



**KMCT**  
DENTAL COLLEGE

Recognised Research Centre of Kerala University of Health Sciences

Recognised by Dental Council of India and Govt. of India

KMCT Medical College Campus, Mulkam, Kozhikode-673602

Phone: (0495)2292002, 2292004

E-mail: dental@kmct.edu.in, website: www.kmctdentalcollege.org

## **TO WHOM SO EVER IT MAY CONCERN**

This is to certify that the information in the attached documents is verified by me and is true to the best of my knowledge.



  
Principal

**Dr. MANOJ KUMAR.K.P**  
Principal  
KMCT Dental College  
Manassery, Mulkam



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**THE TEACHING LEARNING PROCESS OF THE INSTITUTION NURTURES  
CREATIVITY**



KMCT DENTAL COLLEGE

MANASSERY, KOZHIKODE

# OCCULUSION'21

AN AMALGAM OF THOUSAND EXPRESSIONS

RENOVIANTZ





Occlusion '21 dispense before you the ingenious expressions of our inboxes. what we meant of the title is the weave of the hidden talents in the neck and corners of KMCL. In the originality of it's conception, in the excellence of it's writings, visual presentation and in it's commitment to accuracy, healthy discourse and editorial balance, the magazine endeavours to commingle the value and quality of the institution itself. By maintaining the respect and interest of our readers, the magazine aspires ultimately to reflect each articles to inspire and entertain a diverse relationship of someones who gave life, soul and love to put something of themselves in this strive.

Here we are presenting **OCCCLUSION '21** , An Amalgamation of Thousand Expressions.  
From us to you...!!!!

# KMCT DENTAL COLLEGE

## MANASSERY, KOZHIKODE

### VISION

- ♦ *To provide the highest quality of comprehensive healthcare at an affordable cost to the people and to provide good clinical support for the medical education and research; guided by sound ethical values.*
- ♦ *To build an Educational Centre of Excellence in Teaching as well as Training, to render treatment at an affordable cost and to maintain standards, ethics and morale at a level the country will be proud of.*
- ♦ *To evolve the Institution to the status of being called one of the best Dental colleges in India.*

### MISSION

- ♦ *To carve out competent, compassionate and caring dental surgeons through excellent guidance in clinical works and medical research.*
- ♦ *To send into the society, well educated, well mannered, skilfully equipped, socially committed Doctors who would be useful to the society.*
- ♦ *To impart academic excellence in Dental Education.*
- ♦ *To practice Dental surgery ethically in line with the global standard protocols.*
- ♦ *To inculcate high moral, ethical and professional standards among students and to improve their overall personality.*

# Message

## Chairman



*Dr. K. Moidu  
Chairman & Managing Trustee  
KMCT Group of Institutions*

*The past two years that went by has been tough on all of us yet it opened up many opportunities. It was a learning for all.*

*In a matter of days, the heroic efforts of all of us have helped us fundamentally change everything we do – from the way we educate our students to also implementing more technological based aspects to our system.*

*During this challenging time, our faculty members have taken the efforts to bring out the true strength of our college community. KMCT would never shrink from a challenge, rather, they always rise to the occasion – with decisive action, inspiring innovation and remarkable determination.*

*Our students are at a great advantage with our set of faculty members. Although circumstances have dramatically altered your plans for research and teaching, you have stepped up at an important moment. I know how meaningful your efforts are for our students, and I want you to know how much all of us appreciate your hard work.*

*At a time of great need, you have stepped forward with flexibility, resiliency and resolve.*

*The release of the college magazine comes as a great decision at this time when we all have recouped our lives to get acquainted and take advantage of the challenging situation that we have been in.*

*I congratulate all the students, faculties, non-teaching staff members who have contributed to the magazine, both directly and indirectly. This magazine would serve, for years, as a mark of existence, as a reflection of what we were. Life should move on and bear fruits as it goes. I hope this magazine serves as one of those fruits to savour on for all of us.*

*All the very best.*

# Message

## CEO



*Dr. Navas K M  
CEO & Executive Trustee  
KMCT Group of Institutions*

*To me, “resilient” is the word that best describes our college — a family of students, staff, faculty and alumni on the front lines of oral health and critical health science research. Throughout the pandemic, everyone here remained committed to the health and well-being of our students, staff, faculty and patients. Everyone also worked hard to ensure our students remained on time for completion of their programs. Learning continued through video conferencing, recordings, online discussions and, of course, experiential education in clinics when we were able to reopen them. Indeed, we graduated another outstanding class of practice-ready dentists, hygienists, new specialists and scientists in 2020.*

*While the pandemic forced us to recalibrate and refocus, I believe we are emerging stronger and better prepared for the future. No doubt, it has been challenging in light of the severe, acute impact the pandemic has had on our educational and financial resources, especially when combined with the pre-existing and chronic financial strain placed on higher education by reduced state appropriations. The proposal of the magazine was put forward by our enthusiastic students along with the faculty members and I believe that this could serve a stress buster amidst all that we have gone through. This could also serve our students to identify their innate talents, bring out their creativity and express their thoughts, which in turn, would go a long way to open out many more greater opportunities.*

*Wishing you all the very best.*

# Message

**CEO**



*Dr. Aysha Nazreen*  
*Director*  
*KMCT Group of Institutions*

*As the director of this institution, I take great pride in the release of this magazine. To keep a balance between the academic and non academic activities is a bit challenging yet it serves as a great learning experience for both the students as well as faculty members. Our aim is to deliver good quality education aimed at the all-round development of the students, which enable them to become successful in his/her career as well as personal and social life. Our college aims to not just impart knowledge to the students, but also to inculcate in them – wisdom, compassion and a humanitarian spirit.*

*Our success is based on maintaining a strong dedicated faculty and staff supported in their commitment to teaching and administration, professional development, student research and community service. We lay emphasis on modern professional education, curriculum development and overall progress of our students by using advanced teaching methodologies to keep pace with the global dynamic demand in the field of dental academics and patient care by doing service to the rural population.*

*Finding time for arts, sports and literary activities in the midst of their busy academic & clinical activities is something quite appreciable. This magazine serves as a platform to pen down their dreams, visions and talents. Each issue of our college magazine is a milestone that marks our growth, unfolds our imagination and give life to our thoughts and aspirations. It unleashes a wide spectrum of creative skills ranging from writing to editing and even in designing the magazine. Wishing you all the best for the entire team of KMCT dental college who came forward enthusiastically to bring out this magazine with great efforts.*

# Message

## Principal



*Dr. Manoj Kumar K P*

*Principal*

*KMCT Dental College*

*I am extremely happy and proud to see the release of college magazine "OCCLUSION '21". The linguistic skills creativities of my dear students and staff showcased in this magazine are par excellence.*

*Covid -19 has presented us with an emptiness on to which we have to splash vivid colours of our thoughts. The current situation is an ideal example to portray that life is an unpredictable journey and it takes unexpected twists & turns. We should be able to perceive this by spreading love and kindness to the people around us. We have never imagined that the pandemic would change the centuries old system of chalk and board to the current scenario of online education, blended learning method, LMS etc. Any change, even a change for better, is always accompanied by discomforts, we have to bear then to move forward. Often small changes eventually add up to huge results. I can tell you is one thing for sure: nothing is permanent in life; this too shall pass. Always face adversities with courage, spread love and develop healthy relationships.*

*As we know, one who has nothing to do will be tempted to do many mischievous acts. In everyday life, we hear unpleasant and disheartening news in the visual and social media .The young generation has to change their mind sets ,do things which bring happiness to ourselves, our parents, teachers and our fellow beings. Our institution provides immense opportunities for extracurricular activities to boost up your talents. We can only sow seeds, it is you who have to water and nourish them. For all the efforts to succeed, you as students should realize that education, it is an opportunity, the roots of which are bitter, and the fruits are always sweet.*

*I whole heartedly appreciate everyone who worked behind the outcome of this magazine. My good wishes to all students & staff who did their best to bring this magazine forward.*

*The importance and value of work in our life. In this proverb, an honest work is said that it is worship; because it is our honest work only which satisfies our all needs and takes us to the heights of success*

# Message

## Staff Editor



*Dr. Anroop*  
*Dept. of OMFS*

*It gives me immense pleasure to be the part of OCCLUSION '21. The past year has transformed nearly every aspect of our college environment, with zoom classes, online exams and online cultural programs. But we have lived our way through this global pandemic.*

*I see this college magazine as a way of expressing ourselves to raise like a phoenix from the ashes.*

*I on behalf of a wonderful editorial team would like to place on record our gratitude and heart-felt thanks to all those who have contributed to make this effort a success in a restrained time frame. We profusely thank the management for giving support and encouragement and a free hand in this endeavor. Last but not the least we are thankful to all the authors who have sent their articles. We truly hope that the pages that follow will make an interesting read.*

# Message

## *Magazine Advisor*



*Dr. Harish Kumar V. V.  
HOD, Dept of Periodontics*

*Hello my dear friends*

*Am sure you're all doing fine. Being a part of this venture was not any less than an "adventure".*

*Being a part as I am now is my first. Yes it is.*

*So happy that this college magazine is coming into Occlusion.*

*Having gone through it's teething, eruption, it's now finally in the occlusion of our realization.*

*A realization of the dream. The dream which held each and every one of us together. Kept us going. Kept us as a team. The enviable, the successful, the dream team, Team KMCT Dental College.*

*We have now done this magazine together with great effort from the staff editor Dr Anroop ,the student editor Dr. Jaseela saleem and the chairperson of 2016 batch Dr. Dona elizabeth sam.*

*I profusely thank our team, for their relentless efforts.*

*My sincere thanks to our management and our principal Dr. Manoj Kumar for their unstinting support in bringing out our College Magazine*

*"OCCLUSION '21"*

*May this shine encouraging lights for the coming years, for better literature efforts from future batches.*

*Thank you*

# Message

*Administrative Officer*



*Sujatha S.  
Administrator*

*I commend the team behind this beautiful literature piece, which brings out the interesting images of inner feelings and encourage the hidden talents among the budding dental professionals.*

*My best wishes for the entire team.*

# Message

## Student Editor



*Dr. Jaseela Saleem*  
2016 Batch

*Actually speaking, It is the resurrection of 'College Magazine 2020-21'. Getting inspired from the first and foremost magazine of KMCT Dental College "Eruption" by Trigerianz, we were so elated to give of the next but the best. Tragically the corona pandemic had hit us so hard that we had to sit back under shelters for about 8 months. We opted to drop the proposal in despair.*

*As we saw things are getting back to normal and KMCT is back to celebrations, we had a ray of hope, but the hefty challenge was the time left as we wanted to unveil the magazine on the 10<sup>th</sup> graduation ceremony of our college "PRAYAANA '21. Without giving a second thought we decided to proceed with strong determination and moto "yes, we can"!!*

*OCCLUSION'21 is the amalgamation of creativities, self-expressions, potentials and talents where our beloved staffs and students take pride in their hardwork and cherish their fruits of efforts. We keep on proving that we have a treasure trove of versatile people who made this possible by their timely contributions.*

*Indebt gratitude to Dr. Anroop Sir, Dr. Harish Kumar Sir for all the help and co-operation rendered to make the successful completion of our magazine. I would like to thank our principal Dr. Manoj Kumar Sir and Administrator Smt. Sujatha Sharma Mam for always being the support system. Special thanks to Dr. Binu Purushothaman Sir for all the encouragement. Last but not the least, I bow down my heads for the untiring efforts of our dear Chairperson Dr. Dona Elizabeth Sam and each one of Renoviantz for the upliftment of OCCLUSION '21.*

## ***UNION MEMBERS***



## ***MAGAZINE COMMITTEE***





കല്യാണിയെന്നും, ദാക്ഷായണിയെന്നും പേരായ രണ്ടു സ്ത്രീകളുടെ കത വെറും ഒരു നോവലല്ല. ഇന്നു അഞ്ചാം പതിപ്പിൽ എത്തിയ ഈ നോവൽ രണ്ടു മൂന്നു വർഷം മുമ്പ് എആ യിൽ തുടർച്ചയായി എഴുതിയപ്പോൾ തന്നെ മലയാള സാഹിത്യത്തിലെ ഒരു സംഭവമായി. പുസ്തക രൂപത്തിലോ, അച്ചടി മാധ്യമങ്ങളിലൂടെയോ അല്ലാതെ ഒരു കൃതി ഇത്രയും ശ്രദ്ധിക്കപ്പെട്ടത് സാമൂഹ്യ മാധ്യമങ്ങളിൽ സജീവമായി ഇടപെടുന്ന വലിയ ഒരു വിഭാഗം വായനക്കാരിലൂടെയായിരുന്നു. മാർക്കറ്റിങ്ങ് തന്ത്രങ്ങളോ, ഇഷ്ടക്കാരുടെ സ്പോൺസർഷിപ്പ് പ്രചരണത്തിലൂടെയല്ലാതെ വായനക്കാർ നേരിട്ട് ഏറ്റെടുത്തു വീക്ഷിച്ചിട്ടു സൂക്ഷ്യം. ഒരു തരം ഗർഭശ്രീമാൻ.

രണ്ട് പെണ്ണുങ്ങൾ അവരുടെ നാട്ടുഭാഷയിൽ വായനക്കാരോട് സംവദിക്കുകയാണ്. അവർക്കൊപ്പം കുറേ പേരുണ്ട്. ഏറെയും പെണ്ണുങ്ങളാണ്. അവരോടൊപ്പം ചില പുരുഷന്മാരുമുണ്ട്. എന്നാൽ ആ പുരുഷന്മാരാരും തന്നെ ഇതിലെ പെണ്ണുങ്ങളോടൊപ്പം എത്തുന്നവരല്ല. പെണ്ണുങ്ങളാണ് ഇവിടെ ശക്തിയുടെയും അധീശത്വത്തിന്റെയും കൊടിയേറുന്നവർ. ഇന്നത്തെ കാലത്തെ ചവിട്ടി താഴ്ത്തപ്പെടുന്ന, അവഹേളിക്കപ്പെടുന്ന പെണ്ണിനു തന്റേടത്തിന്റെയും, ചെറുത്ത് നിലിന്റെയും ഒരു ഭൂതകാലമുണ്ടായിരുന്നെന്നു നോവൽ കാണിച്ചുതരുന്നു. പത്തറുപത് കൊല്ലം മുമ്പ് കേരളത്തിൽ എവിടെയും ജീവിച്ചിരുന്ന സാധാരണ സ്ത്രീകളുടെ അസാധാരണ ജീവിതത്തിന്റെ കഥയാണത്... കണ്ണൂരിൽ മാത്രമല്ല, കേരളത്തിലെ വിടെയും ഇത്തരം സ്ത്രീകൾ ഉണ്ടായിരുന്നിരിക്കണം. (പല സിനിമകളിലും, അത്യുക്തിയിലൂടെ കാരിക്കേച്ചർ ചെയ്യപ്പെട്ടാണെങ്കിലും ഇങ്ങിനെയുള്ള പെണ്ണുങ്ങളെ കാണാം) എന്റെ കുട്ടിക്കാലത്ത് പെരളശ്ശേരി ഇങ്ങിനെയുള്ള ധാരാളം അമ്മമാരെ കണ്ടിട്ടുണ്ട്. എന്തിനും പോന്നവർ. കൊടിപിടിച്ച് ആണുങ്ങളോടൊപ്പം പോലീസിനെ പുല്ലാക്കി ജാഥ നയിക്കുന്നവർ. അനീതിക്കെതിരെ കലഹിക്കുന്നത് സ്വന്തം ഫീൽഡാക്കിയവർ. അക്കാലത്തെ നാടൻ ജീവിതത്തിന്റെ സമസ്ത മേഖലകളിലും സാന്നിധ്യമറിയിച്ചവർ. ഔപചാരിക വിദ്യാഭ്യാസം കൊണ്ട് സാമാന്യ ബുദ്ധിയും യുക്തിബോധവും നഷ്ടപ്പെടാത്തവർ. വക്കീലിനേക്കാളും വലിയ വക്കീലന്മാർ, മദം പൂണ്ട് പെണ്ണിൻ മടിക്കുത്തഴിപ്പോന്റെ ഗണ്ഡം അടിച്ച് പൊളിക്കുന്നവർ. മണ്ണിന്റെ മഹത്വമാർന്നവർ. ചങ്ങലക്കെട്ടുകൾ പൊട്ടിച്ചെറിഞ്ഞവർ. പക്ഷെ, ഇന്നു നാടിന്റെ ഓർമ്മയിൽ നിന്നു പോലും അവർ പതുകെ പതുകെ അപ്രത്യക്ഷമാവുകയാണു. അവരുടെ ഭാഷ പുതു തലമുറക്ക് തിരിച്ചറിയാൻ പറ്റാത്ത വിധം അന്യമായി കൊണ്ടിരിക്കുന്നു. ചരിത്രത്തിൽ രേഖപ്പെടുത്താത്ത

അവരുടെ കഥ ഇത്രയും ശക്തമായി തന്മയത്വത്തോടെ ഇതിനു മുൻപ് ആരും പറഞ്ഞിട്ടില്ല. ഇതൊരു വെറും കഥയല്ല ഒരു ഗ്രാമത്തിന്റെ ഇതിഹാസമാണ്. ഒരു കഥയിൽ നിന്നു മറ്റൊരു കഥ, അതിൽ നിന്നു മാറ്റൊന്ന്. ദാക്ഷായണിയും കല്യാണിയും ചേയ്ക്കുട്ടിയും, കുഞ്ഞിപ്പെണ്ണും അവരുടെ ജീവിതം കൊണ്ടു മാത്രമല്ല, അവരുടെ ഭാഷ കൊണ്ട് കുടിയാണു നമ്മളെ പിന്തുടരുന്നത്. പഴയ കാലത്തെ, കഥാകൃത്ത് തന്നെ സൂത്രധാരനെപ്പോലെ വന്നു ചരിത്രബാഹ്യമാക്കുകയും, ചിലപ്പോൾ അതി സൂക്ഷ്മമായ ചില സൂചനകളിലൂടെ സമകാലികവുമാക്കുകയും ചെയ്യുന്നു.

കണ്ണൂരിന്റെ വാമൊഴി, വായനയുടെ വേഗതയെ തടസ്സപ്പെടുത്തുന്നു എന്നു ഒരല്പം വിഷമത്തോടെ പറയുന്നവർ മഹാഭാരത രചനയിൽ വ്യാസനും ഗണപതിയും തമ്മിലുണ്ടാക്കിയ ധാരണ ഓർക്കുക. ഏതായാലും ഖസാക്കിലെ പ്രദേശിക വാമൊഴിയെ വരിച്ച വായനക്കാരനു കഥയിലെ കണ്ണൂർ സ്റ്റാൻ ഒരു പ്രശ്നമേയല്ല. കഥ പറയുന്ന രീതിയും ശൈലിയും വായനക്കാരനെ മോഹവലയത്തിലാഴ്ത്തും.

ഞാൻ പുലർച്ചെ നാല് മണിക്കാണു ചേയ്ക്കുട്ടി, വല്ലേച്ചിയുടെ ആരുവത്തിലേക്ക് പോകുന്ന ഭാഗം വായിച്ചത്. പുറത്ത് കാലവർഷത്തിന്റെ താണുവം, ഞാനും ചേയ്ക്കുട്ടിയോടൊപ്പം ഇരുട്ടിലേക്കിറങ്ങിയോ എന്നു സംശയം. വായനക്കാരനും കഥാപാത്രമാവുന്ന ആനന്ദ നിർവൃതി.

മലയാളത്തെ, മലയാള നോവലിനെ പുതിയ ഭാവുകത്വത്തിലേക്ക് നയിച്ച മഹത്തായ കൃതി.

വായിച്ച് നാല് ദിവസമായിട്ടും മനസ്സിൽ നിന്നു വിട്ടുപോകാതെ എന്നെ പിൻതുടരുന്നത് കഥാപാത്രങ്ങൾ മാത്രമല്ല, ഭാഷയും, വാമൊഴിയും, ഓർമ്മയും, പൗലോ കായ്ലോ രീതിയിലുള്ള പല വാചകങ്ങളും അടങ്ങിയ ഒരു വിശദീകരണവുമാണ്.

*Female friendships are something that has always been overlooked as it is expected to eventually fade out after school or college. Every time we think of college, the first picture that comes to our mind is a bunch of cool dudes doing cool things, engaging in cool boys stuff and what not. The importance of female friendships has always been swept under the carpet.*

*The beginning of college is something everybody looks forward to. The newness of it all is both unnerving and overwhelming. It's a fresh start altogether. A group of friends is something, probably the first thing everyone looks forward to. We met 6 years ago on the first day of college, September 1 2015. We were a bunch of young girls, all from different parts of the state and different walks of life.*

*None of us knew each other before but somehow we ended up together. We were a group of 11 girls with very different and vibrant characters who sat, crammed together, on a single bench and refused to leave. Our mutual hatred towards things is probably what brought us together. The greater the hatred, the stronger the bond. With the perfect balance of introverts and extroverts we somehow found a safe haven. We've always thought of us as a group of people with varied fields of interests, with qualities of their own to contribute to the group.*

*Kavya is a graceful dancer. Suha is a headstrong and determined leader. Nazreen brings in a whole vibe and has energy nobody can even compete with. Shana is all things creative and fun. Sneha and Noorbina are extremely talented photographers who makes our 'oh so normal' lives instaworthy. Sreelakshmi (the bigger one) is fearless about being vocal and calls out everything that is wrong with the society. The other Sreelakshmi is the mother hen of the group and is brimmed with qualities most of the people lack in today's world, kindness and empathy. Reema takes everything easy and laughs her heart out at the most silliest of things making people around her giggle along. Thania brings in the nerdiness to the group with a casual*



*bout of lame jokes every now and then which may sometimes crack you up or make you question your friendship. And Sithara, well Sithara sleeps anywhere and everywhere which is a superpower none of us takes for granted.*

*The moment we all looked forward to everyday was the mandatory after class 'tea session' at the cafeteria. Not a day would pass by without us hanging out at the most 'coolest place' of our very limited college campus. Some came for tea, some for*

*The moment we all looked forward to everyday was the mandatory after class 'tea session' at the cafeteria. Not a day would pass by without us hanging out at the most 'coolest place' of our very limited college campus. Some came for tea, some for coffee, some for gossip and some for the mere pleasure of it. Conversations would be nonstop as we'd discuss about anything and everything under the sun and there were so many of us! Someone would always have something to talk about. These very discussions have moulded our thought processes for good. From naïve girls who knew nothing to strong women who stood up for themselves, the viewpoints of 11 different people has significantly shifted the way we saw the world. It is a guaranteed fact that we're not the same people we were 6 years ago.*

*Having said that, things were not always so great and smooth like how it seemed on social media. We had our fair shares of ups and downs . We disagreed on many things. We've disappointed each other on many occasions. We've made each other question our friendship and we've had intense fights that escalated so quickly that we were only seconds away from ripping each other's throats off. But at the end of the day, it's safe to say that we let our egos slide and stuck together for good.*

*One of the biggest milestones of our lives was how we decided to celebrate 6 years together, by planning a trip to Manali. It might not have been a big deal for others , but it was definitely a triumphant move for us. Though the idea of a girls trip seemed far from reality( with us being girls and the distance being long) we somehow managed to pull it off. We're sure this will remain as the most precious and adventurous moments of our lives.*

*As we're approaching the last lap of college and look back, we can't help but wonder what if we hadn't met? How different would things have been? Its been a good ride, the past 6 years. Now its time to bid farewell to the family we chose. We hope to withstand the test of time, some may fade away, some may stick on forever, we never know. But nevertheless, we're stepping down with truckloads of memories to look back and laugh at, to cry about and to cherish for a lifetime. Adios.*





ഏറെ നാളത്തെ കാത്തിരിപ്പിന് ഒടുവിൽ പെരിയോഡോണ്ടിക്സ് ഡിപ്പാർട്ട്മെന്റിലെ സ്റ്റാഫ് ഫാമിലി ഗെറ്റ്സുഗതറിന് ഒരു തീരുമാനമായി. ഒക്ടോബർ 3 ന് ഞായറാഴ്ച കടലുണ്ടിയുടെ മനോഹാരിതയിലേക്ക് ഒരു യാത്ര. സ്ഥലം നിർദ്ദേശിച്ചതും ബാക്കി ഏർപ്പാടുകൾ ചെയ്തതുമെല്ലാം സന്തോഷ് സാർ ആയിരുന്നു. ശനിയാഴ്ച ഉച്ചക്കുശേഷം തിമർത്തു പെയ്യുന്ന മഴ. കോഴിക്കോട് ടൗണിൽ പലയിടത്തും വെള്ളം കയറി. രാത്രിയായപ്പോൾ ശ്രുതി ഡോക്ടറുടെ വീടിന്റെ മുറ്റത്ത് വെള്ളക്കെട്ട് നിറഞ്ഞ ഒരു ചികചർ മെസ്സേജ്. അങ്ങിനെയൊക്കെ പിറ്റേന്നത്തെ യാത്രയെപ്പറ്റി നല്ല ഉത്കണ്ഠയോടെയാണ് എല്ലാവരും ഉറങ്ങാൻ പോയത്.

ദൈവത്തിന് നന്ദി. ഞായറാഴ്ച രാവിലെ നല്ല തെളിഞ്ഞ പ്രഭാതം. കൃത്യം 9.30 ആയപ്പോഴേക്കും എല്ലാവരും മുന്നേ നിശ്ചയിച്ചിരുന്ന അസംബ്ലി പോയത്ത് ആയ മീഞ്ചന്ത പെട്രോൾ പമ്പിന് മുന്നിലെത്തി. അവിടുന്ന് നേരെ കടലുണ്ടി പുഴയുടെ തീരത്തുള്ള മിയാമി ഹോം സ്റ്റേയിലേക്ക്. വനം വകുപ്പിന്റെ മേൽ നോട്ടത്തിൽ പരിപാലിക്കപ്പെടുന്ന കമ്മ്യൂണിറ്റി റിസർവ്വുകൾ ആണ് കടലുണ്ടിയിലത്. ചുറ്റുമുള്ള വീട്ടുകാരുടെ സഹകരണത്തോടെ പരിസ്ഥിതിയെ സംരക്ഷിക്കുവാനും അവർക്കു പരിസ്ഥിതിയെ നോവിക്കാതെ ഉപജീവനം കഴിക്കുവാനുമായി രൂപപ്പെടുത്തിയതാണ്. കമ്മ്യൂണിറ്റി റിസർവ്വുകൾ. അതുകൊണ്ടുതന്നെ നാട്ടു വഴികളായിരുന്നു മിയാമി ഹോം സ്റ്റേയിലേക്ക് വഴി കണ്ടുപിടിക്കാനും അവിടെ എത്തിപ്പെടാനും കുറച്ചു ബുദ്ധിമുട്ടി.

ഏകദേശം 10.30 ഓടെ അവിടെയെത്തി. അപ്പോഴേക്കും നല്ല നാടൻ കപ്പയും അയലക്കറിയുമായി സുധീഷേട്ടനും ടീമും കാത്തിരിക്കുന്നുണ്ടായിരുന്നു. പിന്നീട് നേരെ കടവിൽ കാത്തു നിൽക്കുന്ന ബാലേട്ടന്റെ വലിയ വഞ്ചിയിലേക്ക്. തോണി പുഴയുടെ നടുവിലൂടെ ശാന്തമായി ഒഴുകി. കണ്ടൽ കാടുകളുടെ വശ്യതയിൽ മുഴുകി, തുഴ വെള്ളത്തിൽ വീഴുന്നതിന്റെ സംഗീതം ആസ്വദിച്ച്, ദേശങ്ങൾ താണ്ടി വന്ന കിളികളെ കണ്ട് ഒരു മനോഹരമായ തോണി യാത്ര. തമാശകളും പൊട്ടിച്ചിരികളും അന്താക്ഷരിയും ഒക്കെയായി ഒന്നൊര മണിക്കൂർ നീണ്ട യാത്ര. വലിയ ഒരാൽമരം പോലെ ഇടതൂർന്നു വളരുന്ന കണ്ടൽ കാടിലേക്ക് വഞ്ചിയടുപ്പ് സുധീഷേട്ടൻ കണ്ടലുകളെപ്പറ്റി വിശദമായി പറഞ്ഞു തന്നു. എട്ടു തരം കണ്ടലുകൾ ഉണ്ടത്രെ ഇവിടെ. നക്ഷത്ര കണ്ടൽ, ഭ്രാന്തൻ കണ്ടൽ എന്നിവ അവയിൽ ചിലതാണ്. പുഴയാൽ ചുറ്റപ്പെട്ടു കിടക്കുന്ന ചെറു തുരുത്തുകൾ ഇവിടെത്തെ ഒരാകർഷണമാണ്. നന്മ നിറഞ്ഞ ഒരു പറ്റം ആളുകളുണ്ടിവിടെ. കക്ക കൃഷി, മുരു കൃഷി, എന്നിവയാണ് ഇവരുടെ പ്രധാന ഉപജീവന മാർഗ്ഗം. പക്ഷി നിരീക്ഷകരുടെ സ്വർഗ്ഗമാണ് കടലുണ്ടി. ഓസ്ട്രേലിയൻ കൊക്ക് എന്ന ഒരിനത്തെ സുധീഷേട്ടൻ കാണിച്ചുതന്നു 135 ഓളം ദേശാടന പക്ഷികൾ വിരുന്നു വരുന്ന ഇവിടെ കാലാവസ്ഥ വ്യതിയാനവും, മറ്റു കാരണങ്ങളും കൊണ്ട് വളരെ കുറച്ചു പക്ഷികൾ മാത്രമേ വിരുന്നുത്തുന്നുള്ളൂത്രെ. നിമിഷങ്ങളുടെ ഇടവേളയിൽ തീവണ്ടികൾ ചീറിപ്പായുന്ന പാലത്തിനടിയിലൂടെയുള്ള യാത്ര കുട്ടികൾക്ക് ഏറെ ഹരം പകരുന്നതായിരുന്നു. കുറച്ചു കഴിഞ്ഞപ്പോൾ അഴിമുഖത്തിന്റെ കാഴ്ച കിട്ടി തുടങ്ങി. ഏകദേശം ഒന്നരയോടെ ഞങ്ങൾ ഹോം സ്റ്റേയിലേക്ക് തിരിച്ചെത്തി.

ഫിഷ് സദ്ധ്യ എന്ന കേട്ടിട്ടുണ്ട് ആദ്യമായാണ് കഴിക്കുന്നത്. അത്രയേറെ വിഭവങ്ങൾ ഉണ്ടായിരുന്നു. കരിമീൻ, ചെമ്മീൻ, കണവ, ഞണ്ട് പിന്നെ പേരറിയാത്ത കുറെ മീനുകളും. മനസ്സും വയറും നിറഞ്ഞു. ഉച്ചയൂണു കഴിഞ്ഞശേഷം രണ്ടു ടീമായി തിരിഞ്ഞ് ക്രിക്കറ്റ് കളി. നല്ല ഒരു സുലൈമാനി കുടിച്ച് ഒരഞ്ചു മണിയോടെ 'ഇനി ബാക്കി നാളെ ഡിപ്പാർട്ട്മെന്റിൽ' എന്നു പറഞ്ഞ് ഞങ്ങൾ പിരിഞ്ഞു. ചെമ്മീൻ റോസ്റ്ററും ഞണ്ടു കറിയും വായിൽ വെള്ളം നിറക്കുമ്പോൾ, തോണി യാത്രയും കളിതമാശകൾകൊണ്ട് ഉല്ലസിച്ച് ദിവസവും എന്നും ഓർത്തു വയ്ക്കാനുള്ള വിലയേറിയ ഓർമ്മകൾ സമ്മാനിച്ചു.

# COFFEE WITH THE LEGEND

*An Exclusive Interview with Dr. K. Moidu, Chairman & Managing Trustee  
(KMCT Group of Institutions)*



**1) Can you please brief us about how your idea to form KMCT trust and the group of institutions ?**

*During 1960-1968, I was working as a RMO at Calicut Nursing Home. I had to work for 18-19 hours a day and continued my hardwork, to lay down the foundation of my greatest dream. Back then, Mavoor road was not there and it was such god forsaken area and I am the one who pioneered the first building that was constructed . Started my hospital as Western Hospital in 1968. My mentor, Dr. Mohammed Koya who owned Calicut Nursing Home, supported me and encouraged my new venture whole heartedly to start the new hospital.*

*I then started an ITI in my native place Kuttiadi, where hundreds of students gained skill in wiring , electrical and plumbing and mechanical and repairing skills. Most of them went to the Gulf and prospered later in life.*

*Then we got permission to start our Pharmacy College, from the Chief Minister Mr. K. Karunakaran, and that's how I came into the idea of starting a Trust in my Father's name. His name was Kunhitharuvai. Now the KMCT trust is one of the biggest educational trusts in the country with 32 institutions .*

**2) Sir, can you please tell us how your beginning days were ?**

*My father was an Arecanut trader at that time. Children of that area hardly went to school , or seldom passed exams. Most of them dropped out by third or fourth standard. I had passed my ESLC (Elementary School Leaving Certificate) with first class, securing more than 500 marks on 600. That made me and my family so proud that it inspired me to study more further.*

**3) What made you realize Medical service is your way of serving people?**

*I had then joined Govt. Brannan college ,Thalassery for intermediate course and took a second group. In those days there was no direct transportation to Thalassery from Kuttiadi. One had to go to peringathur, and then take a ferry and then take another transport to Thalassery. So my father had arranged stay at a hostel facility. I passed with flying colours grabbing 395 marks on 400. During mid 60's ,it was of great privilege to become a doctor and I was equally inspired on seeing how people treated them. Without a second thought ,I decided to join for a medical degree. There was no entrance examination in the past. Hence cleared my intermediate and obtained admission for the same at Govt. Medical College, Madurai.*

*In those days it was Madras State . This included Andhra , Tamilnad, Kerala and Parts of Karnataka. And medical seats for the whole of Malabar region was only 21 . And it was a real achievement that I could get a seat for MBBS.*

## COFFEE WITH THE LEGEND

4) Being addressed as a doctor, businessman ,politician which one would you prefer people likely identify you?

*I would always prefer to be called as a doctor. Because it serves the foundation for the rest mentioned before .*

5) What is your major strength as the head of the institution?

*I think my determination is the key that makes me go forward and is my biggest strength. I should excel others and can deal with people irrespective of any politics and other determinants of the society.*

6)Can you please share with us an unforgettable incident in your great career?

*Once I met with a delivery case of my relative who had twin babies , where after delivery, there happened to be a severe postpartum haemorrhage . There was such heavy bleeding , we were really helpless in that situation. We thought we would lose her. But then Dr. Souda Beevi, a gynaecologist friend of ours , rushed to our help. She performed an immediate hysterectomy surgery, and that saved the mother . That is one incident I would always remember . How helpless man can be at times. But help comes from unexpected quarters.*

7) How do you balance your personal and professional life?

*Actually, I handover most of my responsibilities to my next generations. Because I strongly believe that they are capable of looking after all those, the way I do.*

*Also I do find a 'Me Time' as well. I have been associated with the various voluntary organisations and NGOs of this area and the state. Have been actively participating in the upliftment of the social scenario, and have whole heartedly involved in the protection of the social fabric. My connections are equal in all politics , my policies are acceptable to all people. That , I feel is also one factor which has helped my success.*

*But still ,there are things I can't relinquish as I am the 1st authorized person in the state to give medical certification for the people going abroad. It started off from Western hospital and is still going on.*

8)Who is your role model?

*As I said earlier, I had been inspired by the doctors and wanted to accomplish similar approach of service to the people who expect a lot more from doctors. Hence from my childhood, the doctors around me had influenced me so much. Especially Dr. Pappu who was the first MBBS doctor in the region , who had stood as my greatest inspiration of all time from the first.*



മൊട്ടിട്ട പൂവിൻ മകരന്ദമോ മറയുന്നു  
വീണ്ടുമായിതളുകൾ കൊഴിഞ്ഞിടുമ്പോൾ  
അന്നു തൻ മന്ത്രണം കാതിൽ മൊഴിഞ്ഞവർ  
പിൻ നിലാവിലേയ്ക്കലിഞ്ഞു നിൽപ്പു  
അടവിലാണ്ടിന്നു പോയൊരീ  
കുഞ്ഞിനെപ്പോലടിമയായ് മാറിയിണാനുമ്പോൾ  
ഞെട്ടിത്തിരിഞ്ഞൊന്നു നോക്കുവാൻ പോലും-  
മറിയാതെയെൻ മനം വിറങ്ങലിപ്പു  
മകളായ്, ദേവിയായൊരു കളത്രമായെന്നാക്കെ,  
മുറ്റത്തെ മാഞ്ചോട്ടിലൊളിച്ച നേരം  
കപോതത്തിൻ ചിറടിയൊച്ചയോ  
കപോലത്തിലായ് പതിച്ചു  
തട്ടിത്തടഞ്ഞു ഞാൻ വീണ നേരത്തും-  
മോടിക്കിതച്ചൊരു തികളായെന്നമ്മ.  
വാതിപ്പുണർന്നൊരാ രാവുകളലെന്നു  
മെന്നമ്മ ചൊല്ലിത്തന്നൊരാ കഥയിൽ  
ശശിബിംബം പോലൊരു തുവെള്ള  
പട്ടിലോ ഞാനൊരു മാലാഖയായ്  
രണമിന്നു കറയായ് നിറഞ്ഞൊരെന്നാടയി-  
ലപ്പോഴുമാനാലു മതിലുകളെന്നെ  
ചുറ്റിപ്പിണഞ്ഞു കിടക്കുന്നനോവിലും-  
മാനന്ദിയായ് ഞാനെൻ നിനവുകളിൽ  
ഉത്തരമൊന്നു നീ തിരയുന്ന നേരമോ  
രുത്തമ പത്നിയായ് ചേർന്നു ഞാനും  
എണ്ണക്കുറപ്പിൻ നിറം പുണ്ടൊരെന്നുമാ  
കേശഭാരത്തിങ്കലായൊളിപ്പു  
ജനനിയായി ഞാൻ ജനിമുതിയോളം  
ജന്മസൗഖ്യത്തിന്നാ കൊടുമുടിയിൽ  
എൻ തായെന്നെ പറുപ്പിച്ച മുലുങ്ങ-  
ളൊന്നൊന്നായ് പകർന്നു ഞാനെൻ

മണിമുത്തിൻ കാത്തൊരോ  
വളർച്ചയിലുമൊരു തരുവിനെ-  
പ്പോലെ ഞാനെൻ കൺമണിയെ  
ഈ വഴിത്താരയിലേകാന്തയായിന്നു  
മാറിടുമ്പോളൊരു നല്ല  
ബാല്യത്തിന്നുയായൊരു ഞാനോ  
മറ്റൊരു കാലത്തിലെത്തി നിൽപ്പു  
മണ്ണപ്പം ചുട്ടുവിളമ്പിയ കൈകളോ  
ചുക്കിച്ചുളിഞ്ഞൊരു കടലാസു മാത്രം  
നിണമായൊഴുകി ഞാനെൻ മിഴിനീരിനെ  
ആരോരുമറിയാതെയെന്നുമെന്നും  
രാവിന്നു മുന്നേ തൊഴുതു മടങ്ങുമ്പോളാ-  
നാമമതു ചൊല്ലുന്നൊരാൽമരം കണ്ടു  
വലംവെച്ചു പ്രാർത്ഥനയ്ക്കായി ഞാനോ-  
ഓർക്കുമ്പോളാ  
മന്ത്രമതൊന്നുമെന്നോർമ്മകളില്ലില്ല  
ദിശതെറ്റി പറുന്ന പറവയായ് ഞാനിന്നും-  
മലയുന്നു മറ്റൊരു പൈതലായ്  
അന്നൊരു കാലമതോർക്കുന്നുയെന്നുടെ  
കൂടെപ്പിറപ്പുകൾ വഴികാട്ടിയായ്  
ഓരോന്നായെണ്ണി ചേർത്തു പറയുമ്പോ-  
ളൊരുപാടു സന്താപമുള്ളിലമരുന്നു  
ആനന്ദത്തിങ്കലോ വിടർന്ന പുഞ്ചിരിയി-  
ലാവർത്തനത്തിൻ ലഹരിയായി  
മറവിയിലാണ്ടിന്നു പോയൊരാ ബാല്യമോ  
ഈയെന്നു വടിയിലൂടെ തിരയുന്നു  
സന്ധ്യയിൽ കൂടണയാനായ് പറക്കുന്ന  
പക്ഷിയായ് ഞാനിന്നലഞ്ഞും  
തിരയുന്നിയുന്നു വടിയിലൂടെ രണ്ടാം  
ബാല്യത്തിനായി ....

