

OFFICIAL NEWSLETTER OF  
MANIPAL COLLEGE OF DENTAL SCIENCES, MANGALORE



# Communiqué

Volume 5 Issue 2 July to October 2020

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# A GREAT PLACE TO BE



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

# RANKED AMONG THE BEST COLLEGES IN THE COUNTRY



Ranked 2nd among  
Private Colleges & 7th  
among All India Colleges  
by "THE WEEK"



Ranked 4th among  
Private Colleges  
and 7th among All India  
Colleges by OUTLOOK



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**Pro Vice Chancellor**  
**MAHE, Mangalore campus**



**Dean**  
**Dr. Ashita Uppoor**  
**Manipal College of Dental Sciences**  
**Mangalore**



**Associate Dean.**  
**Dr. Premalatha K.**  
**Manipal College of Dental Sciences**  
**Mangalore**



**Associate Dean**  
**Dr. Junaid Ahmed**  
**Manipal College of Dental Sciences**  
**Mangalore**



# Our Administrators

# Guest Editorial

As the old year fades and a New Year beckons, it has fallen on our Department to bring out this issue of 'Communique', the vibrant newsletter of MCOADS, Mangalore. And what a year it has been! The COVID-19 pandemic has forced upon us a new normal, and I am proud to say our Department shouldered the changes, albeit, initially with trepidation, then with a greater understanding of working safely in the new normal.

I thank the Faculty and Postgraduates who stayed back and worked on, through trying times. Students, Faculty and Alumni of our Institution, as always, were busily involved in professional activities, both online and offline, when situation permitted, to keep us in the forefront of dental education. We have attempted to showcase all of these various activities in the pages of this newsletter, during the period July to October, 2020.

We congratulate Dr. Junaid Ahmed, who has taken on the role of Associate Dean and wish him the very best. I specially thank Dr. Jefferson Prince, Issue Editor, for all his hard work and effort in bringing forth this Issue. I sincerely thank our Dean, Associate Deans, Dr. Srikant N, Office Staff and Team Oral & Maxillofacial Surgery for their support.

- Dr. Arvind R.



Guest Editor  
Dr. Arvind R.  
Associate Professor  
Incharge HOD.

Issue Editor  
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Assistant Professor.

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Dr Premalatha K. Professor

Associate Professors  
Dr Dharnappa Poojary.  
Dr Joanna Baptist.  
Dr Sameep Shetty.

Dr Ashik. M.A. Tutor  
Dr Sangeetha Girish Rao. Tutor

Editorial Co-ordinator  
Dr. Srikant N.  
Professor and HOD.  
Department of Oral  
Pathology  
& Microbiology



# Editorial Board



# The COVID Task Force

The Covid task-force led by our  
Dean Dr. Ashita Uppoor  
and ably supported by her team with

Dr. Premalatha K Associate Dean/Professor of Oral Surgery, Chairperson  
Dr. Junaid Ahmed, Associate Dean, Professor of Oral Medicine and Radiology  
Dr. Arathi Rao, Deputy Director, Student Affairs, MAHE, Mangalore Campus  
Dr. Suprabha B S., Professor and Head, Pediatric and Preventive Dentistry  
Dr. Mithun Pai, Associate Professor, Public Health Dentistry  
Dr. Deepak Madi, Dy. Medical Superintendent, KMC Hospital Attavar,  
Associate Professor of Medicine, KMC Mangalore  
Dr. Nithin Kumar, Associate Professor, Community Medicine, KMC Mangalore,  
Col. P.K. Shetty, Chief Warden, MAHE, Mangalore Campus  
Mr. Harishchandra, Chief Security Officer, MAHE, Mangalore Campus  
Mrs Sheela Kamath, Manager, MCODS Mangalore  
Mr. Ashok K.M., Engineer, MCODS Mangalore,  
together faced the multiple challenges of Patient Care, Student Safety and Academics  
of the students. The team effectively put together protocols  
which served to contain the disease in the Institution and also continue with  
patient care and dental training of the students.  
They were aided in their endeavors by  
Dr. Nandita Shenoy, Professor, Oral Medicine and Radiology  
Dr. Karthik Shetty, Professor and HOD, Conservative Dentistry and Endodontics  
and the entire Infection control team and  
all the Teacher-Guardians of the faculty.





# The MaxFax Postgraduate Team

Even during the lockdown, when all the Outpatient Departments and all private practices were closed, and the entire country was in shut-down, the Oral and Maxillofacial Surgery Postgraduates attended to all the Dental Emergency cases.

In spite of the increased case flow and the fear of the pandemic, they were at the forefront of treating patients 24x7. Their commitment to the cause by Dr. Abhinandan Upadhyay, Dr. Aditya Nandan, Dr. Aananya Mishra, Dr. Rachna Malik, Dr. Sanchit Mahajan and Dr. Rica Singh, under the guidance of the staff, was well recognized and appreciated. They were ably supported by the management of the college in providing adequate PPE kits and ensuring their safety with proper protocols.

## The Covid Warriors





**Safe Entry**



# COVID Protocols

Academics were restarted with all the protocols in place for the safety of the students and the patients. Contact-less hand sanitizers, smaller discussion groups and preclinical classes with social distancing were practiced to reduce the risk of Covid.



