



COMMUNIQUE

MCODS Mangalore's favourite Newsletter



<https://manipal.edu/mcods-mangalore.html>

Since June 2016

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Manipal College of Dental Sciences, Mangalore: on the road to success



Administrators



MANIPAL COLLEGE OF DENTAL SCIENCES

MANGALORE

(A constituent unit of MAHE, Manipal)



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Dean



Dr. Ashita Upoor
Associate Dean



Dr. Premalatha K
Associate Dean

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| **Dept. of Oral Pathology and Microbiology** |
| **MCODS, Mangalore** |

Editorial



Communiqué, the newsletter of MCODES Mangalore was initiated to relay the activities and achievements of Manipal College of Dental Sciences, Mangalore, serving like a chronicle of events that mark our continuing journey to excellence in dental education and research. Communiqué is unique in a way that each issue was been compiled and edited by a different department. We have come a full circle in this regard and this issue is edited by the Department of Oral Pathology and Microbiology once again. The institute has been a part of MAHE which was awarded the Institute of Eminence tag by the MHRD, Govt of India. With the goals set, the institute has been working on the four pillars of academics, research, internationalization and alumni relations to achieve international acclaim. Keeping this in mind, this news letter thus aims to highlight the events and achievements in this regard from July to October 2019.



ACADEMICS



Outcome Based Education Workshop – MCOADS, Manipal/ Mangalore



Manipal College of Dental Sciences, Manipal and Mangalore jointly will be the first dental colleges in India to introduce the Outcome based education system. In this regard **two workshops on “OBE (Outcome Based Education)”** in BDS curriculum were conducted.

Part I was conducted at MCOADS, Mangalore with focus on the introduction, terminologies and action plan for implementation. **Dr. Dilip G Naik**, Dean, Manipal College of Dental Sciences, Mangalore gave an overview of the principles and documentation involved in outcome based education. “Hierarchy of Outcomes” was rightly described and addressed by **Dr. Ciraj AM**, Deputy Director, Centre for Continuing Education and Interprofessional development (CCEID). The philosophy and the terminologies were described by Dr. Ciraj in his presentation. **Dr. S.N Bhat**, Associate Director (Faculty Development & Welfare), Manipal, explained the Blooms taxonomy with examples in his talk on “Taxonomy of learning Domains”. He further conducted the workshop on the “Writing Course Outcomes” where the participants indulged in writing example course outcomes in their subjects which were discussed at length. Dr. Srikant N, from MCOADS, Mangalore added to the workshop the constructive alignment involved in Outcome based education. Dr. Vidya Saraswathi, Associate Dean, MCOADS, Manipal, handed over the momentos to the resource persons and proposed the vote of thanks for the programme.

The **second installment of the OBE workshop** was conducted at MU-FILIFE at Manipal. The focus of the workshop was on assessment modalities in OBE system. Dr Dilip G Naik (Dean MCOADS, Mangalore) focused on the assessment in BDS which was followed by introduction to InPods by Dr Srikant. The fundamental of assessment was discussed by Dr Ciraj M (Deputy director CCEID, Prof Microbiology at MMC Manipal). Assessment of clinical competencies in dentistry was discussed by **Dr Anand R.** (Convenor, Medical Education Unit, KMC Mangalore; Professor Department of Pulmonary Medicine). The conclave was concluded by **Dr Keerthilatha Pai** (Dean MCOADS, Manipal).



Photodontics

11th and 12th September '19

Dept of Conservative Dentistry and Endodontics, and **Centre for Advanced Dental Education**, MCOADS, Mangalore conducted a 2-day workshop on Clinical photography (**Photodontics**) in association with Canon India private ltd and Hiene Loupes. **Dr. Tarun Sharma**, Orthodontist and resource faculty for medical photography, All India Institute of medical sciences, Rishikesh was the resource person. The workshop introduced the participants to the basic & advanced settings of the camera, extra and intra oral photography and a Hands on Workshop with DSLR Cameras provided by Canon India Pvt Ltd.



Dr. Tarun Sharma

ITOP- Individually Trained Oral Prophylaxis

17th July '19



ITOP – Individually Trained Oral Prophylaxis Workshop was conducted by the **Department of Periodontology**. **Dr. Kishore, Dr. Chethan** and **Dr. Siri PB** were the facilitators for the workshop. During the workshop the Department faculty Dr. Deepa G Kamath, Dr. Neetha J Shetty and Dr. Sangeeta U Nayak were trained over topics like plaque as a biofilm, mechanical plaque control, selection and method of tooth brushing, interdental brushes criteria for correct size selection, solo brush concept, different techniques of using dental floss through lectures and hands on.

Pedoapp 20'19

11th October '19

A CPD program '**Pedoapp 20'19**' with the theme "**Mobile and Mobility**", was conducted by the **Department of Paedodontics & Preventive Dentistry**. The resource person was **Dr. Vaibhav Patni** a Pediatric and Preventive Dentist, Certified Nutritionist and Fitness Consultant, at Wardha, Maharashtra. He spoke on Ergonomics and Mobile Dental Photography.



Dr. Vaibhav Patani



Soft and Behavioral Skill Program

23rd July '19



Dr. Subash Hegde

Department of Conservative Dentistry and Endodontics in association with **Dr. Reddy's Foundation for Health Education** organized a **soft and Behavioral Skill Program** highlighting the importance of being patient centric and collaborative with all stakeholders to achieve goals of the institute / hospital. This program aimed at improved personal effectiveness, better communication skills, patient centered care, improved inter-departmental collaboration of postgraduates and reduced medical negligence. The resource person for the program was **Mr. Subash Hegde**, a soft skill trainer.

ISP Listerine lecture series

18th July '19

ISP Listerine lecture series was conducted by the **Dept of Periodontology**. **Dr David Kadakampally**, Associate professor spoke on "**Current opinion in biofilm management- redefining prevention and redesigning lifestyle**". It was attended by 130 students and complementary listerine kits were distributed .



Oral Hygiene Day

3rd Aug '19



On the occasion of oral hygiene day, **Department of Periodontology** organized a talk on "**How to maintain good oral hygiene**" by Prof & Head **Dr. Deepa Kamath**, at Bhagini Samaj, Jeppu, Mangalore. A role play was conducted by the postgraduates of the Department on the importance of oral hygiene. Around 50 children were present.

Laser: Magic Wand for Dentistry

27th September '19



Dept. of Periodontology organized a demonstration of LASER by **Dr Anand**, who is the product specialist at Dentsply. Dr Anand explained the working of the LASER unit which was of the Diode LASER with a wavelength of 445nm. Demonstration of the use of the LASER was given on goat mandible, and all the participants had a hands on experience on using the LASER unit. **Dr Swati**, Associate Professor, was the coordinator for the same.



MAX facts 20'19

7th September '19



Department of Oral & Maxillofacial surgery conducted a CPD Program **MAX facts 2019** with a theme of “**Oral Cancer Update**”. The Chief Guest at the inauguration was **Dr. B. H. Sripathy Rao**, Principal of Yenepoya Dental College and a Teacher of Teachers. The accomplished guest speakers of the day were **Dr. Vishal Rao** and **Dr. Deepak Balasubramanian**.



Dr. Vishal Rao U.S., Chief of Head & Neck Surgical Oncology & Robotic Surgery at HCG Cancer Centre, Bengaluru; is the inventor of ‘**AUM Voice Prosthesis**’, a 1\$ speaking device for throat cancer patients. He enlightened the audience on etiology, immunology, molecular biology, recent trends in management, heterogeneity of oral cavity subsites and potentially malignant disorders.

Dr. Deepak Balasubramanian, Clinical Associate Professor in the Dept Head & Neck Surgery, Amrita Vishva Vidyapeetham, Kochi has trained extensively in Head & Neck Oncology and Reconstructive Microsurgery. He spoke on **Surgical considerations in Oral Cancer and role of neck dissection**.



