



# KMCT DENTAL COLLEGE

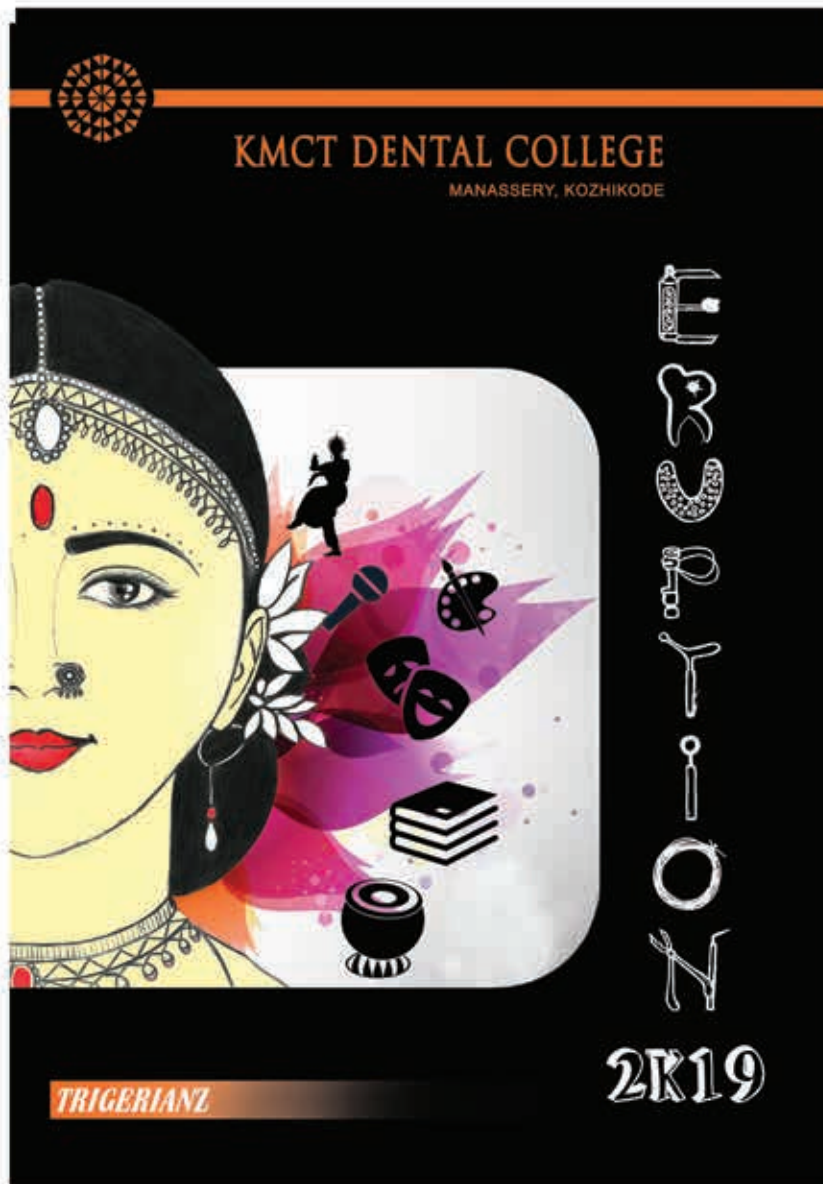
MANASSERY, KOZHIKODE



*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.*



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# 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.*
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## 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 standered 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  
KMCT 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  
 തളിർപ്പു വീണൊരു കുട്ടിനായി  
 ഇനിയുമിടവഴി നീളെയീറനാം കണ്ണുമായ്  
 ഒറ്റയ്ക്കിരുന്നു ഞാനെത്തിനോക്കി

പിണ്ണിളം കൈകൾ കോർത്തുവന്നേ  
 പിച്ചവച്ചുനൊരൊച്ചയുമൊന്നു തന്നേ  
 ഇടതടവില്ലാത്ത സൗഹൃദമോ ഞങ്ങളെ  
 ടരാതെയണയാതെ കാത്തുവെച്ചു

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

കാറ്റിലങ്ങാടുന്നൊരിലകൾ തൻ മന്ത്രമാം  
 മർമരം കഥകളായ് പെയ്തിരുന്നു  
 അക്ഷരമുറ്റത്തെ സ്നിഗ്ധമാമറിവിന്റെ  
 കൈകളിൽ ഞങ്ങളൊന്നായിരുന്നു.

ഒടുവിലായിനവളെവിടെ ദൂരെ  
 ഏതുവാക്കെന്നതോതാതെ വിട്ടുകന്നു.  
 ക്ഷണികമാം ജീവിതം ബാക്കിയാക്കിന്നാ  
 മണ്ണിൽ മടിയിലെന്നുറവളും

മന ചെയ്ത മണ്ണിലേക്കൊന്നു നോക്കി  
 ദൃഷ്ടി മങ്ങിയാ മഴയിലുമിരവിലായി  
 അന്നും വ്യധാവിലായ് 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

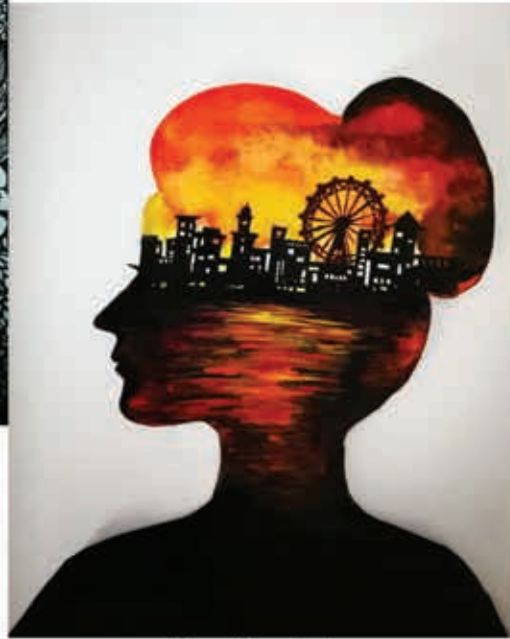
1 Inanimate though, exhibits live issue,  
 When you see me, you also see you,  
 For your precious neck, I am the cue,  
 Tell my name, give me my due!



