

COMMUNIQUE

Official Newsletter of MCODES Mangalore

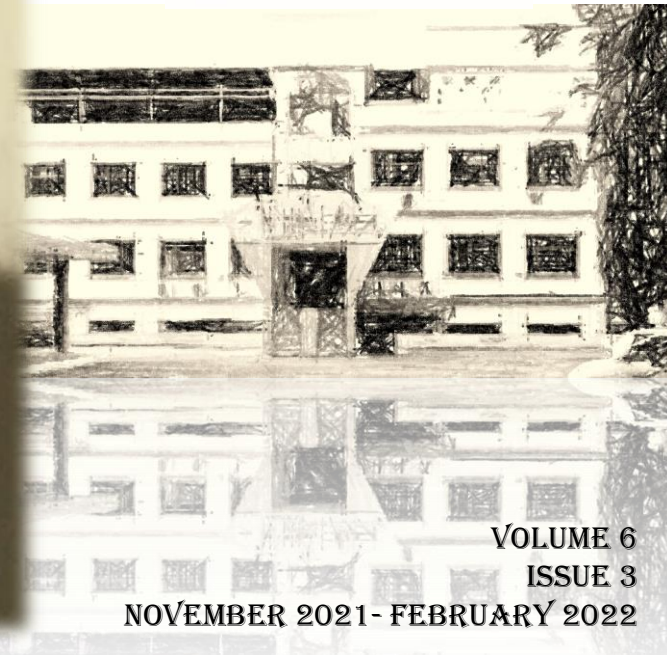
Education is the
greatest single factor
in freeing India's
talent for service to
our country.



“MCODS MANGALORE UNPARALLELED”



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



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NOVEMBER 2021- FEBRUARY 2022

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Dr. Srikant. N

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Dr. Ankita
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Dr. Ishani
Saluja

Dr. Ravi
Gupta

GREETINGS FROM DEPARTMENT OF CONSERVATIVE DENTISTRY AND ENDODONTICS

Change is the only constant. This is something that we have learnt the hard way over the last two years. It has been a tough period of time to navigate through, including for academic institutions. The outcomes of these changes forced on us by the COVID-19 pandemic will be with us here to stay. The term work from home (WFM) which was alien to us earlier is now common parlance. Online meetings have become the norm and not an exception. Digitisation has accelerated at a breakneck pace and is essential for us to function. The new normal has become routine.

With all the chaos around, MCODES Mangalore has been steadily steered through it by the entire Management team, who have continuously monitored and adapted to a relentlessly unpredictable scenario. The result has been that we have emerged through three waves stronger than ever before and looking forward to achieving greater heights.

On the department front, we are looking forward to the utilisation of our new preclinical laboratory which has been meticulously planned and executed to ensure that we have a world class facility for delivery of training. This facility includes all New Phantom head units including one Master unit equipped with a camera for relaying the demonstrations to the students. The lab has been equipped with two LCD screens and it also has three adjacent seminar/demonstration rooms for conducting workshops and courses in the future.

The college has added a fresh breath of youth to the rolls of the staff in the last year and the effects of this are evident even in the current issue of Communicate with the new entrants to the editorial team making their presence felt. I thank Dr Roma (Editor) along with Dr Sreelakshmi, Dr Mrinalini (Associate Editors) and the rest of the editorial team for doing a wonderful job in compiling this issue of the Communicate with great enthusiasm and purpose.

I wish all a very happy reading!

Dr. Karthik Shetty
Professor and Head of the
Department





The newly admitted batch of postgraduates at MCOODS, Mangalore (Batch of 2021) were oriented to their course officially on the 18th of November 2021. This year a full day program was conducted including lectures on wide range of topics such as patient care, management of medical emergencies, clinical documentation, research methodology etc.



