in March.



## NEW YEAR RESOLUTION



### QUOTES

“New year—a new chapter, new verse, or just the same old story? Ultimately we write it. The choice is ours.” – Alex Morritt

“One resolution I have made, and always try to keep, is this: To rise above the little things.” – John Burroughs

“The book is called opportunity, and its first chapter is New Year's Day.” – Edith Lovejoy Pierce

“Another fresh new year is here; another year to live! To banish worry, doubt, and fear, to love and laugh and give!” – William Arthur Ward

“A new year is a time for inspirational dreams, but more importantly, a time to set your goals to see the dreams turn into a reality.” – Samuel Fixon

Making a New Year's Resolution? Don't Go to War With Yourself. The difference between not doing anything at all and doing 10 minutes a few times a week is absolute.”- Caroline Mimbs Nyce



# DESTINED TO BE DENTIST



**DR. THAVITHAVAKAR**  
3RD YEAR PG

Very lil did i know when  
Dentistry was written in my destiny  
How much love I have for it  
& the responsibility and life it gave for me

When smile was created  
We came along to protect it

sharp instruments stopped  
Scaring me anymore &  
Found a permanent spot  
In my shirt pocket

Nothing satisfied more than  
Removing the gloves , aftr  
Bringing back the lost smile  
On my patient's face

"SMILE" IT LETS YOUR TEETH BREATH.

## FACTS..!



**@BYONDFACTS**

The Mobile game "Send Me to Heaven" involves throwing your phone as high in the air as you can. The creator said he made it with the hope of destroying as many iPhones as possible, but Apple banned it from the App Store.

DEPARTMENT OF PERIODONTICS

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## HOPE



**DR. RABEES K.P.K**  
3RD YEAR PG

The light wasn't bright,  
A little shine  
With more Pain  
Stood in the rain .  
The rays and waves were  
hitting hard  
Without knowing, its  
winter .  
Maybe one day, there will  
be an umbrella  
Relieving the hardness and  
the light will be brighter,  
May be more



## FEW FACTS..!



**DID YOU KNOW?**

ants never sleep. Also they don't have  
s. Oxygen enters through tiny holes all  
er the body and Carbon Dioxide leaves



# There is NO NEXT. TIME!



**DR. JILU ABRAHAM**

*Time & Tide waits for no man*



Sometimes there is no next time, no time out, no second chances. Sometimes it's now or never."Alan Bennett

The message I intended to focus on here is what Alan Bennett said. My intention was to say, love the people in your life, say the things you want to say to them, live your life as if there is no next time, but the blog took a left turn and I ended up talking about setting ourselves free from whatever is keeping us in bondage. As I sit here staring out at this beautiful sunny day, wondering how to end this blog, it occurs to me that this is all connected. Setting ourselves free, not taking life for granted, living in the now fully, knowing that there may not be a next time. That's good. I like it.



## STORY OF HESITATION

**DR. PRAKASH- 1st Yr PG**

Hesitation is common in all people  
 should i succeed in life?  
 no you might fail  
 should i approach that person?  
 no they might think bad  
 should i win the race?  
 no you might loose

Life is a journey an opportunity to  
 grow and shine yourself not  
 something too hesitate  
 follow your goals not the ego



**DID YOU KNOW?**  
 A fact is something that has really occurred or is actually the case. The usual test for a statement of fact is verifiability, that is, whether it can be demonstrated to correspond to experience.  
**SOURCE: WIKIPEDIA.COM**

## SOFT SKILLS APPRAISAL FOR DENTISTRY



DR.SUBAIR K

Dentistry is among the most sought-after careers. Being a dentist is highly rewarding as you can embrace various challenges when treating, assisting, and engaging dental patients. However, whether you intend to work with adults or children, you should have the right chairside skills to make your patients comfortable during dental procedures.

