



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

# COMMUNIQUÉ

Newsletter of Manipal College of Dental Sciences, Mangalore

Volume 4, Issue 3 (November 2019–February 2020)



SYNECHEIA 2020

BASIC RECAP-I

Inauguration of CAD/CAM

SWACHHATA PAKHWADA

Tell Tale Teeth v.4.0

Dr. TMA Pai gold medal

Workshop on Problem Based Learning

Alumni reunion of batch 1994

GUIDENT AWARDS

*As a part of the university with a tag of Institute of Eminence, MAHE, Manipal College of Dental Sciences, Mangalore is striving towards excellence in academics, research, internationalization and alumni relations. This issue, compiled by our department, highlights the achievements of the institution in these fields during the period of November 2019-February 2020. The Department of Pediatric and Preventive Dentistry has always strived towards achieving institutional goals, with an objective of achieving excellence. I consider myself to be privileged to be a part of this journey towards excellence as a faculty member, and now as the Head of the Department.*

*It gives me immense pleasure to bring forward this issue, which showcases the achievements of students, faculty and alumni, programs and events held in the institution, with spotlight on Dental Week events. I thank Dr. Charisma Thimmaiah, Issue Editor for her valuable efforts in compiling this issue. Many thanks to the Deputy Editors, Dr. Arathi Rao, Dr. Ashwin Rao, Dr. Karuna Y.M, Dr. Anupama Nayak, Dr. Maimoona T.M and Dr. Shweta Shetty for their precious inputs.*

**Dr. Suprabha BS**  
**Professor and Head**  
**Department of Pediatric and Preventive Dentistry**



Standing Left to Right: Dr. Maimoona TM , Dr. Anupama Nayak, Dr. Karuna Y.M,  
Dr. Charisma Thimmaiah , Dr. Shweta Shetty.  
Sitting Left to Right: Dr. Ashwin Rao, Dr. Suprabha BS, Dr. Arathi Rao.

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# ACADEMICS



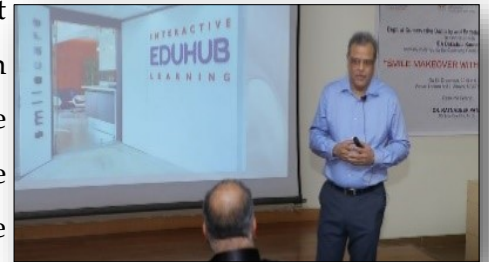
## INAUGURATION OF THE IN-LAB CAD/CAM SYSTEM

Manipal College of Dental Sciences, Mangalore procured the latest version and state of the art CAD-CAM (computer aided design computer aided manufacture) system by DENTSPLY Sirona. This new digital acquisition is the latest highlight in the Institution's constant commitment and endeavour to be global leaders in dental education and oral health care. The facility was inaugurated by **Dr. H.S Ballal**, honourable Pro Chancellor, MAHE, Manipal on 4th December, 2019. Dr. Surendra Shetty, Pro VC, Mangalore campus, Dr. Poornima Baliga, Pro VC, MAHE, Dr. Dilip G Naik, Dean, Associate Deans Dr. Ashita Uppoor and Dr. Premlatha Shetty, MCOADS Mangalore, Dr. M.V. Prabhu, Dean, Dr. Alfred Augustine, Additional Dean, and Associate Deans, Dr. Unnikrishnan B and Dr. Nuthan Kamath KMC, Mangalore, also graced the occasion.



## SMILE MAKEOVER WITH COMPOSITES

Indian Dental Association, Dakshina Kannada Branch in association with Department of Conservative Dentistry and Endodontics, MCOADS, Mangalore and Ivoclar Vivadent successfully conducted a CDE programme, "Smile makeover with Composites" on December 6<sup>th</sup>, 2019 at Attavar premises. The resource person for the program was **Dr. Ratnadeep Patil**. He gave an elaborate lecture on Composite and the various clinical tips to manipulate the material and a live demonstration on direct composite veneers.



