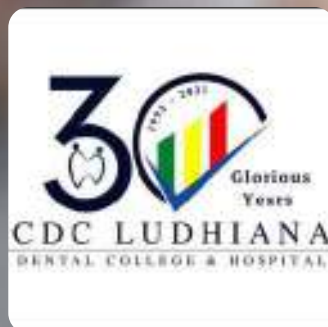


CHRISTIAN DENTAL COLLEGE  
CMC LUDHIANA

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VOLUME XXI

# CROSSROADS



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MY WORK IS FOR THE KING

## Foreword



### DR WILLIAM BHATTI, DIRECTOR CMC

I am very happy and proud to see the growth of dental college and its ranking among the top ten dental colleges in the country and my best wishes to reach greater heights to give glory to God.



### DR ABI M THOMAS, PRINCIPAL CDC

Dear Chridents!  
Greetings from CDC!

After two years of uncertainty due to the pandemic, CDC is getting back to normal. There is a danger in falling back to being normal, of one being stagnant. So, what is desired? Everyone wants to progress. Progress means getting nearer to the place where you want to be. Throughout this period, we have made many strides in terms of infrastructure, patient numbers, and patient income which is reflected in the next few pages. Even as we make progress in some areas, let us not be complacent but let us move with God to reach the place God has destined for each one of us irrespective of our present location. With best wishes and prayers.

### JOSNA JOSE, EDITOR IN CHIEF

**'For I know the plans in have for you, plans to prosper you, and not to harm you, plans to give you a hope and future.'**

**Jeremiah 29:11**

As we stand in the crossroads of life unsure about the future, let us learn to put our trust in the one who promises to hold our hand and lead us through. To remind us of God's mercies that lead us through last year, the Editorial Board is humbled to bring forth the 21st volume of crossroads. The endeavour of the editorial board to make this edition of the newsletter a reality would not have been possible without the unconditional and unfettering support of our principal Dr. Abi M. Thomas. We are forever indebted to him for his guidance. We are also grateful to Dr. Nirmal Kurian who oversaw this project and guided and helped us through his valuable input.



# INFRASTRUCTURAL UPDATES

## Renovated Department of Pediatric and Preventive Dentistry

The renovated Department of Pediatric and Preventive dentistry was inaugurated by Dr. Nirmal Ouseppachan IAS, Registrar BFUHS in the presence of CMC and CDC faculty, PGs and students. This was possible with the help of our alumni and the the administration .



# INFRASTRUCTURAL UPDATES

## Revamped Dental College Reception

PAST



## NEW REVAMPED INTERIORS



## Renovated Oral Medicine & Radiology



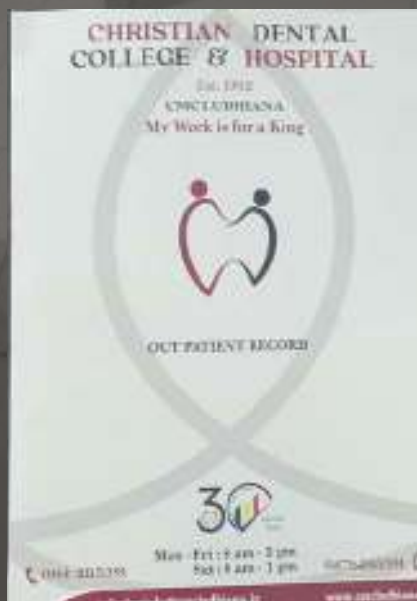
# INFRASTRUCTURAL UPDATES

## Phantom Head Lab

Renovated phantom head lab was inaugurated by Dr.(Prof) Raj Bahadur, Vice Chancellor of Baba Farid University of Health Sciences, Faridkot.