The Department of Oral & Maxillofacial Surgery hosted hands on workshops on “Obstructive Salivary gland disorder” and “Sialoendoscopy.” They also hosted the Indian Board of Oral & Maxillofacial Surgery Examination of AOMSI on 1st December, 2021 as part of 45th Annual conference of AOMSI. The programs were attended by participants from various parts of the country.

BENCH TEST WORKSHOP 2021: The workshop commenced on 6th December 2021. **Dr. Sharon Saldanha**, Course Coordinator, Mangalore welcomed the participants to the workshop. The workshop featured didactic and hands-on sessions under the guidance of inhouse faculty. The resource persons for the program were **Dr. Kundabala M, Dr. Ramya Shenoy, Dr. Sharon Saldanha, Dr. Roma** and alumni, **Dr. Viral Mehta & Dr. Nikita Rungta**. A series of lectures & demonstrations on restorative dentistry was conducted followed by hands on practice sessions by the delegates. At the end of this, mock tests were conducted.

The rotary club (Kadaba Taluk) along with MCOODS Mangalore installed two new dental chairs in Koila Primary Health Centre. Regular dental camps are held once a month, where services such as restoration, scaling, extraction and dentures are delivered to the patients. On December 3, 2021, the renovated dental clinic was opened for the public.



The Dental OPD in **Shri Durga Sanjeevani Hospital, Kateel** resumed again post the lockdown with specialists from the institution visiting the hospital on a regular basis. The operating room is equipped with 2 dental chairs, an X-ray unit and a separate chamber for sterilization of instruments. The full range of dental treatments are provided at the OPD on a daily basis.



Fire Training and Safety Workshop was conducted at MCODS, Mangalore on 11th and 12th January, 2022. This program was organized to create awareness among teaching and non-teaching staff regarding the emergency management during accidental fire outburst.



Laxmi Pooja was organized on 4th November 2021 to symbolize the victory of light over darkness. **Dr. Mohan Baliga** and his wife performed the rituals of the pooja.

An Online Lecture was organized by the Department of Pediatric & Preventive Dentistry, Manipal College of Dental Sciences, Mangalore on 23rd November 2021 with **Dr. Raghbir Kaur** (Director, Pediatric Dental Services, NYU Langone Medical Center, NY, USA.) who is also an adjunct faculty at the Department of Pediatric and Preventive Dentistry, MCODS Mangalore . Dr. Raghbir Kaur is an alumnus of Batch 1999. The topic of the lecture was “Conscious Sedation” and was based on her experiences as a Pediatric Dentist at NY, USA.

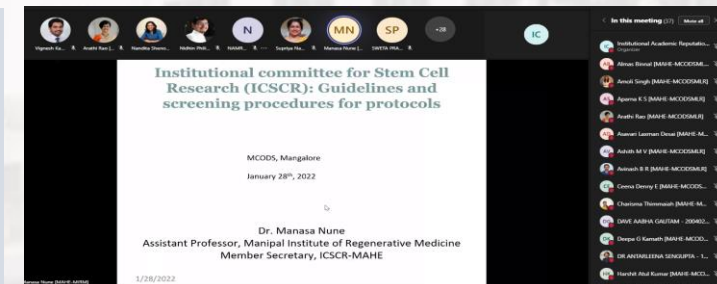


Gender Sensitization Program
Institutional Academic Reputation Cell MCODS, Mangalore organized a program on Gender Sensitization on 27.01.2022. The resource person was Mrs. Lata Holla, renowned lawyer from Mangalore. Mrs. Holla spoke about the laws pertaining to Sexual Harassment at workplace and highlighted the responsibilities and rights of the institute as well as individuals under this law.