*Dr. Midhana V, 2016 Batch*



*Dr. Darshana V, Dept. of Pedodontics*



*Devika B, 2019 Batch*



*Chandana P. V, 2018 Batch*



*Midhuna Mohan, 2019 Batch*



*Dr. Shakir Jamal, 2015 Batch*



*Fathima Muhammed, 2020 Batch*



*Archana Nair, 2019 Batch*



*Dr. Sini C V, 2015 Batch*



*Farah Mohammed, 2020 Batch*



*Sampathika, 2018 Batch*



*Aryasami, 2018 Batch*





യാത്രകൾ ഒരു വ്യക്തിയെ വളരെ അധികം സ്വാധീനിക്കുമെന്ന് പറഞ്ഞ് കേട്ടിട്ടുണ്ട്, വായിച്ച് അറിഞ്ഞിട്ടുണ്ട്. പക്ഷേ അത് എന്താണെന്ന് മനസ്സിലാക്കാൻ ഒരു നല്ല യാത്ര തന്നെ വേണ്ടി വന്നു. യാത്ര ചെയ്യുന്നത് ഒരുപാട് ഇഷ്ടമുള്ള ആൾ ഒന്നും അല്ല ഞാൻ, ഫ്രണ്ട്സ് ഒക്കെ ട്രിപ്പ് അടിക്കുമ്പോ ചിലപ്പോഴൊക്കെ കൂടെ പോവും, അത്രയേ ഉള്ളൂ.

ഒറ്റക്ക് ഉള്ള യാത്രകളാണെങ്കിൽ ഒട്ടും തന്നെ ഇല്ല. ഫൈനൽ എക്സാം കഴിഞ്ഞപ്പോൾ ഒരു മാററത്തിന് വേണ്ടിയാണ് ഡൽഹിയിലെ ചേട്ടന്റെ അടുത്തേക്ക് യാത്ര തിരിച്ചത്. കേരളത്തിൽ നിന്ന് പോയത് കൊണ്ടാവാം ഡൽഹിയിലെ 41 ഡിഗ്രി ചൂട് നന്നായി തന്നെ ബുദ്ധിമുട്ടിച്ചു. പതിയെ ഞാൻ അതിനോടൊക്കെ അഡ്ജസ്റ്റ് ആയി. ഫ്ളാറ്റിലെ ജീവിതം ബോറടിപ്പോൾ പതിയെ പുറത്തേക്കിറങ്ങി. അടുത്തുള്ള സ്ഥലങ്ങളിലേക്ക് പോയി തുടങ്ങി, പിന്നെ യാത്രകൾ എനിക്ക് ഹരമായി മാറി, പ്രത്യേകിച്ച് ഒറ്റയ്ക്ക് ഉള്ള യാത്രകൾ. കിലോമീറ്ററുകളോളം നടക്കാൻ എനിക്ക് മടി ഇല്ലാതായി, 10 മിനുട്ട് എവിടെയെങ്കിലും പോസ്റ്റ് ആയാൽ ദേഷ്യം വരുന്ന എനിക്ക് പലയിടത്തും മണിക്കൂറുകൾ കാത്തിരുന്നാലും ഒരു കൂഴപ്പവുമില്ലാതായി.

പുതിയ പുതിയ സ്ഥലങ്ങൾ കാണാനുള്ള, ഭക്ഷണങ്ങൾ കഴിക്കാനുള്ള, അവിടുത്തെ കഥകൾ അറിയാനുള്ള ആഗ്രഹമായിരുന്നു മനസ്സിൽ. നോർത്ത് ഇന്ത്യൻ ഫുഡ് ഒട്ടും കഴിക്കാത്ത എനിക്ക് രാവിലെ ചോല ബടറയും വൈകിട്ട് മോമോസും ശീലമായി. എവിടെയും ഒരു മടുപ്പോ ഇഷ്ടക്കേടോ തോന്നിയില്ല. ഡൽഹിയിൽ ഒരു മാസത്തോളം കറങ്ങി നടന്നു. പിന്നെ അടുത്തുള്ള സംസ്ഥാനങ്ങളിലേക്ക് ആയി യാത്ര പഞ്ചാബ്, ഹരിയാന, ഉത്തർ പ്രദേശ്, രാജസ്ഥാൻ അങ്ങനെ പറ്റാവുന്നിടത്തെല്ലാം പോയി. എല്ലാത്തിലും ഉപരി ഞാൻ വളരെ ഹാപ്പി ആയിരുന്നു.

എന്റെ ഇഷ്ടങ്ങൾ എന്താണെന്ന്, ഞാൻ എങ്ങനെയാക്കെ ഹാപ്പി ആവും എന്ന്, എനിക്ക് എന്താണ് വേണ്ടതെന്ന്, ഒറ്റക്ക് ആണെങ്കിലും എങ്ങനെ ഹാപ്പി ആയി ഇരിക്കാമെന്ന് എനിക്ക് ഈ യാത്ര മനസ്സിലാക്കി തന്നു. കാരണം ഇവിടെ ആർക്കും എന്നെ അറിയില്ല. ആരോടും ഒന്നും ബോധിപ്പി കേണ്ടതില്ല... എന്റെ വസ്ത്രധാരണം, എന്റെ ഔട്ട്ലുക്ക് ഇതൊന്നും എന്നെ ബാധിക്കുന്നേ ഇല്ല. മറ്റുള്ളവർ എങ്ങനെ നമ്മളെ നോക്കിക്കാണുന്നു എന്ന് ചിന്തിക്കേണ്ടതില്ല. ഇതൊക്കെയൊക്കെ വാറം കാരണങ്ങൾ.

എന്നിലെ ഇഷ്ടങ്ങളെ ഞാൻ തിരിച്ചറിഞ്ഞ പോലെ എനിക്ക് തോന്നി. ഇതൊക്കെ ചിലപ്പോ വൈകി വന്ന തിരിച്ചറിവായി നിങ്ങൾക്ക് തോന്നി യേക്കാം. പക്ഷേ വൈകിയെങ്കിലും വന്നല്ലോ എന്നതിലാണ് എനിക്ക് ആശ്വാസം..

## STAYCATION

### *The Lady Bunch of Pedodontics*



Kerala, the god's own county is filled with beauty in it's every nook and corner, we the lady bunch of pedo Dr. Mariam, Dr. Anju, Dr. Afroza, Dr. Vidhya, Dr. Darshana, Dr. Anjali, Dr. Vaishnavi, Baby miya and Master Dhruv recently visited Le Candle's resort and we are sharing few good moments of our staycation here. This resort at Manassery is a place full of beautiful sceneries and you can have your best time in this place with your loved ones. Life is a journey that must be travelled no matter how bad the roads are. Amidst covid when the world was wobbling, we managed to unwind from our daily routine and planned a staycation at Le candles. It was the best option we had in regard to time and distance. The serene nature with euphonious chirping of birds and adorable pets were alluring to mind and senses. Meticulously crafted structural designs with pools and ponds were pleasing and lively. The play area facilitated with slides, swings, spring duck, darts, monkey bar were amuzing for kids. We also took joy in cycling, playing billiards, chess, Dumbcharads, swimming, singing and dancing. Time just flew and it was time to say 'Adieu' to Le ! Cheers to memories !!

## കാത്തിരിപ്പ്

- ഫെമിന നിഷി, 2020 ബാച്ച്



വഴി പിഴക്കുന്ന  
പിടയുമീ ജീവിതത്തിൽ  
അന്ത്യമൊരു തിരി ദീപമാകണം  
നേരിന്റെ നന്മയുടെ  
ഉരുകി തീരും വെളിച്ചം  
ആദ്യം ഹൃത്തിനെ വരിഞ്ഞു മുറുകി  
ഉള്ളു നീറുന്ന നോവായ്  
പിന്നെയി കാത്തിരിപ്പിനൊടുവിൽ  
മധുരമൊരു സുഖമായ്  
കാത്തിരിപ്പിന്റെ നീളൻ വരാനയുടെ  
ഇങ്ങേ അറ്റത്തായി  
എത്ര നേരം വരെയും ഞാനിരിക്കാം



## GENDER SOCIALIZATION

Dr. Neema Pramod, 2016 Batch



*From being a toddler to a young adult nearly every Indian girl in her growing years must have been tutored by the society about the conventional ways of being a 'good' woman. Undoubtedly I have been through my own journey to being this 'ideal woman'. As I got older, i started realising that the rocky road to this lofty position is not easy to walk through because you will be constantly taught about the mannerisms which is expected from you, starting from how you converse with men in family, how you present yourself in front of them, importance of observing certain religious rituals, ways to pay respect to men and basically everything that's within one's personal space and beyond!*

*You may be expected to conduct in special ways to convey respect to the opposite gender which may include standing up as a sign of respect whenever they walks in but one shouldn't be ignorant to expect same benevolent gestures in return. As a young girl, like many other women I was slammed with traditional values of putting men on pedestal and treating them superior to me by turning a deaf ear to my ideas of liberation and self respect. Many of us get used to this parroting and leads life as per the standards and values set by others. The constant ignominy of being oppressed takes a toll during the teenage years once we are aware of the fact that the amount of freedom which the male population flaunts in the very same society in which we live in is 'incomparable'! Some of us choose to face our insecurities while the rest of us give up halfway fearing the belligerent family members because the more you rebel more the misery you may have to go through.*

*Ever since i started meeting people from different walks of life, i realised about the subjugation many women have been through all their lives. Few of them were quiet happy in living their lives based on the rules laid out by the society while the rest of them had emotional setbacks due to severe shrinkage of personal space. In my understanding, many notions have paved way to the glorification of patriarchal society we live in and one of them is the perception of women being subordinate to men and constantly in need of protection from the later one.*

*Be it night or any time of the day, the social conditioning has made us believe that the degree of liberatioj one would enjoy solely depends upon the gender they belong to. This constant negligent upbringing has made most of us blind towards women's lack of individual freedom and thr oppression that she has to go through. who is at fault? It's no good trying to pass the buck to lack of educational reforms or social upbringing. Most of us owe an apology to the women around us for being a sheeple and for our failure to unlearn and relearn the intergenerational customs.*

## PHYSICAL AND PSYCHOLOGICAL EFFECTS OF PPE IN HEALTH CARE WORKERS

Dr. Vishnu Velayudhan



*According to our survey 18% of health care workers including doctors, nurses and also cleaning staffs were affected by covid -19 at work. Among them the prime concern faced by health care workers during the PPE hours were retroauricular pain followed by chest discomfort, thirst etc.*

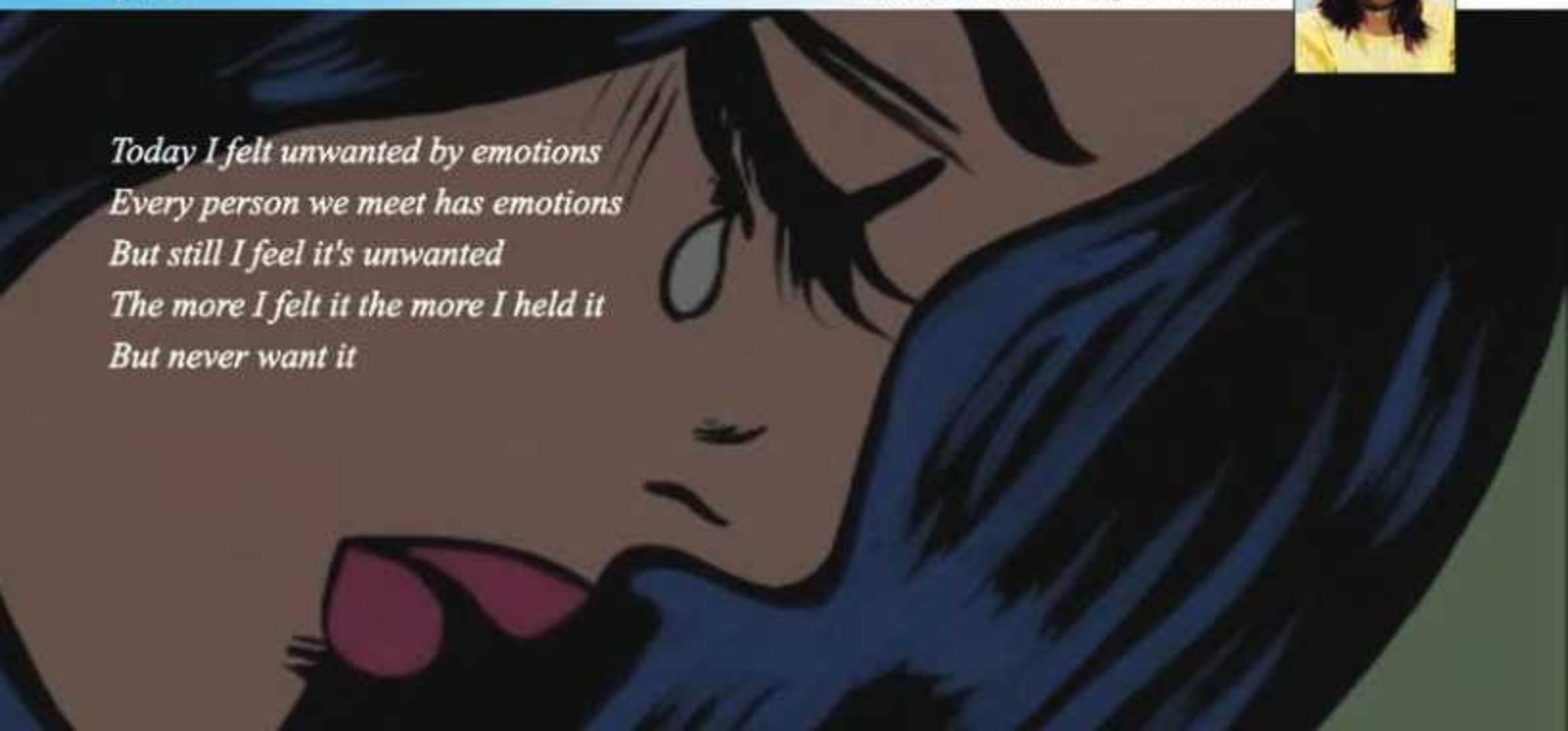
*Maximum tolerance time recorded during our survey was 1-2 hours for 60% of the people. 2-4 hours tolerance was recorded in 32%. Among these 98% of health care workers experienced misting in their goggles. The most effective methods of anti-fogging measures include applying sealing around the mask. 86% of the population suffered pressure sores on their faces especially around cheek and face region. Some of them experienced skin injuries after wearing surgical gloves for 6-8 hours. Around 91% of the population felt irritability and confusion after wearing PPE for long hours. After donning PPE the major discomfort felt were chest distress and suffocation followed by nausea and dizziness. After doffing PPE kit first thought that strikes the mind of the population include self cleaning (59%) following hydration and taking a nap. Of all these health care workers 25% experienced sleeplessness after their duty hours. Also 92% of them had the fear of contracting covid -19 to their family members after their duty hours.*

VAD

Dr. Nada Thasneem, 2016 Batch



*Today I felt unwanted by emotions  
Every person we meet has emotions  
But still I feel it's unwanted  
The more I felt it the more I held it  
But never want it*





## Taking the Road Less Travelled



Dr. Binu Purushothaman  
HOD, Dept. of Orthodontics

*'Two roads diverge in a wood, and I- I took the less one travelled'*

*These magical words of Robert Frost symbolizes the journey of life and the decisions we made on that journey.*

*But, I know that, The Belief system you hold in the beginning of a journey, Defines the Journey.*

*Let me talk about a road less travelled by many, but I got a ticket for, yes my Dental Council journey and experiences*

*The first few things which comes to our mind when we talk about The Council are horrifying Inspections, terrifying inspectors and the hectic preparations that come with it, but that is just a tip of the council. It is softer than you thought but harder and stronger than you can feel.*

*The Dental Council Of India as many knows is a statutory body incorporated under an act of parliament (viz the dentists act, 1948) which is meant to regulate the dental education and dental profession throughout India, which is financed by the govt. of India in the ministry of health and family welfare*

*This body has a definite structure, and there are 4 types of members - the elected members of the state councils, elected members of the university, nominated members of the respective state government and nominated by central ministry.*

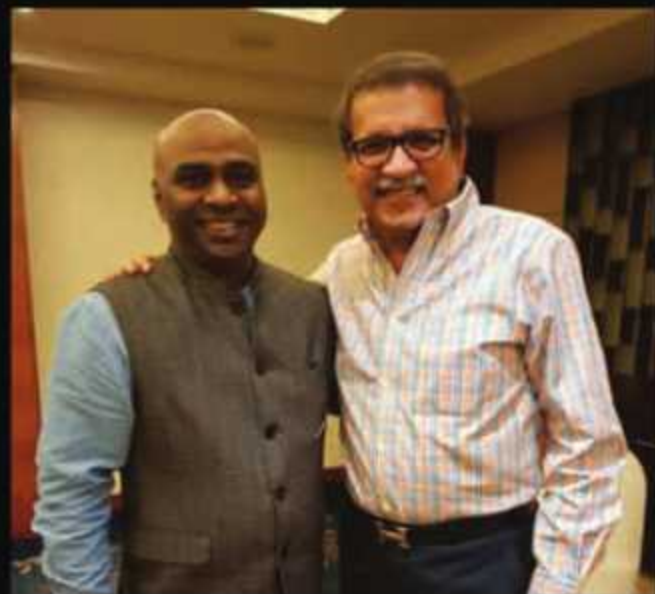
*Becoming a part of the council was not an easy task for me. In order to join, a clearance from the ministry is required and they have to select the most suitable one out of all the candidates.*

*Another interesting aspect as to how I was considered as a potential member was not just my academic career. My resume included my experience as a cricketer, a script writer, social activities I was indulged in, my role as a certified speaker and my tenure in organizations like Junior Chamber International, Rotary International and the Indian Dental Association. The way these organizations helped me building this 5 feet 6 inches body was terrific, both professionally and personally.*

*My first meeting as part of the council was a General Body meeting that took place in Guwahati, Assam. I remember the guys I met first, Dr. Sandesh and Dr. Jaykar Shetty, who were aces in the field of dentistry. Dr Jaykar who is the Vice Chancellor of Rajiv Gandhi University and Sandesh Mayekar being the most sought after doctor for Bollywood biggies like Hrithik Roshan, Aishwarya Rai and Amitabh Bachchan.*



**Honoured by Tamilnadu Chief Minister Sri. Paneer Selvam**



**With Dr. Sandesh Mayekar**

*While being seated amidst these 2 pioneers of Dentistry and other elite members of the council, I felt out of place, but soon realized that maybe this was where I was meant to be. When opportunities knock, you open on the first knock and there was one question that kept floating around my mind – Why me?*

*Maybe I had more to contribute than I gave myself credit for and that helped me change my mindset from what I would get from DCI to what I could 'give' to DCI.*

*DCI provided me with an ocean of opportunities, through which I could serve the community and I made use of them with*

*heart-filled gratitude. One of those opportunities landed me in the Anti-Ragging squad of the Council. This provided me with a platform to conduct anti-ragging seminars all over the country and extensively learn about the subject as well. I have a record of maximum number of anti-ragging classes in the country in one year...a total of 21 seminars altogether*

*May be for this, I was honoured by then Chief Minister of Tamilnadu for my contribution to the society and also I had the fellowship in ADI (Academy Dental Internationale)*

*Another enriching experience I had was when I was included in the Inspector's List. The rush of adrenaline that courses through me when I get to visit beautiful locations of my country as part of the inspections I go to, is truly a blissful feeling. Alongside this, visiting multiple colleges of different states and districts provided me with a chance to gain more viewpoints about the smooth functioning of a college, which in turn helped me to figure out ways in which I could improve the college I work at.*

*The contacts I made during the tenure of my DCI membership were another valuable takeaway from this experience. They were just supposed to remain as Facebook or Whatsapp contacts, but they soon turned into strong 'connections'.*

*I was part of many committees in the council and yet, the most memorable one was when I was part of the Digital Library Committee where the council focuses on the books and the journals needed by each library, which would then be given at a discounted rate. The main objective of our 5 member committee was to finalize the journals needed by each department. This involved acquiring data from the academicians of colleges all over India, which was a tiresome job though*

*One job is still unfinished, the social media of DCI, A Platform were all unethical adversiments and courses are dealt with, even though we could stop a few ,but it is still in the nascent stage I am extremely thankful to the president of DCI Dr. Majoomdar, Secretary Dr. Saha , Vice President Dr. Satish Reddy and Dr. Nawas, Dr. Aysha Nasrin, Dr. Manoj Kumar of KMCT for all help rendered*

*I am extremely happy and privileged to work under then Hon. Minister of Health and Family welfare Smt. Shylaja teacher and now Smt. Veena George ,and witnessed different styles of leadership from these great personalities all aiming towards a common goal, 'better health and better facilities for the same'.*

*I wish and pray that this journey will not come to an end, even though it's a road less travelled, We must continue on this path to come across new opportunities to give more and serve better*



With DCI President & Secretary



*Do not go where the path may lead; go instead where there is no path and leave a trail.*

Members Photo

# DEPRESSION

Dr. Dhilna Poly, 2016 Batch



*Depression is a major population health problem, associated with high morbidity and significant disability. Depression is still not well understood by mental health professionals, patients and public in general. There appears to be continued confusion about etiology, signs and symptoms and treatment of depression. Large proportion of patients with depression may not seek help, may not know where to seek help, may have negative attitudes to treatment or may be fearful of being stigmatized if they seek help*

*Adolescents and young adulthood are the most fraught with stress. Students are faced with academic and social pressure in addition to redefining family dynamics. As teens grapple with physical, emotional and cognitive changes, they also fear an onslaught of academic, family and peer pressure. All of this with little to no life experience on how to manage these students' stresses. It is unrealistic to think that stress can be eliminated from a teen's life and as most adults would admit, it is a state that may deal with regularly. It therefore becomes paramount to help young adults to understand and manage stress in a healthy way.*

*The better ways to handle stress is to change your perception of stress, get sufficient sleep, find positive activities to engage in that bring a sense of joy and fun. Most importantly let go the fear of failure and understand that everyone experiences failure at some point and that these are often the times of greatest growth and learning.*

*The best treatment for this was recently well sang by Alan Walker and Ava Max*

*(ALONE Pt. II)*

*.... We all need that someone*

*Who gets you like no one else*

*Right when you need it the most*

*We all need a soul to rely on*

*A shoulder to cry on*

*A friend through the highs and the lows*

*...I'm not gonna make it alone*

*La-la-la-la....*

## TAKE MORE CHANCES, DANCE MORE DANCES

Dr. Anjali, Dept. of Pedodontics



*Dance is a performance act, Natyashasthra which connects artists and audience through act or play (Abhinaya), song and music. Indian classical dance has begun since 200 BC and continues to play a major role in Indian culture and tradition.*

*Indian classical dance are traditionally regional and includes Bharathanatyam, Kathak, Kuchipudi, Odissi, Kathakali, Manipuri, Mohiniyattam, Sattriya etc.*

*Learning the Indian classical dance will help you attain an emotional equilibrium with your conscious and subconscious mind. Apart from its name and fame, it harmonizes your body, mind & soul and helps to attain peace with your life. Practicing dance gives you perfection in work, physical and mental health benefits. It improves your neuromuscular coordination, enhance dexterity and mindfulness. You become healthier and will practice a better breathing pattern.*

*Try asking your right and left hands to do different act simultaneously, isn't it difficult!? But an Indian classical dancer will make it possible.*

## സ്വയം

- ലിഷ്ണു കെ, ചെലങ്ങരി സ്റ്റാഫ്



തളരാതെ തകരാതെ  
തീയായ് ജലിക്കാൻ  
ഇടറുന്ന നേരത്ത്  
വീഴാതെ വാടാതെ  
കരളുറപ്പോടൊന്നു നിന്തിത്തടിക്കാൻ..  
നിൻ തുടിപ്പിൻ താളത്തെ  
നെയിലേറ്റി തലോടാൻ  
നിൻ താളവും എൻ താളവും  
ഒരായുസിന്റെ സംഗീതമാവാൻ  
ജീവ താളത്തിൻ തുടിപ്പിൽ  
പിന്നോട്ട് പോകുമ്പോൾ  
നേരായ വഴിയെ നിന്നെ നയിക്കാൻ  
കൊട്ടും ചൂടിൽ നീ വാടതിരിക്കാൻ  
പ്രതീക്ഷയുടെ പെരുമഴയായി  
പെയ്യും ഞാൻ..  
ഹൃദയ പൂഷ്പത്തോടാരോ മന്ത്രിച്ചു  
ഞാനുണ്ട് തളിർക്കാൻ പൂക്കാൻ  
വീഴുമ്പോൾ കൈതരാൻ.....

## ZORBA-THE GREEK

Dr. Bavitha, Dept. of Orthodontics



*Zobra the greek is a novel written by nikos kazantzakis in 1946. The novel travels through the life of 2 men and their friendship. It's a wonderful writing , which depicts the life of an intellectual narrator and his companion Alexis zorba . The story celebrates love and friendship through act.*

*Just as we say , opposite poles attract , narrator and zobra is different in their character in many ways . Narrator always tries to keep a safe distance from life and practices a detached form of living in such a way that life doesn't tear him apart . But zobra live life to it's fullest form . Zorba celebrates all the elements of his life , be it love , lust , anger , dreams to anything that comes his way. He is so open to living and completely attached with life . Along with these dissimilarities , they have strong similarities too. Both of them share some good virtues like kindness , love , friendship and some core values , which might be the basis of their deep friendship.*

*Zorba openly criticises the mindset of the human , which is deviated from basic human values especially kindness.*

*He is a dancer , lover , fighter and a musician too who have got great purt for life .*

*The book always keep a humorous touch while making the reader question and deeply think about the philosophical aspect of life .*

*Sometimes , we can even consider zorba as a representation of the hidden self in each and every one of us who wants a fearless and fulfilled life.*

*But zorba has his own flaws and that is who zobra is , living the life in its raw form . May be that is the reason , the book is actively engaging the reader even after eight decades of its writing.*

## നോവ്

Ponnu Thomas, 2016 Batch



നിർണിമിഷമന്യോമ്യം  
പരസ്പരപൂരിതനങ്ങളാം  
മൗനഭേദമനേ? മിഴിതൻ  
ചലനങ്ങൾ വാച്ചാലമാം  
മാതൃഹൃദയത്തിൻ വിലാപം  
പുകഞ്ഞുയർന്നു തൻ  
പൈതലിൻ ചിതയ്ക്കുമീതെ  
ധൂമമായുയർന്ന തൻ പൈതൽ  
ഇനിമേൽ തന്നിൽ ലയിച്ചു  
ഒരോ നിശ്വാസത്തിലും  
തന്നിലൂടെ ജീവിക്കും





നാം Selfieയുടെ കാലത്താണ്  
അഥവാ സ്വാർത്ഥതയുടെ  
Selfie എന്റെ ഫ്രെയിമിൽ ‘ഞാൻ തന്നെ ഞാൻ’  
ഞാൻ എന്ന ഫ്രെയിമിൽ ഞാൻ മാത്രം

എന്റെ മാത്രം എല്ലാം ‘Perfect OK’ ആകണം  
മറ്റുള്ളവർക്കു വേണ്ടി കരുതിവെക്കുന്ന കാലം മാറി  
മറ്റുള്ളവരെ കരുതി കൊടുക്കുന്ന കാലത്തിലേക്ക്

നന്മ നിഴലായി മാറാൻ .....

ഇനിയെത്ര കാലം .....

Dr. Shebina Badar, 2016 Batch



## मौसम का बदलाव

हम तो सुबह उठे थे सरिफ  
हमने क्या सोचा था हमारे साथ ये हो जायेगा ।  
सूरज की पहली करिण जो हमको छु गया,  
ऐसा लगा आकाश जमीन तक मन भर गया ।

वक्त गुसर गये और हमको ये भी पता ना चला की,  
मौसम बदल गये और हवा का रुख भी बदल गया  
बारिश की बूँदे आसमां से ऐसा गरि की ,  
छाप जो सूरज छोड़ गया था, वो भी मीट गया ।

मौसम तो ऐसा ही है अपने रंग बदलते रहते है  
ये देखकर अपनी बचपन की याद आ जाती है।  
सूरज की करिण और बारिश की बूंदों की तरह  
हमारे माँ की प्यार, हमारे दिलि को हवा कतिरह छू जाती है।

# ഒപ്പൻ മകൾക്കായ കത്തുകൾ

## Part II

Dr. Harish Kumar V V  
HOD, Dept. of Periodontics



*Dear Anwi,*

*As you age, you will learn to value your time, genuine relationships, meaningful work, peace of mind, and much more. Little else will matter.*

*Deep down, you know this already. Right?*

*Yet today, you are distracted by everything else. You give too much of your time to meaningless time-wasters. You take your important relationships for granted. Rather we all take them for granted. When they are not to be.*

*You get to work, and let needless stress get the best of you. Why?*

*Because we are human. And human beings are imperfect creatures that make misjudgments constantly.*

*We get caught up in our own heads, and literally don't know our lives to be any better than the few things that aren't going our way. There are definitely many things happening positively around us, in our lives. Happy events. Priceless moments. But we tend to over look or ignore such things. We seem not to take notice of such blessings which come by. Instead we focus on the few things which aren't going our way.*

*And as our minds sub-consciously dwell on these things, we try to distract ourselves to numb the tension we feel. But by doing so, we also distract ourselves from what matters most ..... To be alive. Not just be living, but to be alive. Being alive is the way we should be. Knowing, loving, feeling, experiencing, seeing, inspiring, exhilarating, empathizing..... being Alive. In all the beautiful ways life has given us, getting one on one with each and every moment, in every breath we take, be there. ALIVE*

*We scrutinize and dramatize the insignificant annoyances in our lives, until we are blue in our face, and then we sit back and scratch our heads in bewilderment of how unfulfilling and empty life feels.*

*I remember you, as a school girl, who used to win first prizes and A grades at state youth festivals. Elocution your event. At one such youth festivals, this one was at Malappuram that year. I remember your special speech. The topic was management of waste. Every contestant was speaking of various material wastes and ways of managing and recycling them. But you, along with other material wastes, mentioned another waste we accumulate. The thoughts in our mind. The past collected in our minds. The good the bad and the ugly memories, events, dialogues..... stored, stowed away, dumped, heaped , stacked, loaded, bundled, in that space where it shouldn't be kept. You spoke about this, and the ways we should be taking away the stored up crap in our minds. Totally unnecessary. Totally a waste. And totally useless for us. Except as a subject of worry and stress. You spoke how we should clean up the hard disc of our minds. And keep it fresh, so that our days will be brighter and our lives happier.*



*The older we grow, the quieter we tend to become. And the less pointless drama, distraction and business we tend to engage. Life humbles us gradually as we age. We realize how much nonsense we have wasted our time on. We begin to refocus our attention on what truly matters.*

*Truth be told, the afternoon and evening always understand better, what the morning never even suspected. That's life's stages for you Anwi. But the morning can always plan for a better afternoon and evening. So challenge yourself to plan better today. Challenge yourself to focus more on what truly matters in the long run.*





*My dear, when you get older, don't try to teach anyone anything. Even if youre sure youre right. Remember, it might be a botheration to them. Maybe you took advice from your elders at times, or you dint many other times. But remember not to impose your thoughts on others.*

*Never tell anyone, especially children, “: I am older, so I know better .....”. This is generally not well received. Better to avoid other similar phrases like “Me at your age.... ”, or “You will realize when you have your own children ...” wont go well too, with the person receiving it.*

*Do not, try to help, or offer help unless requested. Do not offer help where not required. My experiences have taught me, that it goes waste. Always be sure you help the right person.*

*Kepp up with your times. Always . understand new technologies , but beware of their trapsand shortcomings. Constantly, Study something new . This is fun. Do what you want, while you can. Do not fall behind in time.*

*Don't blame yourself for anything that happened. What ever happened in your life is not under your control. You did everything you could.*

*Always remember. Youre alive. Someone is there, who needs you.*

*Lots of love*

*Achan*



പുതുവെപ്പടിയിലിരുന്ന് ദിവാസ്വപ്നം കണ്ട വൈകുന്നേരങ്ങളിലെപ്പൊഴോ, മരച്ചില്ലകളിൽ ഇടതൂർന്നുനിന്ന ഇലകൾക്കിടയിൽ തെളിഞ്ഞ വഴികളിലൂടെ കണ്ണും നട്ടിരിക്കവേ ചില ഓർമ്മകൾ മനസ്സിൽ മിന്നിമാഞ്ഞ പോലെ...

വർഷങ്ങൾക്കുമുമ്പ്... കാസറഗോഡ് ജില്ലയിലെ കിഴക്കൻ പ്രദേശത്തെ ഒരു ഗ്രാമത്തിന്റെ ഏതോ കോണിൽ മഞ്ഞു തുള്ളികൾ മുത്തമിട്ട മൺതരികളിൽ കിളിർത്ത പുൽത്തകിടുകളെ നോക്കി പുഞ്ചിരിച്ച കമുകിൻതോട്ടങ്ങൾക്കുനടുവിൽ ഒരു പഴയ തറവാട്... പഴമയേക്കാൾ ഓർമ്മകളുടെ സമൃദ്ധികൊണ്ട് ഇന്നും പുതുമയെന്ന് വർണ്ണിച്ചേക്കാവുന്ന ഒരിടം... മുറ്റത്തെ പിണിയുടെ അറ്റത്തു തെങ്ങിൻ ചുവട്ടിലെ ചെറുകുളത്തിനുമപ്പുറം വാടാതെ നിന്ന എണ്ണമറ്റ ചെത്തിപ്പൂക്കളും കുളത്തിന്റെ അരികുചേർന്ന് പടർന്നുപന്തലിച്ച മുല്ലവള്ളികളും...വിരലുകൾ എന്നും തേടിയ കടലാസ് പൂക്കളും...

ഓടിന്റെ വീടവിലൂടെ ഒളിച്ചെത്തിയ വെളിച്ചത്തിൽ ഓടിക്കളിച്ച പൊടിപടലങ്ങൾ നോക്കി അതിശയിച്ച നിമിഷങ്ങൾ, കളിയെന്തെന്നറിയാതെ കരുകൾ നീക്കിയ ചതുരംഗക്കളികൾ... അമ്മമ്മയുടെ വിരൽത്തുമ്പിൽ തൂങ്ങി ഇടവഴികൾ താണ്ടി തോടിൽ കളിച്ചുതിമിർത്തിട്ടൊടുവിൽ മനസ്സിലാ മനസ്സോടെ തിരിച്ചുകയറി നടക്കുമ്പോഴത്രയും നനഞ്ഞ കുഞ്ഞിക്കാലിൽ പറ്റിപ്പിടിച്ച് മണ് തരികളോടുള്ള പരിഭവം ഉറക്കപ്പറഞ്ഞത് വഴിയരികിലെ നാരകമരം എത്ര തവണ കേട്ടിരിക്കാം...!

എല്ലാറ്റിനുമുപരി ഇന്നും കാതിൽ മായാതെ കിടക്കുന്ന അച്ഛന്റെ 'അമ്മൂ...' എന്ന നീട്ടിയ വിളികളും....

ബാല്യകാലസ്മരണകൾക്കിനെയെന്തിന് മറ്റു നിറഭേദങ്ങൾ....