Most of these skills are not specific to dentistry. They are a mixture of interpersonal and technical skills, allowing dental graduates to interact with their patients and colleagues successfully. Beyond the medical knowledge required to be a dentist, the success and chances of getting dental jobs by Lensa depend on the following skills.

### 1. Manual Dexterity

Like other medical fields, dentists perform complex procedures and restorations that should be performed meticulously for assured success. Unlike other body parts, the mouth is a small working space, and the slightest mistake can cause more harm.

For instance, tooth restorations should be done thoroughly, and dentists should have a good grasp of medical knowledge, artistry, and equipment for these treatments to be successful. A tooth filling is also uncomfortable, especially if the problematic tooth is high up.

It requires a lot of skill to reform damaged teeth or restore their original structure, while ensuring the patient can eat and rest comfortably later. For perfect results, dentists should have excellent manual dexterity and superior hand-eye synchronization.

### 2. Attention to Detail

All medical fields require professionals with great attention to detail. Dentists should have the right skills and techniques to augment the color, appearance, alignment, shape, and size of their patients' teeth. In most cases, mastery of art and great attention to detail are key ingredients in ensuring that patients can smile beautifully again.

Dentists work with patients with many different needs. Regardless of the diversity in their needs, being detail-oriented is important for dentists to perform their procedures successfully. Attention to detail is also important when examining the patient as this ensures that nothing is missed during the diagnosis and treatment.

9  
*Likability is a soft skill that leads to hard results*

### 3. Communication Skills

Dentists work and interact with patients, nurses, and other hospital staff daily. Excellent communication skills are crucial for a smooth working environment. Contrary to what most people believe, excellent communication skills are crucial in medical professions.

For starters, if dentists can't communicate and interact with their patients, they cannot satisfactorily answer their questions and alleviate their anxiety. Even with excellent technical skills in dentistry, poor communication skills will make your patients uncomfortable.

Good communication skills also help ease your working environment. Dentists interact with nurses, hygienists, lab technicians, receptionists, and more. Developing a positive relationship with other hospital staff through communication is beneficial.



### 4. Enthusiasm

Emotional intelligence, which guides the ability to connect and create a good rapport with your patients shouldn't be underestimated. Regardless of the number of patients they see daily, dentists should personalize interactions with every patient. Radiating enthusiasm for patients has a significant impact on the quality of care. Patients feel cared for if dentists engage them in lively conversations.

Note that these conversations shouldn't solely revolve around dental issues. Find out what your patients are experiencing in real life, their work, and general issues. Being social makes patients incline to care providers, making them regular clients.

**CASE OF THE MONTH**

**BLOCK BONE GRAFT**

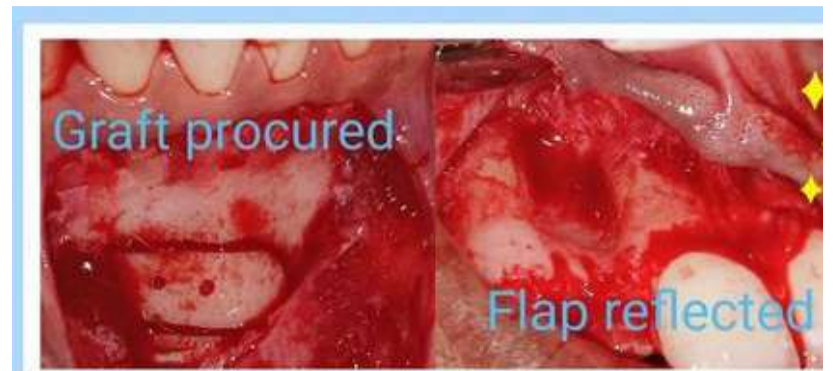
A patient reported to the department of Periodontics with the chief complaint of missing lateral, and she insisted on getting Implants done in that region

On detailed examination it was found that there was insufficient bone available for implant planning, marginal bone was intact but apical to the marginal bone only 2 mm of bone thickness was available

So we decided for a block bone autograft , the donor site was decided to be the symphysis .