Ethics and Communication

30th August '19

MCODS Mangalore under the aegis of the **Center for Bioethics, Manipal** conducted a half day workshop on “**Ethics & Communication**”. The program was organized and graced by **Dr. Vikram Palimar**, Coordinator, Center for Bioethics, Manipal and Professor, Department of Forensic Medicine & Toxicology, Manipal.



The resource persons included **Dr. Suresh Kumar Shetty**, Professor, Department of Forensic Medicine & Toxicology, KMC, Mangalore & State Medico-legal Consultant, Karnataka state, **Dr. Neetha J. Shetty**, Associate Professor, Department of Periodontics, MCOCS, Mangalore, and **Dr. Animesh Jain**, Prof. & Head, Department of Community Medicine, KMC, Mangalore.



Screening camp at St Agnes Spl. School

27th August '19



A **screening camp** was held at **St. Agnes Special School**, Mangalore as a part of their Golden Jubilee Celebrations. A total of 161 children were screened. Both Dental and Medical teams participated in this camp. All the children were given a referral card for further treatment.

Plastic Awareness Drive 2019

28th September '19



As an initiative to stop the use of '**Single use plastic**', following the guidelines of the University Grant Commission, MCOCS and KMC, Mangalore with VSO, Mangalore organized an anti-plastic campaign at Bejai, Mangalore. A total of 67 students from MCOCS Mangalore along with their Cultural & VSO Coordinator, **Dr. Mithun Pai** participated in the campaign. It was also attended by **Dr. Ramesh Holla** from KMC Mangalore. The project saw a march for collecting all the plastic waste in and around Bejai. Distribution of pamphlets regarding information and use of plastic was also done.

Orientation for New BDS students

1st August '19

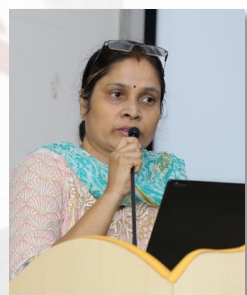
Manipal College of Dental Sciences, Mangalore successfully conducted the "Orientation Day-20'19" programme for the newly enrolled students of the Bachelor of Dental Surgery(B.D.S) course. The students were oriented about the college by Dean, Dr Dilip Naik followed by interaction of the newly joined students and parents to their respective teacher guardians. Students were also sensitized about the anti-ragging policy by Dr Rekha T. (deputy director student affairs)



Orientation for Interns

25th September '19

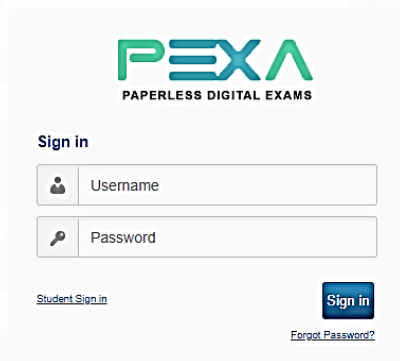
The new batch of interns (2015-16) were oriented on 25th Sept. 2019 by the administrative heads of the college. **Dr Premalatha Shetty, Dr Ashita Upoor** and **Dr Arathi Rao** were the main speakers. The students were sensitized about patient care, academic & alumni activities along with an overview of the international collaborations of the institute. This was followed by an ethics & communication workshop by **Dr Neeta Shetty & Dr Supriya Nambiar**.



Orientation for Exam Pad evaluation

27th Sept '19

A program for faculty orientation to exam-pad correction was conducted. Mr Vaman Bhat from Littlemore Innovation Labs Pvt Ltd introduced the concept of paperless correction to the faculty. He also introduced the faculty to the methods by which question papers along with answer keys can be uploaded. This was keeping in mind the green initiative taken by Manipal Academy of Higher Education which has led to a tremendous decrease in paper use. MAHE along with a very universities has been a pioneer in introduction of a digital exam-pad system.



ISO internal auditor training

9-11th September '19

Dr Nandita Sujir, Dr Cherishma Thimmaiah, Dr Nidhi Manaktala, Dr Shravan Shetty and Dr Jefferson Prince., members of the teaching faculty from MCODS Mangalore who had undergone training to be internal auditors for the ISO internal auditor training.

The workshop was inaugurated by Dr Shrikala Baliga, Deputy Director, Q&C, Mangalore Campus, who is also a Professor in Department of Microbiology. The interactive sessions were conducted by **Mr. S Bhargav Suprabha**, Quality Solutions Bangalore.



BIOCON observership series

October '19



BIOCON foundation observership was initiated in association with program attended by interns of MCODS Mangalore

BLS training workshop

14th & 15th October '19



Max-Facts Skills Centre, Dept of Oral & Maxillo-facial Surgery, MCODS, M'lre conducted a 2-day Hands-on workshop on Emergency skills training for Dental Interns. Resource-persons for the workshop included **Dr Madhusudan Upadya** and **Dr Sumesh Rao** from Dept Anesthesiology.



Certificate course in CBCT



The **certificate course on Cone-beam Computerized Tomography (CBCT)** organized by the Department of Oral Medicine and Radiology was attended by over 15 participants across India (Rajastha, West Bengal, Chandigarh etc.). The course was conducted under the aegis of **Dr Junaid Ahmed** (Prof. OMR) and **Dr Nandita Shenoy** (Associate Prof. OMR). The course across the four days was well received with excellent feedback from the participants.

<https://manipal.edu/mcods-mangalore/mcods-news/mcods-events-list/certificate-programme-in-cbct.html>

Certificate course on Micro-implant Anchorage

The Dept of Orthodontics and Dento-facial Orthopedics in association with the Centre for Advanced Dental Education (CADE), conducted the first **Certificate Course on Micro-implant anchorage**. The resource person was **Dr. Vijay Baswa**, a world renowned clinician with several years of experience with IZC and Buccal shelf screws and also an alumnus of our college. The workshop was a blended program with an online lecture series which emphasized on the theoretical aspects of IZC and Buccal shelf screws and was conducted in the Dept. of Orthodontics.

The hands on session consisted of placement of screws on 3D printed models, under the expert guidance of Dr. Baswa. This was followed by a clinical demonstration of screw insertion by the resource person.

<https://www.facebook.com/CertificateCourseinMicroImplantAnchorageMcodsMLR/>



Certificate Course in Modern Endodontic Practice



The **Certificate Course in Modern Endodontic Practice** is a product of partnership between MCODS, Mangalore, and Dentsply Sirona and is a unique experience for the participants, where they were exposed to the latest practices in endodontics. This intensive 5-day program consisted of clinically oriented lectures; hands-on workshops and clinical demonstrations, on various aspects of non-surgical root canal therapy using contemporary techniques and armamentarium. The course content included various topics like endodontic diagnosis, radiography in endodontics, pre-endodontic preparation-anesthesia and isolation, magnification, access cavity preparation, irrigants and irrigation devices, Root canal shaping- using rotary Ni-Ti instruments, root canal obturation, post-endodontic restoration. The resource faculty for the first 4 days were the two stalwarts in the field of endodontics; **Dr. V. Gopi Krishna**, and **Dr Vivek Hegde**. **Dr Nandita Shenoy**, Associate Professor in the Dept. of Oral Medicine and Radiology took a session on the importance of CBCT in Endodontic Practice. **Dr Kundabala M** and **Dr Manuel S Thomas**. **Dr Anand** . On the last day, there were sessions by who is a product specialist from Dentsply Sirona gave a demonstration on soft tissue laser.