**Patient Triaging**



**Small group discussions**



**Preclinical training**



**Simulation in small groups**

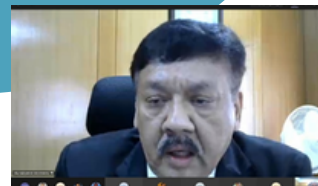
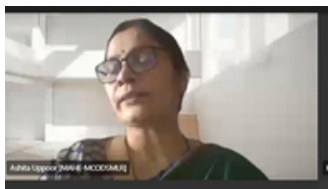


**Local anesthesia procedures on mannequins with indicators for Inferior Alveolar Nerve block**



**Extaction of tooth**

# Curriculum Conclave



Curriculum conclave III was held online this year, which was conducted by MCODS Mangalore and MCODS Manipal.

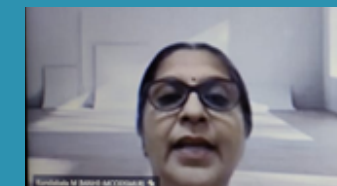
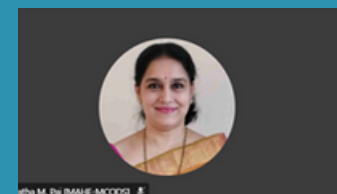
In the face of more technology based approaches and problem based learning techniques which were discussed by eminent staff, perhaps it was appropriate that the conclave also happened online, as an highlight to the technological advancements made.

The event was presided over by

Lt. Gen (Dr.) Venkatesh M.D, Vice Chancellor MAHE,  
Dr. Dilip G. Naik. Pro Vice Chancellor Mangalore Campus  
Dr. Ashita Uppoor and Dr. Keerthilatha Pai,  
Deans of Mcods Mangalore and Mcods Manipal, and  
Dr. Vidhya Saraswati Associate Dean, Mcods Manipal.

We had distinguished speakers from across the globe at this event.

The intended outcome of the curriculum conclave was for the attendees to relate to the concept of Blended Learning and Active blended learning for BDS curriculum delivery, Utilize online tools that for improving active participation and interaction with students (active blended learning ) and assessment, Conduct a “flipped classroom” with creation of online content and interaction of students in the contact session and to know the Types of content (videos, documents, power-points, pdf’s etc), Accessibility of documents, and Copyright issues related to Blended learning.



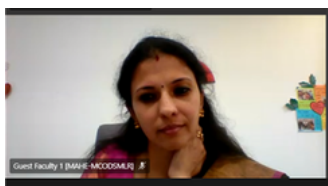
Dr. Tapasya V. Karemore  
Asso. Prof and PG guide,  
Fellow FAIMER,  
Dept. of Oral Medicine &  
Radiology, VSPM's Dental College  
& Hospital, Nagpur, India



Professor Botelho, Michael George  
Clinical Professor, Restorative Dental  
Sciences of the Faculty of Dentistry  
University of Hongkong, Hong Kong



Dr. K. Ramnarayan  
Chairperson,  
Manipal University, Jaipur,  
Former Vice Chancellor of  
Manipal Academy of Higher Education  
Professor, Pathology, MMMC, Manipal,  
India



Dr. Prashanti Eachempati  
Prof and Head of Prosthodontics  
Faculty of Dentistry, MMMC,  
Melaka, Malaysia

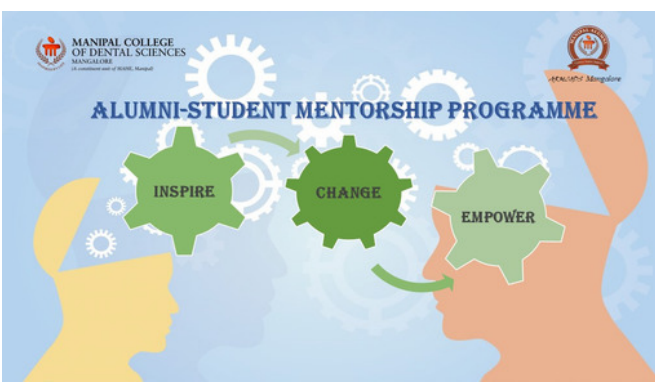


Dr. Latha Davda  
Clinical Director,  
University of Portsmouth Dental Academy, UK  
Oral surgeon and General Practitioner



Dr. Abhiram Maddi  
Associate Professor,  
Department of Periodontics And Endodontics,  
School of Dental Medicine, University at Buffalo, USA





**This program enables alumni to share their professional and personal experience and expertise with current students of Manipal College of Dental Sciences, Mangalore.**

**The connections made through this program help prepare our students for a successful life and gives an opportunity to continue the relation beyond the campus life.**



# ARMCODS Mangalore

## Alumni Relations, MCOADS Mangalore

**As a mentor, alumni get an opportunity to advise students on research and academic guidance, career advice and personal development. Each program is for a given academic year.**

**There will be a faculty guide for each student who will help the student connect to the mentor.**



**How does an alumni participate?**

**Alumni willing to participate volunteer their wish to participate through filling and submitting the form.**

**Click on the icon below to open the google form directly and register**



**Alumni Relations, MCOADS (ARMCODS) Mangalore is committed to reach out and involve its alumni in all the activities of the Institution.**

### **Chairperson**

**Dr. Ashita Uppoor, Dean**

### **Alumni Coordinator:**

**Dr. Arathi Rao**

### **Joint Coordinator:**

**Dr. Nidhin Philip**

### **Members**

**Dr. Karen Boaz**

**Dr. Nandita KP**

**Dr. Nanditha Sujir**

**Dr. Ashwini Rao**

**Dr. Ashwin Rao**

**Dr. Umesh Pai**

**Dr. Manuel Thomas**

**Dr. Sangeeta U Nayak**

**Dr. Jefferson Prince**



# Alumni Of OMFS Flying High



Dr. Sony G Pullan (Batch of 2011) has joined as Registrar Maxillofacial Surgery Royal Free London NHS Foundation Trust Chase Farm Hospital. He had earlier completed his M.B.B.S KMC (Mangalore) and F.I.B.C.S.O.M.S (Fellow of International Board of Oral and maxillofacial Surgeons) Fellow in Cleft Lip and Palate Surgery and Fellow in Craniomaxillofacial Surgery. He can be reached at [drsonypullan@gmail.com](mailto:drsonypullan@gmail.com)