THE SURGERY WAS DONE BY DR ARUNGIRI, UNDER THE SUPERVISION AND PLANNING OF DR SUBAIR , DR MAHESH, DR ARJUN, DR JILU AND DR NANDITHA

After the bone graft was procured, the recipient site was prepared and the block bone graft was stabilized with titanium screws



THE AICE COURSE BY DR PRITHVI REALLY HELPED US WITH THE CONFIDENCE BUILD, IN EACH AND EVERY ONE OF OUR POST GRADUATES

## Amazing Woman you are a cactus flower..!



**DR.VISHNU  
SRI PRIYA**

Infinite love above watches over you,  
As you are crowned with yellow sapphire..!

Smile over your brokenness,  
for it is already healed..!

Your pain no longer a burden,  
but a message for the weak..!

Open the arms of your heart,  
to embrace your remaining parts ..!

Who still cares and wants to care,  
for all things around her..!

You are like a cactus flower,  
that grows, blooms and thrives..!

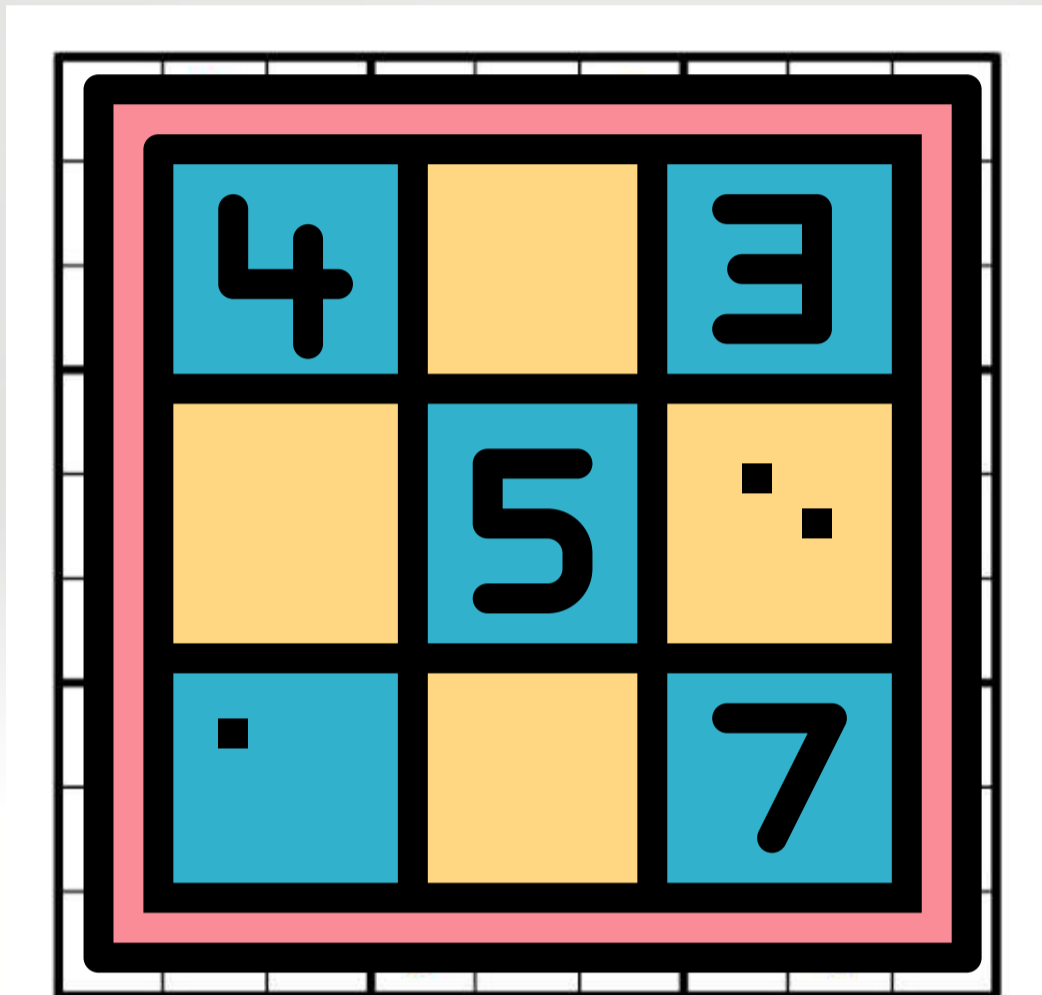
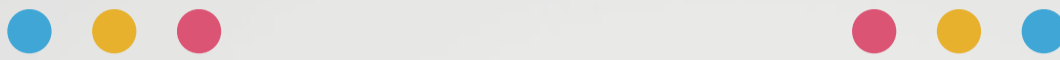
Even without the fall of a rain,  
you remain green and rich..!