## HOW MUCH I LOVE YOU?!

Dr. Anu M. Paul, 2016 Batch



*A symphony, a hymn, a tuneless song,  
Has the power to make right seem wrong  
An actor, a movie or even a play,  
Can fill you with wonders through the hours of day.  
A picture, a painting, or theme less art  
Can easily depict the world's best part.  
Poetry, prose and words in all  
Can care a heart or make tears fall.  
What no melody or song can ever do  
Is tell you exactly how much I love you!!*

## PG CONFERENCE AWARD WINNERS

| <i>Sl. No.</i> | <i>Programme</i>                                                                                                                                                                   | <i>Winners</i>                                                | <i>Department</i>              |
|----------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|--------------------------------|
| 1              | IOS Paper Presentation<br>About Covid 19<br>(Best Second Paper)                                                                                                                    | Dr. Chelsa<br>Dr. Gayathri<br>Dr. Lubna                       | Orthodontics                   |
| 2              | 23 <sup>rd</sup> IPS PG Convention 2021<br>at Jaipur, Rajasthan<br>(Outstanding Paper Award)                                                                                       | Dr. Aswathi Gopi<br>Dr. Pranav<br>Dr. Anuja<br>Dr. Anjana Raj | Prosthodontics                 |
| 3              | First Runner-up in Video Making<br>Competition "Radiology on Roll"<br>held at Manipal College of Dental<br>Sciences                                                                | Dr. Saranya<br>Dr. Rahul<br>Dr. Shanima                       | Oral Medicine<br>and Radiology |
| 4              | XVII National IAOMP Post Graduate<br>Convention 2018 held at Sri Rama<br>Chandra Medical College and<br>Research Institute (Special Poster<br>Award-Ferroptosis: A neoteric focus) | Dr. Maryam Ashraf                                             | Oral Pathology                 |

## KUHS UG RESULTS

### *First Year Topper*



*Sanjith Santhosh*



*Malavika P A*

### *Second Year Topper*



*Praveena K*

### *Third Year Topper*



*Fathimatul Safa*

### *Part I Topper*



*Aditya Lakshmanan*

### *Part II Topper*



*Irin Mariam Zacharia*

***MDS Part II Examinations (2021)***  
***Conducted by***  
***KERALA UNIVERSITY OF HEALTH SCIENCES***

***First Rank***



***Dr. VYSAKH KRISHNAN S***  
***MDS Conservative***  
***Dentistry & Endodontics***

***Third Rank***



***Dr. RISANA K***  
***MDS Pedodontics &***  
***Preventive Dentistry***

## DEPARTMENT PROGRAMMES



**Oral Hygiene Day Commemoration**  
Dept. of PHD



**World Radiology Day**  
Dept. of OMR



**Orthodontics Day Celebrations**  
Dept of Orthodontics



**Open your Door to Laser Dentistry**  
Value added programme, Dept. of Periodontics



**National Oral Pathology Day**  
Dept of Oral Pathology



**Brushing Awareness Programme**  
Dept. of Pedodontics



**CDE Programme**  
Dept. of Oral & MAXillofacial Surgery



**Prostodontics Day Celebrations**  
Dept. of Prostodontics



**National Cons & Endo Day**  
Dept. of Conservative Dentistry

## CULTURAL RESULTS



*Dr. Sharun Shanker (2015 Batch)  
Kalaprathiba  
Dhwani 2019*



*Dr. Athira Maheendran  
(2016 Batch)  
Kalathilakam  
KUHS Interzone Arts Fest*



*Dr. Sneha Sara John (2015 Batch)  
Kalathilakam  
Dhwani 2019*



*Amrutha Mohan (2019 Batch)  
Individual Champion (Female)  
Kshathra 2019*



*Dr. Ashish Emmanuel (2015 Batch)  
Individual Champion (Male)  
Kshathra 2019*

# Message

## Chairman & Chair Person



*Hari Narayanan & Dona Elizabeth Sam*

*It is safe to say that the last few months has been anything but 'normal' and after having experienced the whole of it, we realise just how much we have grown together despite being apart. For some of us, this is our last chance before we are thrust into the very real, scary but also very amazing world to share our thoughts and feelings with you.*

*2019 - 21' was a long time - from an almost world war, to our forests burning down, continuous floods, to a global pandemic - we have come a long way and so has humanity. The deep scars we left on our earth are healing and it is being restored to its former glory.*

*We have been given a chance to reflect and introspect and most of us have used it wisely. This magazine is a record of our sentiments throughout the lockdown. Some deal with emotions like angst, happiness or hope while others explore the fantastical and the magical side of our creativity. Nothing can encompass and convey our emotions better than our art.*

*From the beginning of the union in September 2019, we kickstarted our journey from Onam celebration and Teachers Day, our 1st program, and continued with every occasion, big or small, special mention to DHWANI 2020 ONLINE ARTS FEST and ended up with of Onam celebrations season 2.0 We RENOVIAN TZ presents 'REVIVE 2020' a fresh court for fresh start. The students of all batches and PGs and Staff presented their talents. We had the privilege of being part of KUHS UNIVERSITY ARTS FESTIVAL for the 1st time in the history of KMCT. We also followed up THALIYOLA and DENTAL BUZZ.*

*We take the opportunity to express our immense and heartfelt gratitude to the management of KMCT Dental College Dr. Aysha Nazreen and Dr. Navas K M for their immense support*

*We thank Dr. Manoj Kumar KP our Principal and Dr. Nizaro Siyo, our former Vice Principal for believing in us & giving us the space & freedom to conduct various programmes.*

*We thank the administration staff members & non-teaching staff for their valuable opinions & support throughout the year. We thank our seniors & juniors for their whole hearted cooperation & participation for making every single program a success Lastly, we thank our batch mates, RENOVIAN TZ, who stood together day & night to make every aspect of each and every programme perfect. Every effort, large or small put forward by each one of you has been valuable & has not gone unnoticed. . At this point, we wish our juniors all the success for their future endeavours.*

## UNION REPORT

*The year 2019-21 was a memorable year for the Union batch, both academically and culturally. There were a lot of struggles before us especially the pandemic but we, the Renoviantz Union batch is very glad that we could overcome all the hindrances and be part of this memorable years.*

*The handing over ceremony of the Union took place on August 15th with the Trigerianz Union stepping down. The first official function of Renoviantz was marked with the Onam celebration ORUMAYUDE ORONAM 2019 and celebration of teacher's day on September 5th. It was conducted with lots of energy of both teachers and students. Various program were conducted including Pookalam competition, payasam competition, Maveli Chamayal, Onapattu, petroleum jelly, water filling , biscuit dancing, teachers day honoring, onasadya , musical chair, Vadamvali and Uriyadi.*



*All the teachers were give a token of love and appreciation from our side for all the effort they took in educating culturing and leading us. The Union batch welcomed the 2019 batch into*



*the KMCT family. Orientation program were conducted and whole new world of dentistry was openend upto freshers. The KSHATRA 2019 Sports meet was conducted on October 30th and 31st. There was immense participation from the part of students and staff the games started On 23-10-2019 the various events where Badminton, Football, Chess, Table Tennis, Carroms, Volleyball, Kho Kho.*



*Our principal Dr Manoj Kumar sir lighted the lamp and passed it to Dr. Fasil K T and received by various batches and finally Abishek passed the lamp to Dr. Binu Sir. This was a committed by March past and marathon. The individual championship goes to Amritha of 2019 batch and Ashish Emmanuel of TGZ batch. Overall champions of the sports meet was Vencedorz and followed by first runner-up by staff and PG.*



*On 19th December 2019 we conducted Noella 2019. celebrated it wholeheartedly with the sense of togetherness and facilitated the winners of KSHATRA 2019 and winners of KURUKSHETRA. Renoviantz present Revive 2020. A fresh court for a fresh start. Join the hands and blend the colours to the walls of our badminton court.*



*The students presented with their talent towards painting on each wall. The milestone of Renoviantz was the participation of KUHS zonal arts festival conducted on December 12-15 IYAL ISAI 2019 at Pariyaram Ayurveda medical college, Kannur. Students from our college participated in 37 events and secured prizes and finished at 10th position out of 53 colleges in the very first attempt and later participated in Interzone conducted on February 17 Bella Ciao 2020 at Calicut Medical College and Finished at first position among dental colleges in Kerala.*



*The pandemic hit us and we were locked down in our homes but our Union doesn't want our students to be idle. So we decided to start our programs online through social media including online Independence Day. Online arts Dhwani 2020 which was our greatest Achievement and online Orumayude oronam 2.0 "when you want something all the universe conspires in helping you to achieve it". I congratulate the new Union 2021-22 and wish them success on their venture.*

# Message

## General Secretaries



*Adithya Lakshamanan & Vineeth R J*

*Coming together is a beginning;*

*Keeping together is progress;*

*Working together is success.'*

*As the union general secretaries we are overwhelmed with both joy and despair from the moment we are handed over with this responsibility. We have constantly tried our best to bring out new ventures with active participation of both staff and students. The past year has been a roller coaster for us. It has been different from the past years. When pandemic and lockdown hit us hard, we never lost our hope instead we stayed connected and passed on our spirits to beat the toughest days of lockdown. It was challenging yet interesting! We conducted various programs to showcase the talents via online platforms. Against all the odds we stood as one, proving the team spirit. We had an amazing volunteering team from our union and none of this would be possible if it weren't for them.*

*We would like to express our sincere gratitude to our beloved Principal, staffs, the Management, our seniors and juniors for their wholehearted cooperation and participation. We RVZ officially signing off and we wish our new union to hoist a new flag of hope and love and also to bring about a new era of changes in our college.*

## ACADEMIC REPORT

*We 'renoviantz' officially took charge as union starting from month of August. We had constantly tried our best to bring out new ventures including both staff, non teaching staff and students.*

*We happened to face a lot of struggles due to current pandemic situation happening around the globe, but we took it as a challenge and tried our best to keep up the spirits in conducting various programs.*



*Apart from all the important events we also managed to celebrate other occasions like world AIDS day, keralapiravi, women's day, Dentist day, Anti tobacco day, World environment day, Pedodontics day, Prosthodontics day, Cons and endo day, Omfs day etc.*



*We also gathered to join hands for the first memorial, to show our tribute to the soldiers who sacrificed in pulvama attack.*



*When pandemic and lockdown hit us hard we conducted various programs to showcase the talents of our dear friends through online platform. Likewise we stayed connected and passed on our spirits to beat the toughest days in lockdown. Other highlight of our union was Revive 2020 'A fresh coat for a fresh start'. All kmctians joined their hands to give new colors to the wall of badminton court.*





*No program can be a success without active participation. I take this opportunity to thank our enthusiastic team of staff and students for their cooperation and active participation in all our events.*



*Summing up, we have a well equipped infrastructure and efficient faculties that guided us in right way and a supporting Principal, and they all together comprise the real backbone.*

# Message

## *Arts Secretaries*



*Roshni Thomas & Anand Menon*

*It was on a monday morning that we extended our shoulder to take the responsibility for cultural in the Union, from there our first program "teachers day" to the last one" was indeed challenging for us . As cultural secretaries it's our privilege to bring you around the college through our magazine "OCCLUSION '21".*

*It was really hard to compress one and half years of our journey as union to fill colours to the pages of magazine leaving some of ours and our colleagues finest work inside. As our batch tag line says we are redefining our obstacles... We weren't ready to go down without a fight...*

*Against all odds that pandemic and lock down thrown to us we were able to conduct the first online arts in the college history "dhwani 20" We would like to express our sincere gratitude to our beloved Principal, Staffs, the Management, our mentors and juniors as it was a complete team effort. One big family as always its been*

## ONLINE ARTS FEST DHWANI 2020

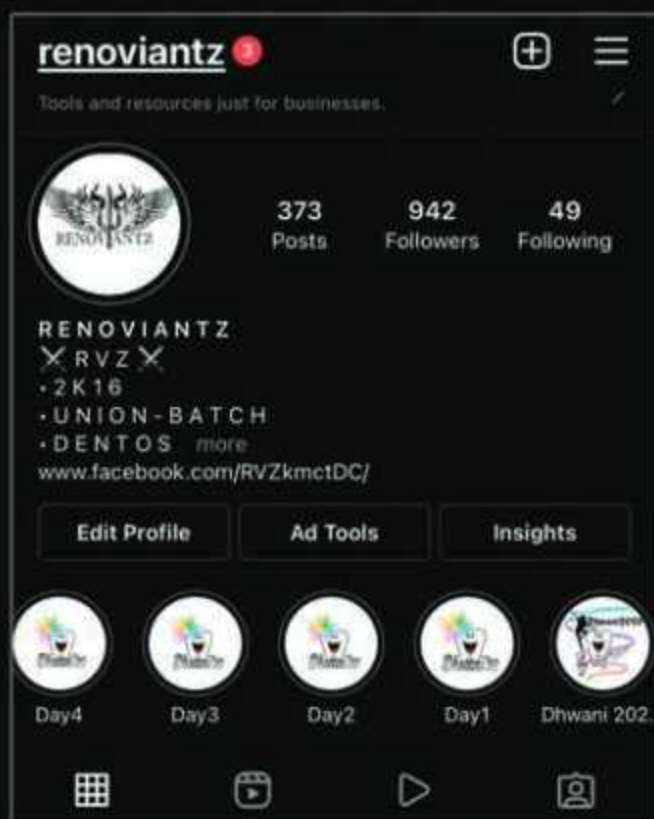
*We had no clue we would do something this strange and new. Everyone was stuck in homes and the scenario was totally different. But yet we were not ready to give up our chance.*

*We had no solved problems, because everything was absolutely new and we had no one to look upto. We had to sort out everything ourselves right from prick.*

*With nothing but with all the brains behind Dhvani 2020 and hands on miniscreens*

*And then the first ever history of online arts was took birth in the history of KMCT Dental college . Our last year fiesta comprised of online events which were conducted on 11th of May to 14th of May.*

*We were beyond excited to have full participation from all our staffs, PGs, Interns, students.*



*As we were all separated, we joined hand in front of miniscreens along with our beloved Principal, all HODs and staffs ,to hold the Inauguration of Dhvani 2020 online arts festival.*

## LITERARY EVENTS

Poem writing, Short story writing, Film review-

*It was such a honor to watch the all-rounded doctors among us yield words that were brutally beautiful.*

## ORATORY EVENTS

Recitation, Elocution -

*The ability to communicate vocally in a given language was amazing in different ways.*

## FINE ARTS

Pencil drawing, Live drawing, Cartoon-

*Dentists are itself artists and we had an amazing opportunity to witness the best among them.*

e-Poster, college making

*The ideas of getting something together to express one idea is awesome and our dear participants never failed in bringing new everytime.*



## MUSIC EVENTS

Film song, Classical music, Light music, Western music, Loop music

*It was indeed marvelous to witness the sweet and sour voices of KMCT*

*LOOP MUSIC was very interesting for the judges to watch and judge as it was a team work more than music*

## **DANCE EVENTS**

*Semi classical, Western Dance, Loop Dance*

*The dancers showcased us the full on power performances even viewers weren't lively present.*

*And also the loop dance was a bit challenging to all the competitors.*

## **OTHER EVENTS**

*Troll making, Online photography, Monoact, Tiltok*

*Those all were announced bit earlier to the fest and everyone had the opportunity to watch the hilarious trolls and genuinely related to the college life. We were not behind any trends and thus provided a better platform to everyone to act out their talents in the public platform.*

*We were able to publish every results in our social media page and also provided the videos of prize winning events. Fair and healthy competition was all we need. Title of Championship was given to our energetic seniors, Trigeriantz and was well deserving. Sneha sara john was awarded the Kalathilakam and Sharun shiva was awarded Kalapraphipa titles. Adastranz the runners up was not any behind.*

*We always wanted to create the experience everyone gave us from our past arts festa, but yet we humbled and honoured that we gather our little might and put up a little something for you guys.*

*Our sincere gratitude to all our staff, management, seniors, juniors for all the creative ideas put forward to us in our little screen.*



# Message

## *Sports Secretaries*



*Abhishek & Jaseena S.*

*Sport is such a field where people can learn many things related to the behavioural and psychological growth. It is not just an entertainment thing but also a process of keeping our body and mind perfectly fit.*

*To the budding athletes, we have a message for you that is to make your aim clear and pursue your dream. Richie McCaw once said "I don't believe in magic. I believe in hard work. Yes, there is no substitute for hard work. Try hard for what you are dreaming of. Prepare for it and you will definitely catch it up one day. Nothing can defeat your self determination and hard work. So go on. Achieve your goals. Once again remembering the words of Mark Spitz "If you fail to prepare, you are prepared to fail"*

*All the best !*

## SPORTS REPORT

*On 2019 Oct 23 rd to 31 the sports meet , "KSHATRA 2K19 "was held under the guidance of 2019-20 union batch of KMCT Dental College. The game events were held from 23-29 oct followed by the atheletic events from 30-31 oct respectively. Inspite of all the unfavourable circumstances (crossing all hurdles) with the immense amount of support and participation from both students and staff members ,we were able to conduct the program successfully. Moreover the great deal of participation from our dear teachers and staff members was the real highlight of KSHATRA 2K19.*



*The game events including Volleyball, badminton , throwball, chess, kho - kho were the events held from 23 - 29 and the athletic events including 100 m , 800 m running race , lemon and spoon , javelling throw , marathon on following days till 31<sup>st</sup> of October.*



*The official meet was concluded with prize distribution for the overall champions, individual champions and winners of individual events by Dr Binu sir, Dr. Ashik sir, Dr. Roshy sir.*



*The 2017 batch Vencedorz were the overall champions and the first runner up were staffs and pgs . The individual champions were Ashish Immanuel of 2K15 batch and Amrutha Mohan of 2K19 batch.*



*Under the guidance of our union batch, we participated on the D zone intercollege sports meet conducted during the month of september 2019. D-zone inter college cricket match was conducted on 16 th of september at Devagiri college ground ,Kozhikode and we won on the tournament and participated for 19 th and 20 th of september. We participated on the D-Zone intercollege volley ball tournament conducted on 30 th september at university college ground, Kannur and selected for the interzone volleyball tournament. Qe also participated in the foot ball tournament on September 11 at Medical college ground, Kozhikode.*



## EDITORS REPORT

Dr. Jaseela Saleem, 2016 Batch



2019-21 was the toughest year we have been through. Just like all the others, KMCT was also equally effected. we couldn't do to the expectations, but the efforts made was exceptionally a success to enlighten the art and creation.

### THAALIYOLA

An innovative approach from 2015 batch in the history of kmct that's been handovered to 2016 batch that is successfully reviewed every month to effortlessly express the talents and concepts of students and staff. Thaliyola wall magazine paves way for all the unheard matters to be heard ,unread to be read ,indeed provides expression exposure of art.



### DENTAL BUZZ

Another golden glory from 2015 batch, that is equally informative and sarcastic to the readers. It was released during the official ceremony of "NOELLA '19". unfortunately that was confined to one and only single copy due to the outbreak of corona pandemic happened couple of years back.

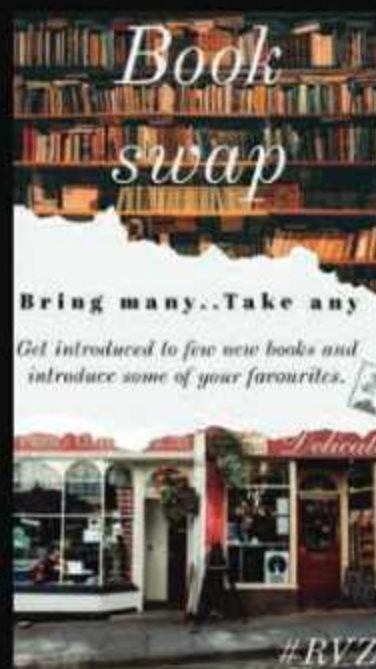




**CHAT WITH SCRIPT WRITER**  
Cinema is a way of effective communication at all eyes. Union batch has part hands with literary club during new year 2020 to awaken the ideas of movie aspirants, that was gathered at 7<sup>th</sup> floor of KMCT Dental College.

## BOOK SWAP

An exclusive event, part of literary club served a platform where every one can bring their early book collection and this melange of book formed a new 'little library'. This was also aimed at accessing the reading area without a card, but just solely trust.





*Live*

*Please live*

*To tell my story*

*Live*

*To smell the passerby*

*To tell them they are sweet or sour*

*Live*

*To console the distressed*

*To relate the victims*

*To speak on you and me*

*Live*

*The word is yet to hear*

*Speak out*

*And the thrashing waves*

*Kiss the pebbles hard*

*Speak till you die*

*Live to see me die for you*

*You can't stop my burning words*

*comprised of dark sparks*

*Can only stop my breath*

*never again you can stop*

*its unending echoing waves*

*I will make it burn eternally*

*even after my end*

*Shooting upto the hushing mouth*

*Then it comes the spring*

*You cannot react*

*So do i act*

*You my story teller*



‘സംഗതി അൽപ്പം ക്രിട്ടിക്കലാണ്.....’

മിലാന ആശുപത്രിയുടെ ICU വിന്റെ അകത്തളങ്ങളിൽ മുഴങ്ങിയ ആശങ്കയുടെ സ്വരം അവളുടെ പാതിയടഞ്ഞ കാതുകളെ അസ്വസ്ഥമാക്കി. ശരീരമാസകലം നിറഞ്ഞ കുഴലുകൾക്കും മരുന്നുകൾക്കും അപ്പുറം വെള്ളക്കെവചധാരികളുടെ കണ്ണുകളിലെ പ്രത്യാശയായിരുന്നു അവളുടെ പ്രാണവായു. ഹൃദയത്തിന്റെ ഓരോ തുടിപ്പിലും നിറഞ്ഞ ജീവനുവേണ്ടിയുള്ള പോരാട്ടം കട്ടിലിനരികിലെ ഇ. സി. ജി. സ്ക്രീനിൽ തെളിഞ്ഞപ്പോൾ പരസ്പരം ചേർന്നു നിന്ന കൺപീലി കുളളിലൂടെ അവൾ നോക്കി കിടന്നു. മരണത്തിലേക്കുള്ള ദൂരം ഇനിയെത്ര നാളെന്നറിയാതെ.

പെട്ടെന്ന് ചുറ്റുമുള്ള സൈറണുകൾ മുഴങ്ങി. ശരീരമാസകലം വേദനകൊണ്ട് പൂളഞ്ഞു. തൊണ്ടയിൽ കുരുങ്ങിയ വാക്കുൾക്കുള്ളിലെ മൗനം അലറിക്കരഞ്ഞു..... ‘ഒരൽപം പ്രാണവായു’. മരണത്തിന്റെ നിഴൽ പതിഞ്ഞ ഇരുട്ടിലേക്ക് കുതറിയോടിയ സമയത്തിന്റെ ഏതോ യാമത്തിൽ അവളുടെ ഓർമ്മകൾ നിശ്ചലമായി, എന്നെന്നേക്കുമായ്. ‘മോളെ.....’ ഉമ്മറപ്പടിയിലെ ചാരുകസേരയിൽ നിന്ന് ഞാൻ ചാടിയെഴുന്നേറ്റു. സ്വപ്നമായിരുന്നു, യാഥാർത്ഥ്യത്തിലേക്ക് എപ്പോൾ വേണമെങ്കിലും ഓടിയടുക്കാവുന്ന സ്വപ്നം.

‘ഇല്ല ..... ഒരിക്കലും ഇല്ല’ ആശ്വാസ വാക്കുകൾ കൊണ്ട് സ്വയം തിരുത്തി ഞാൻ കസേരയിലേക്ക് ചാഞ്ഞിരുന്നു. കൊറോണ ബാധിച്ച് ആശുപത്രിയിലുള്ള മകൾക്ക് രോഗം മുർച്ഛിച്ചുവെന്ന് ദിവാകരൻ വന്ന് പറഞ്ഞപ്പോൾ തൊട്ടുള്ള ആധിയാണ്. ലോകം മുഴുവൻ ഏതോ മഹാമാരിയിൽ ഉലയുകയാണ് എന്ന വാർത്ത കണ്ടപ്പോൾ തൊട്ട് ഞാനവളെ വിളിക്കുന്നുണ്ട്. നാട്ടിലേക്ക് മടങ്ങിയെത്താൻ നഴ്സ് എന്ന മാലാഖയുടെ മാഹാത്മ്യം പറഞ്ഞ് അവൾ പിടിമുറുക്കിയപ്പോൾ ഞാൻ എന്റെ അവസാന ആയുധം പുറത്തെടുത്തു. ‘നിനക്ക് അമ്മയാണോ നിന്റെ ജോലിയാണോ വലുത്?’. ആ വാക്കുകൾ അവളെ വേദനിപ്പിച്ചിട്ടുണ്ടാവുമോ. വെള്ളയിൽ ചുവന്ന പൂളളിയുള്ള ഫ്രോക്കുമിട്ട് എന്റെ സാരിത്തുമ്പിലൊളിച്ച് നടന്ന മൂന്ന് വയസ്സുകാരി ഇന്ന് തുവെള്ള കോട്ടിട്ട് രോഗികളുടെ കരം പിടിക്കുമ്പോൾ സ്വന്തം അമ്മയുടെ സ്വാർത്ഥതയ്ക്കുമുന്നിൽ കീഴ്പ്പെടാൻ അവളുടെ നിശ്ചയദാർഢ്യം അനുവദിച്ചില്ല. എവിടെനിന്നൊക്കെയോ ശേഖരിച്ച മുൻകൂതൽ വിവരങ്ങളൊക്കെയും ശബ്ദ സന്ദേശങ്ങളായി ഞാനവൾക്ക് കൈമാറി..... അവൾക്കറിയാമായിരുന്നെങ്കിൽ കൂടിയും. എന്നിട്ടും എത്രയോ മൂറിവുകളുണക്കിയ അവളുടെ ശരീരവും രോഗത്തിന് അടിമപ്പെട്ടു. കണ്ണുനീർത്തുള്ളിയുടെ ചുടേറ്റ് ഓർമ്മകളുടെ കുഞ്ഞൊഴുക്കിൽ നിന്നും ഞാനുണർന്നു.

പെട്ടെന്ന് ഒരു ഫോൺ ശബ്ദം. നിശബ്ദതയെ കീറിമുറിച്ച ആ ശബ്ദമെന്തോ എന്റെ ഹൃദയമിടിപ്പിനോട് മത്സരിക്കുന്നതുപോലെ. പ്രതീക്ഷയുടെ പുതുവാർത്തയ്ക്കായി ഞാൻ പാഞ്ഞു. വിറയ്ക്കുന്ന വിരലുകൾ ഫോണിൽ മിന്നിയ പച്ചവെളിച്ചത്തിൽ പതിഞ്ഞു. മറുകോണിൽ നിന്നേതോ അപസ്വരം മുഴങ്ങി. രാത്രിയുടെ ഇരുണ്ട വെളിച്ചത്തിലാരോ കറുപ്പിന്റെ തിലകക്കുറി ചാർത്തിയ പോലെ. ഇരുട്ടിലാണ്ട മാതൃത്വത്തിന്റെ മടിത്തട്ടിൽ മകൾക്കായ് ബാക്കി വെച്ച അവസാനത്തെ കണ്ണുനീർത്തുള്ളിയും പിടഞ്ഞൊടുങ്ങി. സേവനത്തിന്റെ ഒരായിരം പൊൻവസന്തം തീർത്ത ആ പൂക്കാലം ഇനിയില്ല എന്ന ഓർമ്മപ്പെടുത്തലോടെ.....

## SPOOKY TIME

Dr. Asif Ismail, Dept. of Pedodontics



Hi friends ...!! Let's have a spooky effect of a real life try incident .

One fine day , I came back after my college and entered my apartment. I kept my bag below the table and got freshen up , changed to my pyjama's and was feeling very refreshed . For a moment , I glanced to the window and went beside the window to enjoy the beautiful scenery of the evening episode of the outside world.

For a moment, I felt like something different, it was as if a cool breeze blowing from behind to back of my neck and also, I could sense a cold feeling in my room. I slowly turned back and to my astonishment, I saw my emergency light button was slowly moving forward and the light got on by its own. Though I was shocked, I was not tensed, but I slowly walk passed through the main door and went and knocked my neighbour and requested him to come to my room and to switch off the emergency light . Sooner , he came and turned it off .

He then inquired why i made him do this . After my narration , you can imagine his surprises and scary look in his face with a partial mind set that i was playing prank to him . He went back to his room while I returned back to my room and took the emergency light and dumped it to the garbage area . Next day i didnt see the emergency light though the cleaner has not turned upside that morning , but I pray to all those reading this story that the emergency light was white in colour .

" Thank you "

## COVID TEST QUIZ

Lady Bunch of Pedodontics



1. Which place in india reported the first covid case?
2. What does CT value in RT-PCR refers?
3. When was covid 19 declared as pandemic by WHO?
4. What does coroba in coronavirus means?
5. What is the eclipse period of SARs covid?
6. Which is the FDA approved drug for the treatmeny of covid 19?
7. Which is the protein present on coronavirus surface?
8. When did the second phase of covid vaccinationstarts in india?
9. What does MIC-S refer to?
10. Manufacturer of Covaxin?
11. First candidate to receive covid19 vaccination in india?

### ANSWERS

1. Thiruvananthapuram
2. Cycle threshold
3. March 11 2020
4. Gaozhou
5. 10 hours
6. Zymo Research
7. S protein
8. March 1 2021
9. Ministry of Health and Family Welfare
10. Bharat Biotech
11. Manish Kumar

## DAPHNE'S LAMENT FOR THE DYING FORESTS

Dr. Elsy P. Simon, Dept. of Conservative and Endodontics



*Anthropos my brother!!  
Hear my dirge,  
As i watch my kin broken;  
Lifted away to a land unknown  
  
Gone are the days when our voices entwined  
With our feathered cousins nesting on my bough  
Zephyrus playfully caresses my greeb tresses;  
Kits flit through my foliage nibbling my sweet offerings  
  
Have i not shared flower and fruit with thee,  
Kept ye warm as ye burnt my trimmings  
Shaded ye babes from helios,  
As they played hide and seek  
  
Anthropos, my brother!!  
Ye would bed with Eris;  
Thy off-springs her slaves  
She would see me burn on her hearth  
And laugh with mirth as i sing my swan song  
  
Hark!! brother dear,  
Our mother awakens  
She hears my tortured screams,  
And calls to zephyrus and zeus  
  
Oh, Woe!! Beloved brother  
My heart bleeds for thee  
That i should watch thee flee  
Scamper like ants from Zeus's bolts  
  
Return to me Anthropos  
Let not Eris entice thee with riches  
For what good is gold,  
When there is naught to share it with*

*Foot note:*

**DAPHNE**-Greek personification of the laurel tree

**ANTHROPOS**-Greek term for man

**ZEPHYRUS**-Wind god

**HELIOS**-Sun god

**ERIS**-Goddess of chaos



അന്ന് തിരക്കുള്ള ഒരു ഒ. പി. ദിവസം ആയിരുന്നു. സ്ഥിരം പൾപ്പെറ്റിസം പെരിയഡോൺ ടൈറ്റിസം വരുന്ന കുട്ടത്തിൽ ചില സ്പെഷ്യൽ കേസുകൾ ലഭിക്കുക എന്നത് വളരെ ഭാഗ്യമായാണ് നമ്മൾ കരുതുക. കാരണം ഈ കൊറോണ കാലത്ത് വളരെ കുറച്ചു മാത്രം വരുന്ന കേസുകളിൽ ഇങ്ങനെ സ്പെഷ്യലായത് കണ്ടാലാണല്ലോ നമ്മൾ സ്പെഷ്യലിസ്റ്റായ ഡോക്ടറാവുകയുള്ളൂ.

അങ്ങനെ സ്പെഷ്യലായ അസുഖങ്ങൾ കാണുമ്പോൾ പിന്നീട് നമ്മുടെ മൊബൈലിൽ അവരുടെ നമ്പറുകൾ നമ്മൾ സേവ് ചെയ്യുന്നത് അവരുടെ അസുഖം എന്ന ഇനിഷ്യൽസും ആയിട്ടാവും. ഉദാഹരണമായി ജമീല ലൈക്കൻ പ്ലാനസ്, അപ്പോക്യൂട്ടൻ ലൂക്കോ പ്ലാക്കിയ എന്നിങ്ങനെ നീളുന്നു നമ്മുടെ കോൺടാക്ട് ലിസ്റ്റ്. ഈ വരുന്ന ഓരോ വ്യക്തികളും നമ്മുടെ ജീവിതത്തിലേക്ക് എന്തെങ്കിലും ചിന്തകൾ നൽകി യിട്ടായിരിക്കും നമ്മുടെ ഒ. പി. ചെയറിൽ നിന്ന് പോകാറുണ്ടാവുക. അങ്ങനെ ആ തിരക്കുള്ള ഒ. പി. ദിവസം വന്ന് ഒരു വലിയ പാഠം പഠിപ്പിച്ച ഒരു വ്യക്തിയുടെ അനുഭവം തന്നെ ഞാൻ എഴുതാമെന്ന് വിചാരിക്കുന്നു. അന്ന് 23 വയസ്സിലധികം പ്രായമുള്ള ആ വ്യക്തി ഒ. പി. ചെയറിൽ കിടക്കുമ്പോൾ അവൻ ഭിന്നശേഷിക്കാരനാണെന്ന് ഞാൻ അറിഞ്ഞിരുന്നില്ല. പതിവുപോലെ ചീഫ് കമ്പ്യൂയിന്റ് ചോദിച്ചപ്പോൾ മറുപടി പറഞ്ഞത് അവരുടെ മാതാപിതാക്കളായിരുന്നു.

രണ്ടുമൂന്നു ദിവസമായി അവന്റെ വായിൽ നിന്ന് പഴുപ്പ് വരുന്നു എന്നായിരുന്നു അവന്റെ മാതാപിതാക്കൾ എന്നോട് പറഞ്ഞത്. ഇത്തിരി അഹങ്കാരത്തോടെ ഞാൻ അവനെ പരിശോധിക്കുമ്പോൾ ശക്തമായ ദുർഗന്ധം മൂലം എനിക്ക് അതിന് സാധിച്ചിരുന്നില്ല. എന്നിലെ സ്വാർത്ഥമായ ഡോക്ടർ രണ്ടു മാസ്ക്കും ധരിച്ച് വീണ്ടും അവനെ പരിശോധിക്കാൻ തയ്യാറെടുത്തു. മൗത്ത് മിറർ അവന്റെ വായിലേക്ക് ഇടുംതോറും മൗത്ത് മിററും വായിലെ പഴുപ്പും ഒരുമിച്ച് അവൻ വിഴുങ്ങുന്ന കാഴ്ചയാണ് ഞാൻ കണ്ടത്.

ഒരു നിമിഷം എനിക്ക് ഓക്കാനം അടക്കാനായില്ല. വളരെ വലിയ ആത്മസംഘർഷത്തിലായി ഞാൻ. ഡോക്ടറായി സ്ഥാനം ഏൽക്കുമ്പോൾ രോഗിയുടെ നന്മക്കു വേണ്ടി യത്നിക്കും എന്ന് നമ്മൾ വാഗ്ദാനം ചെയ്തുകൊണ്ട് പ്രതിജ്ഞ എടുക്കാറുണ്ട്. ഒരു നിമിഷം ഞാൻ അത് മറന്നുപോയി. അവന്റെ മാതാപിതാക്കളുടെ മുമ്പിൽ ഓക്കാനം അടക്കിപ്പിടിക്കാൻ ഞാൻ വളരെയേറെ പാടുപെട്ടു. പിന്നീട് ഞാൻ അവനെ പല്ല് എടുക്കുന്നതിനുവേണ്ടി റഫർ ചെയ്തു. വളരെ ധീരമായി തന്നെ അവർ ആ കർത്തവ്യം നിറവേറ്റി. ആ പ്രതികൂല സാഹചര്യത്തിലും അവന്റെ മാതാപിതാക്കളെ നോക്കി ചിരിച്ചു നിൽക്കുക എന്നത് നല്ല അഭിനേതാക്കൾക്കേ സാധിക്കൂ എന്ന് എനിക്ക് ഒരു നിമിഷം തോന്നിപ്പോയി.

ഇതെല്ലാം കഴിഞ്ഞപ്പോഴാണ് അവരുടെ കഥ ഞാൻ അറിയുന്നത്. ആ അമ്മയുടെ രണ്ട് മക്കളും ഡൗൺ സിൻഡ്രം ബാധിച്ചവരാണ്. പക്ഷേ ആ രണ്ടു മക്കളെയും അവർ നോക്കുന്നത് ദൈവത്തിന്റെ അനുഗ്രഹമാണെന്ന് വിശ്വസിച്ചുകൊണ്ടാണ്. ഒരു മാതാപിതാക്കളും കടന്നുപോവാത്ത വഴികളിലൂടെയാണ് അവർക്ക് ഈ കാലമത്രയും സഞ്ചരിക്കേണ്ടി വന്നിട്ടുള്ളത്. പക്ഷേ സമൂഹം അവരെ ഇന്നും ചേർത്തു പിടിക്കാൻ മടിക്കുന്നു.

എല്ലാം കഴിഞ്ഞ് ആ അമ്മ എന്നെ കാണാൻ വന്നിരുന്നു. എന്നിട്ട് തികഞ്ഞ സന്തോഷത്തോടെ എന്നെ നോക്കി പറഞ്ഞു നന്ദിയുണ്ട് ഡോക്ടർ. ഞാൻ സന്തോഷത്തോടെ എടുത്ത ഹിപ്പോക്രാറ്റിക് ഓത്ത് അപ്പോൾ ഓർമ്മയിൽ വന്നു. 'I will provide care to all patients regardless of sex, race, life style etc.'



*It was a Dark night... I was standing on the bridge waiting for him. This is the place we first met. I am on vacation and was taking a walk through the countryside. That was when he came to my life. His handsome face was sweating profusely with music in his ears...He jogged towards me, with a confused brow.*

*"New here?"*

*"Yea... I'm on vacay here"*

*"That's nice... this is my regular path... Chris" "Anna"*

*"Nice to meet you... hope to see you soon"*

*"Me too." crossing my fingers behind my back...he flashed back with the most attractive smile and jogged away. From next day, I made sure that I never missed a day without seeing him...Meeting at the bridge led to dating and now he is officially my boyfriend.*

*"Hey" snapping me off from the memories. "Chris" I happily jumped onto him giving him the tight hug. Instead of a bright smile, I saw a cheerless face.*

*"What happened?? Are you alright ??"*

*"I wanna say something, Anna"*

*I looked deeply into his eyes, realizing something was wrong.*

*With a trembled voice, he said "I think we should not see each other again."*

*I just stared at him with shock. I was not expecting this. I am not able to move or talk. "Anna... say something."*

*"Why???" forcing the word off my mouth.*

*"It's just not right" burying his face into his hands.*

*"We are perfect for each other. I know it's just few weeks...I just gave my resignation letter to stay with you forever. Did I do something wrong?? I will do everything the way you like. I'm sorry. I'm really sorry. I will do things right... Please don't leave me" realizing tears rolling down my cheeks. He turned and walked back hiding away his tears. "Im sorry Anna... it's not you. Its me...and there's nothing we can do about it."*

*"We can fix it ...there's nothing in this world that love cannot fix. Please give me a chance" Anna cried. I ran towards him and hugged from behind. "Please." He pushed me away and was walking towards his car. I fell down feeling completely hopeless and low.*

*I shouted "Chris... If you have ever loved me truly, can I make a final wish? Can I be with you tonight till the sunrise, please? I promise I will never meet you again." He stopped for a moment. He opened his car door for me. I felt relieved and ran towards him.*

*With a heavy heart, we stand silently. Tears kept rolling down my cheeks and my shivering has not stopped. I looked him along the corner of my eye. He never took his eyes off the road. I cant read his face. I still can't believe what happened.*

We finally reached town and stopped at a carnival. He looked at me and said "you love carnivals, right? I couldn't think of a better place." He was right. I loved carnivals but not today. He opened the door for me and I don't think I can't disagree now. The carnival was wonderful with all the colours, games, rides and prizes. I always wished to come here with him but not in this way. We silently walked through all the laughter and joy. He tried to break the silence "Shall we go for a ride for old times' sake?" I nodded and he pulled me towards the roller coaster. I sat silently beside him but we burst off in the middle of the ride. We laughed looking at each other. We went rides after rides and games after games, we had a great night. He looked into my eyes as he won't let me away. My eyes were all love for him. I can't love any other person as I loved him. He looked away and said "it's time to go."

He took me back to the bridge. We looked eye to eye and he finally said "Im sorry Anna. I didn't meet you by accident. I was told to. I was ordered to kill you." I was taken aback "Kill me??? Why??? Why me??"

"I don't know. I am not supposed to ask questions back. I only take orders from my master."

"Chris. I have only loved you. From the very bottom of my heart. That is why I resigned from my job. But if they know that I was found or identified, they will definitely find me and crucify me. So, I guess, I will have to take up my job and do as I was told".

"What??"

I took my gun and aimed for his head "my love is true but I can't cheat my country." He looked shocked I opened fire. Blood splattered everywhere. "Goodbye my love."

## നാലിനിയും എന്നും

Athul P S, 2018 Batch



ഏതോ പാട്ടിൻ വരികൾ കേട്ടപ്പോൾ  
അവളുടെ മുഖമിന്നാദ്യം  
പിന്നെയുമെൻ മനം നിറയെ  
ഏതോ മഴ കഴിഞ്ഞെത്തിയൊരുകാൽ നീ  
വീണ്ടും എന്നകതാമിനുള്ളിൽ  
പിന്നെയുമെൻ മനം നിറയും  
ഏതോ മഴയിൽ നീ തന്ന കൂടയിൽ  
ആ മധുരമനോഹരനേരം  
ഇനിയൊക്കലും വരുമോ  
ഒരുനൂറുസ്വപ്നം ഒരായിരം വരികൾ  
പാട്ടായ് പാടുവാൻ തോന്നും  
ഈ പാട്ടിൻ ഈണം നീയെ....  
നിന്നീണമായ് മാറാം ഞാൻ ശ്രുതിയിലലിയാം  
ഈ വരികളെനിക്കാണെങ്കിൽ....