Dr. Ashish Fanan (Batch of 2010) Accreditation with "Smile Train- India" and has performed around 3000 Cleft Lip & Palate surgeries at GSR Institute of Craniomaxillofacial and Facial Plastic Surgery. Enrolled for PhD, Radboud University, Nijmegen, The Netherlands (2018). Presently undergoing training in General Medicine, Victor Babes, University of Medicine and Pharmacy, Timisoara, Romania



# Alumni Testimonials



"A good surgeon must have an eagle's eye, a lion's heart and a lady's fingers." The above words were not only spoken at the beginning of my training but were actually ingrained within us under the dynamic leadership of Dr. Mohan Baliga. The three years of the program involved extensive surgical training with all round development of personal qualities like communication skills, empathy and social responsibility. All these helped me greatly when I had to start my practice as an Oral and Maxillofacial Surgeon, which was in its nascency in 2006 in Nepal. With support from Dr. Baliga as an expert, we were able to develop a curriculum and start MDS program (OMFS) under my guidance in Nepal for the very first time at B P Koirala Institute of Health Sciences, Dharan, Nepal. I was also able to establish the "Smile Train" program at BPKIHS - the only center in the eastern part of the country. Today, as an alumnus, I would like to express my heartfelt gratitude towards Department of OMFS, MCODS for making me a thorough professional in every sense of the word.  
- Dr. Alok Sagtani, M.D.S., F.I.B.C.S.O.M.M.S.

After the M.D.S. resident program at Mangalore, I did few fellowships in cleft, Cancer, and Trauma and presently practising my speciality in a small town called krishnagiri in the western part of Tamilnadu bordering 3 states. I do various spectrum of Maxillofacial surgeries similar to what a tertiary center does elsewhere. Educational experience from MCODS and disciplinary culture from Mangalore has been my driving force. MCODS workplace was comfortable, commendable and a fun place to work and shape a career. I am also proud that I belong to first batch of International fellowship in field of Maxillofacial surgery. I owe to my advisor, mentor, guide prof Dr Mohan Baliga and my dept staffs for what I am today. Being a mentee, dedication, commitment and encouragement from my mentor was invaluable. I am grateful sir for the help and continuous support even today.  
- Dr. Rammohan Kumar M.D.S., F.I.B.C.O.M.S.F.C.C.S.

Department of Oral Pathology & Microbiology and Alumni Relations MCODS, Mangalore organised a continuing dental education program titled "A 360 – Degree Perspective on Oral Pathology".

to help the interns understand the scope of an Oral Pathologist.

The resource person was Dr Shyamala Karnam Alumnus of MCODS, Mangalore (Batch of 1993). She is currently a faculty in Rajarajeshwari Dental College and Hospital, Bangalore. The program was attended by interns and faculty form MCODS, Mangalore and MCODS, Manipal and also alumni of MCODS, Mangalore.



The Department of Periodontology, MCODS, Mangalore in association with the ISP Study Group – Dakshina Kannada Chapter, conducted a Journal Club presentation on the topic "Twenty-year Results after Connective Tissue Grafts and Guided Tissue Regeneration for Root Coverage" on 15th October 2020.

This was presented by the second-year post-graduates- Dr. Sweta Pradhan, Dr. Suhina Mitra and Dr. Antarleena Sengupta.

This event was moderated by Dr. Neetha J. Shetty, Professor and Head of Department.



# Webinars and Virtual Learning

Dr. Pavana Kamath, Alumna of MCODS, Mangalore (Batch of 1993) was the resource person for the continuing dental education program titled "Rubber Dam – The fundamentals" held on 11th August 2020.

The program was conducted by the Department of Conservative Dentistry and Endodontics in association with Alumni Relations (ARMCODS).

The aim of the program was to help the final year undergraduate students understand the importance of rubber dam and its application in dentistry.

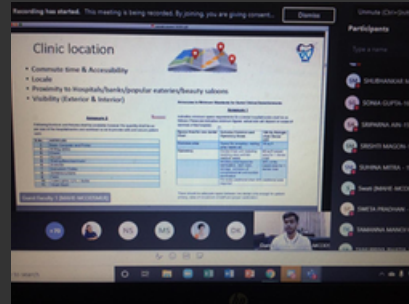
Dr. Pavana Kamath is the Director of Upskill Dental Academy, Mumbai, India and maintains a clinical practice currently in Mumbai as MicroEndodontist. She is a Teaching Faculty for fellowship in Microdentistry,

The program was attended by final year undergraduate students, interns and faculty from MCODS, Mangalore and MCODS, Manipal and also alumni of MCODS, Mangalore.





Department of Periodontology in association with ARMCODS Mangalore, conducted a webinar on the topic “Practice vs Practicals” on 09/09/2020. Dr Chakradhar Sana, PG Alumnus, Batch of 2013, was the resource person.



Dr. Chakradhar, in his presentation spoke about the practical details of setting up of a private practice including the place/land for set up, cost management in terms of pricing for the procedures, equipment’s and materials used.

He shared various tricks and tips that he has in his arsenal, patient management techniques advocated by him. He also emphasized on the efficient use of technology like intra-oral camera for patient management and satisfaction. He showcased some of the periodontal and interdisciplinary cases for better understanding.



