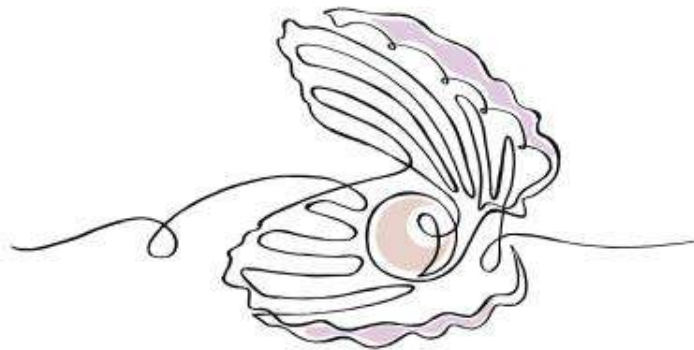


CHRISTIAN DENTAL COLLEGE LUDHIANA

PEARLS OF CDC

Alumni Souvenir



1992 - 2022

Celebrating 30 Years Of Excellence



“Thus far the Lord has helped us.”
1 Samuel 7:12



From The Director's Desk



We are all proud that Christian Dental College (CDC) has completed thirty years of service and education. During this time, CDC has enriched the lives of many students and provided care to thousands of patients.

We humbly claim to have added to the professionalism of dental education and treatment in these years and will continue to do so in the years ahead.

I take this opportunity to congratulate CDC Principal, Dr Abi M Thomas and his team of committed faculty and staff members for their commitment towards value-based quality teaching and unstinted efforts put in to ensure that each student and patient who seeks treatment is cared for at CDC.

A handwritten signature in black ink, appearing to read 'Bhatti', written over a horizontal line.

Dr William Bhatti
MS MCh (Paed. Surg.)
Director
Christian Medical College,
Ludhiana



Foreword I



It gives me immense pleasure to note that Christian Dental College Ludhiana is celebrating 30 years since commencement. This year also marks the milestone of 1000 alumni of CDC, a truly remarkable landmark!

In 1987, when the idea to establish a Christian Dental College in Ludhiana dawned on me, little did I envision the multifold harvest of the sown seed. Warmest congratulations to Dr Abi M Thomas and his team for the achievements in the fields of academics and extracurricular activities! “Give thanks to the Lord for He is good; His mercy endures forever” (1 Chronicles 16:34).

It is my prayer that the Christian Dental College Ludhiana will go from strength to strength to attain excellence in learning, teaching, and patient care. Wishing you even more success in the future.

Best wishes,

A handwritten signature in black ink, appearing to read 'J. L. Joshi'.

Dr J. L. Joshi
Founding Principal
Christian Dental College,
Ludhiana

Foreword II

Vellore
October 25, 2022

I am thrilled to learn that the Christian Dental College Ludhiana, the only Christian Dental College in India, is celebrating its Pearl Jubilee this month.

The CDC was conceptualized and effectively completed due to the untiring and selfless efforts of the First Principal, Dr. Joy Joshi, my good friend, with the support of the Director and administration of CMCL. I fondly recall the special interest and help rendered by Rev. Charles Reynolds to CDC.

It is easy to plan and build a new Dental College, but a tall order to restructure and refurbish and old building to suit the strict guidelines of the Dental Council of India, which Dr. Joshi managed effectively. Compromises were not made in the establishment of the College and the College received recognition promptly.

I understand that 1000 students have graduated from CDC, an achievement in mission service, as most of them have served in Mission Hospitals. Having seen the steady growth of CDC as a member of CMCL GB from 1985 and as an EC member from 2003 to 2008, I take the privilege of wishing the Alumni and staff of CDC “All the very Best” in their career and look forward for a glorious Coral Jubilee with all your commitment in the Dental Profession.

Mees
25/10/22

Dr. T. Samraj
MDS, FAMS, FDS RCS
(Edin), FDSRCPS (Glasg)

President Indian Dental Association	1980-1981	Secretary:
Indian Society for Dental Research	2000-2003	Federation Dentaire Internationale, India 1993-2002
International College of Dentists		Secretary & Treasurer:
(India, Sri Lanka & Nepal Section)	2008-2009	Indian Orthodontic Society 1982-2002
Indian Association of Forensic Odontology	2013-2015	Pierre Fauchard Academy, India 1992-2021
&		
	2017-2019	Retd. Director of Academics, PIDC, Salem
Academy of Dental Education	2013-2019	Retd. Associate Director, CMC, Vellore
Chairman:		
Pierre Fauchard Academy, India	1986-1991	
Indian Board of Forensic Odontology	2014-2018	

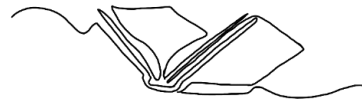
Preface

‘Pearls of CDC’ is truly a labour of love. Like many natural processes, the birth of a pearl takes time. Some pearls can develop in months, larger pearls can even take years to form but when the process is complete, the result is something beautiful and of much worth.

In this chronicle of 30 years, we are afforded a glimpse of history which was not made overnight but across decades of hard work and toil. It maps and traces our journey, chronicles stories and testimonies of our alumni and serves to remind us of our legacy of Healing, Education, Research and Service.

By addressing two poignant questions; where have we come from and where are we going, may our faith be stirred as we look to the future with hope, trusting the Master-builder as he continues His work in and through us.

Dr George Koshy
Professor (Oral and
Maxillofacial Pathology),
Deputy Director
Christian Medical College,
Ludhiana



Pearls Of CDC

*From The
Director's Desk*

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Foreword II – Dr T. Samraj

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JOURNEY THUS FAR



Reflections

By Dr Abi M. Thomas



Dr. Abi M. Thomas

*Principal
Christian Dental College,
Ludhiana
2007 - Present*

Greetings from the Home Turf!

“When the going gets tough, the tough get going”. This quote is partially true for CDC. The going was tough for all these years for CDC, but it was not the tough ones that God chose. God chose the weak ones to display His glory. As we depend on our King, He can take us through the future as well. Therefore, let us

not touch the glory of God for what God has done through CDC.

Luke 17:10 “So likewise you, when you have done all those things which you are commanded, say, ‘We are unprofitable servants. We have done what was our duty to do.’”

God used Dr. JL Joshi as founding Principal with the support of Dr. AV Chaudhary, Dr. T Samraj, Rev. Charles Reynolds, and many others to begin the story of CDC. Now for the past 15 years, God’s favour was upon me to continue the work as per our motto, MY WORK IS FOR THE KING.

As I reflect the work of the last few years, all that was achieved was through team effort. Dr. Saroj Chopra, Dr. Gina Singh, Late Dr. NC Mann, Dr. Laxman, Dr. Sumir Gandhi, Dr. Nitasha Gandhi, and many others have laboured in the past. Dr. George Koshy was with me throughout this period as a wise counsellor and support. In the recent past, lot of renovation and modifications as per the requirements were done with the help of Mr. Ajay Kumar our Chief Librarian and ably supported by our maintenance team with generous contributions from our alumni. In this process I acknowledge the advice and guidance of our present young faculty who come up with new ideas almost every day.

Two thousand twelve onwards we have faced more than 20 DCI inspections at various times and with each inspection we have come out better than before. In this process, I want to acknowledge the support of CMC administration led by Dr. John Pramod, Dr. Abraham G Thomas, and presently by Dr. William Bhatti. Our endeavour was always not to compete with anyone but to set up benchmarks in academics, patient care, and community service with evidence-based practice. Currently, we are amongst the top dental colleges in the country.

I thank all our faculty, staff, alumni and students for their wholehearted encouragement and support to me for all these years.

Beginnings

By Dr. J. L. Joshi

Establishment of Christian Dental College Ludhiana, India

After completing a Bachelor's in Dental Surgery (BDS) from King George's Medical University, Lucknow in 1966, I worked in Clara



Christian Dental College building, 2007

Swain Hospital, Bareilly in Uttar Pradesh for four and half years. Dr JJ Fason, a missionary dentist from USA who headed the Dental Department in CMC hospital, Ludhiana invited me to join the department in 1971. The department consisted of two clinics, two staff members, two dentists (including me) and a laboratory. The department was located in the OPD area of the hospital between ENT and Dermatology departments of CMC.

As Dr. Fason was ready to head back to USA in 1972, he wanted to train me to lead the department. Fortunately, as I had worked with few American Dentists in Bareilly, I was well acquainted with the latest dental equipment. Subsequently, in 1974, I went to USA to train in oral surgery and in 1980 I completed my post-graduation in pedodontics from Post Graduate Institute, Chandigarh. During those years, Dr. Jasbir Jolly was Deputy Head of the Department. As the department grew, we needed more space and renovated the clinic. In

1980, we added six clinics, a reception, laboratory, conference room and an office by dividing the high ceiling building into two levels.

We started community dental service for rural Punjab in 1982. The Punjab Government gifted a large van to the hospital that was converted to a dental van with dental chairs and units. Community services comprised regular visits to villages where a dentist accompanied by dental assistants would provide free checkups and treatment five days a week. This service was well appreciated, and many benefited from this as there was no dentist available in rural areas that time.

Community dental van with Dr. Betty Cowan, Dr. Grewal, Dr. Jai Khristmukti, Dr. Das and assistants

We visited local schools to give talks on dental hygiene, dental checkups, and treatment. In 1987, God directed me to think about



*Dr JL Joshi, Rev C Reynolds, Inauguration
of Christian Dental College, 1992*

establishing a Dental College, the first Christian Dental College in India. By establishing a



The old medical college building, 1989

college, we could train dental doctors who would work in remote areas and in mission hospitals across the country. This would also enable allied dental workers such as assistants and hygienists to train and assist in dental clinics. It was a herculean task to convince the Director and Governing board of CMC about establishing a dental college. Dr Chaudhry, the then director was very supportive but apprehensive about the process of establishing a dental college due to the finances, infrastructure, and resources needed. Earlier that year, the Medical College had moved to a new building as the old building was in a debilitating condition. I saw that as an opportunity and tried to convince Dr Chaudhry that the old medical college building could be renovated to house the dental college. Dr Chaudhry accepted the proposal and asked me to prepare a report that would be deliberated at the various committees of the hospital.

I took time to visit several dental colleges to see the infrastructure and meet dental college Principals and governing body members for guidance and support. Requests were sent out to Friends of Ludhiana in United Kingdom and USA for financial assistant to renovate the college and acquire the necessary infrastructure and equipment. Our prayers were answered through a grant given by the American School and Hospitals Abroad (ASHA), the first grant approved to any dental college in the world. The amount was sufficient to buy equipment and complete renovation of the old medical college building.

I would like to acknowledge with gratitude the efforts of Rev. Charles Reynolds, Dr. Khristmukti, Dr. Dalip Mukherjee, and Dr.

JJ Fason for their encouragement and support to establish the college. Many more friends and well-wishers came forward and helped in various aspects. By God's grace after many committees' approvals, we could move forward with the project.

Although we had applied for 40 seats, we were permitted to admit 20 students by the Punjab Government. We had to fight in High court and Supreme Court for two years to get affiliation by the Punjab University. After this, we secured permission by the Dental Council of India to start the Dental College. On 14th July 1992, the first batch of 20 students were admitted to the first Christian Dental College of India. Classes began from August 20, 1992. In 1993, by God's grace we were allowed to enroll 40 students by the Punjab University. Miraculously, God used His chosen people to help us in these processes. Special thanks for Mr. Satish Sharma, Senator, Punjab University, for all his help during this time. Many staff contributed to make this dream a possibility. Contributions made by Dr. Gina Singh and Dr. Saroj Chopra in the establishment and managing classes, especially during the early years are commendable. They stood faithfully during the challenges faced during the inception and early years of the Dental college.

By 1996, the college was well established with seven departments managed by a strong faculty. On November 6, 1999, the pioneer batch of CDC graduated—this was a significant milestone in the life of Christian Dental College. The next milestone was establishing a post graduate course in pedodontia in 2002.



Dr. Gina Singh, Dr. J L Joshi, Dr. S Chopra

Dr Abi M Thomas joined the faculty of Christian dental college on January 11, 1999. He succeeded me as the Principal of college after my retirement on July 14, 2007. It was

gratifying to see the growth of Christian Dental College Ludhiana from its inception to the time I left in 2007. Dr. Abi and his team are carrying on marvelous work and taking the college from heights to heights. India Today in its special issue - best dental colleges in India 2022, ranked Christian Dental College Ludhiana at the 9th position! It gives me great satisfaction to see God's mighty hands on the college's progress from a humble beginning to an internationally known institution. All this could happen only by God's planning.

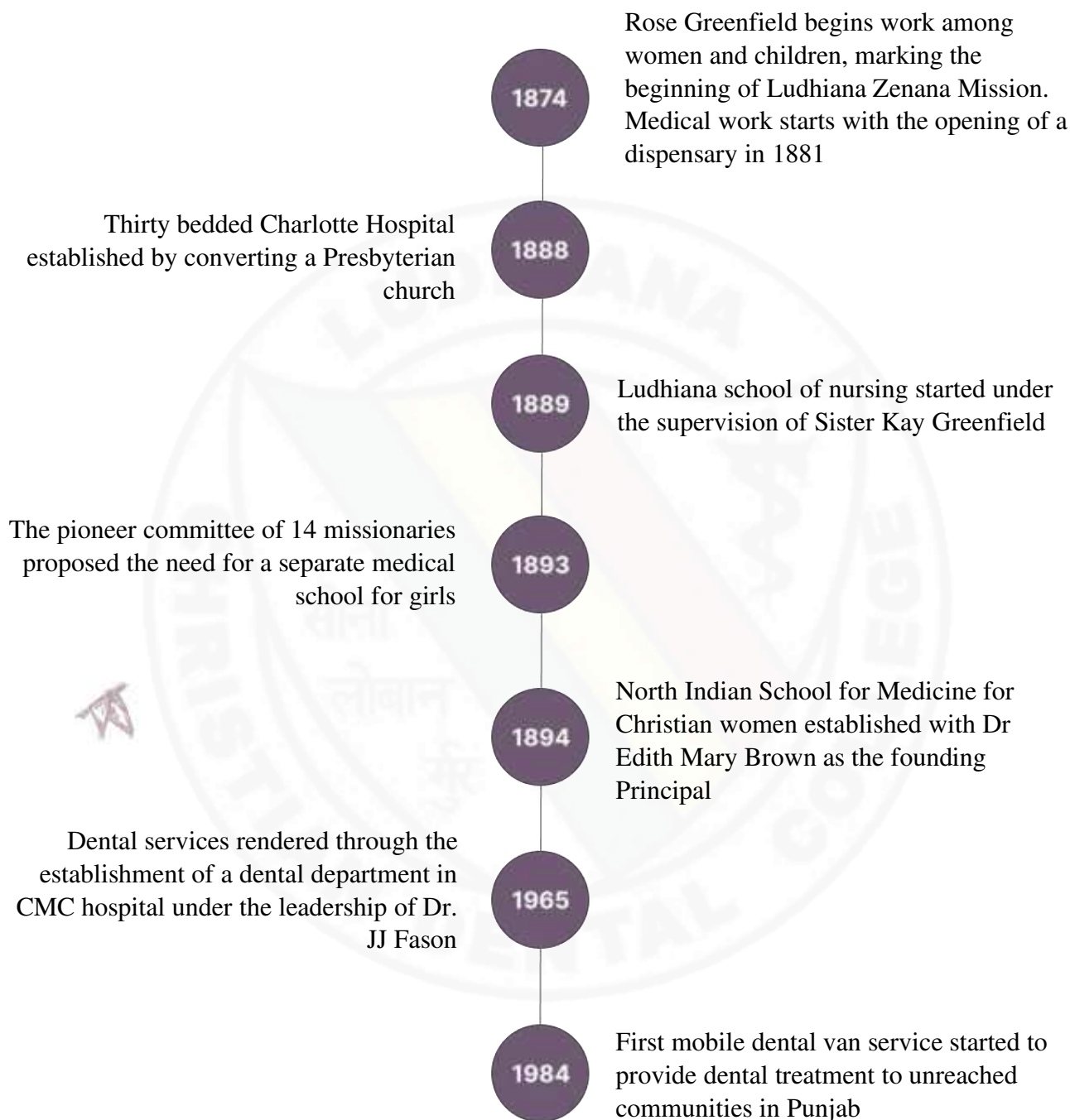
It is a dream come true to see that mission hospitals across India now have a dental surgeon trained by Christian Dental College, Ludhiana and people have access to qualified and well-trained dentists. CDC graduates are serving across India and around the world.

Praise God for fulfilling this mission.



Our Timeline

Through the Years





The admitting capacity is enhanced to 40 and affiliation is changed to Baba Farid University of Health Sciences, Punjab

1992

Christian Dental College commences functioning in affiliation with Panjab University and with 20 BDS students under the leadership of founding Principal Dr. JL Joshi

1998

1999

CDC pioneers dental implants in Ludhiana with implant services being provided by the oral surgery department

The first post-graduation course is introduced in the Department of Pediatric Dentistry with the admission of 4 post-graduate students

2002

2007

Dr. Abi Thomas appointed as the Principal of CDC

Post-graduate courses commenced in the departments of Prosthodontics and Crown & Bridge and Oral and Maxillofacial Surgery with 3 admissions per batch

2014

2017

CDC celebrates its Silver Jubilee- 25 years of academic excellence and service to the nation

CDC completes 30 years of legacy and 1000 alumni who serve in institutions, clinics, the armed forces, & 50 rural mission hospitals across India and in 25 countries worldwide

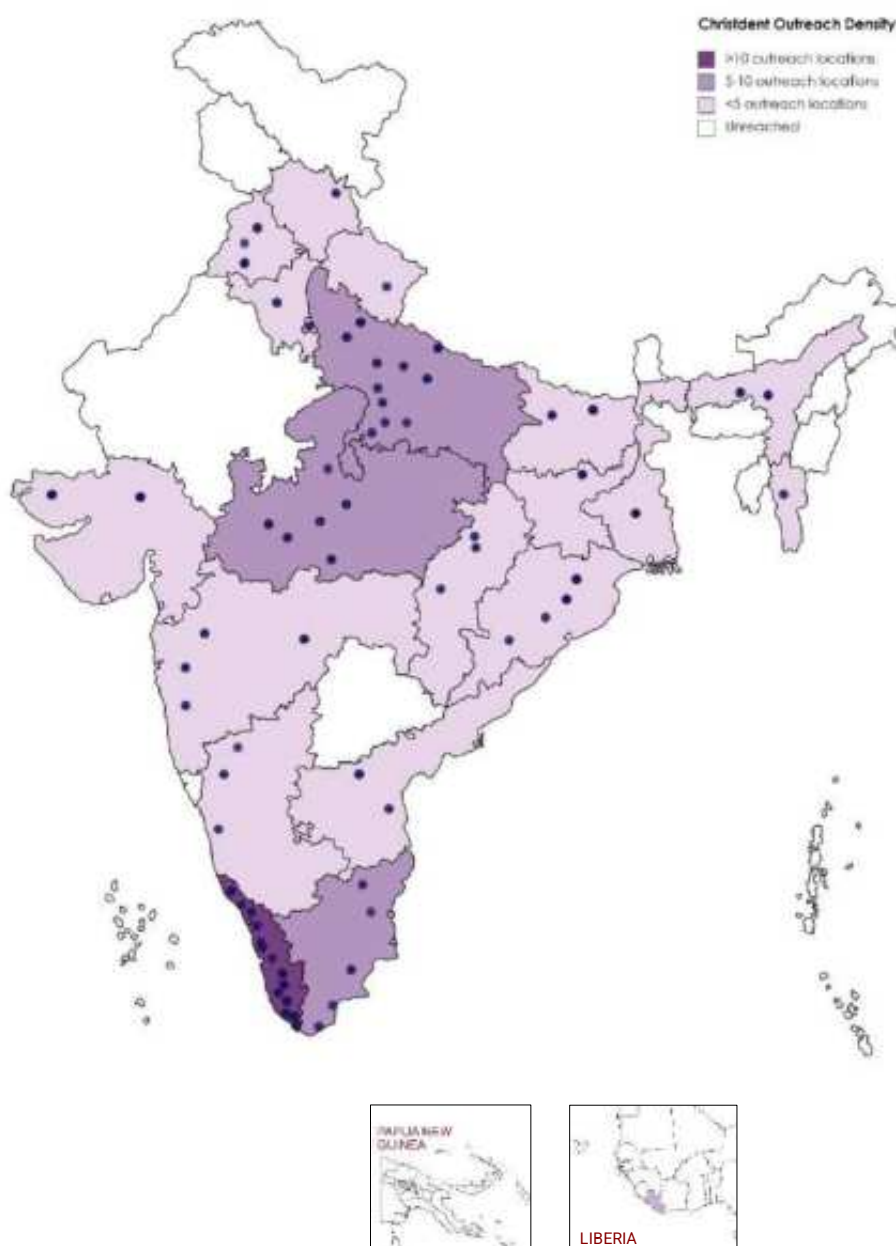
2022



Map of Missions

Reaching the Unreached

In its 30 years of service, CDC has sent dentists to over 65 mission hospitals across India and two other countries. This map of missions has a two-fold purpose; one, to acknowledge all Chrisdents who worked tirelessly in these mission locations and two, to motivate new Chrisdents to participate in medical missions.




