



# TDC DE'CODE

GOVERNMENT DENTAL COLLEGE THIRUVANANTHAPURAM

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## Government Dental College, Thiruvananthapuram continues to be the top Dental College in the State



Thiruvananthapuram Government Dental College is once again ranked as the top dental college in Kerala, just like last year, according to the most recent rankings released by the National Institutional Ranking Framework on June 5<sup>th</sup>, 2023. The college is ranked 25<sup>th</sup> in India overall. An initiative of the Indian Government and the Ministry of Education, NIRF publishes the rankings of colleges and universities across all sectors based on their stringent standards.

## The 34<sup>th</sup> Inter-Dental fest "Haram" held from 19<sup>th</sup> to 21<sup>st</sup> May 2023

For the 34<sup>th</sup> Interdental Fest, our college served as the hosts. There were 1200 attendees in total, representing five different Government Dental Colleges. Following a welcome speech from Dr. Sruthi Suresh, vice chairperson of DCU, Shri. Kadakampally Surendran, MLA gave the event its official start. Presidential address by Dr. V T Beena, our principal was followed by magazine cover page launch and felicitations were given by Dr. Anita Balan, Directorate of Medical education, D R Anil, Ward Councillor Medical College, Dr. Harsha Kumar K, Vice Principal of Government Dental College, Thiruvananthapuram and Dr. Sarath S. S, Staff Advisor. Dr. Vimal Jose, Chairperson of DCU'23 delivered the vote of thanks.



The fest was then kick started with various fun activities. Dances, songs, skits, fashion shows and various other entertainments made the ID colorful. The band from our college performed a mashup. Government Dental College Thiruvananthapuram won prizes for Choreo night and Fashion show competition that was held at ID night. Mariya Sarah Sajjan of Government Dental College, Thiruvananthapuram won the Ms. ID title and Mr. ID title was won by Allen Siby of Government Dental College, Kottayam. The first day ended with an energetic performance by the band Matadoria. Gowri Lekshmi's band performed on day 2 of ID night. The program concluded by a banquet on the last night of ID.

## Dr. Vandana Das murder: Protest mounts at TDC



Protests were held in response to the brutal murder of Dr. Vandana Das on 10<sup>th</sup> May 2023 by a man brought in for treatment at the Kottarakkara Taluk hospital. Students and faculty of TDC went on strike to demand justice and to strengthen security in hospitals. Protests and rallies were held at many places including secretariat by different student and staff organizations.

## Launch of "Cognition" program

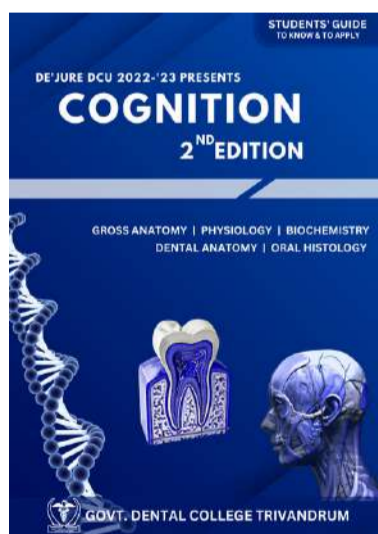
The "Cognition" program has been launched to help and support first-year students. With the help of this program, first-year students are guided as they get ready for various exams. Groups of students have been formed, and each group has been assigned a senior as mentor who provides valuable tips and advice to help maneuver through the exams. As a part of this program, monthly exams are held to track their progress and give students an idea of the format of the question papers, which helps them develop their skills.

## Commemoration of 'World No Tobacco Day'



On the occasion of World No Tobacco Day on May 31, 2023, the Department of Public Health Dentistry of Government Dental College, Thiruvananthapuram organized an Anti-Tobacco Day Awareness Programme at John Cox Memorial CSI Institute of Technology, Kannammoola, Thiruvananthapuram. A health talk on oral cancer and tobacco cessation strategies, an awareness video presentation, poster and pamphlet distribution were all part of this awareness programme. Dental hygienists organized a health education talk in the college lobby about the effects of tobacco on oral and general health, as well as how to prevent them.

