

Vol. 05 ISSUE 02. JULY - DECEMBER 2024

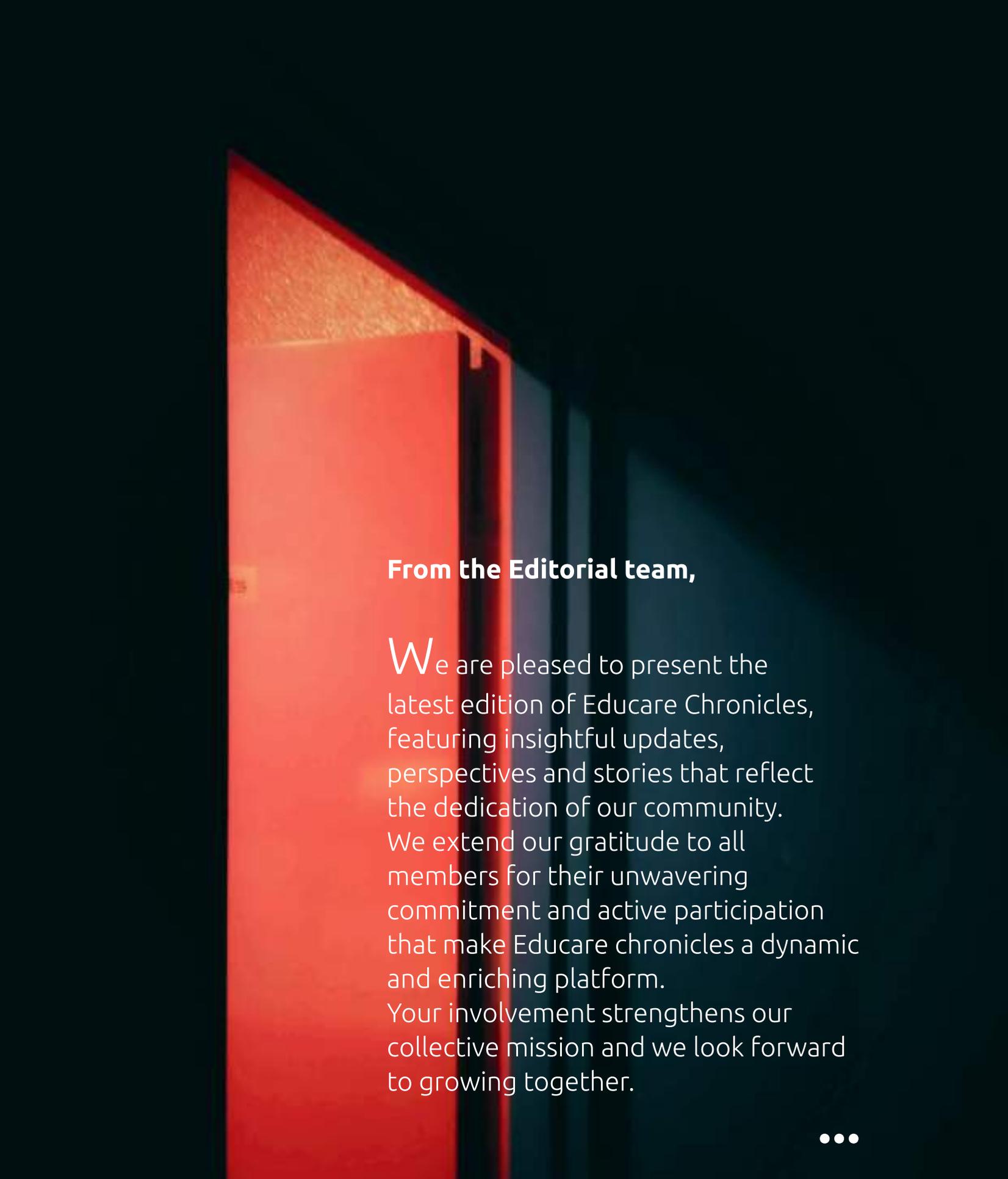
Educare Chronicles

OFFICIAL NEWSLETTER OF EDUCARE INSTITUTE OF DENTAL SCIENCES

Kiliyamannil Campus, College road, Chattiparamba, Malappuram, Kerala - 676504, Mob: +91 9946 535 777

www.educareinstitute.in





From the Editorial team,

We are pleased to present the latest edition of Educare Chronicles, featuring insightful updates, perspectives and stories that reflect the dedication of our community. We extend our gratitude to all members for their unwavering commitment and active participation that make Educare chronicles a dynamic and enriching platform. Your involvement strengthens our collective mission and we look forward to growing together.



EDUCARE



CHAIRMAN
Dr. SHAMSHEER VAYALIL



MANAGING DIRECTOR
Mr. NASSER KILIYAMANNIL



PRINCIPAL
Dr.INDUSHEKAR K.R



VICE PRINCIPAL
**Dr.MENON PRASAD
RAJAGOPAL**

CONTENTS

- ▶ **Events and Activities:**
Exciting happenings and engagements on campus.
- ▶ **Honors and Recognition:**
Celebrating achievements and accolades of our community.
- ▶ **Academic Engagements:**
Learning and growing through participation.
- ▶ **Campus Spotlight:**
Showcasing the vibrant life of our campus.
- ▶ **Dental Outreach Initiatives:**
Making a positive impact on our community and beyond.
- ▶ **Faculty Perspectives:**
Insights and opinions from our esteemed faculty.
- ▶ **Health and Wellness:**
Promoting well-being and healthy lifestyles.
- ▶ **Creative Space:**
Nurturing talent and fostering creativity
- ▶ **Upcoming Events:**
Mark your calendars for what's coming up.



Abdul Razak P
Registrar



HARITHA KALALAYAM

We are delighted to know that our Institute is has been officially declared as **Haritha Kalalayam** with **A Grade**, by State Haritha Mission Kerala.



CONGRATULATIONS

to all Educareians

We have achieved this accomplishment for our exemplary efforts in:

- Waste Management
- Water Conservation
- Energy Conservation
- Bio-diversity Protection



✔ To maintain this achievement, it is essential that we all work together and strictly adhere to the following guidelines:

- Develop the culture of segregating waste materials and deposit them in designated bins.



- Avoid littering and burning waste materials in the campus or in your surrounding areas and adopt proper waste management practices.
- Hand over the segregated waste materials to the Haritha Karma Sena for eco-friendly disposal.
- Refrain from bringing food items wrapped in plastic covers to classrooms, hostels, and departments, instead use reusable containers to bring food materials if essential .

- Replace tissue paper with cloth napkins to conserve paper. Minimise the use of A4 paper as much as possible. Remember, producing just one ton(1000 kg) of A4 paper leads to the destruction of approximately 20 big trees.



- Promote the use of cloth banners instead of flex banners.
- Develop the habit of using cloth bags instead of plastic bags /covers.