State	Hospital	District
Punjab	Christian Dental College	Ludhiana
	Ruby Nelson Hospital	Jalandhar
	Francis Newton Hospital	Ferozepur
Himachal Pradesh	Lady Willindon Hospital	Manali
Haryana	Philladelphia Hospital	Ambala
Uttarakhand	Herbertpur Christian Hospital	Dehradun
	Landour Community Hospital	Mussoorie
Delhi	St. Stephen's Hospital	Delhi
Uttar Pradesh	Methodist Hospital	Mathur
	St. Cathering Hospital, Kanpur	Kanpur
	Clara Swain Hospital	Bareilly
	Mission Mattison Memorial Hospital	Hapur
	Christian Hospital Kasgunj	Etah
	Prem Sewa Hospital	Uttrola
	Nur Manzil: Psychiatric Centre	Lucknow
	Broadwell Christian Hospital	Fatehpur
	Evangelical Mission Hospital	Baitalpur
Jiwan Jyoti Hospital	Robertsganj	
Bihar	Duncan Hospital	Raxaul
	TLM Hospital	Mussaffarpur
Jharkhand	Nawjiwan Hospital	Satbarwa
Madhya Pradesh	Dhamtari Christian Hospital	Dhamtari
	Christian Hospital	Mungeli
	Christian Hospital	Chattarpur
	Christian Hospital	Lakhnadon
	Evangelical Mission Hospital	Tilda
	Padhar Hospital	Padhar
Christian Hospital	Indore	
Chhattisgarh	Champa Christian Hospital	Champa
Gujarat	Methodist Hospital	Nadiad
	Sarvajanik Mission Hospital	Vapi
Maharashtra	Wanless Hospital, Miraj Medical Center	Miraj
	GM Priya Hospital	Dapegaon
	Chinchapada Christian Hospital	Nandurbar

Assam	Baptist Christian Hospital Burrows Memorial Hospital Makunda Christian Hospital	Tezpur Bankandi Karimganj
Mizoram	Adventist Hospital	Aizawl
West Bengal	Mission of Mercy Hospital	Kolkata
Odisha	Christian Hospital Evangelical Hospital Christian Hospital Asha Kiran Hospital	Bissamcuttack Khariar Nowrangur Lamptaput
Andra Pradesh	Vathsalya Hospital Gifford Memorial Hospital	Vijayavada Nuzividu
Kerala	Christian Medical Mission Hospital Medical Mission Hospital MGDM Hospital Malankara Medical Mission Hospital Snehadeepam Hospital St. Gregorios Mission Hospital St. Thomas Mission Hospital CSI Mission Hospital South Kerela Medical Mission Kazhakuttom MOSC Medical Misiion Hospital Santhigiri Ashram St. Thomas Mission Hospital Fellowship Mission Hospital CSI Mission Hospital Dr. SM CSI Medical College Karakonam BAJM Hospital, Koyalmanam SDA Hospital LMS Mission Hospital	Kolencherry Kolencherry Kangazha Kunnamakulam Neyyattinkara Parumala Attapady Codackal Thiruvananthapuram Kunnamakulam Thiruvananthapuram Kattanam Kumbanad Kazhakuttom Thiruvananthapuram Palakkad Ottappalam Kollam
Tamil Nadu	Grace Kannette Foundation The Leprosy Mission Community Hospital Bishop Walsh Memorial Hospital Kalyani Multi Speciality Hospital Rainy Multi Speciality Hospital Christian Fellowship Community Health Care Centre	Madurai Manamadurai Thadagom Chennai Chennai Ambillikai
Karnataka	ETCM Multispecialty Hospital Christa Mitra Ashram Hospital Hoskote Medical Mission Centre	Kolar Ankola Bengaluru

WEST AFRICA

 **Liberia** Ganta United Methodist Hospital Ganta

OCEANIA

 **Papua New Guinea** Kompiam District Hospital Enga Province

In Memoriam



Dr Shane Sam Mathew 1992 - 2017

While working as a Consultant Dentist at Ganta Methodist Hospital, Liberia, Dr Shane (2010/39) passed away on September 3rd, 2017, in a tragic fire accident in Liberia. Our tribute to our dear Shane knowing that his labour in the Lord is not in vain.



HEARTFELT RECOLLECTIONS

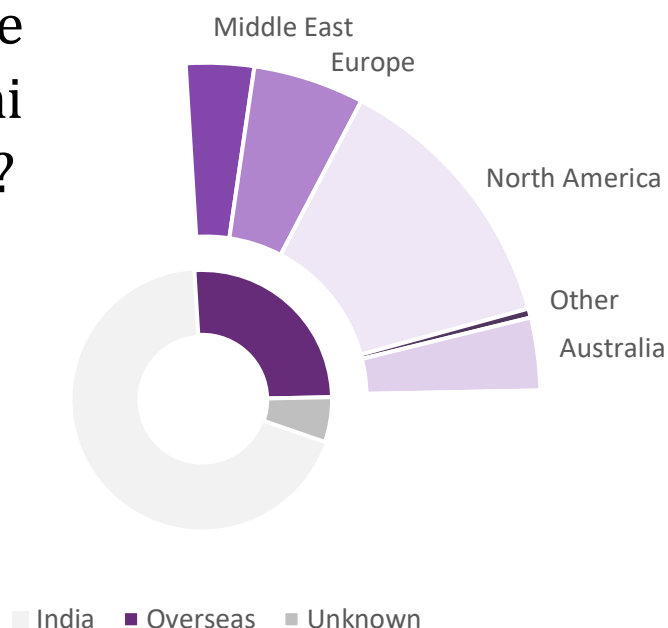


BDS

Batch List

1992 • PIONEERS	2002 • GUNS N ROSES	2012 • XAVIONZ
1993 • SUCCESSORS	2003 • INFERNO	2013 • MAVERICKS
1994 • DYNAMITES	2004 • ANCHORIANS	2014 • GENEZANS
1995 • PRIMATES	2005 • BONAVENTURES	2015 • ALTHEANZ
1996 • THUNDERBOLTS	2006 • PHOENIX	2016 • TROEZIANS
1997 • ARYANS	2007 • DUNAMIS	2017 • KRENOVIANTZ
1998 • ULTIMATES	2008 • ANDROMEDANS	2018 • AMELIORANTS
1999 • SPARTANS	2009 • ZEPHYRS	2019 • EUPHORIANS
2000 • CELESTIANS	2010 • ASCLEPIANS	2020 • AEGELITES
2001 • CHALLENGERS	2011 • ORANES	2021 • XANTHRONS

Where are the alumni today?



At present (October 2022), CDC alumni consist of 912 members, of whom 627 (69%) reside in India and 234 (25%) live overseas. We are yet to receive updates on the location of 51 members.

The majority of CDC diaspora lives in the United States of America, Canada, Australia, the Middle East, and United Kingdom. Some Chrisdents are also based in other European countries like Germany, Ireland, Norway, Sweden, and Switzerland.

Seychelles and Liberia in Africa, Papua New Guinea and New Zealand in Oceania, and Thailand in Asia are also home to few of our alumni. As our numbers grow, we look forward to a time when Chrisdents reach all countries of the world.



1992

1997

PIONEERS

1992

By Col. (Dr) Baljinder Singh Walia

Pioneers, the first amongst equals, is the trailblazing batch of graduates from Christian Dental College, Ludhiana. Their convocation set the ball rolling for CDC to achieve its destiny and greater heights.

Enthralled by the 'CMC' brand, a bunch of 20 entered the arches of the still unfinished campus of CDC in Aug 1992, hailing mainly from the Delhi-Ludhiana-Pathankot axis with a colourful splash from other parts of the country. Within no time, we all were bonding over pushing carts of dental equipment, adjusting in available accommodation, and hunting for the best mess food available.

Being the first batch, Pioneers had the unique experience of 'interaction' with medical seniors at Ross and Snow hostels. The ordeal left many of us shaken, and we 'vowed' not to let our subsequent batches undergo the same experience at their hands and took that responsibility on ourselves. Most of us experienced our first campus life. While Amit Ahuja, Rajesh Kumar, and Sumir Wishwas took it upon themselves to charm the fairer species, 'crooning' Christopher and 'soulful' Suman were enchanting hearts with their talented voices. Sarabjeet, Gayatri, and Meenu started setting the academic field ablaze with their zeal while the rest of us found our comfort zones and settled in. The 'Localites' viz. Bharat, Manpreet, Atul, Sandeep, and Shanta became our saviours, who not only made us feel at home in the city as well as their abodes but treated us to home-cooked delicacies and made us a part of their families.

Our academic journey started with the senior dental faculty of our Principal, Dr. J.L. Joshi, Dr. Saroj Chopra, Dr. Gina Singh & Dr. SP Singh, assisted by our beloved young post-graduate faculty and demonstrators. The basic medical sciences block became a welcome break from 'Dental Materials' lectures and pre-prosthodontics dental lab manipulations.

A year passed by and the much-awaited next batch arrived. The natural balance of 14 boys and 6 girls of *Pioneers* seemed to have been equalized by the 14 girls and 8 boys of the second batch of CDC. There was so much palpable excitement that a disastrous 'P' (proposal) day was planned and even executed, much to the glee of *Pioneer* girls when the exuberance of *Pioneer* boys got deflated en masse.

The first university exams got mired with legal hurdles and multiple delays, giving us extended knowledge of first-year subjects, the experience of a High Court hearing, and ample time for our memorable 'Manali Trip'. It was a crazy adventurous experience, so much so that no interaction between *Pioneers* to date is complete without a referral to that hilly sojourn.

New batches joined, and new associations were formed, some transitory, some migratory, and some lifelong. Academics and exams became a regular part of our college life. Welcome parties for freshers and thank you parties for seniors were much anticipated. Our medical counterparts envied our 'frenzy' dance parties, and our DJ lists were under constant threat of creative espionage. We made our mark at the other co-circular scenes as well, both intra- and inter-collegiate.



All good things come to an end, and our journey in CDC was nearing its end after various halts of university exams, trips, parties, and welcoming new batches and faculty to our ever-expanding CDC family. We were over the line with one final push, from students to interns. But not before a memorable and comical first ‘farewell’ night of CDC for the ‘Pioneers’. Our junior batch gave us befitting farewells and titles, which we still cherish and laugh about.

Department rotations started, we felt like ‘Kings of the college’, and within no time, it was time to don the ‘Dr’ tag and move on. The Baccalaureate service of the first batch was both a

solemn and joyous affair. Slowly and steadily, the batch scattered to different parts of the country and the world. *Pioneers* branched out to Indian Armed Forces, post-graduation programs, clinical practice, and the western world.

The privilege of being *Pioneers* and the memories thereof are etched in all our hearts and still bond us together after nearly three decades. We shall ever be grateful to administrators, senior faculty, staff, and our dear juniors for making the journey so unique and unforgettable. Lastly, we thank the Almighty for all the chances we got and journeys we chose.



SUCCESSORS

1993

By Dr Ashish Chakranarayan

The warm August of 1993 saw the arrival of the second batch of students to CDC, Ludhiana. The *Pioneers* had been a wonderful vanguard, and the baton was more than well received by the twenty of us.

We marked the onset of the ‘business as usual’ at CDC Ludhiana. Our batch was much better represented geographically, and for most of us, it was a culture shock which took a while to blend in. Thanks to the Butter Chicken at CMC chowk and the warm Punjabi hospitality, integration was rocky but quick. Dr Joshi, the teachers, and the staff welcomed us at a crisp, pleasant ceremony held in the classroom on the first floor, with proud parents in attendance. The institution was teething and wasn’t fully functional then. Accommodation for men wasn’t available; however, what CDC lacked in resources was made up by the large-heartedness of its people.

As the ladies settled down at the old snow hostel building, the *Pioneer* batch welcomed the male students to share their rooms at *Lal Kothi*, which we would always be thankful for. With a roof now over our heads, our unique experience of ‘interaction’ began. The Gol Chakkar became a hot spot, and along with our seniors, the teachers also made a candid effort to get to know us. This continued for so long and with such vigour that we became thick friends, to the extent that the ‘first CDC married couple’ is from the first and second batch. The fresher’s party was very traditional, with the oath and egg baptism. The customary retreat at Lalton Kalan was a memorable experience for biblical community building for a few and prancing around the mustard fields singing “Mera rang dae basanti chola” for others.

We were twenty students to begin with, however, by the end of the first year, one of us left

prepared for the Profs, the frenzies, birthday parties, and weekend jaunts to Cremica ice cream at Sarabha Nagar market kept us entertained. The frequent IDA Ludhiana branch meetings were more than welcome for the booze, food, and some

to join the medical college, and we graduated as a class of nineteen in May 1997. Having settled in, we were hit by the very alien science of ‘dentistry’ and names like Skinners, Greys, Ganong, Harper etc. To make matters worse, certain departments were less than willing to take on the additional load of

teaching dental students. However, help wasn’t very far; Chaurasia, Chatterji, and Sembulingam were the oases, much to the ire of the teachers. Though we made an honest-to-God effort to read Philip Skinners, the understanding and application of dental materials largely depended on Dr Shelly Gupta’s and Dr Saroj Chopra’s notes, which were explained to us by our seniors to the best of their understanding.



The onslaught continued, and phrases like class tests, stages, and grand stages became a part of our lives. December 1993 saw us preparing to go home for our first vacation after the stage exams. It was with mixed feelings of happiness of getting to go home and awkward sadness of having flunked a bunch of tests was with which we spent our first Christmas vacation and returned to the bitter January cold of Ludhiana. The winters also saw the first CDC sweatshirt, and the “*Chrisdents*” printed on the back was handwritten by a member of the ‘93 batch. Though the second term got rigorous as we

professional learning. IDA also gave us an opportunity to be the first cultural representatives of our college with the ‘Dum maro dum’ choreography carrying the message ‘Say no to drugs’.

For the sheer quantum of studies, university exams were a breeze, and we found ourselves in the second year awaiting the new batch. Having found our bearings a little better, we had time to venture beyond academics, and the second year saw friendships grow into love. Some of which grew into permanent bonds, and the mantle for the first married couple from CDC proudly belongs to the batch of *Successors*.

As the years went by, we were also introduced to clinical dentistry and medicine. It was both delightful and despairing to unravel the mysteries of academics and challenges of practical application, which has remained a lifelong endeavour for most of us. The small size of the batch and the overwhelming number of patients was the biggest advantage we had, though, at times, finding cases for CI II restorations proved to be a formidable task. Our teachers, Drs JL Joshi, Gina Singh, Saroj Chopra, Shelly Gupta, SP Singh, KBS



Kuckreja, Harinder
Kuckreja, Vikram
Prabhakar, Manisha
Prabhakar, Jaidev
Singh Dhillon, Neeru
Shah, and a large group
of demonstrators not
only taught us the
theory and practice of
dentistry well, but,
more importantly, they
led by example and
honed us in life skills
like empathy,

sympathy, compassion, humility, perseverance, and patience.

We developed a great rapport with our teachers, some of whom were routinely seen playing cricket with us during the lunch break, till the legendary 7575 white car was spotted. *Successors* excelled academically, professionally, and personally from becoming homemakers and general dentists in private practice to specialists in practice and academics, armed forces, management, and administration, and by God's grace, we continue to strive forward. May God continue to bless us and the extremely proud and prestigious alma mater we belong to.

DYNAMITES

1994

By Dr Puja Runa Myles

As the third batch of dental students in CDC, the nineteen of us were blessed to be part of what felt like a close-knit family supported by our seniors and teachers. At that point, we would have never imagined how those foundational years would shape our professional futures and our characters. Nor could we hope for such a strong bond that connects us to this day, even across continents.



Some of us stayed on to shape future generations of dentists in CDC; Dr Shaila Shamsher is a professor in the Dept of Paediatric and Preventive Dentistry and is the CDC Vice Principal and Dr Angleena Daniel is Head of Dept of Prosthodontics. Others are shaping dental students elsewhere; Dr Ishpaul Singh is a Professor of Oral Pathology and Head of Department at Baba Jaswant Singh Dental College, Ludhiana; Dr Navjot Kaur is a Lecturer in SGRD Dental College and Hospital, Amritsar, and Dr David Kadakampally is an Associate Professor of Periodontics at the Manipal College of Dental Sciences.

Some of us chose to serve our local communities in India and abroad. Dr Ravi Prakash Srivastava has a clinic in Ballia,

UP; Dr Gurjeet Ghai is practising in Chandigarh; Dr Sanjeev Sagar has a private practice

in Gurdaspur; Dr Sandeep Sharma runs two dental offices in California; Dr Renuka Bhatti runs the Triza clinic and dental implant centre in Mohali; Dr Sneha Thomas is settled and working as a dentist in Australia; Dr Madhulika Rawat Barrow is working in her clinic in Vishakapatnam; Dr George Markose is based in England and is working as a Consultant Head and Neck Reconstructive surgeon; and Dr Anjuman Khurana, who after a fulfilling career as Professor and Head of Orthodontics at BJS Dental College, Ludhiana, now has her own orthodontist clinic in the same city.

Then there are some of us who changed tracks after an initial career in dental practice; Dr Sujith Kumar Dhanasiri did an MSc in International Health Policy and Economics at the London School of Economics and now works for Bristol Myers Squibb as Director, Global Medical Affairs and is based in Zurich, Switzerland; Dr Manjit Bhatti, completed an MA in Philosophy and PhD in Philosophy of Religion and is now seeking to serve in the mission field; Dr Ritu Chugh Johar, who mentors students

preparing for medical and engineering entrance exams, is an Academic Coordinator for the Lakshya Institute, Patiala (part of ZEE Learn) and has a YouTube channel, H to O Chemistry; and Dr Puja Myles, who trained as a public health specialist and epidemiologist and now works in the UK Medicines and Healthcare products Regulatory Agency.

We lost contact with our dear batchmate Dr Shalu Bansal, who kept us in line and is very much missed; we wish her well, wherever she is.

As a final note, it must be said that while we have all done our part in serving our communities in a professional capacity, we are multifaceted beings and among our greatest accomplishments are our families, children, friends, and other aspects of our lives such as Dr Madhulika's counselling of troubled teens and young adults, Dr Sandeep's lovingly tended kitchen garden and community

work in India, Dr David's passion for music, and Dr Shaila's continued zest for sports, to name just a few.

A toast then to the Batch of '94 and our alma mater, CDC. We have come far, and there is still much further to go.



PRIMATES

1995

By Dr Nebu Ivan Philip

CDC. What does it stand for in our lives today – Alma mater? Dentistry? Careers? Yes. All of these. But even more. A lot more. Adventures, laughter, tears, crushes, breakups, love, and friendships. Nostalgia-induced memories often result in rose-tinted college recollections. Still, CDC memories are always unique. We laugh by remembering the days we cried, and we cry by remembering the days we laughed.

During the five momentous years we spent at CDC, we didn't know we were making memories that would last a lifetime; we were having fun, with studies and dentistry almost incidental. As time passes and feelings change, CDC remains the totem connecting us to our younger, carefree selves, an era when life was uncomplicated, and the most difficult decision to make was whether to attend the 8:30 a.m. lecture or skip it altogether and indulge in a sumptuous breakfast of butter-lathered aloo parathas (the latter almost invariably won!).

1995 was the era of CDC titans - Dr. Joshi, Gina ma'am, and Chopra ma'am. An era where Demos took most of our classes and OHP transparency sheets were considered an advanced teaching method. In this era, where male-female student ratios were almost equal, *Mallu* students were considered a rare exotic species. During these

days, final 'Prof' results were displayed on a tiny noticeboard just outside the college entrance, letting everyone know who all got the dreaded 'Suppli'; 'Frenzies' lasting till three in the morning were held in the confined space of the college reception (with the Community van parked in front for added acoustics), and the Smokie song *Alice* got everyone onto the dance floor to mouth its censored lyrics with gusto. In this era, Gol Chakkar gossip sessions would magically melt away at the mere hint of a white Maruti 800 approaching, and often immediately re-coalesce on realizing it was only Joshi sir's driver bringing the car in, with sheepish waves and grins then exchanged on both sides. Chicken Plaza, Chawla's, Aman, Basant, and Hong

Kong would become culinary hotspots, and the derelict Aarti and Malhar Cinemas would be considered the best theatres to watch movies. This was an era when students would line up outside phone booths to call home and exchange love letters when cupid struck was still *de rigueur*; when Freshies realized that the word 'Interaction' had other connotations, and yet seniors ended up becoming your best friends. It was the best of times, an age of wisdom and foolishness, a season of hopes and beliefs, where we had our entire future before us—This was the Primates era.



We entered the hallowed portals of CDC on a typically humid July day in 1995. Our parents gave us only three instructions when they left us – study well, eat well, and sleep well. Most of us decided that following the latter two of the three would be good enough. Primates - the moniker we used for our '95 batch - was initially coined as a group name for the boys of the batch, a subtle dig at their generalized lethargy towards all things academic, combined with them being self-avowed connoisseurs of all kinds of food. Of course, in no time were the batch girls co-opted into the boys *laissez-faire* approach to studies, and the entire batch proudly became the *Primates* of CDC. As a result, reactions to exam scores changed from 'Who got the highest?' to 'Thank God I passed'. Present-



day students should not get the wrong idea; we used to study hard – but only on the night before the exam! This often had tragicomic consequences, one of us was still making notes from Skinner's 30 minutes before the First year DM Prof, obviously resulting in an unfortunate but wholly expected 'Suppli'. We were also early adopters of the mantra *Dost fail ho jaye toh dukh hota hai...Lekin dost first aa jaye toh zyaada dukh hota hai*. Dr. Eapen, our earnest Second year Dental Anatomy Demonstrator, quickly realized the 'skills' of our batch and would typically start every tooth carving session with 'Guys, please remember you are carving a human tooth' - not that it made much of a difference to the final tooth forms some of us ended up with. Recounting the follies and foibles of our Third and Final year clinics would require an entire book – for now, let's say that we successfully managed not to kill any of our poor patients (scarred for life maybe, but alive!).

College canteen Panditjis and Chotus used to dread seeing our so-called gourmets come in for a meal – a typical conversation, *'kitna gandha khana banaya hai, chalo paanch roti aur lao, JALDI'* Over the years, Chicken Plaza, for no reason, became our favourite haunt to host class birthday parties. CMC Chowk also had some underrated gems we popularized with great relish - Raju's Chicken Dhaba and the Kulfis at the opposite Sardarji's ice cream shop. Night canteen sessions on the steps of the under-construction CMC OPD block was another *Primates* tradition, where ordering chai and bun-omelettes was just an excuse to indulge in general chit-chat and leg-pulling at the end of a tiring day of clinics. Class trips to Chandigarh (First year), Parwanoo (Second year), and Dalhousie

(Internship) are still fondly recalled, and the only regret is that we didn't go on more trips. Our batch was studded with the talents of excellent singers, dancers, dramatists, and sportsmen. The 18 sketches we scripted and enacted for the *Pioneer* batch farewell were side-splittingly funny (well, maybe not for the *Pioneers* themselves – but they were such good sports, despite being caricatured on their special day). And, in keeping with the quirky *Primates* nature, there was also a batch band comprising of our worst singers, modestly named 'I, Me and Myself', whose all-time smash hit had evocative lyrics like "I am very, very smart" (trust us, you don't want to hear the rest!).

This write-up is a mostly irreverent (but true!) take on the life and times of the '95 batch at CDC. It may have undersold our achievements, but that's because we remain self-effacing geniuses with a sense of sardonic humour! Reading the batch names of some of our juniors, we wonder whether they were really that Ultimate and Spartan-like when they joined CDC. At least those are the pronounceable batch names; some of the later CDC batch names are so Greek to our *Primate* brains (Krenoviantz, anyone?) that we would have fainted had they existed in our time. For us, existential doubts like *'Yaar, ye first batch ko Pioneers kyun bulathe hai?'* were the norm. Whatever the answer received, it would have been met with a typically snarky *Primates* retort, 'Tennu sab pata hai!'.