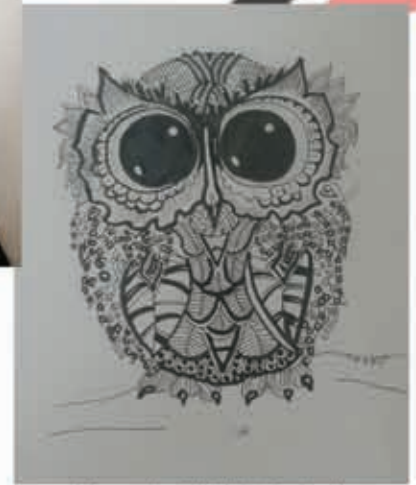
# DRAWINGS



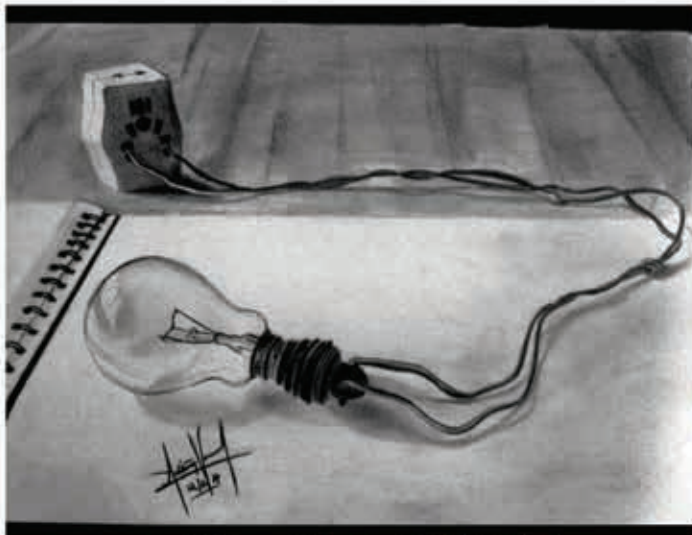
Adisha, 2K16 Batch



Kavitha, Intern



Farah, 2K18 Batch



Adithya Varma, 2K15 Batch



Amal Ajith, 2K14 Batch





# കോഴിക്കോട്, നന്മയുടെ നഗരം

കോഴിക്കോട് ചരിത്രത്തിലെ വിസ്മയമായിരുന്നു. മാണിക്യനും വിക്ട്രീയും ചേർന്ന് കടപ്പുറത്തെ ചതുപ്പിൽ കെട്ടിപ്പൊക്കിയ ഈ നഗരം ഒരു മാതൃകാ ചെപ്പിലെ കൺകെട്ടുപോലെ എക്കാലത്തും ലോകത്തെ അത്ഭുതപ്പെടുത്തി. കൊട്ടാരത്തിൽ ശങ്കുണ്ണി തന്റെ ഐതിഹ്യമാലയിൽ 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 വണി കയറി.

ഈ കോഴിക്കോടിന്റെ കിഴക്ക് സംസ്കൃതികളുടെയും, ദുപ്രകൃതിയുടെയും, പുഴകളുടെയും ഒക്കെ സംഗമ മൂക്കാണ് മൂക്കം. മഹാശിലായുഗത്തോളം നീണ്ട ഒരു പാരമ്പര്യമുണ്ട് ഈ നാടിനെന്ന് ഇവിടെ നിന്ന് കണ്ടെത്തിയ നന്നങ്ങാടികൾ സൂചിപ്പിക്കുന്നു. സാഹിത്യകാരനായ എസ്. കെ. പൊറിക്കാടിന്റെ എഴുത്ത് പുരയായിരുന്നു ഈ ഗ്രാമം. അദ്ദേഹത്തിന്റെ നാടൻപ്രേമം എന്ന നോവൽ ഈ ഗ്രാമപശ്ചാത്തലത്തിലാണ് എഴുതപ്പെട്ടത്. ഇരുവഴിഞ്ഞി പുഴയുടെ തീരത്തുള്ള ഈ നാട് അതിന്റെ പ്രത്യുൽപന്ന 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 നീലാകാശങ്ങളെ 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 ക്ലോയ്ക്ക് കേറി.. അര മണിക്കൂർ മുൻപ് തീയേറ്ററിൽ എത്തിയപ്പോൾ വലിയ തിരക്കൊന്നുമില്ല.. മനസിൽ ചെറിയൊരു ആശങ്ക തോന്നി.. പണി പാളുമോ!? നിർബന്ധിച്ചു കൂടെ കൂട്ടിയ സുഹൃത്തിന്റെ വായിൽ നിന്ന് കേൾക്കാൻ സാധ്യതയുള്ള കളിയാക്കലുകൾ, ചെറിയ തെനികൾ ഒക്കെ 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 മോണിൽ 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 നൈറ്റ്സിന്' ശേഷം വീണ്ടും കാണികൾ കൈയടിച്ചു കൊണ്ട്, മനസ് നിറഞ്ഞ ചിരിയോടെ തീയേറ്ററിൽ നിന്ന് പുറത്തിറങ്ങുന്ന കാഴ്ച...ന്യൂ ജനറേഷൻ സിനിമയുടെ ഈ കാലഘട്ടത്തിൽ കൂടുംബസമേതം കാണാവുന്ന, ഗൃഹാതുരത്വമുള്ള ഓർമ്മകൾ ഉണർത്തുന്ന ഒരു ഫീൽ ഗുഡ് മുവി ..