- Minimize the use of disposable items such as plastic and thermocol, instead use steel plates, cups, and reusable alternatives.
- Encourage eco-friendly gifts such as seeds and saplings.
- As far as possible minimise the use of readymade pads , instead develop the habit of using menstrual cup.
- Minimize the use of natural resources.



Remember the words of Mahatma Gandhi “The earth has enough for our needs, but not for our greed”. **We don’t inherit the earth from our accentors, but we borrow it from our children.**

A culture of scientific waste materials segregation, eco-friendly waste management and optimum use of natural resources should grow among our society. **Let us transform ourselves and join hands with the State Haritha Mission to make our institution green and environment-friendly.**

EVENTS AND ACTIVITIES

Exciting happenings and engagements on campus

EXPANDING HORIZONS: CAREER PATHWAYS AFTER BDS



On July 10, 2024, the Department of Periodontics at the Educare Institute of Dental Sciences hosted a one-day CDE program titled "Mapping Your Future: Expanding Horizons After BDS." Attended by 127 delegates, the event featured Dr. Amitha Rasheed, a Ph.D. scholar and Public Health Dentist, who shared valuable insights on career opportunities after BDS. The program, inaugurated by Mr. Nasser Kiliyammannil, concluded with a lively Q&A session and valedictory ceremony, earning excellent feedback. The event was organized by Dr Sreekanth , Dr. Deepak Thomas, Dr. Deepu Mathews Panickal, Dr. Shahna N., and Dr. Abdul Naeem.

STAYING PREPARED: NAVIGATING SEASONAL EPIDEMICS

On July 20, 2024, the Student Union 2024-25 a seminar on Preparedness During Seasonal Epidemics at Educare Institute of Dental Sciences. The event, held in the college auditorium, was attended by first- and second-year students. Dr. Arun Kumar S, HOD of the Department, along with the Principal and faculty, graced the session. He emphasized the importance of personal hygiene and healthy habits to prevent epidemics, such as cholera and typhoid. The seminar concluded with a felicitation ceremony and presentation of a memento to the speaker.



UNITED IN PATRIOTISM: INDEPENDENCE DAY CELEBRATION 2024



On 15th August 2024, Educare Institute of Dental Sciences celebrated Independence Day 2024-25 with great enthusiasm. The program began at 8:30 AM with a prayer and flag hoisting ceremony, led by Principal Dr. K.R. Indushekhar, accompanied by faculty, staff, and students from both graduate and postgraduate levels. The celebration evoked a deep sense of patriotism among all attendees.

AMALGAM 2K24: A VIBRANT COLLEGE DAY CELEBRATION



The College Day Celebration, Amalgam 2k24, was held on August 31, 2024, at the Avenue Convention Centre, Chattiparamba. The event was inaugurated by Mr. Nasser Kiliyammannil, Managing Director, and graced by the presence of Actor Dain Davis as the chief guest. The program included addresses by Vice Principal Dr. Prasad Rajagopal, Dr. Ajay Kumar Haridas (HOD, OMFS), and Dr. Suhas (Academic Coordinator). The highlights of the event included a merit distribution ceremony, vibrant cultural performances, and a spectacular DJ session, making it a memorable occasion for all.

CELEBRATING MENTORS: TEACHERS DAY 2024

On September 5, 2024, the Students' Union 2024-25 of Educare Institute of Dental Sciences organized a joyful teacher's day celebration to honor educators. The event was attended by students and faculty members. The highlights included fun games, heartfelt speeches, and a cheerful photo session, creating a memorable day filled with gratitude and celebration.



12TH CONVOCATION: A CELEBRATION OF ACHIEVEMENT



The 12th Convocation Ceremony of Educare Institute of Dental Sciences was held on December 14, 2024, celebrating the graduation of 88 interns with BDS degrees. The event featured Dr. Ravi Raman, Nominee Board Member, as the chief guest and was presided over by Managing Director Mr. Nasser Kiliyammannil. Vice Principal Dr. Prasad Rajagopalan delivered the welcome address, and cultural performances, including music and dance, added vibrancy to the occasion, which concluded on a high note.

ONAM CELEBRATION: A DAY OF JOY AND UNITY



The Onam Day celebration at the college on September 13, 2024, was a vibrant and lively event that brought together students, faculty, and staff in a spirit of joy and camaraderie. The program began with a prayer and inaugural speeches by the Administrative Officer, Mr. Abdul Razak, Vice Principal Dr. Prasad Rajagopalan, and Academic Coordinator Dr. Suhas Nayak. Talented students and staff mesmerized the audience with a beautiful Thiruvathira dance and group songs, while exciting games and the Athappookkalam competition brought out team spirit. The Onam Sadya delighted everyone. With enthusiastic participation from all, the day concluded as a grand success, creating lasting memories for all involved.

INTERNS JOURNEY BEGINS: ORIENTATION 2024-25

The orientation for the 2024-25 batch of interns was held on September 23, 2024, in the college auditorium, where 36 interns gathered to kickstart their professional journey. Dr. Suhas R. Nayak addressed the group, outlining key aspects of the internship, including posting procedures, permitted leave, interns' duties and responsibilities, adherence to college policies, and future career directions. The session set a positive tone for the interns, preparing them for the exciting year ahead.



PG ORIENTATION 2024-25: WELCOMING THE NEW BATCH



The orientation for the new postgraduate students of 2024-25 was held on October 1, 2024, at 8:15 AM in the Ortho Seminar Hall, with 13 students in attendance. Dr. Prasad Rajagopalan, Vice Principal, addressed the students, providing them with essential information to begin their academic journey and set a positive tone for the year ahead. The session covered key aspects of the postgraduate program, including curriculum details and research opportunities. The event was a great opportunity for students to familiarize themselves with the resources and support available, ensuring a smooth transition into their new academic environment.

EMBARCKING ON A NEW JOURNEY



The First-Year Orientation Program for the 2024 batch was held on October 10, 2024. The event commenced with an inspiring speech by the Managing Director, Mr. Nasser Kiliyammannil. Dr. Menon Prasad Rajagopal and Dr. Suhas R. Nayak also addressed the gathering, offering valuable insights and guidance to the students. The program witnessed an enthusiastic turnout, with 100 students and their parents attending the event. It marked the beginning of an exciting academic journey for the new batch.

EMPOWERING FIRST BDS STUDENTS: LIFE SKILLS TRAINING

On October 24, 2024, first-year BDS students, both regular and repeaters, participated in a Life Skills training session organized at the college auditorium. Led by Mr. Akhil Somashekar, the session focused on key personal and professional growth areas, including stress management, time management, self-awareness, empathy, and decision-making. Dr. Suhas R. Nayak welcomed the participants, and the session provided practical techniques and strategies for enhancing life skills, leaving students better equipped for success in both their academic and professional lives.



