



Greetings to all from the Department of Periodontology.

When I was asked to pen down the guest editorial for this issue of *Communiqué*, memories came flooding back to me since the time I was an undergraduate student in this college, then called College of Dental Surgery, Mangalore. From the infrastructure to the student community, from the classrooms to the teachers, a lot has changed since those days.

The Department of Periodontology was headed by stalwarts like the Late Dr. KV Sosa, Dr. Dilip G Naik, the present Dean and Dr. Ashita Uppoor, the present Associate Dean. Now, as the baton is passed on to me, I hope I can continue to keep up the legacy.

I would like to thank my colleagues, Dr. Neetha, Dr. David, Dr. Swati, Dr. Sangeeta and the postgraduates for their inputs to make this edition a success.

In this issue of *Communiqué*, we will be showcasing the events conducted in our college and laurels achieved by our Faculty and Students.



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Dentistry: Now & Beyond



An International Symposium on Dentistry was conducted by the **Department of Public Health Dentistry** on 28th December, 2017 which highlighted the career options for dental professionals in India, the US and Australia. **Dr. Amit Chattopadhyay**, Adjunct Professor of Oral Medicine, Case Western Reserve University School of Dental Medicine, Cleveland, OH, USA; **Dr. Santosh Tadakamadala**, Research Fellow, Menzies Health Institute Queensland, Griffith University, Australia; and **Dr. Rekha Shenoy**, Professor, Department of Public Health Dentistry, Yenepoya Dental College, Mangalore

were the resource persons for the symposium. **Dr Dilip G Naik**, Dean, MCOADS Mangalore, in his inaugural address highlighted the changing demands of dental practice in modern times. The participants included interns, post-graduate students and faculty members from MCOADS, Mangalore and neighboring dental institutions.

Dento Alveolar Surgery



Hands-on workshop series was conducted by the Faculty of **Oral and Maxillofacial Surgery**, wherein the interns practiced various surgical techniques on animal models that simulated human clinical conditions. This workshop was held on every Sunday for 4 weeks. Each batch comprised of 11 participants, and it was well appreciated.

Cephalometrics & Treatment Planning for Orthognathic Surgery

Dr. Sherry Peter, Consultant Cranio-maxillofacial Surgeon, Aster Medicity, Ernakulam, conducted a hands-on workshop on Cephalometrics and treatment planning for orthognathic surgery, for the Faculty and Postgraduates of the Department of Oral and Maxillofacial Surgery on the 8th January 2018.



Restor Endo 5.0



Department of Conservative Dentistry and Endodontics conducted “Post and Core”, the Restor Endo 5.0 Chapter on 5th February, 2018. The focus of this annual Continuing Dental Education Programme was to equip the participants with gaining thorough knowledge on post endodontic restorations. The chief guests for the function were **Dr. Ashita Upoor** and **Dr. Premlatha K**, Associate Deans, MCOADS, Mangalore.

Dr. Prasanth Dhanapal, Professor of Department of Conservative Dentistry and Endodontics at Anmoor Dental College, Muvattupuzha was the resource person. He enlightened the postgraduates on the basics and recent advancements in post and core, and provided the clinical tips on Post Endodontic Restorations. This was followed by a workshop to demonstrate impression of post space preparation with different materials.



Touch to Teach



Individually Trained Oral Prophylaxis (iTOP) was conducted by the **Department of Periodontology** on 22nd February, 2018. **Dr Dilip Naik**, Dean MCOADS Mangalore, presided over the function. **Dr. Galabov Lyubomir** from the Dentistry Department at the Medical Academy in Sofia, Bulgaria and brand manager for Curaprox spoke on the importance of selecting the right oral hygiene aids for the maintenance of periodontal health. “Touch to teach session” that followed the talk, demonstrated the appropriate way of using different oral hygiene techniques . It was attended by 50 delegates.

Looking back to Look Ahead

A series of lectures and hands-on workshops were organized by the **Institutional Research Committee** of MCOADS, Mangalore.



The first in line, was a lecture on “**Systematic review and meta- analysis**” delivered by **Dr. B Unnikrishnan**, Associate Dean and Professor Department of Community Medicine, KMC Mangalore, on 29th November, 2017.