Does it matter what we are doing now? Not really, but for posterity's sake, we are now an eclectic bunch of highly experienced General Dentists, Maxfac Surgeons, Orthodontists, Implantologists, Pediatric Dentists, ex-army officers, and administrators. Some of us are

providing yeoman service in Government health sectors (Swapn in Punjab and Bhups in Andhra Pradesh), while a bunch of us have flourishing private practices in cities and towns across India (Aman in Khanna, Sukhmeet in Ludhiana, Subodh in Bareilly, Shivali in Delhi, Shipra in Ajmer, Mandeep and Zabby in Chandigarh), then there are those of us spreading the Primates cheer in foreign lands - Sam, Tripti, and Jasdeep in the USA, Amrit and Ruth in Canada, Rajat and Balpreet is in the UK, and the *Mallu* boys (Nino and Nebu) are obviously in the Gulf (Qatar), while Vikrant and Pratibha are now highly placed administrators with the EHA and JVI organizations in Delhi. We are also very proud that those of us with service commitments completed them without hesitation,

thanks to the guidance provided by Rev. Ninan and Dr. Abi. All things considered, not bad for a bunch of *Primates*.

We have all taken different paths in life, with spouses, children, and jobs now integral parts of our lives. But no matter where we go or what we do, we take a little bit of what we experienced together. When life gets difficult, these random college memories never fail to bring a smile to our faces. For this, we are eternally grateful to the brick-lined hallways of CDC, all the teachers who moulded our professional and personal lives, our seniors and juniors who enriched our experiences, and above all, to God for bringing us together. We are proud to be the *Primates*, proud to be Chridents, and most of all, proud that we can call CDC our Alma mater.

THUNDERBOLTS

1996

By Dr Namrata Motihar Rupani

Circa 1996 – CDC reception had 17-18 students in white aprons, doing a 90-degree salute to whoever they saw – they had a lot of patients baffled too in the process. However, that was the start of our life-changing years at CDC Ludhiana. Of course, the greeting is an inside joke – known only to us.

Twenty people from diverse backgrounds were thrown into this demanding college course, and we found immense comfort in each other. The journey had us start with anatomy, and I think all must remember that no matter what soap we used or how much we scrubbed, we couldn't get the smell of formalin off us! Cracking lame jokes to fight off our fear and awkwardness of having to cut through a dead body made us huddle closer and form deeper bonds. Of course, a special mention to Prof Molly Paul, who kept us cheery in her Anatomy lessons.

Moving through the years – we have the loveliest memories of bunking classes, trips to the canteen, haggling with Pandit ji's in the hostel for that extra serving of chicken (thank you to all the day scholars and batchmates who lived around and went away on weekends, whose portions of chicken we could appropriate), book buying at Verma's and trips to the Mandi for the yummiest butter overloaded Pao Bhaji and piping hot bowls of starchy chicken soup and sneak-out trips to Aman Chicken, Chicken Plaza, and Chawla Chicken.

We began as scratchy teenagers in the first year, each coming from their unique backgrounds with stories and habits. Over the course, we became a common lot where all our journeys coalesced, and we drew from one another at all times. We became responsible for ourselves and the people around us; we dreamed of careers and our future lives, all in the hostel rooms while completely enjoying our time.

The basketball court and the canteen were two safe havens for almost all of us. All of us must have spent countless hours between these two spots making millions of memories with friends, lovers, and self.



We owe the college and teachers for upskilling us with all the necessary inputs and equipping us for becoming a doctor. A big thank you to them for shaping an important phase of our lives, and all our successes are a testament to their good efforts.

Remembering all the teachers, from Prof. Molly Paul, who made us dance in the classroom to ease our stress, to Dr. Sunil Singh, who took surgery classes. Dr. JL Joshi for letting us wet our feet in practising our knowledge to increase our exposure and skill to the Doctors who taught us Medicine, Oral Medicine, and Pharmacology. A special mention to our Principal for being a constant source of encouragement.

From first to final year, we trudged along – sometimes effortlessly, and at times with a lot of pain, but always moving forward thanks to this group of people we called classmates. The struggles were different but also similar. We still are the same friends with common inside jokes and know each other since before life hit us all.

Our batch was the first to represent CDC in Pulse at AIIMS. We also spearheaded Fusion (special mention to Manmeet, Mandeep, and Vaibhav) - the intercollege competition during our

internship year to discover the college's hidden talent gems. We always had a fun, competitive spirit in us! We also witnessed the first Convocation Ceremony for the pioneer batch at our age-old institution during our final year. We may not have met each other in a while; many of us haven't even spoken to each other, but the bond is rock solid. There still exists a oneness that we all feel—we shared a journey of growing from weird, awkward kids, experiencing a lot of falls, some heartbreaks, some wins, and much love from each other, to becoming mature, responsible clinicians. And while we went our separate ways, one thing remains - we will always be tied to each other by the invisible thread of belonging.

This is a testament to all those who helped us



along our journey—from the heads of departments to the college staff, which included nurses, cleaners, administrative staff, receptionists, dental technicians, and lab assistants; their commitment to service and discipline is something we hope to replicate.

Let me add a personal memory of visiting the college and the lanes a few months back. A work trip brought me back to Ludhiana and to CDC, all the memories, and it was about time for us to catch up! CDC wasn't just college – it was home for almost all of us. And as I said goodbye to my room, my hostel, my college and all of the people I had ever been in touch with in 2001, I experienced, yet again, what it felt like to be cut off from my Umbilicus. So, thank you, CDC! for all that you gave us.

A few of us have private practices overseas; Aditya Kazal and Harpreet Bedi are in the NHS; Ashish Kunnekel, Rekha, Shikha Sood, and Harpreet Mandair in the US; Manmeet Kaur, Darrel Singh, and Anuradha are in Canada; and Benjamin Samuel is in Dubai (He is also a media personality). Those practicing across India include Naveen (Samrala), Mandeep (Jalandhar), Vaibhav (Chandigarh and Panchkula; Vaibhav also runs an event management company), Amit Ghotge (Saharanpur), Esther (Thiruvananthapuram), Vaishali (Delhi), Harpreet Ubhi (Delhi), and Namrata (Hyderabad). Apart from her private practice, Namrata is currently running 3 businesses—commercial photography, Fine Art Printing, and she is also a partner in a firm in Mumbai where she heads the Brand and Design Vertical.

Some of us have taken up the noble profession of teaching – Ashish Sinha is a professor at Kothiwal Dental College, Moradabad; Amandeep is a professor at Bangalore Institute of Dental Sciences (she also runs her private practice); Mokha is at BJS College Ludhiana; and Sheena Ramsay is working in Public Health and got a PHD in 2009.

ARYANS

1997

By Dr Amrinder Sanghi

We, the batch of '97, were the last intake of 20, with just a hundred seniors above us, which made for a very cosy, close-knit group. We christened ourselves *Aryans* one day in a hurry for Umang—the college cultural festival. Pioneers had started as Demonstrators and we as Freshies.

The *Pioneers* had just started working as Demos when we populated the CDC 'freshies' registers. Somehow admissions were delayed and waiting lists got long, so we joined in drips and drabs over August. Like all other batches, we were a national blend. We landed at the fag end of teenage, excited, bemused, and universally scared. Those were the days of 'interaction' (toned-down version of ragging) and hiding behind logs or corridors was futile. Flaunting our technicolour mismatched dress code with shaved heads (boys) and oil-dripped tresses (girls) – we were pretty conspicuous as 'Freshies'.

A senior once said, 'You either get ragged (interacted) now or be ragged for the rest of your life by patients, family etc'. In fact, it so turned out that this 'interaction' established strong friendships and senior-junior camaraderie. We were

unofficially admitted to The Chrisdent Family with a Rotten Tomato and Egg ceremony.

Life in the Snow hostel was exciting and exhausting. After the initial shock, it became our pod—the hostel that never sleeps—where the obligatory Maggi and tea sessions started at midnight. Unfortunately, the boys had to fend for themselves and resided in the weird and wonderfully named 'Khudd Muhalla', Fruit Gully, and Issanagri. Home food was sorely missed despite Panditji's Methi and aloo parathas. Fortunately, Ludhiana—the Chicken Capital of India - Ludhiana- did not disappoint us. In hindsight, we regret not buying shares in Aman, Baba, Chawla's, Dhodha, Basant, and Gyan's.

Formalin-induced tears every morning and catch-up anatomy evening classes interspersed with our fight with impression compound in a sauna-like Prostho Lab left us in the 'First-year daze'. It was a year of many firsts – first frenzy, first send-up, first time seeing a cooler for some of us, first flop group song performance, first class auto ride (13-14 of us piled in to save some pennies) and first Prof in sweltering June. CDC soon became our home and friends became like family. In first year, we ping-ponged between the uncertainty of CDC's recognised status and the temperamental lift of the Health Sciences Block.

Aryans were an eclectic mix of singers, artists, BB-TT- Baddy-chess players, swimmers, cricket maniacs, poets, comperes, couch potatoes, deep thinkers (one who researched trigeminal nerve enough to teach the demos), and the Secret Seven boys whose books were pristine till a few days before Prof. Simplicity was our trademark as we cherished the innocence of being a 'Freshie'. The second year was the harbinger of extra subjects to the normal curriculum: Pre-ortho, pre-prostho, and pre-cons. If chiselling a Class II on a plaster tooth was



hard, straightening steel wires to roll on a glass slab was nearly impossible. A few deft hands saved everyone's skin. The artistically challenged in the batch found tooth carving lectures traumatic, but for others, it was time to impress the charming Demo. We combed the floors in Prostho lab for our precious lathe-cut teeth sections when they would annoyingly take flight at the last minute. Many an hour was spent in the Dental Materials shop replenishing our ever-vanishing Lecron carvers and wax knives. Vermaji's bookshop was frequented for plenty of photocopies and a few originals.

Under the command of our watchful warden, we endured the earthquake of '99, became creative



in excuses for entry after 10 pm, put out fires (a painful lesson in heating our rooms safely), shooed off monkeys, and welcomed our class boys to Snow days (improvising to beautify our green walls with amateur art and life-size posters). Going to the localites' homes was always a welcome respite from the routine.

For most of us, BDS wasn't our first choice. But our hearts overflowed with gratitude to the Almighty when we witnessed our MBBS batchmates zombie out from their ON-calls. Our Anatomy Prof had sniggeringly labelled us '*Bees paaglon ka Jhund*' (What better could you expect us from backbencher dental students befuddled at the sight of kidneys in spotting vivas?). Roll #21 joined in the third year and redeemed us from the *Bees* title.

Our first Medicine and Surgery History-taking horrified us as we fumbled for Punjabi translation of liver and gall bladder. On several occasions, our legs collapsed under the hospital's humid heat and the medical terminology of OPDs. Even so, dental subjects reaffirmed their meaning. We were let loose on bearded Sardarjis marking Ala-Tragus lines and employing crash-course Punjabi terms. Our seniors held our hands through the first extraction and suturing. Fascinatingly, the

ID block never emerged out of the cheek, and we managed to preserve the inverted cone shape of our boxes. The highlight was the introduction to warm-hearted rural Punjabi hospitality as we enjoyed our travels in the community van, indebted to the staff who made it memorable.

Ingrained in CDC culture, we learnt to fear a few car number plates, relished 5 pm delicacies, and night canteen gossip and partook in Pulse, Euphoria, Fusion, Vibes etc. We bucked the trend in Farewell for seniors by writing non-derogatory Titles, which reflected the batch's gentle temperament. Rev Ninan and Bible studies nourished us spiritually, and Dr Abi ushered in a new era.

'One for all - all for one' was our class personified in Final year; we united, rebelled, and rewrote the quota to a self-established number. Patients were in short supply, so we rationed across the batch and stuck to it despite the threats and pressure. Most lunch breaks were spent in the Prostho lab, smothered in dental stone, and we became adept in 6-handed dentistry for agile alginate impressions. The paranoia of clean spittoons runs high induced by OS postings. Prof vivas were a sight of despair as we scrambled our books for strange terms like BANA test, RVG, and antidotes of opioids. Astonishingly, the united front paid off, and we all passed with flying colours.

Most likely, we can still rattle away the difference between apexification and apexogenesis—thanks to the incredulous pedodontics department! The number of distinctions in DA and Pedo are testament to their vigilant work and rigorous discipline.

The blunders, tears, giggles, heartbreaks, fluid friendships, class trips, birthday parties and cinema box office VIP treatments—all defined our life in CDC. We stood out in college fests and still stand out in our fraternity as we studied in a culture that broadened our minds and horizons; '*Paavam*' means as much to a Punjabi as '*Vehla*' to a Malayali. CDC instilled confidence, empathy, and a strong moral compass in us. When we embarked solo in the real world, we had the skill to work independently and the curiosity to learn from our weaknesses. Our four years epitomised 'A Comedy of Errors', but 'All is well that ends well'.

A number of became specialists in pedodontics, prosthodontics, conservative dentistry, orthodontics, implant dentistry, oral pathology, oral medicine, public health & palliative



care, and hospital management. Our unique journeys took us across the nation and worldwide.

Ritu and Poonam serve as faculty in CDC, while Kulmeet runs her practice in Ludhiana. Ashish and his specialist clinic run the Implant Academy in Farrukhabad. Amit holds an academic position in Ambala, while Vandana and Vincy pursued further careers in the US. Geetanjali owns and manages a tutoring business in the Bay area of California. Biju runs a thriving practice in Kerala, and Anu is meeting the dental needs in Chittoor. Kiran in Canada and nobly working in procuring Govt support for Refugees. Asha, Deepa, Vineet, Kapil, and Amarinder work in independent practices in the UK, conveniently forming *Aryans* UK alumni. Denzil works with Bausch & Lomb

around Ghaziabad. Amarinderjit is enthralling dental patients in Australia. Eshpreet Bajaj lives in Jalandhar and sincerely works in Kartarpur. Sushmit followed his dreams and dared to go from the oral cavity to the abdominal (serving as a palliative care clinician in Gastroenterology), fulfilling his evangelistic calling.

We miss the hallways of CDC. We miss our friends, carefree attitude, cultural events, experienced teachers, and patients who fed us Saag-Roti dutifully. We joined alone but graduated with friends for life—some with spouses—and all with a beloved Christent hoodie.

What a beautiful journey. To be continued.
Let my work be for a King.

1998

2002

ULTIMATES

1998

By Dr Ann Ruth John

As I (Ann Markose) sit to write about my batch, this is the jingle that comes to my mind 'we are the ultimates, we are the ultimates!' We surely were our namesake! And as the first batch of 40, CDC was not fully prepared for us. We were full of life, talented in multifaceted ways, with a sense of unity and a 'can do attitude'.

Our initial days were like everyone else's: Girls with their oiled hair and boys with the 'CMC cut', never lifting our eyes from the floor. But soon, that changed, and we emerged from our shells. The north-south divide was apparent only when Mallus spoke Hindi. For the first time, many of us realised that south India is not only 'Madras' and 'Punjabis' are not always Sikhs.

Within no time, we emerged out of cocoons, and it seemed like a metamorphosis. The college festivals revealed our true potential; we had singers like Roby, Jean, Jayanth, Ann, and Leny who swept the English music night. A similar showdown was repeated at the Hindi music night with Rahul, Rishi, Pradeep, Ruby, Tina Jacob, and Shweta Behl giving winning performances. The highlight was the group song 'Dillagi', which had the audience in a standing ovation.

The dance night carried the same magic as Nidhi and Ruby presented the best classical dance ever performed in CMC, mesmerising the audience and judges. Nitin on his tabla, Leny on the drums, and Kenneth on the violin performed par excellence every time.

Arts was always a win-win for the artists in Susan, with her paintings still hung in her chapel and Shavetha Behl. Literary events brought out the best in Tina Jacob, Preetika, and Jasmine. The most remembered 'Gidda' performed by our Punjabi girls, Ravinder, Shweta, Jasbir, Sukhdeep, Leena, Gagandeep, Tina Gupta, Pooja Chopra, and Pooja Mahay, was a treat to watch.

Sports was no different; we swept every basketball game and had the best team. We had the

MVP, Rahul Rai, Vivek, and Kenneth, our 3-point specialists, Jayant, our strongest defence, and the assists from Gaurav, Sreedhar, Leny, Rishi, Ratan, Jins, and Pradeep made it the best. Cricket, volleyball and throw ball were no different; we were a force to reckon with. Our badminton champs Kenneth, Tushar, Pradeep, and Ruchi brought home all the medals. Gaurav Gupta became our swimming champ. We even had the loudest, most supportive, and most enthusiastic cheering team ever, made up Gitanjali, Smitha, Malti, Nidhi, Bindu, Jasbir, and Sonal.



Academics were no different; our toppers Rahul, Preetika, Shweta Behl, and Rupinder always set new records every year, either at college or university levels.

A special mention to our dear CR - Pankaj, who has scooped us out of trouble on many occasions with his ability to smooth talk. The chapel services we led as a batch were performed with dignity and always instilled in us the value of giving back to the community. Under the leadership of Jean, we formed the first college choir. The student council of our batch was instrumental in hosting

'Fusion', the first of its kind in the history of the CDC. The first musical drama, *My Fair Lady*, was staged with Jean Samuel as music director, Nidhi Tharakan as choreographer and Susan as costume designer. Leny's acting as Alfred Doolittle stole the show.

Our localities' homes were always a second home to many of us; special mention to Tushar, Shweta Behl, and Shweta Arora's parents for always having their homes open for us. Each of us bought our unique gifts to the college, and we are so grateful that we have been able to mould ourselves into a much better version of ourselves once we left CDC.

Here is an overview of where we are now:

Bindu Thomas, fondly called Bindu mol, a kind and gentle soul is running a private practice. Ann Markose (Ann Ruth John) is working as General dental practitioner in UK. Gagandeep Kaur—the fun-filled Sardarni who brings a smile to all—is a registered pedodontist with the Ministry of Health, Saudi Arabia. The beautiful and smart Gitanjali Gupta is running a dental care centre in Delhi. Jean Fernatta Samuel, singer par excellence, specialised in periodontics and is working at the Mission Healthcare Centre (affiliated with LIGHT Ministries USA). Malti Kumar is a wind of good force and is working as a General Dental practitioner in the UK. Nidhi George Tharakan aka Nidhi Mithun Roy - great dancer with a heart of gold - is working as a GP Dentist, at NMC Health care, Abu Dhabi, UAE. Pooja Mahay, the friendly, smart girl who always aimed for the sky, is now the associate professor in the Dept of Oral Medicine and Radiology in Sri Aurobindo College of Dentistry. Preetika Chandna—beautiful, smart, and witty—became a psychologist and counsellor and runs the Change Counselling Centre in Meerut, UP.

Roby Maria Isaac, one whose voice has no bounds, is now working as a Specialist Endodontist at Aster Medical Centre, Dubai, UAE. Ruby babu—beautiful singer, dancer, and left-hand badminton player and great friend to all—is running Smile Boutique dental clinic in Thodupuzha, Idukki district, Kerala. Sonal Chawla, the peacemaker of our class who was always there with her gentle smile and ready-to-help attitude, is presently in Ireland. Susan Paul, soft-spoken but strong at heart, is working as a Consultant Prosthodontist. Dr Tina Elizabeth Jacob—singer, writer, orator, all in one!—works as an associate professor in oral pathology at St Gregorios dental college, Kochi, Kerala. Jasbir Kaur, this soft-spoken beauty with brains, is a very successful dental practitioner.

Jayanth Jonathan Christian, an outstanding singer whose faith has always been our rock, is the Managing Clinical Director at Aspen Dental - Enid, Oklahoma. Jins - the *paavam Mallu* who has shown his grit time and again pursued PGDipClin.Dent (Implantology-Melbourne University) and MPH (Deakin University) and is now Director at Alfredton Dental, Sebastopol Dental, and JJ and EJ pvt ltd (property development).

Kennett Gabriel, the ever smiling guy from Tamil Nadu who had magic in his fingers while playing the violin has a private clinic and is a DO at Monash Health (public) in Melbourne. Pankaj Kumar, our one and only CR—who once met, one can never forget—is working in a private clinic in Ontario, Canada. Pradeep Philip George, the *Mallu* stud with light eyes who was not only a great singer, but also a fantastic cricketer and a great human, is running Smile boutique dental clinic and working as a Professor at Annoor dental college, Muvattupuzha, Kerala. Lt Col (Dr) Rahul Rai, an academician, sportsman, singer, and dancer is serving as a Dental Officer in the Army Dental Corps since 2004 and presently pursuing Post Graduation in Periodontology at New Delhi. Wg Cdr (Dr.) Ratandeep Singh Ahuja, the man in the turban who always had a keen eye for detail and without whom we would be lost, joined the Army Dental Corps in March 2004; he is presently in the Indian Air Force as a DO & Classified Specialist (Prosthodontics).

The tall and handsome Sreedar Rao, a skilled writer and dental student, is running a private dental





practice. Tushar Ahuja, who not only had debonair looks but was also smart and helpful, specialised in endodontics and is running Ahuja Dental Care at Ludhiana.

The bold and beautiful Leena Verma is working as Associate Professor in the Department of Pedodontics at Dr Harvansh Singh Judge Institute of Dental Sciences, Chandigarh. The disciplined, soft-spoken and hardworking topper of our class, Rupinder Kaur, is working as a general dental practitioner in the UK. Shaveta Behl, a brilliant student, amazing singer (even in reverse singing), and talented artist is working as an Associate Dentist at Western Dental Co., Phoenix, Arizona.

Shveta Arora Setya, a lovely and hardworking person, is running Dr Lall's Dental Specialists & Children Clinic in New Delhi. Tina Gupta, a great and helpful friend to all is running Gaurav Dental Care at Nabha District Patiala, Punjab along with Gaurav Gupta, another great friend to all, who is also working as Professor and HOD in the Department of Prosthodontics, GNDDC. Finally, Vivek K. Adlakha, the classmate who completed our ultimate batch of 40 with his smile and warmth, specialised in pedodontics and is running Dentistation (private dental clinic) in Meerut, UP.

While the current whereabouts of some are unknown we fondly reminisce about them, like our

sweet, bubbly, intelligent, and talented Ruchi Singh; Sukhdeep, the friendly and sporty Sardarni, who was so fun-loving and enthusiastic; the tall and elegant Smita Singh; the quiet and enthralling beauty, Pooja Chopra; the determined Jasmine Raypudi, who walked by faith; the cool and calm Ravinder Kaur; the pious Nitin Masih, who was well known for his Tabla skills; Leny Mathew, who awed everyone with his mimicry, acting skills, and performance on the cricket grounds; and Rishi Seth, the youngest ultimate, amazing singer, studious and determined. It was no surprise that he readily got into PG soon after college.

Most of the *Ultimates* are placed in high positions owning high-end dental practices in India and abroad but no matter where we are placed; we continuously strive to give our best in what we do, in our work, in our families, or even in our communities. We know and have never forgotten that our work is for a King!