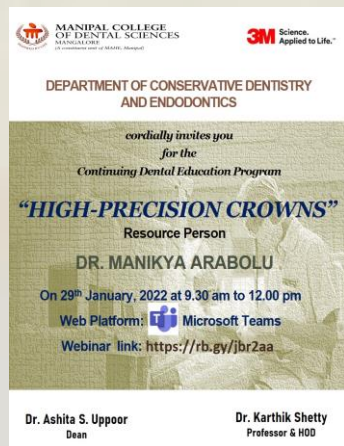
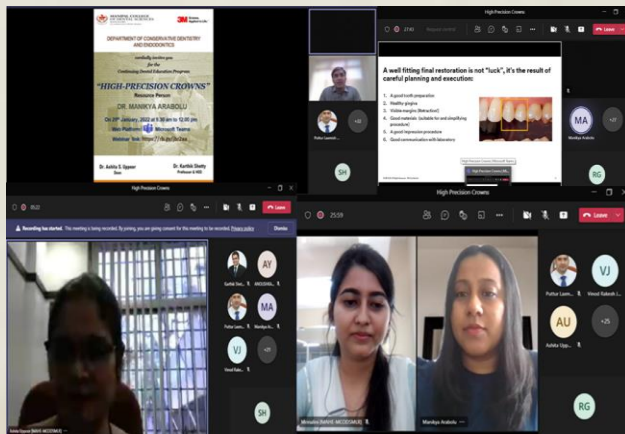


Faculty Development Program

The Dental Education Unit under the Institutional Academic Reputation Cell, MCODS, Mangalore organized a Faculty Development Program titled “ Institutional Committee for Stem Cell Research: Guidelines and Screening Procedures for Protocols”. The resource person was Dr. Manasa Nune (Assistant Professor in MIRM & Member Secretary for the Institutional Committee for Stem Cell Research (IC-SCR) of MIRM, MAHE) and Dr. Gopal Pande, Dean of School of Regenerative Medicine, MAHE. They explained the key regulatory points governing stem cell research. The program was attended by the faculty, the postgraduates and the members of Institutional Ethical Committee from MCODS.



CDE programme



A CDE program was organized by the Department of Conservative Dentistry and Endodontics in association with 3M, India on 29th January 2022.

Dr. Manikya Arabulo was the resource person for the program who spoke on “High Precision Crowns.”



Resource person

India's first colloquium was conducted for developing an Aesthetic Dentistry Protocol for Indian population in Terna Dental college, Nerul on 12th November 2021.

Dr. Mrinalini, Senior Lecturer, Department of Conservative Dentistry and Endodontics was one of the resource persons for the colloquium. The program was inaugurated by Prof. **Dr. Dibyendu Mazumder**, President Dental council of India.

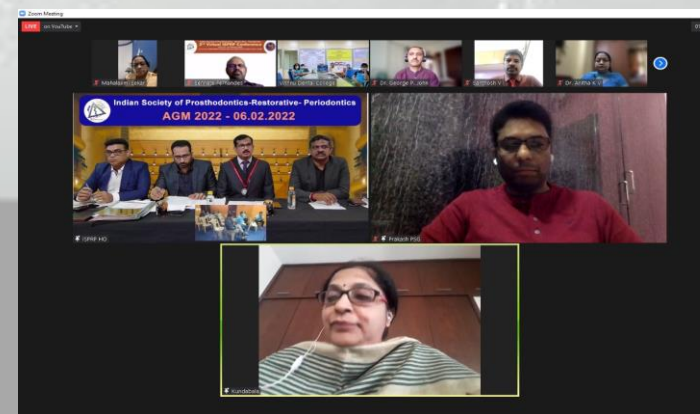
INDIAN SOCIETY OF PROSTHODONTICS-RESTORATIVE-PERIODONTICS



Dr. Kundabala M



Dr. Manuel Thomas



Dr. Neetha J Shetty

A preconference workshop, “Simple solutions for posterior composite restorations” was conducted by Dr. Kundabala Mala, Dr. Manuel Thomas and Dr. Neetha Shetty at ISPRP Conference on 4.02.2022.