## Army Calling

The Institutional Academic Reputation and Alumni Relations MCODS, Mangalore organised a continuing dental education program titled “ Army Calling” to help the students understand the career experience in Indian army dental corps.

The resource person was Maj. (Dr) Mukesh Nebnani, Alumnus of MCODS, Mangalore (Batch Of 2004). He is presently an officer in the Indian Army with 9 years of service record.

Major Mukesh highlighted his experiences in the army and answered queries raised by participants. The program participants included undergraduate, postgraduate students form MCODS, Mangalore and MCODS, Manipal and also alumni of MCODS, Mangalore.



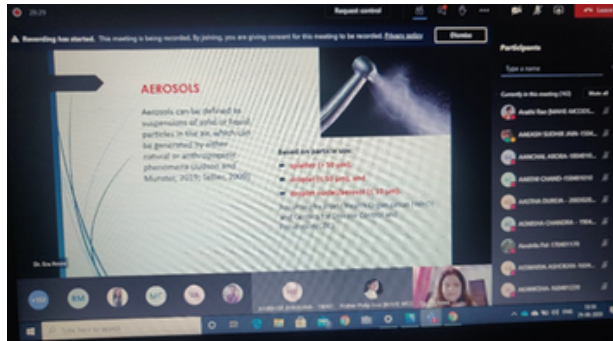
The Alumni wing of MCODS Mangalore along with Department of Prosthodontics organized a Webinar on “Make your First Impression your Last Impression - Impression material and techniques in Fixed Prosthodontics”. The speaker was Dr.Shanshank Bhatia, an alumnus of MCODS Mangalore 2005 batch. Dr.Umesh Pai, Associate Professor, Dept.of Prosthodontics, moderated the session.



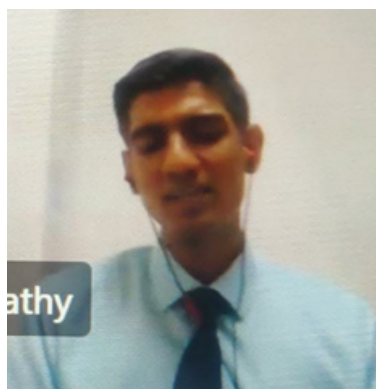
Alumni Relations, MCOADS Mangalore successfully conducted a webinar titled “Managing Dental Caries in the Corona Era” on 29 August 2020.

The resource person was Dr. Era Arora, who is an alumna of Manipal College of Dental Sciences, Mangalore (B.D.S Batch of 1998).

Dr. Era Arora is currently Associate Professor in the Department of Conservative Dentistry and Endodontics at ITS Center for Dental Studies and Research.

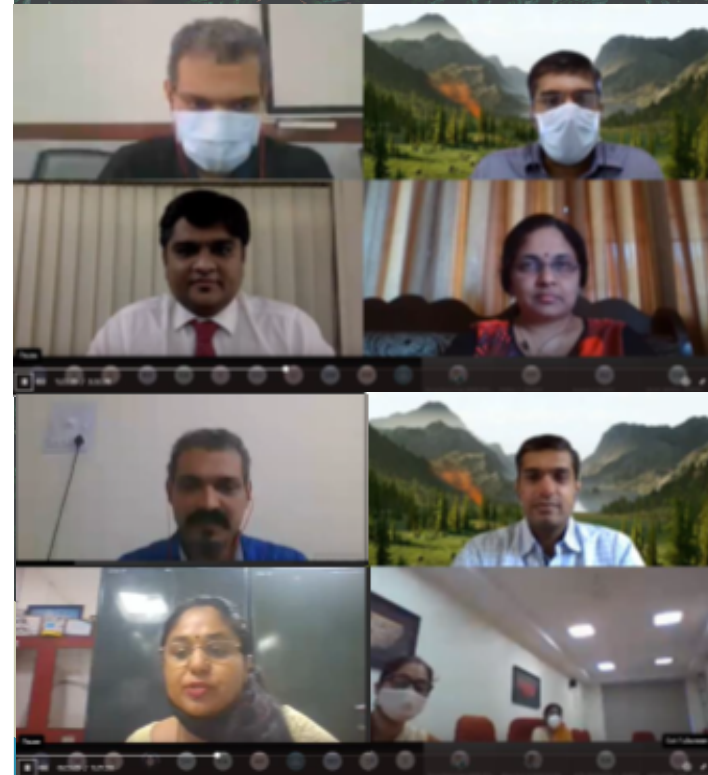


Dr. Manikya Arabolu, the resource person for the continuing dental education by Department of Conservative dentistry and Endodontics. program titled “Style Italiano” held on 30th October, 2020, to help the post graduate students understand the recent concepts of Style Italiano technique and the use of composites in dentistry.



A Workshop on Research Methodology, Epidemiology, Biostatistics and Ethics titled - “eviDENS – 2020” was organized by the Department of Public Health Dentistry, Manipal College of Dental Sciences, Mangalore on 23rd – 26th September, 2020.

Postgraduate students, house surgeons & faculty members from MCOADS, Mangalore and neighboring institutions in Mangalore.