Our *Ultimate* chat group is still lively, and we have the freedom to speak our minds and never fear what our batchmates think about us. There is no political correctness needed between us. That is because we are loved and cared for as we are.

We want to take this opportunity to say a huge thank you to our teachers who made us who we are and showered us with love and warmth. Special mention to the Kukerajas, Manisha mam, Gina Singh Mam, Chopra Mam, Deepak Arora sir,

Namita Mam, George Koshy sir, Bichu sir, Joju sir, Anoop sir, Tarun sir, Dr Abi, and Dr Joshi. We owe much of our achievements to the college and teachers who helped and inspired us and to seniors who set examples for us to follow. The staff or assistants were always there to help us with our work. We owe each of them our heartfelt gratitude.

A special mention to the excellent pastoral care received through Rev. Ninan Chacko, the chaplain at that time.

There are so many ways God has been kind to me, but one of the most significant ones was to make me an 'ULTIMATE'.

SPARTANS

1999

By Liji Mathew

July 1999 - One rainy afternoon, we entered the gates of CDC, Ludhiana having no idea what lay ahead of us. As we passed through the hallways, we wondered about the great adventure we were about to part take in. We knew that we were about to enter one of the greatest times of our lives and the beginning of something new. Our careers in the field of dentistry had just begun. We were the second batch of 40 students. Apart from the cultural diversity, language issues, and the ratio of 25 women to 15 men, we were a tough, talented bunch.



We are now spread out from the Middle East to Australia, carrying the CDC legacy as successful clinicians and academicians. Each of us had our trademark talents or characteristics that made SPARTANS special. Below, we remember some of them fondly

1. Aarti Sharma (Australia) - hardcore Delhite, Jagjit Singh fan, studious, music lover, and focused
2. Abhilasha Samuel (India) - pious and hardworking girl from Chattisgarh, along with dentistry, very active in ministry
3. 3.B.V Elizabeth (Australia) - fun-loving, always laughing, the cheerful girl from Vijayawada
4. 4.Divya Elizabeth Raju (USA) - studious singer from Kerala, a leader in every way, loved by everyone, editor-in-chief of the student's council

5. Ginu Kuruvilla (Middle East) - dedicated, has a story for every incident, a loving and kind friend from Kerala
6. Gurvinder Preet Kaur (UK) - bubbly, beautiful Punjabi kudi who is a great dancer
7. Harpreet Josan (India) - full of cheer, loved to dress up for any occasion from Ludhiana
8. Liji Mathew (USA) - Emcee for all occasions, our class stood 'Tall' because of her! Vice President of the student council. Our undeniably capable and responsible leader and one we all looked 'up' to, she is the epitome of confidence and a never-give-up attitude.
9. Mili Ann Mohan (UK)- cheerful Sensodyne dentist model from Kerala who lights up the room with her smile
10. Navdeep Mahal (Australia) – the ambitious campus kid, known for her talents in sports and dance who wants the best of everything
11. Navneet Kaur (India)-typical Punjabi sweet, quiet girl with a solution for every problem
12. Neetha Sunny (USA) - pretty Mallu girl, currently an oral pathology professor at Indiana University.
13. Navdeep Gill (UK) - an ambitious, beautiful girl from Chandigarh with the most fan following on campus
14. Perminder Kaur (UK) - our Giddha and Bhangra talent from Jalandhar with a molar-to-molar smile
15. Reeba Mary Issac (Middle East) - nightingale/ Maria Carey of our class, ready to help in whatever way she could. Innocent, easy to work with, and a friend anyone desires
16. Renu Joseph (India) - logical, focused, and dedicated; a loyal friend from Trivandrum with a ton of biblical knowledge
17. Richa Agarwal (Australia)- very quiet, sweet, studious girl
18. Rini Babu (India) - our dancing beauty, won lots of laurels for our class and college, was the cultural secretary of the student's council, and is currently known for baking

19. Rohini Lall (India)- our Bengali beauty, known for her intellect, sweet voice, and a big smile
20. Rupinder Cheema (Canada) - happy-go-lucky Tomboy of our class; if there's a sports team, she's on it.
21. Sabina Bhatti (USA) - the very hospitable girl whose home we visited many times in Jalandhar, studious, ambitious, and a sweet soul always ready to lend a helping hand
22. Shewta Uppal (USA) - quiet day scholar with a beautiful smile. Prosthodontist in Washington
23. Sonali Sharma (India) - a zealous friend who is always smiling and ever ready with thoughtful advice and help
24. Sukhjinder Kaur (India) - sweet Punjabi kudi with a beautiful smile, always approachable
25. Preethika Arora (USA) - Dimpled beauty from Amritsar who will not rest until she gets what she wants
26. Abhishek Choudhary (USA) - music and dance lover from Chandigarh who was lovingly called 'shaky'.
27. Ansul Sood (India) - quiet day scholar who always had a smile
28. Arun Thomas (UK) - Mr President from Kerala, no sentence is complete without 'actually' and 'basically' in it.
29. Ashish Sharma (USA) - Oral Surgeon, sports secretary of student's council, lovingly called" Sharma" of our class, dedicated, focused, and a true friend from Pune
30. Binson Thomas (USA) - sweet, quiet, a friend with principles from Ambala; known for his biceps
31. Deepak Gupta (India) - handsome Punjabi Munda with a quiet smile and friendly nature and lots of fans
32. Davinder Singh Mudan (USA) - Lovingly called 'Raman', handsome Sardarji from Ludhiana who greets you with his lovely smile, great basketball player
33. Gingu Koshy George (Middle East) - endodontist, international poet of the year

- 2000, treasurer of the student council, our vocabulary specialist
34. Micheal John (India) - Punjabi sportsman with deep brown eyes
35. Lionel Thomas (India) – 'Sheru' of our class with mature, logical advice and a deep base voice from Bareilly
36. Shubham Mittal (UK) - final year topper, general secretary student's council, successful implantologist, married to our classmate Perminder.
37. Tharundeep Singh Sandhu (USA)- the 6'4, handsome Jatt was a big strength for basketball matches
38. Vidya Sagar (Europe) - lovingly called Vidya, he is known for his soft-spoken, sweet nature, and infectious smile

We also remember Bennie Singh and Gurinder were 2 classmates who chose different career paths during college days.



A memorable batch experience was our time spent with the beautiful blue-eyed baby LAILA who was blind and abandoned by her parents. The hospital staff and residents were taking care of her. We met her in our clinical rounds and had a chapel service to help her. With our little contributions, we also started the SURGICALLY SICK CHILDREN'S FUND in association with Dr V P Singh.

As a class, we had our fair share of ups and downs, happiness and sadness, batch trips, chapel services, and functions that we organized. Hospital stays were inevitable, especially in the first year. Hearing 'BDS Bache' in Anatomy D Hall was an everyday thing, and 'Diagepam' in Pharmacology was our nightmare. Interclass competitions are

unforgettable, especially Dr Deepak addressing us as the 'unbeatable Spartans'. We always had healthy competitions and became close friends with the 'Ultimate 40'. Every patient hunt and door-to-door knock had a story to tell. Through it all, we stood strong as one harmonious class, especially towards



common issues like class II quota for graduation. Singing Jamaican farewell and *Jawaho Yaro* are great memories etched in our hearts. Shepherd boy, friends are forever; and the Vit c graduation song were our speciality.

Our heartfelt gratitude to the then principal Dr. JL Joshi; professor and heads of the Dept. Dr. Saroj Chopra, Dr. Gina Singh, Dr. Namita Bhudhiraja, Dr. Abi Thomas, Dr. Kukerjas, Dr. Deepak Arora, Dr. George Koshy, Dr. Agarwal, Dr Manisha Prabhakar; and many others who were instrumental in every step of our personal and professional growth. They truly helped us to be where we are today. We also extend our heartfelt gratitude to Rev. Ninan Chacko, who was the Chaplain then. We remember Dr. MP Singh and pay our tribute to him. Lastly, our heads bow down before God Almighty for bringing us together under one roof and keeping us safe and friends for LIFE!

CELESTIANS

2000

By Dr Sherryl Mathew

At the start of the millennium, 40 starry-eyed, naïve young adults entered the portals of our esteemed alma mater, CDC, with trepidation, a little excitement, and anticipation for the future. Many lessons were learned, both academic and clinical, and about life and friendships. Many mistakes were made and many amazing memories were created, which are still cherished. Tears were shed over failures; joys shared over victories. Memorable cultural performances, energy-fuelled, aggressively competitive throwball and basketball matches—friendly rivalries with seniors resulting in lasting treasured friendships. Though I was tasked to write this account, it only made sense to gather feedback from many members of our class known as the ‘Celestians’. Below are some of their thoughts.



Anju (Roll #1): “First-year interactions were unforgettable, from being intimidated in the first few days to eventually enjoying it by the end of the week and how it introduced us to all our seniors. It is hard to forget the smell of formalin from the anatomy halls. Our first musical, ‘My fair lady’, was held in the same year for which participation was compulsory. In the second year, we participated in the All-India dental meet Pulse. Our college won

the championship and bagged first place in all the cultural, scientific, athletic, and sports events. I will never forget how Anna and I took away all the gold and silver medals for the athletic events. Another vivid memory is how Sandhya and I almost burned down the hostel in separate fire incidents in our rooms. I loved the frenzy dance nights, Punjabi food, batch tours to various parts of North India and the camaraderie shared on the long train journeys back to Kerala. I am also grateful to God for guiding a few of us to finding our life partners in CDC”.

Anju was an Associate Professor at Pushpagiri College of Dental Sciences, Thiruvalla. She is currently working as a specialist orthodontist in a private clinic in Al Ain.

Dakshita (Roll #5): “I am forever indebted to my alma mater for providing me with a strong foundation. What I loved the most about CDC was

the blending of cultures from various parts of India. Twice we went as an entire batch to watch movies at the theatre. As much as frenzies were good stress busters, I equally valued the various group studying sessions I had with Anju, Anna, Sandhya, Jyothi, and Pragati. I can still recollect how much Anju made me practice for the Western dance competition during cultural, for which we bagged first place. Our batchmate Mini was a day scholar whose house I often visited whenever I felt homesick and missed home-cooked meals. Another noteworthy memory is attending chapel services, and the significant role Rev. Ninan Chacko played in our lives. His classes on ethics instilled values that I still uphold. CDC and our knowledgeable teachers and mentors have inculcated in me a quest for learning and researching to excel, besides blessing me with friends for life.”

Dakshita is Professor and HOD of Dept of Conservative Dentistry at Inderprastha Dental College, Ghaziabad. To her credit, she has 65 indexed publications in various national and international journals. She is a reviewer and is currently serving on the editorial boards of many journals. She is a recipient of the Education Leadership Award, Research Excellence Award, Best Academician Award 2022, India's Prime 100 Researcher Award 2021, and Women Achiever Award in the Field of Dentistry 2018. She also owns Dr. Dakshita's Dental Care, Delhi.

Harveen (Roll #6): "Stepping into the portals of CDC for the first time with so many dreams and ambitions was the start of a new chapter in many of our lives. After numerous welcome parties and gruelling 'mock baptism ceremonies', from being terrified and in awe of the seniors, we were welcomed and accepted with open arms as a part of the legacy of CDC. From the first Anatomy lecture with Dr Madhumita to the last



day of the internship, the journey was a roller coaster ride with various ups and downs and twists and turns. Snow hostel, Canteen, Foodland, Frontier, and Library were all favourite hangout spots which played an integral part in our lives. Finding an ideal class II cavity for Prof, struggling to create the perfect teeth set-up, endeavouring to straighten ortho wires, trying to extract teeth without breaking the roots, mastering the art of achieving excellent history taking skills, and maintaining the tradition of wearing red suits in Dept of Pedodontics seems like it all just happened yesterday."

Harveen (affectionately known as Annie) works as a Professor in the Department of OMFS - Punjab Institute of Medical Sciences, Jalandhar.

Sonia (Roll #8): "I remember the egg initiation ceremony, friendly "interaction" for a week, the Manali trip, candle dance, sharing the message in the chapel, exploring new eat-outs with Teena and Sherryl, spending quality time with awesome roommates Seema and Vineetha."

Sonia completed her DDS from NYU and now owns a private practice in Connecticut. She

was blessed with a wonderful husband and two kids. Her passion is to serve and support missions in India.

Sandhya (Roll #17): "CDC is the furnace where I was melted, moulded, and transformed into a worthy individual. Besides making me a professional, it is where I grew and matured spiritually, emotionally, and socially. If you tear this chapter from the book of my life, I wouldn't be where I am today. The memories I made and the experiences I had are etched and engraved in my heart and mind to last a lifetime."

Sandhya works as a dental surgeon at Jubilee Dental Clinic, Shoranur. She is happily married to Vikas and has two kids- Kevin and Lianne.

Seema (Roll #18): "My fondest memories in CDC include hunting for patients in the Ludhiana gallis, the food that I can never stop dreaming of, playing in the boys and girls basketball teams in AIIMS, and last-minute studying to clear exams.

I will never forget how

Dr George Koshy made me sit in the OM Dept for not having enough attendance. Another significant memory is attending camps in the Gurudhwaras, where we faced challenges, such as extracting the toughest teeth, which contributed to my journey as an oral surgeon."

Seema completed her residency in OMFS from Saveetha Dental College and developed an ardent passion for facial esthetics and anti-ageing medicine. She has procured 8 fellowship degrees post-MDS and is now a renowned cosmetic surgeon in Chennai with a national impact in training various surgeons in facial esthetics.

Sherine (Roll #19): If you ask me for the fondest memory about CDC life, I cannot point to one; every moment I spent in CDC is precious to me. It has given me a few treasures to cherish in my life journey. Friends, seniors, teachers, and even the campus atmosphere impacted my life at one point or another. I still choose to uphold and apply our motto, *My work is for a king*, while attending to my patients; my alma mater gave me the thought of being a part of the healing ministry. It has always

influenced and encouraged me at my workplace. Proud to be a Chrisdent.”

Sherine is happily married to Dr. Lanu and has two kids, Lino and Levin. They own private practices at Thiruvalla and Ernakulam.

Sherryl (Roll #20): “My most impressionable memory is the chapel service we led in our third year. The verse we highlighted was “See; I have engraved you on the palms of my hands; your walls are ever before me.”- Isaiah 49:16. It was such a blessed memorable service in innumerable ways and just one of the many events that have become such an integral and valued memory. We are also encouraged and very proud to have started the college newsletter “Crossroads” as a batch. This was an attempt to reach out and keep in touch with the countless mission hospitals and institutions CDC is a part of. We are extremely humbled and honoured that its tradition remains alive. It has also been a blessing to be mentored by some of the greatest teachers and people I have met professionally and personally, to whom I would be eternally grateful.

After my MDS in Pediatric Dentistry from CDC, I worked as Reader at Royal Dental College, Thrissur. I later completed my DDS from the University of Colorado. I currently work as a Pediatric Dentist in a private clinic in Nebraska.”

Smriti, whom we lovingly call Ginni (Roll #24), has penned a few words on this momentous occasion:

*“Jeevan ke sangharsh mein kuch
haseen chapter bhi hote hain
Mere anumaan se, graduation days
sabse khaas hote hain.
Bhavishya hi nahi, ye kirdaar aur
rishte bhi tarashte hain
Gyaan, guru, crush, dosti, pyaar har
ehsaas se rubaru karate hain
Alhar umr ke sheeshe se sapne,
Kayi paa jate hain jeevan bhar ke apne
Har kshetra mein sarvoch tap ke vo din
Exams, competitions, labs, group
studies ke din
Aaj sab apne vijay path par chalte
masroof hain
Chalo kuch fursat ke lamhe nikalte
hain
Unhi masti ki galiyaron se fir nikalte
hain
Apne guru, apne Alma mater ko salute
karte hain*

*CDC 30 years homecoming pe chalo
Celestians chalte hain”*

Neeraj (Roll #37) and Ginni are running two multi-chair centres with OT’S at Hoshiarpur and Gurdaspur with massive specialized OPDs in maxillofacial surgery, facial trauma, dental implants, oral medicine and pathology. Neeraj also covers almost half of Punjab state with his visiting



consultancy in reputed trauma centres. Ginni won the best OMR consultant award in Punjab in 2016.

Teena (Roll #27): “The fondest memories she has are the friendships formed over five years. She remembers herself and Sonia promising each other to do an “all-nighter” after eating Aman chicken since they had exams the next day. All they ended up doing was sleeping after the hearty meal and going blank for the exams. Our favourite hangouts used to be Bakes n Beans to get hot chocolate brownies topped with vanilla ice cream. Whether it was the nonstop chit chat among us peeps in snow hostel, endless trips to Chaura Bazaar, catching up after class in Mallu canteen, going to movies to the theatre, going to Simis home to eat homemade food and celebrating Diwali, practising for chapel service and hanging out in the Prostho lab trying to make the dentures a ‘little more esthetically appealing’ all of it was a jolly good time.”

Teena is settled in North Carolina with her husband and three kids.

These are but a few of the myriad emotions, lessons, and experiences we have had in our journey as Chrisdents. Like stars speckled across a clear sky, each of us is now dispersed worldwide, doing our little part to carry the torch fuelled by our hallowed alma mater forward.

CHALLENGERS

2001

By Dr Sarah Christopher Martin

June 2001 was just the beginning of a road with twists and turns that took the Challengers-BDS batch of 2001 through many highs and lows. Forty of us total strangers had decided to plunge into the dental profession, not knowing how or what the future holds, trusting God to lead us on. The orientation and introduction of the college by our principal, Dr JL Joshi and faculty members were explicit, welcoming us all and transporting us to another world altogether.

As we plunged headfast into the unknown, trying to prove ourselves, it was like a walk to remember. At anatomy clinics on Monday mornings, where the cadavers were named according to our whims and fancies, wrinkling our noses, we tried to learn and assimilate all the information with our MBBS counterparts. After classes, we flocked to either the Mallu canteen, BDS canteen, Foodland, or Frontier, not to forget Verma's books and supplies. Hours were spent in

the Dental Materials lab to get the perfect dimensions for our plaster blocks. Giggling girls and gawky boys all seemed to come to terms with the new environment. Physiology seemed more practical and easier to understand, whereas biochemistry practical classes seemed to vaporise just like the chemicals. We had our seniors to thank for helping us get familiar with our new life.

Our yearly batch chapel services were a novel experience as we sat together late in the night making bookmarks and practising songs, skits, choreography and what not. Our Mallu friends froze through their first winter experience, waiting to go home during the Christmas holidays.

By the second year came the aura of self-confidence rearing to go. Pharmacology, Microbiology, Pathology, and Dental Anatomy seemed like a cakewalk after the fear of the first-year exam behind us. Friendships were made which would last a lifetime, petty arguments, lazy TV room fights, and of course, our late-night movie watching and Maggi eating spree. Jubilee choir 2003 brought unexpected talents to the forefront,



and we sang with the best from the Medical, Nursing, and Dental colleges.

What any of us would do to relive the memory of 'Aman Chicken nights', and who would ever forget the class trips to Dalhousie or Manali? Bonfires, crazy shopping escapades, midnight birthday parties in the hostel and our class fund used for the good cause of feeding the hungry thirty-nine friends of the birthday boy/girl.

The intercollege competitions set even the mild and timid classmates on fire; nothing like a good fight (not physical) and argument with junior or seniors over a game point in a basketball or throwball game, the crazy whooping slogan cheering, all the class girls became cheerleaders on the field. Crooning to 'purani jeans aur guitar' for one of the interclass competitions, jeez, could we sing! At least, we thought we could.

The third year was like a dream; General Medicine, Surgery, Community Dentistry, and Oral Pathology classes allowed us to broaden our horizons as we thought we were on top of the world and could face any hurdle. The final year hit us with a bang!! It was too much to take in; seven subjects, teachers, and unattainable quotas. In pairs, we roamed the streets in and around CMC Ludhiana to get patients to complete our respective quotas. We were even christened with names like MUFFS- mutually united foolish friends. We tried to cram a maximum of seven subjects within a short span of one year. Wow, final year breezed through, and then came our farewell given by our juniors which brought into the open secrets we never knew existed. For all of us, the Final Prof exam results were what would catapult us forward or back. Anticipation, fear, and uncertainty all rolled into the final leap in our BDS years.

The period of internship started. We spent more than we earned, but the freedom was exhilarating. We have fond memories with all of the faculty Dr. J.L.Joshi, Dr.Abi Thomas, Dr. George Koshy, Dr. Gina Singh, Dr. Saroj Chopra, Dr. N.C. Mann, Dr. Manisha Prabhakar, Dr. Namita Singh, Dr. Harinder, Dr. K.B.S. Kuckreja, Dr. Tarun Kumar, Dr. Namita Buddhiraja, Dr. Kapil and Dr. Soni Dua, Dr. Aby Kurien, Dr. Nitasha, Dr. Shelly, Dr. Himanta, Dr. Vinay Aggarwal, Dr. Sumir Gandhi, Dr. Laxman, Dr. Joju George, Dr. Munish, Dr. Goel, Dr. Deepak, Dr. Anjuman, Dr. Simarpreet Singh, Dr. M.P.Singh, Dr. Shyla Shamsher, Dr. Angelina, Rev. Ninan Chacko, Rev. Anand Peacock, Rev. Stanley and the list goes on and on; you all have a hand in shaping, nourishing, and cherishing us.

Many of us dreamed of being dentists and succeeded, going on to post-graduation in various specialities. Few have even stepped out of the Dental field to try their hand at other careers. We look back fondly on the memories engraved in our hearts and minds. We pray that God Almighty continues to lead us through life.

Dr. Aditi Jindal (Roll #1) - the courageous, first for the viva, letting us know the examiner's mood. She loves to stand up for what she believes in. Aditi is a Diplomate, American Board of Pediatric Dentistry, Adjunct Clinical Professor IU School of Dentistry, Executive Council – of the First District Dental Society, Alternate delegate Indiana Dental Association and runs a private practice in Evansville, Indiana.



Dr. Annie Edwin-Bubbly is cheerful and artistic. She was our batch saree-wearing expert, so we crowded into Annie's room just before a program for her expert skill. Annie completed her MDS in Pedodontics and is working as a consultant Pedodontist in Tiruvalla.

Dr. Deepa Philips - Wow!! She can talk and laugh so loud and loves to sing too. She completed her post-graduation in Periodontics. Presently she is working as an Associate dentist with a special interest in Periodontics in the UK.

Dr. Deepti Sreen - She was the last student to join the batch with long tresses and a typical happy-go-lucky attitude and smile. She has done her post-graduation in Conservative Dentistry and Endodontics and is working as a visiting Consultant in Gurgaon.