ഈ വരിയിൽ ഞാനാണെങ്കിൽ....  
എന്നുമെൻ മിഴികൾ നിൻമുഖം തേടും  
അരികിൽ നീയൊന്നുവന്നാൽ  
ഞാൻ നിൻ നിഴലായ് മാറാം  
അവളേ കണ്ടാലെൻ മിഴികൾ തെളിയും  
അനുരാഗമായതു നനയും  
ആ നനവിലെൻ ഹൃദയവും പൂക്കും  
മന്ദരം പൂത്തു മധുമാസം വന്നു.....  
ഒരു മലരായ് നീയതിൽ വേണം  
ഈ മധുരം നുകരുവാൻ കൂടെ...  
ആ പൂവായ് ഞാൻ മാറാം തേനിതളുകൾ നൽകാം  
ഒരു വണ്ടായ് നീയതിൽ വന്നാൽ  
എന്നും എന്നെ പൂണമാൻ





**PERCEIVED SOURCES OF STRESS AMONGST DENTAL STUDENTS IN DENTAL COLLEGE: A CROSS SECTIONAL STUDY**

Abhishek S Nair, Aparna P.M., Dr. Dhanya Muraliedharan, Namitha Padmakumar, Reshma Prasad, Aysha Suha MN

**INTRODUCTION**

The term stress describes external demands (physical or mental) on an individual's physical and psychological well-being. It is normal for everybody to experience stress to some extent, but too much stress may be harmful. Attending a school, college or university is a rewarding experience but it is also a time of considerable anxiety and stress for students. Students are subjected to different kinds of experiences which makes them vulnerable to undergo a lot of stress.<sup>1</sup>

Stress in dental students may be multi-factorial, arising from both the academic and socio-cultural environment, and attributable to social support issues (emotional and financial).<sup>2</sup> There is some evidence that interpersonal factors more importantly the continuous scrutiny of staffs and excessive demands on performance made by the faculty in the dental school is highly stressful for students.<sup>3</sup> There is a dearth of work regarding stress sources in Indian undergraduate dental students. Hence, this study was aimed to determine the potential sources of stress in undergraduate dental students. This knowledge could be used to institute requisite institutional changes, and encourage the healthy active strategies to combat stress and improve academic performance and psychological well-being of dental students. The aim of this study is to assess the factors associated with stress in dental students in a dental college.

**MATERIALS & METHODS**

An institution based cross-sectional study was conducted among final year students and interns of KMCT Dental College in Kozhikode, Kerala. Ethical clearance for conducting the study was obtained from the Institutional Ethics Committee. Informed consent was obtained from every subject prior to the start of the study. The proforma was

pilot tested on 10% of the population randomly selected. Study was done for a period of 2 months. Study population consisted of 4th (final year) and house surgeons of the dental college. A sample of 150 students were included in the study and participation in the study was voluntary.

Inclusion criteria: All the students from final year and Internship. Exclusion criteria: Students not willing to participate, students absent during the day of study.

Sample size was calculate using the formula; total of 150 subjects will be selected.

$$N = \frac{Z_{\alpha/2}^2 \times p(1 - p) \times D}{E^2}$$

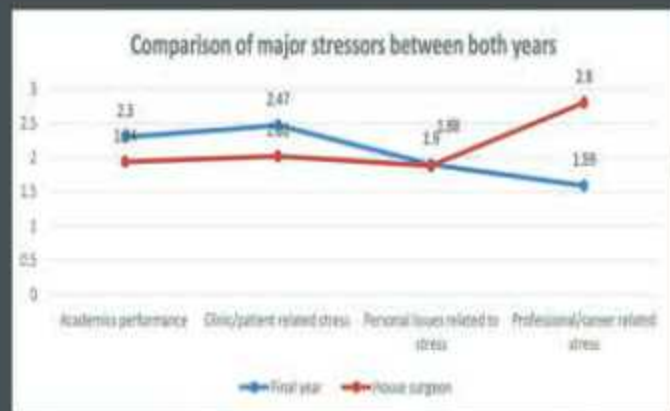
A self-administered questionnaire was distributed to the students in their classes prior to lectures. An opportunity to ask questions were provided and clarifications were made. Questionnaire used in the present study comprised the modified version of the questionnaire used in Dental Environmental Stress (DES) survey, which was validated and translated to suit the Indian dental environment. The responses to the items were based on a four-point Likert scale with response options of 1 = not stressful, 2 = slightly stressful, 3 = moderately stressful and 4 = very stressful.

**STATISTICAL ANALYSIS**

The data will be analyzed using SPSS version 20. Descriptive statistics will be computed for all the independent and dependent variables. All the continuous variables will be subjected to test for normality and further independent t test will be performed. Level of significance kept at,  $p < 0.05$ .

**RESULTS**

A total of 150 subjects participated in the present study, 66.7% from final year and 33.3% were house



surgeons. The students were in the age group of 18–23 years, with mean age group 20.49. Among the 150 students, 24% (36) were males and 76% (114) were females. Female students were more when compared to the male students in both the years.

## DISCUSSION

Among the medical profession dental education is considered to be very stressful for students. The findings are consistent across different countries, universities, and curriculums.<sup>3,5</sup> Dental training includes clinical postings in various departments, completion of specified number of patient procedures called as "quotas", attending lectures, seminars, preclinical works and studying for examinations add to the overall stress.

This may be because the students may feel humiliated when staffs don't approve their work which they expect to do irrespective during the clinical posting it's the difficulty in decision making regarding patient selection and treatments which put the students under the stress and also to cope up with the prescribed quotas by each university. Staff insisting to complete the quotas on time was reported to be a major stressor, as every speciality have there on regulation regarding quotas. It also depends on the general out patient in that particular college and also the number of students posted.

No significant difference was found in our studies in terms of student anxiety and stress related to the personal issues. Problems like drug dependency, financial constraints or relationship issues are not significantly causing any stress in the students. Similar findings were observed in study conducted in Bangalore, India.

Worries regarding the future after BDS is the main concern for stress among the students and this is alarmingly high in house surgeons, majority of them are insecure about the future whether to practise dentistry after the course or to do a post-graduation. Unemployment is also one of the major factors for stress among the students but this was in contrary to the study done in Malaysia.<sup>6</sup>

An introspection and reconsideration of the existing curriculum in the dental education system is essential to foster a regime which is more student-centred and help in coping stress amongst students. According to Schwartz et al, the establishment of student advisors and counsellors within a dental school, combined with a faculty advising system and student-oriented programmes, have contributed to an improved educational environment.<sup>7</sup>

## CONCLUSION

Our study shows that the prevalence of perceived stress is high among dental students. In the present study it was found that students are worried about their academic performances, they are highly stressed in their clinical postings and academics. Insecurity regarding career was the major source of stress reported by the house surgeons. Students should be taught positive coping strategies and various stress managing techniques to improve the ability to cope with the stress in this demanding profession.



സ്നേഹത്തിന്റെ ദിവ്യഗോപുരങ്ങളിൽ  
മൗനത്തിന്റെ ചതിക്കുഴികൾ  
പ്രണയത്തിൻ നീർച്ചോലയിൽ  
വഞ്ചനയുടെ നഷ്ട സ്വപ്നങ്ങൾ  
ആത്മവിശ്വാസത്തിന്റെ പള്ളിമണികളിൽ  
ആത്മരോദനത്തിന്റെ കൊള്ളിയാനുകൾ  
ദേവാലയത്തിലെ കോളാമ്പി മോളത്തിനും  
പരസ്പര വിദ്വേഷത്തിന്റെ വികൃതമുഖം  
ഹൃദയത്തിൽ നിന്നുയരുന്ന  
ആശ്വാസ വാക്കുകൾക്ക്  
മദ്യകാമപേരയുടെ വെബ്സൈറ്റുകൾ  
സമയത്തിന്റെ തുലാസിന്  
സംഹാരത്തിന്റെ മെഗാസീരിയലുകൾ  
കാനനഭംഗിയിൽ പാടുന്ന  
കോകില സ്വരത്തിന് പകരമിന്ന്  
കോൺക്രീറ്റ് കാട്ടിലിരുന്ന്  
സി. ഡി. കൾ പാടുന്നു കൂപ്പ് കൂപ്പ് ഹോത്താഹേ  
ചോദിച്ചുവാങ്ങുന്നതിന്റെ പേർ സ്ത്രീധനം  
ചോദിക്കാതെ കിട്ടുന്നു പോക്കറ്റ് മണി  
സ്ത്രീധന നിരോധനത്തിന് വരുന്നത്  
സിന്ധനയും ലക്ഷവും ആദ്യം വാങ്ങിയോർ  
കളിയിലദയാനിച്ചു ജയിച്ചാൽ  
കിട്ടുന്നത് ലക്ഷങ്ങൾ  
കണ്ടറിഞ്ഞു തോറ്റാൽ കോഴകളായി  
കോടികൾ കീഴയിൽ  
ഉറങ്ങുവാൻ ഡ്യൂറോഫ്ളകസുകൾ  
ഉണരുവാൻ കണ്ണൻ ദേവനുകൾ  
ദീർഘനിശ്വാസത്തിനു ക്ലോസപ്പുകൾ  
ദീർഘദൂരത്തിനു കാലിബറുകൾ

A girl of 8

## THE TINT TRAIL

Aygun MT 2020 batch



Dr. Amir, Dept of pedodontics



Devika shaji, 2019 batch



Dr. Insha mohammed, 2016 batch



## THE TINT TRAIL



*Fathimathul Safa, 2017 Batch*



*Devika Shaji & B Devika, 2019 Batch*



*Anusha M N, 2019 Batch*



*Abhijith 2019 batch*

## CLICK IN A FLICK

*Dr. Delsiya John, 2016 Batch*



*Navaneeth Krishna, 2018 Batch*



*Neeshma, Reception Staff*



*Dr. Vaishnavi, Deot. of Pedodontics*



## ***CLICK IN A FLICK***



***Dr. Nivea Francis  
Dept. of Prosthodontics***



***Vaisakh, 2017 Batch***



***Dr. Athul Chandra  
Dept. of Conservative & Endodontics***

***Dr. Niyas V. 2016 Batch***



# THE CRAFT ARENA

*Dr. Linsha Mohammed  
2016 Batch*



*Dr. Shakkir Jamal  
2015 Batch*



*Fathimath Ashmira  
2017 Batch*

# THE CRAFT ARENA

*Dr. Vishnu Raj  
2014 Batch*



*Dr. Suhaila  
2015 Batch*



*Dr. Fathimath Ashmira  
2015 Batch*

### THIRD ALUMNI MEET REPORT 2021

*Our Principal, Dr Manoj Kumar, formed the Alumni organising team and called for a meeting for conducting the Alumni meet celebrating the 15th year of our ALMA MATER, KMCT DENTAL COLLEGE.*



*The organising committee included,*

- 1. Finance controller – Dr Manoj Kumar KP*
- 2. Treasurer – Dr Santhosh VC*
- 3. Alumni co-ordinators – Dr Sajai Bharath , Dr Pooja Udayan*
- 4. Stage and Transport – Dr Abhishek*
- 5. Food committee – Dr Aswathy Vinod*
- 6. Scientific committee – Dr Navia George*
- 7. Entertainment committee – Dr Harish kumar, Dr Binu Purushothaman, Dr Santhosh VC*
- 8. Gift committee – Dr Hamesh*
- 9. Registration desk – Dr Anju R V , Dr Anjali Vellody , Dr Pooja Udayan*
- 10. Brochure and Advertisment – Dr Niyas*
- 11. Hospitality – Dr Zainul Ameen*



*The date for the Alumni meet was finalised for 31st OCTOBER 2021 (Sunday). Each members of the organization committe were assigned duties. The program included a scientific session on laser in the morning which was conducted by Department of Periodontics. This was followed by department visits and interaction. All teaching and non-teaching faculties were present on that day in their respective departments. This was followed by lunch.*



*The Inauguration and Annual general body meeting started at 4:00 pm which included welcome address by Dr. Marium Raheema (Prof. Dept. of Pedodontics). This was followed by Principals message. Chairman Dr K Moidu, CEO Dr. Nawas K M, Director Dr. Aysha Nazreen*

### THIRD ALUMNI MEET REPORT 2021

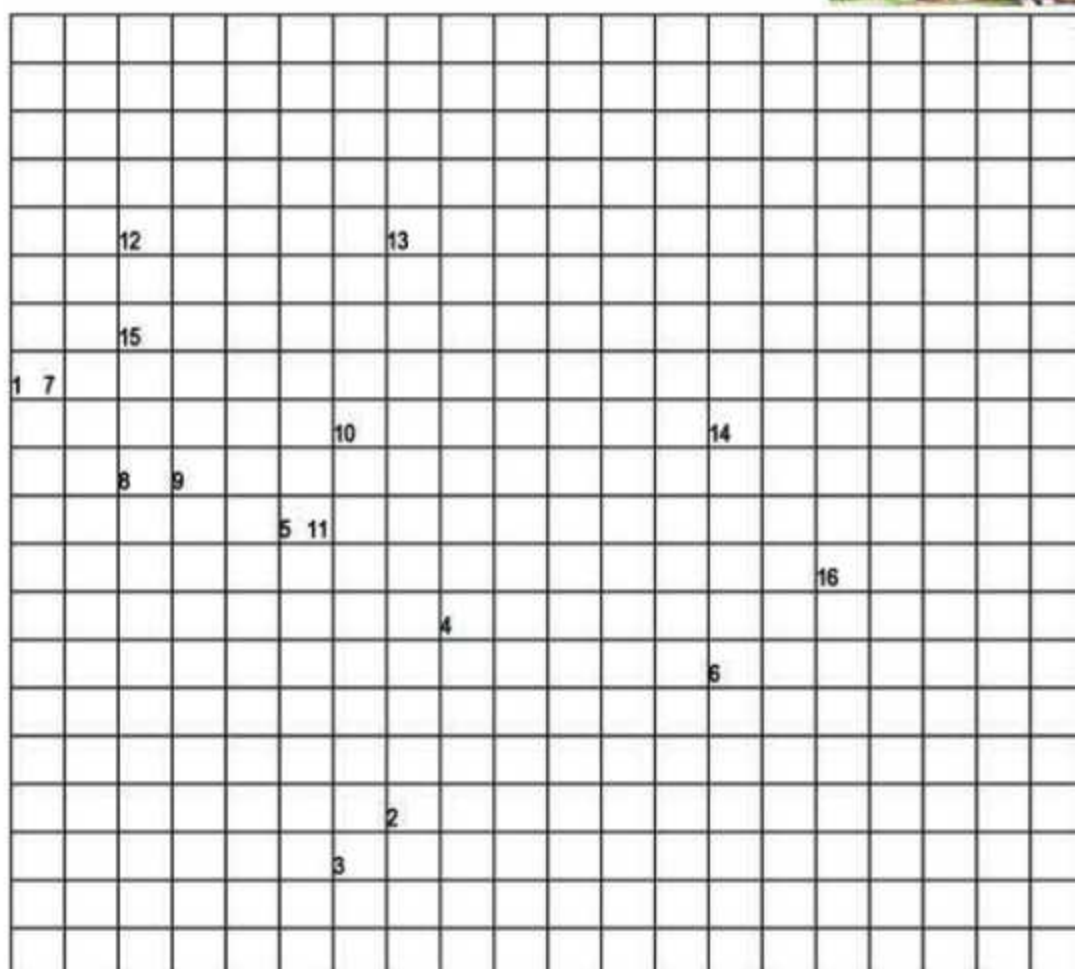
addressed the alumni. This was followed by an address by Dr Harish Kumar (Prof & HOD Dept of Periodontics). Dr Binu Purushothaman (Prof & HOD Dept. of Orthodontics) concluded the official inauguration by delivering the vote of thanks.

The official inauguration ended with the National Anthem. Gift counters were open and all registered alumni's were given gifts (Coffee mug & Jute bag) as a token of love and appreciation. Cultural extravaganza started at 6:00 pm which included a variety of dances, songs and games by alumni, staffs and students. The program ended at 8:00pm which was followed by dinner.



# CROSSWORD PUZZLE

*Lady Bunch of Periodontics*



1. First Indian athlete to win gold medal for India at the Olympics
2. Kerala State Award winner for the best writer and director in 2021
3. Man of the series in IPL 2021
4. Operation "Samudra Sethu" On May 7th was adopted by
5. Pragnanandhaa was famous for
6. What was peculiar about the release of the Movie "Soofiym Sujathayum"?
7. First chairperson of "NITI AYOGE"
8. The real name of Prem Nazir
9. Lalit Batia was related to which incident?
10. Where does Eastern and Western Ghats meet?
11. Scotland of India
12. Who designed the Indian rupee symbol?
13. First tobacco free city in Kerala
14. The Connolly canal was constructed during the tenure of which collector?
15. Which state has won award from world travel mart London for exemplary activities during Covid 19?
16. Which Indian personality has been chosen for global visionary of sustainable business and peace honour?

Hint: Across- 1,2,3,4,6,8,10,11,12 Down- 5,7,9,13,14,15,16

## ‘മഹാനായ’ ചങ്ങാതി

Dr. Shakkir Jamal, 2015 Batch



ചിരിച്ച് കൊണ്ടെന്നെ തൊഴിക്കും ചങ്ങാതി  
നിനക്ക് നേരുന്നു പെരുത്ത് നന്മകൾ  
ചിരിച്ച് നീ തീർക്കും ചതിക്കുഴികളിൽ  
പതികുമ്പോൾ ഉള്ളിൽ തുളുമ്പുന്ന നന്മി.....

പകിട്ടേറുന്ന വർണ്ണ മുഖം മുടിക്കുള്ളിൽ  
ഒളിച്ചു നിൻ മുഖം, ഒളിച്ചു തക്കം പോൽ  
പാഠ, ഒളിയമ്പ്, കുരുട്ടു വിദ്യകളിൽ  
മിടുക്ക് കാട്ടി.... എനിക്കെന്തു കിട്ടും  
എന്ന് സദാ ജപിച്ച് നീ.....

കുറുക്ക് പാതയിൽ വരികും പീഠത്തിൽ ഉയർന്നു  
തലപ്പാവു, ചെങ്കോൽ കെട്ടി  
തകർത്താടി ചിരിച്ച് കാട്ടിയ  
നിൻ മികവുറ്റ നടന ഭാവങ്ങൾ  
വിചിത്രമെന്നോതി പുകഴ്ത്തുന്നു ഞാൻ.....

മഴ

Divya K. K., Radiology Staff



മഴയുടെ സംഗീതം  
നനുത്ത പ്രണയം പോലെ  
ഇടമുറിയാതെ ശ്രുതി  
അത് ഭൂമിയേ കുളിരണിയിക്കുന്നു  
ഏതോ ഒരു നിമിഷത്തിൽ അറിയാതെ  
മഴയെ ഞാൻ സ്നേഹിച്ചു മഴയുടെ  
സംഗീതമെൻ ഹൃദയത്തിലലിഞ്ഞു  
ഏതോ ഗന്ധർവ്വ വീണയിലെ നാദം പോലെ  
മഴയുടെ പ്രണയം മധുരമായി  
നൊമ്പരമായി എൻ  
ഹൃദയത്തിലലിയുന്നു ഇന്നും!



*This is my first time writing a review, or any form of review for that matter. So, to make the work easier I thought of choosing one of the books that will always remain close to my heart. "For one more day" by Mitch Albom.*

*I have not heard many people talk about Mitch Albom and his books. But if I were to tell you, most of his works are real tear jerkers and 'For one more day' sure holds a special place.*

*From bidding a tearful goodbye to our loved ones at the airport to returning back to college after a short break, or be it the day before exams, we find ourselves wanting for another day. The title repeats this often-used phrase by most of us and the same is the case with our protagonist 'Charles "Chick" Benetto'.*

*Standing alone losing everything in life, filled with remorse and despise, he yearns to hear the loving voice that says "Come on, Charlie what's the story?", a wistful longing for another day with his mother who was long gone. And in this case his wish becomes a reality. The book recounts this eventful day he spends with his mother including multiple memories from his past.*

*Like every other Mitch Albom book, his style of expression let the readers empathize with the main character and leaves us teary eyed.*

*Though the first few pages may sometimes fail to capture your complete attention, let me request you to be persistent. Once you finish the book, it creates a lasting impression.*

*In today's fast paced world, this book emphasizes the importance of appreciating and cherishing those valuable folks who stand by us through thick and thin. They may be our family who always tolerates our tantrums or our closest confidant who always got us covered. Though this review isn't the best one, I suggest you all to read this book and meet Charles Benetto in person. If you make a run for it now, you will find him waiting for you in our library.*

നമസ്കാർ

Dr. Darsana V., Dept. of Pedodontics



നേർത്തുപോകുന്നോരി നേരവും  
നീണ്ടുപോകുന്നോരി നിശയും  
നിറമാർന്നുണരുന്ന നിനവും  
നീലവാനവും നക്ഷത്രത്തേരും  
നൂരയുന്നു നദിയുടെ നീരസവും  
നീറുന്നൊരുപിടി നോവും  
നനഞ്ഞുതീർന്ന നീർതാമരയും

നിർമാതളവും നിർമിഴിയും  
നീഹാരം പെയ്യും നഭസ്സും  
നീലാംബാരി നിരയും നാദവും  
നൂലിലാടുന്ന നടനവും  
നിഷ്പ്രഭമാകുന്ന നിശ്ശലവും  
നിശ്ചലമായി നിസ്വന്തം  
നിലചിടുമി ജീവനാളും



**Book Title:** *I am Malala*

**Author:** *Malala Yousafzai with Christina Lamb*

**Published by:** *Weidenfield & Nicolson, Year of Publication: 2014*

*"To all girls who have faced injustice and been silenced. Together we will be heard"*

*This is the first message of Malala to the girls over the world. I am Malala is the story of an ordinary girl whose extraordinary journey has taken her from a remote valley in northern Pakistan to the halls of US, it portrays how a teenage school girl fought against Taliban for education and women's rights.*

*Malala Yousufzai is the youngest Nobel prize winner at 17 years old. She was born on 12 July 1997 in Mingora, Pakistan into a lower middle-class family. In the initial chapters the reader will get a clear idea about her native place Swat valley, a heavenly kingdom of mountains, gushing waterfalls and crystal-clear lakes. But it was centuries behind when it comes to development. It was a land where rifles are fired in the celebration of a son, while daughters are hidden away behind a curtain. Their role in life is simply to prepare food and give birth to children. But Malala was lucky to be born to a father who respected her freedom of thoughts and expression. He named her Malala after Malalai of Maiwand, the greatest heroine of Afghanistan.*

*Malala and her father have a very unique relationship. He is her mentor and inspiration. Her father founded the local girls school she attended growing up. From a young age, she showed strong character. She started asking her father why women were being treated so poorly in Pakistan. In response, he told her about Afghanistan, where the Taliban burned schools for girls and forced women to wear full burkas. His goal was to make her realize that the poor treatment of women in Pakistan was actually not so bad, when compared to the way women are treated in Afghanistan.*

*The circumstances that brought Malala to the front of the international scene on women's education are tragic; they involved the takeover of Pakistan by the Taliban, they banned girls from going to school but Malala went against the rules. She came to public attention by writing for BBC Urdu about the life under Taliban. Using a pen name 'Gul Malaki', she often spoke about her family's fight for girls' education in her community. Being forbidden to attend school because of her gender and being shot in the head in 2012, at the age of 15, for voicing her opinion. These are circumstances that many would not be able to deal with; most would abandon the fight long before being shot. In 2012, one of her speeches led to a group of Taliban militants stopping her school bus on the way home and shooting her in the head. Thankfully, she survived although she has since had to flee her country and now lives in the UK, continuing her fight for women's right to education. She kept advocating for education for women and girls, and after having gone through hell, she is still determined to fight for what she believes in.*

*The book is a fast read and is written in a very reachable way. Malala uses humour in the book that helps relieve the tension of the situation she is living through. As I was reading it, I was disturbed by what she lived through and impressed that she kept going despite the circumstances. Malala demonstrates incredible courage in the face of adversity. It is a great inspiration for us to raise our voice and embrace the power within ourselves. A Pakistani teenager who left every one speechless as she spoke of "every child's right to education" in UN....and now her birthday is now observed as 'Malala day' to honour the young activist...inspiring enough right???*

## The Dilemma of Self Love V/S Narcissism and it's Profound Impact on Our Generation

Dr. Nazrin, Dept. of Conservative & Endodontics



*An anonymous quote goes " Self Love is selfish" you can't not truly love another until you know how to love yourself. I couldn't but agree more with this all encompassing thought; but where do we draw the line between self love and narcissism. A self obsessed virtual world created by social media, this line seems to become rather blurred.*

*Narcissism is a word derived from Narcissus of the Greek mythology. Now Narcissus was so impossibly handsome that he spend his days staring at his reflection until he withered!! In other words narcissism is an inflated ego or a "self esteem on steroids". Narcissism is characterized by arrogance, superiority, vanity, entitlement and exceedingly annoying need for acclaim from others. On the contrary self love is unapologetic act of accepting one self, putting yourself first and to have confidence and self esteem in your achievements . Self Love helps you to become empowered, balanced, mature, dependable, satisfied individual with a healthy sense of self worth. So, if we could put it simply it is very possible to think you are worthy and competent without having to conclude that you are superior to others.*

*The root of the problem like almost all problems in the world lie in the " PARENTING STYLES". Now this is especially true because children come to view themselves as they perceive they are seen by others.*

*Both narcissism and self love start around the age of seven. At this age the children draw heavily on social comparison along the lines of " I am a loser ", "I am worthy " or " I special ". It has been studied that self love is at it's worst during teenage and increases steadily over the years; while narcissism is just vice versa.*

*Parents need to rest enforce a sense of self worth but not to an extend where they over indulge their children and make them unfit or rather unequipped for social interaction and co-founder exiting. Narcissism tend to dominate, delicate and surpass in relationships and so suffer the backlash of it eventually. The preset scenario, where almost all children are getting hooked to devices, it is easy to get self absorbed and carried away...*

*The way our world functions has been transformed now more than ever. What would have been normal in a sci - do movie has become a norm today. The social media has absolutely revolutionised the way we think, eat, dress, make choices and every aspect of life possibly imagined has changed at a pace that is almost impossible to catch up with!! Like everything ,there is a flip side to this too... Today you have to be social media friendly at all times even in your pyjamas. Unfortunately life is becoming first an event that has to be posted on instagram, facebook or on YouTube. Living in the moment, cherishing those fond memories, engaging in deep conversations are a thing of the past because even relishing a hot cup of coffee has to be posted for the many..*

*Studies have proved that young adults who are "busy being buzy" have a higher tendency to develop Narcissistic Personality Disorder (NPD) move so on a pathological level.*

*Likewise a wise man once said, in alcohol and substance abuse - the abuser is aware of the harmless; however our youth are falling prey without fully understanding the toll it is taking on them..*

*Eliminating the social media from our lives is not a solution; I believe that understanding the problem, creating awareness "just like alcohol or drug abuse" and learning to strike a balance is extremely important. We have to learn to control it and not "it" control us.*

## PURSuing MY PASSION ALONG WITH MY PROFESSION

Dr. Thulasi Raj, Dept. of OMR



*The pandemic was a turning point for many ,Some suffered but i chose to use this time effectively.*

*Luckily I came across an advertisement for a photostill competition and ended up in the top 5 from 120 contestants.This served as a motivation for me and helped me realise my passion and potential.Following this i used 2 months of free time at the beginning of the pandemic to lay down the foundation and plan how to take my passion forward.*

*Soon the first wave of the pandemic had passed and I was back in college pursuing my profession.This led me to think how can i balance both my passion and profession without one compromising the pther.For this I effectively used the off days to organize my photoshoots.*

*My passion was not an easy cakewalk and I had my share of problems.Here,I would like to say that every passion or profession has its advantages and disadvantages,but how one manages these problems is what makes one successful.My communication skills and my ability to respect people irrespective of their position and background helped me alot over here.*

*Another important point to note is to be able to say "NO" when necessary without hurting anyone.Society is still bound by a patriarchal mindset which can serve as another obstacle,which is also a point to be considered.*

*At no point should you leave your profession because of the monetary benefit of your passion as it your profession that provides ad guarantee as well as security and respect that will take your passion forward.*

*Ultimately,remember we only have one life to live ,so go forward and do everything that brings you happiness*



## മഴയേ .....

ദേശിക ബി. എസ്., 2019 ബാച്ച്

മഴയേ നീയെത്ര തുലികയിൽ  
മഷിയായ് പെയ്തിറങ്ങുന്നു...  
നീയെത്ര മനസ്സുകളിൽ നൊമ്പരമായ്  
വിതുമ്പുന്നു... പെയ്തൊഴിയാം ...  
ഈ രാവ് പുലരുവോളം  
എന്നിലെ വരണ്ടുണങ്ങിയ ഭൂമിയ്ക്ക്  
ഇനിയൊരു മോക്ഷമാകാം....  
പേമാരി പോൽ പെയ്തിടാം....  
ഒഴുകാം ... ഒരു പുഴയായ്.....  
ഇനിയൊരു അവശേഷിപ്പിനും ഇടം  
നൽകാതെ....

## KINTSUGI FOR YOUR HEART

Amna Mohammed Abdusalam, 2019 Batch



*Have you ever cried for someone so much, that it physically hurt?*

*Right in the middle of your torso, as if someone was pulling apart your ribs and plucking out a piece of your heart?*

*And all that you can do is look at the face of that person holding it with bloody hands, but they aren't even aware of the pain they caused.*

*The pool of tears that you lied in at the corner of your dim lit room, and when the tank dried up, you looked at ceiling with your tear stained salty face hoping they know how deep your feelings went.*

*But, you also don't want to seem weak.*

*You don't want to be that person who was so easily crumbled by someone, just because you let yourself feel whatever it was.*

*You don't want to look "easy".*

*So, you sit in the corner- crying alone.*

*Hoping someday your tears will pool enough to either drown you or lift you.*

*And when you get back that piece of heart- put it back in and fill the cracks with gold, like the Japanese. Kintsugi might just be for ceramics, but the cracks are your battle scars- and they make you golden.*

## ART OF LIVING

Dr. Tim Peter, Dept. of OMR



- 1) *Happiness is now, neither in the past not in the future*
- 2) *Don't find intention in others mistakes*
- 3) *Don't be a football in others opinion*
- 4) *Accept the people, situation the way it is*
- 5) *Success is never permanent and failure is never final*

## WIDOW OF THE BACHELOR

*Dr. Aparna S. Nair  
PG Student, Dept. of OMFS*



*To be the villain amongst most rivers,  
To kill all those who crossed my path,  
To separate the souls united by destiny,  
Thus goes my tale; ill-fated tale of Iravazhinji*

*Once I was mighty and wide-  
Clearing my way, feisty down the hills,  
One a scholar and other a rebel,  
Their story unfolded on my banks.*

*Storm agitated my calm flow,  
Waved uproared in me here and there  
The day I engulfed young and old alike  
He dived in me to save them all  
He did save many yet lost to my might  
And sank into depths; her cry was all I could hear.*

*They both drowned in me that day;  
One rose as a hero and other a widow.*

### *Rules to Remember*

*Respect different shades of opinions.  
Remember what's 6 to you will appear 9  
to someone facing you.*

## A girl of 8

*Rawan Jafar, 2019 Batch*



*Her cousin was loving  
He was caring  
She was too small  
She was innocent enough  
To not to know*

*What actually was that*

*He held her  
By the waist  
It was running  
On her back  
She wasn't complain  
All she could do was  
Forget that night*



## SELF LOVE V/S SELF RESPECT

Nafeesa Hamna, 2017 Batch



*The soul is confused  
Should i love me more?  
Or should I respect me more?  
When I thought of giving  
myself some respect  
I was not able to be certain  
I asked myself  
Why is that?  
I Haven't done anything considerable  
To give myself some dose of regard  
So I thought of showering myself  
Delighting me with the love  
I can give to myself  
Guess what?  
I was still not able to be certain!  
Why was that happening?*

*Self- searching the soul within me  
Self-contemplating the real person in me  
There I got the quotient  
For all my insecurities and self-distrust  
I realised then  
You don't have to be great to do great things  
You don't have to let others decide on how  
you are  
I bestowed myself  
With the things i love to do  
With the fellows i love  
I am grateful  
Grateful for all the vibe tribe i have got  
These many boons and still confused?  
No way I am happy  
And it's all enough*

## ഒരു ജന്മം

Aparna Hari, 2018 Batch



താമരത്തളികയിൽ മഞ്ഞുനീർതുള്ളിപ്പോൽ ഒരു ജന്മം.  
വിരളമാം കാറ്റിൻ കരങ്ങളിൽ നിന്നോടിയൊളിക്കും നീർക്കണം,  
തേൻ നുകരാൻ എത്തും ജീവിതൻ സൗഹൃദം തന്റെ ജീവിതത്തെ സ്വർഗ്ഗമാക്കി.  
വെണ്മേലങ്ങൾ ആകുന്ന വിദ്യരത് താൻ കാണും തന്റെ മാതാപിതാക്കളെ  
അമികിൽ അണയാൻ കഴിയാത്തതിൻ വിരഹമേറും നാളുകൾ  
സ്നേഹത്തിൻ കോണുകളിൽ പോലും ഒരു തീരാദുഃഖം.  
ഏത് നിമിഷത്തിൽ തീരും തന്റെ ജീവിതം എന്ന് ഓർക്കും വേളയിൽ ഇരിപ്പിടം ഇളകി മറിയും  
അനുഭൂതി വിറകൊള്ളിക്കും നെഞ്ചം...  
ചെറു ആയുസ്സിൽ താൻ ആവും സന്തോഷം അറിയും, കാരണം ഭയം ഭരിക്കും ജീവിതത്തേക്കാൾ  
മുല്യമുള്ളത് ഭയത്തെ ഭരിക്കുന്ന ജീവനുകൾക്കാണ് ...  
ഒരേ ഒരു ജന്മം ,അതിൽ താൻ ഭരണാധികാരി ആയിരിക്കണം അല്ലെങ്കിൽ ഭയം എന്ന അധികാരി  
നമ്മെ തോൽവിയിലേക്ക് കൊണ്ടെത്തിക്കും .....



## **KAANEKAANE (2021)**

**Direction :** Manu Ashokan

**Principal Cast:** Suraj Venjaramoodu, Aishwarya Lakshmi, Tovino Thomas, Shruthi Ramachandran

### **PLOT:**

Paul (Suraj) is an elderly government servant whose daughter Sherin (Shruthi) dies in a road accident. He approves the second marriage of his son-in-law Allen (Tovino) so that Kuttu, Paul's grandson and the only child of Allen and Sherin, grows up supported by a mother's care. One fine day, Paul gets to know of an astonishing truth about Allen and Sneha's relationship, that forms the crux of the movie.

### **TECHNICAL ASPECTS:**

The direction is flawless. The Screenplay follows a new subject and is crisp with its favorable duration. The camerawork is also a visual treat, while the soundtrack is passable. These days you can rarely find technical flaws in movies and this movie too has a strong technical side.

### **PERFORMANCES:**

Almost all actors have done their parts well. Tovino was seen in a role that demands strong emotions after a hiatus, and has portrayed his dubious character quite well. Aishwarya and Shruthi Ramachandran have also excelled in their parts. Others, including Master Alok as the school kid and Prem Prakash as Sneha's father also look neat in their roles. But the show stealer here is undoubtedly Suraj Venjaramoodu, who outshines himself from his previous outings (Android Kunjappan, Driving License (2019) and The Great Indian Kitchen (2021)). The actor presents each line, each action and even each movement of his eyes with such precision that it is impossible to imagine someone else as Paul in this movie. Kudos to the veteran!

### **OTHER ASPECTS:**

The biggest saving factor of this movie is its runtime. I was constantly expecting an interval-card to pop up sometime but what actually popped up were the end credits. The movie never lags or bores the audience. However, one thing that is paradoxical is the climax. The decision of one of the protagonists to forgive a grave fault might not be acceptable to all. The movie as well as the climax are ones that play with human emotions, and ultimately show us the dangers of things we end up doing in heated moments.

## WORLD ENVIRONMENT DAY - June 5th 2021

World Environment Day is the United Nations day for encouraging worldwide awareness and action to protect our environment. This day is celebrated every year to create the awareness among students about the commitment and responsibility towards the nature.



The National Service Scheme of KMCT Dental College celebrated the environmental day under following themes

- a) "Implant a plant": Planting sapling at your surroundings
- b) "Share to care": Feeding the animals around you
- c) Poster making and quiz competition

In the midst of COVID 19 pandemic as the colleges were shut down the NSS volunteers decided to conduct the programmes at their own houses and competitions online using Zoom platform.

The programme was inaugurated by Principal Dr Manoj Kumar followed by felicitation address from other HODs and NSS programme officer.

"Implant a plant": Planting sapling at your surroundings

Students took the responsibility of planting sapling at their houses.

"Share to care": Feeding the animals around you

An initiative to take care of the animals in streets and pets. Feeding all those who were abandoned due to this pandemic



**NSS SPECIAL CAMP VIRTUAL MODE:** In the midst of COVID 19 pandemic, the catastrophic events happening all over the world, schools unable to reopen for more than one year it was unable to conduct the camp in regular offline format.

This year according to the instruction from university and regional directorate it was decided to conduct the programme in both online and offline mode.