## BASIC RECAP- I

A Two Day Symposium Basic Recap -I was conducted on 12<sup>th</sup> and 13<sup>th</sup> of February 2020 in MCOADS,



Mangalore with the Association of Conservative Dentists and Endodontists Karnataka. The program consisted of 22 guest lectures on various basic topics by stalwarts in the subjects from KMC and MCOADS, Mangalore. **Dr. Surendra Shetty**, Pro-Vice Chancellor, MAHE inaugurated the program. The dignitaries who attended the program

were **Dr. Mithra Hegde** Honorary Secretary ACE-K, **Dr. Moksha Nayak**, Principal KVG Dental College Sullia.

## CHILDREN'S DAY CELEBRATION

Department of Pediatric and Preventive Dentistry conducted a children's day program on 14th November 2020 at Kadri government school. The program was conducted at the school hall which was decorated with balloons and ribbons. It included a street play by interns regarding importance of oral hygiene and various games were organized by Post graduate students. Cultural programs were organized by the school students. At the end of program children were provided snacks and a stationary kit was also gifted to them. The departments at both Lighthouse hill road and Attavar were decorated with balloons and ribbons to make children feel comfortable by creating a playful and friendly environment.



## VIDEO COMPETITION ON INFECTION CONTROL

The Infection control committee of MCOADS, Mangalore organized a video competition on 6th February 2020 for interns. The winners of the competition were Abhinav Kathuria, Siddhant Aggarwal, Ashish Kapoor, Gaurav Rawat and Aakash Jain, for the video titled "Assassinate that Waste". Dr. Premlatha Shetty, Associate Dean, MCOADS, Mangalore and Dr. Suchitra Shenoy, Chairperson, Hospital Infection Control Committee, KMC, Mangalore were the honorable judges. Dr. Vinod Jathanna summed up the Infection control measures at the end of the presentations and presented a video on protocol for needle stick injuries. Raman and Veil Pvt Ltd., Mumbai sponsored the program.



## INTERNATIONAL ORAL & MAXILLOFACIAL SURGERY DAY

The International Oral & Maxillofacial Surgery day which falls on 13<sup>th</sup> February, was celebrated by the Department of Oral and Maxillofacial Surgery. To mark the occasion a talk was given to the Interns and students on the causes of Road Traffic Accidents and on Road Safety precautions. Awareness was raised regarding the facial fractures associated with road traffic accidents. A presentation was made to serve as a deterrent so as not to flout traffic laws, personal safety and also to adequately follow the road safety standards.



## DENTAL WEEK 2020

The annual Cultural fest (Dental week) **SYNÈCHEIA 2020** was held from 11th to 18th January 2020. This dental week witnessed a plethora of some amazing performances, with the spirit of healthy competition. There were a wide range of events organised like Creative writing, Collage, Spot photography, Crossword, Painting, General quiz, Rangoli, Sketching, Face painting, Cartooning, Short Film, Jam, Installation, Mimicry, Pot Pourri, Mad Ads, Antakshari, Stand-Up Comedy, Street Play, Mock Press- Mime, Poetry Clay, Modelling Extempore, Debate, Mystery Box Challenge, Junk to Jam, Folkdance, Musical Night, Cultural & Variety Entertainment Show. Each team put their best foot forward to get their hands on the trophies. **The overall winners were the 2nd years (Batch of 2018).**



## DENTAL WEEK VALEDICTORY



**Dr. Arathi Rao**, Professor, DDSA, Mangalore Campus and Alumna of MCODS Mangalore, Batch 1988 was the chief guest of the Dental Week Valedictory program held on 1st February 2020 at MARENA, Mangalore.

## SPORTS DAY

The Annual Sports Day of MCODS, Mangalore was held on 12<sup>th</sup> January 2020 at MARENA Sports Complex. **Dr. Vidya Saraswati M**, Associate Dean MCODS Manipal and MCODS Mangalore, Alumna of 1990 batch was the chief guest for the occasion. Students participated in large numbers and the event was a grand success.