A



Dr. Manuel Thomas



Dr. Neetha J Shetty



Dr. Dharnappa



Dr. Roma



Dr. Nidhi , Dr. Srikant N, Dr. Shweta

The Good Teacher Award for the year 2020

- **Dr. Manuel Thomas**, Associate Professor, Conservative Dentistry
- **Dr. Dharnappa Poojary**, Associate Professor, Oral & Maxillofacial Surgery
 - **Dr. Neetha J Shetty**, Professor & Head, Periodontology

Best Audio-visual material 2020

First prize Awarded to the team

- **Dr. Dharnappa Poojary**, Associate Professor, Maxillofacial Surgery
 - **Dr. Srikant N**, Professor & Head, Oral Pathology

Best Audio-visual material 2020

Second Prize awarded to the team

- **Dr. Amita Lewis**, Associate Professor, Oral Pathology
- **Dr. Nidhi Manaktala**, Associate Professor, Oral Pathology

Dr. TMA Pai Gold Medal for Outstanding Research publication for the year 2020

Ms. Rituparna Das, undergraduate and **Dr. Nidhi Manaktala**, Associate Professor, Oral Pathology won the prestigious TMA Gold Medal for the best publication (Q1 publication).

TEAM : **Dr. Tanupriya Bhatia**, **Dr. Shubham Agarwal**, **Dr. Srikant N**, Professor & Head, Oral Pathology, **Dr. Amitha Lewis**, Associate Professor, Oral Pathology, **Dr. Shweta Yellapurkar**, Assistant Professor, Oral Pathology

Maximum FAIR publication points 2020

Dr. Roma

Reader, Conservative Dentistry and Endodontics

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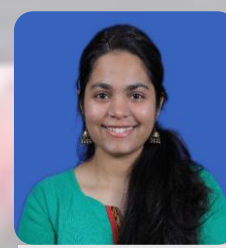
INCENTIVE AWARDS



Dr. Nidhi



Dr. Rituparna



Dr. Tanupriya



Dr. Vidushi



Dr. Shubham



Dr. Madhu

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	Name of the student	Corresponding Author
1	Dr. Rose Maria Joseph	Dr. Ashwin Rao
2	Dr. Tanupriya Bhatia	Dr. Nidhi Manaktala
3	Dr. Shubham Agrawal	Dr. Nidhi Manaktala
4	Dr. Rituparna Pronajit Das	Dr. Nidhi Manaktala
5	Dr. Valliammai R	Dr. Sangeeta U Nayak
6	Miss. Madhumitha M	Dr. Dharnappa Poojary
7	Dr. Madhu Sharma	Dr. Nidhi Manaktala
8	Dr. Vidushi Gupta	Dr. Nidhi Manaktala
9	Dr. Ritvi Arvind	Dr. Roma
10	Dr. Shambhavi Sharma	Dr. Ramya Shenoy
11	Dr. Namitha Pottammal	Dr. Ashwin Rao
12	Dr. Abhinav Kathuria	Dr. Nandita K P
13	Dr. Gundeti Vaishnavi	Dr. Shweta Yellapurkar
14	Dr Madhu K Bangera	Dr Ravindra Kotian



Dr. Dharnappa



Madhumita



Dr. Roma



Dr. Ritvi



Dr. Ramya



Dr. Shambhavi



Dr. Sangeeta



Dr. Valliammai



Dr. Ashwin



Dr. Rose



Dr. Namitha



Dr. Shweta



Dr. Vaishnavi



Dr. Nandita



Dr. Abhinav



Dr. Ravindra



Dr. Madhu K

“ALUMNI AWARDS 2020”



Ms. Rasane Purva Yogesh

Dr. Kopal Vasudev memorial award for excellence in research in the year 2020 which was instituted by her parents Mrs. & Mr. Pramod Kumar Yadav

Ms. Rasane Purva Yogesh

Award for Overall Excellence was instituted by the 1988 Batch Alumni of MCOADS Mangalore

Ms. Saisaumya Tiwari

Silver Jubilee Alumni Gold Medal for the student who scored Highest Marks in Final B.D.S. for the year 2020.