The 51 volunteers participated enthusiastically in the camp under the supervision of Dr Arun Paul (Programme officer). The camp was organised from 15/02/21 to 21/02/21(7 days)



**Swach Bharath campaign at institute of palliative medicine as a part of special camp**





*A flock of finch,  
Made me blind,  
With the yellow they bind, As they alight a lynch.  
I am a boon,  
That they lure,  
In their heart of pure, Even at times of doom.  
A finch in an oak. She dwell in blithe, Waved her kith,  
In flick, of the flock.  
Then a twig twitched, Bewildered was she.  
Nevertheless my wish was high, That it still stitched.  
Let me assure you,  
My wish is in vain, Though it seemed sane, Yet it hopped in rue.  
Embraced she,  
For she wish to ponder, But i wonder,  
Where her end'd be.  
She veered,  
Aloft the hurdles, Pass the muddles, That she leered.  
She herself hurled,  
Seemed it ardous,  
Still the sail she does,  
In search of me who whirled...*

*"Me" in the poem can be hope or fortune or whatever you may call like.*

### *Rules to Remember*

*Never talk about your riches in the midst of the poor. Similarly, don't talk about your children in the midst of the barren*

## KMCT IN A GLANCE



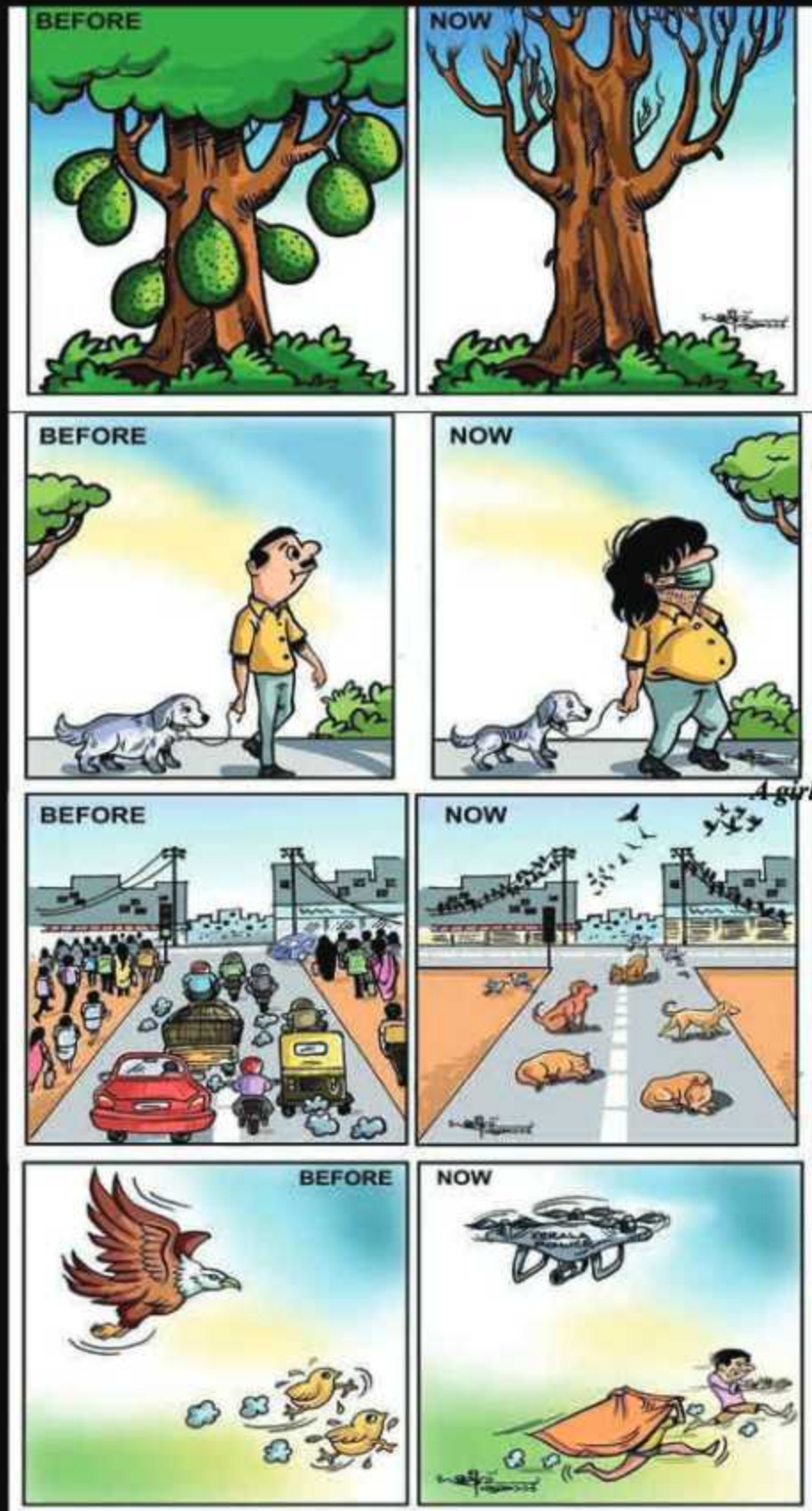
## KMCT IN A GLANCE





# LOCKDOWN SILENCE

Dr. Shebina Badar, 2016 Batch



## TEACHING STAFF



DEPARTMENT OF ORAL SURGERY



DEPARTMENT OF PUBLIC HEALTH DENTISTRY

## TEACHING STAFF



DEPARTMENT OF PERIODONTICS



DEPARTMENT OF ORAL PATHOLOGY

## TEACHING STAFF



DEPARTMENT OF ORAL MEDICINE & RADIOLOGY



DEPARTMENT OF PROSTHODONTICS

## TEACHING STAFF



DEPARTMENT OF CONSERVATIVE DENTISTRY



DEPARTMENT OF ORTHODONTICS



DEPARTMENT OF PEDODONTICS



ADMINISTRATIVE STAFF



NON TEACHING STAFF



DEPARTMENT OF PATHOLOGY



DEPARTMENT OF PHARMACOLOGY



DEPARTMENT OF MICROBIOLOGY



DEPARTMENT OF PHYSIOLOGY



DEPARTMENT OF BIOCHEMISTRY



DEPARTMENT OF ANATOMY

## *Teaching Staff*

### *Department of General Surgery*



*Dr. Anukesh Vasu Keloth*  
*Associate Professor*



*Dr. Noorudheen N K*  
*Associate Professor*



*Dr. Ramesh P K*  
*Associate Professor*

### *Department of General Medicine*



*Dr. Hemanth I K*  
*Associate Professor*



*Dr. Rosh P.*  
*Associate Professor*

## *Batch Photos*



*2017 Batch*



*2018 Batch*



*2019 Batch*



*2020 Batch*



*2020 Batch*



*The way we experience the world around us is  
a direct reflection of the world within us*

*- Gabrielle Bernstein*



## **KMCT GROUP OF INSTITUTIONS**

KMCT Medical College  
KMCT Medical College Hospital  
KMCT Dental College  
KMCT Ayurveda Medical College & Hospital  
KMCT College of Nursing  
KMCT School of Nursing  
National College of Pharmacy  
KMCT College of Allied Health Sciences  
KMCT College of Architecture  
KMCT Arts & Science College, Kozhikode  
KMCT Law College  
KMCT Arts & Science College, Malappuram  
National Hospital Institute of Health Sciences  
KMCT College of Engineering  
KMCT College of Engineering for Women  
KMCT School of Business  
KMCT Polytechnic College  
KMCT College of Teacher Education  
KMCT Teacher Training Institute  
KMCT College of Architecture, Chathamangalam



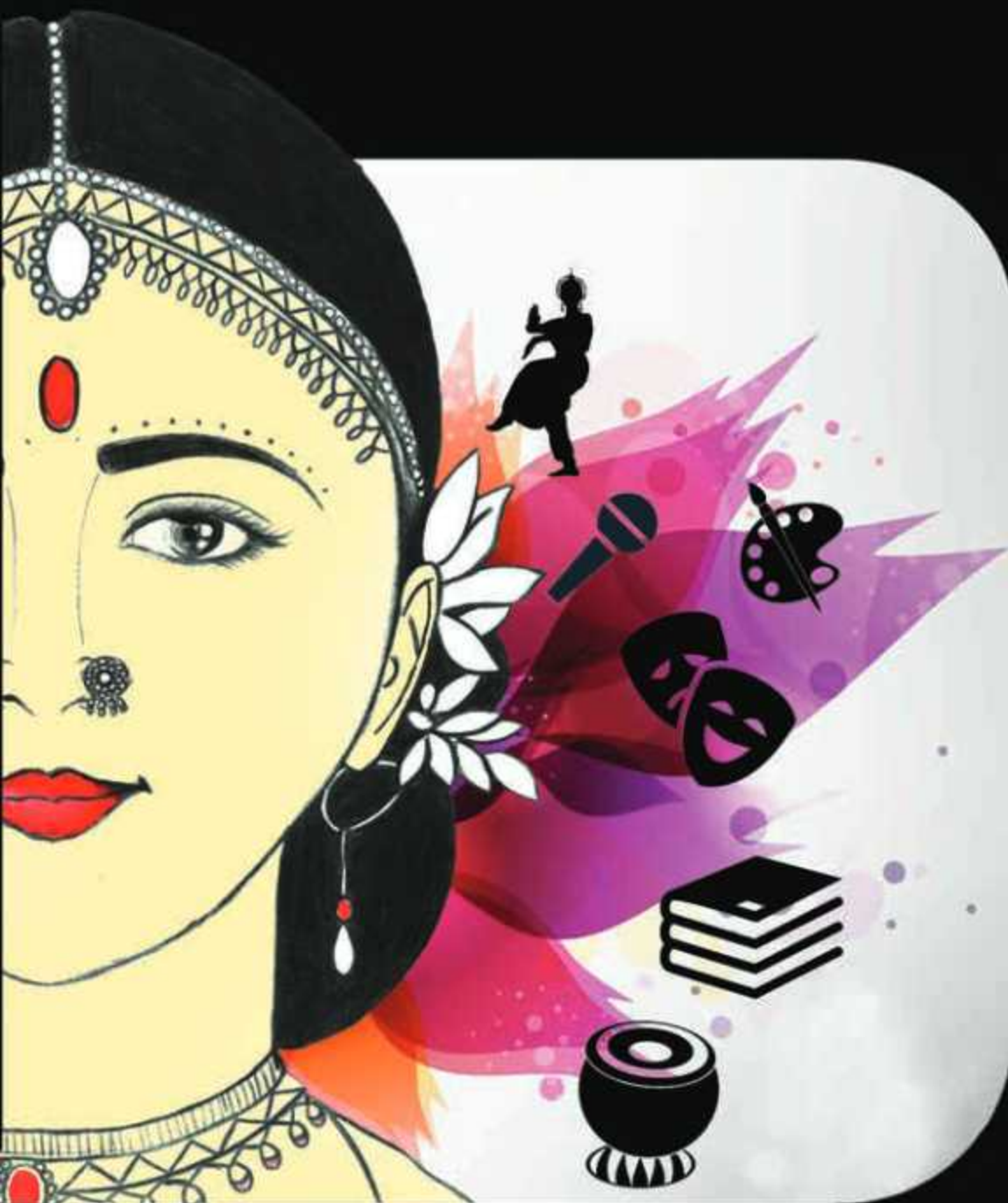
**KMCT**  
DENTAL COLLEGE

Manassery P.O., Mukkom, Kozhikode 673 602 , Kerala  
Phone (0495) 229 0690/229 0693, Fax(0495) 229 4726



# KMCT DENTAL COLLEGE

MANASSERY, KOZHIKODE

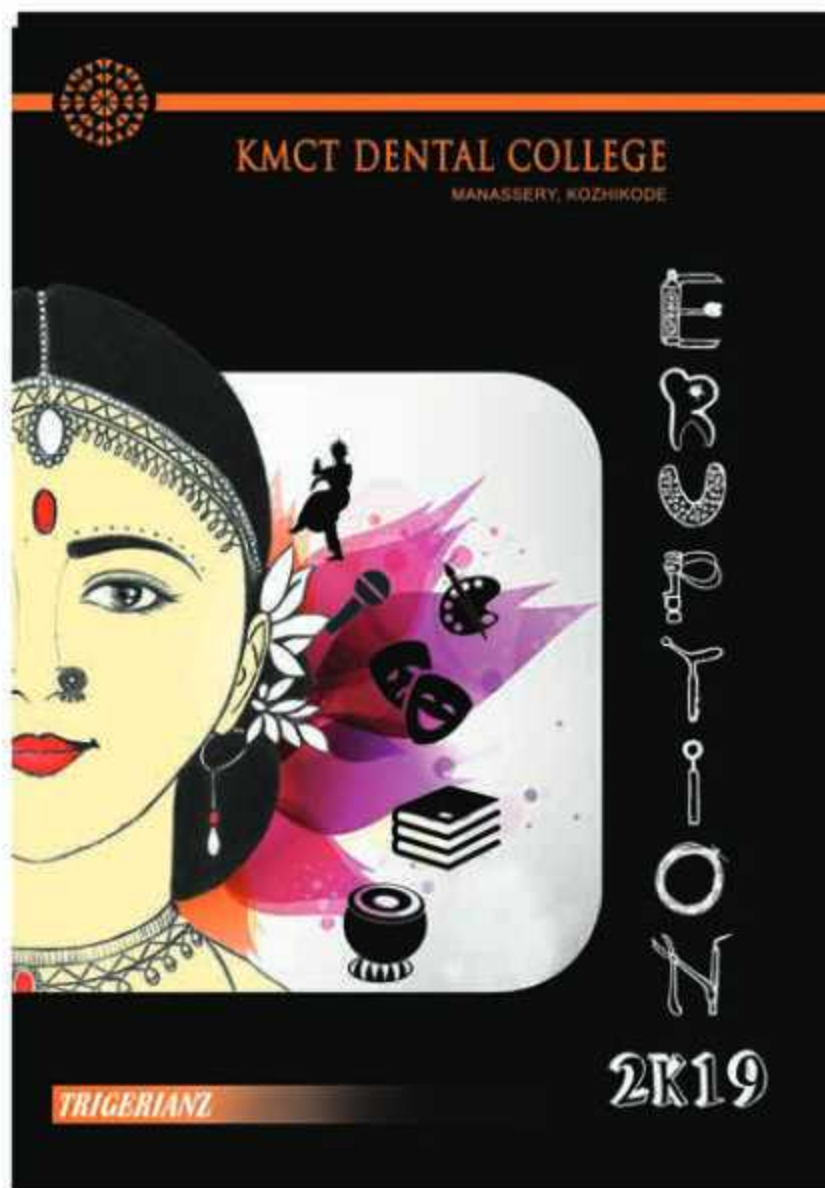


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TRIGERIANZ

2K19

# Dexterity-The Art in Dentistry



*Dexterity-the adeptness with the hand. The knack and the talent of the dentist though, doesn't limit itself to just the skills of practice but extend beyond to the field of art. Every artist isn't a dentist but every dentist is an artist. He creates, moulds, shapes and defines people with a smile and what art is as beautiful as this?*

*This magazine is compiled of the artistry of the students of KMCT and is a small platform for the original, by the original, from the original.*

# KMCT DENTAL COLLEGE

## MANASSERY, KOZHIKODE

### VISION

- ♦ *To provide the highest quality of comprehensive healthcare at an affordable cost to the people and to provide good clinical support for the medical education and research; guided by sound ethical values.*
- ♦ *To build an Educational Centre of Excellence in Teaching as well as Training, to render treatment at an affordable cost and to maintain standards, ethics and morale at a level the country will be proud of.*
- ♦ *To evolve the Institution to the status of being called one of the best Dental colleges in India.*

### MISSION

- ♦ *To carve out competent, compassionate and caring dental surgeons through excellent guidance in clinical works and medical research.*
- ♦ *To send into the society, well educated, well mannered, skilfully equipped, socially committed Doctors who would be useful to the society.*
- ♦ *To impart academic excellence in Dental Education.*
- ♦ *To practice Dental surgery ethically in line with the global standard protocols.*
- ♦ *To inculcate high moral, ethical and professional standards among students and to improve their overall personality.*

## Message from the Chairman

**Dr. K. Moidu**  
*Chairman & Managing Trustee  
KMCT Group of Institutions*



*Knowledge earned is knowledge gained. We, at KMCT, is proud to be providing the platform for acquiring all the knowledge and talents required to take any student to roaring heights.*

*Academics is just a part of the big picture that provides a student with the holistic development he or she needs. It is vital but it isn't the only thing that matters. Students need a lot more to make them equipped to be good moral citizens of the future. They cannot just be engrossed in their own world of studies and personal space. They need to be more creative and more productive, more aware of the world that is outside of them. They need to be exploring better ways to create a better tomorrow.*

*I am happy to see the release of this college magazine of KMCT Dental College, the 2nd of its kind. It requires a lot of skill, organizing capabilities, a lot of patience and effort for bringing out a college magazine and I congratulate all the members of the magazine committee for their enthusiastic efforts.*

**Message from the CEO**

**Dr. Navas K. M.**  
CEO & Executive Trustee  
KMCT Group of Institutions



*Education is the backdrop of any civilized society. Providing knowledge is providing the light needed for a better future.*

*KMCT Dental College, one of the most prestigious institutions under the KMCT group of Institutions, is blessed to be strengthened by a strong faculty base who are always on the drive to bring out the hidden talents from amongst its students. The present scenario requires each student to be something more than what his course provides, taking into account the various technological and research based advancements, where knowledge updation requires a lot more speed than yester-years. To cope up with this stress is yet another challenge and there requires some means of emitting it out, that too in a productive manner. A college magazine provides a good platform for the same.*

*On this occasion of the release of this college magazine, I congratulate the whole team behind this and at the same time, would encourage all the students and the staff to take the effort to bring out a college magazine each year.*

**Message from the Director**

**Dr. Aysha Nazreen**  
Director  
KMCT Group of Institutions



*Creativity unfolds.....for the better. A better tomorrow, a better world, a better future. For this we need to ponder over what we have and what we are supposed to improve. You can sit quiet, the world will still move on. You need to act to see the change that you envision of your future or the future of generations to come. World has evolved to such an extent that we are forced to watch helplessly the pathetic stride of our world towards a worse situation each passing day. You need to create boundaries for all what we have achieved so far. You need to create awareness of what would go wrong if we compromise on the many things that are morally or ethically related to the world as a whole.*

*This is exactly what is expected out of the students of the present age. We need to provide more creative platforms for their thinking to improve, for them to think rationally and act effectively, for them to think not just about them, but also about the tiny little stone that he often walks atop.*

*I am happy that the students and the faculty of KMCT Dental College came forward enthusiastically to bring out this magazine and I really hope that it imbibes in it everything that matters to bring out a new ray of hope for all the future generations to come. Wishing you all the very best.*

## Message from the Principal

**Dr. Manoj Kumar K.P.**  
Principal  
KMCT Dental College



Welcome to KMCT Dental College, a milestone of academic excellence and extracurricular performances which has enlarged and enriched Kerala's educational map. I feel proud and privileged to be the Principal of this prestigious Institution.

The strength of our Institution is our highly competent and dedicated teaching faculty who strive hard to implement our vision and mission. Their academic achievements, research accomplishments and consistent yearning to keep themselves up to date is what makes the journey of learning for the students more fruitful and enjoyable.

Education is not imparted through books and lectures alone. It is important to mould our students into smart, confident young people but much more important, is to make them empathetic, caring and responsible doctors. Towards this goal we have been organising public health awareness and treatment camps, NSS activities, through which we have reached thousands of people. We have entered in to a collaboration with the National Institute of Technology, Kozhikode for the promotion of research activities.

As an institution of higher learning, the seeds of change that are sown in our campus will grow and ultimately, disperse far afield. Our next step is directed towards a "Green Campus". The Green Campus concept offers our Institution the opportunity to take the lead in rethinking its environmental culture and developing new strategies for solving issues at local and regional level.

Combined with an excellent infrastructure provided for not only academic but the overall development of students, the College has achieved a position in the state that only a few other colleges have done so far.

I would like to congratulate the Office bearers of the college union for all the excellent co- curricular programs and the Student Editor Mr. Shakir Jamal, for his creative efforts in bringing up this college magazine into life.

## Message from the Vice Principal

**Dr. Nizaro Siyo**  
Vice Principal  
KMCT Dental College



*It gives me immense pleasure to know THAT "Eruption 2K19" KMCT Dental College magazine 2018-19 is ready for publication.*

*I understand that this magazine will give an insight into the diverse facet of our College. It will be a platform where our staff and students can exhibit their literary skills, artistic talents and innovative ideas.*

*Compiling a magazine is not an easy job. I know that the Editorial team has spent sleepless nights to make this magazine a reality. So we have our "Eruption 2K19" long awaited college magazine.*

*I appreciate all who have contributed in form of articles, sketches, etc.*

*I wholeheartedly congratulate the Editorial team for the commendable effort and dedication they have put forth for realizing this goal. I sincerely pray that the efforts that they have put will definitely payback in their future endeavours.*

***Message from the Magazine Patron******Dr. Ramesh Kumar****Magazine Patron**HOD. Dept. of Conservative Dentistry & Endodontics  
KMCT Dental College**Dear Readers,*

*It gives me immense pleasure to reach out to you through this college magazine. Over the years, digital and social media has taken over the world like a tsunami. With information on one's finger tip e-everything is becoming a norm, however the place of the traditional printed paper has an ethereal charm to it and I am indeed very happy that the students of KMCT Dental College are coming out with a college magazine which will showcase their literary and artistic talents. In today's world not only academics but physical, social and cultural development also is povital. Emphasis and efforts by all should be in this direction and a work life balance should thus be achieved. I wish the Editor and Editorial team all the best.*

## Message from the Administrator

**Mrs. Sujatha Sarma**  
Administrator  
HMCT Dental College



*Dear Readers,*

*It is immense pleasure to be a part of this prestigious College. Proud to be with the college union to publish this piece of art to become a reality. The full hearted support and guidance from all corners make this a perfect one of its kind. Strive hard to bring all the bricks in order and keeping its position well. The efforts and the strong will behind this idea is much appreciated. Lets bloom the talents unveiled into colourful thoughts and dreams. I wish all the best to the team.*

## Message from the Student Editor

**Shakir Jamal A. P.**  
2K15 Batch



*I remember,*

*4 months back when the idea of dusting up a long lost dream of creating a college magazine struck me, I was undeniably blank about it becoming a reality. But the belief I had in our union batch TRIGERIANZ in changing vision in to missions, which we had already established, made me commit to the creation of what will be the launch of college magazine "Eruption 2K19" after about 12 years, when 'VAIKHARI' was conducted.*

*The biggest challenge was there were no previous editions available that would have helped us in its making and what we are to create would set the standard for the upcoming batches of the college, which made me even more responsible in its creation.*

*In my vision our magazine should be versatile, and unique and should not just be a compilation of random articles. It should prove to be the voice of a diverse section of the college, should be a platform of original work. It should be cherished as a documentation of many memories people have formed in their college days. Keeping all this in mind, this was my most sincere attempt in bringing life to those vision.*

*The commitment and spirit the entire magazine committee have shown is very much appreciable. I sincerely thank our Union Chairman Mohammed Ismail for his brainy creative ideas and dedication for designing of the Magazine. I am thank full to my Co-Editors Sreelakshmi V. & Jyothi S. Panicker for standing by my side outing in their cent percentage of effort. I would like to thank Dr. Ramesh Kumar M, Dr. Harish Kumar V.V., Dr. Sameera G. Nath for correcting me when I was wrong. Am also thankful to our Principal Dr. Manoj Kumar K.P., Dr. Nizaro Siyo, Dr. Auswef Hassan and Sujatha Sarma madam for their immeasurable support. Special thanks to Dr. Binu Purushothaman for always being supportive with his innovative ideas.*

**Message from the Co-Editors**

**Jyothi S Panicker & Sreelakshmi V**  
Co-Editors  
RMCT Dental College

*I do remember that night, when my eyes were drenched with tears, all because I lost my writings which were so close to my heart due to renovation of my home. And the same night 9'o' clock my phone rings and was not a frequent caller, but yes, It was our Editor who told me "Hey you are the Co-editor of our college magazine and you have to help me out," assigned me few duties.*

*I was just shocked, at the same time happy for certain and giving me such huge responsibility to be in charge of "Eruption 2K19" which was entirely new to all of us and including me was always stuck at the door steps for about 12 years. To be honest the job wasn't easy and out of line at times. But the strength and unity that we gained as a union batch "Trigerianz " through the course of our period and the experiences which tasted bitter, sour and sweat exactly gave me an idea as to, how to make the things happen.*

*Even though with lot of hurdles, now when I see it happened in reality, actually i am not surprised. Because we as a batch had made impossibles, possible relative with nothing other than our unity, determination and support that we gained from the college faculty & friends.*

*And when I say thanks to each and every one who helped me to make this a reality, its not some deal between the pen and paper, rather I really mean it and a big 'Thank You 'whole heartedly.*

# The Magazine Committee



Sitting left to right: Dr. Sameera G. Nath (Staff Editor), Dr. Harish Kumar V. V. (Staff Editor), Dr. Manoj Kumar K. P. (Principal), Dr. Ramesh Kumar C. (Magazine Patron), Shakir Jamal A. P. (Student Editor, 2K15 Batch)

Standing left to right: Athira S. (English Section in-charge), Sini C. V. (Arts Section), Sidharth Manoj (Editing), Sreelakshmi V. (Student co-editor), Adithya Varma (Arts Section), Sneha Sara John (Malayalam Section in-charge), Muhammed Favas (Photography), Sneha Jain (Photography), Febin Mariyam (Art Section), Mohammed Ismail (Designing), Saigal George (Designing), all are from 2K15 Batch.

## ഉറവൾ

ജസീല സലീം 2K16 Batch



വഴിതെറ്റി വന്നൊരാ പേമഴപാച്ചിലിൽ  
തളിരറ്റു വീണൊരു കുട്ടിനായി  
ഇനിയുമിടവഴി നീളെയീറനാം കണ്ണുമായ്  
ഒറ്റയ്ക്കിരുന്നു ഞാനെത്തിനോക്കി

പിണ്ഡിളം കൈകൾ കോർത്തുവന്നേ  
പിച്ചവച്ചെന്നൊരാച്ചയുമൊന്നു തന്നേ  
ഇടതടവില്ലാത്ത സൗഹൃദമോ ഞങ്ങളെ  
ടരാതെയണയാതെ കാത്തുവെച്ചു

രണ്ടായി മൊട്ടിട്ട പനിനീരതോ ദിനം  
രണ്ടായി മുടിയിൽ വിരിഞ്ഞിരുന്നു  
ഒന്നെന്നതിനുവരെ പുത്തതില്ല ഇനിയും  
മൊറ്റയ്ക്കതെന്നൊരു ലോകമില്ല

കാറ്റിലങ്ങാടുന്നൊരിലകൾ തൻ മന്ത്രമാം  
മർമരം കഥകളായ് പെയ്തിരുന്നു  
അക്ഷരമുറ്റത്തെ സ്നിഗ്ധമാമറിവിന്റെ  
കൈകളിൽ ഞങ്ങളൊന്നായിരുന്നു.

ഒടുവിലായിന്നവളെവിടെ ദൂരെ  
ഏതുവാക്കെന്നതോതാതെ വിട്ടകന്നു.  
ക്ഷണികമാം ജീവിതം ബാക്കിയാക്കിന്നാ  
മണ്ണിൽ മടിയിലെന്നുറവളും

മറ ചെയ്ത മണ്ണിലേക്കൊന്നു നോക്കി  
ദൃഷ്ടി മങ്ങിയാ മഴയിലുമിരവിലായി  
അന്നും വ്യാധവിലായ് പുത്തു നിന്നു  
എന്തിനോ വേണ്ടിയിരു പനിനീരുകൾ

## Forget Me Not

Dr. Varsha Rajeev, Dept. of Prosthodontics



from the laps of loving parents,  
on to shoulders old and new,  
your journey uphill is daunting, i know  
and you will rarely have a club

thrown into torrid tides  
you struggle to swim, to service  
amidst tall books and long lessons  
you forget to smile, to be truly alive

assuming you are abandoned  
you fail to look beyond the sea  
fear not reach out  
the hand that holds your is me

these hands are not always gentle  
these hands may sometimes be cold  
but when your seas turn rough  
trust that these hands you may always  
hold

these hands will teach you  
these hands will guide you  
these hands will push and inspire you,  
but these hands will never burn you.

so when you flip your tassels with flair  
when you throw your caps in the air  
when you flaunt your prefix for which  
you fought  
and when you walk away without a  
thought

forget me not...  
for these tired hands will always be  
clapping for you and praying for you  
eternally



### Dental Riddles

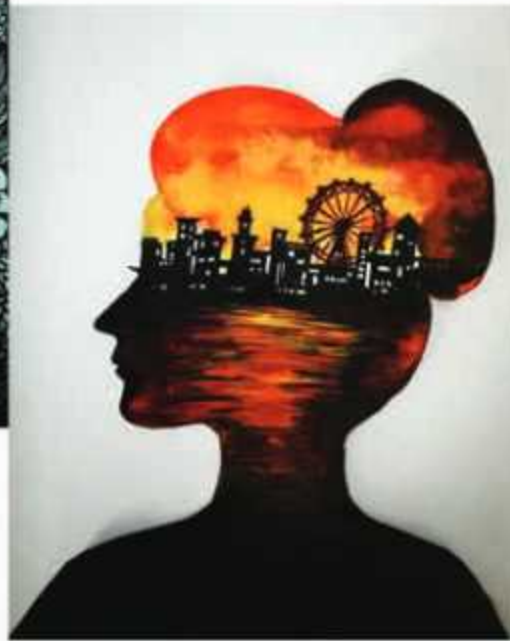
1

Inanimate though, exhibits live issue,  
When you see me, you also see you,  
For your precious neck, I am the cue,  
Tell my name, give me my due!

# DRAWINGS



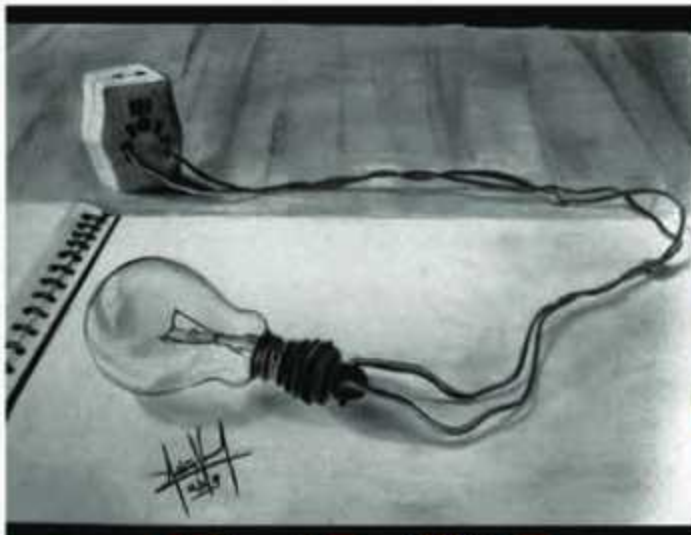
Adisha, 2K16 Batch



Kavitha, Intern



Farah, 2K18 Batch



Adithya Varma, 2K15 Batch



Amal Ajith, 2K14 Batch

## കോഴിക്കോട്, നന്മയുടെ നഗരം



കോഴിക്കോട് ചരിത്രത്തിലെ വിസ്മയമായിരുന്നു. മാണിക്യനും വിക്ടറിയും ചേർന്ന് കടപ്പുറത്തെ ചതുപ്പിൽ കെട്ടിപ്പൊക്കിയ ഈ നഗരം ഒരു മാന്ത്രിക ചെപ്പിലെ കൺകെട്ടു പോലെ എക്കാലത്തും ലോകത്തെ അത്ഭുതപ്പെടുത്തി. കൊട്ടാരത്തിൽ ശങ്കുണ്ണി തന്റെ ഐതിഹ്യമായി ഈ നഗരത്തിൽ നിറഞ്ഞു നിൽക്കുന്ന ഐശ്വര്യത്തെക്കുറിച്ച് വിശദമായ തന്നെ പ്രതിപാദിച്ചിട്ടുണ്ട്. ഇവിടുത്തെ സുഗന്ധദ്രവ്യങ്ങളും തുണികളും പണ്ട് മുതലേ പ്രശസ്തമായിരുന്നു.



മൺസൂൺ വാതങ്ങൾക്ക് ചുവടൊപ്പിച്ച് അറേബ്യയിൽ നിന്ന് നിരവധി പത്തേമാരികളാണ് കോഴിക്കോടിനെ ലക്ഷ്യമാക്കി പായ നിവർത്തിയത്. 1498 ൽ ഇതേ കടപ്പുറത്തായിരുന്നു വാസ്കോഡഗാമ കപ്പലിറങ്ങിയത്. ലോകത്തിന്റെ ഗതി മാറ്റിയെഴുതിയ യൂറോപ്യൻ കോളനി വൽക്കരണത്തിന്റെ ആദ്യത്തെ ചുവടുവെപ്പ് .....

പിന്നീട് സ്വാതന്ത്ര്യസമരം കൊടുമ്പിരികൊണ്ടപ്പോൾ കോഴിക്കോട് സ്വാതന്ത്ര്യവാഞ്ജയുടെ ഏറ്റവും വലിയ പ്രതീകമായ അന്ന് ദേശീയ സമരത്തിന്റെ തീജ്വാലകളിൽ സ്വയം സമർപ്പിക്കാനായ നിരവധി ദേശാഭിമാനികൾ കോഴിക്കോട്ടേക്ക് വണ്ടി കയറി.

ഈ കോഴിക്കോടിന്റെ കിഴക്ക് സംസ്കൃതികളുടെയും, ഭൂപ്രകൃതിയുടെയും, പുഴകളുടെയും കൈ സംഗമ മൂക്കാണ് മൂക്കം. മഹാശിലായുഗത്തോളം നീണ്ട ഒരു പാരമ്പര്യമുണ്ട് ഈ നാടിനെന്ന് ഇവിടെ നിന്ന് കണ്ടെത്തിയ നന്നങ്ങാടികൾ സൂചിപ്പിക്കുന്നു. സാഹിത്യകാരനായ എസ്. കെ. പൊറക്കാടിന്റെ എഴുത്ത് പുരയായിരുന്നു ഈ ഗ്രാമം. അദ്ദേഹത്തിന്റെ നാടൻപ്രേമം എന്ന നോവൽ ഈ ഗ്രാമപശ്ചാത്തലത്തിലാണ് എഴുതപ്പെട്ടത്. ഇരുവഴിഞ്ഞി പുഴയുടെ തീരത്തുള്ള ഈ നാട് അതിന്റെ പ്രത്യുൽപ്പന്ന മതിത്വം കൊണ്ടും



പുരോഗമന ചിന്താഗതികൊണ്ടും ശ്രദ്ധേയമാണ്. ഈ നാടിനെ ആസ്പദമാക്കി ചിത്രീകരിച്ച "എന്ന് നിന്റെ മൊയ്തീൻ" എന്ന സിനിമ ശ്രദ്ധേയമായിരുന്നു.

ആധുനിക മൂക്കത്തിന്റെ സാസംസ്കാരിക തനിമക്ക് KMCT സ്ഥാപനങ്ങൾ വലിയ സംഭാവനകളാണ് നൽകിയിട്ടുള്ളത്. അതിൽ KMCT ഡെന്റൽ കോളേജ് കേരളത്തിലെ ദന്ത വിദ്യാഭ്യാസരംഗത്ത് നൽകിയ സംഭാവനകൾ അളവറ്റതാണ്. കഴിഞ്ഞ പത്ത് വർഷമായി പ്രതീക്ഷയുടെ നിലാകാശങ്ങളെ സമൂഹത്തിന് മുന്നിൽ തുറന്ന് വെക്കുന്നു.

സിദ്ധാർത്ഥ് മനോജ് 2K15 Batch



## തണ്ണീർമത്തൻദിനങ്ങൾ - സിനിമ റിവ്യൂ

ഏറെ മനോഹരമായി ചിത്രീകരിച്ച 'ജാതിക്കാത്തോട്ടം' എന്ന പാട്ട് മനസ്സിൽ കടന്നു കൂടിയത് കാരണം ആദ്യ ദിവസം തന്നെ രാത്രി 9.30 മണിയുടെ ഷോയ്ക്ക് കേറി.. അര മണിക്കൂർ മുൻപ് തീയേറ്ററിൽ എത്തിയപ്പോൾ വലിയ തിരക്കൊന്നുമില്ല.. മനസ്സിൽ ചെറിയൊരു ആശങ്ക തോന്നി.. പണി പാളുമോ!? നിർബന്ധിച്ചു കൂടെ കൂട്ടിയ സുഹൃത്തിന്റെ വായിൽ നിന്ന് കേൾക്കാൻ സാധ്യതയുള്ള കളിയാക്കലുകൾ, ചെറിയ തെറ്റുകൾ കൈ മനസ്സിൽ വന്നു.. പക്ഷെ സിനിമ തുടങ്ങുമ്പോഴേക്കും ഹൗസ്ഫുൾ ആയിരുന്നു.. പ്രതീക്ഷകൾക്കപ്പുറം മികച്ചൊരു ആസ്വാദ്യാനുഭവമാണ് കിട്ടിയത്. അടുത്ത് കണ്ട ഏറ്റവും മികച്ച സിനിമകളിൽ ഒന്ന് :തണ്ണീർമത്തൻ ദിനങ്ങൾ..

മികച്ച കാസ്റ്റിംഗ്, അതിനേക്കാൾ മികച്ചു നിൽക്കുന്ന സംവിധാനം, ഛായാഗ്രഹണം, മത്സരിച്ച് അഭിനയിച്ചു കയ്യടി വാങ്ങുന്ന കുറെ പുതു മുഖങ്ങൾ.. 2 ബാലതാരങ്ങൾ, നായികയും നായകനും, തങ്ങൾക്ക് കിട്ടിയ വലിയ സ്ക്രീൻ സ്പേസ് പരമാവധി ഉപയോഗപ്പെടുത്തി തകർത്താടി... ഭാവിയിൽ മലയാള സിനിമക്ക് വലിയ പ്രതീക്ഷ അർപ്പിക്കാവുന്ന രണ്ട് താരങ്ങൾ.. ജയ്സണ്ണും കീർത്തിയും ആയി അവർ ജീവിച്ചു..



അങ്ങേയറ്റം റിയലിസ്റ്റിക് ആയി പ്ലസ് ടു കാലഘട്ടം ചിത്രീകരിച്ചു. ആ ഒരു പ്രായത്തിൽ ഉള്ള കുട്ടികൾ എങ്ങനെയാണോ ചിന്തിക്കുക, സംസാരിക്കുക അതു പോലെ സ്ക്രീനിൽ കാണാം.. ഒരു നിമിഷം പോലും ബോറടിച്ചു സ്ക്രീനിൽ നിന്ന് കണ്ണെടുത്തു ഫോണിൽ കുത്തി ഇരിക്കേണ്ടി വന്നില്ല...

കയ്യടിക്കാനും, ചിരിക്കാനും ഓർമ്മകൾ അയവിറക്കി ഉള്ളിൽ സന്തോഷിക്കാനും ഒരുപാട് ഉണ്ട് ഈ കൊച്ചു ചിത്രത്തിൽ...

ഇതില്ലെല്ലാമുപരി ഈ സിനിമയിൽ പുത്തു വിളയാടിയത് വിനീത് ശ്രീനിവാസൻ ആണ്. മികച്ചൊരു കാസ്റ്റിംഗ്.. തന്റെ കരിയറിൽ ഇതു വരെ ചെയ്യാത്തൊരു ടൈപ്പ് നെഗറ്റീവ് ടച്ച് ഉള്ള റോൾ, നൂറിൽ നൂറു മാർക്ക് കൊടുക്കേണ്ട പെർഫോമൻസ്...

എനിക്ക് മാത്രമല്ല.. പടം കണ്ടിറങ്ങിയ എല്ലാവർക്കും തങ്ങളുടെ സ്കൂൾ ഓർമ്മകൾ മനസ്സിൽ വന്നു കാണും..., ഇതോ, ഇതുപോലെയോ ഉള്ള കുറച്ച് ഓർമ്മകൾ ഇല്ലാത്തവർ വളരെ വിരളമായിരിക്കും.. വളരെ എളുപ്പത്തിൽ നമുക്ക് റിലേറ്റ് ചെയ്യാൻ പറ്റുന്ന കഥയാണ്.

'കുമ്പളങ്ങി നൈറ്റ്സി'ന് ശേഷം വീണ്ടും കാണികൾ കൈയടിച്ചു കൊണ്ട്, മനസ് നിറഞ്ഞ ചിരിയോടെ തീയേറ്ററിൽ നിന്ന് പുറത്തിറങ്ങുന്ന കാഴ്ച...ന്യൂ ജനറേഷൻ സിനിമയുടെ ഈ കാലഘട്ടത്തിൽ കൂടുംബസമേതം കാണാവുന്ന, ഗൃഹാതുരത്വമുള്ള ഓർമ്മകൾ ഉണ്ടാത്തുന്ന ഒരു ഫീൽ ഗുഡ് മൂവി ..

