



KMCT DENTAL COLLEGE

MANASSERY, KOZHIKODE

OCCULUSION'21

AN AMALGAM OF THOUSAND EXPRESSIONS

RENOVIANTZ





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

Here we are presenting OCCLUSION '21 , An Amalgamation of Thousand Expressions.

From us to you...!!!!

KMCT DENTAL COLLEGE

MANASSERY, KOZHIKODE

VISION

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

MISSION

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

Message

Chairman



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

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

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

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

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

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

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

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

All the very best.

Message

CEO



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

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

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

Wishing you all the very best.

Message

CEO



*Dr. Aysha Nazreen
Director
KMCT Group of Institutions*

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

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

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

Message

Principal



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

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

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

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

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

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

Message

Staff Editor



*Dr. Anroop
Dept. of OMFS*

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

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

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

Message

Magazine Advisor



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

Hello my dear friends

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

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

So happy that this college magazine is coming into Occlusion.

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

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

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

I profusely thank our team, for their relentless efforts.

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

"OCCLUSION '21"

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

Thank you

Message

Administrative Officer



*Sujatha S.
Administrator*

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

My best wishes for the entire team.

Message

Student Editor



Dr. Jaseela Saleem
2016 Batch

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

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

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

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

UNION MEMBERS



MAGAZINE COMMITTEE





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

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

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

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

ഞാൻ പൂലർച്ചെ നാല് മണിക്കാണു ചേയിക്കുട്ടി, വല്ലേച്ചിയുടെ ആരുവത്തിലേക്ക് പോകുന്ന ഭാഗം വായിച്ചത്. പുറത്ത് കാലവർഷത്തിന്റെ താണുവം, ഞാനും ചേയിക്കുട്ടിയോടൊപ്പം ഇരുട്ടിലേക്കിറങ്ങിയോ എന്നു സംശയം. വായനക്കാരനും കഥാപാത്രമാവുന്ന ആനന്ദ നിർവൃതി.

മലയാളത്തെ, മലയാള നോവലിനെ പുതിയ ഭാവുകത്വത്തിലേക്ക് നയിച്ച മഹത്തായ കൃതി. വായിച്ച് നാല് ദിവസമായിട്ടും മനസ്സിൽ നിന്നു വിട്ടുപോകാതെ എന്നെ പിൻതുടരുന്നത് കഥാപാത്രങ്ങൾ മാത്രമല്ല, ഭാഷയും, വാമൊഴിയും, ഓർമ്മയും, പൌലോ കൊയ്ലോ രീതിയിലുള്ള പല വാചകങ്ങളും അടങ്ങിയ ഒരു വിശദീകരണവുമാണ്.

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

The beginning of college is something everybody looks forward to. The newness of it all is both unnerving and overwhelming. It's a fresh start altogether. A group of friends is something, probably the first thing everyone looks forward to. We met 6 years ago on the first day of college, September 1 2015. We were a bunch of young girls, all from different parts of the state and different walks of life. None of us knew each other before but somehow we ended up together. We were a group of 11 girls with very different and vibrant characters who sat, crammed together, on a single bench and refused to leave. Our mutual hatred towards things is probably what brought us together. The greater the hatred, the stronger the bond. With the perfect balance of introverts and extroverts we somehow found a safe haven. We've always thought of us as a group of people with varied fields of interests, with qualities of their own to contribute to the group.



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



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

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

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

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

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

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





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

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

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

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

COFFEE WITH THE LEGEND

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



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

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

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

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

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

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

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

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

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

COFFEE WITH THE LEGEND

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

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

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

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

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

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

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

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

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

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

8) *Who is your role model?*

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

രണ്ടാം ബാല്യം

അശ്വതി എ. എസ്., 2017 ബാച്ച്



മൊട്ടിട്ടു പുവിൻ മകരന്ദമോ മറയുന്നു
 വീണ്ടുമായിതളുകൾ കൊഴിഞ്ഞിടുമ്പോൾ
 അന്നു തൻ മന്ത്രണം കാതിൽ മൊഴിഞ്ഞവർ
 പിൻ നിലാവിലേയ്ക്കലിഞ്ഞു നിൽപ്പു
 അടവിലാണ്ടിന്നു പോയൊരീ
 കുഞ്ഞിനെപ്പോലടിമയായ് മാറിയിത്താനുമപ്പോൾ
 തെട്ടിത്തിരിഞ്ഞൊന്നു നോക്കുവാൻ പോലു-
 മറിയാതെയെൻ മനം വിറങ്ങലിപ്പു
 മകളായ്, ദേവിയായൊരു കളത്രമായെന്നൊക്കെ,
 മുറ്റത്തെ മാഞ്ചോട്ടിലൊളിച്ചു നേരം
 കപോതത്തിൻ ചിറടിയൊച്ചയോ
 കപോലത്തിലായ് പതിച്ചു
 തട്ടിത്തടഞ്ഞു ഞാൻ വീണ നേരത്തു-
 മോടിക്കിതച്ചൊരു തികളായെന്നമ്മ.
 വാരിപ്പുണർന്നൊരാ രാവുകളലെന്നു
 മെന്നമ്മ ചൊല്ലിത്തന്നൊരാ കഥയിൽ
 ശശിബിംബം പോലൊരു തുവെള്ള
 പട്ടിലോ ഞാനൊരു മാലാഖയായ്
 രണമിന്നു കറയായ് നിറഞ്ഞൊരെന്നൊടയി-
 ലപ്പോഴുമാനാലു മതിലുകളെന്നെ
 ചുറ്റിപ്പിണഞ്ഞു കിടക്കുന്നനോവിലു-
 മാനന്ദിയായ് ഞാനെൻ നിനവുകളിൽ
 ഉത്തരമൊന്നു നീ തിരയുന്ന നേരമൊ
 രുത്തമ പത്നിയായ് ചേർന്നു ഞാനും
 എണ്ണക്കുറപ്പിൻ നിറം പുണ്ടൊരെന്നുമാ
 കേശഭാരത്തിങ്കലായൊളിപ്പു
 ജനനിയായി ഞാൻ ജനിമുതിയോളം
 ജന്മസൗഖ്യത്തിന്നാ കൊടുമുടിയിൽ
 എൻ തായെന്നെ പഠിപ്പിച്ച മുല്യങ്ങ-
 ളൊന്നൊന്നായ് പകർന്നു ഞാനെൻ