<https://manipal.edu/mcods-mangalore/mcods-news/mcods-events-list/certificate-course-in-modern-endodontic-practice0.html>



Certificate Course in Minor Oral Surgery

The Department of Oral & Maxillofacial Surgery, MCODS Mangalore, conducted the Certificate course in Minor Oral Surgery from 1st September 2019 to 30th September 2019. Three BDS graduates enrolled for the course and attended the lectures, presentations, hands-on training on simulators in the Clinical Skills Lab and patient care in the Clinics to successfully complete the course under the guidance of Course Coordinator, **Dr. Arvind R** and the **Faculty of Department of Oral & Maxillofacial Surgery**. The certificate awarding ceremony was presided over by the Dean, Dr. Dilip G. Naik and the candidates shared their experiences and valuable feedback.

<https://manipal.edu/mcods-mangalore/mcods-news/mcods-news-list/certificate-course-in-minor-oral-surgery.html>



IDA Symposium

15th October '19

The **IDA Symposium** was organised by the Indian Dental Association Dakshin Kannada branch, in association with **Centre for Advanced Dental Education & Manipal College of Dental Sciences, Mangalore at Marena, Mangalore**. Students from MCOADS Mangalore & Manipal, Yenepoya Dental College, A J Shetty Dental College, KVG Sulia, Srinivas Dental College and A B Shetty dental college participated. Events like Quiz, Spellathon, Collage, Soap carving, Poster presentation, Pot Pourri, Table clinic and Dental Olympics were conducted.



MAHESRF Award ceremony and Annual day 2019

12th October '19



The Annual Seminar and Award Ceremony for Manipal Academy of Higher Education Student Research Forum (MAHESRF), MCOADS, Mangalore, took place on 12th October, 2019. **Dr. Manthan Janodia**, Guest of Honor, spoke on the topic - 'Intellectual Property Rights for Novice' where he enlightened the students regarding patenting their ideas & innovations and the associated process for a successful patent. **Dr Pralhad Kushtagi**, CAO, Durga Sanjeevani Hospital, Kateel, was the chief guest.

Eye for Implantology

27th August '19

Dept of Prosthodontics, MCOADS, Mangalore conducted a CPD Programme on "Eye for Implantology". **Dr. Shobha Rodrigues** and **Dr. Thilak Shetty** elaborated on Diagnosis and treatment planning and anatomic considerations. **Dr. Mahesh. M** spoke on Implant surgical protocol. **Dr. Umesh Pai** spoke on Impression techniques in implantology. **Dr. Mathai Joseph** conducted Panel discussion & addressed queries raised by the participants.



Following these talks, there was a hands on workshop for all the delegates on implant placement on mandibular models, suturing in models, and impression making with Pentamix system.

Dr. Joanna demonstrated Suturing Techniques to the Participants. Session 1 consisted of lecture series on post principles by Dr. Shobha.J. Rodrigues and **Dr. Puneet Hegde** while Session 2 had hands on exercise: Post space preparation, Impression making of post space, resin post pattern preparation & fiber post cementation (post & core hands-on).

National Unity Day 2019

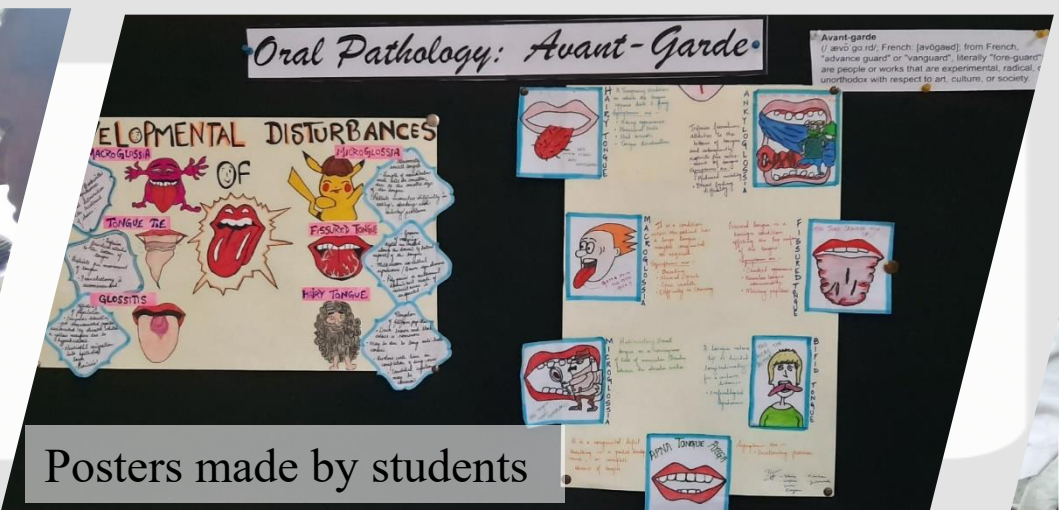
31st October '19



"**Rashtriya Ekta Diwas**" (National Unity Day) was introduced by the Government of India and inaugurated by Prime Minister Narendra Modi in 2014 with a view to pay tribute to Vallabhbhai Patel, who was instrumental in keeping India united. It is celebrated on 31st October every year as an annual commemoration of the birthday of the Iron Man of India, Sardar Vallabhbhai Patel, a stalwart and one of the founding leaders of the Republic of India. As part of the Rashtriya Ekta Diwas, the students and staff of Manipal College of dental sciences took the pledge for Unity among all for the better nation and for the welfare of the society.



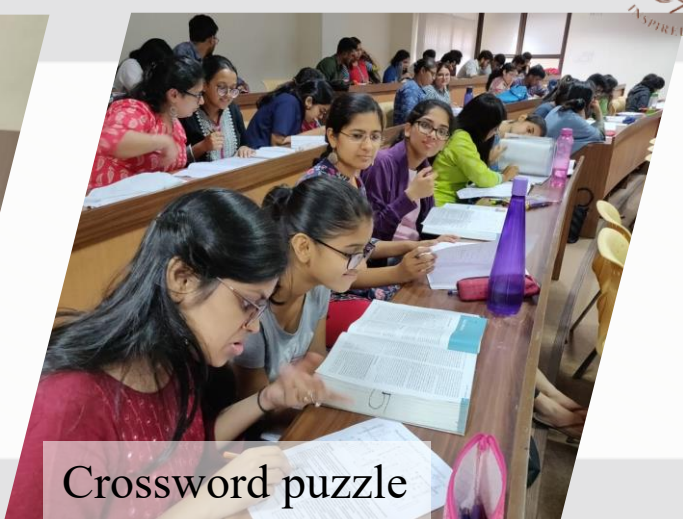
Mind mapping



Posters made by students



Origami in teaching



Crossword puzzle

TEACHING INNOVATIONS BY ORAL PATHOLOGY

The Department of Oral Pathology takes pride in utilizing multiple modalities of teaching which include Mind-maps (propagated through social media, notice boards and small group discussions), Self Directed Learning (SDL), Online quizzes and many more. This is in line with the Outcome Based Education (OBE) system which emphasizes student-centric learning as the primary modality of teaching to achieve the desired outcomes.