ഡോ. ഫാസിൽ പുൽപറമ്പിൽ, PG Student, Dept. of OMR

## Message from the General Secretaries



**Vyjith Tomy & Meghna Nath**  
2015 Batch

*"Miracles come from constant efforts, and constant efforts are products of high altitude vision."*

*A program can be organized by anyone. But it turns out to be success only when proper leadership and team effort comes to action. On a "general" look, there have been many circumstances that had made us doubtful regarding proceeding to the steps ahead. It was indeed a roller coaster ride. But we never lost hope. We have constantly tried our best to bring out new ventures holding a huge responsibility of including both the staff and students. Setting differences apart, when needed, we were all one, proving the team spirit.*

*At times we had to be patient, and at times we had to be stubborn. All those experiences were a mixture of sweet, salt, and bitter. But when the events turned out to be fruitful, we all were equally happy. We consider it to be a part of our learning process & experiences that had made us strong.*

*Summing up, we have a well equipped infrastructure and efficient faculties that guided us in right way and a supporting Principal, and they all together comprise the real backbone.*

*We TRIGERIANZ, signing off, wishes the upcoming union for bringing out a new era of changes in our college.*

## Academic Report

The year 2018-19 witnessed both cultural & academic excellence hand in hand. Total of 22 events were hosted by the Union of which some were associated with NSS. This year marked its beginning with the shining results of the post graduate students in the Kerala University of Health Science exam. These results were an inspiration for both PG's & UG's alike and for the staffs who had worked hard for their achievement. Out of 32 colleges under KUHS, 6 ranks were obtained by the hard work of the post graduate students.



Convocation Ceremony Exodus

Marking a paradigm shift in trend of dental research, an enthusiastic team of our interns, steered by their mentors, presented their research synopsis which focused on various aspects of oral health, patient welfare, material science & technological innovations pertaining to different branches of Dentistry. The meeting inaugurated by our Principal Dr. Manoj kumar K.P, convened by Dr. Dhanya Muraleedharan was conducted in campus 2018 on 7th May 2018.



Manipal UG OMR Conference

The ceremony of convocation is the most important & awaited day in life of a graduate. We witnessed EXODUS 2019, the 8th graduation ceremony where the 2013 batch had a Majestic Send-Off. The ceremony was presided by Dr. Navas K. M., the CEO and executive trustee of KMCT Institutions.

Dr. Moni Abraham Kuriakose, the founding Director of Cochin Cancer Research Centre, honoured us by being our Chief Guest & Mr. Anandakuttan Unnithan, Dean – IIM, Calicut, privileged us as our guest of honour. The Hippocratic Oath was taken which would set an example to all the graduates who had passed out that day, into the sector of public service. Cultural events were conducted with great brilliance.

## KUHS UG Results 2018



Fathimathul Safa (1<sup>st</sup> Year Topper)



Nafeesa Hamna (1<sup>st</sup> Year 2<sup>nd</sup> Rank Holder)



Fahid Nizaro Siyo (2<sup>nd</sup> Year Topper)



Mehjabin Sherin (2<sup>nd</sup> Year 2<sup>nd</sup> Rank Holder)



Aysha Thania (3<sup>rd</sup> Year Topper)



Sreelakshmi V (3<sup>rd</sup> Year 2<sup>nd</sup> Rank Holder)



Hadhaina (Final Year Part I Topper)



Athira P (Final Year Part I 2<sup>nd</sup> Rank Holder)



Kavitha K (Final Year Part II Topper)



Gopika (Final Year Part II 2<sup>nd</sup> Rank Holder)

## *KUHS MDS PART II Rank Holders 2018*



Dr. Anju R. V.  
First Rank  
Pedodontics



Dr. Simna S  
First Rank  
Prosthodontics



Dr. Sunanda Sudakaran  
Overall Topper  
Periodontics



Dr. Aswathy Vinod  
Second Rank  
Oral Surgery



Dr. Jipsa Venugopal  
Second Rank  
Pedodontics



Dr. Festi Lova  
Second Rank  
Oral Medicine and Radiation



Dr. Arya Sreedhar  
Third Rank  
Periodontics

## ***PG Conference Award Winners***

| Sl. No. | Programme                                                                                      | Winners                           | Department             |
|---------|------------------------------------------------------------------------------------------------|-----------------------------------|------------------------|
| 1.      | Indian Academy of OMR National PG conference (Rajasthan, Udaipur) Paper Presentation           | Dr. Fasil P & Dr. Abdul Majeed    | OMR                    |
| 2.      | AOMSL Kerala State Conference Surgical Skill Competition                                       | Dr. Aswin & Dr Sreelatha          | OMFS                   |
| 3.      | 20 <sup>th</sup> IPS PG Convention (Chennai) (Teeth Setting Competition)                       | Dr. Lifna Khader                  | Prosthodontics         |
| 4.      | 50 <sup>th</sup> Kerala State Dental Conference (IDA Svarnotsavam Cochin) (Paper Presentation) | Dr. Fateema Priyam                | Prosthodontics         |
| 5.      | MILAN 2018 (Poster Presentation)                                                               | Dr. Lubna P.                      | Orthodontics           |
| 6.      | Vijayavade OMR PG Conference (Paper Presentation)                                              | Dr. Prejith Sampath               | OMR                    |
| 7.      | CAESOK 2018 (Best Paper)                                                                       | Dr. Shirin                        | Conservative Dentistry |
| 8.      | National LAOMP PG Convention 2018                                                              | Dr. Mariyam K. Ashraf             | Oral Pathology         |
| 9.      | 51 <sup>st</sup> Kerala State Dental Conference                                                | Dr. Ekathe Lokesh                 | Prosthodontics         |
| 10.     | Milan 2018 (Paper Presentation)                                                                | Dr. Anju Ramachandran             | Orthodontics           |
| 11.     | Milan 51 <sup>st</sup> IDA Kerala State Conference, Kozhikode, 2019 ) (Outstanding Paper)      | Dr. Anitha                        | Conservative Dentistry |
| 12.     | 43 <sup>rd</sup> AOMSI National Conference, Chennai (Poster Presentation)                      | Dr.Sruthi                         | OMFS                   |
| 13.     | 3 <sup>rd</sup> IPS Kerala State Conference (Kottayam) Paper Presentation                      | Dr. Ekatha, Dr. Sruthi, Dr. Fahim | Prosthodontics         |

# Department Programmes



World Oral Health Day Celebration  
Department of Public Health Dentistry



World Prosthodontist Day Celebration  
Department of Prosthodontics



Aesthetic and Post Endodontic  
Department of Conservative Dentistry



CDE Programme  
Department of Orthodontics



Awareness Road Safety Programme  
Department of Oral Surgery



CDE Programme  
Department of Pedodontics



CDE Programme  
Department of Periodontics



Faculty Development Programme  
Department of Oral Medicine & Radiaton

## ഇനി എത്രകാലം

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മണ്ണ് മാറി ഒഴുകി  
മനുഷ്യൻ മണ്ണിനെ മറന്നു  
മണ്ണ് മനുഷ്യനേയും  
മണ്ണിനാൽ ഉണ്ടായവൻ  
മണ്ണിലേയ്ക്കെന്ന് മണ്ണാർമിച്ചപ്പോഴും  
മനുഷ്യൻ മറന്നുകൊണ്ടേയിരുന്നു  
മണ്ണാണവൻ എന്നവനെനറിയുമോ... എന്തോ  
ഇനി എത്രകാലം .....



## രൂപോലം

ഡോ. റോഷി അഹമ്മദ്  
Sr. lecturer Dept. of Prosthodontics



ഉണ്ണികളെ നിങ്ങൾ ബ്രഷ് ചെയ്യുമ്പോൾ എങ്ങനെ  
ചെയ്യണമറിയാമോ,  
കുഞ്ഞുങ്ങൾക്കായുള്ളൊരു ടൂത്ത്ബ്രഷ്  
കുഞ്ഞികൈകളിൽ എടുക്കേണം,  
പയർ മണിയോളം പോന്നൊരു ടൂത്ത്പേസ്റ്റ്  
ബ്രഷിന് മേലെ പുരട്ടേണം,  
വട്ടം വട്ടം വട്ടം വട്ടം കുഞ്ഞിപ്പല്ലുകൾ  
തേക്കേണം



## One of a Kind



*I used to take lessons  
from the rain  
of how it falls  
on the ground  
uncertain  
yet nourishing  
and flourishing  
a dry land*

*But suddenly, all turned to agony  
A hero turned villain,  
soft trickles to brutal shrieks  
come havoc,  
come fear,  
pierce these living hearts  
That is, if you managed to find any  
And so, sweeping Away  
The believing and non believing  
with laughter akin to a monster  
rendering all, non living  
The homeless and hungry  
their terrified screams,  
This is the sound of broken dreams  
But the living rest,  
Aware that this Is a test,  
Kait their limb and body,  
Into a fabric of humanity,  
To carry this ailing community,  
Out of a sea of human kind,  
A sign on their heads saying,  
One of a kind*

Hana Abdul Kareem, 2K19 Batch

## CAR CULTURE- *'A 'Passion. not a hobby*



I love cars that doesn't mean that I am a good driver, that I could talk to you about the state of the automotive industry or that I could do anything to help you fire literally anything but I love this damn things nonetheless.

This love actually extends beyond cars to motorcycles, trucks, airplanes and basically anything of engineering that, I am a fair and just would, my incompetent fingers would never be allowed to touch. As a matter of fact I find that most people either share that exact same love with me or else cannot understand in at all. So on behalf of all us fans, of 'controlled explosion with wheals on them', figured. I had given a go at explaining this baffling affection, and may be shed some light on what makes the box that occasionally takes you to the store something more special to us.

The most beautiful machines to the planet. But in all honesty, it's the mechanics, the race drivers that all seem to have a love for life, and they are the kind of people I want to surround myself with. To me what makes a car exciting –the sounds, the smell, the feeling of being a part of the machine as you are driving.

*'She is not a 4 wheels and engine, she is home!*

Dr. Nirmal Varghese (Intern)

## FOOD REVIEW



Food is a form of language that conquers all hearts young and old alike. It has to full different criterias for acceptance by different people. we go to try different flavours from different places hence primarily it should be able to tangle and tickle our tastebuds. It should be worth enough for the money we



pay and it should contain sufficient quantity. It should be able to relieve our appetite and fill both heart and stomach alike. As there are different choices in life each one has different criteria for the selectn of their favourite cusine. each can prioritise their choice of cusine based on taste, authenticity, economy, availability, ambience, signature dishes, serving of dishes. Clean and tidy environment and access to pure water and amnities also raise the standards of food served. There should be sufficient quantity of the dish for the money we pay.

Fahid Nizaro Siyo, 2K16 Batch



ദംഗിയുള്ള, തെക്കുമുള്ള, വർണ്ണകടലാസിൽ  
പൊതിഞ്ഞ ശബ്ദിക്കാത്ത, പതിഞ്ഞ കാലടിയാൽ തന്റെ  
അസ്ഥിത്വം ആരെയും അറിയിക്കാത്ത  
മനസ്സമിതം പൊഴിച്ച്, അക്ഷരങ്ങൾ വെള്ളം  
തൊടാതെ വിഴുങ്ങി,  
ആരുടേയോ ജൽപനങ്ങൾ കുലീനതയോടെ  
അനുസരിച്ച്,  
തിരിഞ്ഞ നോക്കുമ്പോൾ എന്തോ ഒന്ന് മറന്നു  
വെച്ചതുപോലെ  
ചിന്തിച്ചപ്പോൾ അത് തന്നെത്തന്നെയൊന്നെന്നോർത്ത്  
പശ്ചാത്തപിക്കുന്നവൾ  
അവളെ നിങ്ങൾ സ്നേഹിക്കുന്നു....  
അല്ല സ്നേഹിക്കുന്നുവെന്ന് നടിക്കുന്നു..  
അനുസരണയുള്ള ഒരു പട്ടിയോടുള്ള സ്നേഹം.....  
സൗന്ദര്യത്തിന്റെ ബാഹ്യസങ്കല്പങ്ങളെ വലിച്ചുകീറി,  
മൂലയിൽ തെങ്ങാത്ത, വർണ്ണ കടലാസുകളെ  
ചുരുട്ടിയെറിഞ്ഞ,  
ഉറച്ച കാലടികളാൽ തന്റെ അസ്ഥിത്വം  
നാടിനെയറിയിച്ചിട്ട്,  
അപ്പോൾ അട്ടഹസിച്ച് തീർത്ത, അക്ഷരങ്ങളെ,  
ആ യുഗമാക്കിയ,  
സ്വന്തം മനസ്സിന്റെ ആജ്ഞകളെ അനുസരിച്ച്,  
തിരിഞ്ഞു നോക്കിയപ്പോൾ നടന്ന വഴികളിലെല്ലാം,  
സ്വന്തം തെളിഞ്ഞ കാലടികൾ കണ്ടു നട്ടെല്ലുള്ളവർ  
അവളെ നിങ്ങൾ വെറുക്കുന്നു..  
അല്ല വെറുക്കുന്നുവെന്ന് നടിക്കുന്നു....  
നൂറ്റാണ്ടുകൾ പഴക്കമുള്ള 'മേൽകൊയ്മ'  
പൊളിച്ചെഴുതാൻ വന്ന  
'വിപ്ലവത്തെ' കണ്ടു ദയന്ന പോലെ...

ശ്രീലക്ഷ്മി വി., 2K15 Batch

People always ask me where I see my self. I see myself as I stand on the threshold of the future, they ask me of the stories of my part of the misfortunes that have mis-happen me and life has closed out lessons and if I have learned from them. I am neither someone who ponders the future. I live each day as if it were my last. I spent every minute of time productively. I put my 100 % into everything I do and when I am in doubt, when it seems the whole world is caving in, when I need to escape from the madding crowd, when I need to do some soul searching or soul bearing, I dance. Dance isn't just an art form for me. Dance isn't just about mudras and motion. Dance is an expression and out pouring of emotions and for some of us it is a part of life. So no matter where I go or what I do or how busy I may be, I always take a moment and drop everything I am going to dance.....

Sandra, 2K19 Batch



### Dental Riddles

2 They take out meat in milligram,  
Made them do dual color jam,  
Allows all your doubts scram,  
Displays whether problem or sham!

3 Gratified I am, used for amend,  
Crooked pearls given spot on recommend,  
I will be bent now, later your smile will be trend,  
Answer what am I, my dear friend!

# DRAWINGS



Fahid Nizaro Siyo, 2K16 Batch

Vishnu Sreepadam, Xantronz



Dr. Rahul, PG, Dept. of OMR



Dr. Neelima Manoj, Intern



Sini C V, 2K15 Batch

Midhuna, 2K19 Batch



**Message from the Cultural Secretaries**

**Sharun Shankar & Sneha Sara John**  
2015 Batch

*As the union cultural secretaries we were extremely privileged to pen our thoughts into our college magazine. It is always difficult to pigeonhole a year into one theme, but here we successfully launched our magazine, a mirror of KMCT Dental College, bringing alive to you the happening at KMCT along with mountains of creative contributions by our blooming talented dentoz.*

*Cultural activities are always given due importance in our College. As we entered our union 2018-19, we were targeting an all-around participation of every individual in our college campus. Starting with Teachers day we continued our events. We were indeed honoured to have organized our college day AARAV 2K19 which was brought back after about half a decade. We are very glad to say that we had a good volunteering team in our union and could easily coordinate each and every important cultural with full participation. We are bound to keep our unity as well as success. We were committed to do so as we are believed to be nurtured by our strength and love to each other.*

*We would like to express our sincere gratitude to our beloved Principal, Staffs, the Management, our seniors and juniors as it was a complete team effort. One family, KMCT. Always and forever.*

## *Cultural Report*

### COLLEGE DAY - AARAV 2K18



Hari Shanker on the Floor

Bringing back the holy grail of all celebrations, almost after half a decade, we TRIGERIANZ the union batch for the year 2018-19, were beyond proud to bring about Aarav 2k18, unleashed on November 18th. This visual extravaganza would not have been possible if not for the immeasurable cooperation of not just the union members or our entire batch but our whole college itself.

The ceremony was inaugurated in the presence of the very well efficient confraternity that lays the foundation of this college – Dr. Manoj Kumar and all other HOD's of the department and the chief guest for the event, versatile singer always on the rise, who is also a dentist by profession and singer by passion, Dr. K.S. Harishanker. We also had the honour of celebrating his birthday on the same day with a cake cutting along with his wife. Excitement did not die of here, it was soon followed by his musical adventure, the greatest KMCT had ever seen.



Lighting the Lamp Ceremony

The official ceremony concluded with the college toppers being awarded momentous for their academic excellence. We had also conducted a photography contest and tiktok video contest- 'freak penne challenge', the winners for the same was awarded each prize during the ceremony. The visual spectate of Aarav was brought by majestic cultural performed by both the student community and the faculties.



Staff Drama - The Missing



TGZ Batch Dance



Break Dance



RVZ Group Dance



Theme Dance



Enjoying the Aarav Snap

Perhaps the best part of Aarav 2k18 was the ultimate investigation drama –THE MISSING by our educational rock stars. Our Professors who we only knew to be hardworking doctors during the day brought out an entirely different fun and energetic side of their personalities to put on that could have actually been an Oscar winning performance. Aarav was not just any random college day gifted by us to them. It was the well-deserved fruit of efforts from each and every single individual of this college KMCT has never felt more closer to home than it did that night.

# Cultural Report

## ARTS FEST DHWANI 2K19

No college life is complete without the 2 days that are reserved for nothing but the absolute entertainment. One proof is the main healthy competition held annually in our college is DHWANI, our arts day. Our last years fiesta comprised of offstage events which were conducted on 29th and 30th of March and the onstage events on 1st and 2nd of April. If to revel in, we were beyond excited to have full participation from all our staffs, PGs, interns, students and non-teaching staffs.

Bringing about fair and just competitions and judgement was something that we always triumph over. Our Principal along with all the HODs flagged off DHWANI 2K18 on the first day of off-stage along with a flash mob from our side.



### OFFSTAGE EVENTS

#### RANGOLI, FACE PAINTING, MEHANDI

We were very excited to have such enthusiastic participation from the competitors that even included our beloved HODs of various department who proved to not only be good doctors but also great artists.

#### LIGHT MUSIC, MAPILAPPATTU, RECITATION

It was indeed marvellous to witness our non-teaching staffs who have worked so hard for the daily functioning of our college embrace the feeling of togetherness and come forth with their heart-warming performance along with the students like one big happy family.

#### POEM WRITING, MAPILAPPATTU, RECITATION

It was such an honour to watch the all-rounder doctors among us yield words that were brutally beautiful.

#### DEBATE, EXTEMPORE

We KMCTians have yet again proved that debating and reasoning are the greatest of our assets. The debates between freshers and renoviantz against the PGs had us all standing on our toes.

#### POSTER MAKING, SOAP CARVING

We even felt bad for conducting the competition because it was astonishingly hard to pick out the best from everything that was great. Their creativity was unbelievable.

#### DUMSCHARADS, ANTHAKSHARI, TAKE ONE

It has been our natural talent at relaying secret actions unseen during the clinical hours, everybody was extraordinary good at it.



Face Painting



Rangoli



Mehandi Designing

## ONSTAGE EVENTS

Dhoom-dhamaka did not die out with the offstage competition but, it was only the rise of the ultimatum with the on stage events.

The official inauguration of the onstage events of DHWANI 2K18 was held in the presence of our Vice Principal Dr. Nizaro Siyo and HODs of all departments. Our very beloved principal Dr. Manoj Kumar sir was unable to attend the function due to unavoidable reasons.

DHWANI 2K18 took off with the nightingales of the college setting the tune for the carnival with their Film song solo and Duet, Western Music and Nadanpattu.

The dancers were no behind and showcased with full power with their performances in Adaptive, Mirror, Knock-out, Oppana, Vattapattu, Margamkali, Group dance and Theme dance.

The doctors among staffs were not only good singers or dancers but were also great actors. We had some brilliant performances in Monoact, Skit and four the people were the theme to act out were given on the spot.

It would be a shame to not mention the fashionista of our college who put forward some a visual treat with their incredible fashion shows. History repeat itself, almost as if it is of the ruling union, the vencedorz 2K17 Batch got the deserving victory.

Fahid Nizaro Siyo was awarded the Kalaprathibha and Fathima Linsha, the Kalathilakam by Dr. Sreekanth Puthalath (Reader Dept. of Periodontics).

DHWANI 2K18 was a full on celebration which was made possible by the collective effort from the whole of the union batch, our juniors, seniors, staffs and non-teaching staffs.

Lighting the Lamp



Champions  
Vencedorz 2K17 Batch

Fahid Nizaro Siyo  
Kalaprathibha-2K16 Batch



Fathima Linsha  
Kalathilakam-2K16 Batch

## *Dhwani 2K19 Snaps*



Film Song Solo



Fashion Show



Vatta Pattu



Theme Dance



Nostalgia



Margam Kali



Western Music



Nadan Pattu

## *Cultural Report*

### **CELESTE '18**

Christmas, a celebration that correlates between heaven and earth. We celebrated our Christmas day CELESTE'18 on December 18th. Trigerianz had decorated the college campus like Bethlehem. The Principal, staffs, PGs and students were witnessed the celebrations. Our Principal gave a valuable Christmas message and wishes for the upcoming New Year.

There were several competitions held like Christmas carols, crib making, star making and the winners were given prizes by the principal. The smiles on each of our faces when Santa jingled around disturbing sweets was something that couldn't be missed. It was indeed true from the heart and the actions just proved it right. Merry to all, Merry be all Ho!Ho!

### **KERALAPIRAVI**

It marks the birth of the state Kerala. We Keralites celebrates this day on November 1st. Our principal, along with the HODs and the administrator inaugurated the function by lighting the lamp. Principal gave a thoughtful message on Keralapiravi. We had conducted a poster competition on the topic Kerala after flood, in connection with the celebration and the winners were awarded cash prize. It was made even memorable for us Trigerianz as we launched our college newsletter 'DENTAL BUZZ' on the same day. Editor Shakir Jamal presented the news letter to our principal who officialy released the first copy of the news letter.

We were thrilled to be the first to bring a college newsletter in the campus. Without the hard work of our well efficient editor Shakir Jamal, this accomplishment would not have been possible.



Crib-Team Tgz



Lighting the Lamp



"Dental Buzz" Inauguration & Official Launch

## Editors Report

Shakir Jamal A P  
Union Editor



I feel extremely privileged to hold the position of being editor in chief of the union batch TRIGERIANZ 2K18-19. What I hoped to bring about the hidden talents of our college and to bridge the gap between staff and students and to establish a sense of belonging in everyone in the college. It indeed is a matter of pride that I was able to bring about five significant initiatives. I hope that I have done my part truly and sincerely wish all the best for the upcoming editors.



Wall Magazine

### WALL MAGAZINE 'thaliyola'

It was truly first of its kind that KMCT had ever seen, a wall magazine dedicated for exhibiting the creative works of the doctors among us. As the name suggests "thaliyola" was made from nothing but all things natural ; bamboos, coir and rubber etc.

### NEWS LETTER "Dental buzz"

This initiative was undertaken with aim of creating a news bulletin of last 3 months of college activities and achievements which even includes funny cartoons, dental flo(glo)ssips and troll corner.

### STAFF INTERVIEW "hot coffee with HOD"

This reverse questionnaire was especially aimed at bringing together the staff and student community where the students actually attacked the HOD's with their funny interactive questions.am sincerely thank to Meghna Nath for her strong support.

### UNION SUGGESTION BOX

A post box model suggestion box in the campus where student could write in their needs, complaints and ideas. We are immensely proud in brought having brought actual changes in the campus on behalf of these suggestions.



Dental Buzz



Interview



Suggestion Box



Eruption

### COLLEGE MAGAZINE "ERUPTION"

Perhaps the most challenging milestone was in creating "eruption". I hope this read is worthwhile your time.



BRENT DEAN ROBBINS

**THE MEDICALIZED BODY  
AND ANESTHETIC CULTURE**

THE CADAVER, THE MEMORIAL BODY,  
AND THE RECOVERY OF LIVED EXPERIENCE

# Limits of Medicine

പറയാനാവാത്തത്, പലപ്പോഴും എഴുതാനും...

നിത്യേനയെന്നോണം ഇടമുറിയാതെ കണ്ടുകൊണ്ടിരിക്കുന്നവർ. അവരുടെ മാതൃനിമിത് എഴുതാനാവ ശ്വേദപ്പോൽ ഞാൻ കേറിയത് എററും. പല കുറി എഴുതാനിരുന്നപ്പോൾ ഒരു കാര്യം മനസ്സിലായി. എന്നും കാണുന്നവരോട് എഴുത്തിലൂടെ സംവദിക്കുക ദുഷ്കരമാണ്. കാണുമ്പോഴെല്ലാം പറയുന്ന കാര്യങ്ങളെല്ലാതെ എഴുതാൻ പ്രത്യേകിച്ച് എന്തെങ്കിലും മനസ്സിലുണ്ടിട്ടില്ല. ദിവസങ്ങൾ ആഴ്ചകളായി. എഡിറ്ററുടെ സ്നേഹത്തിൽ പൊതിഞ്ഞ ദയനീയമായ ചിരി വാട്സ്‌പ് ഇമോജിയിൽ നിന്ന് എന്റെ സ്വപ്നലോകത്തേക്ക് അതിക്രമിച്ച് കയറി തുടങ്ങി. അപ്പോഴാണ് വായിച്ചു കൊണ്ടിരിക്കുന്ന പുസ്തകത്തെ കുറിച്ചെഴുതിയാലും മതിയെന്ന എഡിറ്ററുടെ പ്രസ്താവന എനിക്ക് വലിയ ആശ്വാസമായത്. അപ്പോഴും വരാനിരിക്കുന്ന ഗുലുമാലിനെ കുറിച്ച് എനിക്ക് വേണ്ടത്ര ധാരണയില്ലെന്ന് ബോധ്യപ്പെടാൻ സമയമെടുത്തു.

വായിച്ചു കൊണ്ടിരിക്കുന്ന Brent D. Robbins ന്റെ 'The Medicalized Body and Anesthetic Culture' എന്ന പുസ്തകത്തെ കുറിച്ച് പറഞ്ഞ് തുടങ്ങാമെന്ന് കരുതി. മോവേൺ മെഡിസിനും മരണവുമായി ചേർത്ത് ഗൗരവതരമായ ചർച്ചയാണി പുസ്തകത്തിൽ. അപ്പോഴാണ് പുതിയ സംശയം മുളപൊട്ടിയത്. മരണത്തെ കുറിച്ച് കോളജ് മാതൃനിമിത് ചർച്ച ആവാമോ? കയ്യെത്തും ദൂരത്ത് കണ്ട മറ്റൊരു പുസ്തകം പൊടി തട്ടി നോക്കിയപ്പോൾ 'The Tibetan Book of Living & Dying' by Sogyal Rinpoche! ഈ തിബത്തൻ ബുദ്ധിസ്റ്റ് പുസ്തകവും എങ്ങിനെ മരിക്കണമെന്ന് കൂടി വിവരിക്കുന്നതാണ്.

"Human beings face two causes of death: untimely death and death due to the exhaustion of their natural life span. Untimely death can be averted through the methods taught for prolonging life. However, when the cause of death is the exhaustion of the natural life span, you are like a lamp which has run out of oil. There is no way of averting death by cheating it; you have to get ready to go."

എഴുത്തിനെ കുറിച്ചുള്ള ആലോചന അപ്പോൾ ഉപേക്ഷിച്ച് അപ്പോൾ വായിച്ച് കൊണ്ടിരുന്ന നോവൽ തുറന്ന് വെച്ചു. ടി.ഡി. രാമകൃഷ്ണന്റെ 'മാമ ആഫ്രിക്ക'.

'ഉടനേ മരിക്കില്ല. മറ്റു ജീവികളെപ്പോലെ കുറെക്കാലം സന്തോഷമായി ജീവിച്ച്, കുട്ടികളുണ്ടായി, അവരെ വളർത്തി വലുതാക്കി, വ്യവരായി മരിക്കും. നമ്മൾ കുഞ്ഞുങ്ങൾക്ക് ആദ്യം നമ്മുടെ ജീവൻ പകുത്ത് നൽകും. പിന്നെ നമ്മുടെ ആയുസ്സും. പ്രണയം അല്പാല്പമായ മരണമാണ് മലയാിക.'

തീരുമാനമായി. റോബിൻസിന്റെ പുസ്തകത്തിലെ ചില പ്രസക്തഭാഗങ്ങളെ കുറിച്ച്, മരണത്തോട് യൈദൃപൂർവ്വം അഭിമുഖമായി നിന്ന്, നമുക്ക് സംസാരിക്കാം. ആന്ത്രിയസ് വെസാലിയസ് പതിനാറാം നൂറ്റാണ്ടിലാണ് ആധുനിക അനാട്ടമിക്ക് തുടക്കം കുറിക്കുന്നത്. മെഡിക്കൽ വിദ്യാർത്ഥികൾ പഠനാരംഭത്തിൽ തന്നെ ഡിസെക്ഷൻ ചെയ്തു തുടങ്ങുന്നു. ആധുനിക വൈദ്യശാസ്ത്രത്തിന്റെ ലോകവീക്ഷണത്തോട് ചേർന്ന് നില്ക്കുന്ന ഒരാചാരമായാണ് ഈ തുടക്കത്തെ നമ്മൾ കാണേണ്ടതെന്ന് റോബിൻസ് സൂചിപ്പിക്കുന്നു. മുതശരീരവുമായുള്ള ഏറ്റുമുട്ടൽ പല വിദ്യാർത്ഥികളിലും ഉളവാക്കുന്ന ഞെട്ടൽ കുറഞ്ഞ കാലയളവിനുള്ളിൽ സൗഹൃദമായി രൂപാന്തരപ്പെടുന്നതിനെയും റോബിൻസ് ചർച്ച ചെയ്യുന്നു. പക്ഷെ, അനാട്ടമിയിലൂടെ മനുഷ്യശരീരത്തെ നമ്മൾ അടുത്തറിയാൻ ശ്രമിക്കുമ്പോൾ അനുഭവങ്ങളുടെ പാരമ്പാരമായ ജീവിക്കുന്ന മനുഷ്യനെ മറക്കാൻ നമ്മെ എന്തോ പ്രേരിപ്പിക്കുമോ?

മേൽ സൂചിപ്പിച്ച പ്രശ്നത്തെ സൂക്ഷ്മമായി നിരീക്ഷിച്ചാൽ മാത്രമേ അതിന്റെ കൂടി ആഴം നമുക്കറിയാനാവൂ. കഡാവറിൽ നിന്ന് പിറകോട്ട് നടന്ന് തീരെ വയ്യാതെ കിടക്കുന്ന ഒരു മനുഷ്യനെ/രോഗിയെ ആരോഗ്യ പ്രവർത്തകർ സ്വതവേ എങ്ങനെ സമീപിക്കുന്നു എന്ന് കാണാൻ ഒരുദാഹരണം കാണാൻ ശ്രമിക്കാം. 'Patch Adams' എന്ന Robin Williams സിനിമയിൽ പ്രഫസറും ശിഷ്യരും അതീവ ഗുരുതരമായ അവസ്ഥയിൽ കിടക്കുന്ന ഒരു രോഗിക്ക് ചുറ്റും നില്ക്കുന്ന ഒരു രംഗമുണ്ട്. Patch Hunter Adams എന്ന വിദ്യാർത്ഥി പ്രഫസറോട് നിസ്സഹായാവസ്ഥയിൽ കിടക്കുന്ന പ്രമേഹ രോഗിയുടെ പേര് ചോദിക്കുകയാണ്. പ്രഫസറോ അയാൾക്ക് ചുറ്റും കൂടി നിന്ന കുട്ടികൾക്കൊക്കെക്കിലൊരാൾക്കോ കിടക്കുന്നയാളെ diabetic patient ആയി അറിയാമെന്നല്ലാതെ അവരുടെ പേരിനെയില്ലാത്തതു! നമ്മളും രോഗികളെ പേര് കൊണ്ടറിയുന്നതിന് പകരം lichen planus case എന്നോ OSMF case എന്നോ വിളിക്കുന്നു.

മരണം പ്രാഥമികമായി ഒരു യാന്ത്രിക തകരാറാണെന്ന് മനസ്സിലാക്കപ്പെടുമ്പോൾ യന്ത്രം ശരിയാക്കുന്നത് തുടരുക എന്നതാണ് തുടർന്ന് നമുക്ക് ചെയ്യാനാവുന്ന ഏക കാര്യം. ഇനി നമുക്ക് റോബിൻസിനെ കുറിച്ച് സംഭാഷണം ഇവിടെ നിർത്താം.

For life and death are one, even as the river and the sea are one

In the depth of your hopes desires lies your silent knowledge of the beyond

Trust the dreams, for in them is hidden the gate to eternity.

ഖലിൽ ജിബ്രാൻ

Dr. Auswaf Ahsan

HOD, Dept. of Oral Medicine & Radiology



## പടിമറയും നേരം

Aswathi, 2K17 Batch



ഒരു വാക്കില്ല പറയാനിന്നേരവും നിന്നോടായ്  
ഈ വഴിത്താരയിലോ ഞാൻ ഏകാന്തനായ്  
ഉറ്റവരാണിവർ കൂട്ടരല്ലൊ  
മൊത്തൊരുമിച്ചവർ കോലായിലായ്  
വിടപറയുന്നിതായെല്ലാരോടും  
മഷിയും വർണ്ണപ്പെടികളുമായ്  
ഇനിയല്ലയിമാഷുമിദിനങ്ങളും  
ആ നാലുചുമരിനുള്ളിലെയാനന്ദവും  
ചങ്കുപറിച്ചെറിയുന്ന നോവിലോ  
കൈയൊപ്പുവാങ്ങി മടങ്ങുകയായ്  
ആരവത്തിനിടയിലുമെന്തേങ്ങലാരോ  
മറിയാതെയൊതുക്കിയുള്ളിൽ  
ഓർമ്മകളൊന്നെന്നായ് തെളിഞ്ഞൊരി  
മിഴിനീരിലായിരം കാലമതാർത്തിരിക്കാൻ  
ഒന്നിച്ചൊരുല്ലാസയാത്രയിലോ  
വിധിവന്നു നിന്നെ കവർന്നെടുത്തു  
കാട്ടിക്കൊതുപ്പിച്ചൊരാപുഞ്ചിരിയും  
കള്ളച്ചിണുങ്ങളും അതിരറ്റ സ്നേഹവു  
മൊരുമളം കൊഴിയുന്നപോലെരിഞ്ഞു  
എൻ കരങ്ങളിൽ നിന്നൊഴുകിപ്പോയൊരു  
ദിശതെറ്റിയെങ്ങോ അമർച്ചയൊരു  
പുസ്തകത്താളിലൊട്ടു മിഴിത്തൊഴുപ്പു  
പൊൻമയിൽപ്പീലിയെൻ മണത്തുവെച്ചു  
തണൽമരം മാരുതനാൽ മിഴിനാമം  
മന്ത്രിക്കവേത്തിരിഞ്ഞൊരു നോക്കിത്തൊഴുപ്പു  
മനസ്സിൽപ്പതിഞ്ഞതൊരു മാത്രം  
തിരികെ വിളിക്കുന്നതിൻരൂപമോ  
മറവിയിലാണിന്നു ഹേമലത നിന്ദുവം  
മനമെൻ ഹൃത്തിൽ മേൽത്തന്നിൽ  
എന്നുറ്റവളായതും നി  
യെന്നുടയവളായതും നി  
ഈ മഴക്കാറുമിടിപ്പിക്കു  
നിനക്കായിന്നും കാത്തുനില്ക്കു .....

## Scaring it way

Gopika S Unni 2K18 Batch



In the dark night  
When looked down  
I saw two eyes too scared,  
too worried  
She clutched her skirt  
and she turned her head around, for  
a familiar smile  
though she got none.

She was running away  
far away from the stones flung at her  
far away from the smearings of all  
far away from the tears of her loved  
to the clutches of the dark  
and it swallows her in

I saw her weep in the dark  
now i see her tired and motionless  
her face battered and beaten  
her soul even more  
there she lay abandoned  
cared by none  
near a ditch  
where all that go in rots.



# PENCIL SCULPTURES



Shakir Jamal, 2K15 Batch



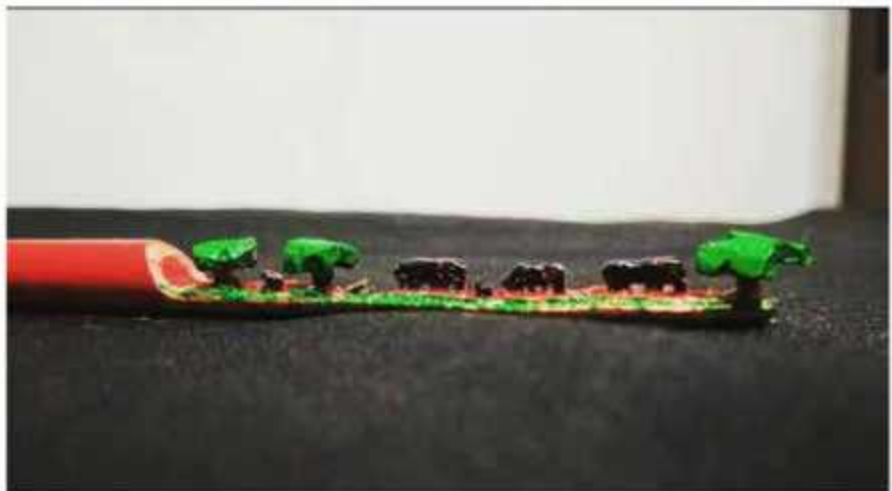
Dr. Kavitha K, Intern



Shakir Jamal, 2K15 Batch



Dr. Kavitha K, Intern



Shakir Jamal, 2K15 Batch

## DRAWINGS

Amna 2K19 Batch



Rawan Jahfar 2K19 Batch



## Message from the Chairman & Chair Person

**Mohammed Ismail &  
Suha V**  
*Union Chairman & Chair Person*



*Have you ever had this feeling when you are trying really hard to write but the words just don't flow? It happened many times to us for the past one year. The past year has been a roller-coaster ride for us, over whelming with both joy & despair from the moment of being elected as the chairman and chairperson. We know that it was no easy job & that we were entrusted with lot of responsibilities & we had huge shoes to fill. We had moments of confusion, under confidence, cluelessness & anguish, but together, as a team, we knew we'd achieve great heights.*

*From the beginning of the union in September 2018 we tried our level best not to miss out any occasion and give each day the due importance & significance it deserved. From teacher's day, our first program, to Independence Day, our last one as a union, we left no stone unturned to bring about the best of it. We also brought in innovative ideas like 'THALIYOLA', our wall magazine, 'DENTAL BUZZ, our newsletter, blood donar's forum, suggestion box and the memorable college day ÁARAV18.'*

*We take this opportunity to express our immense and heartfelt gratitude to the management of KMCT Dental College, Dr. Aysha Naszreen and Dr. Navas K. M. for their immense support. We thank Dr. Manoj Kumar K.P, our Principal, and Dr. Nizaro Siyo, our Vice Principal for believing in us & giving us the space & freedom to conduct various programmes. We thank the administration staff members & non-teaching staff for their valuable opinions & support throughout the year. We thank our seniors & juniors for their whole hearted cooperation & participation for making every single program a success. Lastly, we thank our batch mates, TRIGERIANZ, who stood together day & night to make every aspect of each and every programme perfect. Every effort, large or small, put forward by each one of you has been valuable & has not gone unnoticed. At this point, we wish our juniors all the success for their future endeavours.*

## Union Report

The year 2018-19 was a memorable year for the KMCTians, both academically and culturally. It wasn't all about studies and dentistry or programs and cultural, but this year was about unity and togetherness, and enjoying those perfect moments of friendship and we, the Trigerianz union batch, is very glad that we could devise and be a part of this memorable year.