PRUDENTIA 2024: ADVANCING CLINICAL EXCELLENCE IN OMFS



On October 15, 2024, the Department of Oral and Maxillofacial Surgery hosted the CDE program "Prudentia 2024," focusing on best clinical practices in OMFS. Dr. Ajay Kumar Haridas, HOD of OMFS, introduced the session, which was led by Dr. Mubasheer M. The program provided an in-depth discussion on local anesthesia, operative medications, and techniques for managing complications. Emphasizing the importance of clinical excellence, the session equipped participants with valuable insights to enhance their practice in oral and maxillofacial surgery.

FINANCIAL FREEDOM: A PATH TO SECURE FINANCIAL FUTURE



An educational program on "Financial Freedom" was conducted on October 17, 2024, at the college auditorium. The session was led by Mr. Sainudheen K, the speaker for the event. Mr. Abdul Razak (Administrative Officer), Dr. Harikaran (HOD, Department of Conservative Dentistry), and Mr. Janardhanan (Finance Officer) were present and contributed to the discussion. The program was attended by staff, interns, and post-graduate students, focusing on financial planning and security.

BREAKING BARRIERS: KNOWLEDGE AND HOPE FOR BREAST CANCER AWARENESS

On October 18, 2024, a Breast Cancer Awareness Seminar was held at the Educare Auditorium. The event began with a welcome address by Dr. Manjima S., Secretary of the Women's Cell, followed by the presidential address delivered by Dr. Menon Prasad Rajagopalan, Vice Principal. Dr. Neetha Surendran, Professor of Streeroga and Prasutitantra, led an engaging session on modern approaches to breast cancer care. The seminar also featured powerful testimonies from breast cancer survivors, interactive discussions, and moments of appreciation, all aimed at fostering empowerment and awareness. The program concluded with heartfelt acknowledgments from the participants.



SADGAMA YA: SPREADING AWARENESS AGAINST DRUG ABUSE



The Sadgamaya Anti-Drug Awareness Program was held at the Educare Dental College Auditorium on October 30, 2024 to educate attendees about the dangers of drug abuse while promoting healthy lifestyle choices. The program was inaugurated by Civil Judge and secretary of the District Legal Services Authority, Mr. Shabir Ibrahim. A session on drug prevention was conducted by Mr. P.S. Prasad from the Preventive Excise Department, providing valuable insights into combating substance abuse.

LIGHTING UP THE FESTIVITIES: DIWALI CELEBRATION 2024



The Diwali Celebration for 2024-25, organized by the Students' Union, took place on November 1, 2024. The event was graced by the presence of undergraduate and postgraduate students and staff members. The celebration began at 6:30 PM with an engaging interactive session about the significance of Diwali. The evening was filled with vibrant dance performances by students from all batches, creating an electrifying atmosphere. Adding to the fun, various games were played, encouraging active participation from postgraduate students and delighting the audience. The event beautifully captured the spirit of Diwali and brought the Educare community together.

INTERDENTZ 2024: A TRIUMPH OF TALENT AND TEAM SPIRIT

Interdentz 2024 took place on October 24, 25, and 26, with students from 16 colleges competing across various events. Hosted by Mar Baselios Dental College in Kothamangalam, the competition brought together top talent, and Educare's teams showcased their exceptional skills. Highlighting their sporting excellence, Educare emerged victorious, particularly in football, proving once again the college's strength and commitment to excellence in both academics and athletics.



ANTI RAGGING WORKSHOP: ENSURING A SAFE CAMPUS



An Anti-Ragging workshop was held on November 6, 2024, at the college auditorium. Dr. Mohammed Sagir, Member of the Dental Council of India, was the chief guest. The event included an Anti-Ragging pledge administered to students, faculty, and staff. Principal Dr. Indushekar K.R welcomed the gathering, while Dr. ArunKumar S from Public Health Dentistry discussed the consequences of ragging. The workshop concluded with a vote of thanks by Mr. Abdul Razak, Administrative Officer.

BLOOD DONATION CAMP: A STEP TOWARDS SAVING LIVES



The House Surgeons of the 2024-25 batch organized a successful Blood Donation Camp at the college auditorium in collaboration with MVR Blood Centre, Calicut on November 14, 2024. The event offered free registration for interns, students, and faculty members. After a thorough screening process, 47 donors contributed, with a total of 111 registrations. Appreciation certificates were presented to the donors, and token certificates were given to the Administrative Officer and the Department of Public Health Dentistry for their support. The camp proved to be a great success, making a meaningful contribution to a noble cause.



CHILDREN'S DAY: SPREADING SMILES AND JOY

The Department of Pedodontics celebrated Children's Day on November 14, 2024, with a series of delightful activities. The clinic was adorned with vibrant decorations, including an eye-catching photo booth. A special cake-cutting ceremony was held with the young patients, adding joy to the occasion. Children were treated to sweets and entertained with coloring papers, creating a cheerful atmosphere. The celebration fostered a positive rapport between the children and doctors, making the day memorable for all.



CHAIRMAN S VISIT: SHAPING THE FUTURE OF THE INSTITUTION



On November 18, 2024, Dr. Shamsheer Vayalil, Chairman, visited the college for an interactive session with students and faculty. He was warmly welcomed by Managing Director Mr. Nasser Kiliyammannil, Principal Dr. Indushekar K.R., and other members of the college. Mr. Nasser Kiliyammannil, the Managing Director, presented the vision for the future development of the institution, emphasizing key areas for growth. The chairman's tour included visits to various departments and facilities, focusing on infrastructure assessment. Proposals for improvements were discussed, including the establishment of an indoor stadium, air conditioning for the library hall, the creation of a research center attached to the library, and the introduction of paramedical courses. The visit marked an important step in shaping the institution's future growth.

CADAVERIC OATH TAKING CEREMONY: A SYMBOL OF COMMITMENT TO THE MEDICAL PROFESSION



On November 20, 2024, the Department of Anatomy at Educare Institute of Dental Sciences held the Cadaveric Oath-Taking Ceremony for the 1st BDS 2024-25 batch. The event, which took place in the Anatomy Dissection Hall, was inaugurated by Dr. Y. Mahesh Babu and addressed by Managing Director Mr. Nasser Kiliyammannil and Principal Dr. Indushekar K.R. The students took the oath, committing to the responsibilities of the medical profession.

FOSTERING EXCELLENCE: IQAC BOARD ROOM INAUGURATED

On November 25, 2024, the IQAC Board Room was inaugurated by Managing Director Mr. Nasser Kiliyammannil in the presence of Principal Dr. K.R. Indushekar, Heads of Departments, and NAAC criteria in-charges. This state-of-the-art facility is designed to serve as the nerve center for planning, implementing, and monitoring quality initiatives within the institution. The inauguration reflects the institution's commitment to continuous improvement and achieving academic and administrative excellence.