Dr. Elza Thenumkal - Graceful and well-read is what we call this damsel from Kolenchery, A postgraduate in Pedodontics; she works in Mar Baselios Dental College as an Associate Professor in the Department of Paediatric and Preventative Dentistry. She is also practising Paediatric Dentistry at KIDSIDENT in Perubavoor, Kerala.

Dr. Flashly Thomas - The girl who believes a smile can say it all. Flashly has a thriving private dental practice with her husband called in Choondy, Kerala.

Dr. Gunjeet Kaur - Our cute Assistant class rep, had the knack for getting work done efficiently with the least amount of tension. She completed her PhD in Community Medicine (Health Economics) from PGIMER Chandigarh is currently working as a senior researcher for the University of Bergen, Norway.

Dr. Isha Garg - A very resourceful person with a creative hand. She is settled in Faridabad and has a successful private practice. Along with her husband, she is the co-founder of a startup-Emango, a career counselling app that helps a child choose the best career option.

Dr. Jean Jose - Our very own nightingale, it was a joy to hear her sing. She can talk till she drops really with just about anyone and anything. She moved from Dubai to the UK in 2020 and works for a couple of dental practices in Stafford, UK.

Dr. Kanu Jain - The brains of our class, her sudden smile lights up her face. Kanu is a Professor and the Head of the Oral Pathology Department at MGS Dental college Rajasthan and lives in Delhi.

Dr. Livleen Kaur - is a sweet girl and a sincere friend who goes overboard to help those she believes deserve it. A Ludhianvi married a Tamilian, presently she resides in Houston, USA.

Dr. Neha Masih -This soft-spoken girl was the leggy lass of the batch with a persona to match. She is a Prosthodontist and works in St. Catherine's Hospital, Kanpur and the rural mission hospital in Ummedpur, Moradabad.

Dr. Pooja Alhuwalia - Lot goes on behind the cool head. Sincere in her efforts to keep the class together, we give her credit for starting our class WhatsApp group. She has completed her masters in Pedodontics and is currently residing in Canada.

Dr. Priya Mary Thomas - This pretty little lady with style and an intelligent dressing sense hails from Ernakulam. She was working as a general practitioner dentist at Emirates Pvt. Medical Centre, Ajman. Priya is taking a break from work now to be with her kids.

Dr. Safbir Kaur - Our firebrand, who ensures her presence is felt wherever she goes. Safbir resides in Mohali, Chandigarh and runs a successful private dental clinic with her husband.

Dr Sandhya John - Our campus kudi loves to talk and make friends. Sandhya is presently residing in the USA.

Dr. Sherin Annie Raju - Quiet but efficient; she knows her goals and works towards them.

Sherin is settled in the UK and works as an Associate Dentist at Smilepad in Bristol, UK.

Dr. Shikha Madan - Cute Shikha has a distinct walking and talking style. She is currently settled in Toronto, Canada.

Dr. Sophia Samuel - Ms. Long legs and, of course, with a charm and dressing style which is "Ooo" so cool.... Sophia lives in Pennsylvania, USA.

Dr. Smitha Susan Mathew - The beautiful shy Mallu girl has acquired confidence over time. Smitha is settled in the UK and is the Managing Director and Principal Dentist at Lincoln Dental and Implant Studio in Lincoln and Kordel House Dental Practice in Horncastle, UK.

Dr. Taranjit Kaur - Hot-tempered but with a heart of gold. She completed her post-graduation in Conservative Dentistry and Endodontics, is presently residing in Canada and works as a Data engineer.

Dr. Vandana Kundal - The chulbuli girl who hails from Delhi. She pursued her MBA in HR/marketing dual specialisation and worked as a financial counsellor. Presently she resides in Siliguri and is taking a break from work to look after her kids.

Dr. Vijeta Cross - whose personality is tempered by her love for art, music, and the unconventional. She believes in taking the world on her terms and pace. She completed her MDS in Pedodontics. Vijeta lives in Toronto, Canada, where she works as an Investment Specialist.

Dr. Vineetha Anna Sam - Calm and composed Vineetha, with a singing talent to enthrall an audience. Soft-spoken and wise, she is settled in Abu Dhabi.

Dr. Sarah R. Christopher - Being roll #25, she was posted mainly with the batch boys and often bridged the gap between north and south Indians. She has completed her MDS in Conservative Dentistry and Endodontics, resides in Trivandrum, and is working as an Associate Professor at Sree Mookambika Institute of Dental Sciences, Kulasekaram, Tamil Nadu.

Dr. Amit Bhagat- a diligent worker who loves to croon old and new Hindi melodies and has a flourishing Amarekjot dental hospital in Gurdaspur, Punjab.

Dr. Balla Vinod - A soft-spoken Hyderabadi who is one of his kind. He completed his post-graduation in Prosthodontics and is presently working as Associate Professor at RIMS, Adilabad (Government of Telangana State).

Dr Hemant Aggarwal - A Punjabi Munda at heart, mind, and spirit, completed his MDS in Oral

& Maxillofacial Surgery and runs a successful private practice in Ludhiana.

Dr. Mayank Puri - One of the last students and the youngest to join our batch, completed his MBA in Hospital management after BDS. He is currently working as the National Head of Operations for Amaha Health and is based in New Delhi.

Dr. Madavan Vinay Kumar - Always ready with a joke to lighten our mood, Maddy enjoyed pursuing his dream of playing the guitar, keyboard etc. He did his DDS and MBA, worked as a General Dentist in the US for 8 years and is currently pursuing his Master's in Prosthodontics and Implantology from the University of Maryland, USA.

Dr. Mohit Singh - the charmer of the batch with humour always on the tip of his tongue, runs Adonai Dental Care in Delhi.

Dr. Pavneet Singh Tak - The ever-smiling Bathinda boy, dressed in branded clothes is currently based in Texas, USA, where he works as a General Dentist at Katy Mills Dental.

Dr. Puneet Kumar Gupta - The boy with the ever-ready smile is in Bokaro Jharkhand, working as the Medical Superintendent at Central Hospital Dhori Area, CCI Coal Limited.

Dr. Ramandeep Singh Punia has a cool head on his shoulders and a calm personality too. Raman is the Professor and Head of the Department of Oral Medicine and Radiology at Dasmesh Institute of Research and Dental Sciences, Faridkot, Punjab.

Dr. Sandeep Stevens - a skilled dentist with an artistic hand. He completed his DDS from New York College of Dentistry and is settled in Calgary, Canada.

Dr. Saurabh Das - He's the tallest guy in our batch with brooding eyes, who was almost always seen on the basketball after college hours. After completing his MDS in Pedodontics, he went to the US and currently runs his Dental practice in Fairfield, California.

Dr. Mridul Mahajan - The lanky Bathinda lad who never believed in the art of talking in lower decibels. He works as a Professor in Oral Medicine and Radiology at Adesh Dental college and has his private practice in Bathinda.

Dr. Sumeet Singh Sheen - The handsome Punjabi Munda knows when to join a conversation and when to keep quiet. He moved to Melbourne, Australia in 2007 and cleared his ADC exams in 2009. He has started his private practice in the city of Melbourne.

Dr. Sumit Bansal - Our class representative for five years, he took everything in his stride including the teachers' reactions and our overreactions. Sumit migrated to Australia in 2020 and is currently working as an Immigration consultant and is based in Sydney.

Dr. Sushant Benjamin - The easy-going, happy-go-lucky campus kid. Sushant completed his PG in Prosthodontics from Christian Dental College Ludhiana and resides in Dehradun.

GUNS N ROSES

2002

By Dr Ida Ann Varghese

“Everybody needs somebody”

-November rain by Guns N Roses

If there is a place on earth where you would make a multitude of mistakes and undergo numerous disappointments – only to learn later in life that there'll be hundreds more – that place would be CDC. I am extremely honoured to write this article on behalf of the CDC's 10th graduating class. We were a strong class size of 39 and popularly known as the ‘Guns n' Roses’ batch: Jugesh, Akanksha, Aneena, George, Ann, Archana, Betty, Binsy, Deena, Dipika, Diana, Dipti, Geni, Harpreet, Ida, Jyoti, Ruhamah, Chandan, Mandeep, Jyotika, Upasana, Ashish, Priya, Ramneet, Reena, Shikha, Sonia, Sanket, Charis, Daman, Ebin, Michael, Nitin, Oliver, Parmesh, Jassi, Reejo, Sorabh, and Subhash. We made a great team of students who frenzied, flunked exams together, and had our hearts filled with love and innocence towards one another.

I had a rough start at CDC, and it all began after I pulped my first restoration. With humiliation, I left the department thinking my life was doomed. Unfortunately, the next day was no different. I was expected to show up with a new patient, a new tooth, and built-up self-confidence. Before I could recover from my simple Class 1 turning into a root canal, I realized I was being trained not to shed tears or complain but rather to get up, wash up, and start again. For many of us, CDC is where we learnt the

physiology and psychology of human beings. We pulled out pain from our patients and fabricated floating dentures to reinforce their smiles. This is where life began for us. Where we first loved and where we got our first pay checks. In other words, CDC played for us the role of a crash course toward our future!

Then came the days we would have to hunt down patients to practice on. Every evening, a few of us would pair up and start hunting for the ‘lost’ Class 2's. I can't believe I had the guts to knock on random doors and ask people to open their mouths. Once, a beautiful woman willingly opened her lipstick-laden mouth to reveal her lack of teeth, and

all of us burst into uncontrollable laughter at her embarrassment. We laid out our apologies immediately and left, but later knocked on her door again to ask her to be our denture patient.

Though you go hunting every day, you may not catch the prey you wish for; this is a lesson we have

all come to recognize. With this idea in mind, my class 2 patient decided to show up on a day I was posted in oral medicine. Following this, I made the risky decision of treating my patient. I started the procedure but was soon beckoned to the oral medicine department. As you may have guessed, it ended on bad terms, and Dr. Koshy threw me out of the clinic for the remainder of the posting. Each day I would go back and apologize to him countless times but to no avail. He refused to budge. He taught me the greatest lesson of my life that day – the lesson of accountability. Fortunately, I always remind myself to respect the authority at hand by



communicating rather than making assumptions following that incident.

Soon, my hunting skills were getting in shape, and I managed to bring in prey for my first extraction of a lower molar. I aimed the IAN syringe from the “same” side of the mouth. Before I could process what had happened, I was standing outside the department with a prescription list of vivas with faculty, demonstrator, and even the assistants to make me extraction worthy. By the end of all the questioning and quizzing, I could spit out Malamed, even in my sleep. Looking back, I have forgotten the nerve courses, but I know the value of the person in my chair. I know they must be treated like family, and I must do my due diligence before placing that painful injection upon them. There is no turning back once you inject, and you will have to complete the procedure you began.

Twenty years later, memories of my friends, seniors, and teachers came rushing me when I started writing for this souvenir. However, one youthful and energetic face stands out among all these memorable faces. She was one of the chaplains who worked among the students. On that ominous day, I was on my way back to the hostel room when I saw her. She looked worried and

unlike her usual self. When I passed her, she sighed at me in an attempt to communicate something, but I walked away as I was in a hurry to get ahead in life. A few minutes later, a rumor spread throughout the hostel that she had committed suicide. I might have been the last person she saw before taking her own life. The thought of possibly having been able to save her life had I stopped to talk to her ran through my mind. There is not a single day I don't think about her swollen red eyes and the curiosity I kept within of what it was that she had wanted to say to me.

Friends, wherever you are, be that person who stops by to wipe the tears of your fellow human beings. CDC has taught us to be dentists, but above all, it has led us to value the people around us and to make their lives accountable in God's eyes. Let us see this as our calling and be there for somebody today. Indeed, our work is for a King!



2003

2007

INFERNO

2003

By Dr Ashwin (Zach) Sakharia

What is it that defines a collegiate batch? A random group of individuals from across the country with differences in cultural, religious, and ethnic backgrounds. How do we quantify them as successful? How do we remember their legacy in the annals of their institution? Could this be asked of the 40 young boys and girls who entered the rolls of Christian Dental College, CMC Ludhiana, in the balmy month of July 2003?

They came from the length and breadth of India. Spoke different languages. Some shy and introverted, some outward and boisterous. They made friends; they lost friends. They fell in love, and they fell out of love. They fought each other one day and stood by each other in the face of adversity the next. Alliances were forged and held fast.

University exams fragmented them. But through it all, they remained as one. And as one – they were a force to be reckoned with.

They named themselves Inferno – an all-consuming fire. But did they live up to that name? From consistently reaching the highest echelons of academic success in university exams and bringing CDC success at local, regional, and national inter-collegiate events to dominating the annual inter-batch events. They served the institution within India and sent the first two representatives of CDC / CMC towards international mission commitments. They were looked up to and followed. They were role models for the next generation of students. They were trendsetters.

Where are they today? Most are spread out across India, and 16 are represented internationally. But they are all still connected. Conversations on



their WhatsApp groups suggest they hardly moved away, almost as if it was just yesterday they were roaming the hallowed halls and grounds of CDC.



Fifteen of them pursued academic excellence by doing their Master degrees. Those who did not are engaged in highly successful practices. A few moved out to administrative roles, leading their fields in the same. They became mothers and fathers. They became leaders. They became Women and Men of Substance.

So, to answer the questions asked at the beginning of this write-up – “Inferno, Batch of 2003” can confidently say that it certainly raised the bar. They are fondly remembered even today at their alma mater, over 14 years since they finished their time there. They became what they set out to be. They made CDC and CMC proud. They made their families proud. They made each other proud. They continue to live up to their name. Forever - Inferno.

ANCHORIANS

2004

By Dr Caroline Annete Jacob

“Life’s roughest storms prove the strength of our anchors.”

It is incredible that our beloved alma mater has reached a landmark milestone. The changes that have taken place at CDC over the past three decades have been substantial, possibly preventing us from recognizing the very building we spent our most character- and clinical skill-building years. As CDC enters a new era, we look back with pride and awe as the batch of 2004 inches closer to the 20-year mark ourselves. We are certain that were we to visit; we’d be swamped with nostalgic memories of the halls that we stood at, either fervently praying for a patient to show up, anxiously waiting to appear before an exam or occasionally, sheepishly shying away from a senior or two.

Our culturally diverse class has forged many lasting friendships; we embrace each other’s children as our own. Despite these many years, our conversations with our classmates are always peppered with the mischief we caused in our hostels, classrooms, and clinics. We remember the intense effort that unleashed our competitive streak when we participated in cultural festivals and other extra-curricular activities. The same effort also went into studying, with the number of scholarly accolades we received after our exams. Many of us would take solace in the chapel, library, or food during stressful times. Speaking of the latter, we have mouth-watering memories of Ludhiana’s famous joints that we would haunt on weekends, as well as the food that came packed from home on our return after the holidays. We would love to share so many anecdotes and experiences, but the one thing that stands out the most is what CDC has taught us over so many years: equity and tolerance. Were we not given this opportunity, we would never have learnt a new language, appreciated new customs, celebrated various festivals, and grasped that our uniqueness as Chrisdents comes from our strength to be more inclusive; something that is slowly beginning to unravel in parts of the world.

The extensive alumni network formed since the 30 years of CDC’s inception is a testament to the bonds we have created with friends at least 15 years older and younger- a feat rarely seen in any fraternity. When approached to write a class report on where we stand currently, a challenge was to reach out to everyone in our class of 40. Thanks to the ingenuity of social media, we’ve managed to actively contact 36 of the 40 that belong to our class, with recent contact having been lost partially due to the pandemic or, ironically, shying away from social media itself. We’ve grown our families, careers, and life experiences, which has been a joy to share with our classmates. And now, we would like to share the same with you—a brief insight into our lives as our class of 40 continues to navigate the highly competitive world of dentistry. We share this in the hope that those of you who know us may wish us well and those who are yet to step out into the world and graduate can find a new friend or possibly a mentor in one of us. We also used this opportunity to take a poll on fond memories and to keep abreast of what everyone has been up to in the past few years.

Our achievements include the following: Track record of 97.5% having graduated in 2010. Twenty worked at CDC or fulfilled a bond obligation following their CRRI. Overall, 29 completed a master’s degree or further education, with many of us claiming the top ranks in our respective institutions and co-authoring original dissertation and research work, monographs, and textbooks nationally and internationally.

In India, we are spread over 8 states and 2 union territories

Felicitated by the IDA as a COVID Warriors, 17 are currently overseas practising dentistry, with many have cleared or attempting to clear the dental licensing exams in their first attempt.

Foreign languages that are spoken include French, Norwegian and Spanish. “International Dental Program Scholarship” at Virginia Commonwealth University, School of Dentistry USA, is proudly founded by our resident Texan. And our most significant achievement yet: adding 36 little ‘Anchors’ to our class!

For all the love and dedication that CDC has put into us, we would like to reciprocate it in kind by earnestly wishing it a grand success on its 30th Alumni Meet and many more successful years to follow, churning out passionate dentists who would like to make a difference not only in their patient's lives but also of the governing bodies that they will

soon be part of either on the sidelines or during active service.

Before we sign off, we would like to take this time to thank our teachers, support staff, contemporaries and colleagues for challenging us and moulding us to be where and what we are today. Until the next time, farewell!



BONAVENTURES

2005

By Dr Shilpa Ann Jacob

Bags packed and minds full of dreams, 38 of us walked through the institution's doors that made us what we are today, not knowing the roller coaster we were walking into. Most of us miles away from home were welcomed warmly by the 'interaction' by our seniors. Interactions let us polish our singing, dancing, and storytelling, and we witnessed the emergence of a few great actors. Some became masters in ticket booking and knew train timetables by heart in days when google wasn't at our fingertips. But we have fond memories of this initial phase which cemented us as a batch, dismissed our homesickness and introduced us to our seniors, who continue to support and guide us.

We called ourselves 'Bonaventures', meaning the lucky ones. Throughout the 5 years of college, we doubted if our batch name kept up with the instances we came across. But since fortune favours the brave, we carried on, battling each day.

The initial gruelling days braced us for what was to come. We still remember walking in awe through the anatomy department—a gust of formalin watering our eyes—and seeing a tank with various parts of a cadaver. Finishing plaster slabs and carving teeth revealed some natural talents, while many of us realized we had a task ahead in the coming years. First-year profs were a nightmare, and we still wish to press the undo button on that one. The second year kept up with the legend of being the toughest year to crack. With third year came the perennial event of 'patient hunting', which led us through the 'gallis' of Ludhiana, improving our PR and language skills! We became one of the few batches to pass the dreaded medicine and surgery exams without casualties. The final year came, and we continued to be underdogs managing to pass as a whole batch, with Shefali and Kunjumary securing distinctions. The results were a pleasant surprise since we had even heard that the college was preparing to work with no interns! But through all this, we thank our teachers who pushed our limits and made us strive harder to be finer people and professionals.

The girls have vivid memories of the archaeologically preserved hostel. Starting with the sweltering summer dorm days to the partial hostel collapse in our second year, flooded rooms after a rain, 'Adam' the dog who freely reigned there, even inhabiting some of our rooms, to the movies we watched together in the TV room, birthday parties, Snow day, and finally being transposed to a brand new hostel in our internship. Boys, on the other hand, struggled without a hostel. Nonetheless, the memories were good.

The adventure continued in our internship when as new interns, some of us got in trouble for fun 'interaction' with our 'freshies' but thankfully came out unscathed. We enjoyed the opportunities we received during the internship to work in our departments and outstation clinics and attended calls in the casualty and the camps in and around Punjab. Gloria and Smitha became the first interns to go on a camp conducted in Kashmir, even working in high-risk areas such as Shopian.

In the co-curricular dimension, Kunjumary, Shipra, Jeanthai, and Sugandha led our singing team, while Bhangra was led by Amithoj and Kiranpreet, who were delightful and power-packed. Reaba still holds the record for speaking one minute continuously in Just a minute and was a prominent emcee for most college events along with George. Among the artists, the farewell backdrop by Sameer was epic, and most college certificates issued from 2005 to 2010 have Reaba's calligraphic skills etched in them.

We had good sportsmen with Prashanth and Marvin excelling in badminton, Varsha in carroms, Navpreet in athletics, and Lincy being the unbeaten champion athlete in the whole institution, all the five years through college and the two years as a demonstrator. Volleyball and cricket were our forte, but we surprised many when we won an exciting basketball match against the reigning champions.

All in all, we had our share of highs and lows. We enjoyed our college activities, chapel services, batch parties, trips, and time spent within the institution and exploring Ludhiana.

Our batch named our college inter-class cultural event 'Calypso', which continues to date.



We also started the tradition of the annual fun fete, where the faculty and students have informal, fun games along with food stalls from departments. The Christmas house-to-house carolling was also an initiative started by us. The tree we planted now adds colour and gives shade to everyone relaxing at the cafe near the campus.

Some lost love, and some found life partners in the batch and other batches. We all went out to serve in various parts of our country and abroad. Prashanth and Renju in Liberia; Anish—Silchar Assam; Jeanthai and Ayesha—Aizwal Mizoram; Nisha—Mussoorie; Aji— Jharkhand; Varsha— Madhya Pradesh; Shamali—Miraj; Smitha, Tessa, George, Arun, Orissa; Amardeep, Avneet, Gloria, Gurleen, Harsimran, Lincy, Mukti, Navpreet, Reaba, Ajish, Amithoj, Pankaj, and Amrit—

Punjab; Sugandha and Ashwini—UP; Josie—Chattisgarh; Sameer—Delhi; Shipra—Gujarat; and Kunjumary and Shilpa—Kerala. Our alma mater's coaching, experiences, and values backed us as we spread wings outside our institution.

Twelve years after CDC, 24 of us are abroad with Aji, Kunjumary, Lincy, Jasmine, and Josie in the US; Amardeep, Ayesha, Navpreet, Shefali, Supreet, Manu, Shipra, Sameer, Anish, and Amrit in Canada; Gurleen, Harsimran, Amithoj, and Prashanth in Australia; Gloria, Reaba, and Shamali in UAE; Marvin in Georgetown Guyana; and Nisha in Seychelles, where she is the only pedodontist in the country.

Back home in India, Vivek heads the public health department at CDC. Renju is a faculty member at Anoor Dental College, Muvattupuzha and Tessa is with SAIDS, Calicut. Ajish works with CMC Vellore. Pankaj is with the Punjab health services and his better half Mukti manages their clinic. George is the Technical Head at Dentcare India and the rest of us are in private practice: Avneet and Varsha in Delhi; Jeanthai in Dehradun; Sugandha and Ashwini in Uttar Pradesh; Kiranpreet in Mumbai; Shilpa and Smitha in Bangalore; and Arun in Kerala.