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. Culturals 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



ഡോ. മുഹമ്മദ് രഘീവ്  
Reader, Dept. of Conservative Dentistry

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



## രോഗലോലം



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 amnnities 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, ഒരുക്കമുള്ള, വർണ്ണകടലാസിൽ  
 പൊതിഞ്ഞ ശബ്ദിക്കാത്ത,പതിഞ്ഞ കാലടിയാൽ തന്റെ  
 അസ്ഥിത്വം ആരെയും അറിയിക്കാത്ത  
 മനസ്മിതം പൊഴിച്ച്, അക്ഷരങ്ങൾ വെള്ളം  
 തൊടാതെ വിഴുങ്ങി,  
 ആരുടേയോ ജൽപനങ്ങൾ കുലീനതയോടെ  
 അനുസരിച്ച്,  
 തിരിഞ്ഞു നോക്കുമ്പോൾ എന്തോ ഒന്ന് മറന്നു  
 വെച്ചതുപോലെ  
 ചിന്തിച്ചപ്പോൾ അത് തന്നെത്തന്നെയെന്നോർത്ത്  
 പശ്ചാത്തപിക്കുന്നവൾ  
 അവളെ നിങ്ങൾ സ്നേഹിക്കുന്നു....  
 അല്ല സ്നേഹിക്കുന്നുവെന്ന് നടിക്കുന്നു..  
 അനുസരണയുള്ള ഒരു പട്ടിയോടുള്ള സ്നേഹം.....  
 സൗന്ദര്യത്തിന്റെ ബാഹ്യസങ്കല്പങ്ങളെ വലിച്ചുകീറി,  
 മൂലയിൽ ഒരുങ്ങാത്ത, വർണ്ണ കടലാസുകളെ  
 ചുരുട്ടിയെറിഞ്ഞ,  
 ഉറച്ച കാലടികളാൽ തന്റെ അസ്ഥിത്വം  
 നാടിനെയറിച്ചിച്ച്,  
 അഹ്ലാഭം അട്ടഹസിച്ച് തീർത്ത, അക്ഷരങ്ങളെ,  
 ആയുധമാക്കിയ,  
 സ്വന്തം മനസ്സിന്റെ ആജ്ഞകളെ അനുസരിച്ച്,  
 തിരിഞ്ഞു നോക്കിയപ്പോൾ നടന്ന വഴികളിലെല്ലാം,  
 സ്വന്തം തെളിഞ്ഞ കാലടികൾ കണ്ടു നടപ്പില്ലാത്തവർ  
 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

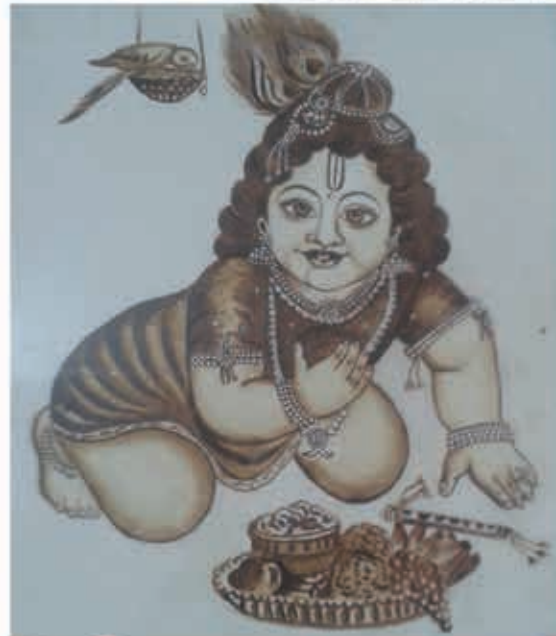


Fahid Nizaro Siyo, 2K16 Batch

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 vancedorz 2K17 Batch got the deserving victory.

Fahid Nizaro Siyo was awarded the Kalaprabhitha 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  
Vancedorz 2K17 Batch

Fahid Nizaro Siyo  
Kalaprabhitha-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