Ms. Amrita Kaur Bhumra

Dr. Dilip Kumar Ghosh Gold Medal for the Postgraduate student standing 1st in MDS Examination in Orthodontics and Dentofacial Orthopaedics for the year 2020.

Dr. Collin Robert

Smt. Kumkum Ghosh Silver Medal for the Postgraduate student standing IInd in MDS Examination in Orthodontics and Dentofacial Orthopaedics for the year 2020.

Dr. Nirali Shetty

Late Maninder Singh Memorial Award – for the Best Outstanding Student in I B.D.S

Ms. Ananya Jha

Mr. Abhilash George Endowment Prize – for the Best Outstanding Student in III B.D.S

Ms. Arpita Banerjee



Ms. Saisaumya Tiwari



Ms. Amrita Kaur



Dr. Collin Robert



Dr. Nirali Shetty



Ms. Ananya Jha



Ms. Arpita Banerjee

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Dr. Rashmita Rathnakar and Dr. Shradha Bhutoria 2nd year postgraduates, Department of Prosthodontics won the best paper presentation on the topic – "Smile designing - Redesigning dental aesthetics one smile at a time" at the 49th IPS conference, Chennai under the guidance of **Dr. Umesh Pai** Associate Professor, Department of Prosthodontics.



Dr. Mohana Boraskar, Final year postgraduate, Department of Oral Medicine and Radiology, won the Second prize in paper presentation for titled "Morphometric and Volumetric Evaluation of Maxillary Sinus as an aid in sex determination in Forensic Odontology" presented at the 18th Annual National Conference of Indian Association of Forensic Odontology – Innovations and Trends in Forensic Odontology held on 25th and 26th September 2021, organized by Department of Forensic Medicine, GS Medical College and KEM Hospital, Mumbai.



Dr. Mahima Mishra (MCOADS Mangalore 2015-2020) was one of the winners of the National Innovation Contest (NIC) conducted by the Government of India, Ministry of Education. She has received funding of Rs. 5.5 Lakh for developing a prototype for "Aerovacuator – A Dental Aerosol Evacuator." She was also one of the team members in the early-stage startup "RedKart – Online Store for Dental Supplies" which was declared a winner in MAHE Business Idea Competition, Nov-Dec 2021.



Dr. Shreya Raj, 2nd year postgraduate, Department of Conservative Dentistry and Endodontics, secured 1st prize in the ISPRP Essay Competition 2021 under the guidance of **Dr. Neeta Shetty**, Professor, Department of Conservative Dentistry.



Dr. Aishwarya Rai, 2nd year PG, Public Health Dentistry was awarded the Best Poster at the 25th IAPHD National conference held from 18th to 21st November 2021 under the guidance of **Dr. Mithun Pai**, Associate Professor, Department of Public Health Dentistry.



Dr. Aishwarya Rai, 2nd year post graduate student and **Dr. Sushma Rao**, 1st year postgraduate student, Public Health Dentistry have been awarded with the financial assistance to research for the project titled "Impact of COVID -19 on accessibility to dental health services among adult patients in Koila-A qualitative study" by Rotary Club of Puttur for the year 2021. This project will be done under the guidance of **Dr. Ramya Shenoy**, Associate Professor, Department. Public Health Dentistry.

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Dr. K B Roshni, First year postgraduate from the Department of Periodontology and **Dr. Kadambari and Dr. Shristi**, First year post graduates from Department of Conservative dentistry and Endodontics were awarded the Consolation prize for Poster presentation at the 2nd National Virtual ISPRP Conference - 4th-6th Feb 2022.

Dr. Antarleena Sengupta, Final year postgraduate from the Department of Periodontology was awarded the 1st prize for E-Paper presentation at the 2nd National Virtual ISPRP Conference conducted by the Indian Society of Prosthodontics-Restorative-Periodontics from 4th-6th Feb 2022.