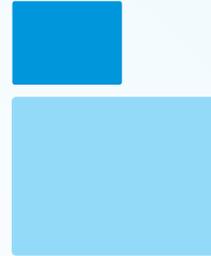


SPIK MIDTERM CONFERENCE 2024: ADVANCING PERIODONTAL KNOWLEDGE



The Department of Periodontics at Educare Institute of Dental Sciences hosted the SPIK Midterm Conference 2024 on November 30, 2024. This prestigious event, attended by 85 delegates, included 6 credit points and featured enlightening sessions by three distinguished speakers: Dr. Harikumar Kanakkath on periodontal plastic surgery, Dr. Harish Kumar V.V. on trends in periodontal regeneration, and Dr. Jayan Jacob Mathew on updates in PRF for periodontics and implantology. The conference was inaugurated by Managing Director Mr. Nasser Kiliyammannil, who addressed the delegates. The day concluded with a valedictory ceremony followed by lunch, marking the success of this impactful academic event.

NAAC PEER TEAM VISIT: STRENGTHENING EDUCATIONAL STANDARDS



The NAAC Peer Team visited the institution on the 4th and 5th of December 2024 for an in-depth assessment of academic and infrastructural excellence. The team comprised Prof. Amit Nagpal, Prof. Shubhangi Bhaske, and Dr. Sameer Siddhagouda Patil. The inspectors conducted an extensive review of the college facilities, interacted with faculty members, and engaged with students to gather insights.

One of the highlights of the visit was a vibrant cultural event organized by the students, showcasing their talents through energetic dance performances, melodious music, and creative art displays. The program received high praise from the NAAC team for its coordination and enthusiasm, reflecting the institution's holistic approach to education.

The peer team commended the management's commitment to quality education and recommended strategies for future growth. The visit marked a significant milestone in reinforcing the institution's mission to achieve excellence in dental education and research.

A MOMENT OF MINDFULNESS: CELEBRATING WORLD MEDITATION DAY



On December 21, 2024, the institution hosted a special event in observance of World Meditation Day. The program emphasized the importance of mindfulness and mental well-being in our daily lives. Attendees were introduced to various meditation practices designed to reduce stress, enhance focus, and improve overall mental health. The event saw active participation from the non-teaching staff, who engaged in guided meditation sessions and learned techniques to incorporate meditation into their routines.

UNITE FOR AWARENESS: WORLD AIDS DAY AT EDUCARE

Educare Institute of Dental Sciences observed World AIDS Day with an impactful awareness program, emphasizing the importance of HIV/AIDS prevention, early detection, and stigma reduction. The event featured informative sessions, interactive discussions, and awareness campaigns, reinforcing the institution's commitment to public health and social responsibility.



SPREADING JOY: A MAGICAL CHRISTMAS AT EDUCARE



The festive season was celebrated with great enthusiasm at Educare Institute of Dental Sciences. The campus was beautifully decorated, and the event featured carol singing, cultural performances, and a joyous visit from Santa Claus. Students, faculty, and staff came together to share the spirit of Christmas, fostering a sense of unity and joy. The celebration created a warm and cheerful atmosphere, making it a memorable occasion for all.

CLINICOPATHOLOGICAL CONFERENCES

DEPARTMENT OF PEDODONTICS



The Department of Pedodontics recently organized an engaging session on Redefining Beauty - Living with Treacher Collins Syndrome on July 23, 2024. The lecture was presented by Dr. Riswana Khalid, Senior Lecturer, and moderated by Dr. Vidya Manoharan, Reader.

The session provided valuable insights into the challenges faced by individuals with Treacher Collins Syndrome, highlighting the importance of resilience, acceptance, and evolving societal perceptions of beauty. Faculty and students actively participated in discussions, making it a meaningful and impactful event.

Mrs. Ramya V. P. delivered a presentation on Dental Infections and Drug Resistance under the guidance of Dr. B. N. Selvakumar, Head of the Department, on October 15, 2024. The session provided valuable insights into emerging challenges in dental microbiology and resistance patterns, fostering discussion among faculty and students.

DEPARTMENT OF MICROBIOLOGY



FACULTY DEVELOPMENT PROGRAM



Dr. Siya K., Senior Lecturer from the Department of Oral Pathology, conducted a Faculty Development Program aimed at enhancing academic and professional growth. This interactive session focused on enhancing pedagogical skills, exploring innovative teaching strategies, and integrating research advancements into academic practice. Faculty members engaged in discussions on curriculum development, student engagement techniques, and the evolving landscape of dental education, making the program a valuable initiative for professional growth.

HONORS AND RECOGNITION

Celebrating achievements and accolades of our community

STAFF ACHIEVEMENTS



Dr. Deepu Mathews Panickal from the Department of Periodontics has been appointed as a peer reviewer for the prestigious Cureus Journal of Medical Science.

Dr. Manjima S from the Department of Oral Medicine and Radiology successfully passed the year-end PhD examination conducted by KUHS in December 2024.



Dr. Manjima S chaired a scientific session at the National IAOMR UG Conference held in Belagavi on July 12, 2024.



Dr. Punya Krishnan B from the Department of Prosthodontics has been acknowledged for her exceptional contributions as a peer reviewer for BP International publications

STUDENT ACHIEVEMENTS



Dr. Farsana Thasni and Dr. Hasna, postgraduate students from the Department of Conservative Dentistry and Endodontics, have secured the first runner-up position in the Paper Presentation category at the 39th IACDE National Conference held in Mumbai.



Ms. Lakshmi Balaji and Ms. Meenakshi, Final Part 1 BDS students, secured the second prize for their poster presentation at the National OMR UG Conference, held at KLE, Belgaum, under the guidance of Dr. Manjima and Dr. Preethi



The team secured the Runner-Up position in the KUHS C-Zone Throwball Championship, showcasing their dedication, teamwork, and determination. This achievement stands as a testament to their hard work and competitive spirit, bringing pride to the Educare community.



Ms. Gladis Babu participated in the 11th SPIK Periodontology Scholarship Examination held on 28th November 2024 at Royal Dental College, Challissery, Palakkad.



Dr. Lakshmi C, second-year MDS student from the Department of Periodontics, secured the Third Prize in the SPIK Essay Competition 2024 on the topic Advances in Markers of Periodontal Disease.



Ms. Sandra Treasa won third Prize in the paper Presentation at the National IAOMR UG Convention 'OMRIKON 2024,' organized by ASMIK and the Department of Oral Medicine and Radiology, Government Dental College, Kozhikode.