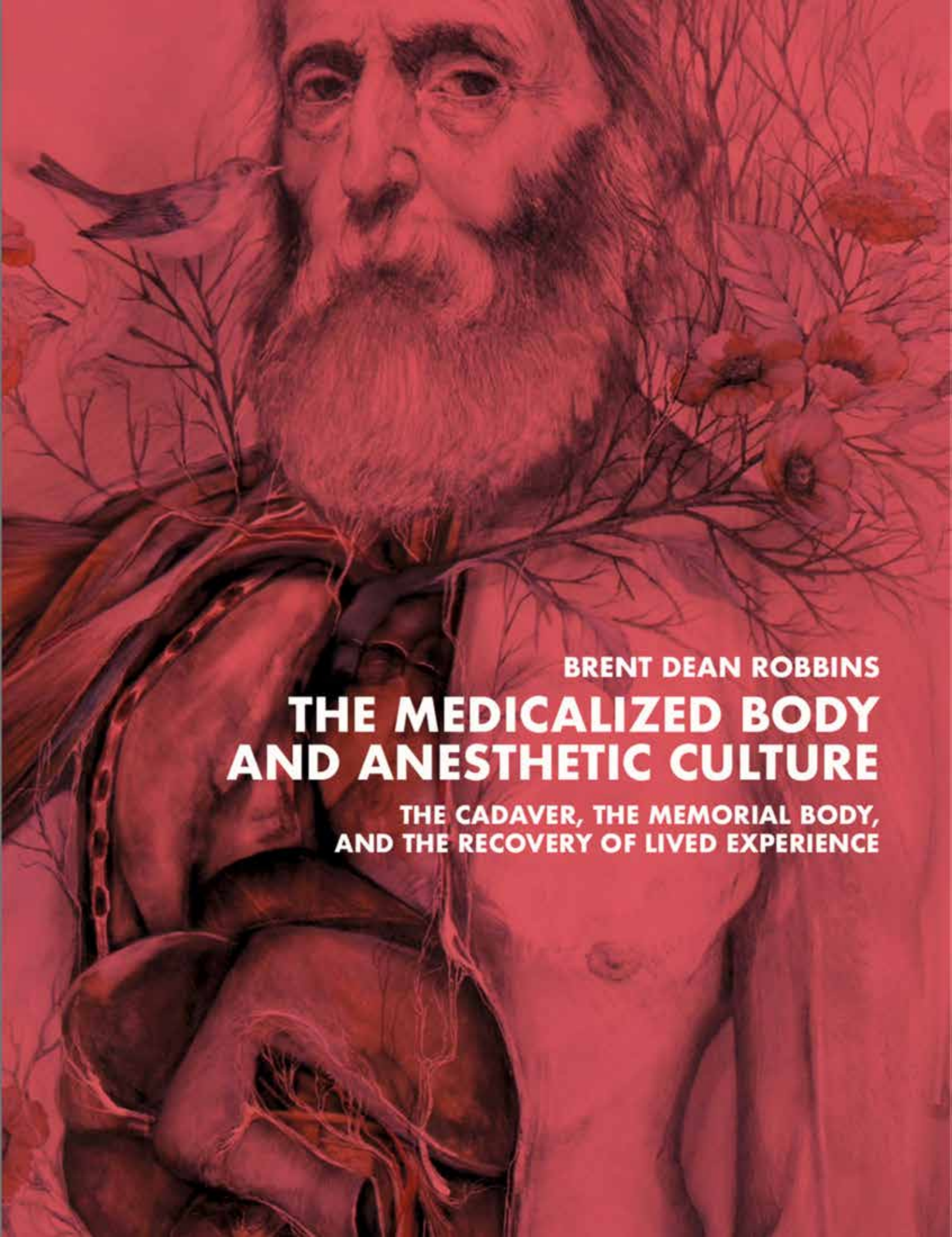


Eruption

## 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**

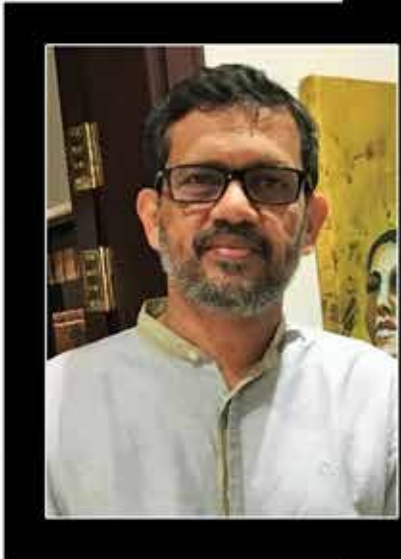
**THE CADAVER, THE MEMORIAL BODY,  
AND THE RECOVERY OF LIVED EXPERIENCE**



# Limits of Medicine

പറയാനാവാത്തത്, പലപ്പോഴും എഴുതാനും...

നിത്യേനയെന്നോണം ഇടമുറിയാതെ കണ്ടുകൊണ്ടിരിക്കുന്നവർ. അവരുടെ മാഗസിനിൽ എഴുതാനാവരുടെപ്പോൾ ഞാൻ കേറിയത് ഏറെ. പല കുറി എഴുതാനിരുന്നപ്പോൾ ഒരു കാര്യം മനസ്സിലായി. എന്നും കാണുന്നവരോട് എഴുത്തിലൂടെ സംവദിക്കുക ദുഷ്കരമാണ്. കാണുമ്പോഴെല്ലാം പറയുന്ന കാര്യങ്ങളെല്ലാതെ എഴുതാൻ പ്രത്യേകിച്ച് എന്തെങ്കിലും മനസ്സിലുണ്ടില്ല. 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 മാഗസിനിൽ 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 അപ്പോടെ 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 ധൈര്യപൂർവ്വം അഭിമുഖമായി നിന്ന്, നമുക്ക് സംസാരിക്കാം. ആന്ത്രിയസ് വെസാലിയസ് പതിനാറാം നൂറ്റാണ്ടിലാണ് ആധുനിക അനാട്ടമിക്ക് തുടക്കം കുറിക്കുന്നത്. മെഡിക്കൽ വിദ്യാർത്ഥികൾ പഠനാരംഭത്തിൽ തന്നെ ഡിസെക്ഷൻ ചെയ്തു തുടങ്ങുന്നു. ആധുനിക വൈദ്യശാസ്ത്രത്തിന്റെ ലോകവീക്ഷണത്തോട് ചേർന്ന് നിലകുന്ന 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 കൂടിയ ആഴം നമുക്കറിയാനാവൂ. കഡാവനിൽ 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 നിലകുന്ന 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 പേരറിയില്ലായിരുന്നു! 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.