## Cognition 2.0 Released



Cognition 2.0, the all inclusive exam book, which provides valuable guidance for first year students was released. The book was prepared by the senior students of TDC with Dr. Aravind S.S as the Editor and Nasla as the Sub-Editor. Shehabas K designed the cover page of

the book. Around 700-800 copies were sold till date. The First Edition of this book was very well received and garnered support and compliments from students. The quality of this book was elevated by making a few corrections and adding many new features like inclusion of previous year questions, mnemonics, practical-oriented slides and features as well as providing the page and diagram numbers where the answers will be found, which has proven to be extremely beneficial.

## TDC commemorates 'World Environment Day'



The enthusiastic NSS Unit of Government Dental College, Thiruvananthapuram organized an event to commemorate World Environment Day on June 5, 2023. The speaker was Mr. S S Nagesh, Chief of Agricultural Division of State Planning Board, who gave talk on the topic "Environment and Development: the way forward for Kerala". The event also included a poster making competition with the theme "Beat Plastic Pollution".

## Student selected for IDA Shining Star Scholarship



Vibin P R (2021Batch) BDS student of our college got selection for the Sensodyne IDA shining star scholarship programme and received scholarship amount of Rs. 105000/- for first year BDS. He will continue to receive the same amount for the 3 consecutive years if able to score a minimum of 60% marks in University exam-

ination. The award was limited to first 100 students selected from Government and Government funded colleges in India

## Quiz competition organized by College Research Committee

A quiz competition was organized by the college Research Committee on Basic Research Methodology for undergraduate students on May 3, 2023 at 1.00 pm in R Ahmed Auditorium. The quiz programme was conducted by the Department of Public Health Dentistry. The department's assistant professors Dr. Athira S. and Dr. Dithi C served as the quiz masters. The welcome speech was delivered by Dr. Rejula F, Chairperson of the Research Committee. The competition consisted of four rounds. The rounds included Guess the fame, Guess the art, Guess the puzzle, Rapid fire and Quizzzy buzzer. Team A, Team B, Team C, and Team D were the four teams. The students participated in the quiz enthusiastically. Team A with the participants Sankar Mahadev, Godson Noel, Olga M C Francis, Anakha A J secured the first prize and team C and D shared the second prize. The executive member of the research committee, Dr. Suchithra A, delivered the vote of thanks.

## Zumba class organized

Zumba classes have been organised as an initiative of the Staff Recreation Club with the aim to aid the physical and mental wellness of the staff. Mr. Zin Neeraj, a renowned zumba instructor, is leading the classes. These classes were inaugurated by Dr. Harshakumar, Vice Principal, Government Dental College, Thiruvananthapuram on June 5, 2023

## TDC declared a Centre of Nodal Outreach of IIRS

Government Dental College, Thiruvananthapuram has become a Nodal Outreach Center of IIRS (Indian Institute of Remote Sensing) - ISRO. Online certificate courses like Artificial Intelligence, Machine Learning and other courses are available for the interested candidates.

## Class on mental health and depression by Dr. Arun B Nair



The Students Support and Guidance Cell of Thiruvananthapuram Dental College

organized a class for students and teachers on Mental Health and Depression at R Ahmed Auditorium on 21<sup>st</sup> of June. Dr. Arun B Nair, Associate Professor of Psychiatry at Government Medical College, Thiruvananthapuram was the speaker. The class dealt with various aspects for better mental health and the stages of depression and how we can overcome or help others overcome it.