## SWACHHATA PAKHWADA 2020

MCODS Mangalore, participated in the Swachhata Pakhwada program from 16th to 31st January 2020. To create awareness about this program, E- posters were circulated amongst the students and a conscious effort was made to not put a plastic banner and save every bit of plastic. This program coincided with the College Cultural fest. On 16th January 2020, the students of our college took the Swachhata Pledge for cleaner and safer India for the future generations to come.



The plantation sapling drive was carried out by the students of the college, the first sapling was planted by respected Dean, Dr. Dilip G Naik.

Awareness was spread amongst villagers and waste was collected from parts of the village by the interns who visited the village for a Dental Camp. The Swachhata Pakhwada campaign created awareness amongst the students, taught them the consequences of littering and what they can do to reduce their waste.



## MATRABHASHA DIWAS

To showcase the versatility of languages Matrashtra Diwas was held on 22nd February 2020. A singing competition was conducted. The judges for the event were **Dr. Asavari Desai**, Associate Professor in Department of Orthodontics and **Dr. David Kadakampally**, Associate Professor in Department of Periodontics. The singers performed in various languages including Konkani, Bengali and Malayalam.

### WINNERS

- 1st Place- Kishan Paul Raja
- 2nd Place -Gokul Krishna
- 3rd Place - Prakriti



# RESEARCH







**Dr. Suprabha B.S**, Professor & Head, Department of Pediatric and Preventive Dentistry won the Best Paper award at the 41st National Conference of Indian Society of Pedodontics and Preventive Dentistry held at Greater Noida from 7th -9th November 2019.

**Dr. Mithun Pai B H**, Associate Professor, Department of Public Health Dentistry was awarded Best Scientific Paper at the 24th National Conference of the Indian Association of Public Health Dentistry at Hyderabad from 15th to 17th November 2019.



**Dr. Siddarth Shetty**, Professor & Head, Department of Orthodontics was adjudged 1st in Poster Presentation (clinical category) at the 54th Indian Orthodontic Conference held at Bhubaneswar from 22nd-24th November 2019.

**Dr. Ashith MV**, Associate Professor, Department of Orthodontics won the Best Paper in Clinical Innovation at the 54th Indian Orthodontic Conference held in Bhubaneswar from 22nd - 24th November 2019.



**Dr. Karthik Shetty**, Professor & Head, Department of Conservative dentistry & Endodontics was adjudged 2<sup>nd</sup> in Scientific Paper Presentation at the 34<sup>th</sup> Indian Association of Endodontics National Conference held in Mumbai from 29th November - 1st December 2019.

**Dr. Arathi Rao**, Professor, Department of Pediatric and Preventive Dentistry won the Best Paper award at the 47<sup>th</sup> Karnataka State & 6<sup>th</sup> Inter State Dental Conference, held at Mandya from 13th - 15th December 2019.



**Dr. Kundabala Mala**, Professor, Department of Conservative Dentistry and Endodontics has been awarded, "National Academic Excellence Award, IACDE, 2019 " at the 34th Indian Association of Conservative Dentistry and Endodontics National Conference 2019 held from November 29th - 1st December 2019 at Navi Mumbai.



**Dr. Sameep S. Shetty**, Reader, Department of Oral & Maxillofacial Surgery, was awarded a Certificate for Excellence in Research (17 publications in 2019 and letter of appreciation by Elsevier Oral Oncology Journal) by Dr. Sacchidanand, Vice Chancellor, RGUHS.

**Dr. Ashith MV**, Associate Professor, Department of Orthodontics received a travel grant to attend the National workshop on Training in Standardized Data Collection and Record Maintenance at Jamia Millia Islamia, New Delhi.



## FACULTY GUEST LECTURE



**Dr. Ashwin Rao**, Associate Professor, Department of Pediatric and Preventive Dentistry delivered a guest lecture at the 17<sup>th</sup> Post Graduate convention of the Indian Society of Pedodontics and Preventive Dentistry held in Jaipur from 14<sup>th</sup> to 16<sup>th</sup> February 2020 on "*Conscious Sedation: The Decision Making in the Borderline Cases*"

## TEXTBOOK RELEASE

The textbook "*Contemporary Techniques in Pediatric Dentistry*" published by Springer coauthored by **Dr. Meenakshi Kher** (Happy Tooth Clinic for Kids, Mumbai) and **Dr. Ashwin Rao** was released at the 17<sup>th</sup> Post Graduate convention of the Indian Society of Pedodontics and Preventive Dentistry by the respected president of the Dental Council of India, Dr. Dibyendu Mazumder.