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

Dr. Midhuna V, 2016 Batch



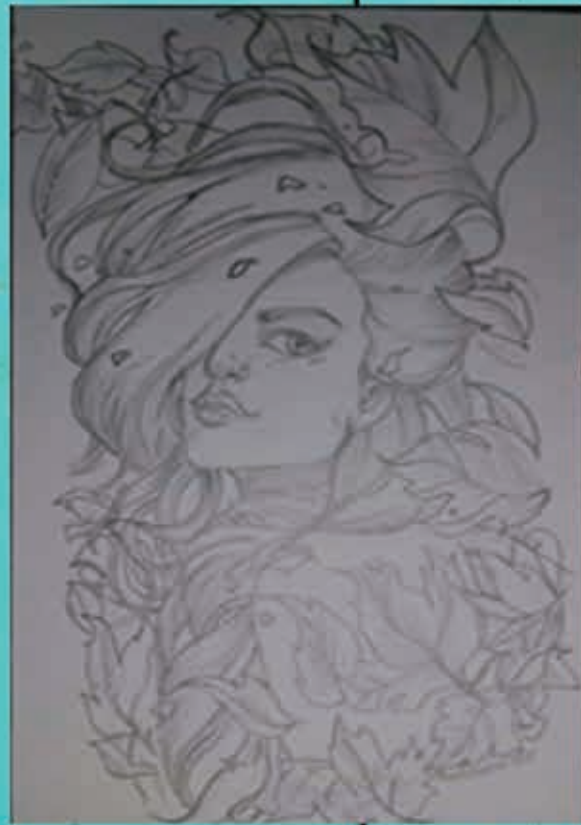
Dr. Darshana V, Dept. of Pedodontics



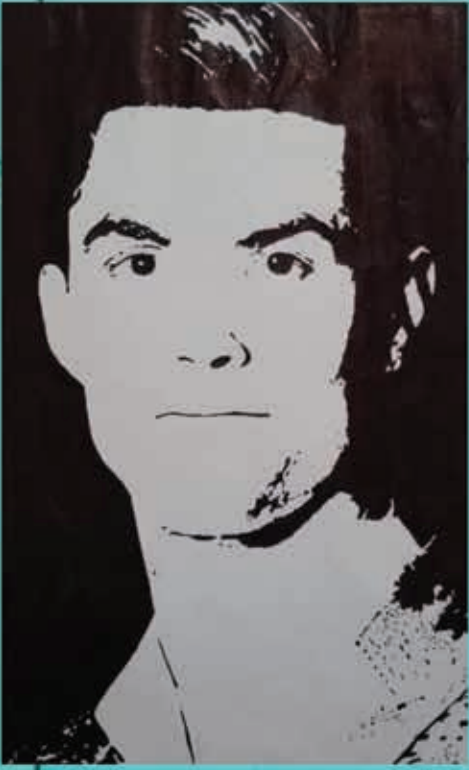
Devika B, 2019 Batch



Chandana P. V, 2018 Batch



Midhuna Mohan, 2019 Batch



Dr. Shafiq Jamal, 2015 Batch



Fathima Muhammed, 2020 Batch



Archana Nair, 2019 Batch



Dr. Sini C V, 2015 Batch



Sampathka, 2018 Batch



Frah Muhammed, 2020 Batch



Aryalaxmi, 2018 Batch





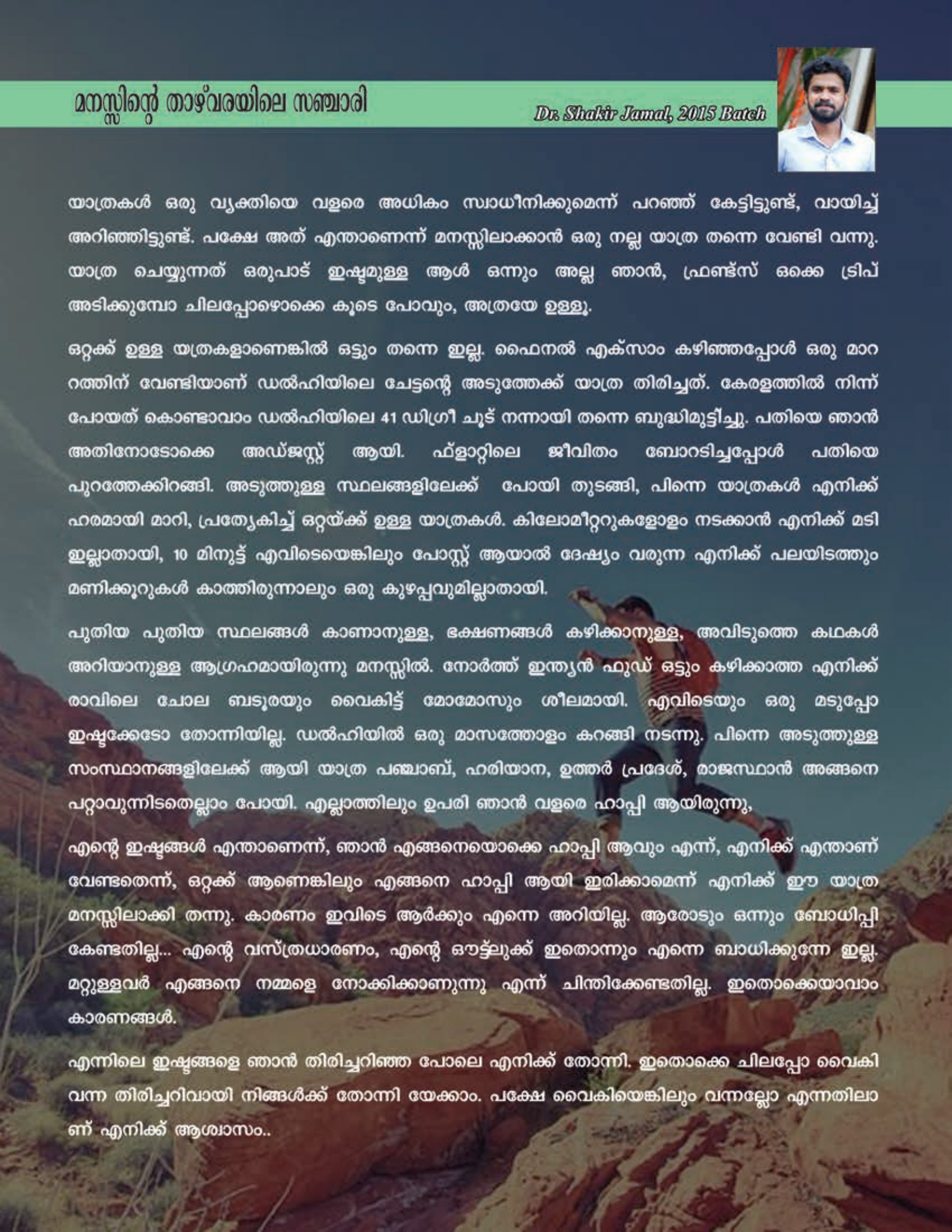
യാത്രകൾ ഒരു വ്യക്തിയെ വളരെ അധികം സ്വാധീനിക്കുമെന്ന് പറഞ്ഞ് കേട്ടിട്ടുണ്ട്, വായിച്ച് അറിഞ്ഞിട്ടുണ്ട്. പക്ഷേ അത് എന്താണെന്ന് മനസ്സിലാക്കാൻ ഒരു നല്ല യാത്ര തന്നെ വേണ്ടി വന്നു. യാത്ര ചെയ്യുന്നത് ഒരുപാട് ഇഷ്ടമുള്ള ആൾ ഒന്നും അല്ല ഞാൻ, ഫ്രണ്ട്സ് ഒക്കെ ട്രിപ്പ് അടിക്കുമ്പോ ചിലപ്പോഴൊക്കെ കൂടെ പോവും, അത്രയേ ഉള്ളൂ.