## CDE & Hands on Programme on "Medical Emergencies & Medico Legal Problems in Clinical Practice"



The Department of Oral Medicine & Radiology has organized a two-day CDE & Hands on Programme on "Medical Emergencies & Medico Legal Problems in Clinical Practice" at R Ahmed Auditorium of Government Dental College, Trivandrum on 9<sup>th</sup> & 10<sup>th</sup> July 2023. The theme concentrated on diagnosis and management of medical and dental emergencies that are commonly encountered in dental practice and the medicolegal problems related to Dentistry. There were 235 delegates for the first day CDE which included Faculty, Interns & PGs from various dental colleges across South India, Dental surgeons from Health Services and Private practitioners. The CDE was opened by Dr. George Paul, a Maxillofacial surgeon and law graduate with a post graduate diploma in Medical Law and Ethics. Other speakers were Dr. Bobby John, Associate Professor of OMFS, Government Dental College, Kottayam; Dr Oomen Aju Jacob, a senior OMFS consultant of Trivandrum and Dr. Elbe Peter, Professor & Head, Department of Orthodontics, Government Dental College, Thrissur. Hands on sessions one second day were managed by trainers of 'Indian Institute of Emergency Medical Services' (IEMS). Two parallel hands on sessions - IEMS certified Core Life Support - Basic (CLS - B) & IV canulation and AHA certified BLS course, were conducted.

## Athlete bags gold medal in State Kickboxing Championship

Ms. Jincy V.T. Das (Dental Hygienist, Government Dental College, Kozhikode), sister of Mr. Jino, Dental Hygienist, Government Dental College, Thiruvananthapuram, made history by bagging Gold Medal in the State Kickboxing Championship. Her name has been included in the prestigious Indian Book of World Records for 'maximum number of flags made using embroidery'.

## Housewarming of Dr. Sankar Mahadevan



Dr. Sankar Mahadevan, who raised the prestige of our college by securing First Rank in KUHS final BDS exam, had his dreams transformed into reality. His longtime wish of having his own home has been fulfilled. Under the able supervision of our Principal Dr. Beena V.T, the construction was finished in a very short time and alumni, faculties, and other staff members contributed wholeheartedly towards this goal. The housewarming took place on July 14, 2023 and the ceremony was graced by the attendance of Dr. Beena V.T, Principal; Dr. Anita Balan, JDME; Dr. Thaha, Chairman of PMS Dental College; other faculties; Mr. Rakesh, Contractor and Student Union Representatives. 'Turtle Homes' is the construction company which made this possible in a short span of time in an economic manner.

## CDE conducted on Dental Photography and Documentation:



Department of Conservative Dentistry & Endodontics had conducted a CDE program on Dental Photography and Documentation on May 9 and 10, 2023 by the renowned international speaker Dr Mayur Davda. Dr. Sam Joseph was the Organizing Chairman and Dr. Rejula F, the Organizing Secretary. The first day covered basics on dental photography, standardization of image with live demonstration, etc. The second day was hands-on in clinical, extra-oral, intra-oral and table top photography. There were 62 registrations on the first day and 20 participants for the hands-on. The topic was ideal for faculties, postgraduate and undergraduate students.

## Dr. Vivek R Nair appointed Editor of JPID



Dr. Vivek V Nair, Professor, Department of Prosthodontics, has been appointed as the new Editor of JPID (The Journal of Prosthetic and Implant Dentistry), an official publication of Indian Prosthodontic Society, Kerala State Branch.

## Career Guidance and Placement Cell organizes an array of programs



An Additional Skill Training Program was organized by the CGPC in the Department of Oral Pathology and Microbiology for House surgeons and PG students on June 22, 23 & 26. The program provided guidance on slide preparation, staining procedures and forensic odontology.

On June 30, 2023 a talk was organized by the CGPC on the topic "Pros and Cons of Choosing Your Dental Career in Australia and Beyond," which enlightened the audience on the procedures and formalities involved in securing a career abroad. The speaker was Dr. Asha Muhammad, BDS ADC FICCD (Orthodontics), who is also an alumna of our college.

An Additional Skill Training Programme was organised by CGPC in the Department of Conservative Dentistry and Endodontics, on July 11, 12 & 13, 2023 for House surgeons and PG students. Hands-on sessions were conducted on topics: Access Cavity Preparation on Molars, Basic Rotary Endodontics, Rubber Dam Application and Dental Chair and Airtor Repair.