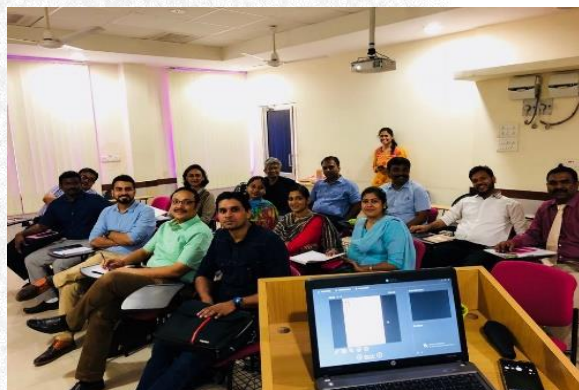
“**Search strategy in systematic reviews**” was the second in series by **Dr. Prasanna Mithra**, Associate Professor, Department of Community Medicine, KMC, Mangalore. It was held on 9th February, 2018.



Dr. Prasanna Mithra (left) being felicitated by Dr. Tilak Shetty

Cone Beam Computed Tomography (CBCT)

Department of Oral Medicine and Radiology conducted a 4- day Certificate course in Cone Beam Computed Tomography, from 28th February to 3rd March, 2018. Fourteen delegates from far and wide (Delhi, West Bengal, Orissa, Kerala, Tamil Nadu, Muscat) attended the course. This was the 9th such program organized by the department. The Faculty of the department were the resource persons.



Soft Skills in Dentistry

A series of soft skill development programs are being conducted for the Interns to help them hone their networking, professionalism, communication skills and to enhance in them the spirit of team-work, problem solving abilities and critical acumen.

Legal aspects in Private Practice



An Interactive session on “**Legal aspects in private Dental Practice**”, was conducted for the Interns on 16th December, 2017. **Mr. Maheshchandra Nayak**, Associate Professor in SDM College of Law, Mangalore was the resource person. He emphasized on the legal requirements and concerns while setting up and running a private dental clinic.

Setting up a Dental Clinic

On the 21st of November, 2017, **Dr. Ashwin Rao**, Associate Professor, Department of Paedodontics & Preventive Dentistry, spoke on “**Instrument Purchase in Private Dental Practice**’ and **Mr. Ashok**, Chief Engineer, MCODES Mangalore dealt with “**Instrument Maintenance**”.



Dr. Ashwin and Mr. Ashok addressed the interns

Business Management



A lecture by **Dr. Savitha B S**, Associate Professor, School of Management, MAHE, was organized on the 2nd and 3rd February, 2018, where she spoke on “**Business management in private dental practice**”.

Patient Management

An interactive session was conducted by **Dr. Arvind Shenoy**, on the 19th February, 2018 and he spoke on “**Making your dental practice unique**”, emphasizing on patient management in private dental practice.



Dentofest



Glimpses of Dentofest

The Patient care committee of MCOADS, Mangalore organized a dental exhibition “Dentofest“ for 5 days from 24th to 28th of January 2018. For the inaugural ceremony on 24th, **Dr. Poornima Baliga**, Pro Vice Chancellor, MAHE was chief guest, **Dr. Shivsharan Shetty**, Member of DCI was the guest of honor. The function was presided over by **Dr. Surendra Shetty**, Pro Vice Chancellor, Mangalore Campus, MAHE.

As a part of “Dentofest”, table clinic and poster competitions were arranged for students of MCOADS, Mangalore. An overwhelming response was received, with 100 participants who put up 24 table clinics and 18 posters. **Dr. Latha Prabhu** and **Dr. Ashok Shenoy** Professors, KMC, Mangalore judged the posters, and for table clinics **Dr. G G Laxman Prabhu**, Professor, KMC, Mangalore and **Dr. Shubhan Alva**, Faculty, AJ Shetty Dental College, Mangalore were the juries.

From 25 to 28th January 2018, Dental Exhibition “Dentofest” was open for public. A total of 1319 visitors from the general public visited and attended health education talks organized by the Committee. Oral cavity screening was done for all the visitors and camp cards were distributed to all.

A total of 113 people from ages 03 to 25 years from all over Mangalore city participated enthusiastically in a painting competition held on the 27th of January with the theme “Swacch Bharath.” The entries were judged by **Mrs. Gowri R. Mallya** and **Mr. Akash**. Three winners from each of the categories were awarded at the Valedictory function.