ACADEMIC ENGAGEMENTS

Learning and growing through participation

Conferences attended

Name of The Faculty	Department	Conferences/Programmes	Attended/Presented
Dr. K R Indushekhar	Pedodontics	Kerala State PG Convention Pedozeal-24 at Sree Anjaneya Institute of Dental Sciences on 16 th -17 th November	Attended
Dr Hasna K Dr Farsana Thasni Ct (Post Graduate Students)	Endodontics And Conservative Dentistry	39 th IACDE National Conference, Mumbai (Nov 28 th -1 st Dec 2024)	Review Article Presentation- “Cryotherapy in Endodontics:A Critical Review”
Dr Parvathy Vb Dr Raseena Ak (Post Graduate Students)	Endodontics And Conservative Dentistry	39 th IACDE National Conference, Mumbai (Nov 28 th -1 st Dec 2024)	Case Presentation- “Power of Veneers Crafting Smiles”
Dr Fathima Shahana Dr Sirajudheen K (Post Graduate Students)	Endodontics And Conservative Dentistry	39 th IACDE National Conference, Mumbai (Nov 28 th -1 st Dec 2024)	Case Presentation- “Non Surgical Management of Large Periapical Lesion”
Dr Varada M And Dr Najla Ck (Post Graduate Students)	Prosthodontics	52nd IPS National Conference , Vijayawada	Paper Presentation _ On Current Trends in Chemical Gingival Retraction: A Comprehensive Review

Dr Malavika Ms And Dr Ameena A (Post Graduate Students)	Prosthodontics	52nd IPS National Conference , Vijayawada	Paper Presentation _ On Reconstructing Form And Function: Prosthodontic Approaches To Hemimandibulectomy Patients .
Dr Yasin And Dr Awathy(Post Graduate Students)	Prosthodontics	52nd IPS National Conference , Vijayawada	Poster Presentation _ On Digital Workflow Application in Partial Denture
Dr Hena And Dr Ashok (Post Graduate Students)	Prosthodontics	52nd IPS National Conference , Vijayawada	Paper Presentation _ On Exploring Bone Graft Materials And Alternatives in Modern Dentistry
Dr Raija And Dr Roopa (Post Graduate Students)	Prosthodontics	52nd IPS National Conference , Vijayawada	Paper Presentation _ On Impact of Abutment Modification And Cementation Technique On Residual Excess Cement Implant Prosthesis.
Dr Vishnu Venugopal Dr Murshida Dr Ashifa Aiswarya Dr (Post Graduate Students)	Orthodontics	58th indian Orthodontic Conference,Bengaluru,September 20-22	Attended
Dr Vishnu Venugopal Dr Murshida Dr Ashifa (Post Graduate Students)	Orthodontics	CDE- "Ignite -An Orthodontic Review' -Rapid Review Focused On Mds Exam Topics " at Rv Dental College,Bengaluru On 6 ,7,8 August	Attended
Dr Rijin Dr Sajitha Dr Hiba (Post Graduate Students)	Orthodontics	Cde - Beacon 2024-A Guiding Light For Post Graduate Programme at Annoor Dental College On 03,04 October	Attended

Dr Sam Paul (Head of Department)	Orthodontics	17th WMIA Congress,Mumbai 2024 November 30,December 1	Attended
Dr. Manjima S (Reader)	Oral Medicine And Radiology	National laomr UG Conference Held at Belagavi On 12 th And 13 th July 2024. National laomr UG Convention - Omrikon 24 Held at Calicut On 28 Th And 29 Th September 2024. Attended Webinar On Pediatric Oral Medicine Organized By ASMIK and APPD On 13th November 2024	Attended
Dr Deepak Thomas, (Professor)	Periodontics	Alcon 2024 , 55th Kerala State Dental Conference On December 27,28 And 29.	Attended
Dr. Vidyha Manoharan (Reader)	Pedodontics	Kerala State PG Convention Pedozeal-24 At Sree Anjaneya Institute Of Dental Sciences, Ulliyeri, Kozhikode on 16 th -17 th November Nammapedo 2024 45 th Isppd Annual National Conference Bangalore	Attended Attended and chaired
Dr. Aswathy T (Senior Lecturer)	Pedodontics	Kerala State PG Convention Pedozeal-24 At Sree Anjaneya Institute Of Dental Sciences, Ulliyeri, Kozhikode on 16 th -17 th November	Attended
Dr. Riswana Khalid (Senior Lecturer)	Pedodontics	Kerala State PG Convention Pedozeal-24 At Sree Anjaneya Institute Of Dental Sciences, Ulliyeri,	Attended

		<p>Kozhikode on 16th -17th November</p> <p>8th IDA Kerala state CDE – Symposium on fearless dentistry on 7th July.</p>	
Dr.Mubeena C P (Post Graduate Student)	Pedodontics	<p>Nammapedo 2024 45th Isppd Annual National Conference Bangalore on 26th 27th 28th September</p> <p>Beacon 2024 at Annoor Dental College And Hospital,Muvattupuzha on 3rd and 4th October</p> <p>Kerala State Pg Convention Pedozeal-24 At Sree Anjaneya Institute Of Dental Sciences, Ulliyeri, Kozhikode on 16th and 17th November</p>	<p>Poster On “Plasma Cell Gingivitis – A Clinical Enigma”</p> <p>Poster On “Oral Gymnastics-Do It Early Get corrected early”</p>
Dr.Murshida K (Post Graduate Student)	Pedodontics	<p>Nammapedo 2024 45th Isppd Annual National Conference Bangalore on 26th 27th 28th September</p> <p>Beacon 2024 at Annoor Dental College and Hospital,Muvattupuzha on 3rd and 4th October</p> <p>Kerala State PG Convention Pedozeal-24 At Sree Anjaneya Institute Of Dental Sciences, Ulliyeri, Kozhikode on 16th and 17th November</p>	<p>Poster on “Plasma Cell Gingivitis – A Clinical Enigma”</p> <p>Poster on “Pulp Auto Transplantation -Miles To Go Ahead”</p>
Dr.Surya K S (Post Graduate Student)	Pedodontics	<p>Beacon 2024 at Annoor Dental College And Hospital,Muvattupuzha on 3rd and 4th October</p>	<p>Poster on “360 Degree Toothbrush:</p>

		Kerala State PG Convention Pedozeal-24 at Sree Anjaneya Institute Of Dental Sciences, Ulliyeri, Kozhikode on 16 th and 17 th November	A Blissful Innovation For Cleft Lip & Palate Patients”
Dr. Safwana (Post Graduate Student)	Periodontics	48th National Conference of Indian Society of Periodontology, Goa on 15th - 18th October 2024. SPIK Mid-term Conference 2024, Educare Institute of Dental Sciences, Malappuram on 30th November 2024.	Attended
Dr. Lakshmi C (Post Graduate Student)	Periodontics	48th National Conference of Indian Society of Periodontology, Goa on 15th - 18th October 2024.. SPIK Mid-term Conference 2024, Educare Institute of Dental Sciences, Malappuram on 30th November 2024.	Attended
Dr. Anjoom C.T (Post Graduate Student)	Periodontics	48th National Conference of Indian Society of Periodontology, Goa 15th - 18th October 2024.. SPIK Mid-term Conference 2024, Educare Institute of Dental Sciences, Malappuram on 30th November 2024.	Attended
Dr. Ummu Salma (Post Graduate Student)	Periodontics	Beacon 2024 – Orientation Programme, Annoor Dental College, Muvattupuzha on 3 rd ,4 th October 2024 SPIK Mid-term Conference 2024, Educare Institute of Dental Sciences, Malappuram. IDA Alcon 2024 – 55th Kerala State Dental	Attended