Dr. Suhina Mitra, Dr. Sweta Pradhan, and Dr. Anirudh Garg, final year postgraduates from the Department of Periodontology and the Department of Conservative Dentistry respectively, were awarded the 1st prize for their E-Paper presentation at the 2nd National Virtual ISPRP Conference from 4th-6th Feb 2022.



Ms. Ritu Gupta (Intern) won the third prize in essay writing competition titled , “Prosthodontics- A Galore of opportunities” under the guidance of Dr Umesh Pai , Associate professor , Department of Prosthodontics at the state level essay writing competition organized by the Indian Prosthodontic Society, Karnataka as a part of Prosthodontics day, 2022.

Amrita Kaur Bhumra (Intern) received a merit award for securing first position in the subject of Periodontology for the year 2020. The award was given by the Indian Society of Periodontology



Dr. Urbashi Roy, second year postgraduate from the Department of Periodontology was awarded a consolation prize in the E- poster competition at the 45th National Conference by Indian Society of Periodontology.



Ms. Disha Prabhu (Final Year BDS Part I) secured a consolation prize at the “State Level E-Poster Competition 2022” for Undergraduate Students of Karnataka, which was held by Indian Prosthodontic Society- Karnataka in collaboration with the SDM College of Dental Sciences and JSS Dental College.



Dr. Arathi Rao, Professor , Department of Pediatric & Preventive Dentistry was awarded the “Session’s best presentation – Poster ” at the third International Conference on Public health and well-being 2021, held from 3rd to 4th December 2021. The title of the presentation was “Association of passive smoking on the Physical, Dental and Behavioral Growth of Children at 12 years of age – A Cross Sectional Study ”.



Dr. Umesh Pai , Associate Professor in the Department of Prosthodontics presented a lecture along with Dr.Pratistha Mishra, University of Kentucky on “Sleep apnea and its relevance to everyday Prosthodontic practice” in the 49th Indian Prosthodontic Society conference held at Chennai from 1st to 5th December 2021.
He presented a lecture on “ Plagiarism in Higher Education : Dos and Don'ts” at AB Shetty Memorial Institute of Dental Sciences on 24th December 2021.



Dr. Supriya Nambiar, Professor and head, Department of Orthodontics presented a webinar on the topic “Enhancing competencies among health professionals for primary prevention in oral health care using an interprofessional approach” at ATBH-X Reinvented Café (Arab speaking network and Indian Interprofessional Education Network) via online mode organized by Qatar University on 3rd December 2021.



Dr. Ramya Shenoy, Associate Professor, Public Health Dentistry presented a lecture on “Research grant application drafting” at Saveetha Dental College on 4th February 2022. She presented a lecture on “Funding for Research- “An insight into various avenues available for dentists” at Sri Ramakrishna Dental College & Hospital on 9th February 2022. She shared tips to protect ageing teeth and gums titled “Is your oral health worsening? Try these tips to protect your ageing teeth and gums” on Onlymyhealth.com, a health and lifestyle E-journal.



Dr. Ashith M V, Associate Professor , Department of Orthodontics presented a webinar titled “Demystifying Cleft” on 19th December 2021 in a CDE hosted by the Department of Orthodontics, SAIDS, Calicut. He was invited as a speaker at the 45th Annual Conference of AOMSI at TMA Pai Convention Centre, Mangalore on 3rd December 2021 where he gave a presentation on the topic “My journey as a surgical orthodontist”



Dr. Ashwin Rao, Associate Professor, Pediatric & Preventive Dentistry delivered a guest lecture on the topic “The Practical Utilization of Oral Sedation in Pediatric Dentistry” at the national virtual conference on conscious sedation organized by Sree Balaji Dental College and Hospital, Chennai on 8th December 2021.