The program received overwhelming support and encouragement from K.M.C. Mangalore, various sponsors (for prizes in cash and kind) and the Press and media.



Manipal Academy of Higher Education Student Research Forum, Mangalore

Research Writing and Publication- Making it our cup of Tea



A talk was organized by the MAHESRF on the 11th November, 2017. **Dr. Bandana Khanal** spoke vividly on “Research Writing and Publication- Making it our cup of Tea”. Dr. Bandana is practicing as an oral surgeon in Nepal with clinical research training in UK. The event was inaugurated by Dr Dilip G Naik, Dean , MCODS who was the chief guest for the event. Dr Bandana spoke on the importance of research and various steps to it. Her lecture also focused on publication writing skills and smart workouts for project publication in journals. Around 120 students from the 2nd to 4th BDS and Interns participated in the program.

Action In Distress

The Medical Crises Management Workshop, ‘**Action In Distress**’ was organized on the 25th January 2018. It had demonstration stations for management of Choking, Seizures, Chest pain, Anaphylaxis, Hyperglycemia and a Hands-on Skills Station.

It was inaugurated by **Dr. Dilip G Naik**, Dean MCODS Mangalore. The interns were trained by experts in the various fields of Emergency Medicine and Anaesthesiology. **Dr Jeedhu Radhakrishnan** was the course director, and the expert panel included **Dr. Madhusudan Upadhyaya**, **Dr. Sumesh Rao**, **Dr. Dattatray Prabhu**, **Dr. Salfi PK**, **Dr. Atul Raghunathan** and **Dr Ganesh**. The programme was of great benefit to Interns from MCODS Mangalore and Manipal, and those from other Dental Colleges in Mangalore and Calicut.



Rediscover to Renovate



On 24th February 2018, a talk on “Innovation” was organized. **Dr. Arun Shanbhag**, Chief Innovation Officer of MUTBI, was the resource person. It was a concept building session aimed at bringing an idea into practice. Around 100 undergraduate students attended the talk.

Relief and Rejoice

Children's day celebration



The **Department of Paedodontics & Preventive Dentistry**, celebrated Children's day at St. Peters Higher Primary School, Kottara with 132 children and their teachers. The games and cultural program highlighted the message to maintain oral hygiene. The program was conceived by **Dr. Ashwin Rao** and **Dr. Anupama Nayak**, and was implemented by the Postgraduates and Interns of the Department. The children were provided with snacks and a dental kit. The departments were decorated befitting the day.



Christmas Celebrations



The Annual Christmas celebrations, organized by members of our Faculty and alumni in collaboration with KMC, Mangalore was held on the 11th November, 2017 at St Sebastian Platinum Jubilee Auditorium, Mangaluru.



Annual Retreat

The annual retreat of the Heads of the Departments was held on the 9th and 10th December, 2017 at UVA Meridian, Kundapura.



Admin Matters at Meridian!!

Direction In Society for Human Awareness (DISHA)

Chapter 2

This event was held on 4th February, 2018 at **Mother Teresa's Home**, a safe haven for the destitute, located at Sturrock Road, Mangalore. Volunteers accompanied by **Dr. Mithun Pai**, Cultural Co-ordinator, contributed food provisions and regaled the inmates with song medleys and dances. The inmates too danced with joy.



**DENTAL STUDENTS' ASSOCIATION
2017 - 2018**

Chapter 3



This third event of DISHA was held on 25th February, 2018 at **White Doves Home for the Destitute**, Mangalore. Along with the inmates, group songs and dance performances were made. The founder Mrs. Corrine Rasquinha, shared her story and thanked all students for their enthusiasm. Food and stationery were distributed to the inmates.

Chapter 4: Saving For A Rainy Day

The fourth event of DISHA was on the 27th February, 2018 at MCOADS, Mangalore. Fifteen umbrellas were distributed to personnel of Terrier, the Security Agency of the College. It was attended by the Dean Dr. Dilip G Nayak, Associate Deans Dr. Ashita Uppoor and Dr. Premlatha K, and Heads of Departments of MCOADS. The Chief Security Officer, Mr. Harish Chandra and Mr. Monappa Gowda Assistant security in-charge, were present on the occasion.