		Conference, Alappuzha on 26, 27 December..	Artificial Intelligence in Periodontology
Dr. Anagha Anil (Post Graduate Student)	Periodontics	Beacon 2024 – Orientation Programme, Annoor Dental College, Muvattupuzha. SPIK Mid-term Conference 2024, Educare Institute of Dental Sciences, Malappuram. IDA Alcon 2024 – 55th Kerala State Dental Conference, Alappuzha.	Attended
Dr. Asha C (Post Graduate Student)	Periodontics	SPIK Mid-term Conference 2024, Educare Institute of Dental Sciences, Malappuram. IDA Alcon 2024 – 55th Kerala State Dental Conference, Alappuzha.	Attended Precision Periodontics
Dr. Ummu Salma P.T (Post Graduate Student)	Periodontics	SPIK Mid-term Conference 2024, Educare Institute of Dental Sciences, Malappuram. IDA Alcon 2024 – 55th Kerala State Dental Conference, Alappuzha.	Attended Artificial Intelligence in Periodontology

PUBLICATIONS



Dr. Sam Paul, Dr. Prince K Chacko, and Dr. Varun Peter published the article "Anterior open bite correction in adults through MEAW technique: A case report" in the Indian Journal of Orthodontics and Dentofacial Research.



Dr. Rahul KK, Dr. Varsha Maria Sebastian, and Dr. Vipin CK published the article "Volumetric Analysis of Different Obturating Techniques Using CBCT: An In-Vivo Study" in the Journal of Pharmacy and Bioallied Sciences.



Dr. J Hariharan and Dr. Binu Nathan K published the article "Management of Horizontal Root Fracture with Root Resorption at the Apical Third Using Calcium Silicate-Based Cement: A Case Report" in the Archives of Cytology and Histopathology Research.



Dr J Hariharan and Dr. Binu Nathan K authored the article "Porcelain Laminate Veneer For Midline Diastema Correction: A Case Report" in the International Journal of Dental Sciences and Innovative Research.



Dr Vipin C authored the article "Investigation of The Effects of Different Activation Techniques On The Penetration and Distribution of Novel Nanoparticle Based Irrigants Within The Root Canal System" in the Journal of Pharmacy and Bioallied Science.



Dr Deepu Mathews Panickal, Dr Deepak Thomas, Dr Shahna N, and Dr Maria Thomas authored the article "Laser- assisted crown lengthening: a case report" in the Archives of Dental Sciences and Research journal.



Dr. Farsana Thasni, Dr. J Hariharan, Dr. K Binu Nathan, Dr. Tisson Varghese, Dr. Rahul K K, and Dr. Vipin C K authored the article "Cryotherapy in endodontics is a critical review" in the Archives of Dental Sciences and Research journal.



Dr. Aiswarya PR, Dr. Sam Paul, Dr. Prince Chacko, Dr. Varun Peter, Dr. Muhammed Anas, and Dr. Chandana published the article "Angular Relationship Between the Palatal Plane and Anterior Cranial Base in Different Sagittal Skeletal Relationships in North Kerala Population: A Cephalometric Study" in the Archives of Dental Sciences and Research journal.



Dr. Punya Krishnan B, Dr. Menon Prasad Rajagopal, Dr. Pradeep Samuel, Dr. Jyotsna M K, Dr. Athira M, Dr. Mohammed Shamil, and Dr. Haritha Babu published the article "3D Printing in Prosthodontics and Recent Trends in Additive Manufacturing" in the Archives of Dental Sciences and Research journal.

CAMPUS SPOTLIGHT

Showcasing the vibrant life of our campus.





CAMPUS SPOTLIGHT

DENTAL OUTREACH INITIATIVES

Making a positive impact on our community and beyond.

Dental outreach programs conducted by the Department of Public Health Dentistry, Educare Institute of Dental Sciences, from July to December 2024.



Total Camps Conducted: 24

Total Beneficiaries: 2403

PERSPECTIVES ON THE THERAPEUTIC POTENTIAL OF GUT MICROBIOTA

Dr.B.N.SELVAKUMAR

Head of Department,
Department of Microbiology



The human gut microbiota, a highly heterogeneous community of microorganisms in the gastrointestinal tract, plays an essential role in health and disease. In the past few years, growing evidence has been showing that it can have therapeutic applications in various medical conditions, ranging from metabolic disorders to neurological diseases. As this area of research evolves, novel approaches for the modulation of gut microbiota are being developed for human health enhancement. Probiotics, live beneficial bacteria, have been shown to be effective in reducing inflammation and improving gut barrier function in patients with IBD (Inflammatory Bowel Disease). Prebiotics, non-digestible fibers that promote the growth of beneficial bacteria, also contribute to gut health by enhancing microbial diversity.

Applications of Gut Microbiota in Treating Diseases

The human gut microbiota is composed of a diverse community of microorganisms residing in the

gastrointestinal tract and plays a critical role in health and disease. In recent years, there has been an increase in evidence pointing towards its therapeutic potential in various medical conditions, ranging from metabolic disorders to neurological diseases. As the research in this field continues to evolve, innovative strategies for modulating gut microbiota are being explored to enhance human health.

Gastrointestinal Disorders

The most critical clinical application of gut microbiota in the treatment is for gastrointestinal illnesses, including IBD and IBS. Research has demonstrated that dysbiosis—an imbalance in gut microbiota—is contributing in pathophysiology of these diseases. There are developed therapeutic interventions, such as prebiotics, probiotics, and fecal microbiota transplantation to correct microbial balance and allow symptom relief. Probiotics, live beneficial bacteria, have demonstrated efficacy in reducing inflammation and improving gut barrier function in patients with IBD. Prebiotics, non-digestible fibers that

promote the growth of beneficial bacteria, also contribute to gut health by enhancing microbial diversity.

Metabolic Disorders

Beyond its role in the gastrointestinal system, gut microbiota has been connected to metabolic disease, such as obesity and type 2 diabetes. Some specific bacterial populations affect metabolism, insulin sensitivity, and energy balance. Researchers seek therapeutic strategies by manipulating gut microbiota composition through diet, probiotics, or FMT. As an example, *Akkermansia muciniphila*, a bacterium that colonizes the gut and is related to lean body mass, is being researched as a potential component in obesity therapy.