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

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

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

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



STAYCATION

The Lady Bunch of Pedodontics



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

കാത്തിരിപ്പ്

- ഫെമിന നിഷി, 2020 ബാച്ച്



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



GENDER SOCIALIZATION

Dr. Neema Pramod, 2016 Batch



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

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

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

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

PHYSICAL AND PSYCHOLOGICAL EFFECTS OF PPE IN HEALTH CARE WORKERS

Dr. Vishnu Velayudhan



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

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

VAD

Dr. Nada Thasneem, 2016 Batch



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



Taking the Road Less Travelled



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

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

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

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

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

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

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

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

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

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

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



Honoured by Tamilnadu Chief Minister Sri. Paneer Selvam



With Dr. Sandesh Mayekar

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

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

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

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

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

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

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

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

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

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

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



With DCI President & Secretary



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

Members Photo

DEPRESSION

Dr. Dhilna Poly, 2016 Batch



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

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

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

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

(ALONE Pt. II)

.... We all need that someone

Who gets you like no one else

Right when you need it the most

We all need a soul to rely on

A shoulder to cry on

A friend through the highs and the lows

...I'm not gonna make it alone

La-la-la-la....

TAKE MORE CHANCES, DANCE MORE DANCES

Dr. Anjali, Dept. of Pedodontics



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

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

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

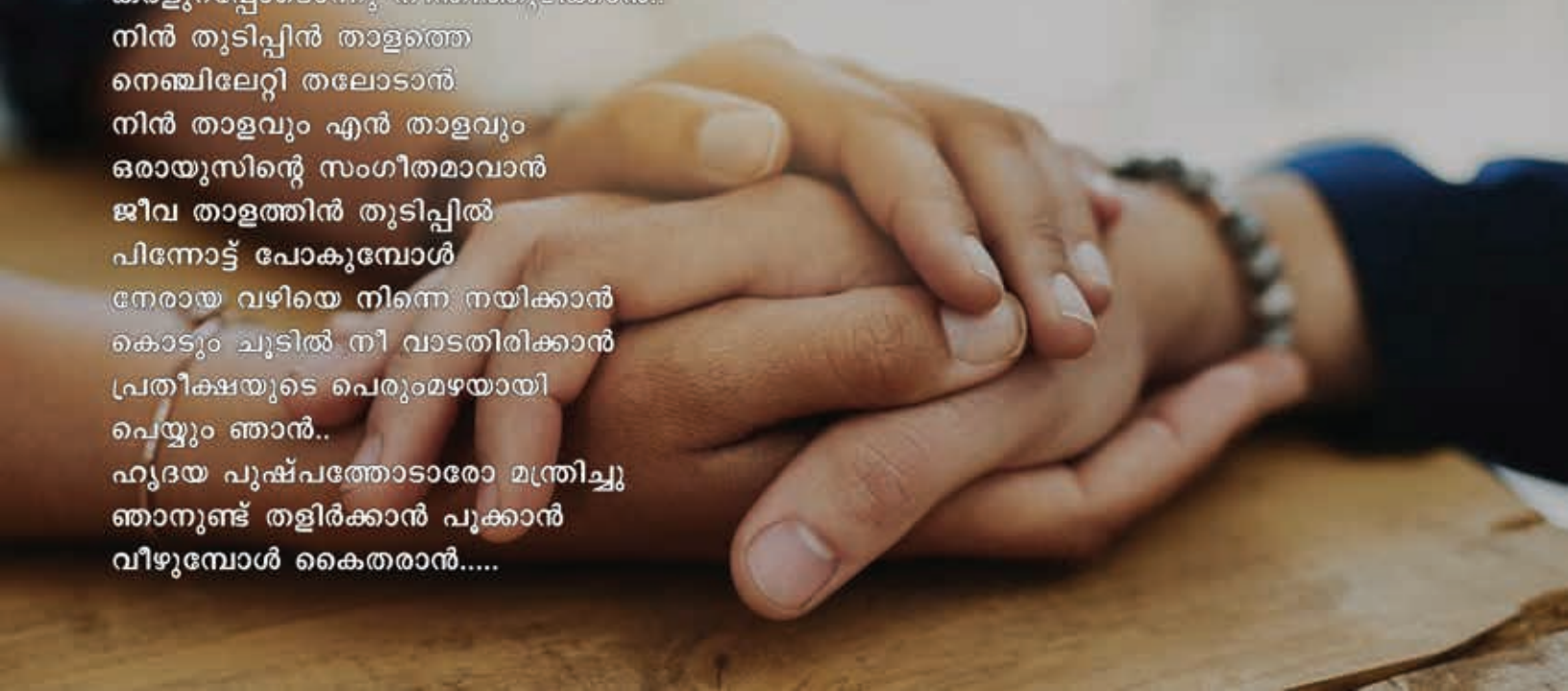
Try asking your right and left hands to do different act simultaneously, isn't it difficult!?! But an Indian classical dancer will make it possible.