Alumni Reunion - Batch of 1988

A total of 55 alumni from the batch of 1988 attended the 30 year batch reunion from 16th to 18th February, 2018. The alumni shared nostalgic memories among their friends and teachers, and had an exclusive batch get together at River Roost resort. They also showed their generosity by instituting an endowment award for Overall Excellence for the Interns. For this purpose, a deposit of Rs. 55,000 as corpus was made.



Finishing touches to Internship

The Institutional Academic Reputation Cell (ARC) initiated the Wellness Club to provide a platform through which undergraduate students can acquire the much needed soft skills. The Wellness club was inaugurated on 3rd March, 2018; through a wellness workshop, emphasizing the impact of good personal space on professional success.

Dr. Suma Nair, Director Student Affairs MAHE was the chief guest for the event. Dean Dr Dilip Naik the guest of Honor and Associate Dean, Dr. Ashita Uppoor were also present. **Dr. Elsa Sanatombi Devi**, **Mr. Atul Surana**, **Dr. Ashwin Rao** and **Dr. Fiddy Davis** were the resource persons.



Invited lectures

The following Faculty members were invited to deliver lectures at different academic programs organized at National and International fora.



Dr. Ravi Kiran Ongole, Professor and Head, Department of Oral Medicine and Radiology, spoke on “Oral Cancer” at the Interdisciplinary conference on Healthcare and Technical Research (ICHTR), MAHE, Manipal held from 4th to 6th December, 2017.

Dr. Junaid Ahmed, Professor, Department of Oral Medicine and Radiology, on “CBCT in Orthodontics Clinical and Research”, hosted by the GYAN CDE Cell, A.J Institute of Dental Sciences, Mangalore on the 22nd December, 2017.



Dr. Asavari Desai with Dr. Sasil, an alumnus of the Department of Orthodontics, MCOODS, Mangalore.

Dr. Asavari Laxman Desai, Reader, Department of Orthodontics, spoke on “Comparison of the analgesic efficacy of Piroxicam and Transcutaneous Electric Nerve Stimulation on pain due to orthodontic separator placement - A single blind RCT” at the AEEDC, Dubai held from the 6th to 8th February, 2018.

Dr. Ashita Uppoor, Professor and Associate Dean, Department of Periodontology, spoke on “Regeneration and graft materials” at Perio Sameeksha, An Intensive Academic Review programme at Kochi. It was held from 22nd to 24th February, 2018.

She also was a resource person at the Rapid Review course held at SRM University, Chennai from 12th to 15th February, 2018 and spoke on “Host modulation in periodontal therapy”.



Dr. Srikant N, Professor and Head, Department of Oral Pathology and Microbiology, spoke on “Microscopy principles and Utility” at Master class Oral Pathology 2018, held at D A Pandu Memorial R V Dental College and Hospital, Bangalore from 6th to 9th February, 2018.

Dr. Sameep Shetty, Assistant Professor, Department of Oral & Maxillofacial Surgery gave a lecture on “Are Oral Malignancies in India Unique?” at Indian Dental Conference, Bhubaneswar held from 9th to 11th February, 2018.



Dr Rajesh G, Professor and Head, Department of Public Health Dentistry, spoke on “Communicable diseases *versus* Non-Communicable diseases - Epidemiology ” at Rapid Review Program, Pilot 2018 at Sri Ramachandra Medical College and Research Institute from 1st to 3rd February, 2018.

Excelled to Excel

Undergraduates



Miss. Vaishnavi G , III BDS student was selected as the climate counsellor from India for the Green Revolution Certification Programme.



Mr. Viral Dave, Intern was nominated for the Famdent Awards 2017 in the Student Of The Year Undergraduate Category.



Dr. Devyani Bahl was awarded consolation award as Best Intern - by Indian Health Professional Awards held at New Delhi on 23rd December 2017.

Ms. Rituparna Das, Ms. Tanupriya Bhatia and Mr. Shubham Agarwal won the first prize for their poster titled “Efficiency of WhatsApp in live field image transmission for Telepathology”, at the All India Poster Competition held at 71st Indian Dental Conference 2018 from 9th to 11th February, 2018 at Bhubaneswar.