Neurological and Mental Health Disorders

The gut-brain axis refers to the communication system between the gut and the brain, through which the bidirectional communication mechanism is further stretched to include its therapeutic potential for gut microbiota. There has been emerging evidence that gut microbiota is connected with neuropsychiatric conditions ranging from depression to anxiety and as far as neurodegenerative diseases like Alzheimer's and Parkinson's. Its mechanisms include neurotransmitter production in microbes, immunomodulatory effects, and vagus nerve regulation. Probiotic supplementation, often called psychobiotics, has been explored in relation to modulation of gut microbiota and mental well-being enhancement.

Autoimmune and Inflammatory Diseases

Gut microbiota also acts as an immunomodulator, making it a potential candidate for autoimmune and inflammatory diseases such as rheumatoid arthritis and multiple sclerosis. The studies showed that microbial metabolites regulate



immune responses and inflammation. Targeted probiotics and dietary interventions have been proposed to manage autoimmune diseases by restoring a balanced microbiome.

Cancer Treatment and Prevention

Emerging research suggests that gut microbiota might play a role in the outcomes of cancer treatment, especially with immunotherapy. Some gut bacteria have been shown to be linked with improved responses to immune checkpoint inhibitors used in cancer therapy. In addition, microbiota-based interventions, including bacterial consortia or engineered probiotics, are being developed to enhance the efficacy of treatment and minimize adverse effects in cancer patients.

Challenges and Future Directions

While the therapeutic potential of gut microbiota is promising, challenges

remain. Individual variations in microbiota composition, the complexity of microbial interactions, and the need for personalized approaches pose hurdles to widespread clinical applications. Advances in microbiome research, including next-generation sequencing and artificial intelligence-driven analysis, are expected to refine our understanding of microbiota-based therapies.

Conclusion

Although this therapeutic concept is very promising, it's challenging in clinical practice, inter individual variation of the microbiota composition, high complexity in interactions among microorganisms, and requirement for a specific personalized approach must be addressed and allowed for use on a much wider scale clinically. Advancement is anticipated due to next generation sequencing and utilization of artificial intelligence in analysis in the microbiome field.

Gut microbiota forms an important domain in medical science and provides a new therapeutic approach in the realms of gastrointestinal, metabolic, and neurological disorders. Continued research in the domain of microbiota-targeted intervention has the potential to revolutionize health care by unraveling the symbiotic relationship between human beings and their microbial communities.



FACULTY PERSPECTIVES

Insights and opinions from our esteemed faculty.

USING COMPUTER MODELS TO PREDICT THE TOXICITY OF CHEMICALS ON PHYSIOLOGICAL SYSTEMS

Mr. Jitesh Elambilakat
Department of Physiology



The application of computer models to predict the toxicity of chemicals on physiological systems has revolutionized the field of toxicology and chemical safety assessment. These models, which use computational techniques like quantitative structure-activity relationship (QSAR) models, molecular docking, and machine learning algorithms, aim to simulate the interactions between chemicals and biological systems.

By analysing chemical structures and properties, the models predict potential toxicological effects such as carcinogenicity, mutagenicity, organ-specific toxicity, and other adverse health outcomes. QSAR models rely on the premise that chemical structure correlates with biological activity, enabling researchers to predict a chemical's toxicity based on its molecular characteristics.

Molecular docking simulates the interaction between a chemical and a receptor or enzyme, helping to predict how chemicals may interfere with biological functions. In recent years, machine learning,

especially deep learning algorithms, has been leveraged to improve the accuracy and efficiency of toxicity predictions by processing large datasets and uncovering complex patterns that traditional methods might be overlooked.

These computer-based models offer several advantages, including reducing the need for animal testing, lowering research costs, and speeding up the process of chemical safety evaluations. They also help in identifying potential hazards early in drug development or chemical production, enabling more informed decision-making. However, these models are not without limitations.

They require continuous refinement, validation with experimental data, and consideration of biological variability across individuals. Despite these challenges, computer models represent a promising tool in advancing safer chemical practices and reducing the environmental and ethical impact of traditional toxicity testing.



FACULTY PERSPECTIVES

Insights and opinions from our esteemed faculty.

SAY NO TO DRUGS: A PATH TO A HEALTHIER, HAPPIER LIFE

Dr. Athira. M,
Sr. lecturer,
Dept of Prosthodontics



In a world filled with challenges and pressures, the temptation to turn to drugs as an escape or a quick fix can be overwhelming. However, the consequences of drug use are far-reaching, affecting not only the individual but also their families, communities, and society as a whole. Saying no to drugs is not just a slogan; it is a commitment to living a healthier, more fulfilling life. Here's why choosing to stay drug-free is one of the most important decisions you can make.

The Dangers of Drug Use

Drugs have devastating effects on the mind and body. They alter brain chemistry, leading to addiction, impaired judgment, and long-term mental health issues such as anxiety, depression, and psychosis. Physically, drug abuse can cause heart disease, liver damage, respiratory problems, and even death from overdose.

Beyond the individual, drug use tears apart families, fuels crime, and places a heavy burden on healthcare systems. It can lead to financial ruin, broken relationships,

and a loss of self-respect. The ripple effects of drug abuse are felt by everyone, making it a societal issue that demands collective action.

Why Say No to Drugs?

1. **Protect Your Health:** Your body is your most valuable asset. Saying no to drugs ensures that you maintain physical and mental well-being, allowing you to live a full and active life.
2. **Achieve Your Goals:** Drugs cloud your judgment and hinder your ability to focus on your dreams and aspirations. Staying drug-free keeps your mind clear and your ambitions within reach.
3. **Build Strong Relationships:** Drug use often leads to isolation and mistrust. By saying no, you can nurture healthy, meaningful relationships with family, friends, and colleagues.
4. **Avoid Legal Consequences:** Drug possession and use are illegal in most parts of the world. Choosing to stay away from

drugs helps you avoid legal troubles that can derail your future.