## New Customised QR enabled - Dental OPD file



# INFRASTRUCTURAL UPDATES

## Renovated Department of Oral and Maxillofacial Surgery



## Renovated Dental Store





## ADIOS TROEZIANS

The CDC family bid farewell to Troezians, the batch of 2016 on 15th September 2021. The gathering was addressed by Dr. William Bhatti, Director CMC, who motivated them to face life's hardships and never lose faith in the one who guides them, because after all **OUR WORK IS FOR A KING!**

## INTERNS' ORIENTATION

Krenoviants, the batch of 2017 started their internship from 16th September, 2021. The day started with an orientation by Dr. Abi M. Thomas, Principal, CDC, following which the interns went to their respective departments, starting a new chapter of their lives.



## COUNCIL DEDICATION

The dedication of students council 2021-2022 was held on 17th October 2021 at the college chapel by the fellowship department. The chapel service was conducted by Rev. Alex, and the message was given by Dr. Abi M Thomas. The new council members took an oath to be a bridge between the faculty and the students as well as to do their best in maintaining the honour and dignity of our college.



## RETIREMENTS

We bid farewell to Mrs. Indira, Mr. Parvesh Masih, Mrs. Sunita Rani, Dr. Namita, Mrs Annama. We are thankful for the services they provided.



## CDE PROGRAM

Our college organised a CDE lecture on direct and indirect restorations on 20th October 2021, in partnership with Ivoclar Vivadent, India.

The session was led by Dr. Shaikh Shafe Khalid, who enthralled the audience with his expertise on the topic.

## INTER DEPARTMENT RANGOLI COMPETITION

Our college hosted an inter department rangoli making competition on 28th October 2021 to celebrate the auspicious festival of Diwali. The theme of the event was festival of colours. The first place was bagged by the department of oral medicine and radiology and the second position was held by the department of oral and maxillofacial surgery.







## IGNITION

Breaking a long time of no gatherings due to covid restrictions, we at CDC organised an open mic event- IGNITION. Ignition means to cause a spark. Aptly named, it was an event where the students got a spark within, to put their best foot forward. The night showcased the talents of various students in singing, dancing and poetry.

## WALKATHON

On the occasion of children's day, the pediatric and preventive dentistry department organised a walkathon commencing from Rakhbagh to Christian Dental College to spread awareness of childhood oral health diseases. The event was flagged off by DR. William Bhatti, Director of CMC and graced by the presence of Mr Pardeep Kumar Sabbarwal, Municipal commissioner, as the chief guest.



## CAROLS AT YOUR DOORSTEP

The month of December is the most exciting time in the calendar. It's the time of celebrating happiness, joy and coming together as a family. With bitter cold, autumn winds and shivering lips, we welcome December in our CDC family. The cold, misty winter nights of December brought together the batch of interns singing noel at the doorsteps of faculty. The evenings were filled with joyful carols, laughter, delicious food and reminiscing the old times

## PG REFRESHER COURSE

A 6 day Post Graduate refresher course on Pediatric and Preventive Dentistry was conducted in CDC FROM 7TH -12TH MARCH 2022. The event was inaugurated by Prof(Dr.) Raj Bahadur, Vice chancellor of Baba Farid University of Health Sciences. The course was attended by 43 PG Participants from 8 dental colleges from across Punjab. Dr. Abi M. Thomas Principal, Christian Dental College, Ludhiana welcomed the post graduate students and acknowledged the initiative by Baba Farid University of Health Sciences, Faridkot.



## CALYPSO

In tough times, the best way to overcome hardships is to lean on our loved ones; but the novel coronavirus has made that quite impossible to do. Some were quarantined away from their friends and families and social distancing efforts meant you probably couldn't do things you normally did together. As far as our CDC family is concerned, the one thing that brought us together during the stressful times was CALYPSO

In this era of constant change and chaos due to covid, Calypso was an effort to bring us together as CDC family. We conducted Calypso from 12th to 27th March 2022. Through calypso, people got a stage to overcome their fears and portray their talents in sports, literary and cultural events. The triumph of calypso was not just about the scores, but about the memories and bonds created.



## BILGA RETREAT

The fellowship department organised an one day retreat for the batch of 2021 at Bilga General Hospital, a unit of CMC. The first years were accompanied by the council members and members from the fellowship department. The sessions were led by Rev. Alex Peter and Rev. Raju Abraham. Rev. Raju led the singing session, followed by Rev. Alex, who spoke from the word of God. The evening commenced with games led by Rev. Raju and Deacon Jasmine. The day helped the students connect with the council members and gave a fresh perspective about life at CDC.