- ജിഷ്ണു കെ, ചൈബ്രരി സ്റ്റാഫ്

സ്വയം

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



ZORBA-THE GREEK

Dr. Bavitha, Dept. of Orthodontics



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

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

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

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

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

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

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

നോവ്

Ponnu Thomas, 2016 Batch



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





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

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

നന്മ നിഴലായി മാറാൻ

ഇനിയെത്ര കാലം

Dr. Shebina Badar, 2016 Batch



मौसम का बदलाव

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

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

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

ഒപ്പൻ്റെ മകൾക്കായച്ച കത്തുകൾ

Part II

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



Dear Anwi,

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

Deep down, you know this already. Right?

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

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

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

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

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

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

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



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

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





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

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

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

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

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

Always remember. You're alive. Someone is there, who needs you.

Lots of love

Achan



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

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

ഓടിന്റെ വിടവിലൂടെ ഒളിച്ചെത്തിയ വെളിച്ചത്തിൽ ഓടിക്കളിച്ച പൊടിപടലങ്ങൾ നോക്കി അതിശയിച്ച നിമിഷങ്ങൾ, കളിയെന്തെന്നറിയാതെ കരുക്കൾ നീക്കിയ ചതുരംഗക്കളികൾ... അമ്മമ്മയുടെ വിരൽത്തുമ്പിൽ തൂങ്ങി ഇടവഴികൾ താണ്ടി തോടിൽ കളിച്ചുതിമിർത്തിട്ടൊടുവിൽ മനസ്സില്ലാ മനസ്സോടെ തിരിച്ചുകയറി നടക്കുമ്പോഴത്രയും നനഞ്ഞ കുഞ്ഞിക്കാലിൽ പറ്റിപ്പിടിച്ച മണ് തരികളോടുള്ള പരിഭവം ഉറക്കെപ്പറഞ്ഞത് വഴിയരികിലെ നാരകമരം എത്ര തവണ കേട്ടിരിക്കാം...!

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

ബാല്യകാലസ്മരണകൾക്കിനിയെന്തിന് മറ്റു നിറഭേദങ്ങൾ....

HOW MUCH I LOVE YOU?!



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

PG CONFERENCE AWARD WINNERS

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

KUHS UG RESULTS

First Year Topper



Sanjith Santhosh



Malavika P A

Second Year Topper



Praveena K

Third Year Topper



Fathimatul Safa

Part I Topper



Aditya Lakshmanan

Part II Topper



Irin Mariam Zacharia

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

First Rank



Dr. VYSAKH KRISHNAN S
MDS Conservative
Dentistry & Endodontics

Third Rank



Dr. RISANA K
MDS Pedodontics &
Preventive Dentistry

DEPARTMENT PROGRAMMES



Oral Hygiene Day Commemoration
Dept. of PHD



World Radiology Day
Dept. of OMR



Orthodontics Day Celebrations
Dept of Orthodontics



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



National Oral Pathology Day
Dept of Oral Pathology



Brushing Awareness Programme
Dept. of Pedodontics



CDE Programme
Dept. of Oral & Maxillofacial Surgery



Prosthodontics Day Celebrations
Dept. of Prosthodontics



National Cons & Endo Day
Dept. of Conservative Dentistry

CULTURAL RESULTS



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



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



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



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



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

Message

Chairman & Chair Person



Hari Narayanan & Dona Elizabeth Sam

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

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

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

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

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

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

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

UNION REPORT

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

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



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

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





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



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



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



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

Message

General Secretaries



Adithya Lakshamanan & Vineeth R J

Coming together is a beginning;

Keeping together is progress;

Working together is success.'

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

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

ACADEMIC REPORT

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

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



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



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



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





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



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

Message

Arts Secretaries



Roshni Thomas & Anand Menon

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

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

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

ONLINE ARTS FEST DHWANI 2020

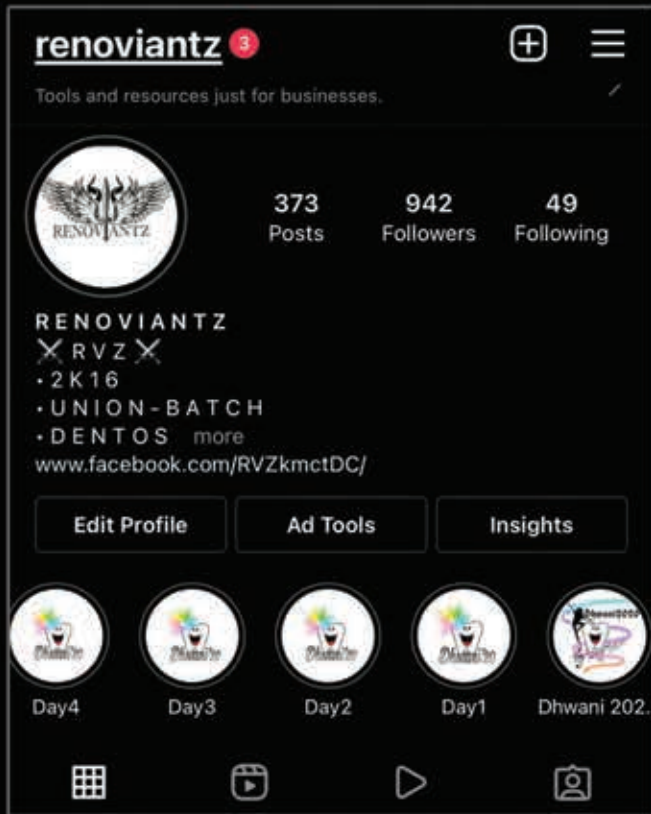
We had no clue we would do something this strange and new. Everyone was stuck in homes and the scenario was totally different. But yet we were not ready to give up our chance.

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

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

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

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



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

LITERARY EVENTS

Poem writing, Short story writing, Film review-

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

ORATORY EVENTS

Recitation, Elocution -

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

FINE ARTS

Pencil drawing, Live drawing, Cartoon-

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

e-Poster, college making

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



MUSIC EVENTS

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

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

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

DANCE EVENTS

Semi classical, Western Dance, Loop Dance

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

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

OTHER EVENTS

Troll making, Online photography, Monoact, Tiltok

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

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

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

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



Message

Sports Secretaries



Abhishek & Jaseena S.

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

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

All the best !