A Webinar ‘Pedoapp 2020’ titled “Management of Non-Vital Young Permanent Teeth: A Clinical Review” was held by the Department of Pediatric & Preventive Dentistry, on 7th October 2020. Dr. Sivadas Ganapathy M.D.S of the Asian Institute of Medicine, Science and Technology (AIMST) University Malaysia, was the resource person for the webinar

The Department of Orthodontics and Dentofacial Orthopedics in association with the Alumni Relations, MCOADS Mangalore successfully conducted a webinar on “Impacted Teeth” on 18th September, 2020. This was the first program to be conducted as part of the Ortho Club initiative. The resource person was Dr. J. Rajaganesh Gautam, a renowned clinician and academician with several years of experience. He is also an esteemed alumnus of our department and currently serves as adjunct faculty

*Continuing Professional Development*

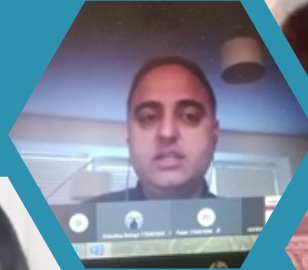
# MAHE SRF

Student Research Forum

## Webisodes

The Second episode which took place 1st September and our speaker was Dr Sorabh Kapoor, Senior Startup Critical Path Manager in Ireland.

He very systematically and patiently explained the flowchart of the various steps involved in the Research trial and how a drug is released in the market. He even highlighted about the process to conduct trials during pandemic situations to meet the emergency



The First Episode was held on 28th August and our speaker was Dr Sanjana, Manager of Healthcare Biocon and a Research Fellow of KLES' Institute of Dental Sciences, Bangalore. She spoke about her work which is reaching the people in the remote areas of Bangalore and adjacent areas to diagnose precancerous lesions, spread awareness and prevent the transformation to cancerous lesion.

The Final episode held on 8th September and our Speakers were our current Intern students Ms Rituparna Das, Ms Tanupriya Bhatia and Mr Shubham Aggarwal. They explained their their research journey from p rotocol till publication in journals. They also included the barriers they faced and how those problems were diluted by their guide.

## Newer Avenues in Research

A webinar was conducted on 24th July 2020 in "Newer Avenues in Research" by faculty and PhD scholars from Tokushima University, Japan. This webinar covered newer topics in research domain of dentistry such as orofacial pain, sleep apnea and periodontal regeneration.

Dr. Junhel Dalanon spoke on dental sleep research. r. Reshmi Raju spoke on Periodontal regeneration and Dr. Swarna Lakshmi spoke on Orofacial pain classification and the research conducted in Tokushima on the same. The session was moderated by Prof. Yoshizo Matsuka, Professor and Chair, Dept of Orofacial pain and stomatognathic function, at Tokushima University Dental School which is having an MoU with MCODS, Mangalore.

Overview of Orofacial Pain Classification



Dr. Swarna Lakshmi

Overview of Sleep and Pain Mechanism



Dr. Junhel Dalanon

Bone Regeneration Research



Dr. Resmi Raju

MODERATED BY



Dr. Yoshizo Matsuka



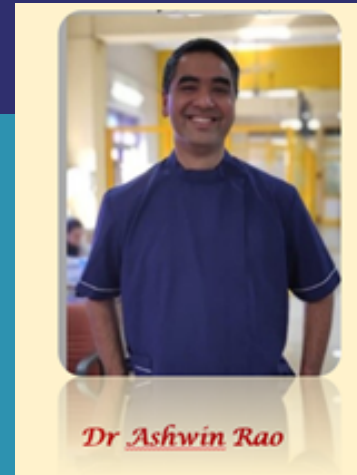
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徳島大学  
Tokushima University

# Academic Reputation Cell

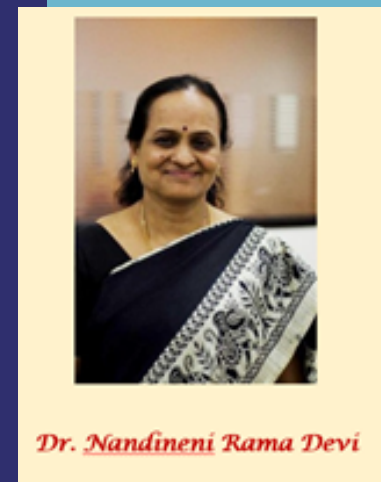
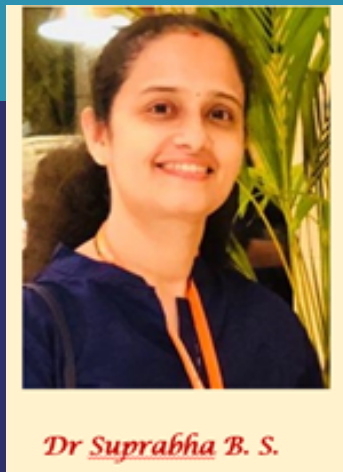
# Practodent



The Institutional Academic Reputation Cell & Alumni Relations MCODS, Mangalore ( ARMCODS , Mangalore) organised an online program titled "Practodent" A Dental Practice Management Program for Interns from 24th August 2020 to 10th September 2020.

The program was attended by Interns of MCODS, Mangalore and MCODS, Manipal.

This program covered variety of topics that are essential for practice management



*Dr Suprabha B. S.*

*Dr Animesh Jain*

*Maheshchandra Nayak*

*Dr. Nandineni Rama Devi*

*Dr. Raghiavendra*

# Student Perspective & Staff Student Initiatives

The pandemic didn't seem to end really soon, and the digital arena became our new normal. 'Learning' in any form never really halts at MCODS Mangalore, whatever be the circumstances.

The faculty switched to the online mode in no time, while the students were figuring out alternative ways to keep the curriculum going. Reading from PDFs and learning from video lectures were now in demand. Dr. Srikant N., Professor of Oral Pathology, put up video lectures on carving to make sure students can continue practicing in the comfort of their homes.

Students from the third year (Batch of 2017) along with Dr. Srikant N. came together to make Oral Pathology videos which were short and interesting. They worked as a team, from writing a script to getting it approved, making illustrations and animating it. The videos were made available to anyone needing them on Youtube and received a good response.