## WORLD ORTHODONTIC HEALTH DAY

The department of orthodontics and dentofacial orthopedics, CDC Ludhiana, celebrated World Orthodontic Health day on 16th May 2022. The occasion was graced by Dr. William Bhatti, Director CMC and Dr. Abi M. Thomas, Principal, CDC. The students and interns took part in various competitions such as wire bending, e-poster competition and an orthodontic quiz. Dr. Anshul Chaudhary gave an overview about the history of orthodontics and current trends in orthodontics and the program was concluded with a vote of thanks by Dr. Rajan Jairath.



## CARES 2022

The 5th edition of Chrismed Annual Research and Education Symposium (CARES) was held at Christian Medical College, Ludhiana. The research symposium is held to showcase various research conducted at medical, dental, physiotherapy and nursing colleges. The symposium was attended by faculty and students of all institutions and aims to encourage the members to actively partake in research.



## WORLD NO TOBACCO DAY

The Department of Public Health Dentistry and Department of Oral Medicine and Radiology conducted an awareness campaign on 31st May 2022 to observe the world no tobacco day. A road show was organised from 7am-8am, which started from Baba Than Singh Chowk and concluded at Christian Dental College.



# ACADEMIC PUBLICATIONS

SEPTEMBER 2021-JUNE 2022

## AUTHOR

## TITLE

## JOURNAL

Kevin George Varghese,  
Nitasha Gandhi,  
Nirmal Kurian,  
Angleena Y. Daniel,  
Kusha Dhawan, Meril  
Joseph, Mevin George

*Rehabilitation of the severely  
resorbed maxilla by using quad  
zygomatic implant-suported  
prosthesis: a systemic review and  
meta - analysis*

The Journal of Prosthetic  
Dentistry

Nirmal Kurian,  
Nitasha Gandhi,  
Angleena Daniel,  
Kusha Dhawan, Jemin  
Elizabeth Mathew,  
poonamjot Kaur

*A 10 year (2010-2019) scientometric  
analysis of prosthodontic journals based  
on SCImage Journal and Country  
Rank Indicators*

The Journal of Prosthetic  
Dentistry

Nirmal Kurian,  
Nitasha Gandhi,  
Angleena Y Daniel,  
Kevin George  
Varghese

*A technique for splinting implant  
impression posts by using nylon sutures.*

The Journal of Prosthetic  
Dentistry

Nirmal Kurian, Kevin  
George Varghese,  
Smitha Daniel,  
Tarunpreet Kaur,  
Rahul Verma

*Are YouTube videos on complete arch  
fixed implant-supported prostheses  
useful for patient education?Smart  
Glasses*

The Journal of Prosthetic  
Dentistry

Kevin George Varghese,  
Nirmal Kurian, Nitasha  
Gandhi, Jemin Mathew

*A technique to verify implant abutment  
position intraorally by using a vacuum  
thermomolded guide*

The Journal of Prosthetic  
Dentistry

Nirmal Kurian, Kevin  
George Varghese,  
Samiksha Wadhwa

*A technique to avoid the entrapment of  
excess residual luting cement in soft-  
tissue irregularities underneath fixed  
dental prostheses by using  
polytetrafluoroethylene tape*

The Journal of Prosthetic  
Dentistry

Nirmal Kurian, Ida  
Ann Varghese, Joe  
Mathew, Vinaya Susan  
Aneeta Mary,  
Priyanka Sharma,  
Mevin George

*Influence of social media platforms in  
dental education and clinical practice:  
A cross-sectional survey among dental  
trainees and professionals*

Journal of Dental Education

Joe Mathew Cherian,  
Aneeta Mary Sabu,  
Vinaya Susan  
Varghese, Nirmal  
Kurian