All through the driest storms,  
Her thorns work as a shield..!

The time she invests only rests,  
for better is already here..!

# SUDOKU

Confidence is when you stop using a PENCIL while solving a SUDOKU



## THE ORIGIN OF THE NEWSLETTER

We're in the middle of a newsletter renaissance, with many writers opting to use paid newsletters as a means to go independent. Most recently, newsletters are associated with marketing, for internal or external purposes. But where did they come from? How long have they been around? This piece digs in to that and what we may expect from the future.

To get started, what is a newsletter, The etymology of the word, gives us clues. Acta Diurna was the earliest physical newsletter found, published as early as 131 BC. These were government gazettes containing information for the public. News, military announcements, court news. In time, traders and merchants adopted newsletters for sharing important information.

By 1704, a publication considered the United States' first known newsletter appeared, The Boston News-Letter—a single sheet printed weekly that contained information from England of interest to Colonial Americans. These early newsletters evolved into what we today know as newspapers.



DR. JILU ABRAHAM



They were first chiseled in stone or metal; later, they were handwritten and distributed in public forums or read from scrolls by town criers.



## LIVE YOUR LIFE



**DR MAHESH RAJ**

As human beings, one of our deepest-rooted desires is to have a meaningful and happy existence. You've probably heard of the saying, "Live your best life." It's good advice.

We all want to feel connected to both ourselves and others. We want to feel that we're part of something important and that we're making a difference in the world.

We want to look back at our lives and our achievements and be proud. In short, we want what the saying says: to live our best lives.

But what does it really mean to live your best life?

You are a unique individual, so living your best life is exclusive to you. Your best life will reflect your true values. It will be made up of what makes you happy and will be colored by what making a difference means to you

We each have a unique gift—the unique energy and essence that is who we really are. Each person has a unique gift to offer that no one else can or ever will again.

Living our best life means finding creative ways to share our best selves, whether in our work, our creative hobbies, or simply how we live.



*Life is what happens when you're busy making other plans."*

Botox is actually a neurotoxin that causes botulism, a paralyzing and deadly illness caused by the bacteria *Clostridium botulinum*