A webinar was organized by CGPC on "Career Opportunities for Dentistry in the United States" which was enthusiastically participated in by House Surgeons, Postgraduate students, and Senior Residents of Government Dental College, Thiruvananthapuram as well as Government Dental College, Alappuzha. The speakers were Dr. Meera Maveli, MDS Periodontist, an alumna of Government Dental College, Kottayam; and Dr. Jyothi Charlie, MDS Prosthodontist, an alumna of Government Dental College, Thiruvananthapuram.

On August 4, 2023 an Additional Skill Training Program was conducted in the Department of Oral Medicine and Radiology on "Diagnosis and Management of Precancerous Lesions" consisting of both lecture as well as hands-on sessions. The program consisted of around 40 participants, and was mainly for house surgeons.

## Alumna donates CAD/CAM machine

CAD/CAM machine and laser equipments were donated by alumna Dr. Jyothi Sarah Charlie, working at Prosthodontics Department, Emirates hospital. An instructive class on the operation of the equipments took place on June 2, 2023. A token of appreciation was presented to Dr. Jyothi Sarah Charlie.

## Cleaning campaign by the NSS unit



Initiatives to clean the college and surrounding areas were taken by the NSS unit. On June 3, 2023 the college premises were cleared, all the wastes were collected and disposed off. The event was coordinated by Dr. Manju Stephen and Dr. Aneesh.

## Transfers and postings

Dr. Abhilash B, Assistant Professor of OMFS was transferred to Government Medical College, Kollam and Dr. Kurumba Prakash Assistant Professor of OMFS of Government Medical College, Kollam was transferred to our college in June 2023.

Dr. Arun T J, Assistant Professor of OMFS was transferred to Government Dental College, Kottayam and Dr Radhika.S, Assistant Professor of OMFS of Government Dental College, Kottayam was transferred to our college in June 2023.

Dr. Suchitra A, Assistant Professor of Periodontics of our college was promoted as Associate Professor and transferred to Government Dental College, Thrissur in June 2023.

Dr. Geethu R M, Assistant Professor of Prosthodontics was transferred to Government Dental College, Kozhikode and Dr. Shony Mohan, Assistant Professor of Prosthodontics, was transferred from Government Dental College, Kozhikode to our college in August 2023.

Dr. Zeenath H, Assistant Professor, Prosthodontics was transferred to Government Dental College, Alappuzha and Dr. Smitha Ravindran, Assistant Professor of Prosthodontics of Government Dental College, Alappuzha was transferred to our college in August 2023.

Smt. Gireendra Suma, Dental mechanic Grade-I, was transferred to Government Dental College, Thrissur and Smt. Mini A George, Dental mechanic Grade-I, was transferred from Government Dental College, Thrissur to our college in July 2023.

Smt. Radhika G Nair, Dental hygienist Grade-II, was transferred to Government Dental College, Thrissur and Smt. Aiswarya K R, Dental hygienist Grade-II, was transferred from Government Dental College, Thrissur to our college in July 2023.

## Farewell function held for the retirees



Dr. George Skariah P, Associate Professor of OMFS was transferred and posted to Government Dental College, Trivandrum from Government Medical college, Konni and he retired from government service on May 31, 2023. Sri. M R Gireesh, Administrative Assistant; Sri. Gopala Krishnan K, Lift operator and Sri. Satheesh Kumar K, Full time sweeper; Government Dental College, Trivandrum also retired from government service on May 31, 2023. To honor the retirees, the Staff Welfare Society hosted a farewell meeting.

## Editorial Board

Staff editor	- Dr. Shahana C Mohamed (Assistant Professor, Department of Periodontics)
Student editors	- Anna Elsa Bijoy (I BDS) Ananya Ivy Ashish (I BDS)
Sub editors	- Melna Paul (I BDS) Meenu Suresh (I BDS)
Designed by	- Shehabas K (II BDS)