SPORTS REPORT

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



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



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



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



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



EDITORS REPORT

Dr. Jaseela Saleem, 2016 Batch



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

THAALIYOLA

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



DENTAL BUZZ

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



DENTAL BUZZ
KMCT DENTAL COLLEGE
NOVEMBER 2018

സ്മരണയുടെ മൂല്യം
... **പ്രതിരോധ കുത്തിവെപ്പ്** ... **മാതൃസഭാ സമ്മേളനം** ... **അദ്ധ്യക്ഷൻ്റെ അഭിപ്രായം** ... **കുട്ടികളുടെ അഭിപ്രായം** ... **അദ്ധ്യക്ഷൻ്റെ അഭിപ്രായം** ...




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

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

Literary club



CHAT WITH SCRIPTWRITER

ALL MOVIE ASPIRANT ARE KINDLY INVITED TO JOIN US

Lecture hall 2

Kmct dental college
2-4 pm
#RVZ

Book swap



Bring many..Take any

Get introduced to few new books and introduce some of your favourites.



#RVZ



Live

Please live

To tell my story

Live

To smell the passerby

To tell them they are sweet or sour

Live

To console the distressed

To relate the victims

To speak on you and me

Live

The word is yet to hear

Speak out

And the thrashing waves

Kiss the pebbles hard

Speak till you die

Live to see me die for you

You can't stop my burning words

comprised of dark sparks

Can only stop my breath

never again you can stop

its unending echoing waves

I will make it burn eternally

even after my end

Shooting upto the hushing mouth

Then it comes the spring

You cannot react

So do i act

You my story teller



‘സംഗതി അൽപ്പം ക്രിട്ടിക്കലാണ്.....’

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

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

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

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

SPOOKY TIME

Dr. Asif Ismail, Dept. of Pedodontics



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

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

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

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

" Thank you "



COVID TEST QUIZ

Lady Bunch of Pedodontics

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

ANSWERS

1. Thrissur-kerala, 2. Cycle threshold, 3. March 11 2020, 4. Groun, 5. 10 hours, 6. Remdesivir, 7. S² protein, 8. March 1 2021, 9. Multistagestem inflammatory syndrome in children, 10. Bharath Biotech, 11. Manish Kumar

DAPHNE'S LAMENT FOR THE DYING FORESTS

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



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

Foot note:

DAPHNE-Greek personification of the laurel tree

ANTHROPOS-Greek term for man

ZEPHYRUS-Wind god

HELIOS-Sun god

ERIS-Goddess of chaos



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

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

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

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

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

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



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

"New here?"

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

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

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

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

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

"What happened?? Are you alright ??"

"I wanna say something, Anna"

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

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

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

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

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

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

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

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

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

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

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

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

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

"What???"

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

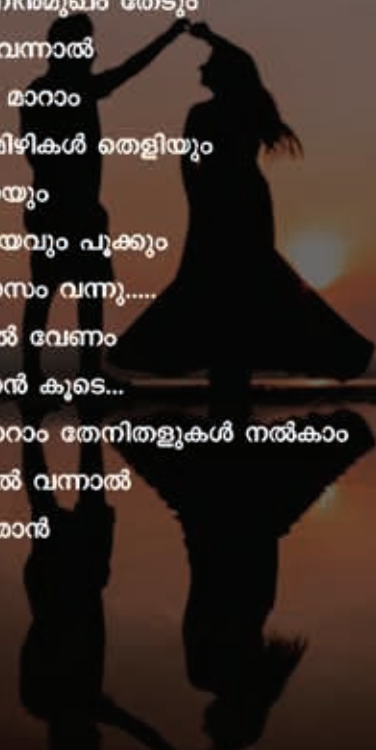
നാലിനിയും എന്നും

Athul P S, 2018 Batch



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

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





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

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

INTRODUCTION

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

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

MATERIALS & METHODS

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

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

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

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

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

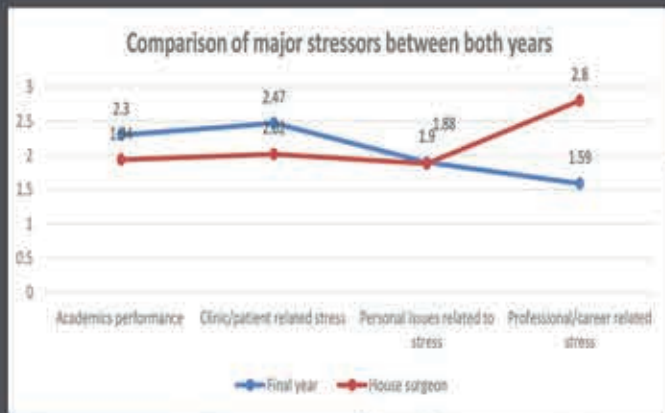
A self-administered questionnaire was distributed to the students in their classes prior to lectures. An opportunity to ask questions were provided and clarifications were made. Questionnaire used in the present study comprised the modified version of the questionnaire used in Dental Environmental Stress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