By Oda Mamen Fancyfacts.info patreon.com/fancyfacts

## 50 NAMES OF PERIO STALWARTS, LET US FIND



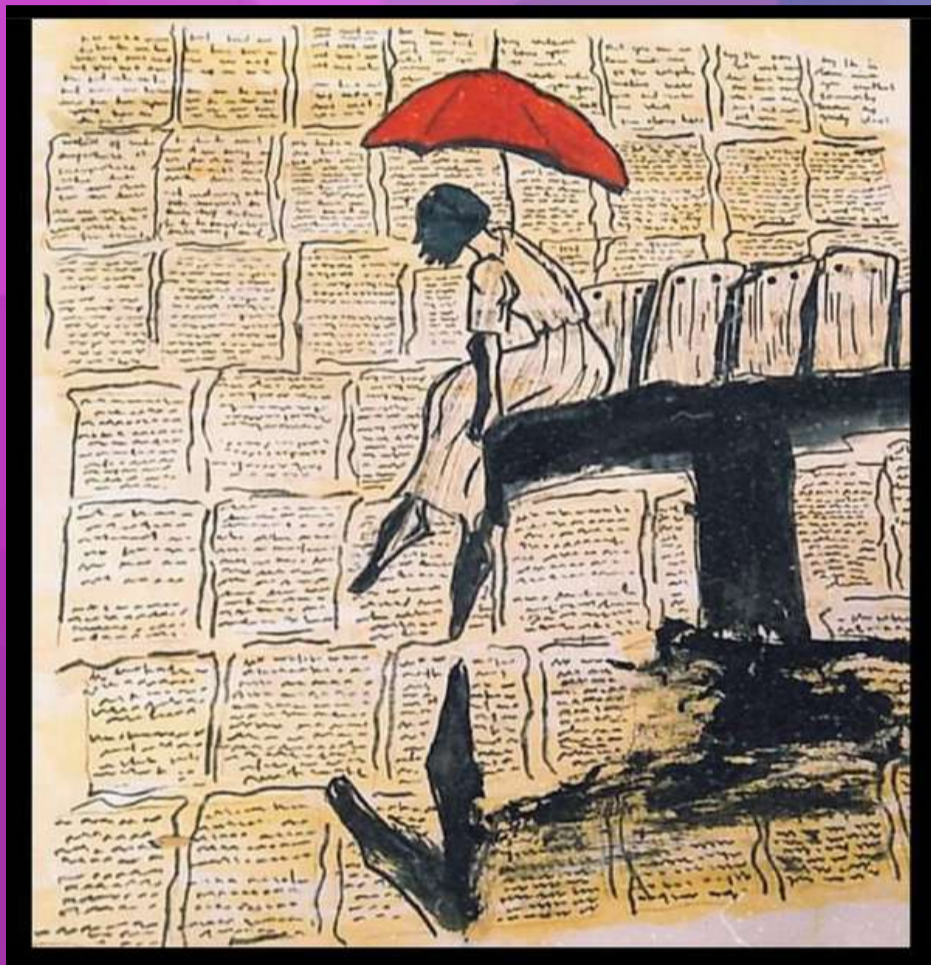
**DR. HEMALATHA**

E	O	G	S	N	G	K	L	O	K	K	E	V	O	L	D	E	T	B	U	A	Y	E	B	R	R	E	A	B	S	W	
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R	Q	B	O	P	I	N	G	B	U	K	L	M	C	V	T	B	A	J	Z	P	H	R	M	S	U	D	H	Q	J	C	
N	A	D	R	R	V	N	I	T	Q	N	J	I	L	D	H	S	Z	E	O	P	B	T	X	C	O	R	E	N	R	K	
A	M	N	S	D	T	Q	Y	G	V	N	E	H	O	C	D	C	S	R	L	A	P	T	Q	N	N	R	L	A	B	R	
B	K	H	R	T	O	S	Q	R	M	B	V	I	P	Z	C	I	V	E	R	U	Q	F	P	D	A	H	L	Z	N	A	
R	G	Q	B	R	M	N	G	C	J	P	Q	Z	N	J	T	S	R	H	L	J	C	A	H	J	P	J	I	N	Z	N	
O	L	R	K	J	Q	B	R	R	I	N	F	D	C	R	Q	W	U	C	V	B	Z	S	H	H	A	Q	D	A	J	S	
R	I	S	J	Q	W	P	R	C	E	H	Q	M	U	N	B	R	T	L	Y	H	J	K	V	X	P	Q	R	R	M	K	
A	N	D	R	A	H	C	U	A	F	B	A	C	B	K	Z	M	N	E	Q	P	J	X	K	N	A	E	T	R	E	Y	
D	D	H	K	Q	M	C	B	E	P	R	V	S	I	L	L	E	B	M	O	M	R	N	Q	N	P	E	B	A	Q	P	
R	H	O	U	N	E	Q	L	I	O	R	V	U	M	N	E	Q	T	U	P	A	V	T	N	I	W	G	R	C	N	U	
G	E	C	R	J	B	P	S	I	L	L	A	G	N	E	H	S	I	J	A	H	U	N	D	Q	J	K	W	P	B	Q	
R	B	T	G	P	P	B	D	S	N	M	I	A	Z	E	O	L	P	R	T	N	Y	Q	N	N	N	A	M	U	E	N	
C	F	E	Q	A	R	N	P	L	E	C	G	G	U	A	H	R	E	A	W	C	P	R	N	C	Z	N	U	M	T	L	
T	M	Z	H	Q	N	R	I	L	K	J	Z	C	B	G	D	J	T	S	P	A	Q	N	M	K	O	Z	X	R	P	K	
X	C	C	V	Q	T	H	F	S	J	K	L	E	N	E	D	L	E	V	R	E	D	N	A	V	P	K	L	X	C	V	
R	N	B	G	U	O	L	K	A	S	E	R	T	G	F	G	H	J	B	C	Z	Q	F	I	L	N	V	I	D	M	B	
H	G	B	R	Q	Y	T	H	U	M	N	X	O	L	P	T	J	N	E	V	B	M	F	D	F	T	I	R	W	E	Q	
D	C	B	N	S	C	H	A	L	L	O	R	N	R	T	Q	I	M	A	D	G	H	O	L	V	R	P	B	T	E	X	
N	R	N	O	K	M	J	U	J	Z	C	I	W	O	L	A	H	C	I	M	C	R	S	Q	X	P	L	R	G	J	B	
U	M	B	C	Q	S	H	K	P	R	S	C	B	E	M	K	L	Z	C	B	N	E	B	T	V	H	Q	N	M	A	J	