ഖലീൽ ജിബ്രാൻ

**Dr. Auswaf Ahsan**  
HOD, Dept. of Oral Medicine & Radiology



പടിയിറങ്ങും നേരം

Aswathi, 2K17 Batch



ഒരു വാക്കില്ല പറയാനിന്നേരവും നിന്നോടായ്  
 ഈ വഴിത്താരയിലോ ഞാൻ ഏകാന്തനായ്  
 ഉറ്റവരാണിവർ കൂട്ടരല്ലൊ  
 മൊത്തൊരുമിച്ചവർ കോലായിലായ്  
 വിടപറയുന്നിതായെല്ലാരോടും  
 മഷിയും വർണ്ണപ്പൊടികളുമായ്  
 ഇനിയല്ലയിമാഷുമീദിനങ്ങളും  
 ആ നാലുചുമരിനുള്ളിലെയാനന്ദവും  
 ചങ്കുപറിച്ചെറിയുന്ന നോവിലോ  
 കൈയൊപ്പുവാങ്ങി മടങ്ങുകയായ്  
 ആരവത്തിനിടയിലുമെന്തേങ്ങലാരോ  
 മനിയതെയൊതുക്കിയുള്ളിൽ  
 ഓർമ്മകളൊന്നൊന്നായ് തെളിഞ്ഞൊരി  
 മിഴിനീരിലായിരം കാലമതാർത്തിരിക്കാൻ  
 ഒന്നിച്ചൊരുല്ലാസയാത്രയിലോ  
 വിധിവന്നു നിന്നെ കവർന്നെടുത്തു  
 കാട്ടിക്കൊതുപ്പിച്ചൊരാപുഞ്ചിരിയും  
 കള്ളച്ചിണുങ്ങളും അതിരറ്റ സ്നേഹവും  
 മൊരുമുള്ളം കൊഴിയുന്നപോലെരിഞ്ഞു  
 എൻ കരങ്ങളിൽ നിന്നുപുറപ്പെട്ടു പറവയായ്  
 ദിശതെറ്റിയെങ്ങോ അകന്നു നിന്നു  
 പുസ്തകത്താളിലൊപ്പം കയ്യൊപ്പം  
 പൊൻമയിൽപ്പീലിയായ് ചുവർത്തുവച്ചു  
 തണൽമരം മാരുതനാൽ ദർശനാമം  
 മന്ത്രിക്കവേത്തിരിഞ്ഞൊന്നു നോക്കി ഞാനും  
 മനസ്സിൽപ്പതിഞ്ഞതൊന്നു മാത്രം  
 തിരികെ വിളിക്കുന്ന തിർരുപമോ  
 മറവിയിലാണിന്നു പോകാൻ നിന്ദുഖം  
 മനമെൻ ഹൃത്തിൽ ചേർത്തതിനാൽ  
 എന്നുറ്റുവളായതും നീ  
 യെന്നുടയവളായതും നീ  
 ഈ മഴക്കാറുമിമിടിച്ചു  
 നിനക്കായിന്നും കാത്തിരിപ്പു.....