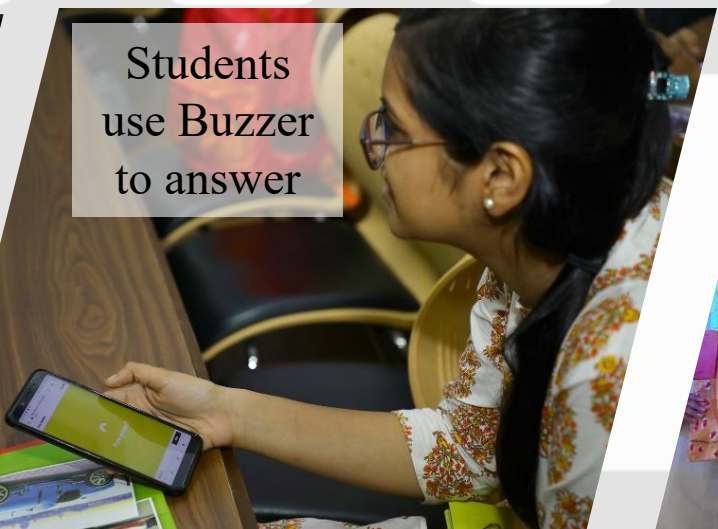
SDL: Presentation



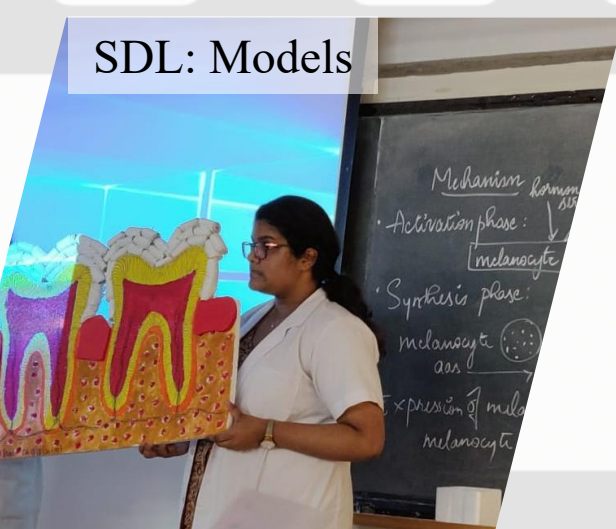
SDL: Skit



Quizzing in Kahoots



Students use Buzzer to answer



SDL: Models



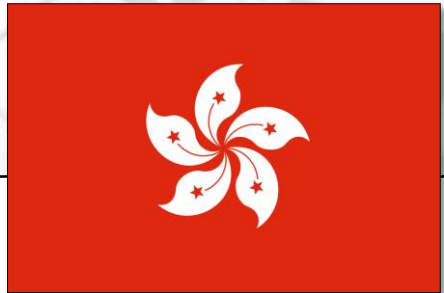
WORLD NEWS

INTERNATIONALIZATION



Memorandums of Understanding signed...



Faculty of Dentistry
The University of Hong Kong



UNIVERSITY OF TURKU

Memorandum of Understanding
Between the
The University of Hong Kong acting through
Faculty of Dentistry
and
Manipal Academy of Higher Education, Manipal (India) acting through
Manipal College of Dental Sciences, Mangalore

The University of Hong Kong (HKU) acting through Faculty of Dentistry and the Manipal Academy of Higher Education, (MAHE) Manipal (India) acting through Manipal College of Dental Sciences, Mangalore a constituent unit of MAHE, share common academic interests and goals and seek to develop collaboration in fields of common expertise and endeavours. The activities to be undertaken pursuant to this Memorandum of Understanding (MOU) stem from a spirit of co-operation and reciprocity that is intended to be of mutual benefit to both parties. The terms set out below represents the good faith intentions of the parties and each party hereto understands and agrees that nothing construed in this MOU is intended to constitute a legal binding obligation on either party.

1. Purpose
This MOU serves to set out the general academic objectives, which are shared between Faculty of Dentistry, The University of Hong Kong and Manipal College of Dental Sciences, Mangalore, a constituent unit of Manipal Academy of Higher Education, Manipal (India). This MOU is intended to clarify the nature and extent of the complementary activities that

Memorandum of Understanding
Between
Injury Epidemiology and Prevention Research Group, University of Turku
(Finland)
And
Department of Paedodontics and Preventive Dentistry
Manipal College of Dental Sciences, Mangalore
Manipal Academy of Higher Education, Manipal (India)

This MOU was signed on this **May 2019**, between the **Injury Epidemiology and Prevention Research Group, Turku Brain Injury Center, F1 – 20014, University of Turku, Finland** (hereinafter referred to as IEP) and **Department of Paedodontics and Preventive Dentistry, Manipal College of Dental Sciences, Mangalore, a constituent unit of Manipal Academy of Higher Education, Manipal, India** (hereinafter referred to as Pedo, MCODS Mangalore, MAHE). Both IEP and Pedo, MCODS Mangalore, MAHE are sometimes referred to herein as (each "Party") and collectively as the ("Parties").

General Purpose of this MOU

- 1) To state roles and responsibilities, the Parties in the collaboration will willingly share its facilities, and provide reasonable support for students, researchers, and academic staff who choose to use these resources as part of their research and academic studies. The hosting university will provide the facilities and working spaces, but the visiting student, researcher and academic staff will use on their own funding and accommodation.

An excerpt from the diary of an AIESEC volunteer...



My volunteering exchange in Surabaya, Indonesia (through AIESEC) helped me to grow into a mature and more confident individual. The day I was leaving, anyone could spot the anxiety on my face- even the immigration officer expressed his concern. I was nervous as travelling internationally- that too alone- was an entirely new experience for me. The envy that came with not being able to go home during the holidays, unlike my other friends, did not help things either. But once I reached there all my apprehensions vanished.

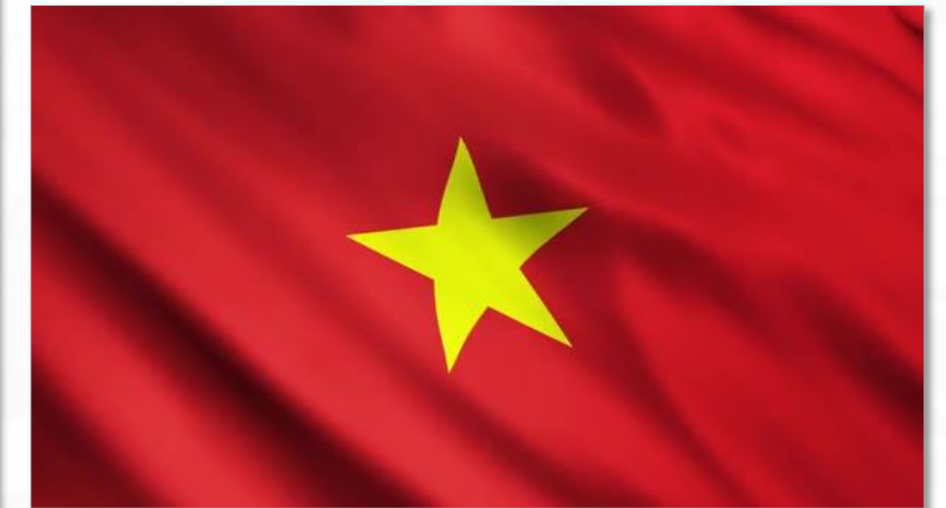
My host family, a few local project volunteers and the OC president came to receive me. In my host family's house, I had a roommate (who was from Vietnam) and she made my stay in Indonesia much more enjoyable. My group had 3 other exchange participants. From the next day, our work started. We had daily meetings with one of the government's committees and they used to give us information regarding HIV/AIDS and the status of the disease in their country. We also met doctors, who informed us about the medical and psychological aspects of the disease. One of the best parts of the project was to meet the patients, interact with them and sometimes we never even knew that the person we are talking to is the patient himself. We also conducted awareness campaigns in schools and residential areas- informing the people all about the disease and ways to prevent it. This was a great experience as we were on the other side of the classroom

Wary of the experiences of dull Jack, we had fun too- learning the local language of "Bahasa" and the famous Indonesian art form "Batik". Daily after work, we used to go out together: either for lunch or dinner and try the authentic delicacies. We had mini trips to Yogyakarta and Malang. There was a particularly memorable experience: the Global Village Day. Volunteers from 22 countries were grouped and given booths - on India's, we had a huge crowd just for the FOOD. Every country gave performance which depicting their culture and everyone went wild watching the Indians dance. Indonesians have a great craze for Indian culture- this was one day which I will remember even in the last days of my life: because representing my country was indeed a moment of pride for me. Before I even realised, my time in this land was over. These 5 weeks gave me the memories which make me smile every day; there is not even a day when I don't remember them. This experience is special to me because it taught me to smile no matter what, and made me independent. Although it sounds very melodramatic, I was nervous when I was sitting at the airport again. Only this time it was because I knew when I returned, studies were waiting for me and I just wanted to run back to the people to whom I just bade goodbye. These words can only express a fraction of what I experienced, but memories of my trip are infinite.