Post graduates



Dr. Anu Sara Jacob, Dr. Anupriya Saxena, Postgraduate students from the Department of Oral Medicine & Radiology and **Mr. Nitin Garg**, Intern, secured the First Place in the Quiz competition on “Oral Cancer and 3D Imaging”, held at A.J Institute of Dental Sciences, Mangalore on 16th November 2017

Dr. Nunna Sai Chitra, III year Postgraduate student from the Department of Oral Pathology and Microbiology won the Best Paper award in her session at the XXVI National conference of the Indian Association of Oral and Maxillofacial Pathologist 2017 for her paper titled “Indices for Apoptosis, Mitosis and Turnover: Prognosticators of Oral Squamous Cell Carcinoma”.



Dr. Soham Chatterjee, II year Postgraduate from the Department of Periodontology, won the First prize in the Case Report category at the 42nd Indian Society of Periodontology National Conference, held at Kolkata from 24th to 26th November, 2017 for his poster titled, “Periodontally Accelerated Osteogenic Orthodontics (PAOO)- A surgical aid for faster teeth correction”- A Case report.

Dr. Khyati Narula, III year postgraduate in the Department of Orthodontics and Dentofacial Orthopaedics, Secured second place in the E-poster competition conducted at the 3rd Rapid Review Program in Orthodontics - ROAR 2018 held at Sri Ramachandra Medical College and Research Institute, Chennai from 4th to 6th January 2018.



Dr. Fidha Nazeer, II year Post Graduate Student, Department of Orthodontics and Dentofacial Orthopaedics was awarded the Third prize for her paper titled ‘Expanding The Envelope-revolutionising The Approach To Treat Skeletal Malocclusions’ at the 22nd IOS PG convention held at D.Y Patil Dental College and Hospital, Navi Mumbai from 15th to 18th February, 2018.



Postgraduates from the Department of Paedodontics & Preventive Dentistry were awarded the Second Prize for the 'Mannequin Challenge' competition, themed 'Managing a Difficult Child', at the 15th ISPPD National PG Convention, Vododara, Gujarat held from 8th to 10th February, 2018.

From top left to right - **Dr. Ellana J Joseph, Dr. Sowmya Sridhar, Dr. Savil Uchil, Dr. Pooja M P**

Dr. Shreyasi Tiwari, II year Post Graduate Student, Department of Orthodontics and Dentofacial Orthopaedics has been awarded the Second prize for her table clinic titled "NAMo: Naso-Alveolar Moulding Optimized" at the 22nd IOS PG convention held at D.Y Patil Dental College and Hospital, Navi Mumbai from 15th to 18th February, 2018.



Dr. Naga Ravalika Kothuri, II year postgraduate of the Department of Public Health Dentistry, won the third prize for her paper on "Anganwadi Workers as Oral Health Care Personnel: A Mixed Methods Study" at the 71st Indian Dental Conference, Bhubaneswar from 9th to 11th February, 2018.

Faculty

Dr Karthik Shetty, Additional Professor, Department of Conservative Dentistry & Endodontics has been elected as the President Elect of the Indian Dental Association, Dakshina Kannada Branch at the 72nd Annual General body meeting held on 28th December, 2017.



Dr. Mithun Pai, Associate Professor, Department of Public Health Dentistry, won the Best Paper award for scientific poster titled "Revised Dental Beliefs Survey- Cross- Cultural Adaption among an Adolescent Indian rural population" at the 22nd National Conference of Indian Association of Public Health Dentistry, held from 3rd to 5th November, 2017 at Dhule, Maharashtra.

Dr. Rajesh G, Professor and Head, Department of Public Health Dentistry has been elected as the Executive Committee Member of the Indian Association of Public Health Dentistry, at the Annual General body Meeting (AGM) of the 22nd National conference of Indian Association of Public Health Dentistry from 3rd to 5th November, 2017 at Dhule.



Guident Awards



Left to right: Dr. Ashith, Dr. Nandita K P, Dr. Suma, Dr. Sowmya, Dr. Neetha

Faulty and Postgraduates of MCOADS, Mangalore were recognized for their excellence in Academics and teaching, for the year 2016 - 2017 by Guident, at the Guident Award Ceremony that was held on the 24th December, 2017 at All India International Center, New Delhi.