Scaring it way

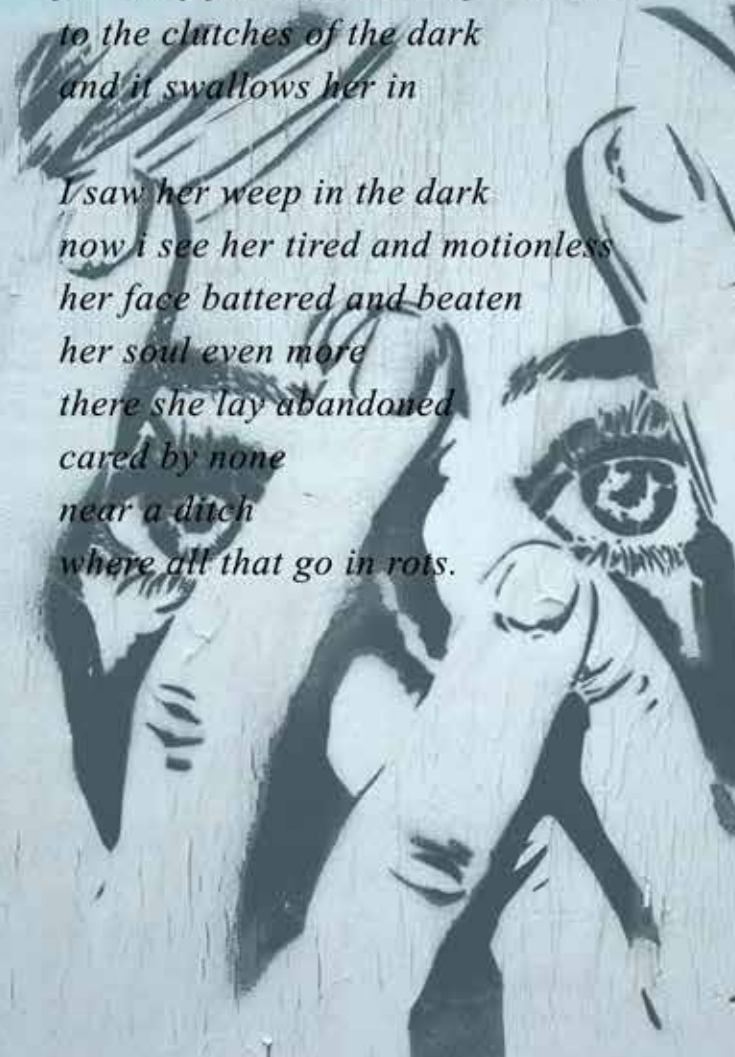
Gopika S Unni 2K18 Batch



*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



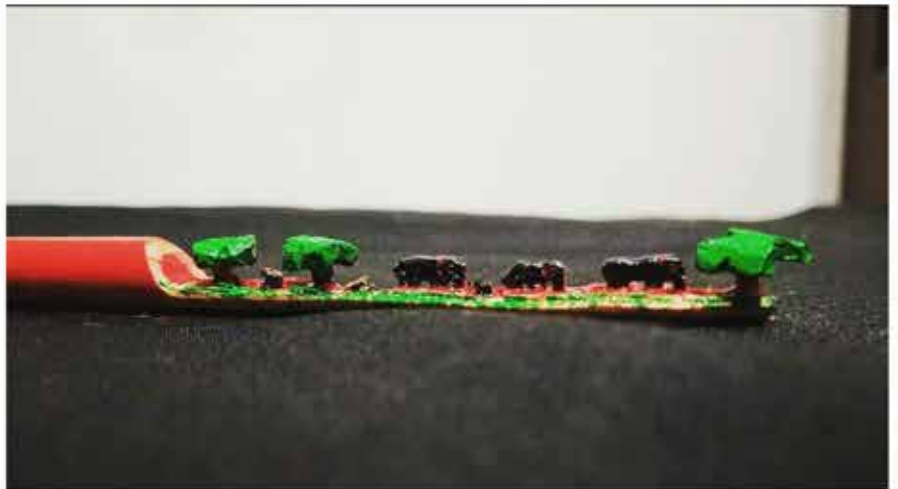
Dr. Kavitha K, Intern



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 culturals, 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 were 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.



Aarav - College Day



Ifthar Party



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 u, 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 മകൾക്കായച്ച കത്തുകൾ

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



## My Dear Anvi

*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  
അച്ഛൻ*



# CRAFT ZONE



Hippocrates Clay Art  
Kavitha (Intern)



Recycle Craft  
Sini C V, 2K15 Batch



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 raise 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-paced 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 can't. (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 "millennials" 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



മഴതൻ ആഗമനം അറിയിക്കുന്ന  
ദൂതനാം കാറ്റും  
മഴക്കായ് നീല ജരു പരവയാനി  
നീർത്തുന്ന ആകാശവും പറഞ്ഞു;  
വരുന്നത് കാലത്തിൽ സജാനം  
മഴയിലലിയാത്ത സന്തോഷം  
ജീവിതത്തെ കുളിരണയിക്കുന്ന നിമിഷം  
എൻ വാടിയിൽ വിരിഞ്ഞ പൂക്കൾമേൽ  
വന്നു തേൻ നുകരുന്ന ചിത്രശലഭങ്ങൾ പോൽ;  
മനോഹാരിത നിറഞ്ഞ വർണ്ണചായം  
പൃശിയ ജീവിത വിജയം,മഴതൻ കരങ്ങളിലൂടെ  
എന്നെ തേടി എത്തുന്നു.  
വർഷക്കാലം എൻ ദോഹനക്കാലം  
മഴതൻ ഈണത്തിൽ ഉല്ലസിക്കാൻ  
കാത്തിരിക്കുന്നു എൻ മനസ്സ്  
എൻ കാതുകൾ അറിയുന്നു ആ  
ദൂതനാം കാറ്റിൻ നാദങ്ങൾ  
മഴ എന്നിലണിയും സജാനം കാത്തു്  
ഇതാ.....ഒരു വേനൽപക്ഷി.....







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 potrayed 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 Foot Ball Team

A notable performance was that of our boys football team as they reached the semifinals with brilliance 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



أَجِنُّ إِلَّا حُبْدِي أُمِّي  
وَقَهْوَةَ أُمِّي  
.. وَلَمَسَةَ أُمِّي  
وَتَكَبَّرُ فِيهِ وَصَفِيلَةَ  
يَوْمَ عَلَ صَدْرِي يَوْمَ  
وَأَغَشَقُ أَمْرِي لِأَنِي  
وَإِذَا مِتُّ  
أَغْخَلَ مِنْ دَمْعِ أُمِّي

Muhammed Rafi, 2K17 Batch

Echo



"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 divers experience required that makes veterinary dentist one of the most challenging professions to achieve.

# അനാമിക

സന്ദേഹ ദുരളിയരൻ, 2K18 Batch



ശംഖുപോലെ നീണ്ട കഴുത്തിൽ കുർത്ത കല്ലിൽ പാടുകൾ. ചുരുൾ മുടിക്കെട്ടാൻ അവൾ അതിനെ മറച്ചുപിടിച്ചു. എന്തിനെയൊക്കെ യോ കണ്ട് പേടിച്ച രണ്ട് ശ്രവിച്ച കണ്ണുകൾ, മരവിച്ചു വിണ്ടുകീറിയൊട്ടിയ ചുണ്ടുകൾ, സ്തബ്ധതയറ്റ മാറിടങ്ങൾ ജീവനും വിശപ്പും പേറുന്ന 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 കയ്യുത്താ ദൂരത്തായിരുന്നു. ചുറ്റും അയാളുടെ ശബ്ദമായിരുന്നു.



രക്ഷപെടിയല്ലെന്നറിഞ്ഞിട്ടും കയർപ്പെട്ടിച്ച് അവൾ ഇറങ്ങി. ഇരുട്ടിലേക്കൊണെങ്കിലും അയാളില്ലാത്തൊരുയാത്ര, അതോർ കുമ്പോൾ അവളുടെ കണ്ണുകൾ കുറച്ചുനേരത്തേക്കെങ്കിലും അപ്പൊരിച്ചു.