**Dr. Harshita Sharma**, 1<sup>st</sup> year postgraduate student of the Department of Pediatric and Preventive Dentistry won the Best Poster Presentation Award at the 41<sup>st</sup> National Conference of the Indian Society of Pedodontics and Preventive Dentistry held at Greater Noida from 7<sup>th</sup> to 9<sup>th</sup> November 2019.

**Dr. Akshar Bajaj**, 2<sup>nd</sup> Year Post Graduate Student from the Department of Prosthodontics and Crown and Bridge, won the best paper at the 47<sup>th</sup> Indian Prosthodontic Society Conference, Raipur held from 28<sup>th</sup> November to the 1<sup>st</sup> of December 2019.



**Dr. Nikita Rungta**, Research Assistant of Department of Public Health Dentistry won the best paper for the Public Health Foundation India study at the 73<sup>rd</sup> Indian Dental Conference, 2020, held from 24<sup>th</sup> -26<sup>th</sup> January in Kovalam, Kerala .

**Dr. Shubham Agarwal ,Dr. Saagarika Sharma Dr.Radhika Gupta** won the best paper presentation award held at 73<sup>rd</sup> Indian Dental Conference 2020 held from 24<sup>th</sup> -26<sup>th</sup> January in Kovalam, Kerala .



**Dr. Anna Jacob**, 2<sup>nd</sup> Year Post Graduate student of Department of Orthodontics, won 2<sup>nd</sup> prize for paper presentation at the 24<sup>th</sup> Indian Orthodontic Society National PG Convention at Hyderabad held on 20<sup>th</sup>-23<sup>rd</sup> February 2020.

**Dr. Aakash Jain** (Intern), **Dr. Joanna Baptist** (Associate Professor, Oral and Maxillofacial Surgery) and **Dr. Rushita Pati** (Intern), won the 3<sup>rd</sup> place in the annual 'Innovation festival' (Best of MAHE Innovations) held at the MAHE Innovation centre, MANIPAL on the 29<sup>th</sup> of February 2020 for their project titled "Portable Dental Auxiliary" .



# INTERNATIONALIZATION



## THE UK-DESTINATION COUNTRY FOR DENTAL GRADUATES

Manipal Academy of Higher Education Student Research Forum (MAHESRF), MCOADS, Mangalore on 20th November, 2019 organised a talk on the topic "The UK



- Destination country for dental graduates", by **Dr. Latha Davda**, Adjunct Professor, MCOADS and Oral Surgeon at the University of Portsmouth Dental Academy. The elaborate talk focused on the scope in the dental field in the United Kingdom for dentists who graduate from India.



## CERTIFICATE COURSE IN FORENSIC ODONTOLOGY

The Centre for Forensic Odontology under MAHE, Manipal conducted a certificate course in Forensic Odontology for the 2nd batch of students. The blended modules involves 6 months of online sessions in the form of video lectures, audio content, word documents, links, pdf documents, assignments and online tests. An intensive, contact session was conducted from 2<sup>nd</sup> to 6<sup>th</sup> December 2019 at the Mangalore Campus. The contact session involved the extensive hands on training on Disaster Victim Identification (DVI), training on exhumation, extraction of ante mortem data from interviews, post-mortem dental examination, collection of evidence from the scene of disaster, comparative dental identification etc. The resource persons for the workshop were Dr. Suresh Shetty, Professor of Forensic Medicine (state Medicolegal consultant), Dr Jagadish Rao and Dr Pavanchand Shetty, both district Medico legal consultants from the Department of Forensic Medicine, KMC. Dr. Ceena Denny, Dr. Nandita Shenoy, Dr. Nidhin Philip Jose, Dr. Nandita KP and Dr. Puneeth Hegde were the in house resource persons. The Centre for Forensic Odontology runs an online as well as blended module of the Certificate Course in Forensic Odontology.