The following are the recipients of the honor

Most Proactive Dental Academician : Senior

| | |
|----------------------|--------------------------------------|
| Dr. Kundabala M | Conservative Dentistry & Endodontics |
| Dr. Ravikiran Ongole | Oral Medicine & Radiology |

Most Proactive Dental Academician: Junior

| | |
|---------------------|--------------------------------------|
| Dr. Ashith M V | Orthodontics |
| Dr. Manuel S Thomas | Conservative Dentistry & Endodontics |
| Dr. Ashwin Rao | Paedodontics & Preventive Dentistry |
| Dr. Nanditha Shenoy | Oral Medicine & Radiology |
| Dr. Nandita K P | Oral Pathology |

Best Postgraduates

| | |
|---------------------|--------------------------------------|
| Dr. Suma | Orthodontics |
| Dr. Neetha G Shenoy | Conservative Dentistry & Endodontics |
| Dr. Sowmya Sridhar | Paedodontics & Preventive Dentistry |

Winners at Dentofest



Awards for Posters

From left to right - Mr. Nitin Garg, Dr. Manuel Thomas (1st Prize); Mr. Nitin Garg, Mr. Parth Chabria, Dr. Sangeeta (2nd Prize); Ms. Aashna Roy (3rd Prize) receiving their awards from Dr. Ashita Upoor.

Awards for Table Clinic

From left to right - 1st, 2nd and 3rd place respectively, receiving the award from Dr. Premalatha K.



Ms Pooja, Mr. K S S Babu, Ms, Maithtreye and Ms. Mahima.

Ms. Fiona Shee, Ms. Heng Hui Ni.

Mr. Vedant, Ms. Anila. Ms. Kaveesha, Ms, Amrutha and Ms. Sai Soumya.

TAPMI Brandscan



The Team MCODS, Mangalore won the Second prize in Mad Adds competition held on 12th November 2017 at 25th edition of Brandscan, Annual Marketing Research Fair conducted by T A Pai Management Institute, Manipal.

Confabular 2018

Debate competition conducted by Manipal College of Dental Sciences, Manipal was held on 20th February 2018. The topic for the debate was, Death penalty belongs in the medieval ages, MCODS Mangalore debate team comprised of Ms. Aiman Itrat Abbasi, Ms. Sreya Dutta and Mr. Sparsh Kapoor. Ms. Aiman Itrat Abbasi won the Best speaker prize.

Matru bhasha Divas



Matru Bhasha Divas was conducted on 21st February, 2018 in collaboration with KMC Mangalore.

Ms. Mahima S and **Mr. Mudit Sharma** won the First prize in Elocution and Poetry writing competitions respectively.

Adrenaline 2018

This intercollegiate event was organized by the Father Muller Medical College, Mangalore from 14th to 21st February, 2018.

Students from our college won the following prizes: Third prize in Pot Pourri and Solo dance; and First prize in Art relay, Street play, Treasure hunt, Solo dance and Debate.





**DENTAL STUDENTS' ASSOCIATION
2017 - 2018**

Dental students Association 2017 - 2018



The much anticipated event of DSA, the Dental Week, inter batch sports and cultural competitions took off in the 1st week of March.



The Annual Sports Day was held on 4th March, 2018 at Marena Spts Complex. Mr. Vinod Nayak, was the chief guest for the same.

Students of all the batches and the Faculty team participated in the march-past and competed in various track and field events.

Dental Week Itinerary



Faculty



Interns &
Postgraduates

| | |
|------------|---|
| 08/03/2018 | Cartooning, Creative writing, Cross word, Graffiti |
| 09/03/2018 | COLLOSEUM quiz prelims, Rangoli, Sketching, Painting, Collage |
| 10/03/2018 | Quiz prelims, Movie spoof, JAM, Quiz, Mad Ads |
| 11/03/2018 | Poetry, Debate, Folk dance (group), Extempore, Face painting, Stand up comedy, Pot Pourri, Mimicry, Street play, Mock press, Mime |
| 12/03/2018 | Antakshari prelims, Clay modelling, COLLOSEUM quiz finals, Mystery box challenge |
| 13/03/2018 | Short film presentation, Musical night |
| 14/03/2018 | Cultural and variety show |
| 15/03/2018 | Spot photography, Installation |
| 17/03/2018 | Valedictory Function |



First year



Second year



Third year



Final year

Alumnus Recalls....



Dr Chakradhar Sana, Alumnus of Department of Periodontology, is a private practitioner at “Sana Dental Clinic” at Vishakapatnam.

These are the excerpts of the interview the Editorial committee conducted. This is what he feels and expresses about the department.