L	X	R	P	J	K	N	M	Z	X	R	D	S	A	B	K	J	S	R	P	K	R	N	B	O	C	N	T	O	F	C	
G	Q	D	Y	N	B	C	T	N	K	J	G	O	T	T	L	E	I	B	X	C	V	O	Q	S	L	K	L	T	F	G	
R	X	R	E	H	C	A	B	N	E	F	F	O	B	G	T	N	J	L	D	V	J	O	K	B	V	S	Z	X	A	Q	
E	C	V	J	K	M	R	T	H	O	P	D	S	W	C	B	H	D	J	M	Q	V	K	L	R	F	E	M	N	H	J	
B	V	Q	D	V	B	K	P	L	J	M	N	R	T	H	N	N	O	T	A	C	Q	Z	D	A	R	T	H	J	K	L	
P	H	B	C	O	R	G	G	I	R	J	C	G	H	K	L	P	W	V	N	E	G	I	A	T	I	M	R	A	V	S	J

# DENT-ARTIST



**DR. SINDHUJA S**  
1ST YEAR PG



# BELIEVE IN YOUR UNIQUENESS



**DR. MARJANA**  
1ST YEAR PG

Don't try to imitate anyone  
Because each one is beautiful ,  
and different in many ways  
Like each teeth in our mouth  
All looks same for an ordinary man  
But a dentist knows the function of each one  
When they try to imitate  
they loose their identity  
So be yourself ,  
Because each one of them is blessed with  
different abilities! And UNIQUE !

# THE PAPYRUS



**DR. SALMA ARIF**  
3RD YEAR PG

To validate your existence-  
Birth certificate  
To legalize your land-  
Documents  
To authenticate your nationality-  
Passport/ ID  
To declare your relationship-  
Marriage certificate  
To permit entry-  
Tickets  
To prove your education-  
Diploma  
To LIVE-  
CURRENCY  
To confirm permanent departure-  
Death certificate  
This is what governs us:  
CELLULOSE  
Paper, Papyrus  
All this fuss..  
Bills, receipt  
Makes us accept defeat  
Should we not reflect?  
That we are under dictate  
By PAPER?  
Yes, you disagree  
Digitalization to such degree,  
May I enquire ?  
The gadgets u so desire  
You see  
Are bought with CURRENCY..