Further details contact the coordinator at [forensic.odontology@manipal.edu](mailto:forensic.odontology@manipal.edu)

## TELL TALE TEETH V.4.0

The Centre for Forensic Odontology, MAHE, and Department of Oral Pathology and Microbiology, MCOADS, Mangalore, conducted a CPD "Tell Tale Teeth v.4.0" on 5<sup>th</sup> December, 2019 at, Attavar campus.

**Dr. Nitin Agrawal**, working presently as an International Committee of the Red Cross member and **Dr. Samarika Dahal** working as Assistant Professor in Department of Dentistry, Maharajgunj Medical Campus, Institute of Medicine, Katmandu, Nepal, were the international resource persons for the program. They are qualified forensic experts trained at University of Dundee. A hands-on training program with Dr. Nitin and Dr. Samarika providing an insight to comparative dental evaluation, reconciliation and dental comparison report writing.



## WORKSHOP ON PROBLEM BASED LEARNING



The Institutional Academic Reputation cell organised a faculty development program on "*Problem Based Learning*" on 02.12.2019. **Dr. Prasanna Neelakantan** Clinical Assistant Professor, Department of Endodontics, Assistant Dean, Research and Innovation, Hong Kong University spoke on the basics of PBL, the best practices of implementing PBL at Hong Kong dental school, and also the possibilities and difficulties of implementing a PBL in the Indian Dental Curriculum. The program was attended by faculty representatives from all departments. This was followed by an engaging interactive session by Dr. Prasanna Neelakantan and Dr. Supriya Nambiar Professor, Department of Orthodontics, MCODS, Mangalore) in which a problem based question was discussed with the participants.

## LECTURE BY DR. PRASANNA NEELAKANTAN

On 5th December, 2019, Manipal Academy of Higher Education Student Research Forum (MAHESRF), MCODS, Mangalore organized an interactive session 'Tete-a-Tete' by **Dr. Prasanna Neelakantan**, Clinical Assistant Professor and Assistant Dean (Research and Innovation) of the University of Hong Kong.



## TALK ON DIAGNOSIS AND TREATMENT PLANNING



The Department of Conservative Dentistry and Endodontics arranged a Talk titled, "Diagnosis and Treatment Planning" on 5th December 2019. The lecture was given by the resource person **Dr. Prasanna Neelakantan**, Clinical Assistant Professor, Department of Endodontics, Assistant Dean, Research and Innovation, Hong Kong University. Dr. Prasanna is an Adjunct Faculty of the Department of Conservative Dentistry and Endodontics, MCODS, Mangalore and provided the various tips for the post graduates for the practical examinations.

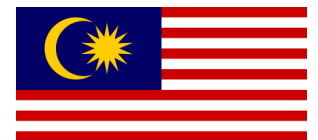
## OBSERVERSHIP PROGRAM

Dr. Sanskriti Arora attended the observership program from 3rd-7th February 2020 at the National University of Singapore (NUS). She has gained knowledge on the use of advanced techniques for clinical procedures .



## INTERNATIONAL DSSA SYMPOSIUM

A group of 12 interns (Batch of 2015 )from the institution attended the 10<sup>th</sup> UiTM International DSSA Symposium from 10-12<sup>th</sup> February 2020 held at University Teknologi MARA (UiTM ) Sungai Buloh Campus, Malaysia.



**Mahima Seetaram**

The Judge's Choice Best Oral Presenter and 2<sup>nd</sup> Runners up for Oral Paper Presentation.



**Abhinav Kathuria,**

First Prize for Best Oral Presentation.



**Aayush A. Poddar**

The Judge's choice award for Best Presenter.



**Pooja P. Netalkar,**

Best Poster Presentation.

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## STUDENT OBSERVERSHIP PROGRAM

The 10<sup>th</sup> UiTM International DSSA Symposium was followed by a Observership / Attachment program at UiTM and MMMC, Malaysia from 13<sup>th</sup> -22<sup>nd</sup> February 2020. During this observership, interns attended lectures, preclinical classes and clinics along with the students of the University .