STATISTICAL ANALYSIS

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

RESULTS

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



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

DISCUSSION

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

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

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

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

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

CONCLUSION

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



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

A girl of 8

THE TINT TRAIL



Dr. Anil, Dept of pedodontics



Arjun MT, 2020 batch



Dr. Linsha mohammed, 2016 batch



Devika shaji, 2019 batch

THE TINT TRAIL



Fathimathul Safa, 2017 Batch



Devika Shaji & B Devika, 2019 Batch



Anusha M N, 2019 Batch



Abhijith 2019 batch

CLICK IN A FLICK

Dr. Delsiya John, 2016 Batch



Navaneeth Krishna, 2018 Batch



Neeshma, Reception Staff



Dr. Vaishnavi, Deot. of Pedodontics



CLICK IN A FLICK



Dr. Nivea Francis
Dept. of Prosthodontics



Vaisakh, 2017 Batch



Dr. Athul Chandra
Dept. of Conservative & Endodontics



Dr. Niyas V. 2016 Batch

THE CRAFT ARENA

*Dr. Linsha Mohammed
2016 Batch*



*Dr. Shakkir Jamal
2015 Batch*



*Fathimath Ashmira
2017 Batch*

THE CRAFT ARENA

*Dr. Vishnu Raj
2014 Batch*



*Dr. Suhaila
2015 Batch*



*Dr. Fathimath Ashmira
2015 Batch*

THIRD ALUMNI MEET REPORT 2021

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



The organising committee included,

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



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



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

THIRD ALUMNI MEET REPORT 2021

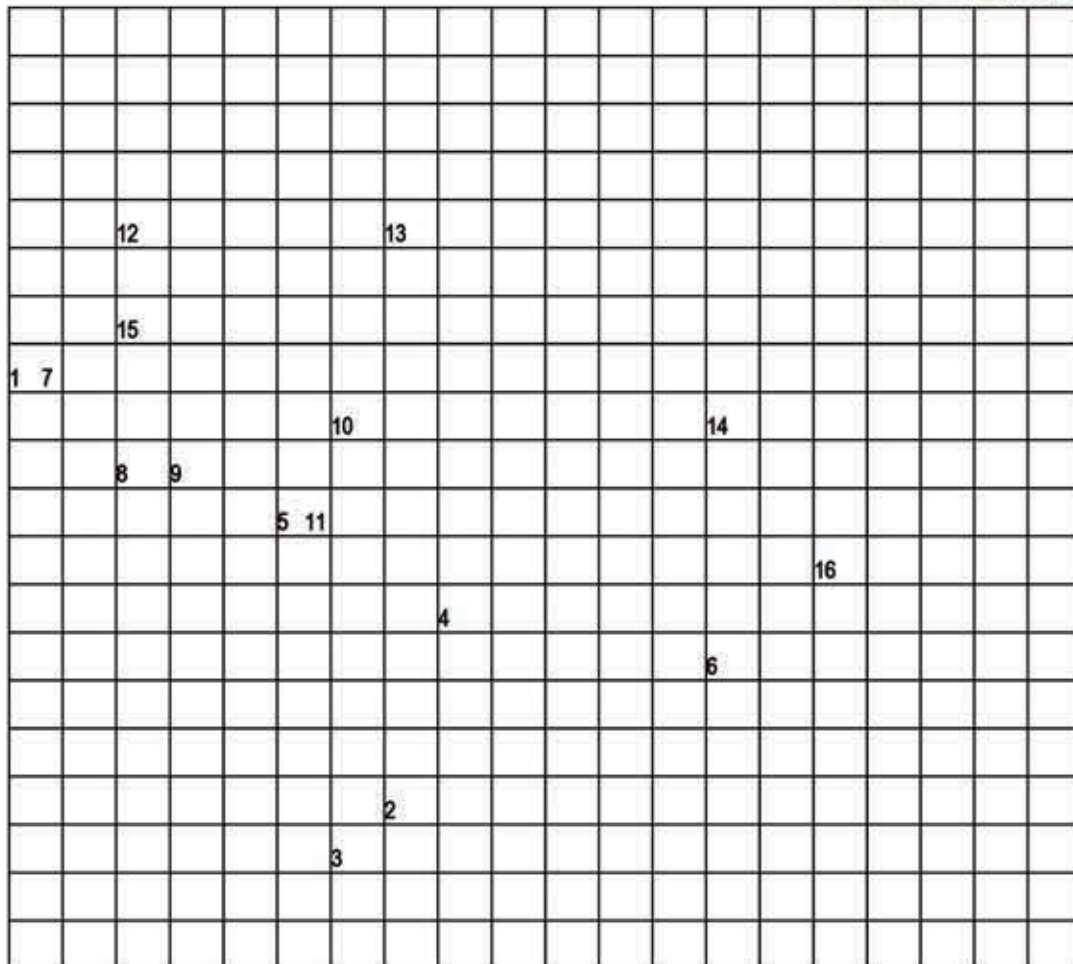
addressed the alumni. This was followed by an address by Dr Harish Kumar (Prof & HOD Dept of Periodontics). Dr Binu Purushothaman (Prof & HOD Dept. of Orthodontics) concluded the official inauguration by delivering the vote of thanks.

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



CROSSWORD PUZZLE

Lady Bunch of Periodontics



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

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

'മഹാനായ' ചങ്ങാതി

Dr. Shakkir Jamal, 2015 Batch



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

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

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

മഴ

Divya K. K., Radiology Staff



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



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

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

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

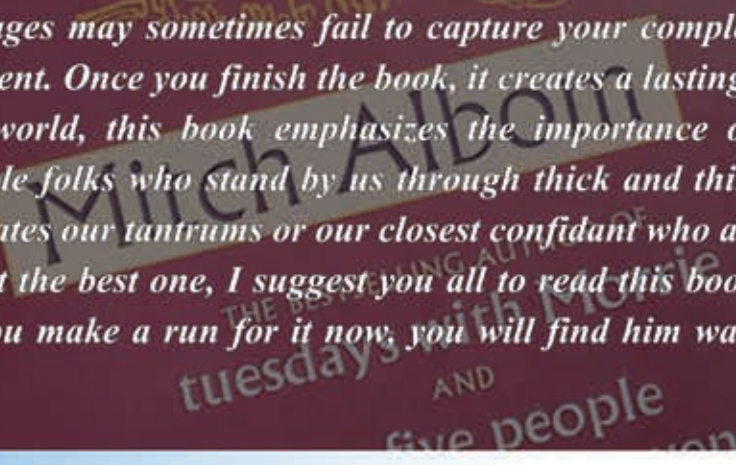
Standing alone losing everything in life, filled with remorse and despise, he yearns to hear the loving voice that says "Come on, Charlie what's the story?", a wistful longing for another day with his mother who was long gone. And in this case his wish becomes a reality. The book recounts this eventful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

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

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

In today's fast paced world, this book emphasizes the importance of appreciating and cherishing those valuable folks who stand by us through thick and thin. They may be our family who always tolerates our tantrums or our closest confidant who always got us covered.

Though this review isn't the best one, I suggest you all to read this book and meet Charles Benetto in person. If you make a run for it now, you will find him waiting for you in our library.



Dr. Darsana V., Dept. of Pedodontics

നസ്സ്

നേർത്തുപോകുന്നോരീ നേരവും
നീണ്ടുപോകുന്നോരീ നിശയും
നിറമാർന്നുണരുന്ന നിനവും
നീലവാനവും നക്ഷത്രത്തേരും
നൂരയുന്നു നദിയുടെ നീരസവും
നീറുന്നൊരുപിടി നോവും
നനഞ്ഞുതീർന്ന നീർതാമരയും

നീർമാതളവും നീർമിഴിയും
നീഹാരം പെയ്യും നദസ്സും
നീലാംബാരി നിറയും നാദവും
നൂലിലാടുന്ന നടനവും
നിഷ്പ്രഭമാകുന്ന നിശ്ശലും
നിശ്ചലമായി നിസ്വനം
നിലചീടുമി ജീവനാളും



Book Title: I am Malala

Author: Malala Yousafzai with Christina Lamb

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

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

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

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

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

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

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

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

Dr. Nazrin, Dept. of Conservative & Endodontics



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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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



മഴയേ

ദേശിക ബി. എസ്., 2019 ബാച്ച്

മഴയേ നീയെത്ര തുലികയിൽ
മഷിയായ് ചെയ്തിറങ്ങുന്നു...
നീയെത്ര മനസുകളിൽ നൊമ്പരമായ്
വിതുമ്പുന്നു... ചെയ്തൊഴിയാം ...
ഈ രാവ് പുലരുവോളം
എന്നിലെ വരണ്ടുണങ്ങിയ ഭൂമിയ്ക്ക്
ഇനിയൊരു മോക്ഷമാകാം....
ചേമാരി പോൽ ചെയ്തിടാം....
ഒഴുകാം ... ഒരു പുഴയായ്.....
ഇനിയൊരു അവശേഷിപ്പിനും ഇടം
നൽകാതെ....