The handing over of the union took place on August 15<sup>th</sup> with the Ryzentronz union stepping down. It was a time of great peril with Kerala facing the largest floods it has faced in about a century after the great flood of 99. Both the union batches worked hard together to contribute as much as possible in this time of need.

The first official function of Trigerianz union batch was marked with the celebration of the teachers day on September 5<sup>th</sup>. It was conducted with a never before enthusiasm and all the teachers were given a token of love and appreciation from our side for all the efforts they took in educating, culturing and leading us.

Welcoming the fresher's was the second task the union had and on September 14<sup>th</sup>, the 2018 batch was welcomed into the KMCT family. Orientation classes were conducted and a whole new world was opened up to the fresher's.

The world heart day was organized on 29<sup>th</sup> September and a marathon was conducted in accordance with it. On October 2<sup>nd</sup>, we observed Gandhi Jayanti by respecting his standards of cleanliness. A green protocol was implemented in the campus in accordance with the Swatch Bharat mission.

Realizing the importance of blood donation, and in hopes of creating awareness and obliterating the myths associated, we observed the world blood donor's day on October 3<sup>rd</sup>. A blood donor's forum was established in our college along with the NSS which will be available 24x7 in our college.

The Kurukshetra inter dental sports meet was conducted on October 14<sup>th</sup> and the boys and the girls team received several allocades for their performances. A monthly newsletter was initiated by our union batch and inaugurated by our principal on November 1<sup>st</sup> along with programs of Kerala Piravi. This newsletter named Dental Buzz received critical appraise and it was the medium of communication between the staff and students and also with the patients as well.



Teachers Day Celebration



World Heart Day



Fresher's Welcome

A quiz competition was conducted on November 2<sup>nd</sup> in accordance with the literature club. This 'battle of brains' was hosted by Dr. Fasil Pulparambil and the winners were gifted cash prize. November also marked the spirited two day event of 'Yodha' sports meet which was a competitive show down for the athletic spirit of all the students and staff of our college.



Green Protocol Implementaion Programme



Battle of the Brains



Yodha Sports Meet

And the no rest November witnessed one of the most anticipated event, Aarav 2k18, College Day, an effort of all the union members and staff combined with the energy and enthusiasm of all the students in the college. It was a vibrant and lively night and Aarav 2k18 goes down in the history of KMCT Dental College to be one of the best night ever. Play back singer, K.S. Hari Shankar was the chief guest and he stunned the audience with a vibrant performance that won't be forgotten any time soon.

World aids day was commemorated on December 1<sup>st</sup> to spread awareness among the public. Christmas celebration were conducted with the competitions and events where all the students participated.

The post graduates and the under graduate students attended the Manipal University conference, SCORE 2.0, held at Manipal Campus on March 2nd and 3rd. The inauguration of the wall magazine was the next event that was marked in the history of the college. A board exclusively to showcase the talents of both staff and students, a hub of communication and interaction, its establishment was a benchmark in the time line of KMCT.

National dentist day was observed on 6th March where our principal Dr. Manoj Kumar KP gave us an informative talk on the subject of dentistry and opportunities. The month of March also witnessed the college arts fest -Dhwani 2019. It wasn't merely a showcase of talent that occurred, but the upbringing of several names in to the hearts of all the students and staffs.

In the month of April, the 8<sup>th</sup> convocation ceremony of our college took place where the 2013 batch transitioned from undergraduates to graduates. The event was named Exodus and was a majestic sent off to the 2013 batch. The Ifthar program was conducted on 17<sup>th</sup> May where all the staffs and students gathered

together to have an eve of togetherness. The Woman's day was organized in March to spread awareness about women empowerment. The year marked a total of 22 programs which could never have been organized without the support of the principal, vice principal, HODs and staffs. Everything went well by the grace of God Almighty and by the support of all the students and staffs. *'Where there is a will, there is a way'*. If we have the will, the universe will be with us. I congratulate the new union 2019-20, the RENOVIAN TZ batch, and wish them success on their venture.



Ifthar Party



Aarav - College Day



Christmas Celebration



Students Union 2018-19, sitting from left to right: Vyjith Tomy (General Secretary), Suha V. (Chair Person), Mohammed Ismail (Chairman), Meghna Nath (General Secretary) & standing from Left to right: Sharun Shankar (Arts Secretary) Muhammed Favas (Convenor), Shakir Jamal (Magazine Editor, Elsa Philip (Sports Secretary), Sneha Sara John (Arts secretary), Neethvijay (Treasurer), Ajisa T. V. (Sports secretary), Sidharth Manoj (University Union Chairman), Adithya Varma (Treasurer), Vinu Jubilo (Sports Secretary)

# Union Snaps



## THROUGH THE CORRIDORS OF MY ALMA MATER.....



For a teenager, it's always been a difficult task to pass out of school and join college where every face is new for them. They may take days, even months to get adapted to the new environment. My experience was also similar.

I remember 25 September 2013, the day I joined KMCT Dental College. I was extremely sad to leave my home, parents, my sister and of course my school friends. I felt insecure. I was in great dilemma and felt damn helpless. College and hostel life were new for me. I was thunderstruck to see 99 new faces along with me, as my batch mates. I had never been in such a huge batch till date. Also, we had a little bit of introductory programmes with our seniors, for 3-4 months till our fresher's day. Though, those days were big challenges for me, I recollect the happy moments and I am sure that such experiences play a crucial role in our life in moulding us into a better human being.

After Fresher's day, we named our batch 'DRAVERGONZ' – The Engineers of Medicine.

First year of college life went on with preclinical classes and theory hours, which I felt like damn difficult. But somehow I could manage it with my new gang of friends whom I have never thought of getting too much closer. Days passed by. My friends and I got to know more about KUHS after the announcement of our 1st year results.

Our batch strength became nearly half on entering into second year. As someone says "Failures are the stepping stones to success", we went on and continued our journey even when some of our beloved ones withered apart.

Amidst of those examination tensions we could hardly enjoy our batch trips and college day programmes. We witnessed our super seniors and seniors receiving their graduation with goosebumps. Third year, "The Honeymoon Period of BDS" and final year passed by with lots of ups and downs in our clinical postings and examinations. We were almost close to our big day.

Somehow, under the eminent guidance of our teachers we got through our final exams with good marks. Finally we became House Surgeons. A year of internship taught us a lot.

24 April 2019, we were honoured to receive our degree. The oath taken on our graduation day instils ethical values in all of us, I hope so...

Our teachers, parents and all those who helped us throughout our journey deserve utmost respect and love. Gratitude cannot be expressed in words.

The corridors of KMCT Dental College have a lot to say about our friendships, happiness, ups and downs, love and so on...

Those sweet memories are still alive in our hearts and souls.....

*Dr. Anjana Nair S., Dravergonz*



### Dental Riddles

4

*Fiasco in brushing, thee visit Scholar,  
Not all types of "White" is great, Clinicians holler,  
When they see teeth smothered with thick ivory collar,  
Aids that out with electric mauler!*

5

*I can shine like silver,  
or show myself dull like white,  
Plugs out ugly potholes,  
tries to make fangs delight!*

6

*Surgery isn't easy, it's been told,  
Incorporating me makes tissue go cold,  
Coz procedures are done all bold,  
But all pain can be kept on hold!*

# രോഷൻ മകൾക്കായ ചു കത്തുകൾ

Dr. Harish Kumar V V

HOD, Dept. of Periodontics



## My Dear Anni

*When the years pass by, its amazing how you watch your children grow. They become individuals of their own. Having their own mind, their own character, their own, decisions. Their own goods, bads, pluses and minuses.*

*I and your mother too have grown up the way you have. Going through all those ups and downs, highs and lows, which I feel is part of every life. Each life is different. Each life gives its own stories. You will have yours. I have mine. Some we share. Some we know. Some are obscure and untold. Some unclear and unknown. But that's what "Life." is all about.*

*It doesn't mean one has to be perfect... No one is. No one can.*

*No one should be!!! That's what I believe.*

*Coz if you're perfect, you are not a human being. There is no more a dangerous person, or an insane person, than someone who is sane all the time.*

*As parents, we have tried to correct you and your younger brother Bharat many a time. But all in good interest. A parent always want to be proud of their children. They should be proud. In whatever way they are, we always try to tell you what is best, or better or what to do or not to do, which is right and what is wrong, in a comparable situation. Provided we are given a chance at that. As you grow these chances reduce and you both will be more independent and ready to take decisions. But the ways you were brought up should always show light when it come to decisions.*

*As a child you have gone through a lot of chaos. Maybe I was immature, unsettled, or was myself still growing up or climbing the ladder of Parenthood. You took the brunt of all our emotions, as you were the first born. Bharat was in a way lucky, he came into the scene seven years later*

*Your mother has tolerated me as an Angel. She has had a real tough time living with me. But I love her the same way today as I have loved her when I first met her thirty two years back. And all through the twenty three years of our marriage. You know how much she means to me.*

*But you are the Girl who grew up through all of our life's stages. Coz we were also growing up with you, Anwi.*

*Maybe you still remember incidences when I may have been harsh on you. I may have hurt you. I realize all that now. There may have been definitely instant and impulsive behavior in a rush of blood, but I wish to tell you that those were in good intention, and please forgive me for those hard times. Its always our concern to see you and Bharat be good, be OK, and be almost right, Almost every time, in almost everything you both do.*

*Coz no one is perfect. I may take this excuse, but don't spare me.*

*When we correct you, or guide you or advice, its just our ways to help you organize yourself along the days you have been growing up. Definitely each parent, an individual as he or she is, will have their own individuality in their ways of guiding their children. So we may have had difference of opinions about different decisions along the way. But if you look back, you will definitely realize that we were only trying help you organize your life. In simple ways to be normal and in working order.*

*Like knowing your "Priorities".*

*Getting up on time. Having personal hygiene. Having Faith. Belief.*

*Consciousness. Self-esteem. Self-control. Self-confidence.*

*We lean on that.*

*Learn to respect, accept, honor and regard everyone. Every individual coming across in your life deserves all this. Give them, regardless of who they are, they way you see each of them as another Human Being. Just as you are. Learn to have empathy, and sympathy towards fellow beings. That would definitely make you elevated in stature, give you a new perception of life, and the way you see it and make you in high esteem with every person coming into your life. Never practice disrespect or dishonor.*

*We don't live in bungalows, duplexes, homes or apartments.. We live in our minds. Yes, that's our permanent residence. There are no constraints of space in your mind. Its an unlimited area, a vast space. And you know what? No matter how well organized your room or balcony, or home or study or closet is, life is good, only when you have sorted out everything there in your mind. And that's where we keep all our mess. All thoughts, ill feelings, regrets, revenge, sorrow, expectations, worries, secrets, comparisons, complexes, grudges scheming, all piled up there. Littering your mind. All our minds for that matter. But for that Real Home of ours, we cannot outsource house keeping. We got to do it ourselves. Delete all unwanted stuff. Never keep them there. You don't need the back up of negativity. We don't need trash in our minds Anwi.*

*But never forget the cardinal rule. If you chose to accept anothers thought, or if you chose to respect anothers belief, or if you decide to follow another, be very sure and make sure that they are also the same way you are. Make sure that they are also like you. Those who don't share your views, those who don't share your thoughts, those who don't share your ideals, are not ideal for you. Always be aware of that person, whoever that may be, who would try to impose their views and attitudes and styles into you.*



*Always be careful of that person who always demands respect and they themselves don't give respect to others. Respect is something which should always be mutual. Wherever it applies. Could be parents, teachers, students, friends, colleagues, relatives, neighbors, officials, subordinates, superiors, whoever it may be. Respect is something to be earned. Not to be demanded. Never respect a person who disrespects you and your conscience. Keep away from such people. Coz they can only produce negativity and unhappiness. Always give respect to the person who respects you and trusts you. Try not to let them down ever. Trust is invaluable.*

Becoz you can never imagine what they may be seeing in you. But also remember this. There are always two reasons where we shouldn't trust people. First, coz we don't know that person, and second, coz we know them.

Always recognize, and know the ones who love you. Unconditionally, unfathomably. Know these people. Never fail to see such love. Love them back. Whatever relationship it is. Love is there in every relation. Coz love is universal. Love those who love you. Not the ones you may want to love. Never hold your love. Never fail to express love. The ones who love you will always be there provided you don't fail to see their presence.



May be they aren't always visible, like the stars during day time. But they are always there. We are always there for you.

I hope you would forgive me for all my tempers. My dear Anwi, Me and your mother want you and Bharat to be the best, in the best way you can. To the best of each ones ability. That's all life is about.

There was a time when a window was just an opening on the wall, application was something written on a paper, when keyboard was on a piano, and mouse was just an animal. File was an office record and a hard drive was a difficult road trip. Cut was with a knife, and paste was with glue. Virus caused disease and web was a spiders home. But times have changed. And you both have also adapted to the changing worlds. So have we too, me and your mother, in our own little way. But I want you to know what a dangerous place the Web now is. You know that too. Yes. But let me once again warn you to be careful. Am telling Bharat too. To be careful. For one wrong step may be a big mistake.

Most of life's questions are answered in the movies. So I have observed. May be its just my view. But there we see all of life. As different lessons, from which we may benefit, or which may make us aware or some which may make us feel alive. Helps us to be rational, emotional, practical and critical of this life which we live.



You know everyone is not made equal. So know yourself, know your limitations, know your limits. You will never have much problems dealing with your life and writing that story of your own. Its just starting to pick up Anwi. And you bet, the pace is going to be dizzying. Respect your efforts, respect yourself. Self-respect leads to self-discipline. And that is real power. And as Peter Parkers uncle told him, "With great power comes great responsibilities". So youre responsible for yourself and your actions. Never let go of your brother's hand. He's part of you. And he is the one who will be there for you always. As you will be for him always.

Thank you for being my Child. I feel so proud and happy when I look at you. How you have blossomed into this young woman. From that lil girl who was born to us, seems like it was yesterday. I want you to be that woman who is strong, but gentle. So educated, but can be humble. So fierce, but compassionate. So passionate, but be rational. So disciplined and yet be free.

God bless you,  
Love you  
അമ്മ

# CRAFT ZONE



Hippocrates Clay Art  
Kavitha (Intern)



Recycle Craft  
Sini C V, 2K15 Batch

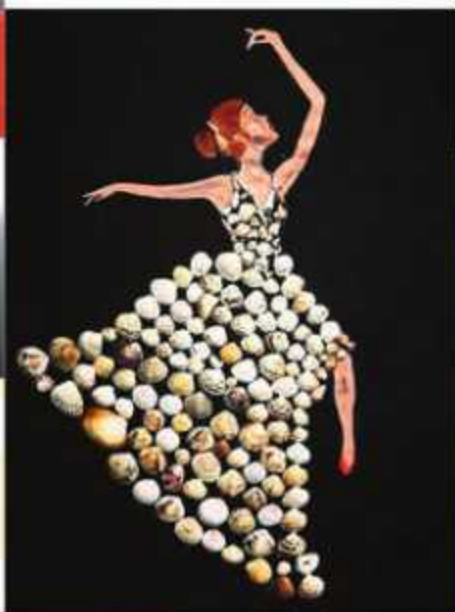


SJ ART ROOM

Pencil Waste Craft  
Shakir Jamal 2K15 Batch



Paper Craft  
Suhaila 2K15 Batch



Sea Shell Art  
Linsha 2K16 Batch



Paper Craft  
Shakir Jamal 2K15 Batch



# Destination Happiness...

**Dr. Binu Purushothaman**  
HOD, Dept. of Orthodontics

*When countries like India raises a hue and cry over GDP (Gross Domestic Product), there is a country which focuses on GNH (Gross National Happiness). Yes my dear friend, I am speaking about Bhutan, Asia's happiest country, which takes happiness index of public- as their sign of prosperity and harmony.*

*Sonja Lyubonurisky, an American professor has written a book on happiness, "How of Happiness" in which she mentioned three things:*

*Happiness – 50% is inherited (genes)  
Happiness – 10% is circumstances (living conditions)  
Happiness - 40% is intentional*

*Being happy is not easy  
Happiness is within you...  
Happiness is your choice...*

*The Destination Happiness is not always straight; it has many turns and curves.  
To enjoy the journey and reach to our destination, try to climb these steps  
(I think) which makes your life easier.*

## **Peace of mind:**

*Life is like a train journey, you can travel with or without a ticket. If u travel with a ticket, you will enjoy- no hassle, no stress and no worries. The one who is without the ticket will never enjoy the journey, every man in a jacket or handbag will appear as a ticket examiner.*

*The only way to enjoy peace is train your mind, feed your mind with positive thoughts, and never fill it with all trash and garbage.*

*Think that every day is the first day of the rest of your life.*

### **Be among with friends:**

*There is a saying that if friendship is your biggest weakness, you are the strongest man in the world.*

*Check your phone, Facebook and instagram, you will have thousands of contacts and followers, but check how many of them your connections are.*

*Loving relationships and lasting connections are the only anchor in this fast pacing world.*

*When I face some difficulty, my car pooling friends often say, "you don't have to impress everyone, but impress your conscious... your freedom begins there.*

*There will be back talkers, there will be people jealous of you, some will block your way to success ....keep them away.*

*People who talk from your back for 3 reasons.... when they can't reach your level, when they don't have what you have, when they copy your life style but they cant. (Be thankful to them, for reminding that you are still in front....much*

### **Worthy goals and values:**

*Champions are not made in a day; it needs conscious efforts, goal setting, self-discipline and dedication.*

*Today's "milleneals" are born with abundant energy and intelligence, my concern is a casual way they approach it.*

*It is not being how much you have; it's how you spend it, which matters.*

*Practice the "art of giving" ....giving can be money, inspiring others, information, advises and giving your time and so on ...service to humanity is the best work of life- find happiness in giving.*

### **Financial Freedom:**

*People say money doesn't matter. But they only say so, after they make enough of it.*

*Though money is not everything, financial freedom is essential for a happy and contented life. Nothing is free in this world. To meet our needs we need money.*

*Let the next generation learn the importance of having financial discipline. Let them be serious about the rainy day that may or may not come.*

*I remember a quote by Bill Gates, "if you are born poor, that is not your fault, but if you die poor; financially, mentally and psychologically, that is your fault".*



### **Happiness through self-knowledge:**

*Swami Vivekananda grouped people into four categories:*

*He who knows not and knows not that he knows not is a fool, shun him.*

*He who knows not and knows that he knows not is simple, teach him.*

*He who knows and knows not that he knows is asleep, wake him up.*

*He who knows and knows that he knows is wise, follow him.*

*Self-knowledge only makes one wise and accomplished.*

*To be conscious about one's own ignorance is the first step towards knowledge.*

We need a generation that is aware of its strength and weakness.

Self is the best friend of self...self alone can improve self.

### Health and Energy:

We live as if we never die and die as if we never lived.

We never care about our health during the prime years of our life; work, work and work and earn maximum wealth.

We spent all these wealth in hospitals, during the later stages of life to get back the lost health. Be in a good shape and pink of health is imperative for enjoying life with excitement.

When celebrities die we display their Photographs in public places like government offices and conference halls. After the names, below the picture we write their year of birth and death in brackets. Have u noticed this, these 2 years are connected by small "dash". That space is our life. we alone should make it meaningful and as memorable as ever

A boy once asked his mother, why do the temples have stairs? and why do we have to climb the stairs each and every day ?

The mother answered like this

You need to rise above your level to reach the god

Each step of the stairs is a reminder that you are rising above your level in terms of your envy, greed, anger, ego and all parts of your life

It also suggests that you have to climb one by one, you can't just jump off from first step to the last step. That is the cycle of life. Once you conquer these aspects, you reach towards your inner core self

..... the Divine You

**Dr. Binu Purushothaman**  
HOD Dept. of Orthodontics



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അപർണ്ണ ഹരി, 2K18 Batch



മഴത്ത് ആഗമനം അറിയിക്കുന്ന  
ഭൂതനാം കാറ്റും  
മഴക്കായ് നീല ഇരു പരവനാനി  
നീർത്തുന്ന ആകാശവും പറഞ്ഞു;  
വരുന്നത് കാലത്തിൽ സജാനം  
മഴയിലലിയാത്ത സന്തോഷം  
ജീവിതത്തെ കുളിരണയിക്കുന്ന നിമിഷം  
എന് വാടിയിൽ വിരിഞ്ഞ പൂക്കൾക്കേൽ  
വന്ന് തേൻ നുകരുന്ന ചിത്രശലഭങ്ങൾ പോൽ;  
മനോഹാരിത നിറഞ്ഞ വർണ്ണചായം  
പൂശിയ ജീവിത വിജയം, മഴത്ത് കരങ്ങുളിച്ചു  
എന്നെ തേടി എത്തുന്നു.  
വർഷക്കാലം എന് ഭോഹനക്കാലം  
മഴത്ത് ഈണത്തിൽ ഉല്ലസിക്കാൻ  
കാത്തിരിക്കുന്നു എന് മനസ്സ്  
എന് കാതുകൾ അറിയുന്നു ആ  
ഭൂതനാം കാറ്റിന് നാരങ്ങൻ  
മഴ എന്നിലണിയും സജാനം കാത്ത്  
ഇതാ.....ഒരു വേനൽപരമി.....



## Movie Review

Mohammed Ismail, 2K15 Batch



In this 21<sup>st</sup> century, visual media has become a part of our daily life, be it for information, entertainment or both together as infotainment. Most of us, when thinking of entertainment, prefer movies over the other sources; even though mini-series and netflix have rising popularity and wide spread acclamation, movies are still the most preferred.

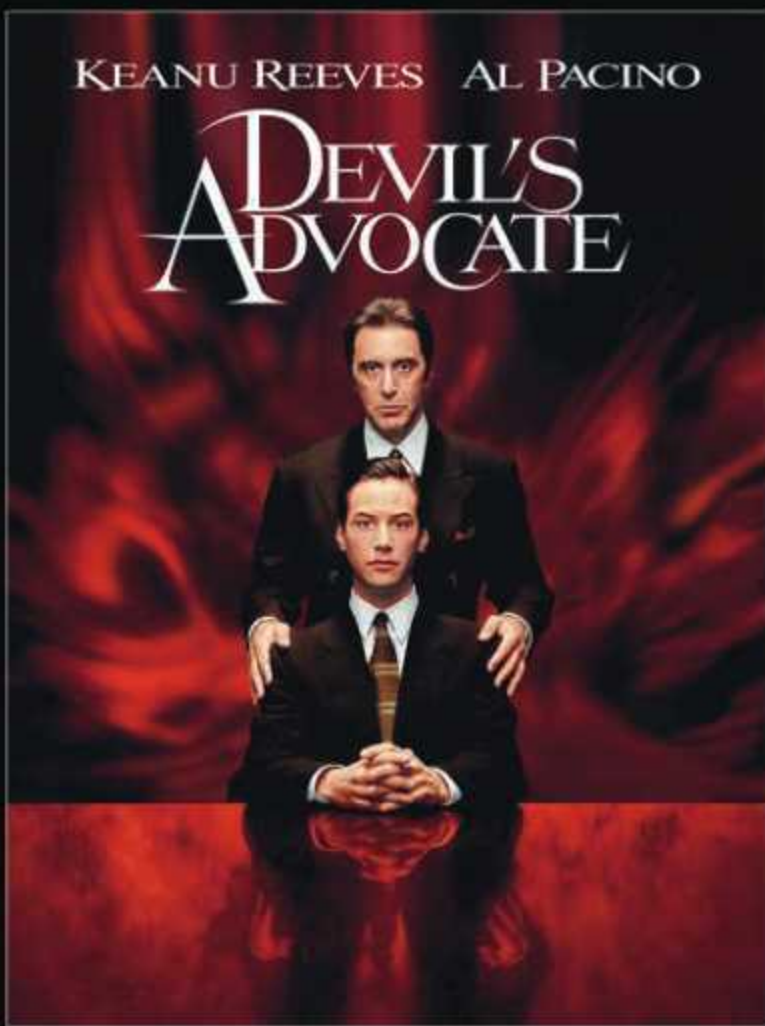
Being a movie enthusiast, I usually spend time pondering over the script, the cinematography, the story and all the other essentials elements including the bgm as the experience of watching it lies in the overall collaboration of all these elements. When I decided to write the review, I considered writing about a movie more recent. But there is this one movie that has been intriguing me for some time now. And as I usually prefer classic drama and thriller genres, I think it would be the best to write about this one.

The devil's advocate, an adaptation of Andrew Neiderman's novel of the same name, was released 1997 and has been considered as a cult movie and of its kind. A lot of detailing lies in the movie and some even consider it a dark comedy, but in spite of all the intense and dark plot, the movie makes us think on the sane and the insane, the good and the evil, the truth and the lie and above all, on god and Satan.

The script is so good, the detailing perfect, and the casting, exemplary. It would be against my conscience to not mention the academy nomination of Al pacino (one of the most widely acclaimed actor ever) who portrayed the role of the most badass maniac ever in the history of creation with such ease and vigour, that it stays in our mind, haunting us. And his one liners have such an in-depth enigma, we stay puzzled thinking about its reality. The performance of Keanu Reeves as lead and Charlize Theron on too was such a treat to watch.

The plot revolves around an egoist lawyer with a record of zero defeats, who is hired by a bigshot into a very famous law firm. The dark and uncanny employer affects the life of this young lawyer and with such shocking momentum that the impact is disturbing.

Each line of the script presents a horrible yet intriguing lesson to learn and I recommend all of you to watch it. After all, the devils in the details.



**Message from the Sports Secretary****Vinu Jubilo****Elsa Philip****Ajisa T V**

*As the English saying goes, "all work and no play makes jack a dull boy".*

*Any person good in one walk of life, automatically gains confidence in others. So if one is good at sports that confidence will spill over their academics as well.*

*With confidence on their side, they are motivated to do the best.*

*A sound mind resides only in a sound body.*

*Engaging in sports activities not only make one build their physical stamina but also the habit of obedience, determination to win and willpower. This along with the power of reasoning and mental development that the academics bring has a vital role in the overall wellness of an individual.*

*This year, we had seen the overwhelming response from both the students and staffs in putting our sports events lively. There were many exhilarating and exciting moments which made us realise that all our efforts were worth it all.*

*It has been an absolute honour and pleasure serving as the college sports secretary, an experience that I would forever cherish.*

## Sports Report

"One man practicing sportsmanship is far better than 50 preaching it"-Knut Rockne.

Perseverance and tenacity are often the foundational traits of success. When these are combined with dedication and team work, the result is outstanding, true in case of any game & even in the game of life.



Girls Throw Ball Team

The event was organized by KDSA, Kerala dental students association. Our college team has comprised about 45 students along with four staff members. For the first time a women's team of 15 members from our college participated in the inter college games meet. This was definitely a feather in the cap for the students union. Each and every game was met with the same enthusiasm and spirit. The college team bagged first place in the badminton boys and the girls team came second in the throw ball

Sports have been an integral part of KMCT life for years. Keeping up the tradition, this year too, the sports events were conducted with enthusiasm and wide participation. (Our college has always had an evergreen cricket, football, volleyball, basketball, Kho Kho, badminton, table tennis, chess, caroms teams and particularly cricket, football, badminton and throw ball team did some commendable performance this year).

The first event was 'Kurukshetra 2K18', an inter dental sports meet conducted on 12th to 14th of October at government dental college, Trivandrum.



Boys Football Team

A notable performance was that of our boys football team as they reached the semifinals with brilliant performance of Mohammed Hanish as he scored 5 goals in the tournament.



Badminton Champions



Boys Cricket Team



March past



Staff Badminton

The annual sports event 'Yodha 2K18', commenced on 6th November was met with great response and participation. The sports week kicked off with games event both indoor and outdoor which included chess, table tennis, caroms, football, throw ball and cricket. A separate badminton event was conducted for staff members as a part of 'Yodha 2K18' which was met with great response.

Track and field events were organized over a span of 2 days, which revealed many new talents from our college. This event was graced with presence of our honourable principal Dr. Manoj Kumar, along with staff from various departments and our physical education teacher Justin Jacob.

Another notable annual event was the inter KMCT games event, in which different teams from various colleges of KMCT test their strategies and athletic prowess across various events. The football, cricket, badminton and throw ball team made commentable performances in these events.



Champions Ryzentronz (2K14 Batch)



Individual Champions - Mahsoom P. C. & Priya G Naik

We would like to thank to Principal Dr. Manoj Kumar, Vice Principal Dr. Nizaro Siyo and Dr. Binu Purushothaman whose passion for sports really kept us motivated throughout the sports event this year. We are grateful to all participants both staff members and students, without whom all events wouldn't have been possible. A big thank you to all for making the 2018-19 sports and games events a huge success.

# *Yodha Snaps*



## What is Immortal: Identity or Personality?

*Dr. Swapna Honwad, Dept. of Oral Pathology & Microbiology*



Life is impermanent, that's universal veracity. Still man strives hard to make name, fame, money etc. Then what's permanent which will remain even after demise of man.

Identity and personality are two watchwords which makes man to think about himself towards world. Are they synonyms or one leads to other???

Identity is state of being the same, state of having unique identification characteristics. For example a person gets identity by his parents and family as soon as he is born, that's name given to him. In the path of growing into adulthood, he develops ego, attitude, and personality. Over the years our personality develops with certain characteristics, some of which remain deep rooted.

Personality is fact or state of being person or personal. Its sum total of all behavioural and mental characteristics by means of which individual is recognised as unique.

So we have an identity that people believe is who they are, and personality that is either conductive or resistant to change. And change is always inevitable. Any expression, representation or anything which doesn't represent or express truth is going to be challenged. That's the purpose of life and significance of being self.

إلا أمي



Echo



أَجِنُّ إِلَّا حُبْدِي أُمِّي  
وَقَهْوَةُ أُمِّي  
.. وَلَمَسَةُ أُمِّي  
وَتَكَبُّرُ فِيهِ وَصَفِيلَةُ  
يَوْمٍ عَلَا صَدْرِي يَوْمٍ  
وَأَغَشَقْتُ أَمْرِي لَانِي  
وَإِذَا مِتُّ  
أَغْخَلَ مِنْ دَمْعِ أُمِّي

Muhammed Rafi, 2K17 Batch

"Shut up and get lost",  
To shout is what his mind did,  
His lips concealed !!

"Entrusted was she to me",  
Is what his mind believed,  
And his heart couldn't !!

"Let me live",  
Echoed both of them, alas !!

It's time to move on,  
They both decided !!

Anfad, 2K19 Batch

# Veterinary Dentistry

Dona Elizabeth Sam, 2K16 Batch



Veterinary dentistry is the field of dentistry which is concerned with prevention, diagnosis, and treatment of conditions, diseases, and disorders of the oral cavity, the maxillo-facial region, and its associated structures as it relates to animals. The recent census taken regarding the number of pets in India in the last 15 years shows a tremendous hike from 2 million to 15 million, which clearly reflects the increased love for pets in the country. This given fact is the answer for the increase in affiliated institutions that provide services in the pet care sector. Over the years pets have evolved from being an unusual and wonderful distraction to an integral part of families all over the world.



Since animals lack the ability to speak and cannot articulate to dentist what its tribulations are, a board certified veterinary dentist should have a clear understanding not only of their complete anatomy but also of their behavioral changes. It is this diverse experience required that makes veterinary dentist one of the most challenging professions to achieve.

## അനാമിക

സന്തോഷ മുരളീധരൻ, 2K18 Batch



ശംഖുപോലെ നീണ്ട കഴുത്തിൽ കുർത്ത കല്ലിൽ പാടുകൾ. ചുരുൾ മുടിക്കെട്ടാൻ അവൾ അതിനെ മറച്ചുപിടിച്ചു. എന്തിനെയൊക്കെ യോ കണ്ണ് പേടിച്ച് രണ്ട് ശ്രവിച്ച കണ്ണുകൾ, മരവിച്ചു വിണ്ടുകീറിയൊട്ടിയ ചുണ്ടുകൾ, സ്വർത്തിയറ്റ മാറിടങ്ങൾ ജീവനും വിശപ്പും പറുന്ന വയറ് അവളായിരുന്നു അത്. അവളെന്നു മാത്രം അറിയാം. നാമമില്ലാത്തവൾ പുറംചുമലിനെ സ്വതന്ത്രമാക്കി ആ ഭാഗ്യക്കെട്ടുകൾ പൊതു നിരത്തിലെ ചവരുകൾക്കിടയിലിട്ട് ചുറ്റും നോക്കി നടത്തം തുടർന്നു. ഒരു നിമിഷം പോലും ആ ദിവ്യ ഗർഭത്തെ തൊടാൻ അവൾ അറച്ചു. ചുട്ടുപഴുത്ത റോഡിലൂടെ നടക്കുമ്പോൾ പുറംകാഴ്ചകളിലേക്ക് ചെവികൊടുക്കാൻ അവൾ മറന്നില്ല. എങ്കിലും അവൾ ഒന്നും കേട്ടില്ല. ശബ്ദങ്ങളെ സ്നേഹിച്ചവൾക്ക് അവ കയ്യത്താ മുരഞ്ഞായിരുന്നു. ചുറ്റും അയാളുടെ ശബ്ദമായിരുന്നു.



രക്ഷപെടിയെന്നിരിക്കട്ടെ കയർപ്പൊട്ടിച്ച് അവൾ ഇറങ്ങി. ഇരുട്ടിലേക്കാണെങ്കിലും അയാളില്ലാത്തൊരുയാത്ര, അതോർക്കുമ്പോൾ അവളുടെ കണ്ണുകൾ കുറച്ചുനേരത്തേക്കെങ്കിലും അട്യാറില്ല.

നഗരത്തിൽ നിന്നൊഴിഞ്ഞ് ഒരു കുന്നിൽ പ്രദേശം, നടത്തത്തിന്റെ വേഗത കുറഞ്ഞു. പെരുവിരലുകളെ നിലം തൊടിക്കാത്ത ആ കാലുകൾക്ക് കൂളിർമയനുഭവപ്പെട്ടു. മണ്ണ് അവളെ വാരിപുണർന്നു. കണ്ണിലിടയ്ക്കൊക്കെ ചെറുതായൊന്നു ജീവൻ വച്ചുതുപോലെ താഴ്ചയിൽ താഴ്ന്നു കിടക്കുന്ന മലയുടെ ഉൾകാനുകളിലേക്ക് അവൾ ഉറ്റുനോക്കി. അവൾക്കുള്ള നിറക്കൂട്ട് അവിടെ തയ്യാറായിരുന്നു. നിറങ്ങളാലൊരു സ്വർത്തിയറ ഒരിക്കലും വീശാത്ത ചിറകുകളെ അടിച്ചുടിച്ചു വീശി താഴ്ചകളിലേക്ക് കുതിച്ചിറങ്ങിക്കൊണ്ടിരുന്നു. ഭോമരിത്തികളിലൂടെ തന്റെ കുർത്ത മുർച്ചയേറിയ നഖങ്ങളാൽ ക്ഷതമേൽപ്പിച്ച അവയെ പിളർന്ന് തന്റെ നിറക്കൂട്ടിനരികിലെത്തി ഒരു നിമിഷം കണ്ണടച്ച് തന്റെ ഗർഭത്തെ പുറത്തോട്ട് വിസർജ്ജിച്ച് നിറങ്ങൾക്കിടയിലേക്കൊഴുകി. അതിയായ ആർത്തിയോടെ അതിലേക്ക് ലയിച്ചുചേർന്നു. അനാമികയ്ക്ക് അയാളടങ്ങുന്ന ഒരുകൂട്ടം പേർ ഒരുപേരും നൽകി, 'ഭൂമി'.

## THE COLLEGE LIFE YOU'LL LEARN TO LOVE



When I was a school student all I wished was to grow up quickly and go to the best college in town. According to a school student a college is a place where you don't have to do your homeworks, you don't have to wear uniforms, you don't have to attend classes regularly, you can freely roam around, a huge amount of hartals and a lot of movies told us that it is the best place to find love. Well, all these were my thoughts about college. Now I just finished my 1st year bds exams and I'll tell you all that has happened till now. I wanted to take a degree in english after my plus two. But my parents and my relatives told me that a degree has no use and that I have to take a professional course. So they sent me to repeat and accidentally I got a seat for bds. It was like pure luck. My parents were jumping with happiness that I got a seat in KMCT dental college. I wanted to tell them that I didn't want to join but their extremely happy faces prevented me from telling that. I was like it's ok I like science anyways, how hard can it be.

I was a bit nervous during my first day of college. The first few days orientation classes took place. It was more like a consolation cause 3/4th of my class wanted to join some other course. The professors were continuously telling us that it's a really good profession and that you were in the right place and I was like creating a perfect smile is kinda nice. All my thoughts about college became topsy turvy in the later days. You miss a few classes, you have attendance shortage. You don't study, You fail. If you start crying for a small firing, then good luck completing the course. Hartals are not meant for you. In a classroom with 1:9 ratio you don't even have to think about love. In school we had classes from 9:15 to 3:30, if you find that quite long you're in for a surprise, you roam around, you get caught...

About the uniform, it's actually a boon, especially for hostellers. The best thing about 1st year is the 2 hour dissection class at the end of the day, Devaiah Sir and the whole lot.

The college day, the sports day, the arts day ..the practice sessions till 8 pm in the 7th floor were filled with lots of laughter. About the hostel, even though you have to enter before 6 pm I have to say college life is best enjoyed at the hostel.



Even though we all are from different districts of the same state we speak malayalam in different slangs which is quite hilarious.

Tasting different varieties of food, being friends with people you never thought you could tolerate, being friends with seniors you were totally scared of initially. For all these to happen hostel is a perfect place. If you have the right group of friends College will never be a bad experience.....

Samyuktha, 2K18 Batch

# DRAWINGS



Archana 2K19 Batch



Febin Mariyam 2K15 Batch



Adithya Varma 2K15 Batch



Shakir Jamal 2K15 Batch



Prashanth (Dravergonz)

Meghna Nath  
2K15 Batch



Ameena 2K19 Batch



### Flood relief activity

NSS unit handed over a fund of Rs 2,41,825 to the chief minister as a contribution to chief ministers flood relief fund

NSS volunteers distributed food, cloths, utensils to the flood affected areas of Koombra, Koodaranji, and the relief camps at Karassery

### Green Protocol - Swach Bharath Abhiyan

The NSS unit of KMCT Dental College implemented Green protocol in the college campus. Conducted a lecture by Mr. Devassia K Varghese (District coordinator, Suchitva Mission).



### National blood donation day

The NSS unit of KMCT Dental College celebrated Blood Donation Day by conducting a class on "Blood donation and transfusion" by Dr. V. P. Sasidharan (former principal Govt. Medical College, Kozhikode) from 10.00 am to 11.00 am at lecture hall 2 for first years, Second years, Faculty and Interns in accordance with the day. Blood donors forum was proudly installed at KMCT Dental College.