Bonaventures take this opportunity to thank our alma mater, our teachers, seniors, fellow batchmates and juniors who continue to inspire us. We still go by the motto we had on our college t-shirts 'If I can't do it (through him), it can't be done'.

PHOENIX

2006

By Dr Abel George

The year 2006 would go down in history as a year which changed the lives of 40 out-of-school freshlings who came to Ludhiana from different parts of the country (and the world).

For most of us, Punjab was a state confined to our geography & history textbooks until 2006. But little did we know that God had other plans for us. That the next few years, from 2006 onwards, would shape our lives completely and prepare us for the rest of our lives.

We, the batch of 2006 (popularly known as Phoenix/Phoenicians- as I write this, the echoes of "tatta tatta tatta ta, hiya hua phoenix", which was almost like a war cry for every college event rings in my ears)—a bunch of 40 something out of school, tired medical aspirants for whom Ludhiana was the last choice— entered the portals of this institution which over the years became the second home for us in every sense.

The first year was a blur. How can I forget the 8 AM Anatomy classes every day, wherein we would catch up on our lost sleep in those dark embryology classes. The lack of sleep since we had "orientation classes" by our seniors wherein we learnt the art of a seamless ticket booking experience, among many other things. These

orientation classes served as the backbone of the start of a lifelong relationship with our seniors. Physiology, biochemistry, and, of course, dental materials were equally fun. I cannot forget the dental anatomy classes where numerous wax blocks were used to get that perfectly carved tooth.

First-year was also our first exposure to Calypso, the various inter-college events and, of course, the famous food scene at Ludhiana. I will not be doing justice if I do not mention Aman Chicken, which has helped us build up our immunities because our gastric flora has adjusted to all kinds of possible microbes by now. The taste goes above everything else, and till now, I'm yet to taste a cream chicken or a Kadai Chicken as good as Aman Chicken. We had our first combined batch trip to Manali, and for some of us, the first experience of seeing snow was indeed enthralling.

The first year finished as soon as it started, and before we knew it, we were in the second year with pathology, microbiology, pharmacology, and Oral Anatomy & Histology. The central part of the second year was spent in the Health Sciences Block. We were now seniors and eagerly waiting to welcome our Juniors. Oh, the joy of being a senior was different. We grew stronger and closer as a batch and went all out in participating in all the college events. The second year was also the time we started exploring the vibrant Ludhiana food



scene. Bakes & Beans, Big N Meats, and Pandits, to name a few. We were also introduced to the intricacies of pre-clinical in the form of the pre-prosthetic lab, where we started our quest to get that ever-perfect base plate adaptation or that perfect cross-shaped Class 1 on a mounted tooth.

get that perfectly straight wire which should roll like a circle on a glass slab.

Before we knew it, we were in the final year. Seven subjects in a year, patient hunting, clinicals. It was like DCI wanted to give us a crash course in Dentistry within a year. Our search began for those with hanging teeth or in need for complete dental



The second year was also when we got "closely connected" to Varmaji's bookshop and "Reji uncle's Kerala food". We had an interest-free loan account with both of them that would serve us for more than 4 years. Of course, the interest-free accounts were not always without gentle reminders once in a while of the mounting balances. The watered chicken curry and Porotta on Sundays is something that kept us going for years.

In the third year, we felt like we were doctors: medicine, Surgery, Public Health Dentistry. We learnt the intricacies of patient examination, history taking etc., which served as the basis of our dental practice in the long run. We also started our "patient hunting". The endless walk through those gallis in Islamganj and similar areas, scanning endless mouths for that perfect class 1 or for someone who wanted a set of dentures, all the while repeating "Namaste, hum CMC ka Daant Wali Hospital se aa rha hai. Wahan free camp laga hua hai. Aapko Daant mein kuch Ilaj karna hai tho wahan aajaiye. Aane k baad mujhe call karna" and then we give them a slip of paper. We proudly write their details in our small diaries only to find out the next day that they gave us false hope. We also started the famous wire bending or wire flexing exercise in a quest to

rehabilitation to finish our quotas, those perfect Class 2's, those cases with heavily stained or hard calculus which sometimes flew into our heads, those edentulous mouths to whom we could give that perfect smile and, of course, how we could we leave those little ones in paediatric dentistry. The final year was such a blur, but that did not stop us from participating in Calypso or even having our batch chapel services, which we did in all the preceding years.

We were now interns and officially BDS surgeons. We were ready and raring to go. We had fun, learnt the practical aspects of all the theories we had learnt over the years, and this was the turning point where we decided on our careers. Soon it was time for the Baccalaureate and farewell, and before we knew it, our journey as a batch came to an end. Some of us had our service obligations in the college and other mission hospitals, while others started preparing for the PG exams. A journey lasting 5 years came to temporary physical end, but the bonds we formed lasted a lifetime. Even though physically away, we are proud to say that life in CDC has shaped us for what lies ahead. We are now present in UK, USA, Australia, Canada, Gibraltar,

UAE, Bahrain, and India. The formative years in CDC have shaped us and made us what we are now.

I want to conclude by enumerating a few unique features of our batch. We were the last batch to have the old syllabus before it was completely revised in 2007 and we were also the last batch to have Dr. Joshi as our principal.

The tradition of having official orientation for juniors also culminated with our batch.

Phoenicians have the highest number of faculty members presently in CDC among all batches. We were the first batch to have NRI admissions and the first to have 2 Hospital Administrators from the same batch.

It has been more than 10 years since we graduated from CDC, but the memories remain as fresh as August 2006. The bonds we created were for a lifetime, and the formative years were the best in life. I want to end this report with a few lines from a popular song

"Packing up the dreams God planted,
In the fertile soil of you.

Can't believe the hopes He's granted
means a chapter in your life is through
But we'll keep you close as always; it
won't even seem you've gone.

'Cause our hearts, in big & small ways,
will keep the love that keeps us strong.
And friends are friends forever, if the
Lord's the Lord of them,

And a friend will not say never, 'Cause
the welcome will not end.

Though it's hard to let you go, in the
Father's house, we know

That a lifetime's not too long to live as
friends."

For the Batch of 2006, Phoenix- A lifetime's
not too long to live as friends.

DUNAMIS

2007

By Dr Karun Koshy Cherian

When the time came to decide on the name for our batch, among all the suggestions, the one that was unanimously agreed upon was 'Dunamis'. This Greek word represents the miraculous power of the Almighty that is at work within each of us. This is something that has led all of us through college and beyond. All of us still treasure the memories of gathering together in the Chapel before each major exam, praying together, and supporting each other.



When we joined CDC in 2007, it did take a little while for us to get to know and understand each other. As the old cliché goes, we had people from all parts of the country, and our class was a melting pot. Our ever-vibrant seniors in CDC kept us on our toes by getting us out of our rooms and into the thick of things. Cricket matches every Sunday, Volleyball, Dance, Music; you name it. You would find a Dunamee (a term coined by Dr Jayant Marya) everywhere. Basketball, looking back, was never our cup of tea, but we drank it anyway, whatever it was.

Although the various subjects in the first few years were challenging, we all got through them eventually, albeit with different coping mechanisms. One of our charismatic male classmates used to angrily shout the name of one 'strict' teacher every morning in the shower. That served as an alarm clock for the hostel whole of that

year. Others would frequent shopping malls and multiplexes. Still, others found solace in church activities and evening fellowship meetings.

The one thing that can be said about Dunamis is that we loved participating actively in all the events around us. Our batch helped significantly with the music at the EMFI national conference held in Gurgaon in 2008. Many of us played an active role in the activities of the EU. Come Calypso time, the dances of Dunamis were widely appreciated. Our batch introduced UV choreography into the cultural ecosystem of the college, with the UV hand mime performance to the song 'Who am I' by Casting crowns which went viral on YouTube at the time. The Musicians of Dunamis were no less, with our in-house band A.D.5 (Dr Yogaen, Dr Sunil, and Dr Karun) winning awards and accolades at the Yamaha Asian Beat band showdown and the University Cultural Fest at Faridkot.

After the 5-year grind and the countless hours of fun and camaraderie at college, we all proceeded to the next phase of our lives, which was the service obligation phase, more commonly known as the 'bond'. While half of the class was posted in CDC, the other half moved to different parts of our great nation.

Dr. Amrita John: Evangelical Hospital, Khariar Dist, Orissa
 Dr. Amy Elizabeth Thomas: Mission of Mercy Hospital, Kolkata
 Dr. Camy Thomas: Christian Hospital, Bissamcuttack
 Dr. Centina Rose John: CSI Mission Hospital, Tirur, Kerala
 Dr. Cimmy Augustine: Holdsworth Mem Hosp, Mysore, Karnataka
 Dr. Dona Elizabeth George: Landour Community Hosp., Mussorie
 Dr. Liji Mary Joseph: EHA Christian Hospital, Lakhnadon,
 Dr. Lisha Kumari: Christian Hospital, Bissamcuttack
 Dr. Naina Johnson: Evangelical Hospital, Tilda, MP

Dr. Nidha Baby: Mission of Mercy Hosp, Kolkata

Dr. Princy Mary Joseph: Fellowship Mission Hosp, Kumbanad, Kerala

Dr. Priya T. Oommen: Prem Sewa Hospital. Utraula, UP

Dr. Rashmi Ann: Christian Hospital, Chhatarpur, MP

Dr. Sharin Jacob: Fatehpur Christian Hospital, UP

Dr. Sucratha Susie John: ESAF Hospital, Palakkad, Kerala

Dr. Basil M. Mathew. Navjiwan Hospital, Jharkhand

Dr. Karun Koshy Cherian. Snehadepam Hospital, Trivandrum

Dr. Mebin George Mathew: Burrows Mem Hosp, Alipur, Assam

Dr. Vijay Alageshan: Nowrangpur Christian Hospital, Orissa.

Dr. Sundeep Franklin: Ghanta Mission Hospital, Liberia.

Dr Sundeep Franklin was widely appreciated for returning to serve in Liberia despite that country's Ebola crisis. Dr Camy Thomas currently serves at Kompam District Hospital under the Enga Baptist Health Services, Papua New Guinea. She is an immense source of help and support to the people of that region, and it is safe to say that she is something of a celebrity there, with articles and blogs written about her work there. We thank God for leading them the way He did.

It was some time after our batch convocation in 2013 that we were shattered by the news of the passing away of our dear classmate Dr Vibha in a car accident. You would seldom see Vibha without a smile. She was the epitome of compassion and sincerity. She is someone who would come quietly, sit next to you, and ask you how your day was going or enquire about your well-being in general. If there were something that she could help you with, she would. Quietly and with her trademark smile that could melt any heart of stone. Her pleasures were simple. Watching the stars at night or walking to Jagdish sweet shop to get jalebi. We thank the College administration for instituting the 'Best Intern award', given during the annual graduation ceremony in our dear Vibha's name. We miss her from the bottom of our hearts. Her smile will always live on in our hearts.

Now, ten years after we left CDC, Dunamees are scattered worldwide.

Dr. Amrita John - MPH, Germany.

Dr. Amy Thomas - MDS OMFS, Chattisgarh Dental College and Research Institute

Dr. Ashima Razdan - BDS, Canada

Dr. Brisha Singh - MAS, Canada

Dr. Camy Thomas - BDS, Enga Baptist Health Services, Papua New Guinea

Dr. Centina Rose John - MDS OMFS, Bangalore

Dr. Cimmy Augustine - MDS Prosthodontics, Kerala

Dr. Dona George - MDS, Public Health Dentistry, Adimali, Kerala

Dr. Honeydeep Singh - BDS, Mohali

Dr. Liji Mary Joseph - DDS, USA

Dr. Lisha Kumari - BDS, Kolkata

Dr. Liz George - MDS OMFS, New Delhi

Dr. Meenakshi Chopra - BDS, USA

Dr. Naina Johnson - MDS Prosthodontics, Mission Hospital, Bihar

Dr. Neethu Roy - MDS Prosthodontics, CDC

Dr. Nidha Baby - MDS Endodontics, Kerala





Dr. Parul Hadda - BDS, Punjab
 Dr. Princy Joseph - MPH, Kerala.
 Dr. Priya T Oommen - BDS, Gurgaon
 Dr. Rashmi Ann - BDS, Rajagiri Hospital, Kochi
 Dr. Rini Paul - BDS, Dubai
 Dr. Riya Sara - BDS, Bangalore
 Dr. Satvika Sethi - MDS Pedodontics, Amritsar*
 Dr. Sharin Jacob - MDS OMFS, Mumbai*
 Dr. Simrata Sandhu - DDS, USA
 Dr. Sucratha John - MDS OMFS, Vinayaka Mission Dental College, Salem.
 Dr. Tulika Diwan - MDS OMFS, Apollo Hospitals, Mumbai
 Dr. Akula Sunil Kumar - MDS OMFS, Bangalore
 Dr. Alex Daniel - DDS, USA
 Dr. Amit William - MHA, Canada
 Dr. Basil Mathew - MDS Pedodontics, Vinayala Mission Dental College, Salem
 Dr. Gagandeep Singh Mann -BDS, Private Practice, Ludhiana

Dr. Jayant Marya - MDS OMFS, DDS, USA
 Dr. Karan Baldev - BDS, Canada
 Dr. Karun Koshy Cherian - MDS Orthodontics, CDC
 Dr. Mebin George Mathew - MDS Pedodontics, Saveetha Dental College, Chennai
 Dr. Sundeep Franklin - DMD, Private Practice, USA
 Dr. Vijay Alageshan - MDS Prosthodontics, Indore.
 Dr. Yogaen Vohra - MDS OMFS, CDC

Looking back, we thank God for leading us. We thank our teachers at CDC for all they've done for us, especially Dr Abi Thomas and Dr George Koshy, who guided us through our ups and downs. As we voyage through new chapters of life, we hold on to the power of the almighty, Dunamis.

Go Dunamee!

2008

2012

c

ANDROMEDANS

2008



By Dr Bini Varghese

“Sometimes it’s the journey that teaches you a lot about your destination.”
-C.S. Lewis

One such journey started on a wet rainy day in the month of July 2008. The Assembly Hall area was filled with anxious parents and their bewildered wards, awaiting the results of BDS counselling for the academic year 2008-09. Little did we know then, present that day, were the chosen forty who were to form the batch of 2008 in the prestigious Christian Dental College, Ludhiana. That was just the beginning of a voyage so arduous yet so adventurous, so eventful yet so intriguing, so astounding yet so ordained!

We came together from different parts of the country as young impressionable freshers aspiring to be the bright budding dentists of tomorrow. On Fresher’s Day, we christened ourselves the ANDROMEDANS, the name derived from the galaxy closest to our own. It is known to have the brightest stars among them. I suppose we did live

up to our name as our college did make us the brightest and the best in our fields.

First-year was fun, with new friendships forged, new places explored, and new ventures opened. Time flew past quickly as we created for ourselves a niche for the upcoming years. The second year was more of theory classes with a glance upon the art of dentistry as we started pre-clinical work. The third year saw us donning the stethoscope as we embarked on the medical portion of our curriculum. Quick short trips to the hospital side for our medicine and surgery posting, along with our dental clinical postings, kept us hooked.



And just like that, we were in our final year, the hardest of all the years. With utter determination, the support from our seniors and the perpetual guidance of our mentors, we succeeded in our endeavours and were ready for the internship year. These years were not just taken up by studies alone, but life in CDC was an agglomeration of cultural events, music-dance fest, theatre workshops and



much more. Our batch specialised in enthralling dance performances, had some of the most versatile singers, and we managed to put up a few exquisitely memorable skit performances. Programs for festivals like Onam and Christmas brought all the colleges together, and we celebrated as one heart and soul with no north-south divide. Life in college, as we say it now, was always ‘LIT’.

Every event, be it starting the day with a fifteen-minute worship session in the college chapel to the lecture-filled mornings followed by the

clinical hours, be it spending hours practising for that one cultural event to the numerous batch trips we bonded and blended over; everything eventually sculpted us into what we are today.

Internship was followed by two years of service obligation, which, though it seemed mundane at first, turned out to be a game changer for many of us. We learned the most during this time and had the best possible exposure a fresh dental graduate could get in the country. Those years refined us as professionals and moulded us to be better individuals.

Following our bond years, we all diverged into different aspects of our lives. Some went on to do post-graduation in dentistry and other related fields, while others set up their practices. Most of us stayed in India, while some settled abroad, spread across almost five continents. The foundation of our institute, so very rooted in values and work ethos, laid the very backbone of our professional career, spiritual beliefs, and personal life. We were ready to take on the world, and so we did.

Words can't fathom the depths of gratitude we feel for our alma mater for putting us on the pedestal of success and instilling in us the character we henceforth have nurtured. As this great institution celebrates its thirty years of glorious existence in the service of humanity, our hearts swell up with pride as we call ourselves the CDC family. We want to give our heartfelt wishes and prayers to this great institute as it strives to reach the peaks of excellence in all fields. May we as a family continue the good work that the Lord had started in each of us as we uphold the motto of our alma mater - MY WORK IS FOR A KING.

ZEPHYRS

2009

By Dr Alpana Andrews

The words Christian Dental College always invoke a sense of pride and gratitude coupled with nostalgia in me. It was a bright and sunny day in August 2009 when 40 dewy-eyed students from different parts of India decided to come together on this wonderful journey through dental school.

Unbreakable bonds were forged amongst us as we enjoyed a perfect blend of bliss and challenges during our time. CDC experiences united us in a way nothing else possibly could. We were blessed to have been taught and guided by amazing teachers. We owe our refined skills to our teachers' persistence, who made us repeat the assignment till perfection was achieved. Each passing year helped us develop and sharpen our skills as we were given good clinical exposure.

At every step, we were encouraged to do our best and a little more to complete our academic obligations. We somehow managed to turn this arduous task into a learning experience that we recall today with fondness. Since most of us had service obligations to fulfil after BDS, the clinical



exercises we underwent during the final year and internship helped us gain confidence and prepared us well. Outside of college, our batch was an enthusiastic participant in every cultural event organized, be it Calypso, the annual chapel service or the Institutional Christmas program. We spent many late nights brainstorming, perfecting our performances, and coming up with unique ideas to showcase our talents. We actively participated even in the musical despite the event being held barely



weeks before our finals. We were well known for our prowess on the sports field too. All such events helped build camaraderie between our peers from other constituent colleges of CMC and us and

brought us closer. We left CDC with well-rounded personalities and a desire to live up to our institutional motto, 'My Work is for a King'

ASCLEPIANS

2010

By Lt Cdr (Dr) Hazel Caroline

Twelve years ago, destiny chanced upon an awkward bunch of 40, mostly unwilling, in the classroom of our now alma mater in the fall of 2010. We were told we weren't there by a chance of fate. We were told that our work is for a King, that this, was our calling. Thus began the journey of the Asclepians in a place nestled in the land of "Oye Hoye" but majorly the "Oh pinney!".

We started carving our bonds between making the perfect plaster slab and wax carvings. Donning the white aprons, most away from home for the first time, shunting between the walls of HSB and LN Rao cafeteria, the young adults set out to carve the balance between academics, social life, and just plain living. From learning to name and carve the teeth properly to getting threatened with a femur for getting the anatomical position of a pelvis wrong, the first year passed. Of course, Calypso and various retreats were a welcome relief. December was festive with Christmas choirs and secret Santas, some very generous while some very Grinch



lurking around the campus.

The second year saw us more confident, bonding with a batch we now called family. Third year slipped by saying 'Hum CMC ka daant wala hospital se aaya hun!'. We were introduced to

clinics, and hands-on patients experience. We struggled from getting the primary impression of that damned masseteric notch to memorising all the landmarks before giving a local. It was an ordeal so terrifying that by the end of the viva, the needle vigorously shook in all different directions before it contacted the patient's tissue. Calypso was a serious affair by now.

The final year saw everyone juggling the eight subjects nestled in various study corners in the comfort of warm coffees. But then came internship. A year of earning our first stipend, spending it all and revelling in the feat of having passed the most arduous exams of our lives. We drank in the newfound respect of being colleagues. We were young doctors. More relaxed, more confident. We learnt more, and we learnt hard. We learnt skills that will enable and empower us to face the world ahead.

CDC, by now, had prepared us with its finest academics and platforms to launch us into the world of reality. It taught us to be good humans before anything else. It taught us that empathy and compassion towards our patients mean more in life than the desire to earn millions. It prepared us to venture out and serve the purpose of our calling. It reminded us of its proud motto, 'Our work is for a King'.

The younglings were ready to leave the mother nest after all. All of us, empowered with our acquired skills, ventured out to serve our bonds at various mission hospitals across the country. There was one such youngling, always smiling and incredibly talented, our batchmate Shane, who served his calling so diligently that God wanted him dearly and called him home.

In January 2016, Dr. Shane Sam Mathew joined the Leprosy Mission Hospital at Chaandkhuri, Chhattisgarh. In February 2017, he was deputed to serve in Ganta, Liberia. Shane served in Liberia for seven months. On 3 September 2017, a fire engulfed the staff residence quarters in the Methodist Hospital Ganta campus. Shane left for the heavenly abode and went to be with the Lord. He was 25 years old. United Methodist Ganta



*In loving Memory
Shane Sam Mathew
1992 - 2017*

Hospital described Shane as a compassionate, hard-working man with a Christian heart for his chosen profession. Shane's service and commitment continue to serve as an inspiration to all of his college mates, seniors and juniors alike.

This batch report finds each of us at various vistas of life. Many of us have branched out since to a number of magnificent places but have never lost sight of our roots, the alma mater that has helped shape us along the way. Our batchmate Abhipsa is pursuing a fellowship in the head & Neck oncology department at Malabar cancer centre (PGIOSR). Abigail, Arushi, Kamalpreet, Manpreet, Marc, and Stanley are in the USA. Alka is in Kochi. Amisha recently earned her Master's degree in Prosthodontics. Anjali is practising in Saudi Arabia. Bosy is in the United Kingdom. Dhanya is based in Lucknow and is an art entrepreneur running online retail. Divya works at Pushpagiri College

of Dental Sciences, Kerala. Gifty and Preethy are in Australia. Jaspreet, Princy, Shyama, Sona and Supreet are in Canada. Jewel and Shweta work in the Orthodontics department, CDC. Jinu works in the OMFS department at Mar Baselios College of Dental Sciences, Kerala. Karuna is in Dubai. Mrinalini is serving in the Indian Army. Naina is practising in Punjab. Nidhi is pursuing a fellowship in cleft and craniofacial surgery at ABMSS Kolkata. Priya works as US medical underwriting analyst in Accenture, Delhi NCR, Noida. Priyanka is practising in Delhi. Rosheni is practising at Hyderabad. Sonakshi is practising in Germany. Sharon and Nithin are running a private practice in Ernakulam. Ashish is running a private practice at Thiruvalla. Honeysh is pursuing a Head and Neck Surgical Oncology fellowship at HCG Mumbai. Joney is practising in Trivandrum. Nitish is practising in Kanpur. Hazel is serving in the Indian Navy.