Dr. Siddarth Shetty , Professor, Department of Orthodontics was invited as a speaker at 45th Annual Conference of AOMSI at TMA Pai Convention Centre, Mangalore on 3rd December 2021 where he gave a presentation on the topic “BIMAX- An Orthodontist’s Perspective.”



Dr. Karuna YM , Reader, Pediatric & Preventive Dentistry won the best paper award at 42nd National ISPPD (Virtual) Conference 2021 –PED ‘O’DISHA for the paper titled “Personal Protective Equipment Related Challenges Faced by Pediatric Dentists during the Behavioral Management of Children: A quantitative study.” The conference was held between 25th to 27th November 2021.



Dr. Karthik Shetty, Professor and Head of the Department of Conservative Dentistry and Endodontics, delivered a guest lecture on "Scope for retreatment in endodontics“ on the 13th February 2022 in a CDE program hosted by the Indian Dental Association, Udupi branch.

Congratulations BDS 2017 Batch for 100% result in Final year University Examinations

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Pilasters Of Prudence- Batch of 2017

Four years thy beautiful journey does call for cliché things! From the first year tussles to attaining 100% results in Final year University Examination-“Good company in a journey makes the way seem shorter.” Memories of running helter-skelter helping others in acrylizing dentures to drawing record diagrams for “I’m not very artistic” ones.....to the unprecedented and uncalled moments when we all had each others’ back and even more!! These treasure trove of memorabilia had us through thick and thin. From 158 exams to countless viva- voces..... From cramming drug doses to finishing cavity quotas.....From Mr./Ms. to Dr.....From *Destiny* to *Dentistry*!

“... I hope life treats you kind

And I hope that you have all

That you ever dreamed of

Oh I do wish you joy and happiness

But above all this

I wish you love”

- AKASH ADAK

Intern





MAHE Inter Collegiate/Institutional staff Basketball tournament was conducted on the 17th and 18th of January 2022 at KMC Basketball court, Manipal.

Dr. Shivprasad Rai, Dr. Harshit Atul Kumar, Dr. Manuel Thomas and Dr. Ashik from MCOODS Mangalore were part of the Mangalore campus team which won the tournament.

Faculty from MCOODS Mangalore participated in the MAHE Inter Collegiate Staff Badminton Tournament on 5th December 2021. **Dr. Mranali K Shetty**, Associate Professor and **Dr. Shweta Shetty**, Tutor, Department of Periodontology, won the first prize in the women's doubles category.

Dr. Mranali K Shetty, Associate Professor, Periodontics was the Runners up at the MAHE Inter Collegiate Staff Badminton Tournament in the women's singles category.





Dr. Ravi Pillai, the Vice-Chancellor of RKDF University, Bhopal, Madhya Pradesh, alumnus from the batch of 1990 MCODS Mangalore, visited the college on 3rd December, during AOMSI 43rd annual conference.



Dr. Shubashish Das (UG Alumnus , Batch 2010) has been selected for DDS at the university of Colorado School of Dental Medicine, Denver, Colorado.
Dr. Madhura Sen (UG Alumnus, Batch 2012) has been selected for DMD at the University of Pennsylvania School of Medicine.
Dr. Nikita Rungta (UG Alumnus, Batch 2013) has been selected for DDS at the university of Michigan School of Dentistry.



Dr. Nikita Agarwal (UG alumnus: Batch of 2010, PG alumnus: Batch of 2016) conducted a workshop on the topic “Embracing Digital Dentistry” on 18th February 2022 in the Department of Prosthodontics and Crown and Bridge, MCODS, Mangalore.

PRE CLINICAL LAB INAUGURATION



Preclinical Conservative lab was inaugurated on 3rd February, 2022 by **Dr. Dilip G. Nayak**, Pro Vice Chancellor, Mangalore. The inaugural program was attended by Dr. Ashita S. Uppoor, Dean, MCOODS, Mangalore, Core committee members and the faculty of the Department of the Conservative dentistry and Endodontics.