The faculty also found innovative ways to make online teaching exciting and fun. Dr. Manuel Thomas, Professor of Conservative Dentistry, designing a quiz as an online T20 match was one example. The flipped classroom method of teaching was effectively used to bring about active learning even in these challenging times

- Ms. Palak Bhandari (Batch of 2017)



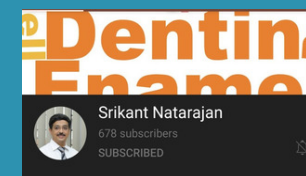
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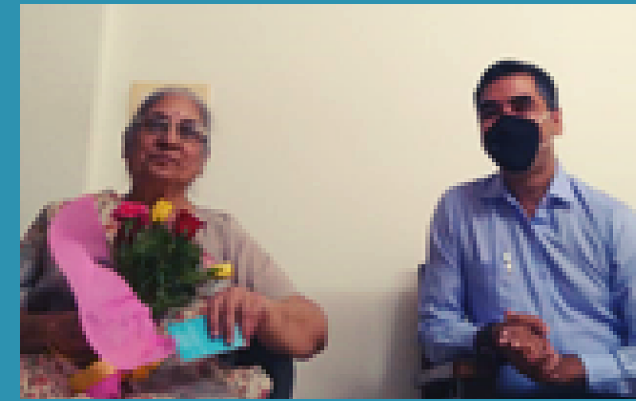
Click on the various icons to view us in social media





# Teacher's Day Celebrations

On 5th September, 2020 Teachers day was celebrated in MCODS Mangalore, with many important events . The Teachers of MCODS Mangalore met their teachers who had retired from active services namely Dr Sudha and Dr Subbaraya Mogra at their residences and greeted them and wished them on the Teacher's Day. The students' council 2019-2020 of the Manipal college of Dental sciences, Mangalore organized a live virtual teachers' day celebration on Microsoft teams.



A comic relief video was produced by the Drama club, which thanked the teachers for their effortless transition from offline to online mode. [Click the Icon for viewing the video]



The students and the various clubs, namely The Drama club, Dance club and the Music club had prepared videos dedicated to the occasion.

The ceremony was live streamed to all the teachers of the college along with Pro Vice chancellor MAHE, Dr. Dilip G Naik, Dean, Dr. Ashita Uppoor, Associate Deans Dr. Premlatha K and Dr. Junaid Ahmed, Staff advisor. Dr. Ashwin Rao , Cultural coordinator Dr. Mithun Pai.



# Oral Hygiene Day

The Oral Hygiene Day programme of Manipal College of Dental Sciences, Mangalore was held in a befitting manner on the 3rd of August in the loving memory of Dr G B Shankwalker who is a renowned Periodontist and also founder of the Indian Society of Periodontology.

Under the guidance of the Dean of the Institution, Dr. Ashita Uppoor and the leadership of Dr. Neetha J. Shetty, Professor and Head, the Department celebrated this day by organizing virtual Oral health talks by the Department faculty and elocution competitions for students of Manipal School, Mangalore.



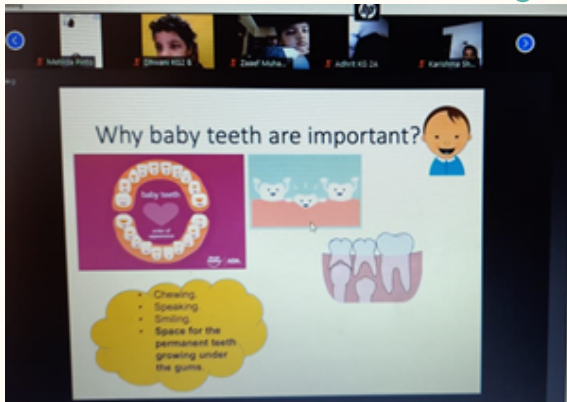
Elocution competition were carried for 3 groups of school children from Classes 1-9. The topic of the elocution competition was "Healthy Gums, Healthy Teeth". A total of 110 students took part in this competition. Dr. Ashwini Rao, Professor of Department of Public Health Dentistry judged the elocution contest. Gift vouchers were given as prizes to the winners of each group. The faculty, Dr Deepa Kamath, Dr David. K, Dr Swati, Dr. Sangeeta and Dr. Mranali actively participated in this virtual program. The program was conducted with the support of Miss Anuradha Shivaram, Principal, Manipal school, Miss Rakshita and Miss Divya, Co-ordinators for the school.

# + Virtual School Dental Health Program

The Department of Pediatric and Preventive Dentistry, Manipal College of Dental Sciences, Mangalore carried out a virtual School Dental Health Education program due to the pandemic situation this year.

First and second year postgraduates conducted the program under the guidance and supervision of

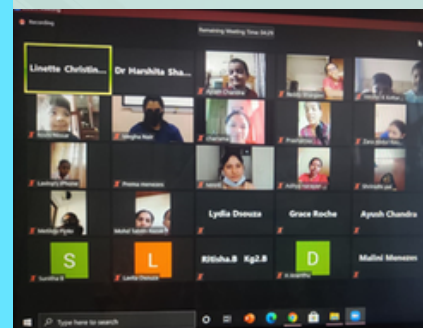
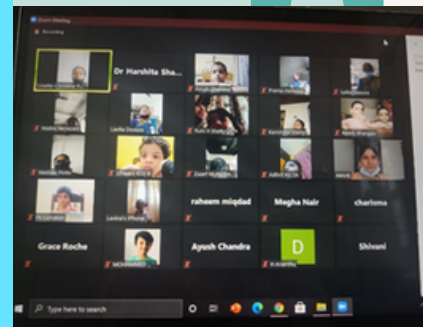
Dr. Anupama Nayak and  
Dr. Charishma Thimmaiah.