We, Asclepians, take the pleasure of acknowledging our heartfelt gratitude to the alma mater, our dear professors and mentors, our beloved seniors, and lovely juniors, with all of whom beautiful bonds have been forged forever to keep.



ORANES

2011

By Dr Nayanika Priyam & Dr Nikita Pandey

A newly “married” couple stood unassuming in the soft light of a July evening as a small crowd cheered them on with applause. Just a week ago, they were but strangers living worlds apart, yet today they were together, bound through destiny. A beautiful picture, you’d say, except that the “audience” was a bunch of ~19-year-old new dental students, the “minister” was a resourceful senior, and the “marriage union” was a team-building activity performed during induction to college life in CDC.

This vivid image is among many core memories we, the batch of 2011, fondly share and reminisce. Formed on July 19, 2011, our batch was the first to follow a major policy change which eliminated mandatory service obligation after graduation for general and NRI candidates. We were a bunch of 40 new faces who hailed from across India and the world. Overall, our batch included 31 girls and 9 boys; a standard gender ratio according to the then-national trend of dental courses being predominated by women.

After much discussion, we agreed to call ourselves ‘Oranes’, a French noun that means ‘rising’ or ‘sunrise’. Little did we know how prophetic this naming would be because, much like the sun rises, our batch rose to each challenge that came our way, despite the circumstances of the night before. And we did face many challenges; none too extraordinary, but all too real. Some faced a major language barrier, while some could not find any palatable food around campus. Some found the environment either too liberal or restrictive, while for some, the culture and climate were an unpleasant shock. We struggled to find common ground as a collective of individuals that was as opinionated as it was diverse. We fought over authority and groupism. We coped over being fragmented into supplementary batches because of low attendance or scores. We grappled for enough team members to qualify for some team sports. But for all the things that separated us, there was *more* that brought us together.

The ice began to break on a batch trip to Chandigarh with our Student Council. Conversations grew, and friendships were made over Dhaba food, amusement rides, and rock sculptures. I suppose while boating across Sukhna lake, most of us realized that we were all in the same metaphorical boat; college wasn’t going to be easy, but we had a choice, and we were going to choose to make it fun together.



Our first Calypso came around in Ludhiana, and we competed heart and soul. We didn’t win many first prizes, but we got involved and participated in whatever we could. We sang, we danced, and we played. Over the years, we continued this spirit of participation. We discovered exceptional talent among us, like Benita’s singing, Christina’s creativity, Jennifer’s music direction, Joseph’s vocal range, Nayanika’s choreography, Sarath’s dancing, Sundeep’s make-up art, Subin’s baritone, Shambhavi’s Kathakali, Nishi’s Bharatnatyam, Anudeep’s handball serve, Niharika’s bhangra, Rebecca’s art, and many others. Nicknames and titles soon emerged in the batch; Tinu became our PT Usha; Shalvi became our ‘Jwalamukhi’; Palak was named ‘chota packet, bada dhamaka’; and Manpreet’s lip-smacking recipe for Maggi became renowned as ‘Mann ki Maggi’.

Even exams revealed hidden gems, like Jitika, in our batch, who brought laurels to the college by winning university-level academic

scholarships and medals. In the final year, *Oranes* broke the norm and participated in a group dance through a flash mob. Almost the whole batch joined in, even the shy ones like Sherin J, Sigi, and Smriti; it was spectacular.

As dough rises over time, so did we. We saw each other change from teens to young adults. For some, like Minu, this change meant turning from a quiet, introverted person into a vibrant, chatty



individual. For others, like Dhruv and Gaurang, it meant opening up to people beyond their comfort zone. We immersed ourselves into life in Ludhiana, and the houses of localites became our homes away from home. We even began to recognize all the little things that glued us together, like Elizabeth's prayers, Benet's enthusiasm, Divya's smile, Bhanupriya's chirpiness, Kripa's sweetness, Sheetal's liveliness, Gunjeet's charm, Irene's laughter, and Tania's humour. Some of us formed lifelong friendships, and some even found life partners. Soon, four years of college were over, and our internship began. The Student Council, formed by *Oranes* and led by Yajur (President) and Jaymi (Vice-president), began to make impactful changes across the college like repairing and renewing the dental camp van, renovating the student council room, and rejuvenating the college editorial. We also ushered

in "our" batch of first years and transferred our mantle and culture to them.

After the internship, service obligations scattered 25 of us across the Indian map. Some, like Nikita (who did not have a service obligation) also chose to become involved in dental missions. Many, like Isaac, served for years after the obligation ended, and two, Ajay and Sherin E, continue to serve to date. Around 15 batchmates pursued further specialization in dentistry and one in global health. One of us (Milen) is pursuing a Fellowship in cleft surgery. Eight batchmates moved to other countries and either worked in the field of dentistry or diversified to other health-related industries. The rest practice general dentistry in different parts of India. Some have also pursued offbeat careers like business enterprise, baking, design, and scientific communication.

It has been almost 6 years since the first lot left CDC, but it feels like only yesterday when we all gathered around Nescafe for hot cups of tea on a chilly winter morning. In retrospect, our time together was transformational in more ways than one. If we had the chance for a do-over, I'm sure we'd all choose to be in the same batch again in a heartbeat, greeting each other in Yajur's distinct style of reaffirmation by placing one hand on the chest wall, nodding slowly, and with a sigh exclaiming, "all is well."



XAVIONZ

2012

By Dr Pauline Pearson

Over the last week of July 2012, as usual, the trains brought in people from different parts of India. Among the crowd that stepped foot on the platform were a group of naïve 18-year-olds with hearts loaded with dreams and heavy suitcases carefully packed with funky clothes, shoes, and accessories to match the trends of that year. Little did we know that none of these would see daylight for another six months. Porters rushed to carry our heavy luggage. We followed them to auto rikshaws and cycled rikshaws while our heads spun with curiosity and a bit of anxiety. Some of us were brave enough to come alone to join college, whereas some brought their whole tribe along. We were dropped off at the gates of CMC, and the vintage chapel, in all her glory, welcomed us to the place we would call home for the next five years and claim our pride for the rest of our lives.

Our Council from the 2008 batch introduced us to the college, the hostel, the city of Ludhiana and each other. They organised a batch retreat with fun activities that helped us bond as a batch and make friend circles that would go through repeated reorganisation as the years unfolded. We witnessed the Westend mall grow from a baby to a full-fledged lady and slowly give up her power to the other bigger malls that came up in the coming years.

Slowly over the next three months, our batch began to take form.

Our council and their batch seemed strict, but we remember them with fondness now. They gave

us a list of rules to follow. The first made us rush to Field ganj and our good old Easy Day to replace our existing wardrobe with CDC-friendly attire. Our comfortable jeans in the cupboards sighed at our plight. The boys struggled to buy razors and blades in bulk and put away their trendy sneakers. We had to wish all our seniors wherever we met them. We wished them while we brushed our teeth in the mornings or at breakfast in LN with our mouths full of aloo paratha, some of us even while we sleepwalked. We hated the rules, but looking back, we are grateful for the discipline it brought into our professional lives. Abhilash and Rachel gladly agreed to shepherd us. Jerin and Ancy took over the editorial board.



Morning lectures were the hardest to attend. In the first year, we started our day mostly with Anatomy. The terror of being late made a few of us rush to class directly from bed. If we were lucky enough to get a few minutes before the teacher walked in, we managed to brush our teeth in the bathroom next to the D-Hall. The

Anatomy D-Hall saw many 'fallen' batchmates. Some of us were knocked off with the strong smell of formalin, one of our boys fainted when asked to do surface marking on a female cadaver, and the other few were crushed when the stage scores were out. Our dearest Molly ma'am made the otherwise tense class burst out in laughter with her funny and savage comebacks. Sitting in heaven, she is undoubtedly making the angels laugh a bit too hard. We loved Physiology practicals because we were permitted to poke each other's eyes, stuff things down another's throats and hammer hard on the

knees, all in the name of reflex tests. We could also prick, make a batchmate bleed, and face no serious consequences. The biochemistry department not only taught us about cholesterol but also strategically positioned themselves on the 5th floor so we could reduce our LDL.

The Oral Anatomy hall has seen a lot of tears as teeth carved with so much hard work broke off with that one last stroke or previous polish. Also, the tooth sections that were a millisecond close to grading would go flying across the room like bullets, never to be seen again. Only the stench remained. We were given five minutes of funny and interesting videos to soothe us before the lectures commenced. We cannot think of Dubai, Malaysia, Buds, bells and caps, or walk past 'dilapidated walls' without thinking of our beloved oral anatomy professors. We even hear the word ameloblastoma in a distinct deep voice. The department will be partly responsible for the massive number of trees cut down to make the excess paper we wrote our never-ending impositions after every test. For some of us, every test was a surprise even though it was scheduled well in advance.

2013 gave us our first Calypso, and we gave CDC some of her finest singers, dancers, and writers. The artists were good too. Shanti, Sanjana, Mithun, Himani, Aparna, Ambar, and Sanchita captivated the audience from 2013 to 2017 with their melodious voices. Group songs were made possible by Ashly, Ancy, Nisha, Rachel, Jerin, Mekha, Abhilash, Donna, Raveena, Riya, Asish,

Sanoj, Samuel, and Devika, who stepped in with perfect harmony.

People competed for second place as Shriya and Rachel remained unbeatable. Seba and Sanjana gave us the famous Ghost dance (after which Seba had to be rushed to the hospital, and Sanjana walked around the casualty in her ghost attire). Plessy was our strong Bharatnatyam dancer. The other talented dancers, Riya, Raveena, Donna, and Shanti, gracefully took the stage by storm in group events while, Samridhi, Navneet, Leon Armaan, Suramya, Bhavnish, Jerry, and Harshdeep rocked the Bhangra.

The funny highlight of our 1st Calypso was the 'Chaha Lihi' dance form that our boys carefully curated. It was a dance to remember as Jerin fell off the stage, bounced back up, and made it part of the dance. The Chaha, the boys, entertained the audience until 2017 and even had an exceptional performance for CDC's silver jubilee. Binu, Shivangi, Rachel, and Samuel won medals in Badminton. Jerry, Kevin, and Suramya lead the basketball, volleyball and cricket teams. Priya and Suramya won medals in athletics. Literary events had Asish, Jerin, Aparna, Binduja, Ambar, and Ancy prove that the pen is indeed mightier than the sword. Raunika, Poulina, Priya, Pritam, Navneet, Nisha, Mekha, Jerin, Kevin, Leon, Seba, Sanjana, and Shivangi got together for Art competitions.

If there were an event that counted the kilometres walked, Sanoj would win any day. There is a high possibility that the smartwatch companies got the idea to track steps after watching Sanoj walk. He almost got killed as he walked on busy roads with his earphones on total volume. That reminds us of Ambar, who had a similar addiction, but timely medical advice on deafness helped her quit. Ashly was the biggest cheerleader our batch could ever ask for. Our batch also had two rounds of mass suspensions before the first year ended because we think alike and desired rest periods at the same time. The funny part was the chronic bunkers would decide to attend classes on these particular days. Even before we knew it, the first year came to an end with all of us passing the exam, which would be



doubtful if the exam had not been postponed. Our teachers, who knew us well, were pleasantly surprised. Koshy sir threw us a little party to celebrate the impossible achievement.

In the second year, we bought tooth after tooth to get the perfect cavity and walked around with bowls of plaster and stone, spatulas and articulators. Teeth setting was fun for a few but painful for some. But somehow, we overcame that while memorising the definition of centric relation and granuloma. Yeast started taking up more meaning than something that helped our Pizza bases rise. Some of us asked for albendazole after that street food we couldn't resist. Pharmacology practicals brought out the Dexter in us as we proudly showed off the calamine lotion we made with our bare hands!

The third year rolled in, we were introduced to our final year subjects, and our seniors urged us to study them even though we would be tested only in the final year. Only a few took that advice seriously; the rest of us deeply regretted it during the final year prof preparation. Our wild instincts kicked in when we had to do patient hunting; a lot of friendships were temporarily suspended that year. A group of us walked right into a house and convinced a woman to come for an extraction; little did we know that she was married to one of our professors. Medicine, Surgery, and Oral Pathology were a beautiful combination. We travelled to Manali as a batch and brought back a truckload of good memories.

In the blink of an eye, we were halfway through the final year. Most of the batches didn't participate much during their final year, but our batch was the most alive for that Calypso. The rest of the year was a blur as we struggled to hold our personal and academic lives together. Our phones were filled with a million contacts of patients who promised us that they would come but did not. But some of us were blessed to have come across a few beautiful people of Ludhiana who went out of their way to help us. Running around to complete quotas helped us save a year's gym membership fees. We used that money to buy tissues to wipe our tears as quotas got cancelled, casts broke, pulps got exposed, clasps went flying to the dustbin, and case history sheets got ripped into pieces.

Even before we knew it, internship started. Our batch elected Abhilash, Rachel, Raunika, Binu, Ancy, Armaan, and Mithun to form the student council for the year 2016-2017. Under their leadership, we could help gather information about past students, arrange an alumni Meet and other programs to celebrate CDC's Silver Jubilee.

We experienced a new side of CDC as we interacted and learned the practical aspect of dentistry in detail from our teachers. Departments that terrified us during the previous years warmed up to us and made us love the subject. We were made to slowly take up small responsibilities that would add to our professional skills. A few of us went to Raxaul, Ambilikaai, and Oddenchetram for our elective postings, and the experience gained will always be an asset. We looked forward to our community health camps in Phagwara, Barnala, Bilga, and Hamra. This was the part where we learnt to enjoy the journey without worrying about when and how we reached our destination. The jokes, nicknames, and games we played would still echo in the community bus.



Over the five years, we conducted two chapel services (during 3rd year and the Internship). For our Baccalaureate, our dearest Alex Achen fondly remembered us as the batch that loafed around till the last moment, but the night before, we got together and made things happen as a team. Faster than anticipated, it was July 2017, and our batch started leaving Ludhiana one by one, hoping for a reunion for Convocation. A handful of us stayed back and worked as Demonstrators, a few served in mission hospitals across India, some of us joined masters, and a few went abroad. The guidance we received from our teachers, demonstrators, and seniors remains our greatest professional treasure.

Back in 2012, We christened ourselves XAVIONZ- the legacy begins. As a batch, we have had our ups and downs, but 'we kept holding on, because we knew we would make it through', and 'before it was too late, and it all disappeared, before the doors closed and it all came to an end' we lived, loved, laughed, cried, fought, defended, and most importantly prayed together as a batch. On a funny note, we knew only God could get us through.

In March 2018, all forty of us graduated together, a day that we all hold close to our hearts with a huge amount of love, gratitude to God and our teachers, and a pinch of pride. We posed for one last batch photo with our teachers, who made us what we are. We bid the hardest goodbyes that day and flew off to face life. The below list shows what each of us is doing right now. Some of us are still figuring out our lives real purpose while working in dentistry.

Shivangi is an oral and maxillofacial surgeon; Ambar pursued a Masters in Public Health Dentistry. Nisha, Ashly, and Raveena are endodontists; Binu is an orthodontist; Priya, Navneet, and Kevin are prosthodontists; Kevin is currently a faculty member in the Dept of Prosthodontics, CDC. Asish, Pritam, and Rachel are currently pursuing MDS in OMFS and Seba in Prosthodontics.

Mithun, Abhilash, Sanoj, Jerry, Leon, Jerin, Riya, Aparna, Samuel, and Sanchita pursued masters in courses slightly different from dentistry (MBA, MPH, MHA). Mithun and Riya are currently working in CMC, Vellore. Aparna is working in Hyderabad. Sanoj is pursuing his career in Pune.

Mekha, Himani, Poulina Santhi, Sanjana, Binduja, Raunika, and Suramya are practising General Dentistry in India. Branching into a different field, Devika is working with the Enforcement Directorate.

Ancy, Plessy, Samridhi, Harshdeep, and Bhavnish are working in Canada; Leon in Germany; Jerin in New Zealand; Abhilash in Sweden; Donna in Dubai; Armaan in USA; and Shriya in Australia.

Over the years, some of us have found our better halves (some of us were better, so we found the other half) and tied the knot. Few of us have beautiful babies, the rest of the batch can't wait to meet! Some of us are living our single lives to the fullest. Looking back, we realise that the legacy we began is too little compared to the CDC's amazing legacy that we were blessed to be a part of and carry in our hearts forever. This year, we celebrate 10 years as a batch and stand in awe at our parent institution as she celebrates 30 years of excellence.

After all, 'nothing is going to change destiny; whatever is meant to be will work out perfectly'.

Individual and group achievements over the years

Pulse 2014: Group dance 3rd prize:

Plessy, Shriya, and Rachel

Pulse 2016: Eastern Duet 3rd prize

(Shanti and Mithun), Carroms singles: Silver (Binu, Gold)

Symphony 2017: Eastern Solo 1st prize

(Mithun), Eastern Duet (Santhi and Sanjana)

Seba, Sanjana, and Mithun conducted Christmas choirs

Institutional Christmas play 2017 was directed by Jerin and Asish.

Calypso winners for the year 2017 and first runner-up in 2016

Aaand like Porky pig stammered, That's all Folks!

2013

2017

MAVERICKS

2013

By Dr Nissi Evelyn

CDC is more than an institution that all forty of us happened to study in. It is an emotion, a phenomenal life journey that united us and taught us lessons for a lifetime while carving us into skilled dental surgeons.

It was a hot summer under a blue shamiana when forty of us were chosen out of hundreds of uncertain young teenagers to be part of this prestigious institution, marking the beginning of this was also the perfect place for our spiritual and adventurous selves. We prayed during tough times together and explored the peaceful countryside and dauntless snow-capped mountains.

We are ever grateful for what CDC gave us - friends, mentors, and memories for a lifetime. Like a block of wax, we came in but left as sculpted personalities; we owe every curve of learning to our eminent professors, seniors, support staff and our family- Mavericks. Equipped with all we have received, our journey continues, this journey of learning and self-discovery.

Abeegayil and Tanvi are in the UK preparing for ORE. Jasjot, Prabhkiran, Komal, and Anupriti are in Canada. Amreen, Nikita, Rachel, and Joseph in Australia. Nirmal John is pursuing Masters in Germany. Reshma John is pursuing Digital Health in Germany. Our topper never fails to impress. Deepa Gupta is a Captain in the Indian Army. Christie and Sharon are pursuing a career in Public Health. Alma, Sonal, Priya, and Riya Singh are working in Delhi.

wonderful journey. College wasn't all work and no play; we had a good balance of academics and extracurricular activities. We are proud of our university topper and paper presentations and fondly cherishing Calypso days. Not only was Calypso a time of great fun, but it also taught us the values of team power, tolerance, love, and affection. Some even discovered new talents like dancing, cooking, singing, sports, and public speaking! CDC



Deborah Cherian is working as Sr Associate at One point health in Mumbai, and Keziah Philip is working as Head dentist in Mumbai. Feba and Irene are working in Kerala. Reshma Saju is pursuing General Dentistry from CMC Vellore. Reshma Mathew is working in Gujarat. Sherly has completed her PG in oral medicine and radiology. Saino is pursuing the national eligibility exam of the United Arab Emirates. Rakhi is in Delhi, and Rachit is running a successful private practice in Delhi. Rohit is pursuing an MDS in periodontics from Manipal University. Simran working as a periodontist. Ekta is pursuing her MDS in Moradabad, and Shagun is working in Uttar Pradesh.



Hemiya is pursuing an MDS in Pedodontics from CDC, Ludhiana. Ann is in her final year of MDS in pedodontics at Kerala. Arya is working as an Assistant professor in pedodontics at VMS college Salem. Janus is pursuing MDS in conservative dentistry and endodontics in Punjab. Nidhiya is working as a prosthodontist in Bangalore. Nissi is an OMFS professor in Meenakshi Ammal dental College, Chennai, and Priyanka is in Luxmi Bai Dental College in Punjab.

GENEZANS

2014

By Dr Annie John

Life at CDC is an emotion, a collection of wonderful memories. The various memories striking different chords and playing out many, many more countless ones. Walking through the corridors of this heritage-laden place, forty of us started our journey together with youthful enthusiasm and high spirits, trying to figure out life, waiting eagerly for what life had to unfold in front of us.

The first year excited us with anatomy dissections, physiology, and biochemistry experiments. But the skill we all had to master was carving those wax blocks and getting them off the exact dimensions. The second year saw us learning to handle more subjects at a time. Day-to-day expertise that all of us were acquiring. We all made our blunders but putting on a 'do not swallow' label on the pharmacy preparation of ORS was one to remember. Struggling to see the bacteria and viruses through the microbiology microscopes, little did we know life was preparing us for much more in the third year. Oral Pathology had us seeing, identifying, drawing, and writing the slides we viewed through the microscopes. Starting clinics in the third year, we all were elated about treating patients. We were celebrating the first patient who had his flecks of calculus removed and ended up with a clean mouth. Who guessed, we would be getting many more mouths that would sometimes



even make the differentiation between tooth and calculus difficult.

Time flew by, and we were all in our final year. The year we were all bustling around trying to complete our quotas. 'Patient hunting', a term commonly used, expressed how desperate we were in our search for patients. For a few of us, if holding the syringe to give an LA made us nervous, few others spent hours doing a jaw relation and still were questioned about building the great wall of China. Calming down a wailing child or remembering to apply the base in the prepared cavity before putting the Tofflemire, all of us had our fair share of struggles. But the battle was ours to win. Having each one of us beside us and the amazing seniors and juniors to support us and have our backs, we saw a ray of hope of getting through what we thought then was the toughest phase of life—the bigger battle of just giving exam after exam descended on us soon.

Time flew by, and we had given both the send-ups and our prof. Having our ups and downs, we all reached internship. With no pressures of being forced to study, receiving our first stipend feeling like we were actual doctors, and all the effort was worth it, we all floated through this period. The number of camps we got to attend in our community posting, and the warm-hearted way we were treated, with lunch being served at the sarpanch's house or the gurudwara, are all memories to treasure. The late-night calls in oral surgery, seeing and treating emergency cases, and getting to do our first root canal treatment, all of us were exploring the endless possibilities the nine varied departments had to offer us. All forty of us attending a batchmates wedding was another exciting event for us as a batch.