Vishaka Mehendiratta, III BDS



MAHE wins The Green World Award 2019



Green World Awards

Manipal Academy of Higher Education is the global gold winner at the Green world environment awards 2019. In 2018, MAHE participated and won the International silver award for environmental best practices. MAHE competed worldwide against 500 nominations and the results were announced at a glittering award presentation ceremony held at the Ho-Chi-Minh city, Vietnam on 30th September 2019. The winners papers are published in THE GREEN BOOK an international work of reference on environmental best practices.



ARMCODS (Alumni Relations, MCOADS) ARMY



Reaching out to our alumni...

The objectives of ARMCODS:

- To increase alumni registrations on alumni portal
- To increase alumni activity in the institutions by inviting alumni at regular intervals as speakers at CPD programs.
- To capture the placements or enrollment to PG studies, achievements by alumni etc



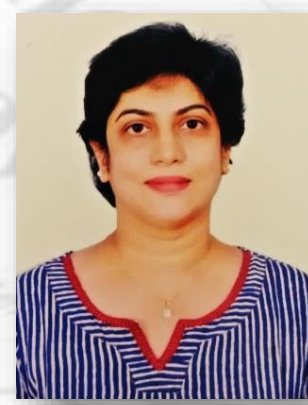
Dr. Dilip G. Naik
Dean, MCOADS, Mangalore



Dr. Arathi Rao
Coordinator, ARMCODS
Professor, Department of Paedodontics



Dr. Nidhin Philip Jose
Joint Coordinator
Associate Professor
Department of Orthodontics



Dr Karen Boaz
Professor
Department of Oral Pathology



Dr. Nandita KP
Associate Professor
Department of Oral Pathology



Dr. Nanditha Sujir
Reader
Department of Oral Medicine

ALUMNI CORNER

Endowment Lecture

5th July '19



The Department of Orthodontics and Dentofacial Orthopedics in association with the MCOODS Mangalore Orthodontic Alumni Association successfully conducted the first “**Dr. V Surendra Shetty – Dr. Subraya Mogra Endowment Lecture**”. The resource person was **Dr. N.R. Krishnaswamy**, a well renowned clinician and academician, currently serving as Head of Department of Orthodontics, Ragas Dental College, Chennai. The lecture discussed various treatment alternatives for correcting malocclusions in the transverse dimension.

Past, present and beyond... Alumni feature



My journey into the world of dentistry began in the year 2002 when I was accepted for BDS program at Manipal University- MCOODS Mangalore. It was the first time I had moved away from my family in Delhi but the teen in me was excited; my days in college and hostels at Bejai and Attavar are some of the fondest memories I have till date. Like most of the dental students/ Interns in college, I started to prepare for MDS entrance exams during internship, but I had not decided on my choice of specialty until I had certain experiences in internship which shaped my decision. “Which one of you wants to be a pediatric dentist?” asked Professor Ongole to the four interns posted in Department of Oral Medicine and Radiology. On a whim, while my inner self was still contemplating about specialization, I raised my hand. On the first day of my internship, I realized I had put my foot in mouth when Professor Ongole, seeing my enthusiasm, asked me to examine a nine year old boy who exhibited characteristics a young dentist would dread: tears, fear, physical fighting and of course, his hands clamped on his mouth! I tried to cajole him but with my limited knowledge of behavior management, I failed.

I was told to take the child to Department of Pediatric Dentistry where Professor Arathi Rao cast a spell of some sort with her words and the child not only had his teeth examined but also, left the department smiling. I was intrigued and that was the beginning of my inclination to the specialty I so take pride in today. During my rotatory internship in the Department of Pediatric dentistry, my interest in working with children gained momentum. For the month that we were posted in the department, my fellow interns and I would go to the neighboring government run schools to screen students. We’d then host them at the department and treat their dental problems and educate them on oral health. This experience made me realize the scope of pediatric dentistry and how much difference a pediatric dentist can possibly make by catching them young. Soon after internship, I was accepted into the MDS Pediatric dentistry program at the prestigious JSS Dental College and Hospital, Mysore. Those three years challenged me mentally, and I learnt a lot about the nuances of pediatric dentistry. I pursued a career in academics after MDS and taught at SGT University, Gurugram for two years while practicing as Consultant Pedodontist at Axis Dental pvt Ltd at their various hospital centers across Delhi/NCR. Eventually, I worked at Fortis Memorial Research Institute, Gurugram (FMRI) where I had the opportunity to treat children with malignancies and hematological disorders for their dental ailments. I was fortunate to have good OR and intravenous sedation facilities at FMRI and it was a great learning experience. I sought observership opportunities at Boston Children’s Hospital (a Harvard Medical Hospital), USA. For a week, I observed the residents treating medically complex cases and managing children beautifully under nitrous oxide, oral sedation and general anesthesia. I was amazed by the work ethic, technology, dental materials and research quality. I also shadowed at the Dental Department at Memorial Sloan Kettering Cancer Center, New York to learn more about the research in pediatric cancers and it was truly a humbling experience and it only increased my desire to learn more and I worked towards joining a pediatric dentistry residency program in the US. I took and passed NBDE 1 and 2 exams and scored well in TOEFL and applied to the pediatric dentistry programs in the US and after a round of interviews, I matched at Rutgers School of Dental Medicine, New Jersey. Currently, I am in the second month of the 24 months program and I am learning new things every day. I aim to pursue a career in academics eventually. MCOODS Mangalore imbibed in me values I will be indebted for throughout my life. Learning never stops, and there are no shortcuts to success- these are the two adages that sum it up. I wish all the readers luck with their careers and if there is any information needed, I can be reached at drgurvinderkaur@gmail.com

DR. GURVINDERKAUR (Batch of 2002)



1989

MCODS, Mangalore was very proud to have welcomed its very first post-graduate student (1989 batch) **Dr Dorothy Aithal** who enrolled for her post-graduation in the Dept. of Oral Pathology & Microbiology successfully graduating in 1989. Soon thereafter, Dr Dorothy joined her alma mater as member of the faculty.



Dr Nidhi Pruthi Shukla and **Dr Manas Shukla**, 2001 batch alumni,



presently Readers at Dept of Public Health Dentistry & Dept of Periodontology respectively, Rama University Faculty of Dental Sciences were invited as guest speakers at **World Dental Conference, Kuala Lumpur, Malaysia** in September, 2019. They also gave guest lectures in their respective fields.

2001



Dr. Shanthi Swarup PG alumna (2009)

Department of Pedodontics and Preventive dentistry was conferred with the **best teacher award** by TN Dental College and Hospital on the 73rd Independence day

2009

1999

Dr. Vijendra Singh, 1999 batch alumni was awarded the advanced credential of **Diplomate of The International Congress of Oral Implantologists** having successfully met the stringent criteria set forth for the same by the ICOI.



He is currently working as Professor in Department of Periodontology & Implantology, Faculty of Dentistry, Melaka Manipal Medical College, Malaysia. He completed his MDS from MCODS Mangalore (2007).

Dr. Priyanka Sarangi, (2004 batch) Assistant Prof., Conservative Dentistry & Endodontics, SCB Dental College & Hospital, Cuttack, Odisha was awarded the **Dr. SV Bhagwat Gold Medal for securing the highest marks during her Masters.**



2004



Dr. Ashish Nair, (2004 batch) alumni, was awarded **Gold Medal** instituted at IES PG Student Convention Bangalore for obtaining **first rank in his Masters Degree in Conservative Dentistry & Endodontics.**



Dr. Preeti Chidambaram (2004 batch) Pedodontist at Rainbow Children's Hospital Hyderabad was awarded **A.K Munshi Gold Medal for obtaining highest marks in MDS.**

2012



Dr. Devyani Bahl, 2012 batch alumni (PG 1st year, Oral and Maxillofacial Surgery) was awarded **Curis Remuneror National level Healthcare award, Student of the Year** by CIMCON Foundation, Bhopal for her exceptional work. She is also a part of the research team of All India Medical Students Association.