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

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

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

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

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

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

You don't want to look "easy".

So, you sit in the corner- crying alone.

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

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

ART OF LIVING

Dr. Tim Peter, Dept. of OMR



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

WIDOW OF THE BACHELOR

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



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

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

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

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

Rules to Remember

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

A girl of 8

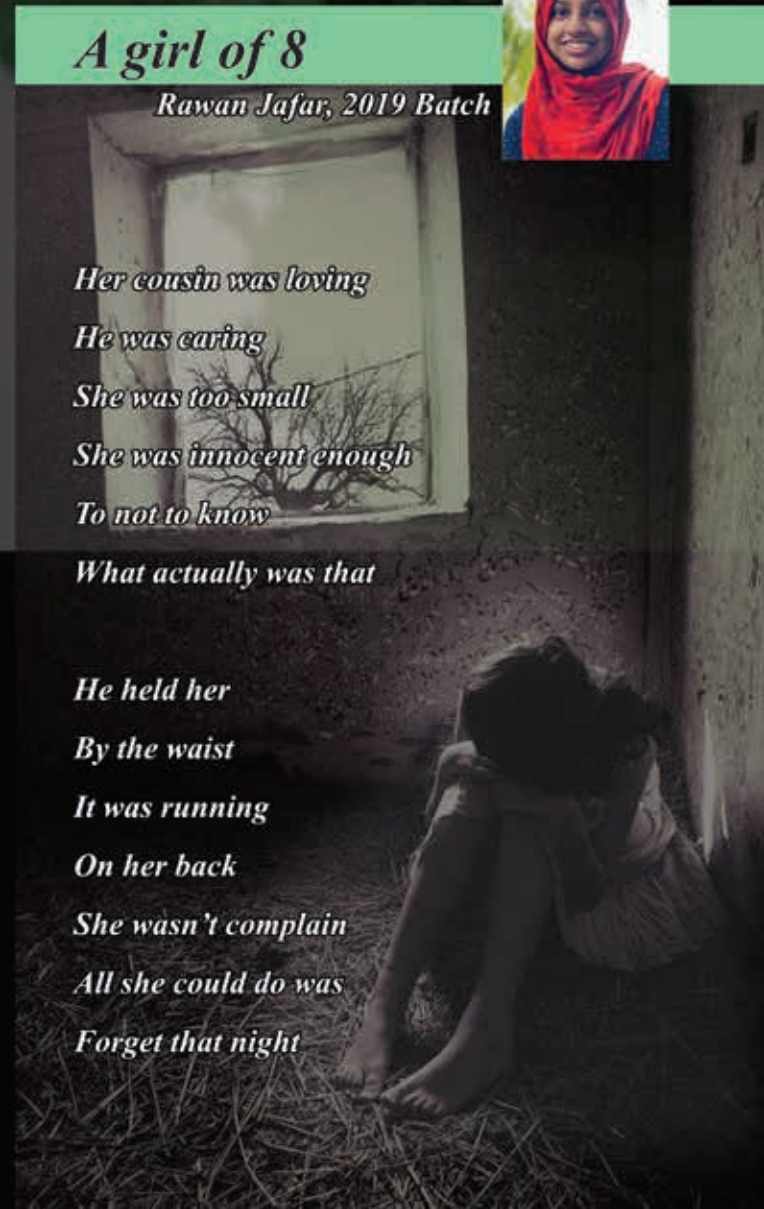
Rawan Jafar, 2019 Batch



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

What actually was that

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



SELF LOVE V/S SELF RESPECT

Nafeesa Hamna, 2017 Batch



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

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

ഒരു ജന്മം

Aparna Hari, 2018 Batch



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



KAANEKAANE (2021)

Direction : Manu Ashokan

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

PLOT:

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

TECHNICAL ASPECTS:

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

PERFORMANCES:

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

OTHER ASPECTS:

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

WORLD ENVIRONMENT DAY - June 5th 2021

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



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

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

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

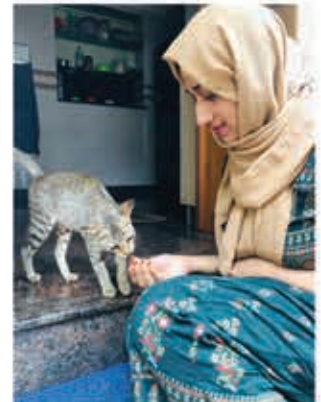
The programme was inaugurated by Principal Dr Manoj Kumar followed by felicitation address from other HODs and NSS programme officer.

"Implant a plant": Planting sapling at your surroundings

Students took the responsibility of planting sapling at their houses.

"Share to care": Feeding the animals around you

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



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

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

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



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



THE HOPE OF MY KITH FINCH

Farhana Shiaz, 2018 Batch



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

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

Rules to Remember

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

KMCT IN A GLANCE



KMCT IN A GLANCE





Teeth With Class 1 caries*

*3rd year me doing tooth preparation for 1st time



കൈകൾ മാഷിന്റെ ഓൻ എല്ലാം പഠിച്ചു- പരമേശ്വരൻ മാത്രം പഠിച്ചില്ല.

എന്നു കൈകൾ മാഷിന്റെ ഓൻ എല്ലാം പഠിച്ചു- പരമേശ്വരൻ മാത്രം പഠിച്ചില്ല. എന്നു Balanced occlusionന്റെ ഡെവിനീഷൻ പറഞ്ഞു. Prosthodontics ഈ മാത്രം പഠിച്ചില്ല.



*ലെ അടിപ്പുറങ്ങൾ വന്ന ചെട്ടി Intern 2020

ഓം- ഓം- ഓം- ആയി എഴുന്നേറ്റു- കൃനിക അടക്കണം എൻ ആയോ..