### World Environment Day

The National Service Scheme of KMCT Dental College together with the Mukkam Municipality took the initiative to start a project to plant 1000 saplings in various wards of municipality for a period of 1 year. Dr Manoj Kumar KP, Principal KMCT Dental college welcomed the dignitaries, staffs, students, house surgeons, non teaching staffs and patients to the occasion. The programme was inaugurated by Mr George M Thomas, MLA, he talked about the awareness people should have towards improving the ecosystem. Also talked about the green house effect and the increasing threat plastics causing to the environment. The municipal chairman addressed the gathering by describing the various projects the municipality is undertaking in the current year.



### International Day of Yoga

The National Service Scheme of KMCT Dental College organised a guest lecture by Dr. Manoj Kumar M and demonstration session in accordance with International Yoga.

***"To give real service you must add something which cannot be bought or measured with money, and that is sincerity and integrity"***

## NSS Reports



### World Health Day

The NSS unit and Dept of Public health dentistry of KMCT Dental College celebrated World Health Day at Mavoor panchayath. Various programmes were conducted for the people of the panchayath. Health awareness class, Dental treatment camp, Eye check- up.

### NSS Special Camp at Mavoor Panchayath

A Yoga session was conducted by Mrs Karthiyani. The students were involved along with the staff for the cleaning and painting of Community Health Centre, Cheruppa. Flash mobs were conducted at Mavoor- Spreading awareness about drug abuse. Health survey was conducted at ward 4 as the part of Special Camp. Self defence training class by shaolin Kungfu academy Mukkam, was also organised as part of this camp in order to promote awareness among the students.



### World No Tobacco Day

National Service Scheme of KMCT Dental College together with Dept. of Public Health Dentistry conducted a Public Awareness rally on 30/05/17. The rally was inaugurated by Koduvally Circle Inspector of Police Mr. Biswas. A guest lecture by eminent Oncologist Dr. Narayanan Kutty Warriar at KMCT Medical College Auditorium was conducted.



### International Women's Day

The NSS unit is conducting a self defence training class exclusively for girls/women in accordance with the day. Professional trainers from "Shaolin Yin Yang Kung-Fu Kwoon" Kozhikode conducted the class.



### Awareness programme and field visit for prevention of Leptospirosis

The NSS unit of KMCT dental college took the initiative to join hands with Govt Primary Helath Centre, Karassery Grama Panchayath, to spread awareness about the disease, precautionary measures and chemoprophylaxis



*The best way to find yourself is to lose yourself in the service of others.*

*- Mahathma Gandhi-*

# Dental Camp Report

**Dr. Dhanya Muralidharan, HOD & Dr. Arun Paul, Lecturer, Dept. of PHD**

Department of Public health dentistry has been working on two initiatives dental screenings and dental camp with the emphasis on oral and overall health. We conduct camps regularly on an average of 12-15 camps every month. All treatments at camp site are rendered free of cost. More than hundreds of patients benefit from each camp.

## **"Wings of hope"**

An initiative in collaborating with institute of palliative medicine of Kozhikode  
Department of public health dentistry in collaboration with institute of palliative medicine Kozhikode started the program on September 2017  
Started with the motive for benefitting all terminally ill patients under the care of IPM and children of special schools in Kozhikode district.



Mobile Dental Clinic



School Oral Health Programme



School Oral Health Programme



Camps for special children



Camps for special children



Camps at central Jail on Oral Health Day

# CRAFT ZONE



Wire Art  
Shakir Jamal 2K15 Batch



Flower Craft  
Zeba Naser 2K19 Batch



Cloth Craft  
Zeba Naser 2K19 Batch



Model Art  
Kavitha K (Intern)

Dream Catcher  
Shakir Jamal 2K15 Batch



Egg Shell Art  
Shakir Jamal 2K15 Batch



Glass Painting  
Mehara Sana 2K19 Batch



ആത്മീയതയും ചികിത്സയും വളരെയധികം ഈ ചേർന്നു നിൽക്കുന്നവയാണ്. മഹാവിഷ്ണുവിന്റെ അവതാരമായ ധന്വന്തരിയെ രോഗികളും ആതുരശുശ്രൂഷകരും ഒരുപോലെ പുജിച്ച് ആരാധിക്കുന്നു. രോഗനാശകനായ ധന്വന്തരി പാലാഴി മഥനവേളയിൽ അമൃതകുംഭവുമായി അവതരിച്ചു. ധന്വന്തരിയെ ആരാധിച്ചാൽ ആയുസ്സും ആരോഗ്യവും സിദ്ധിക്കും എന്നാണ് വിശ്വാസം. കുഴിക്കാട്ടു പച്ച, വേദങ്ങൾ എന്നിവയെ ആധാരമാക്കിയാണ് കേരള ക്ഷേത്ര താന്ത്രിക മന്ത്രങ്ങൾ നിശ്ചയിച്ചിരിക്കുന്നത്.



കേരള ക്ഷേത്രം എന്നാൽ ഒരു യോഗീശരീരമാണ് സ്തുലമായ ശരീരമാണ് വിഗ്രഹം, അതിലെ പ്രതിഷ്ഠ ജീവനും നമസ്കാര മണ്ഡപം കഴുത്തിനെയും ചുറ്റമ്പലം ഉദരത്തെയും വലിയ ബലിക്കല്ല് മൂലാധാരത്തെയും ധൃജം നട്ടെല്ലിനെയും ക്ഷേത്ര ഗോപുരം പാതുകത്തെയും പ്രതിനിധാനം ചെയ്യുന്നു. ഒരു മനുഷ്യന് എപ്രകാരമെല്ലാം അശുദ്ധിയും പേടിയും കളങ്കവും ലോഭവും സംഭവിക്കുന്നുവോ അപ്രകാരം തന്നെ ക്ഷേത്ര ചൈതന്യത്തിനും സംഭവിക്കും. അവയെ തീർത്ത് ക്ഷേത്ര ചൈതന്യം വീണ്ടെടുത്ത് വായുവിനെ എപ്രകാരം വിശദിയാൽ അനുഭവിക്കുന്നുവോ അതുപോലെ സർവ്വ വ്യാപിയും അരുപിയുമായ ഈശ്വരനെ ഭക്തർക്കായി ആവാഹിച്ച് പുജിച്ച് ചൈതന്യ വക്തമാക്കി നൽകുകയാണ് ഓരോ ആചാര്യനും, തന്ത്രിയും, പുജാരിയും. അവരുടെ ചിട്ടയായ ജീവിത ശൈലി മറ്റുള്ളവരിൽ നിന്നും അവരെ വേർതിരിച്ച് കാണിക്കുന്നു. നിരന്തരമായ മന്ത്രോച്ചാരണത്താലും ജപങ്ങളാലും ഹോമങ്ങളാലും സിദ്ധിക്കാത്ത അവർ പുജിതരാകുന്നു.

ദേഹശുദ്ധി വരുത്തിയ കർമ്മി തീർത്ത ജലത്താൽ പീഠത്തെ പുജിച്ച് ദേവനെ ആവാഹിച്ചിരുത്തി അഭിഷേകം, അലങ്കാരം, ഭോജനം (നിവേദ്യം) നൽകി വാദ്യമേളാഘോഷത്തിന്റെ അകമ്പടിയോടെ പുഷ്പാഞ്ജലി ചെയ്ത് പള്ളിയുറക്കുകയാണ്. ഉത്സവ കലശാദി കർമ്മങ്ങൾ ചൈതന്യത്തെ വർദ്ധിപ്പിക്കുന്നു.

ഒരു വ്യക്തി മാനസികമായും ശാരീരികമായും ആത്മീയമായും സന്തോഷവാനും തൃപ്തനാകുമ്പോൾ ജീവിതം ധന്യമാകുന്നു. അവന് രോഗശമനം നൽകുന്നതുപോലെ, പ്രശ്നപരിഹാരം ചെയ്യുന്നതുപോലെ മഹത്തരം മറ്റേന്താണുള്ളത്. അതിനാൽ തന്നെ വൈദ്യം പഠിച്ചവരെ നാം ഈശ്വരതുല്യരായി കാണുന്നു.

മാനവ ജന്മം സമ്പൂർണ്ണമാകുന്നത് മേൽ പറഞ്ഞ വിധി സംതൃപ്തിയാർന്ന് നാളെയും പ്രകൃതിക്കും സമൂഹത്തിനും വേണ്ട എന്തെങ്കിലും ചെയ്ത് വെച്ച് മടങ്ങുമ്പോഴാണ്. ഈ തിരിച്ചറിവാണ് തന്ത്രവും മന്ത്രത്തോടൊപ്പം ഭക്തചികിത്സയെ എന്നിലേക്കിടിച്ചത്. കേവലം 32 പല്ലിൽ ഒരുങ്ങുന്നതല്ല ഭക്തചികിത്സ എന്ന തിരിച്ചറിവും.

'മാനവസേവ, മായവസേവ'

അതുപോലെ തന്നെ മാനസിക ആനന്ദം നൽകുന്നതാണ് ക്ഷേത്രകലകളും. അതിൽ നർമ്മ പ്രാധാന്യമർഹമായ ചാക്യാർകൂത്തും അവതരിപ്പിക്കുന്നു.

## UG SHORT TERM Research Project Report

Dr. Dhanya Muralidharan  
HOD, Dept of PHD

Dr. Auswaf Ahsan  
HOD, Dept of OMR

To stimulate the scientific minds of undergraduate students and help them to understand the intricacies of conducting evidence based scientific research, a novel initiative by KMCT Dental College—“Undergraduate short term research program” (UGRP) was introduced for the 2019 batch of interns. The Committee formed to coordinate the undergraduate research program comprised of Research Coordinator, Dr Auswaf Ahsan, H.O.D, Department of Oral Medicine, Dr Manoj Vengal, Professor, Department of Oral Medicine and Dr Dhanya Muralidharan, H.O.D, Department of Public Health Dentistry. A team of enthusiastic mentors from each department was designated to guide the allotted interns through their research work.

The first phase was Orientation on “Need for Undergraduate Research” by Dr Auswaf Ahsan, H.O.D, Department of Oral Medicine and on “How to conduct research” by Dr Manoj Vengal, Professor, Department of Oral Medicine and “Guidelines for UGRP Research proposal” by Dr Dhanya Muralidharan for students and Mentors on 5th April 2019. Following which the Research Committee on 13th May 2019 evaluated the progress of work done for UGRP and scheduled the date for scientific review of the research proposals.

The second phase saw an enthusiastic team of KMCT students, steered by their mentors, presented their research synopses which focused on the various aspects of oral health, patient welfare, material science and technological innovations pertaining to different branches of dentistry on 19th July. The research synopsis presentation convened by Dr Auswaf Ahsan and Dr Dhanya Muralidharan, was inaugurated by Principal Dr Manoj Kumar KP. The Committee tasked with reviewing the students proposals for its scientific merit and ethical clearance was Vice Principal, Dr Nizarosiyo RK, Dr Prathyusha P, H.O.D, department of Pedodontics and Dr Harish Kumar VV, H.O.D, department of Periodontics. The students also had a session on statistical soft wares used in research by Dr Arun Paul, faculty, department of Public Health Dentistry.

The students presently are in phase three of their research work, where in their proposals are modified according to the suggestions of the scientific committee and are ready to go for the execution phase of their proposals. Short term research work will improve the student's to develop critical and logical thinking skills and pave way for numerous paper presentations and scientific publications.



Committee Evaluation- 13<sup>th</sup> May 2019



Scientific Committee Review- 19th July 2019



ചാക്യാർ കുത്തിലും ഓട്ടം തുള്ളലിലും തുടങ്ങിയ മലയാളികളുടെ നർമ്മാസ്വാദനം പിന്നീട് കോമിക് സിരിയലുകളുടെയും കാർട്ടൂണുകളുടെയും തുടർന്നു. കാലം പുരോഗമിച്ചു ഫേസ്ബുക്ക്, ഇൻസ്റ്റാഗ്രാം പോലുള്ള സമൂഹ മാധ്യമങ്ങൾക്ക് പ്രചാരമേറിയപ്പോൾ അത് ട്രോളുകൾക്ക് വഴി മാറി. സമകാലിക പ്രസക്തിയുള്ള വിഷയങ്ങൾ നർമ്മത്തിന്റെ മേന്മയോടെ അവതരിപ്പിച്ചപ്പോൾ ട്രോളുകൾക്ക് സ്വീകാര്യതയേറി. അങ്ങനെ അവയുടെ സ്വപ്നാകർഷക ഒരു പട്ടം ചാർത്തി കിട്ടി "ട്രോളൻ".

ട്രോളൻ പറ്റിയ വിഷയങ്ങൾ ഒരുപാടുള്ള നമ്മുടെ കോളേജിൽ ട്രോളന്മാർ പൊട്ടിമുളച്ചതിൽ അത്ഭുതപ്പെടാനില്ല. അങ്ങനെ രണ്ടു വർഷങ്ങൾക്ക് മുൻപ് ഒരു കുട്ടം ട്രോളന്മാർ കൈകോർത്തു ഒരു കുട്ടായ്മ രൂപീകരിച്ചു. 'KMCT DENTROLL' പിറന്നു. ദൈവം ദിന ജീവിതത്തിലെ അബദ്ധങ്ങളും മണ്ടത്തരങ്ങളും വേണ്ടുവോളം ഉണ്ടായിരുന്നതിനാൽ നമ്മുടെ ട്രോളന്മാർക്ക് ആശയ ദാരിദ്ര്യം വന്നില്ല. നാട്ടുവർത്തമാനവും, പരദൂഷണവും, ചളിയും പോലുള്ള അപൂർവ്വ കലാരൂപങ്ങൾ അന്യാധീനപ്പെട്ടു പോവാതിരിക്കാൻ ട്രോളന്മാർ അവയെ ആയുധങ്ങളാക്കി.

KMCT -ക്ക് അകത്തും പുറത്തുമായി 2000-ൽ അധികം അംഗങ്ങളുടെ പിൻബലത്തോടെ 7000-ൽ അധികം ആസ്വാദകരിലേക്ക് ട്രോളുകൾ എത്തിക്കാൻ ഈ പേജിനു സാധിക്കുന്നു. കക്ഷി രാഷ്ട്രീയ മതവർഗ്ഗ വിവേചനം കൂടാതെ കഴിയുന്നപോലെ എല്ലാവരെയും ചൊറിയുക എന്ന ചെറിയ ലക്ഷ്യം മാത്രമേ ഞങ്ങൾക്കുള്ളൂ. മനപ്പൂർവ്വം സ്ഥാപനങ്ങളെയോ, വ്യക്തികളെയോ അധികേഷപിക്കാനോ കരിവാരി തേക്കാനോ ഉദ്ദേശിച്ചു ട്രോളുകൾ ഉണ്ടാക്കാറില്ല. ചില ട്രോളുകൾ വ്യക്തിഹത്യ ആയി തോന്നിയാൽ പ്രസ്തുത പ്രമുഖന്റെ അനുവാദത്തോടെ മാത്രമേ പോസ്റ്റ് ചെയ്യാൻ പാടുള്ളൂ എന്ന സാമാന്യ മര്യാദയും ട്രോളന്മാർ പാലിക്കാറുണ്ട്.

ക്യാമ്പസ്, കോഴ്സ് തുടങ്ങിയവയുമായി ബന്ധപ്പെട്ട ട്രോളുകൾക്ക് പ്രാധാന്യം കൂടുതലായി കൊടുക്കാറുണ്ടെങ്കിലും ചില പൊതുവായ കാര്യങ്ങളിലും ട്രോളുകൾ ഇരിക്കാറുണ്ട്. വ്യത്യസ്ത ആശയങ്ങളുമായി ഈ പേജിലേക്ക് ട്രോളുകൾ അയക്കുന്ന ട്രോളന്മാരും അത് ഏറ്റെടുത്ത് ഷെയർ ചെയ്യുന്ന ആസ്വാദകരുമാണ് ഈ പേജിന്റെ ശക്തി. തുടർന്നും നിങ്ങളെ ചിരിപ്പിച്ചും അല്പമൊക്കെ ചിന്തിപ്പിച്ചും ഈ KMCT DENTROLL നിങ്ങൾക്കിടയിൽ തന്നെ ഉണ്ടാവും.



## Dental Riddles

7

I might be just a printed piece of paper,  
But causes Clinician about Patient, crater to taper!

8

Proud classic I am, black and white,  
Oh sorry Sir, only seen on screen bright,  
Sorts out most problems, reveals answer right,  
Liable everywhere, like traditional rite!

9

I am Cyclops with a tail,  
Makes even adults heart frail,  
Bonds two flesh without fail,  
Name me, unveil!

10

Kept constant one direction,  
Without me work is complete rejection,  
Stabilized always, prohibit deflection,  
Detect who I am based on location!

# KMCT DENTROLL

ആദ്യമായിട്ടു anterior composite ചെയ്യുന്ന ഞാൻ



Tooth paste അണെന്ന് കരുതി എന്റെ രുമിലിരുന്ന ZOE impression paste എടുത്ത് പല്ല് തേച്ച മുത്തച്ഛൻ



3rd year സ്റ്റുഡൻറിന്റെ cavity കണ്ടു



\*cavity prepare ചെയ്യാൻ വരുന്ന 3rd yr ചക്ര



ഞാൻ വെച്ച denture ആയി KFCൽ കയറിയ പേഷ്യന്റ്



## IT TOOK ME FOREVER. AND I STILL COULD NOT FIND A TITLE



Creating words can be a lot fun, until you get tongue tied about every single emotion and feeling you want to convey to an absolute strange audience. And so I figured i would scribble up harsh truths and facts that people often forget to tell you through this roller coaster journey of life, at least from my twenty-three years of existence on the planet and from the four years i have spent in this college so far.

### 1. YOUR MENTAL HEALTH MATTERS

Don't you dare forget that ! Its a lot of pressure i know, i've been there, the pressure of being perfect, the pressure of acting all fun so that you wouldn't feel left out amongst the hundreds of faces that pass by you through these college corridors. Friendships are great, make friends, yes, make beautiful life long connections but not at the expense of your mental health. Nurture your own self, because nobody is going to do that here for you. Right after the ripe age of being carefree teenagers, you step into your college years, half into the process of adulting and have you ever thought of the fact that more than preparing yourself for the career that earns you your bread for the rest of your life, maybe it helps to learn how to survive the real world for the rest of your life ?

Never forget to prioritise your emotional hygiene. Stop the psychological bleeding. We would never intentionally make a physical injury worse, would we ? We would protect it and take care of it so that it could heal. Yet, we don't do that with our emotional pain. It's something we all do, take the knife deep into the flesh and cut right through our minds until it bleeds beyond repair. Treat your mental health with the same compassion with which you would treat your body.

### 2. PRACTICE EMOTIONAL FIRST AID

The victim mentality is where all of it begins. Stop giving people or situations the power to hurt you instead of thinking how you can choose to respond. Protect your self esteem. You do not have to turn the blind eye to yourself in order to be someone else to somebody who doesn't have anything to do with your personal growth. Stand your ground. Fight for what you believe is true. Speak up when you have to, speak up for yourself, enough being the pity party for everybody else's leftovers . So speak up when you have to and make sure you are being heard. Put yourself first. You matter, everything else should and only should come second to your existence.



### 3. "IT ALL HAPPENS FOR A REASON" AND OTHER LIES.

Punch them right in the face next time someone tells you that alright ? (Wait ! Don't t do it though ! I just wanted to make it sound badass). We all want to live in a world where nothing is lost. But honestly, is that even closer to the truth by a mile ?

This is completely a human reaction, people love to victim blame because they think it protects their fragile minds as long as they believe that they hadn't really done any wrong, that whatever they received was because "it all happens for a reason".

There is no hierarchy to who deserves what. We get what we get, often with no reasons behind it. But that so does not mean that when someone treats you less or does you wrong, you go home with it. If the truth is yours, fight for it until the sun shines on your shore. If it's out of your humane control, then it is just not your day to win the game. There are no other reasonings behind it. But always remember, only fight for your absolute truth. Life will break your heart and soul, it will make you feel like you are paying for your bad deeds, it will make you feel like you are paying the price for that one thing you did wrong, it will make you feel unworthy of all the goods and the kindness you kindle within yourselves. But remember this dear darlings, there is no outside force micromanaging your existence. Learn to live and love without counting the cost. Death and life, success and failure, pain and pleasure, wealth and poverty, all these happen to the good and bad alike, and hence they are neither noble nor shameful. Because when it rains, it rains on all. So the next time someone shows the audacity to come up to you and tell "it all happens for a reason" tell them that you would love to hear it, the reason for your emotional or physical trauma. Peace of mind is a universal right. Always remember that.

#### 4. THE PUZZLE OF PERSONALITY

Ha! This is what I personally relate to the most. I have always had the notion of my personality being a perception of a perception. Im not what i think im. Im not what you think im. Im what i think you think I'm. And this literally is the most confusing phase where we question our personality on a daily basis. Even personally i do not know yet why it should be so hard to live out our true, raw, unfiltered, authentic self in today's world. I get so anxious around some people and change up my personality so much that after they leave i have no idea as to who or what i have become. We create different versions of ourselves for the different people that walk past our life. They say you live nine lives in this universe. What a joke! I have done so much alterations to my personality that it feels like i have lived a thousand lives already. At some point i felt so lost in all the fakeness i have built around myself that it was almost suffocating the last of life out of me, i knew i had to stop this toxic practice and try and live out my best life as the real me. It cost me friendships and relationships, which i was glad ended because only when i lost these people I realized how unreal all of it was and how i had changed who i really am to keep people in my life who didn't deserve to be in it at all. I will tell you what i know, self discovery is the greatest bliss that exist. It was sad to loose the things i had lost, it was absolutely worth it for i learned to live as my true authentic self. "True to Myself" i wish we all live a life like that.

YEP, I KNOW THAT YOU ARE DONE WITH ME so i might as well conclude. You might find this confusing but having said all these, in the matters of mind and the invisible gins called emotions all that's contrary can also b true. I mentioned truth, but there is something as absolute truth. Truth and lie have fuzzy edges, they co-exist and spread over each other, a little bit of lie in truth and a little bit of truth in a lie especially when it comes to matters of mind, there are times when 'it happened for a reason' can push us a little forward. And when your self torture can teach us lessons, its life. You will have to go through what comes in front of you, those things may break you, those things may make u hate yourself, but you can always find a tiny little thing that can make you feel a little better than the worst, a tiny ray of hope that can make you take another breathe, another step and wait for another morning. And when you instill that courage in yourself it is then you will understand the value of the bad things u went through. And on days you really cannot take it anymore, remember, life isn't unfair. Life is fair in being unfair to everyone. You do you child, no matter what. Always and forever. :)

*Athira S, 2015 Batch*

# DRAWINGS



Aruna A. 2K13 Batch



Dr. Vaishak, PG Student Dept. of Conservative Dentistry



Vishnu Raj, 2K14 Batch



Najiya, 2K19 Batch



Abhijith, 2K19 Batch



Dr. Chanchalesh,  
PG Student Dept OMFS

# **NAAC Report** (National Assessment and Accreditation Council)

**Dr. V C Santhosh** (Prof., Dept. of Periodontics), NAAC Coordinator

National Assessment and Accreditation Council (NAAC) was established in 1994 as an autonomous institution under University Grants Commission (UGC). This council conducts assessment and accreditation of Higher Educational Institutions (HEI) such as colleges, universities or other recognised institutions to derive an understanding of the 'Quality Status' of the institution.

NAAC evaluates the institutions for its conformance to the standards of quality in terms of its performance related to the educational processes and outcomes, curriculum coverage, teaching-learning processes, faculty, research, infrastructure, learning resources, organisation, governance, financial well being and student services.

The NAAC functions through its General Council (GC) and Executive Committee (EC) comprising educational administrators, policy makers and senior academicians from a cross-section of Indian higher education system. Assessment and Accreditation is done after evaluating the Self study report (SSR) submitted by the college followed by an inspection conducted by a peer review committee appointed by NAAC. Apart from these assessment NAAC also conduct a students satisfactory survey (SSS) for which all the students of the college has to be enrolled. SSS will be administered to the institution simultaneously during data verification period by NAAC.



**Badminton Court**

NAAC has identified a set of seven criteria to serve as the basis of its assessment procedures. We have entitled 8 coordinators to coordinate and document activities held under each criterias.

1. Curricular aspects (Dr Renjith M, Reader, Dept of Prosthodontics).
2. Teaching, Learning & Evaluation (Dr Amith Adyanthaya, Professor, Dept of Paedodontics).
3. Research, Innovations & Extension ( Dr Dhanya Muralidharan, Reader, Dept of Public Health Dentistry)
4. Infrastructure & Learning Resources ( Dr Manoj Vengal, Professor, Dept of Oral Medicine)
5. Student support & Progression (Dr Elsy P Simon Professor, Dept of Conservative Dentistry)
6. Governance, Leadership & Management (Ms Sujatha Sarma, Administrative Officer)
7. Institutional values & Best practices (Dr Rajeesh Mohammed, Professor & HOD, Dept. of Oral Pathology)
8. Health Science Manual (Dr. Sameera G. Nath, Reader, Dept. of Periodontics)

Based on the assessment and evaluation Institutions are graded under four categories, viz. A, B, C and D, denoting Very good, Good, Satisfactory and Unsatisfactory levels respectively.

Our college has started working towards achieving NAAC accreditation with a good grade. We have already registered and started with documentation process. This is possible only with the whole hearted cooperation from the Management, Teaching & Nonteaching staff Alumni members and Students of our institution. So let each one of us contribute whatever we can for the successful and timely achievement of NAAC accreditation.

## भूत-वर्तमान

Aruna, Dravergonz



.. तब ..

एक तौलिये से पूरा घर नहाता था।  
दूध का नंबर बारी-बारी से आता था।  
छुटकु माँ-बापू के पास सो कर ईठलाता था।  
बुआ के आने से पुरा माहौल शांत हो जाता था।  
पुड़ी-खीर से पुरा घर रविवार मनाता था।  
स्कूल में बड़े की ताकत से छोटा रौब जमाता था।  
बहन-भाई के प्यार का सबसे बड़ा नाता था।  
बड़े का बस्ता, कपड़े, साईकिल, खिलौने, पेन्सिल,  
स्लेट, स्टाईल, चप्पल सबसे मेरा नाता था।  
मामा-मामी, नाना-नानी, दादा-दादी पर हक जताता था।  
बुजुर्गों के पांव छूकर प्रभात आरंभ होता था।  
चिल्लरी में सारी खुशीयाँ समा जाता था।  
धन का महत्व कभी सोच भी न पाता था।  
एक छोटी सी संदूक जान से ज्यादा प्यारी तिजोरी बताता था।

.. अब ..

तौलिये अलग हुए, दूध अधिक हुआ।  
माँ तरसने लगी, पिताजी डरने लगे।  
माँ-बापू से मम्मी-डेडी में परिवर्तन हुए।  
बुआ से कट गये, खीर के जगह पिज्जा, बर्गर, मोमोज़ आ गए।  
कपड़े व्यक्तिगत हुए, भाईयो से दूर हुए।  
बहन की जगह गर्लफ्रेंड का प्रेम अव्वल लगने लगे।  
बड़े-बुजुर्ग ही औपचारिक हो गए।  
रिश्तो के अर्थ ही बदल गए।  
कई भाषा सीखने के बवजूद संसकार भुल गये।  
धन प्रमुख हुआ, सब भिन्न नवीन चाहिये।  
बटूरे में नोट ही नोट रह गए।  
पाया उसी मात्र बहुत कुछ खोये।  
जीत के भी,  
ऐहसास व संवेदनाहीन हो गये।

## The lady who summoned the moon

Dr. Sreelatha, PG Student. Dept. of OMFS



So there she was in her pitch black gown  
with locks of hair darker than darkness  
and depth, of course, deeper than dreams  
sliding stealthily with the following wind

the dark night dig deeper into her  
frying to dull the light that she was  
with its coldness and charm  
seductive, but not for her heart so warm

so there she was at the brim of the river  
with locks of hair darker than darkness  
with eyes of a wolf and smile so grim  
and body, caressed by the wind

the silence never bothered her  
nor did the cries of the night  
for she was friendly with the screams of souls  
from the earth and stars so bright.

so there she was in her pitch black gown  
to summon her love, so pure and true  
with arms open upto the sky  
and anticipation dancing in her eye

the darkness hung his head in shame  
the wind danced wild, yet tamed  
the river shone bright and brighter then  
for there was someone, who glanced with might

a washed away the grim from her face  
and lit her all knowing smile  
and in a moment, with the light, was gone  
the lady, who summoned the moon

# CARVINGS



Soap Carving, Suhaila, 2K15 Batch



Soap Carving, Misra Sherin, 2K15 Batch



Clay Modelling  
Fatima Linsha  
2K16 Batch

Chalk Carving, Shakir Jamal, 2K15 Batch



Face Painting, Linsha, 2K16 Batch



Face Painting, Jwalna, 2K16 Batch



Plaster Carving  
Rajeesh Mohammed  
HOD, Dept.  
of Oral Pathology



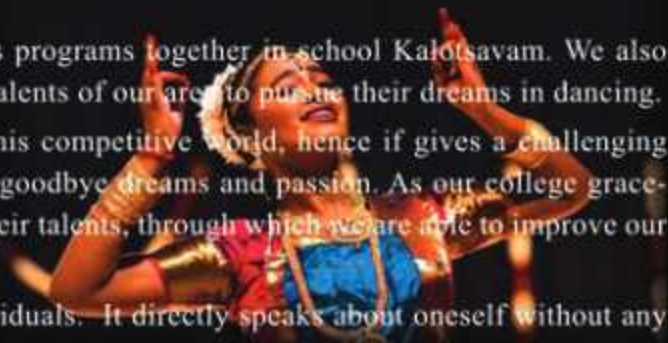
Dance is the hidden language of soul

And those who were seen dancing were thought to be insane by those who could not hear the music. Dance itself is an art form, which constantly evolutionised by years or months, but what we learned into was typical traditional south Indian modern dance forms.

We both met as individual dancers and did various programs together in school Kalotsavam. We also have set up a small interactive platform for budding talents of our area to pursue their dreams in dancing.

We seldom chose our profession over passion in this competitive world, hence it gives a challenging arena where professional students are forced to die goodbye dreams and passion. As our college gracefully gives opportunity for all its students to excel in their talents, through which we are able to improve our skill in this art form.

Talents are like in-built core processors in individuals. It directly speaks about oneself without any other description. Try not to avoid these small blissful moments of life. Live your soul. Make challenging yet contented human.



## ജ്വാല

Ardra  
2K17 Batch



കൽവിളക്കിന്റെ ദീപത്താൽ  
എരിഞ്ഞു പോകുന്ന കുറെ മനസ്സുകൾ  
കലായി തീർന്നു  
കരികളിലെ കുറെ ചിത്രങ്ങളായി  
അവസാനിക്കുകയായി .....  
ജനനം മൂതൽ മരണം വരെ  
ആരോ തെളിയിച്ച ഈ വിളക്ക്  
കത്തി അണയും മൂൻപേ  
കുറെ കഥകൾ പറഞ്ഞു  
അതിലൊരു കഥയായി ഈ ഈച്ചാംപാറ്റയും .....  
കലായി മാറാനും കൽവിളക്കിലെ തിരിയായി മാറാനും  
മനസ്സിലെ ഓരോ ഓർമ്മകൾ കത്തി ആളുകയായി  
കരികളിൽ സൗന്ദര്യവും  
കണ്ണിമുളളിൽ മുന്നയാലും  
മാറുകയായി ഓരോ മനസ്സുകളും  
ഓരോ സ്ത്രീ ശബ്ദവും



# PHOTO GALLERY



# Foodies



Friendly Bean



Q bakes



Canteen

Cafe Coffee Day



Juiceka Shop

# College Tour

**Trigerianz**  
(2K15 Batch)



**Dravergonz**  
(2K13 Batch)



**Renoviantz**  
(2K16 Batch)



**Vencedorz**  
(2K17 Batch)



**Rycenteronz**  
(2K14 Batch)



## *Clinics*



## *Pre Clinics & Library*



# College Snaps



*Click*



*Sneha Jain, 2K15 Batch*



*Dr. Nirmal Varghese, Intern*



*Dr. Sreekanth Puthalath,  
Reader, Dept. of Periodontics*



*Dr. Amal Kasyap, Asst. Professor,  
Dept. of Conservative Dentistry*



*Dr. Rahul, PG Student  
Dept. of OMR*



*Delsiya John, 2K16 Batch*

## *Teaching Staff*



Department of Oral Surgery  
The Swag is in the Scrubs!



Department of Public Health Dentistry  
Who Run the World!

## *Teaching Staff*



Department of Periodontics  
The Inner Strength is Your Outer Foundation!



Department of Oral Pathology  
Paint the Town H & E!

## *Teaching Staff*



Department of Oral Medicine & Radiology  
Mining Out Mysteries!



Department of Prosthodontics  
Denture Venture!

## *Teaching Staff*



Department of Conservative Dentistry  
Cavities Don't Scare Them!



Department of Orthodontics  
Creating Miles of Smiles!



Department of Pedodontics  
The Toothfairies!



Administrative Staff



Non Teaching Staff



Department of Anatomy



Department of Physiology



Department of Biochemistry



Department of Pathology



Department of Pharmacology



Department of Microbiology

## *Teaching Staff*

### *Department of General Surgery*



*Dr. Anukesh Vasu Keloth  
Associate Professor*



*Dr. Noorudheen N K  
Associate Professor*



*Dr. Ramesh P K  
Associate Professor*

### *Department of General Medicine*



*Dr. Hemanth I K  
Associate Professor*



*Dr. Rosh P  
Associate Professor*

### *Dental Riddles Answers*



#### *Dental Riddles Answers*

- |                    |                     |
|--------------------|---------------------|
| 1 Mouth Mirror     | 6 Local Anaesthesia |
| 2 H & E Staining   | 7 Case History      |
| 3 Orthodontic Wire | 8 X-ray             |
| 4 Ultrasealers     | 9 Needle & Thread   |
| 5 Restorations     | 10 Articulator Pin  |

*Prepared by: ARUNA, 2H13 Batch*

## *Batch Photos*



*Adastranz (2K18 Batch)*



*Vencedorz (2K17 Batch)*



*Renoviantz (2K16 Batch)*

## *Batch Photos*



*Trigerianz (2K15 Batch)*



*Interns*



*Freshers (2K19 Batch)*

## *Batch Photos*



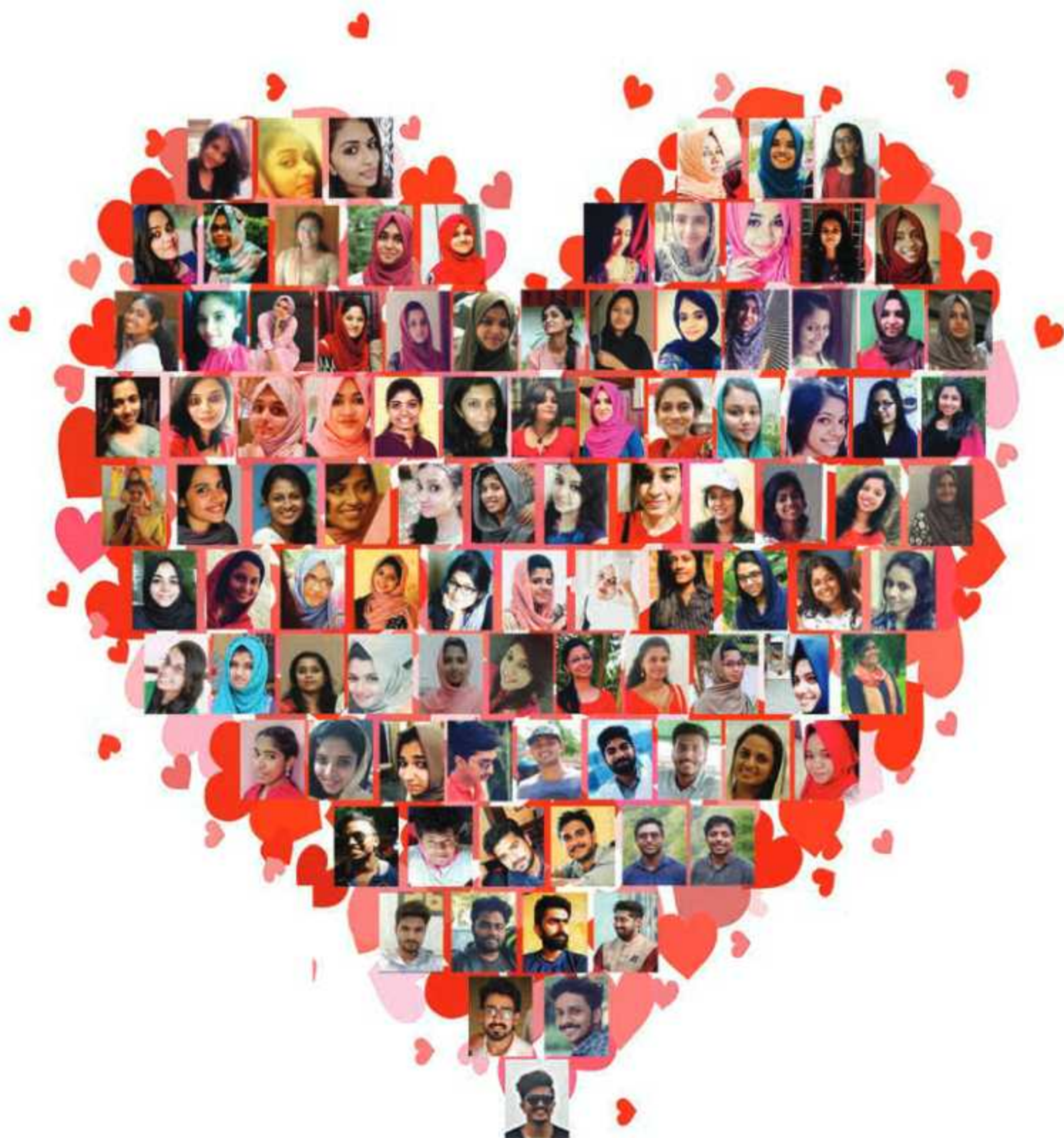
*PG 1<sup>st</sup> Year*



*PG 2<sup>nd</sup> Year*



*PG 3<sup>rd</sup> Year*



*Book of TGZ*  
**Heart Beats**



## **KMCT GROUP OF INSTITUTIONS**

KMCT Medical College  
KMCT Medical College Hospital  
KMCT Dental College  
KMCT Ayurveda Medical College & Hospital  
KMCT College of Nursing  
KMCT School of Nursing  
National College of Pharmacy  
KMCT College of Allied Health Sciences  
KMCT College of Architecture  
KMCT Arts & Science College, Kozhikode  
KMCT Law College  
KMCT Arts & Science College, Malappuram  
National Hospital Institute of Health Sciences  
KMCT College of Engineering  
KMCT College of Engineering for Women  
KMCT School of Business  
KMCT Polytechnic College  
KMCT College of Teacher Education  
KMCT Teacher Training Institute  
KMCT College of Architecture, Chathamangalam



**KMCT**  
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