*Quality Assessment tool within  
systematic reviews in dental  
traumatology*

Dental Traumatology

## AUTHOR

## TITLE

## JOURNAL

### CLINICAL PUBLICATIONS

Nirmal Kurian,  
Aneeta Mary Sabu,  
Angel Subramaniam,  
Tarun K. Isaac

*Smart Glasses*

British Dental Journal

Nirmal Kurian, Sumir  
Gandhi, Abi M. Thomas

*COVID 19 and multidisciplinary  
dentistry*

British Dental Journal

Vinaya Susan  
Varghese, Preet K  
Atwal, Nirmal Kurian,  
Aneeta Mary Sabu, Joe  
Mathew Cherian

*Accredited healthcare educator status*

British Dental Journal

Nirmal Kurian, Joe  
Mathew Cherian,  
Vinaya Susan Varghese,  
Kevin George Varghese

*COVID 19 and multidisciplinary  
dentistry*

British Dental Journal

Julie Elizabeth  
Mathew, Jubbin  
Jacob Mathew,  
Beena Varma,  
Sanjay Kalra

*Orocrinology: Seven Easy  
Steps*

Indian Journal of Endocrinology

Julie Elizabeth  
Mathew, Jubbin  
Jacob Mathew,  
Sanjay Kalra

*Primary Care Diabetes*

Journal of the Pakistan Medical  
association

Vinaya Susan Varghese,  
Preet K. Atwal, Kapil k.  
Dua, Nirmal Kurian,  
Joe Mathew, Aneeta  
Mary Sabu

*A bibliometric analysis of the top 50  
most cited articles published in the  
journal of Conservative Dentistry*

The Journal of Conservative  
Dentistry

Nishanth Sudharson,  
Rohit S Mathew,  
Angleena Y. Daniel,  
Meril Joseph

*Prosthetic Management of flabby  
ridge tissues with different grades of  
displaceability: A case series*

Journal of Clinical and  
Diagnostic Research

Rohit S. Mathew,  
Angleena Y. Daniel,  
Praisya Prasad, Neethu  
Roy, Abi M. Thomas

*Effect of crosslinking in Acrylic teeth  
on Failure Strength*

The Journal of Prosthodontic  
Dentistry

A. Kumari,  
Abi M. Thomas ,  
R Kundra,  
R. Kumar

*Eruption Cyst: A Literature review  
and Case Report*

International Journal of  
Applied Dental Sciences

## AUTHOR

NHR GLObal Health  
Research Unit on  
Global Surgery, Ritu  
Jain

Deepti Sharma, Gauri  
Malik, George Koshy,  
Vishal Kumar Sharma

A. Abraham, D. Jain, A  
Gupta, J.A. Chakera

Vivek V. Gupta, Abi M.  
Thomas, Sumair  
Gandhi, Preet K. Atwal,  
Shekhar Kapoor, Neha  
Chitkara, Rohit Sunny  
Mathew

A. Kumari, R. Kundra,  
R Kumar, Abi M.  
Thomas

G Chaudhry, A.  
Chaudhry, Gauri Malik,  
N. Chaudhry, A.S.  
Kochhar, A Marya, A.  
Venugopal, M.K. Alam

B Sarang, G. Bhandoria,  
Patil P, A Gadgil, L  
Bains, M. Khajanchi, D  
Veetil Kizhakke, R  
Dutta, P Shah, P  
Bhandarkar, L Kaman

G. James, A Adesoji,  
A/ Adewal, A Ehab, P.A.  
Alexis, A Faris, M Ana,  
C Ainhua, E John, E  
Muhammed, F Marco,  
Ritu Jain

## TITLE

*Feasibility and diagnostic accuracy  
of Telephone Administration of an  
adapted wound healing  
Questionnaire for assessment for  
surgical site infection following  
abdominal surgery in low and  
middle income countries: protocol for  
a study within a trial (SWAT)*

*Artificial Intelligence: Need to reboot  
Dental education*

*Effect of Ti : Sapphire and Nd: YAG  
Lasers on shear bond strength at  
Zirconia-Veneering Ceramic Junctionure*

*An audit of the impact of  
countrywide lockdown during  
covid-19 pandemic on utilization of  
dental services in India*