നഗരത്തിൽ നിന്നൊഴിഞ്ഞ് ഒരു കുന്നിൽ പ്രദേശം, നടത്തത്തിന്റെ വേഗത കുറഞ്ഞു. പെരുവിരലുകളെ നിലം തൊടിക്കാത്ത ആ കാലുകൾക്ക് കുളിർമയനുഭവപ്പെട്ടു. മഞ്ഞ് അവളെ വാരിപുണർന്നു. കണ്പീലികൾക്കൊക്കെ ചെറുതായൊന്നു ജീവൻ വച്ചതുപോലെ താഴ്ചയിൽ താഴ്ന്നു കിടക്കുന്ന മലയുടെ ഉൾകാമ്പുകളിലേക്ക് അവൾ ഉറ്റുനോക്കി. അവൾക്കുള്ള നിറക്കൂട്ട് അവിടെ തയ്യാറായിരുന്നു. നിറങ്ങളാലൊരു സ്തബ്ധതയെ ഒരിക്കലും വിശാത്ത ചിറകുകളെ അടിച്ചുടിച്ചു വീശി താഴ്ചകളിലേക്ക് കുതിച്ചിറങ്ങിക്കൊണ്ടിരുന്നു. രോമദിത്തികളിലൂടെ തന്റെ കുർത്ത മുർച്ചയേറിയ നഖങ്ങളാൽ ക്ഷതമേൽപ്പിച്ച അവയെ പിളർന്ന് തന്റെ നിറക്കൂട്ടിനരികിലെത്തി ഒരു നിമിഷം കണ്ണടച്ച് തന്റെ ഗർഭത്തെ പുറത്തോട്ട് വിസർജിച്ച് 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 Health 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 ചുറ്റുമലം ഉദരത്തേയും വലിയ ബലിക്കല്ല് മുലാധാരത്തേയും ധ്വജം 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 വിശരിയാൽ 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, ദോജനം (നിവേദ്യം) നൽകി വാദ്യമേളാഘോഷത്തിന്റെ അകമ്പടിയോടെ പുഷ്പാഞ്ജലി ചെയ്ത് പള്ളിയുറക്കുകയാണ്. ഉത്സവ കലശാദി കർമ്മങ്ങൾ ചൈതന്യത്തെ വർദ്ധിപ്പിക്കുന്നു.

ഒരു വ്യക്തി മാനസികമായും ശാരീരികമായും ആത്മീയമായും സന്തോഷവാനും തൃപ്തനുമാകുമ്പോൾ ജീവിതം ധന്വന്തരിയുമാകുന്നു. അവന് രോഗശമനം നൽകുന്നതുപോലെ, പ്രശ്നപരിഹാരം ചെയ്യുന്നതുപോലെ മഹത്തരം മറ്റൊന്നാണുള്ളത്. അതിനാൽ തന്നെ വൈദ്യം പഠിച്ചവരെ നാം ഈശ്വരതുല്യരായി കാണുന്നു.

മാനവ ജൻമം സമ്പൂർണ്ണമാകുന്നത് മേൽ പറഞ്ഞ വിധി സംതൃപ്തിയാർന്ന് നാളെയും പ്രകൃതിക്കും സമൂഹത്തിനും വേ എന്തെങ്കിലും ചെയ്ത് വെച്ച് മടങ്ങുമ്പോഴാണ്. ഈ തിരിച്ചറിവാണ് തന്ത്രവും മന്ത്രത്തോടുമൊപ്പം ഭക്തചികിത്സയെ എന്നിലേക്കിടിച്ചത്. കേവലം 32 പല്ലിൽ ഒതുങ്ങുന്നതല്ല ഭക്തചികിത്സ എന്ന തിരിച്ചറിവും.

### 'മാനവസേവ, മായവസേവ'

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



# UG SHORT TERM Research Project Report

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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 മേന്മയാടിയോടെ അവതരിപ്പിച്ചപ്പോൾ ട്രോളുകൾക്ക് സ്വീകാര്യതയേറി. അങ്ങനെ അവയുടെ സ്വപ്നങ്ങൾക്ക് ഒരു പട്ടം ചാർത്തി കിട്ടി "ട്രോളൻ".

ട്രോളൻ പറ്റിയ വിഷയങ്ങൾ ഒരുപാടുള്ള നമ്മുടെ കോളേജിൽ ട്രോളന്മാർ പൊട്ടിമുളച്ചതിൽ അത്ഭുതപ്പെടാനില്ല. അങ്ങനെ രണ്ടു വർഷങ്ങൾക്ക് മുൻപ് ഒരു കുട്ടം ട്രോളന്മാർ കൈകോർത്തു ഒരു കുട്ടായ് മരൂപീകരിച്ചു, 'KMCT DENTROLL' പിറന്നു. ദൈന്യം ദിന ജീവിതത്തിലെ അബദ്ധങ്ങളും മണ്ടത്തരങ്ങളും വേണ്ടുവോളം ഉണ്ടായിരുന്നതിനാൽ നമ്മുടെ ട്രോളന്മാർക്ക് ആശയ ദാരിദ്ര്യം വന്നില്ല. നാട്ടുവർത്തമാനവും, പരദുഷണവും, 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 ജനിക്കാറുണ്ട്. 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