ആണ്ടവ.. ആരെയും കാണുന്നില്ലാലേ

ബഹി.. എല്ലാത്തും ഉറിക്കും ആണോ.. ബാക്കി ശ്ലിൻ പോയി ഉറങ്ങാം..



PG Preparation കൈക്ക എങ്ങനെ പോണ്ട്..

Dental Pulse കൈ വാങ്ങിങ്..

എത്..നി ഉറങ്ങുമ്പോൾ തലക്ക് വെക്കുന്ന ആൻ സാധനോ..



കോഴ്സ് കഴിഞ്ഞു ഹോമകണ ഞാനും ചക്രസ്കം*

*Cafteria ലെ ബംഗാളി ചെട്ടൻ



#BDS Girl

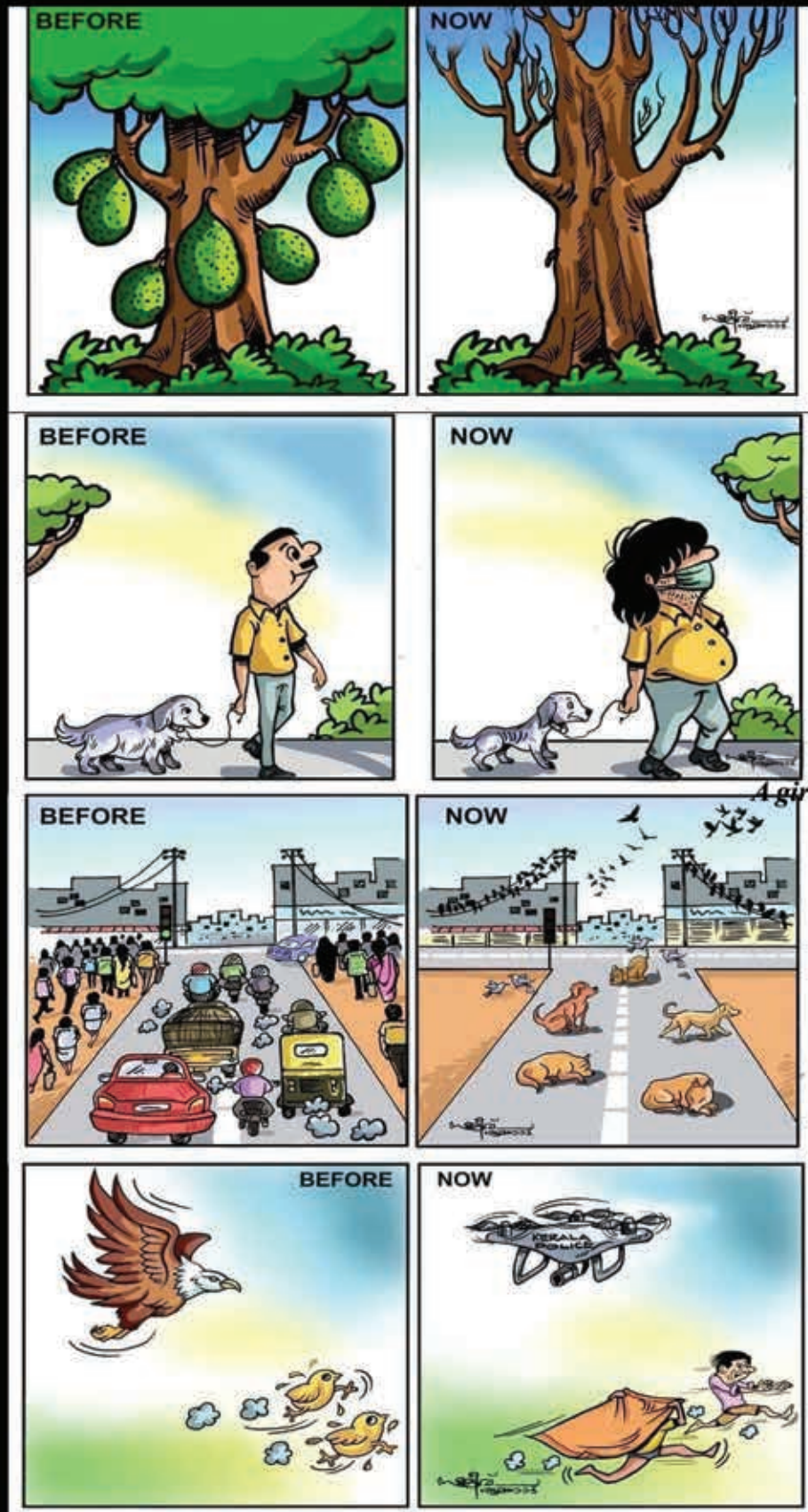
#MBBS Boy
#Engineer
#Businessman

*Marriage Market

#BDS Boy

LOCKDOWN SILENCE

Dr. Shebina Badar, 2016 Batch



TEACHING STAFF



DEPARTMENT OF ORAL SURGERY



DEPARTMENT OF PUBLIC HEALTH DENTISTRY

TEACHING STAFF



DEPARTMENT OF PERIODONTICS



DEPARTMENT OF ORAL PATHOLOGY

TEACHING STAFF



DEPARTMENT OF ORAL MEDICINE & RADIOLOGY



DEPARTMENT OF PROSTHODONTICS

TEACHING STAFF



DEPARTMENT OF CONSERVATIVE DENTISTRY



DEPARTMENT OF ORTHODONTICS



DEPARTMENT OF PEDODONTICS



ADMINISTRATIVE STAFF



NON TEACHING STAFF



DEPARTMENT OF PATHOLOGY



DEPARTMENT OF PHARMACOLOGY



DEPARTMENT OF MICROBIOLOGY



DEPARTMENT OF PHYSIOLOGY



DEPARTMENT OF BIOCHEMISTRY



DEPARTMENT OF ANATOMY

Teaching Staff

Department of General Surgery



*Dr. Anukesh Vasu Keloth
Associate Professor*



*Dr. Noorudheen N K
Associate Professor*



*Dr. Ramesh P K
Associate Professor*

Department of General Medicine



*Dr. Hemanth I K
Associate Professor*



*Dr. Rosh P.
Associate Professor*

Batch Photos



2017 Batch



2018 Batch



2019 Batch



2020 Batch



2020 Batch



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

- Gabrielle Bernstein



KMCT GROUP OF INSTITUTIONS

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



KMCT
DENTAL COLLEGE

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