CONTINUING PROFESSIONAL EDUCATION WITH ALUMNI AS RESOURCE PERSONS

Lecture series by Adjunct faculty Dr. Abhiram Maddi



Dr. Abhiram Maddi, Assistant Professor Department of Periodontics and Endodontics, School of Dental Medicine, University at Buffalo, NY visited the department from 5th to 8th August 20'19. Dr Abhiram is an alumnus of MCOCS Mangalore, having graduated in 2002. He spoke to interns on **“Periodontal diagnosis – navigating the 2018 AAP classification”**. For the postgraduates of Mangalore and Manipal, he covered “Candida albicans, opportunistic pathogen, Role in dental and periodontal diseases”, “Periodontal diagnosis and treatment planning in the New Era” and **“Advances in Periodontal Surgery”**. He also conducted a workshop on **“Suturing in Periodontal surgery”** and discussed the prospects of study in the USA post post-graduation. He also serves as **Adjunct faculty, MCOCS, Mangalore**.



“Osseo-densification” by Dr. Vijendra Singh

The Departments of Periodontology and Prosthodontics and Crown and Bridge, MCOCS Mangalore conducted a CDE Program on the 1st **October 20'19**. **Dr Vijendra Pal Singh**, Professor, Department of Periodontology and Implantology, Faculty of Dentistry, Melaka Manipal Medical College, MAHE, Melaka, Malaysia was the resource person. He is an alumnus of MCOCS Mangalore, having completed his under graduation in 2006 and post-graduation in Periodontology in 2010. Dr Arathi Rao, Professor, Dept of Pedodontics and the alumni coordinator felicitated Dr Vijendra. He spoke on **“Osseodensification”**, a new concept in the field of Implantology.

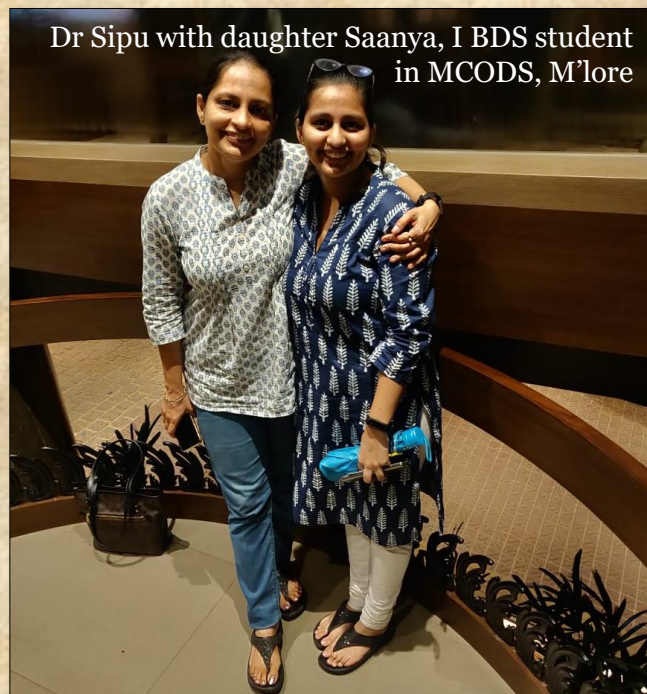


Memoirs of an Alumnus...

NOSTALGIA

Parenthood has two big transitions, when our children arrive and when they leave. The pain of our kids leaving the cosy boundaries of home to the hostel for college is an emotional cocktail of worry and sadness. Part of it is concern for how our kids will settle / adjust to their new environment. But, when your child joins your alma mater, it is definitely more reassuring along with a feeling of pride and happiness. When we think of the college from which we graduated, we have emotions, of pride, happiness gratitude and nostalgia. However, their emotions are doubled when your child gets admission in to the same college. Also, very heartening to see your batch mates become mentors for your children. The visit on the orientation day (1st Aug 20'19) was high on nostalgia and happiness particularly when I saw how well my beloved college had developed over the past few decades and retained its ranking as a premier dental college of the country.

Sipu I P Singh
(Batch of 1992)



Dr Sipu with daughter Saanya, I BDS student in MCOCS, M'lore

Past, present and beyond... featuring Dr. Jay Gopal Ray

PG student in Dept. of Oral Pathology, MCOCS Mangalore ('1991-'1993)

MY SOJOURN IN COCS, MANGALORE

After my graduation from Dr. R Ahmed Dental College, Calcutta, I was posted in a government hospital at Kurseong, Dist Darjeeling in West Bengal. After working for about 4 years in the tranquility of a quiet hamlet, my inner desire to pursue MDS course was getting more and more intense which motivated me to travel all the way to Mangalore in '1991, since post graduate course in Dentistry was not accessible in eastern India.

I still remember my maiden journey from Calcutta to Mangalore en route Madras, and then to Manipal where I meet Mr. Ganapati who handed over to me an application form for admission to MDS course, and directed me to the OSD admissions to explore availability of seats. I really didn't know till then that within few moments my destiny will veer from dream to reality. I was offered an Oral Pathology seat. Having taken the guidance of my friend Dr. Wasif Manzar and being helped through the admission process, I returned to Calcutta that same night and the joy of securing my PG seat transmuted the three day train journey into the most pleasant experience of my life.

On 8th of August '1991 I finally joined the Department of Oral Pathology, COCS ,KMC,Mangalore. My first interaction with Dr. KARH Sastry our guide, mentor and head of the family was another moment that I still treasure. Dr. Dorothy Vas, was second-in-command and my senior post graduates were Bijoy kr.Das, Charlotte De Souza, Vijay Srinivas, and V Prudvi. My co-PG was Bastian TS. Other members were our lab technician Sunanda Prabhu and duty assistant Ganga. The Department was under strict control of Dr. Sastry and punctuality, discipline, and honesty were the keystones.

My seniors were then working on DMBA-induced carcinogenesis which I really didn't understand much since fundamental research was recondite those days. Experiments were done on in-bred white rats which were also unfamiliar to me. So, overall it was a paradigm shift which I was getting accustomed to gradually. I was staying at Lal Bagh Post Graduate Men's hostel from where I used to commute to college and library. After a month or so it was my turn to present the first seminar on 'vital staining' so again a new experience was initiated but by now I was quite familiar with the protocol in the department.

Slowly my favorite place became our Library were most of the days for the next 2 years I spent the evenings from 7 pm until 1 am, browsing journals, text books and reference books and photocopying pertinent topics. Then came my turn to select a topic for dissertation and Dr. Sastry was insistent on doing something new and novel, so, after repeated attempts it was decided to work on AgNORs and their significance in oral precancer and oral cancer. The mammoth task to design the study and execution stared at me, though our department was well geared with all equipments and glass wares required for the experiment. I really forgot by this time that a year and half had already elapsed and it was time to submit the dissertation and get ready for the final lap.

By this time I had experienced the final MDS exam of our senior batches and ushered in our juniors Dr. Vidya M and Dr. Maji Jose, both of whom were eternally good souls.

In January '1992 Dr. Sastry compelled us to go to Bombay for the First National Conference of IAOMP where I presented a paper and was awarded for the best paper. It was a great impetus to become a life member of our association and eventually I became the president of the same association in 2016.

Finally, in June '1993 Bastian and I cleared the final exams which were conducted by none other than the three doyens of Oral Pathology, namely, Dr. Viswanathan, Dr. Ram Manohar and Dr. T R Saraswathi.