## WORLD HEART DAY

World Heart day program was organized and conducted by the Department of Periodontics, Mahe institute of dental sciences and hospital under the banner of Indian Society of Periodontics (ISP) on 29-9-22. The following programs were organized in the department.

Demonstration of Basic Life Support (BLS ) was given by Dr Mahesh Raj, Senior Lecturer of Department of Periodontics to the interns at Navathara from 9.00-10.00am. Theoretical aspect of BLS followed by a demonstration with handson on CPR was given to all the participants. It was an informative and interactive session. There were around 50 participants from the interns batch.

In the department , an awareness lecture on GUM CARE FOR HEART CARE was given to the public by Dr Nanditha Chandran, Senior Lecturer of the department of Periodontics emphasizing the importance of periodontal care in improving the systemic health.

THE KEY TO GROWTH IS THE INTRODUCTION OF HIGHER DIMENSIONS OF CONCIIOUSNESS INTO OUR AWARENESS





# PHOTOGRAPHY



DR.DEEPITH KELOTTE  
1ST YEAR PG

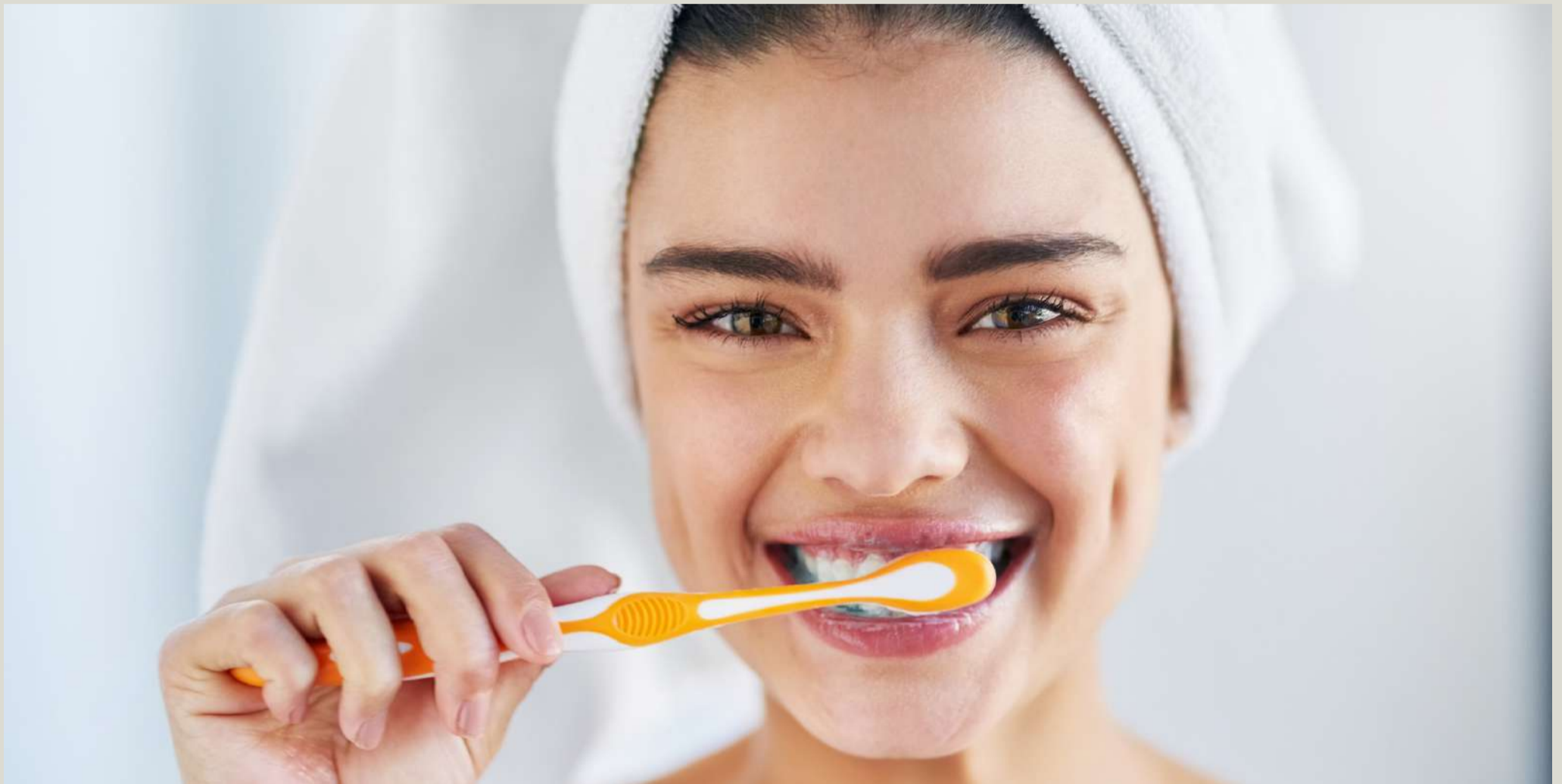


DR.MARJANA SHUKOOR  
1ST YEAR PG

PHOTOGRAPHY IS AN  
AUSTERE AND BLAZING  
POETRY OF THE REAL.

# IMPORTANCE OF ORAL HYGIENE

DR.JILU ABRAHAM



## Awareness Programs Conducted



Don't go to bed without brushing your teeth



Brush properly



Don't neglect your tongue



Use a fluoride toothpaste



Treat flossing as important as brushing

Every year, 1st August is observed as Oral Hygiene Day in India to commemorate the birth anniversary of Dr G B Shankwalkar, the founder of the Indian Society of Periodontology. The day aims at spreading awareness about the importance of maintaining oral hygiene and the ways to prevent several dental as well as systemic diseases.