This virtual program was conducted on 23rd of September, 2020 for Pre-school children with parents of Lourdes Central School, Bejai.

A session with almost 50 children and their parents was held. In the first part of the program, the children were introduced to the importance of maintaining a good oral health and how it can be achieved, with a lucid presentation done by the 2nd year postgraduates. Next, a small skit was enacted by the 1st year postgraduates on oral hygiene.

There was a Question and Answer session at the end, where children and parents came up with various questions and participated in the session enthusiastically. The postgraduates and faculty answered them with equal enthusiasm and clarity.



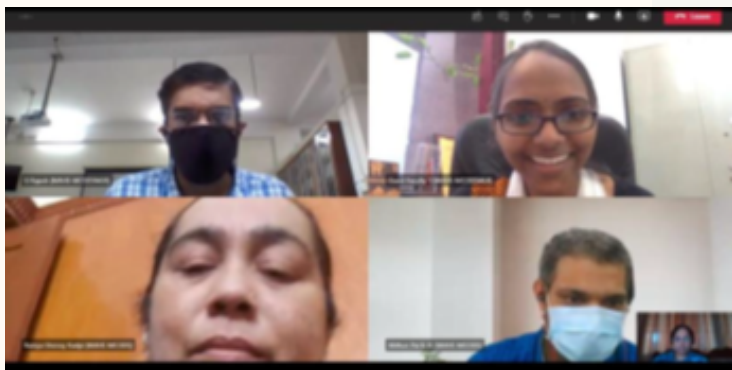
The Department of Public Health Dentistry, Manipal College of Dental Sciences, Mangalore, in association with Alumni Relations Manipal College of Dental Sciences (ARMCODS), Mangalore conducted a Continuing Dental Education Webinar on "Tobacco Cessation: Clinical insights" on 31st August, 2020.

The guest speaker for the webinar was Dr. Harsh Priya, who is an Alumna, MCODS, Mangalore, batch of 2006.

She is currently employed as Assistant Professor, Division of Public Health Dentistry,

Centre for Dental Education and Research,

All India Institute of Medical Sciences (AIIMS), New Delhi.



Dr. Harsh Priya sensitized the participants about the fundamental approaches to tobacco cessation and also presented excerpts from various cases she had encountered in tobacco cessation centre in her institution.

An overview of various tobacco cessation initiatives being undertaken at AIIMS, New Delhi was also presented by the speaker. Dr. Ramya Shenoy, Associate Professor, Department of Public Health Dentistry, Manipal College of Dental Sciences, Mangalore, moderated interactive session with the participants.

## CDE WEBINAR ON TOBACCO CESSATION



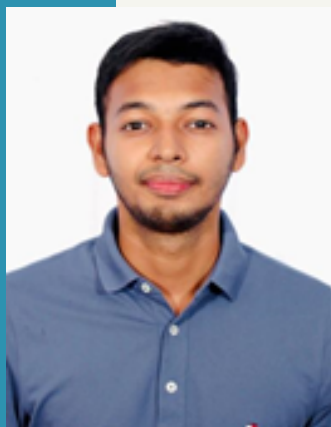
# Laurels



Mr Akash Adak, Final Year Student, of MCODS, Mangalore participated in creative writing category and wrote a poem on the theme

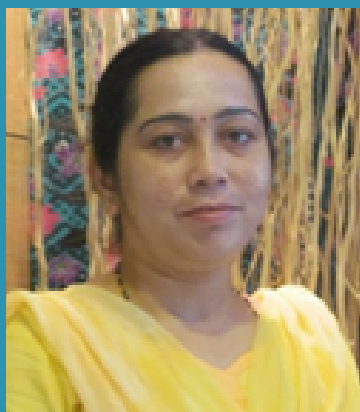
“The Lockdown diaries”.

He has won 3rd place in SNO Karnataka’s creative writing program on 28th September 2020.



Ms Mahima Mishra, Intern, MCODS, Mangalore participated in Manipal Covid Challenge organized by the Innovation Centre, MAHE in collaboration with KMC, Manipal and MIT. She developed the device Aerovacuator - Dental Aerosol Evacuator which was identified as one of the winners under the guidance of Dr Arun Shanbhag, Innovation Center, MAHE, in the Category: Apps, Devices & Web.

Mr Aayush Poddar, Intern, MCODS, Mangalore and Team Members: Ramya Shenoy and Madhura Sen, MCODS Mangalore, Prashansa Bansal and Rakesh Dharshan, KMC Manipal; Ramya Yadhav, Sushant Lenka and Kush Gupta, MIT Manipal participated in Manipal Covid Challenge organized by the Innovation Centre, MAHE in collaboration with KMC Manipal and MIT. Their project Covid Digital Tracking was entitled for a Special Mention in the competition.





Dr Sakshi Sachdeva, Second year PG, Dept. of Orthodontics & Dentofacial Orthopaedics presented her innovation which was selected in the Top 20 poster presentations titled “Accelerating Orthodontic Tooth Movement Using Vibrational Force” in the Orthodontic Innovation Conclave 2020, held by the Indian Orthodontic Society on 20th October. She was guided by Dr Siddarth Shetty, Professor, Department Of Orthodontics & Dentofacial Orthopaedics



Dr Amoli Singh, Final year PG, Dept. of Orthodontics & Dentofacial Orthopaedics presented her innovation which was selected in the Top 20 poster presentations titled ‘Disintrusion Splint - TAD Assisted Modified Intrusion Splint’, in the Orthodontic Innovation Conclave 2020, held by the Indian Orthodontic Society on 20th October. She was guided by Dr Ashith M.V, Associate Professor, Department Of Orthodontics & Dentofacial Orthopaedics.