Subsequently, I came back to Calcutta and joined the Department of Oral Pathology, Dr. R. Ahmed Dental College and Hospital. As I reflect on my days in COCS (now called MCOCS) Mangalore, I realize that my experience has been enriching, instilling within me punctuality, confidence and a perpetual quest for knowledge and research which to this day, I believe, has helped me and my students immensely.

I always consider 'Manipal' as a benchmark of academics in many ways, and I have tried to recreate the same whenever and wherever it was possible with limitations. Even after 26 years, my memories are fresh and I can recollect each and every event as it is. My very sincere gratitude to my guide Dr. Sastry, and my heartfelt thanks to Dr. Das, Dr. Vijay, Dr. Prudvi, Dr. Bastian, Dr. Vidya , Dr.Maji and Mrs. Sunanda for making the Mangalore sojourn memorable.



Jay Gopal Ray





LAURELS

**ACADEMIC
EXTRA-CURRICULAR
MISC.**

AWARDS



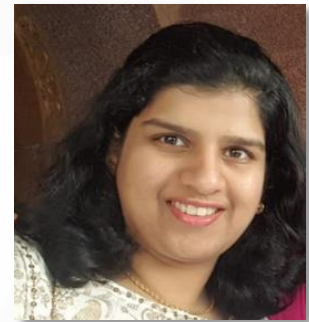
Dr. Kundabala, Prof. Conservative dentistry was bestowed with the **“Ace-Karnataka-Academic excellence Award”** for exceptional calibre & dedication to her field, at the IACDE 2nd South Zonal Conference 2019, Mangalore

Dr Nandita K.P, Associate Professor, Dept of Oral Pathology won **the first prize in poster** presentation at **17th National Conference of Indian Forensic Odontology** held at Maulana Azad Institute of Dental Sciences, New Delhi.

Dr Sandipan Mukherjee, third year Post Graduate from Department of Prosthodontics and Crown and Crown and Bridge and **Dr Sreelaxmi Pradeepa** and **Dr Ishani Saluja**, second year Post Graduates from Department of Conservative and Endodontics won the **best paper titled “ Full Mouth Rehabilitation of a Patient with Severe Attrition and Loss of Vertical Dimension – A Case Report”** in the 12th ISPRP National Conference 2019 held at Mysore.



Dr. Ankita Kanotra & Dr. Janina D'Souza, 3rd year Post-Graduate Students of Department of Conservative Dentistry & Endodontics won the **Best poster titled “ Management of non-vital Immature permanent lateral incisor using amniotic membrane as a novel scaffolds”** in the IACDE 2nd South Zonal Conference 2019, Mangalore.



Dr Mranali Shetty, Associate Professor Dept of Periodontics won **first prize** in the Women's Singles at the MAHE Inter Collegiate Staff Squash tournament conducted by KMC Manipal.

Dr Karthik Shetty, H.O.D Dept of Conservative Dentistry & Endodontics won **Runner's up** in the Men's Singles. The MAHE Inter Collegiate Staff Squash tournament conducted by KMC, Manipal.



Dr. Alisha Ono Idris, Dr. Tanay Chawda and **Dr. Amrita Bellap**, 1st year postgraduate students of Dept. Of Prosthodontics and Crown and Bridge were awarded the **Dr. N. P. Patil Memorial Award** for being judged the **Best Overall Scientific Poster presentation** titled **"The Virtual Metamorphosis of Articulation"** at the 7th Annual State Conference organized by Indian Prosthodontic Society Karnataka Branch in Goa, from 6th to 8th Sept, 2019 under the guidance of **Dr. Sharon Saldanha**, Associate Professor, Dept. Of Prosthodontics & Crown and Bridge.

AWARDS, INNOVATIONS AND PATENTS



Dr. Razia Haridas, III year post graduate student of Dept. of Periodontology won **1st prize for the essay on “Critical Appraisal of the new classification of periodontal diseases”** at ISP Essay competition 2019 under the Guidance of Dr. Deepa G Kamath.

Dr. Vandana Daga, 2nd year post graduate student of Dept. of Periodontology won **1st prize for Poster presentation** titled **“In conversation with our Gut- the Oral Gut Microbiome Axis”** at ISP Colloquium organized by the Indian Society of Periodontology, Mangalore under the Guidance of Dr. Ashita S Upoor, Prof. Dept. of Periodontology.



Dr. Natasha Raura, Dr. Shivangi Shekhar, Dr. Shweta E Jacob, first year Post-graduates, Dept. of Conservative Dentistry And Endodontics have **won the best poster titled “Nanoparticles : The Endodontic Future”- A review poster** in the IACDE 2nd South Zonal Conference 2019 held on 9-10th August 2019 at Dr TMA Pai, International Conventional Centre, Mangaluru, Karnataka.



Dr. Anirudh Garg, first year Post graduate from the Dept of Conservative Dentistry and Endodontics won the **best poster titled “Root Canal Morphology - Decoding the complexities”- A review poster** in the IACDE 2nd South Zonal Conference 2019 held on 9-10th August 2019 at Dr TMA Pai, International Conventional Centre, Mangaluru, Karnataka.



Jaivrath Gupta (intern) MCOADS, M'lore, has been selected to the prestigious **Pierre Fauchard Academy International Senior Student Award for the year 20'19**. He recently had also won the **“Kalmegh Award For Innovation and Research In Dentistry – 2018”** at the Famdent excellence in dentistry awards 2018 held in MUMBAI, on 9th December.



Dr. Jeny Emmanuel, PG, Dept of Orthodontics won the **Best Scientific Paper** in the session titled **“Alternatives in Naso-alveolar Molding – Probing New Dimensions in Facial Cleft Therapy”** at Zonal Orthodontic PG Convention 2019, Hassan.

Dr. Pooja M.P, 3rd year Post Graduate student, Dept of Paedodontics and Preventive Dentistry won the **“Award of Appreciation”** in the **Intra College Sculpt and Win competition** conducted by GC INDIA. She is now qualified for Inter College Nationwide competition.



Ms Vidushi Gupta, Ms Madhu Sharma and Mr Rohith Kini under the guidance of Dr.Manuel Thomas have applied for a patent for their device TrapAero. TrapAero is a device that is used for isolation of the operating field while doing dental clinical procedures on patients, by entrapping the aerosols that are splattered.



Ritvi Arvind & Gayatri Bakhshi have **filed a Patent on Dhadkan - The Wireless Stethoscope**. The product is a digital stethoscope; heart and lung sounds can be amplified on a speaker, so that students can learn better. It also has AI features where the stethoscope itself can diagnose the condition reducing the number of visits to be made to the doctor for check-ups.



Miss. Vidushi Gupta and her team received seed fund money by KMC, Manipal to develop the product for her prototype of **INFUSIONARY –A portable IV analgesic delivery system for cancer patients** at the A hacking cancer event – Onco-Hackathon held from 22-24th October 2019at KMC Manipal.

SPORTS & CULTURAL EVENTS

MCODS shines at Table Tennis, Swimming and Squash



In the **Inter-MAHE table tennis tournament** that took place in September in Marena Indoor Stadium, in the Women's category, **MCODS, Mangalore** were **runners up**. The MCODS, Mangalore Womens' team comprised of **Urmila, Himali, Samanvitha, Adila and Priyanka**, While the MCODS, Mangalore Mens' team comprised of Kanishk, Dhruva, Yash, Aryan and Vishesh.



Ms. Saisaumya Tiwari, Final B.D.S student, bagged the 1st runners up trophy in the All India Inter-University Squash Tournament ,held in Manipal Marena from 16-18th October 2019.