You opting Postgraduation in Periodontology - was it by Choice?

Quite shockingly, no...I was very keen on Conservative Dentistry and Endodontics or prosthodontics, because I loved both these subjects and I was awarded in both of them. My third option was Periodontology, funnily enough I thought Periodontology is just all about Carranza 😊 now I know how naïve I was.

Sometimes I still think about the fact that why Periodontology wasn't my first choice. The answer to this question lies in the fact that, there is very less knowledge given to students at under-graduation level. All I knew about perio department was scalings and scalings and scalings....

I fell in absolute love with the kind of treatments we do in our department. I still treasure all the sweet memories 😊

What was your experience as a Postgraduate in the department?

As I was an under graduate from the same university, I knew the- if's but's and about's of how the department functions. I look back to the day I first entered our department, as a young under graduate- my hopes were high and there was a fire within to do something. I couldn't have asked for a better place to complete my post-graduation. Those 3 years of post-graduation were the 'best days of my life' (as in the song - 'summer of 69').

Every day was a learning experience. I don't remember a single day when I felt not to go to my department. Another reason I chose MCOODS, Mangalore is because the number of patients in the department. We never had any dearth of patients, from simple treatments to complex ones we had all the variety of patients. The advantage with that is I learned how to talk to patients, how to make them understand the treatment.

Coming to the key reason behind such successfully working department— our Faculty. I have nothing but immense respect, love and well wishes for them. It was a family away from home. They guided me, supported me, encouraged me and most of all held my hand and taught me the finer details of the craft. Words will not do justice to the amount of respect I have for our Faculty (Guru devo bhava).

Your unforgettable memory/ experience in the department

I can never forget the moment when I received innovation awards. It was always my dream to do something different in the field of dentistry. I was blessed to have been under guidance of such teachers who nurtured my ambitions. A special mention to Dr. Ashita Uppoor madam, you believed in me and supported me all the way.

Post post-graduation, were you confident in setting up your own enterprise? What were the challenges you faced and how did you handle them?

After my post-graduation I was offered in almost all the leading corporate dental clinics owing to my degree from a very reputed University. I was very happy to have joined one of the best corporate clinics in south India. It was there I learned the importance of having a post-graduate degree and more so Periodontology as a specialization. I was considered the best dentist in the clinic because of my OP (out-patient) skills, I was able to diagnoses problems which others couldn't. The main reason behind this is the importance of OP examination we were taught in my College, we were always taught that "Diagnosis is half the treatment". I used to work really hard for long hours without any problem because of my training during post-graduation. I used to perform numerous flap surgeries, LASER surgeries and recession coverage procedures every week, which used to be quite satisfying. All of this was possible because I had practiced all these procedures earlier. After a very short while I became the clinic head and was given more responsibilities. It was then I realized that I was confident to set-up my own clinic. The next year I opened my very own clinic which was a dream come true for me. Never in my life outside Manipal University had I felt the need to go and to join any training modules or courses. Only challenge I faced outside was the lack of respect towards dentists, lack of good opportunities and the commercialization of every aspect of it. I really hope for a better future for all dentists.

Strength of the department according to you
MCOADS is a family and a family is always strong together. It is not the individuals that matter, it is what everyone contribute towards the greater good that matters. I can proudly say that I love my department with

all my heart and everyone will be a part of it. The discipline of our department is the best I have seen, everything is planned for everybody. The teaching environment is the most which I miss and the selflessness with which all the teachers work with students is exemplary. One highlighting feature is procedures like dental implants and LASER surgeries are routine part of our curriculum.

What are your suggestions to the current post graduates

My suggestion to current post-graduates would be to use and imbibe all the knowledge from our Faculty because you will not find better anywhere else. Practice, practice and practice...that's the only way you will be the best. You are blessed to be part of this prestigious college and department, so make use of it. Make sure you love what you do!! Try to be better than what you were yesterday...

It will be fun, I bet you ☺

Your suggestions to improve the department

As it is said, change is the only thing constant. I would recommend/suggest our department to keep updating with the latest technology in the field of Periodontology and Implantology. Our department is in the able hands of respected Dean (Dr. Dilip Naik) and Associate Dean (Dr. Ashita Uppoor) who with our ever supportive Head of the Department (Dr. Deepa) will make sure that we have our best foot forward. I am sure everyone in our department is inspiring young dentists to think outside their comfort zones. A big thank you to Dr. Neetha Shetty, Dr. Swati and Dr. Sangeeta for being the best. Also, thank you to Dr. David to teach me how to be cool under all circumstances, Sir I miss those small talks we used to have.