The new preclinical laboratory has been meticulously planned and executed to ensure a world class facility for delivery of training. This facility includes phantom head units including one master unit equipped with a camera for relaying the demonstrations to the students. The lab has been equipped with two LCD screens and it also has three adjacent seminar/demonstration rooms for conducting workshops and courses in the future.



DEPARTMENT OF CONSERVATIVE DENTISTRY AND ENDODONTICS



Dr. Karthik Shetty

Dr. Kundabala M

Dr. Neeta Shetty

Dr. Manuel Thomas

Dr. Puttur Laxmish Mallya

Dr. Vinod Rakesh Jathanna

Dr. Shreya Hegde

Dr. Roma M

Dr. Janina Loren D'Souza

Dr. Ishani Saluja

Dr. Sreelakshmi Pradeep

Dr. Mrinalini

Dr. Ravi Gupta

Dr. Ankita Singh



ENDODONTISTS BEYOND ENDODONTICS



Dr. Roma



Dr. Karthik Shetty



Dr. Anirudh



Dr. Neeta Shetty



Dr. Laxmish



Dr. Ishani Sabarja



Dr. Aabha



Dr. Anshu



Dr. Anshita Singh



Dr. Aabha



Dr. Apoorva



Dr. Anjali



Dr. Anilod, Dr. Manuel



Dr. Shreya



Dr. Ravi



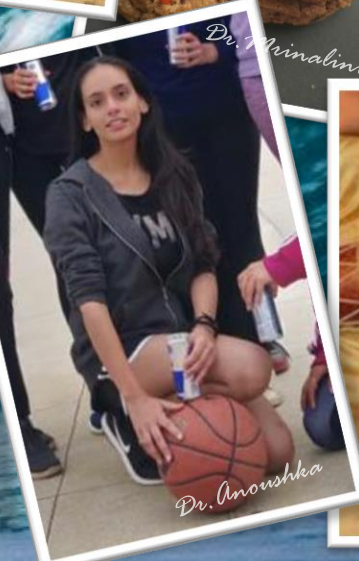
Dr. Sreelakshmi Pradeep



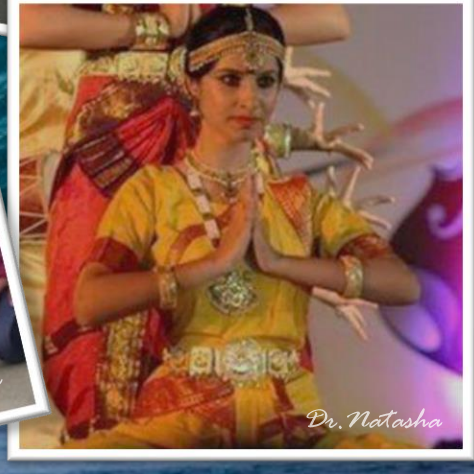
Dr. Nikhil



Dr. Anushka



Dr. Anoushka



Dr. Natasha

Life, beyond and more...

The department of Conservative Dentistry and Endodontics, with its celebrated and highly proficient team of faculty members and post graduate students hope that you enjoyed this newsletter of MCOADS, Mangalore which serves like a chronicle of events of this past year highlighting our continued journey towards excellence and our bond as a close knit family.

As we continue to leave no stone unturned to achieve admirable perfection in every endeavour, we hope that this little snippet through memory lane was as enjoyable to read as it was to formulate.

I would be failing in my duties, if I do not laud the role of our Head of department, Dr. Karthik Shetty and our inspiring team of faculty members who instill a sense of confidence in each one of us and make each day here at MCOADS, a memorable one.

With the pandemic looming to its finale, I hope that we all embrace this year as a new and fresh chapter filled with hope, health and optimism for an enriching experience.

“Every moment is a fresh beginning...”

-T. S. Elliot



Dr. Ankita Singh



MANIPAL

ACADEMY *of* HIGHER EDUCATION

(Deemed to be University under Section 3 of the UGC Act, 1956)