Life at CDC was not 'all work and no play'. The place was always bustling with activities. Every calypso, the fun fest had us thinking of new dishes to showcase. The plethora of events saw everybody putting their best foot forward in their domains. Few of us even ended up finding a new passion. The cultural, sports, and literary events were scaled up with the participation of our ever-enthusiastic faculty. It was all one big fraternity, with a healthy spirit of competition. The dance

practices, and the impromptu song performances were all events that brought us together. We were blessed to have a few instrumentalists in our batch to easily pull off a last-minute performance. Sports events were a feather in our cap for *Genezans*-displaying and putting our best foot forward. We had everyone cheering us on and making our presence felt. All of this helped us polish our rough edges and refine our persona. Showing up and just being there for each other, brotherhood, was something we had learnt. The Christmas dinner was always an event we looked forward to because it was a gathering of the entire college and marked the end of our send-ups. The whole wintery Christmas season spread warmth and joy, and the air was filled with carols and a sense of celebration.

Having families away from home, we were all blessed with wonderful foster families who supported us during our stay in Ludhiana. Many of us found the language a little difficult; for many others, it was the cold climate that was difficult to adjust to. The excitement of many firsts and then many thereafter kept our spirits high. Food was another whole different experience. The lush rich parathas and the lip-smacking food are unforgettable. Our batch trip to Manali was another memory etched in our hearts forever. Many of us were excited to see snow for the first time and enjoy nature.

Having people from different states, we all got together to celebrate all the different festivals, from singing Lohri songs to eating from banana leaves with their hands for onam; all of us enjoyed the different traditions. Moving forward in life, we all were heartbroken to leave our safe niche, the wonderful place. But trusting God and knowing that the best is yet to come, it was time for all of us to go and spread the light we had acquired wherever life took us. CDC, our safest haven, gave us a pedestal to stand on and fly forward. Many of us worked at college or in a mission hospital and returned home

for the next phase in life. Goodbyes were said with the promise of coming back for our convocation.

But life had something else in the store, the pandemic affected different arenas of our lives, and our convocation was called off because of the lockdown. All of us were sad, but many of us working in different places played a huge role as frontline healthcare providers in times of need. Putting into practice, the qualities that were instilled in us during our training period in college.

Being a Christent, the biggest blessing is the people around, right from our principal, vice-principal, all our teachers, PGs, seniors, and juniors; CDC is a wonderful place to be because of the people there. Being a small place with limited



infrastructure, the whole experience was enriched by wonderful souls.

Being a recent pass-out batch, a few of us are still figuring out life, and few are pursuing our passion. Some people have crossed the seas and are abroad, a few are doing PG while others are preparing for it, and many of us are working and practising dentistry. We all have the grand purpose in our mind 'Our work is for the King'. Our college has taught us to dream big, and when your dream is in your head, your destiny is in your hands. Reminiscing the beautiful times, we realize that time flies by so fast. We are all proud to see the college extend its wings, grow, and be an amazing place for future batches.

ALTHEANS

2015

By Dr Arul Nathaneal, Dr Jerin Jose, & Dr Sharon Massey

Forty hearts united by a single cord,
Forty minds like an unsheathed sword,
Our work being for a coming King,
With all our might, the axe, we
faithfully swing.

Having departed at the end of Wave
One,
'Covid Warriors', the tag we won.
Ever ready for Take Two,
COVID struck but excellence, we
pursued.

Giants we did face,
For some work and MCQs being the
race.
Others chose to forge new untraveled
paths,
In distant shores or in infatuated
hearts.

Still, we hold fast to the spark that was
lit,
To live and let others live.
One life we have, and this too shall
soon pass,
Only what's done for the King, through
the trial, will last!

Altheanz, the batch of 2015, is an exceptional batch; we were born to heal. Our batch was in the final few months of internship when the COVID-19 pandemic struck, and after about two weeks of a complete lockdown, we were back at work with our faculty amidst the pandemic. The batch of 40 worked in shifts, looking out for one another, and carrying each other's burdens. While the entire college was sent home and hostels were vacated, the intern batch stayed back, carrying out our duties in various functioning departments. The entire pattern of patient interaction was changed in a few weeks; N95 masks, PPEs, peculiar history of COVID-19 screening. Faculty and students stood together in

these trying times, and we soon became COVID warriors.

As things progressed to 'normalcy', we learnt to cope and adjust to the new norms and make the most of every opportunity that came our way. This is something peculiar to our batch. The opportunities that God gave us in the difficult times, opportunities to unite as a team, to serve our fellow men in a dire time of need and most of all, to bring glory to His name and learn to trust and obey the King alone. We look back to those times with gratitude in our hearts.

Two and a half years later, we are in different parts of the country and the world. We carry our candles, striving to faithfully live up to our motto, 'Our Work is for a King'.

Eleena Philipose, Marlyn Chakroborty, Pratiksha Rani Bag, and Sharon Massey work with different mission hospitals in India. Ayush Mani, Arpita Bagga, Amreen Kaur, Nikhitha Elsa Shaji, Ritika Prakash, Ashwini Elsa, and Ansy Aneyan are working as Dental Surgeons in various clinics.

Some have gone on to do their Masters in Dental Surgery: Aditi Kulshreshta, Sunaina Singal, Twinkle Elsa Jacob, and Samanvaya Gupta. While a few of us diverged to different fields; Jerin Jose (MHA), Angel Sheena George (Forensic Dentistry), Ushas George (MHA), Jasmine George (MHA), Anu Rose John (MHA), and Arul Nathaneal (MSc Regenerative Medicine). Meanwhile, some of us have given exams, hoping to pursue our post-graduation in the future: Ashlin Varghese, Ann Susan Joseph, and Priyanka Thomas.

We're all created for a purpose and are called according to His will. CDC has helped us grow in that direction. And for this, we are grateful.

Testimonials

"It was an answered prayer to study at this institution. People (especially Friends), Chapel, Snow hostel, lecture halls, Mallu, Amul and more; each has a story. I strongly believe that each hill and valley, if accepted the right way, will mould us into better person. It is my wish to live each day to the motto: 'My work is for a King'. I was taking MDS entrance coaching soon after my internship and at



present waiting for the seat allotment. I am a Trainee in Duncan Hospital, Raxaul and have been so for the past 2½ months”.

Ann Susan Joseph
(2015/05)

“I had worked in Bilga general hospital as the unit head from 1.03.2021- 30.06.2022. These months gave me a different vantage point on serving people. Bilga showed me how dental practice in a rural setting varies from that in the city. This is evident in the area of motivating a patient

for accepting oral health care. But with God's gracious abundant blessings and the trust of Dr Abi M Thomas (our principal) who believed in me, I got this opportunity to serve the people of our nation in the interior corner. Blessed with scenic views and good food, my experience in Bilga was memorable with the presence of my patients whom I came to develop a good bond with.

This wouldn't be possible without the guidance of my faculty in CDC. I sincerely thank all the respected faculty of department of conservative dentistry and endodontics (where I spent 8 months of my demoship) who taught me tirelessly even amidst the global pandemic’. I am blessed beyond words that I received the opportunity to work as a demonstrator at CDC. Thanking all the faculty for putting their belief in me”.

Ritika Prakash
(26/2015)

TROEZIANS

2016

Dr Astha Verma

I remember quite vividly walking through the red brick walls of CMC for the first time in the September of 2016. Forty excited yet scared 17–18-year-olds away from their homes for the first time in their lives. I remember our faculty and the council telling us how soon enough, we would love this unfamiliar place more than our own homes, and these unknown faces would become our family. I remember thinking how that is never going to happen. Never had I been so wrong.

With the introduction of NEET as a replacement to AIPMT in 2016, leading to delayed admissions, university exams, and demonetization, we started our first year with feelings of perturbation and uncertainty but also a shared sense of gratitude for having reached where we were. The first year was undoubtedly tricky, being in a new place with new rules miles away from our families and hometowns, but amidst all the turmoil, a group of atypical kids found solace in each other.

The next four years saw abundant happiness, affection, fights, insanity, hard work, struggles, and many new experiences. The countless sleepless nights in each other's hostel rooms studying and completing preclinical lab work, endless conversations and laughs in L.N. Rao cafeteria and Nescafe, praying together in Chapel every Sunday. Before any big exam, the adrenaline rush during Calypso, getting in trouble and facing the consequences, through it all, we grew up together. From excelling in academics in university examinations to performing exceptionally well in extracurricular events like conferences, workshops, and intercollege competitions, Troezians succeeded in every field.

The final year is the most challenging time in a BDS undergraduate student's life. The onslaught

of the COVID-19 pandemic during our final profs certainly did not make it any easier for us. During the first lockdown, many of us were confined in our hostels, scared and away from our families, but being with our batchmates somehow made it a lot easier. It was a time of perplexity and uncertainty, but by the grace of God, support from our college and faculty and each other, our batch managed to triumph over the challenges and pass with flying colours.

CDC was the primary locus for patients seeking emergency dental care during the pandemic days. We entered our internship wearing PPEs, learning new infection control and clinical operation protocols. As it has been instilled in us,



‘My work is for a King’ we all worked in the hospital during all the waves of COVID-19 and the different phases of lockdowns. Even in an arduous and wearying situation like this, our batch spirit stood unwavering as we found consolation and support in each other.

CDC gave us a platform to generate our dreams into realities. Apart from preparing us with the most exemplary academics and clinical skills, CDC taught us the tough skills of life like

compassion, discipline, friendship, sincerity, dedication, struggle, joy, and commitment. It helped us learn our free will to become more confident and composed individuals. It transformed us from a bunch of strange kids to a group of professionals with an unbreakable bond. Not counting the minutes, hours, days, weeks, months, or years we thought would never end but a lifetime of the memories we made. I want to believe that we, as a batch, made a mark, leaving a part of us here when we left because no matter where we go, we will always carry a part of CDC and this family with us.



KRENOVIANTZ

2017

By Dr Josna Jose

On 1st August 2017, a bunch of kids walked into the red building with starry eyes and anxious hearts. We were greeted by our council, who introduced us to the customs of this place, from greeting everyone to wearing formal Indian clothes to college. We were introduced to subjects like anatomy, biochemistry, physiology, and dental anatomy. It took time to adapt to a new place and make new friends. Also, we were named Krenoviantz, meaning 'defenders of mankind'.

What brought us together as a batch for the first time was our retreat to Bilga, organised by the fellowship department. It gave us a new perspective on our life at CDC. We learned to adapt to a new culture, different types of food, and a diverse curriculum. Seeing and dissecting cadavers, learning to take BP, and understanding the microlevels in which our body works. Then came Calypso, a time that brought all batches to their toes. Everyone showcased their talents in sports, literary,

and cultural events. Soon enough, we faced the giant everyone had warned us about-The First Prof.

We were now officially in the second year. It was a time of exploring the city, getting to know our seniors better and enjoying life. We had our ups and downs but still worked through our differences. In the blink of an eye, we reached the Third year. We started our clinical postings and understood that dentistry is not the bed of roses that we took it to be. Patient hunting humbled us and taught us that people could easily deceive us! We were given their word that they would come and get their cavities filled, only to ditch us at the last moment and ghost our calls.

However, we had a surprise guest around the corner who would go on from a short stay to being a permanent member of our lives- COVID-19. Many of us packed our bags and left for home for the 2-week lockdown. The 2 weeks turned into 3 months soon enough.

We improvised, thus starting online classes. It was new territory for us. Soon, we learned the benefits of being behind the screen, often going on about our business while the classes went on. We



soon came to the end of 3rd year and were now 'Final Year students'. A significant part of our final year went by with online classes. Halfway through, we tested unknown waters and started clinical postings. After a relatively uneventful final year, we officially started our internship on 16th September 2021.

We learned to handle patients, realised that the faculty were not as cold as they presented themselves to be, and decided to make up for the

lost time as a batch. We went on a trip to Jim Corbett and Nainital but couldn't reach Nainital. However, we as a batch did learn to fix a punctured tire after getting 5 flat tires on a 4-day trip! We came to the end of our journey together on 15th September 2022. As the song goes, 'Catch a falling star and put it in your pocket, save it for a rainy day', we will hold on to the memories we made here and look back to it on one of our dark, gloomy days.

MDS Pedodontics & Preventive Dentistry

Alumni List

2002	Dr. Bharat Suneja Dr. Suman Panda Dr. Updesh Masih Dr. Vaibhav Munjal	2003	Dr. Joshin Susan Thomas Dr. Meenu Bhola Dr. Nebu Ivan Philip Dr. Shaila	2004	Dr. Nino John Dr. Preetika Chandna Dr. Shilpa Dr. Vivek Kumar Adlakha
2005	Dr. Anuradha Narang Dr. Darrel Singh Dr. Shamsher Singh Dr. Shini Susan Samuel	2006	Dr. Gayatri A. Moghe Dr. Mauli Simratvir Kaur Dr. Ashish Amit Sinha Dr. Paul Chalakkal	2007	Dr. Pooja Ahluwalia Dr. Sunaina Jodhka Dr. Rajesh Kumar Dr. Sreedhar Rao Appikattla
2008	Dr. Jeena Sara Paul Dr. Navdeep Dr. Rajni Sharma Dr. Sherryl M. Mathew	2009	Dr. Elza Thenumkal Dr. Vijeta Cross Dr. Jugesh Mahajan Dr. Harsimran Singh Sethi	2010	Dr. Deena Abraham Dr. Ebin T.M. Dr. Reejo C. George Dr. Sorabh Das
2011	Dr. Annie Edwin Dr. Binsy Mathew Dr. Reena Annie Chacko Dr. Sachin Franklin	2012	Dr. Anu Jose Dr. Shailee Shelke Dr. Geo Mani Dr. Gagandeep Kaur	2013	Libin Santha Syriac Nisha Elizabeth John (LEFT) Shilpa Ann Jacob Alexander Speedie
2014	Dr. Annie George K. Dr. Lenetta M. Yohannan Dr. Rinu Abraham Dr. Joe Mathew Cherian	2015	Dr. Diana Rajan Dr. Rupali Miglani Dr. Satvika Sethi Dr. Basil M. Mathew Dr. Mohinit Kohli	2016	Dr. Parminder Kaur Dr. Pratibha Mudgil Dr. Sharon Vincent Dr. Shreya Tyagi
2017	Dr. Nishita Rana Dr. Prachi Dr. Seerat Sidhu Dr. Arundeeep	2018	Dr. Alpana Kumari Dr. Shannon Samuel Dr. Basil Joy	2019	Dr. Divya Philip Dr. Poonam Singla Dr. Radhika

MDS Prosthodontics and Crown & Bridge

Alumni List

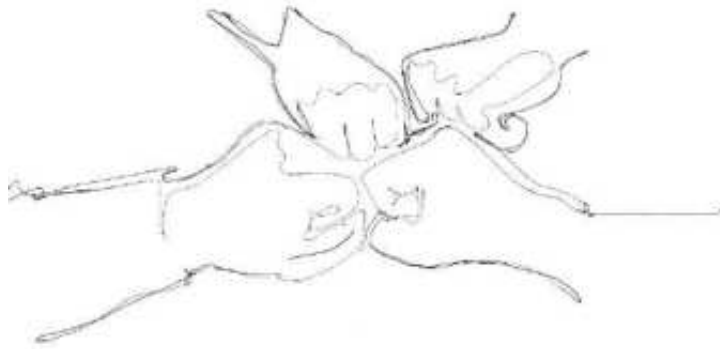
2014	Dr. Smitha Daniel Dr. Nirmal Kurian Dr. Sushant Emmanuel Benjamin Dr. Jasneet Kaur Dhaliwal	2015	Dr. Neethu Roy Dr. Surbhi Mehiratta Dr. Vijay Alageshan	2016	Dr. Ashish Thomas Dr. George Abraham Dr. Rohit Sunny Mathew
2017	Dr. Aakriti Mahajan Dr. Nidhi Markan Dr. Sherine Ponraj	2018	Dr. Manisha Sharma Dr. Nitika Gupta Dr. Nishanth A. Sudharson	2019	Dr. Kusha Dhawan Dr. Meril Joseph Dr. Kevin George Varghese

MDS Oral and Maxillofacial Surgery

Alumni List

2014	Dr. Aneeta Mary Sabu Dr. Ajish George Oommen Dr. Selven Thirumalai Dr. Yuvika Mittal	2015	Dr. Amy Elizabeth Thomas Dr. Centina Rose John Dr. Tulika Avinash Diwan	2016	Dr. Avantika Sharma Dr. Nancy Mathew Dr. Akula Sunil Kumar
2017	Dr. Navaljeet Kaur Dr. Shakun Sharma Dr. Asfar Zeya	2018	Dr. Anitha Antony Dr. Praisya Prasad Dr. Benjamin Jayakar Rayavarapu	2019	Dr. Merlyn Elizabeth Monsy Dr. Andrew Singh Dr. Rik Mukherjee

GLIMPSES OF CDC



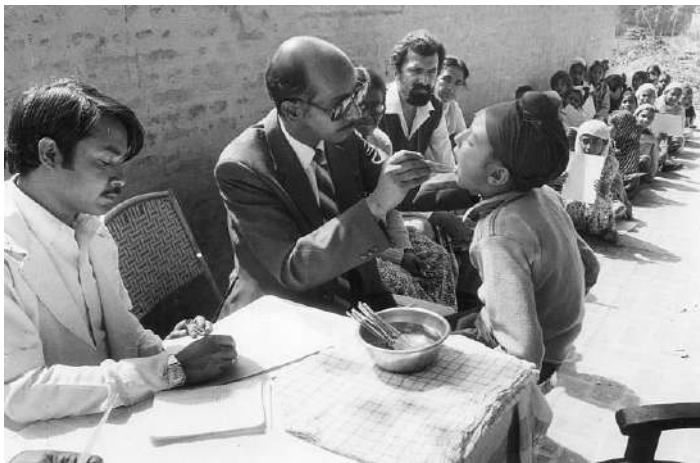
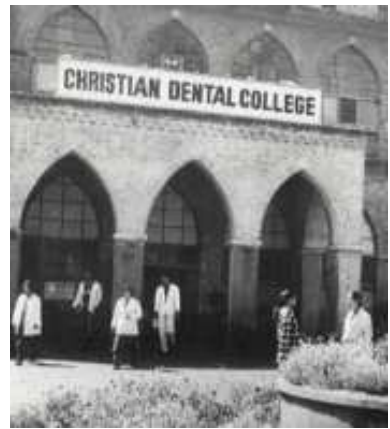


CHRISTIAN DENTAL COLLEGE

August 30, 2022

THEN

& NOW













The old
made
new



PILLARS --- OF STRENGTH

“If I have seen further, it is by standing on the shoulders of giants.”

-Sir Isaac Newton





Mentors of
today,
guardians of
tomorrow





BATCH --- PHOTOS

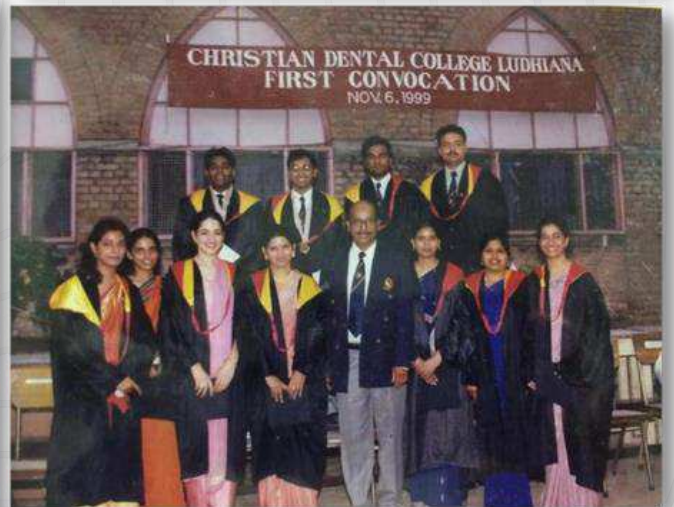


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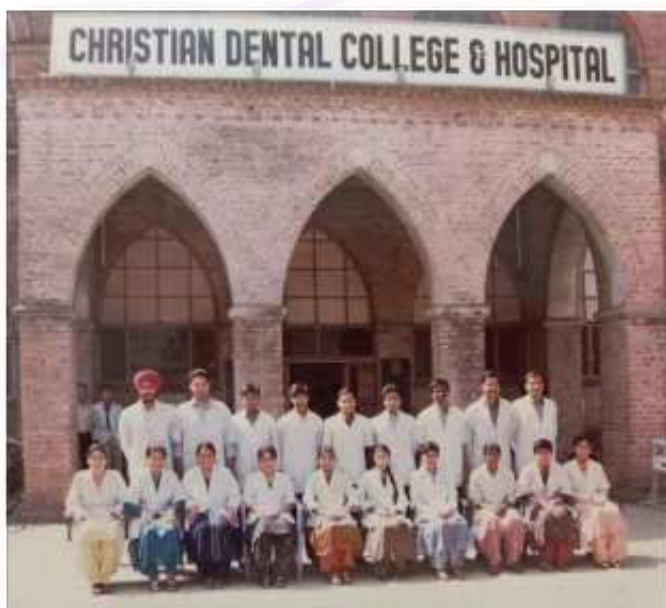
1993





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2014





2015



2016

2017



Acknowledgements

Pearls of CDC attempts to capture 30 years of our institution's existence into a handful of pages. Undoubtedly, it cannot do justice to the sweat and toil that has gone into creating the legacy of CDC.

Nonetheless, we hope that these pages bring joy to the alumni as they relive fond memories and hope to future Christdents as they navigate through life in the red-bricked halls.

We sincerely acknowledge all who contributed to this souvenir. Thank you for sharing your thoughts and memories with us. Rummaging through decade-old archives and trying to connect with college batchmates years after graduation is no small task. We truly appreciate your efforts. Your words and pictures have brought the past back to life.

Our earnest gratitude to all faculty and staff whose active and timely involvement made this publication possible.

And finally, congratulations to the entire editorial and design team; your hard work paid off!

Epilogue

The essence of CDC at 30, captured in the ‘Pearls of CDC’ is not just a celebration of our past and the pioneers who have gone on ahead, run their race well and finished strong.

It is also about passing on the baton to the next generations of inspired Christdents, the torchbearers, who will one day pass through the portals of Christian Dental College Ludhiana being equipped to be Professionally Competent, Socially Relevant and Spiritually Alive.

May this work inspire them to run their own race with faith and hope, carve a niche for themselves and write chapters of their own in this ongoing story.



“I glorified you on earth,
having accomplished the
work that you gave me to
do.”

John 17:4



CHRISTIAN DENTAL COLLEGE LUDHIANA



CDC Ludhiana stands as a pillar of dental education and research in north India today, owing much to the labours of its faculty and alumni.

To monumentalise CDC's Pearl Jubilee, this souvenir presents a fleeting view into the lives and legacies that shaped our past and continue to inspire our future.

My Work Is For A King