Department of Periodontology



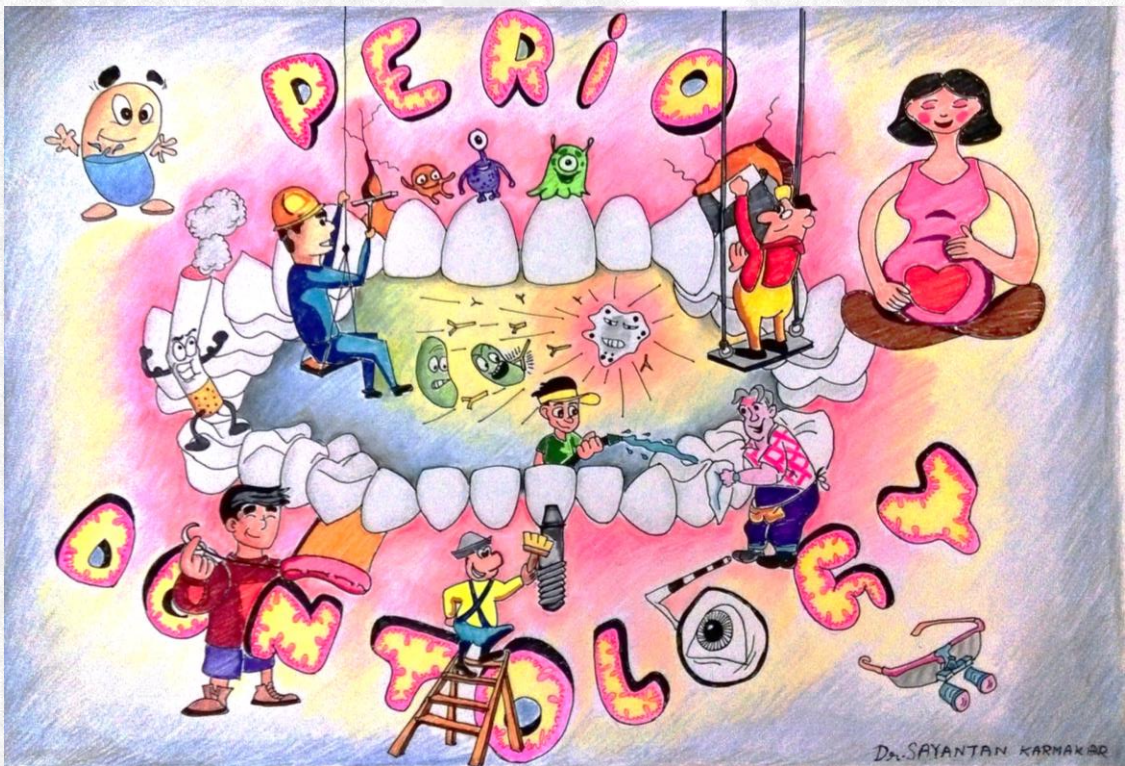
Standing (Left to Right): Dr. Sangeeta Nayak,
Dr. David K, Dr. Swati
Sitting (Left to Right): Dr. Dilip G Naik,
Dr. Deepa G Kamath, Dr. Ashita Uppoor,
Dr. Neetha J Shetty

The Department of Periodontology was established in the year 1987, while the postgraduate programme was initiated in 2007. The Faculty of the department have to their credit research grants, research awards (including Dr TMA Pai Research Excellence), scientific publications in National and International Journals and have authored textbooks including the 12th South East Edition of Carranza's Clinical Periodontology.

The curriculum of Periodontology for undergraduate and postgraduate learning is innovative, expansive and interactive. Periodontal Medicine, LASERs, Implantology and Molecular biology research are its recognized strengths.

The students are encouraged to participate at various professional conferences and they have made award winning presentations.

As a responsibility towards oral health awareness among common man, the department celebrates Oral hygiene day every year on 1st August. Periodontology is not just scaling, and this has been rightly depicted in the picture below.



Picture courtesy: Dr. Sayantan Karmakar, III year Postgraduate Student, Department of Periodontology

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