## *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.

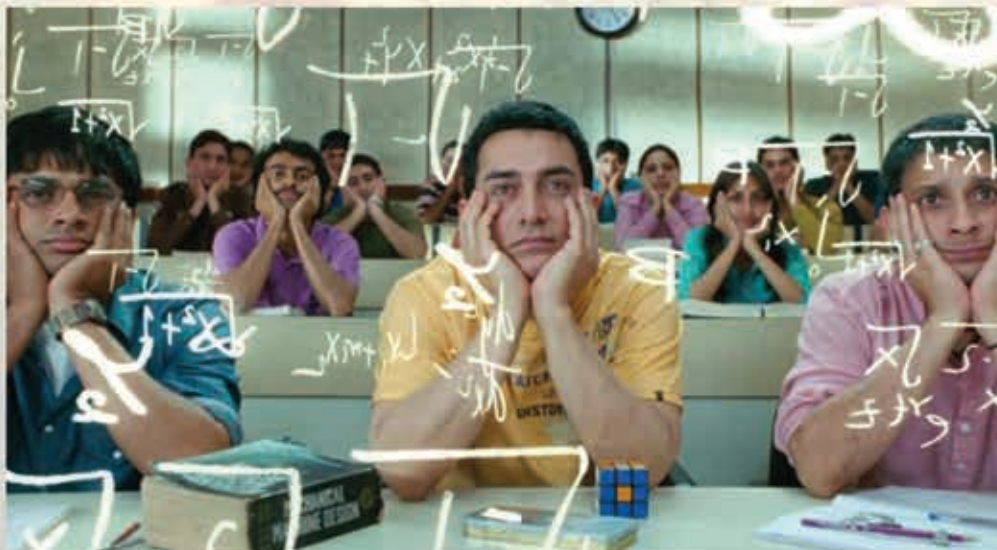
### 1. YOUR MENTAL HEALTH MATTERS

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



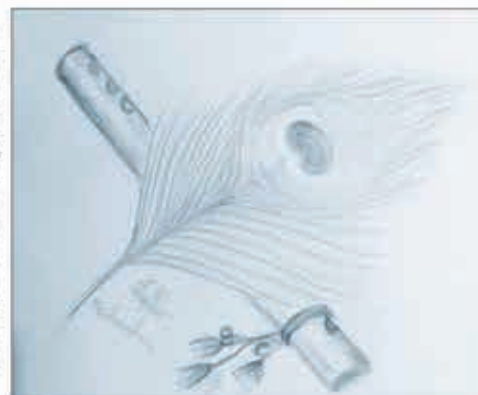
Vishnu Raj, 2K14 Batch



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।  
छूटकु 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।  
चिल्लरो में सारी खुशीयाँ समा जाता था।  
धन का महत्व कभी सोच भी न पाता था।  
एक छोटी सी संदूक जान से ज़्यादा 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 पिज़्जा, बर्गर, मोमोज़ आ गए।  
कपड़े व्यक्तिगत हुए, भाईयो से दूर हुए।  
बहन की जगह गर्लफ्रेंड का प्रेम अब्बल लगने लगे।  
बड़े- बुजुर्ग ही औपचारिक हो गए।  
रिश्तों के अर्थ ही बदल गए।  
कई भाषा सीखने के बवजूद संसकार भुल गये।  
धन प्रमुख हुआ, सब भिन्न नवीन चाहिये।  
बट्टे 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

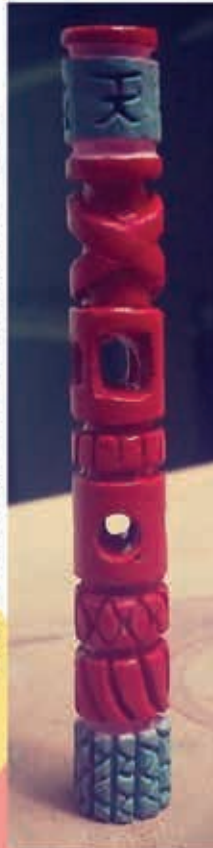


Soap Carving, Misra Sherin, 2K15 Batch



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





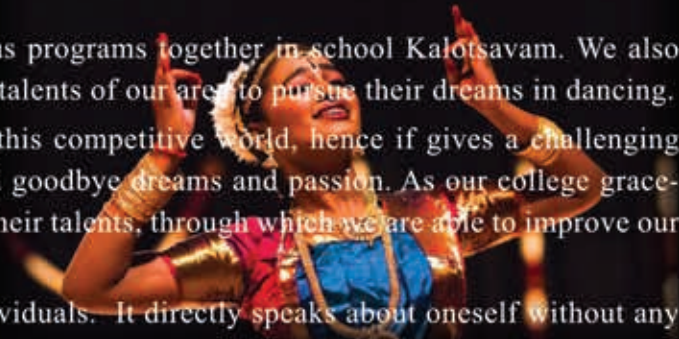
Dance is the hidden language of soul

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  
കല്ലായി തീർന്നു  
കരികല്ലിലെ കുറെ ചിത്രങ്ങളായി  
അവസാനിക്കുകയായി .....  
ജനനം മൂതൽ മരണം വരെ  
ആരോ തെളിയിച്ച ഈ വിളക്ക്  
കത്തി അണയും മൂൻപേ  
കുറെ കഥകൾ പറഞ്ഞു  
അതിലൊരു കഥയായി ഈ ഈയാംപാറ്റയും .....  
കല്ലായി മാറാനും കൽവിളക്കിലെ തിരിയായി മാറാനും  
മനസ്സിലെ ഓരോ ഓർമ്മകൾ കത്തി ആളുകയായി  
കരികല്ലിന് സൗന്ദര്യവും  
കള്ളിമുളിൻ മൂനയായും  
മാറുകയായി ഓരോ മനസ്സുകളും  
ഓരോ സ്ത്രീ ശബ്ദവും







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# 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*









*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 Ultrascalers     | 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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