Ms Sakshi Dagar of MCODS Mangalore won **the third prize in 50 Mtrs and 100mtrs breast stroke**. Team MCODS Mangalore also won **the third prize in the 4x25 mtrs relay**, represented by **Sakshi Dagar, Aanchal Arora, Disha Gupta & Rhea Fernandes**, at the MAHE Inter Collegiate Swimming Competition conducted by Manipal College Of Nursing on 12th and 13th september 2019 at the MARENA Manipal.

Beauty with brains



Dr Srishti Roy (Intern) was crowned as **Miss Mangalore 2019** on 28th of July at the grand finale of the beauty pageant 'Miss and Mrs Mangalore 2019 by Rego Events' held at Hotel BMS. She also took home three other subcontest titles of 'Miss intelligence' 'Miss Creative' and 'Miss Rampwalk'. She will further get the opportunity to participate in 'Miss India International' pageant being held at Philippines.

DSA induction

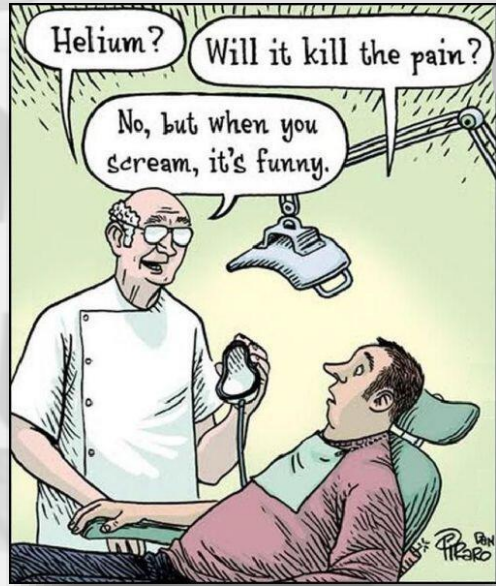
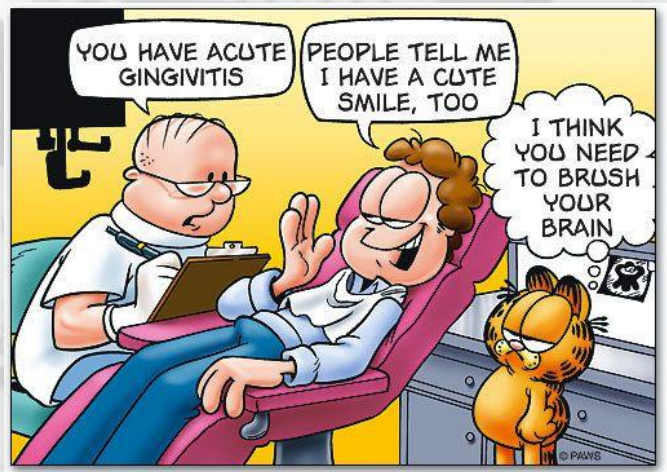
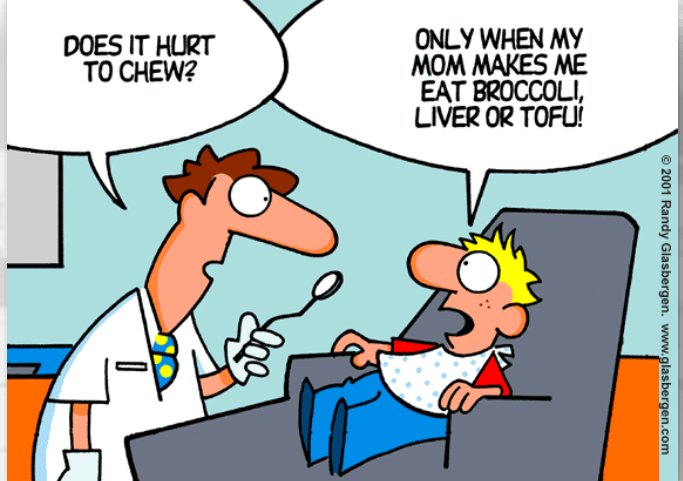
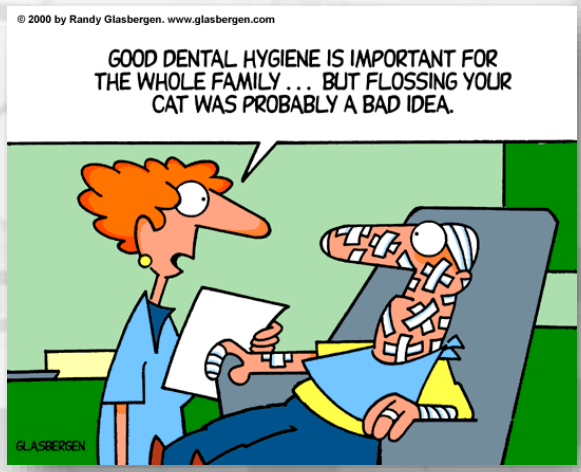
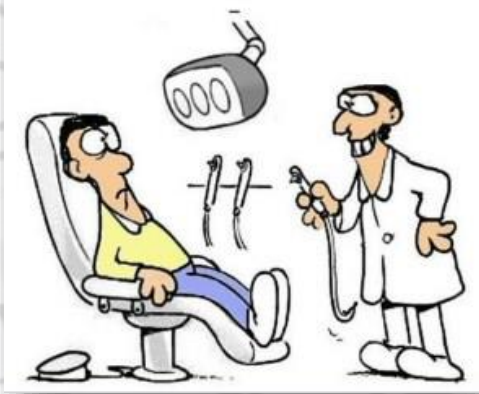


DSA 2019-20; From Left to right: Miss **Simran Agarwalla** (VSO/Wellness club representative), Miss **Aradhya Sinha** (Magazine Editor), Miss **Gulmehak Kalsi** (Fine arts secretary), Mr. **Peri Vishwanadh** (sports secretary), Mr **Ashutosh Kumar Gupta** (Treasurer), Miss **Parthivee Sharma** (General Secretary), Mr **Rahul Srivastava** (President).



The DSA new council 2019-20 induction ceremony was held on 27th september 2019 at LH 1 MCODS Attavar. The ceremony also included bidding adieu to the former council batch that included SaiSaumya Tiwari, Kavisha Mishra, Vedant Sreenivasan, Ayushma Chakraborty, Akshara Modak, Tamanna Moorjani and Yash Kumar.

to reduce the recession costs we use no pain killer



THIS IS GOING TO HURT JUST A LITTLE BIT - OGDEN NASH

One thing I like less than most things is sitting in a dentist chair with my mouth wide open. And that I will never have to do it again is a hope that I am against hope hopen. Because some tortures are physical and some are mental, But the one that is both is dental. It is hard to be self-possessed With your jaw digging into your chest. So hard to retain your calm When your fingernails are making serious alterations in your life line or love line or some other important line in your palm; So hard to give your usual effect of cheery benignity When you know your position is one of the two or three in life most lacking in dignity. And your mouth is like a section of road that is being worked on. And it is all cluttered up with stone crushers and concrete mixers and drills and steam rollers and there isn't a nerve in your head that you aren't being irked on.

Oh, some people are unfortunate enough to be strung up by thumbs. And others have things done to their gums, Because the dentist may be a bear, or as the Romans used to say, only they were referring to a feminine bear when they said it, an ursa, But all the same how can you be sure when he takes his crowbar in one hand and mirror in the other he won't get mixed up, the way you do when you try to tie a bow tie with the aid of a mirror, and forget that left is right and vice versa? And then at last he says That will be all; but it isn't because he then coats your mouth from cellar to roof With something that I suspect is generally used to put a shine on a horse's hoof. And you totter to your feet and think. Well it's all over now and after all it was only this once. And he says come back in three monce. And this, O Fate, is I think the most vicious circle that thou ever sentest, That Man has to go continually to the dentist to keep his teeth in good condition when the chief reason he wants his teeth in good condition is so that he won't have to go to the dentist.

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