*Sports Dentistry: An ounce of  
prevention is worth a pound of cure*

*Analysing the efectiveness and efficacy  
of different types of msk and repirator  
: A review*

*Assessing the rates and reasons of  
electicve surgical cancellations on the  
day of surgery: A Multicentre Study  
from Urban Indian Hospitals*

*Effect of COVID-19 pandemic  
lockdowns on planned cancer surgery  
for 15 tumour types in 61 countries: an  
International prospective, cohort  
study*

## JOURNAL

Trials

University Journal of Dental  
Sciences

Journal of Lasers in Medical  
Sciences

International Journal of current  
research and review

Indian Journal of Dental Sciences

International Medical Journal

World Journal of surgery

Lancet Oncology

## AUTHOR

J. E. Renji, Munjal S, S Singh, H Singh, PS Walia

G Chaudhary, A Chaudhary

Munjal S, S Singh, H Singh, PS Walia, Renji JE

Angel Subramaniam, TK Isaac, Vivek v Gupta, Neha Chitkara, Shekhar Kapoor, TM Isaac

Angel Subramaniam, Tarun Koshy Isaac, Vivek Vardhan Gupta, Shekhar Kapoor, Neha Chitkara

## TITLE

*Friction and frictionless mechanics*

*Dynamic paradigms in bonding throughout COVID pandemic*

*Orthopedic Appliances- A Review Article*

*Role of digital networking in clinical odontology-A review*

*Evaluation of prevalence of fingerprint patterns in patients with oral potentially malignant disorders*

## JOURNAL

Journal of Advanced Medical and Dental Sciences Research

International Journal of current research and review

Journal of Advanced Medical and Dental Sciences Research

International Journal of Biology, Pharmacy and Allied Science

International Journal of Health Sciences

# Awards and Honors

Dr. Nezy Susan Varghese and Dr. Alpana Kumari were awarded the best paper of the session in \*Pedodisha 2021\* November 25-27, 42nd National Conference of Indian Society of Pedodontics and Preventive Dentistry for their following research:

Dr. Nezy : Reliability of YouTube videos in root canal treatment in children.

Dr. Alpana: A comparative evaluation of microleakage and shear bond strength of Conventional Glass Ionomer, Zirconomer, and Cention-N as restorative materials - An in-vitro study

The Department of Prosthodontics has bagged 4 awards as part of the Indian Prosthodontic Society Annual Awards (Punjab State). Dr Nirmal Kurian, Associate Professor (Prostho Star), Dr Kevin George Varghese (Prostho Star PG Student), Tarunpreet Kaur (Promising Prostho Star UG student), Irina Singh (Pre Clinical Promising Star UG student) were recognized for their exceptional contributions in academic research, scientific publications, clinical skills and securing highest marks in BDS final year and second-year prostho subjects.





The hon'ble Vice Chancellor Dr. (Prof) Raj Bahadur released bound volumes of all scientific publications of the college since it's inception and acknowledged the contributions of the staff and students



# UPDATES

## FACULTY UPDATE



**Dr. Poonam**

Department of  
Prosthodontics



**Dr. Praisy**

Department of  
OMFS



**Dr. Jewel**

Department of  
Orthodontics



**Dr. Julie**

Department of  
OMR



**Dr. Yogaen**

Department of  
OMFS



**Dr. Karun**

Department of  
Orthodontics



**Dr. Nishanth**

Department of  
Prosthodontics

## PG UPDATE



## MISSION POSTINGS

Blessy Baiju	- Christian Hospital Mungeli
Riya Merin Skariah	- Brodwell Hospital, Fatehpur
Seema Sarjana	- Christian Hospital Bissamcuttack
Robin K. Mathew	- Jiwan Jyoti Hospital Robertsganj
Pratiksha Rani Bag	-Evangelical Mission Hospital, Tilda

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Akash Hans	Stuti Pateliya
Ginni Gupta	Zingyaphi Lunghar
Harshita Jain	
Josna Jose	

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Dr. Jerin Jose, Hardilpreet Singh, Merin S. George  
Design : Joan Susy Jaison