## Why is maintaining oral hygiene important?

The human body consists of several complex systems which are interconnected. For instance, the respiratory system (breathing system) and the circulatory system (blood carrying system) work together for the absorption of oxygen and the release of carbon dioxide from the body. Any disorder in the circulatory system would affect the exchange of gases in the lungs. Similarly, poor oral health can also result in several systemic complications including heart disease and diabetes

# PERIODONTICS AND ESTHETICS



**DR INDRAJITH**  
2nd Year PG



Esthetic demands in today's world of dentistry are scaling newer heights and are driven by the zest to look beautiful. In smile a relationship must be established between the esthetics (colour, shape, position and symmetry ) of white parts of smile (the dental elements) and the red parts (the gingival, mucosa and lips). Excessive gingival display affects periodontal health and its etiology may include altered passive eruption, anterior tooth extrusion, vertical maxillary excess, short and hyperactive upper lip or a combination of these.

Some surgical procedures to correct gummy smile include gingivectomy or crown lengthening with or without bone resection. For hyperactive upper lip, botulinum toxin may be used. Nowadays lip repositioning is another alternative which has shown positive results in reducing gummy smile.



**DR PAVENTHAN JOLIE COEUR**  
1ST YEAR PG

"ரௌத்திரம் பழகு",  
என உரைக்கும் நொடியே!!  
உயிர்கள் கொதிக்க உரைத்து  
கூறி;  
உயிர் தந்த தமிழுக்கு  
உயிரையும் கொடுப்பான்  
என உரைத்த தமிழன் !!!  
நீ தமிழனாய் பிறந்ததற்கு  
தமிழுக்கு நன்றி!!!  
"மகா கவியெ"





# TEAM PERIO



002



003



004