Dr. Jeny Emmanuel, Final Year PG, Department of Orthodontics & Dentofacial Orthopaedics, won 2nd prize from the top 20 selected presentations for an innovation titled “A Remotely Controlled Mandibular Repositioner with integrated Continuous Positive Airway Pressure Titrator for Sleep Apnoea” guided by Dr Supriya Nambiar, HOD, Department Of Orthodontics & Dentofacial Orthopaedics, in the Orthodontic Innovation Conclave 2020, held by the Indian Orthodontic Society on 20th October 2020.



Dr. Vandana Daga and Dr. Shalini Mundra, post graduate students from Department of Periodontology won consolation prizes for National video blogging competition, organized by the Indian Society of Periodontology (ISP) on the occasion of Oral Hygiene Day (1st August, 2020). The aim of the competition was to create awareness amongst the professionals as well as general public about importance of gum health and maintenance of oral hygiene.



Dr. Shalini Mundra (Department of Periodontology) bagged the FIRST position in the “TAGLINE COMPETITION” held by the Department of Periodontology, Swargiya Dadasaheb Kalmegh Smruti Dental College, Nagpur on the occasion of Oral Health Day for her tagline



A Team Comprising Dr. Amoli Singh, Dr Sakshi Sachdeva & Dr Jeny Emmanuel, Post Graduates, Department Of Orthodontics & Dentofacial Orthopaedics, Participated In Dr G Jayakumar Memorial Quiz Competition, Organised By Indian Orthodontic Society, On 24th August 2020. The Team Was Awarded 4th Place Out Of The 74 Teams That Participated in The Quiz.



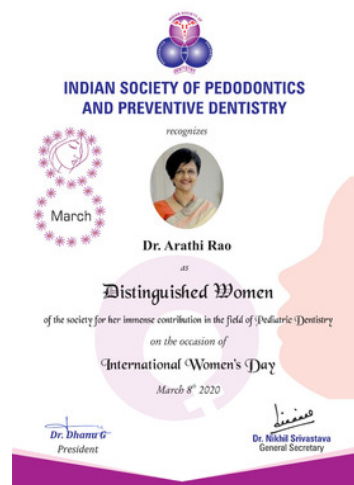
SUGAR, SPICE AND EVERYTHING NICE  
EAT ANYTHING AND CLEAN YOUR TEETH TWICE.

# Staff Accolades



**Dr Sameep S Shetty had Ten Articles accepted in Oral Oncology in the year 2020, and received Letter of Appreciation by the esteemed journal**

**Dr. Arathi Rao, Professor, Pedodontics and Preventive Dentistry, was awarded 'Distinguished Women' of the society for the immense contributions in the field of Pediatric Dentistry awarded by ISPPD on the occasion of International Women's Day, March 2020**



**Dr. Suprabha B.S. Professor, and Dr. Ashwin Rao, Associate Professor, from the Department of Pedodontics and Preventive Dentistry, were guest lecturers in various platforms both online and offline. Dr. Subrabha B. S. spoke on "Remineralization in Caries Management" in Academy for Dental Excellence webinar held on 16th May 2020. Dr. Ashwin Rao was the presenter in a workshop conducted by Vishnu Dental College Bhimavaram on 6th and 7th of March 2020. He also spoke in ISPPD on "Behaviour Management" on 27th May 2020.**



**Dr. Kundabala M, Professor, Dept. of Conservative Dentistry and Endodontics, was one of the resource persons in the first National IACDE Webinar "Twilight with Highlights" organized by Indian Association of Conservative Dentistry & Endodontics on July 10th 2020 on "Current strategies and management of non cavitated carious lesions"**





Today, when the lockdown due to Corona pandemic has snatched away the bread money of thousands of Indians, DISHA, (Direction in Society for Human Awareness) a social service initiative by MCOADS, Mangalore, along with the Robin Hood Army (RHA) Mangalore division, decided to play a small part to give back to the society what it deserves. On the occasion of Independence Day, DISHA joined RHA on their mission: #30million. They organized a Food Distribution Drive at the Kavour slum, Mangalore. DISHA helped raise and also donated funds and helped distribute 2 kg rice and 1 kg dal to 100 homes in the slum. Community representatives also part took in the drive. During the distribution, the volunteer also distributed plaque cards stating the steps of washing hands and explained its importance to the residents of the homes. The residents were beyond themselves with all the help. All in all, the drive was a great success.

## *Food Donations Drive on Independence Day*



Initiative by  
Medos Mangalore for  
public awareness of  
Covid - 19



Manipal College of Dental Sciences,  
Mangalore, followed the awareness campaign  
with great vigor.

Posters for awareness of Covid - 19 were  
posted all along the campus for general public  
and also the members of the college to  
motivate them. Circulars and posters were  
also circulated through the student council  
and the College Student council took the  
pledge online with their cultural coordinator  
Dr. Mithun Pai on 13/10/2020. All the class  
representatives with their respective classes  
took the oath during their online classes

# JAN ANDHOLAN CAMPAIGN



MANIPAL  
ACADEMY of HIGHER EDUCATION

Institution  Eminence

## Jan Andolan Campaign on COVID-19

Stay Protected  
from Corona



Wear your mask properly



Frequently wash  
your hands with soap



Maintain safe distance



No Carelessness  
until there is a Cure



सत्यमेव जयते  
Government of India