# ALUMNI RELATIONS





## ALUMNUS RECALLS

*Mangalore was a heaven, the friends, the place, the people, the freedom, those long bike rides, and of course my college. Then CODS gave a rude shock by giving me a degree certificate and telling me that the validity of my ticket to a carefree life has expired and had to leave. I had decided sometime during my BDS that I will pursue anything else but not dentistry as it did not appeal to me as it*



*did to most who were with me. So in the year 1994 I was left defenseless and anxious on how to make a living, not really sure of what I need to do for my career. I worked on many ideas in my mind on what to start-up or opting for a different line of studies and start-up thoughts won hands down. Back then startup mentality did not have the same kind of glamour that it currently holds. It was for losers. My first startup was a magazine for children between 10 and 16 years as I thought there was a vacuum here. Fought hard for 2 years on it and came out with 24 editions of the magazine and then fell in love with the Internet which I thought would make print medium obsolete. My first company created a portal for dentistry called netodontist.com early in the year 2000, used to create websites and web-based applications for doctors and dentists. In 2003, an invite from Malaysia to start off on their medical tourism project supported by their government helped me create a lot of traction which was base for a later online B2B platform called Virtual global healthcare ecosystem, By early 2008 we were the biggest company in my chosen space with more than 100 big hospitals globally using our system. Then came the global meltdown and all internet companies were finding it hard to raise funds. I had to sell the majority stake in my company to a US-based entity. The online platform and ideas created more than 12 years back now has 5 US patents and still powers systems that connect hospitals with employers and Insurance in the US.*

*In 2011, I went on to start an IT services company called Crystal Vision and we supported clients from the US, New Zealand, Brunei, and UAE. Along with this, I invested and worked for a company called i-reveal, an online energy and building management system. I exited my stake in i-reveal by sale to new owners to get back into healthcare and took up a senior role in a company based in Berlin called Medigo to create their B2B and insurance services vertical which was different from their existing B2C offerings. This again was very refreshing as I could work with people from 22 nationalities at our Berlin office. Medigo was again a start-up and we grew exponentially in 3 years mostly because of a pivot from B2C to B2B and insurance support mode. Currently, I support a start-up in analytics as I think there is huge growth potential in A.I. Our first offering is for the defense forces and home ministry in solving and preventing crime and in counterintelligence. This article is for those like me who think they do not fit into dentistry, though you might not like your currently chosen path, you need not be dejected. Its an ocean of opportunities out there. Understand yourself, I suggest the Mayers Briggs test to get a faint idea of what your aspirations can be based on your personality type. Not conclusive but it can be an indicator. Define your path, go all out to achieve what you want to be. Focus on a distant star, Read, dream, fight, starve and yet enjoy pursuing that star. Count your age on how close you are to it. And please understand that there is nothing called a destination in life. The journey to it is all there is. Enjoy the heights and fight the lows in that journey and then in the winter of your life when you look back you will find that you lived a contented life having pursued your dreams wholeheartedly. So guys, just go ahead and enjoy the ride.*

*-Dr. Benosh Haris  
Alumnus of 1994 batch*

## CONTINUING PROFESSIONAL DEVELOPMENT PROGRAM WITH ALUMNI AS RESOURCE PERSON

### DENTAL PRACTICE AFTER BDS

A talk on “Dental Practice after BDS” was organised for the interns on 13<sup>th</sup> November 2019. The Resource person for the talk was **Dr. Dhruvjothi Sen**, Alumnus of MCOADS, Mangalore **Batch of 2004**. Dr. Dhruvjothi shared his experience of working in clinics after under graduation and the process of setting up his own dental clinic franchise “Doctor Smile Dental Clinic” and “Dr Smile Constructions”.



### OCCUSAL THERAPY IN TEMPOROMANDIBULAR JOINT

A CPD program was organised on 27.12.2019 by the Department of Oral Medicine and Radiology in association with ARMCODS, on “Occlusal therapy in Temporomandibular Joint Disorders”. The resource persons were **Dr. Narender Singh** and **Dr. Umesh Pai**. Dr. Narender Singh, Alumnus of MCOADS, Mangalore **Batch of 1994** spoke on the diagnosis of temporomandibular joint disorders and occlusal splints in temporomandibular joint disorders and demonstrated occlusal splint fabrication. Dr. Umesh Pai spoke on anterior bite plane and demonstrated its fabrication.



### CAREER IN IMPLANTOLOGY – OPPORTUNITIES AND CHALLENGES

The Department of Oral and Maxillofacial Surgery conducted a CPD program on “A Career in Implantology - Opportunities and Challenges” on 27<sup>th</sup> of December 2019. The guest speaker for the program was **Dr. Vivek Gaur**, Oral and Maxillofacial surgeon and Oral Implantologist. He is also the promotor and director of “Simpladent Implant solutions Pt. Ltd.” and an Alumnus of MCOADS Mangalore, **Batch of 1994**. The program aimed at equipping our college postgraduates and interns about Implantology as a career by itself and seeking to enhance their knowledge about the continually expanding boundaries of Implantology.



## SMILE DESIGNING IN DAILY PRACTICE

The Department of Conservative Dentistry and Endodontics, MCODES Mangalore conducted a CDE program, "Smile Designing in Daily practice" on Jan 6<sup>th</sup>, 2020 at Attavar.

**Dr. Cherian Abraham** an Alumnus of MCODES, batch of 1987 was the resource person for the program. He has a clinical practice with focus on Smile Designing and Esthetic Dentistry for over 24 years. Dr. Cherian explained the various aspects of Smile designing and shared his clinical expertise on the same.



## ALUMNI MEET- 1994 BATCH

1994 Batch of MCODES Mangalore celebrated their 25 years of reunion from 27<sup>th</sup> to 29<sup>th</sup> January 2019. 61 alumni attended the event. The alumni visited their Alma Mater on 29<sup>th</sup> December and celebrated their happiness by presenting cheque and memento to the Dean. They involved the faculty and non teaching staff and addressed each one of them individually. They later visited all the hostels, Marena and other facilities followed by lunch at Kaprigudda hostel hosted by the institution. They hosted a dinner at Hotel Ocean Pearl for all their teachers on 28<sup>th</sup> December 2019. Dr. Arathi Rao, Co-ordinator: Alumni Relations, gifted all the visiting alumni with a beautiful custom made tote bag as a token of remembrance.



## ALUMNI CONTRIBUTIONS



Dr. Abhishek Ghosh, PG alumnus of 2008, Orthodontics has instituted a Gold medal in the name of his father Dr. Dilip Ghosh and a Silver medal in the name of his Mother Mrs Kumkum Ghosh for the student securing 1st & 2nd rank in Final MDS Orthodontic Examination at MCOADS, Mangalore.

The **Batch of 1994** have contributed a cheque for the amount of Rs. 1,50,000 towards alumni fund.



## ALUMNI ACHIEVEMENTS



Dr. Ellana J Joseph, Alumna of 2016 batch, Department of Pediatric & Preventive Dentistry was awarded the post graduate student of the year award (runner up) at the Indian Dental Diva awards 2020.

Dr. Srikrishna Chalasani, 1992 batch Ortho PG, got elected as President Elect of Indian Orthodontic Society at the 54th IOC held at Bhuvaneshwar. He is the first Ortho alumnus of MCOADS Mangalore to reach this post.



Dr. Saurabh Gupta, 2004 batch Alumnus was awarded a Lifetime achievement award, world's top 100 Doctor in dentistry by the Global Summits Institute, Nevada USA.



**Dr. Arathi Rao**, Professor, Department of Pediatric and Preventive Dentistry has been appointed as the Deputy Director Student Affairs, MAHE Mangalore campus.

**Dr. Siddarth Shetty**, Professor & Head, Department of Orthodontics has been elected as a Member of the Executive Committee of the Indian Orthodontic Society for the year 2019-20.



**Dr. Razia Haidrus**, 3rd year post graduate student has won the Most Proactive P.G. Student of the Year-2018-19 - Periodontics awarded by Guident Dental Academic Excellence Awards-2019.

**Dr. Mihir Dani**, 3rd Year Post Graduate student from Department of Oral and Maxillofacial Surgery has been awarded as "Highly Commended" in the category of "student of the year" (post graduate) at Famdent Excellence Dentistry awards 2019.





Ms. Rupsa Taraphder, 3rd year BDS student has been chosen by the Jury of **Guident Dental Academic Excellence Awards 2019** as the 'Most Proactive UG student of the year 2018-2019- 2nd year'.

Ms. Anila Britta Sanjay, 4th year BDS Student, has been bestowed with the "Most Proactive U.G Student of the year 2018-2019-3rd year" on 29th December 2019 at the **Guident Dental Academic Excellence Award Ceremony** in New Delhi.



Dr. Ayan Ray for being selected for the "**Overall Excellence Award**", for the year 2019, a Silver Medal instituted by the Alumni Batch of 1988.

Dr. Gaurav Rawat and Dr. Radhika Gupta were awarded the **Dr. TMA Pai Gold medal** for the Best Outgoing Student of the year 2019. The award was presented at the 27<sup>th</sup> MAHE Convocation, held at Manipal .



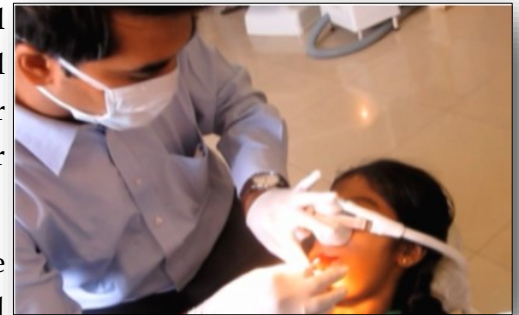
Dr. Preeti N. Prabhu, Intern has been awarded the **Root Canal Foundation 8<sup>th</sup> Annual Young Achievers Scholarship** for the academic year 2019-20 that was held in 25<sup>th</sup>-27<sup>th</sup> February at Chennai.

## THE MAGIC OF SEDATION IN PEDIATRIC DENTISTRY

Sedation in Pediatric Dentistry is a double edged sword. When used within guidelines, it is a boon and will go a long way in giving the child a positive dental experience. But when abused, it becomes a bane and puts the life of the child at risk. The key is to understand that there are minimal, moderate and deep levels of sedation. There are guidelines and protocols to be followed for each level of sedation which should be adhered to stringently.

In our department, minimal and moderate sedation is practiced through inhalation sedation with nitrous oxide-oxygen and oral sedation with oral midazolam. Only children classified under American Society of Anesthesiologists (ASA) 1 or 2 are taken up for treatment in the outpatient department.

Inhalation sedation is very useful for anxious children who are classified as Frankl's positive. These children accept the nasal hood



which enables the inhalation sedation to work its magic.

Oral midazolam is used for children who are anxious, but do not accept the nasal hood. The child will usually be classified as Frankl's negative. The 5mg/ml injectable midazolam solution is mixed with a palatable solution like glucose in a 1:1 ratio.

It should be noted here that the minimal/moderate sedation should only be used in anxious children classified as Frankl's positive or negative. This level of sedation helps the child cope up the stress of dental treatment by positively altering the perception of the child to the dental treatment. The child in this level of sedation is interactive throughout the procedure.

This is in contrast to deep sedation where the drugs used will override the coping abilities of the child. It is what is referred to as the *ultralight plane of general anesthesia*. The child will be non-interactive and the clinician will have to depend on monitors to assess the status of the child. The infrastructure required for deep sedation is on par with the Infrastructure required for general anesthesia and hence it is not commonly practiced in the outpatient department. This form of sedation is indicated in children who are classified as Frankl's definitely negative.

In conclusion to the short note above, *sedation is an indispensable component of the Pediatric Dentists armamentarium*. When practiced judiciously, it lays the foundation to the ultimate objective of Pediatric Dentistry which is to instill in the child a positive dental attitude.

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