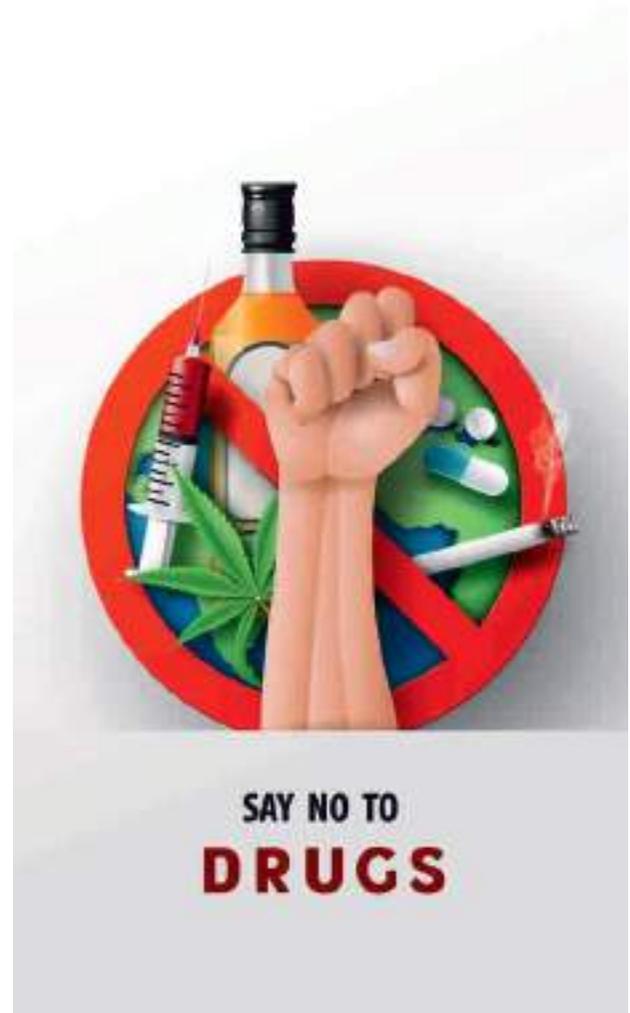
5. Set a Positive Example: Your choices influence those around you, especially younger generations. By saying no to drugs, you become a role model, inspiring others to make healthy decisions.

How to Say No to Drugs

Saying no to drugs requires courage, especially in the face of peer pressure or personal struggles. Here are some strategies to help you stay strong:

- 1. Educate Yourself:** Understanding the risks and consequences of drug use can strengthen your resolve to avoid them. Knowledge is power.
- 2. Build a Support System:** Surround yourself with people who encourage positive choices and share your commitment to a drug-free life.
- 3. Develop Healthy Coping Mechanisms:** Life can be stressful, but there are healthier ways to cope, such as exercise, meditation, hobbies, or talking to a trusted friend or counselor.
- 4. Practice Assertiveness:** Learn to say no confidently and without guilt. You don't owe anyone an explanation for prioritizing your well-being.
- 5. Seek Help if Needed:** If you or someone you know is struggling with drug use, don't hesitate to seek professional help. Recovery is possible, and support is available.

A Brighter Future Awaits



Choosing to say no to drugs is a powerful step toward a brighter, more promising future. It's a decision that empowers you to take control of your life, pursue your passions, and contribute positively to the world. Remember, you are not alone in this journey. Together, we can create a society that values health, happiness, and hope over the temporary escape that drugs promise.

Say no to drugs today, and say yes to a life filled with purpose, joy, and endless possibilities. Your future self will thank you.



HEALTH AND WELLNESS

Promoting well-being and healthy lifestyles.

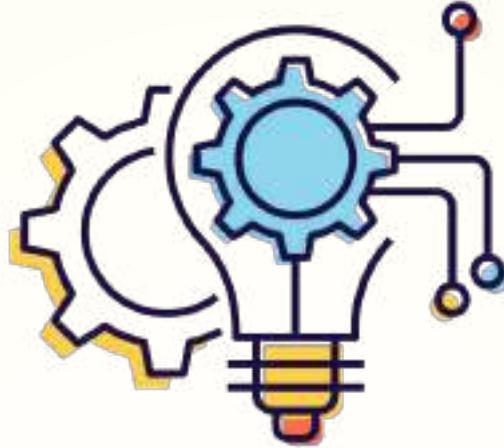
Cross Fitness Orientation: Push Your Limits



A cross fitness program was organized by Mr. Firoz Mon Karadikkal to promote physical health and fitness among students and staff. The session introduced participants to the fundamentals of cross-fitness training, emphasizing its benefits for overall well-being. The orientation highlighted various exercises designed to enhance strength, flexibility, and endurance. The event was well-received, inspiring attendees to adopt healthier and more active lifestyles.

CREATIVE SPACE

Nurturing talent and fostering creativity



Flash fiction:

Stories that are just a few sentences or even a single sentence long. They prompt readers to think deeply about the brief but suggestive scenarios presented.

- ❖ *For sale: baby shoes, never worn.*
- ❖ *Abandoned house, empty rooms. Echoes remain.*
- ❖ *Found: old love letters. Never sent.*
- ❖ *Won the lottery. Celebrated alone. Missed you.*
- ❖ *Perfect day. No one to share.*
- ❖ *Wedding ring found in the attic.*
- ❖ *Forgotten birthday. No one remembered. Alone.*
- ❖ *Once friends, now strangers. Memory fades.*
- ❖ *Lost: dog, 3 legs, blind. Reward?*

BIZARRE NEWS AROUND THE WORLD

◆ "Pie House" Sold for \$350,000

A uniquely wedge-shaped home in Illinois, nicknamed the "Pie House," was sold shortly after being listed. Its unusual design has made it a local landmark.

◆ 4-Year-Old Calls 911 Over Ice Cream Dispute

A young boy in Wisconsin dialed emergency services to report his mother for eating his ice cream. While the call was lighthearted, it served as a reminder to teach children about proper emergency use.

◆ Overdue Library Book Returned After 99 Years

An 81-year-old woman discovered a library book checked out by her grandfather nearly a century ago and returned it to a New Jersey library.

◆ Farmers Wear Bear Costumes to Scare Monkeys

Indian farmers resorted to wearing bear costumes to protect their crops from mischievous monkeys, creating a surreal scene in rural areas.

◆ Indian Teen with "Werewolf Syndrome" Sets Guinness Record

An Indian teenager with hypertrichosis, also known as "werewolf syndrome," earned a Guinness World Record for having the hairiest face, with over 201 hairs per square centimeter.

◆ World's Smallest Public Park Recognized

In Nagaizumi, Japan, a public park measuring just 0.24 square meters has been recognized by Guinness World Records as the smallest in the world. Established in 1988, this "pocket park" features a tiny patch of grass, a bench, and is surrounded by bricks.

A SENTENCE TO PONDER :

By the time you finish reading this sentence:

4 people will have died (global death rate: ~2 per second).

2,000 square meters of forest will have been destroyed (~10 million hectares lost per year).

At least one species will have moved closer to extinction (with over 150 species going extinct daily).

Over 40 metric tons of CO₂ will have been released into the atmosphere (humans emit ~1,300 tons per second).

More than 1,500 plastic bottles will have been thrown away (~1 million per minute).

At least one violent crime will have been committed somewhere in the world.

But also:

4.3 babies will have been born (global birth rate: ~4.3 per second).

The Earth will have traveled over 100 kilometers in space (~30 km per second around the Sun).

Lightning will have struck the Earth about 600 times (~100 strikes per second).

Billions of chemical reactions will have occurred in your body, keeping you alive.

More than 200,000 new stars will have been born in the universe (estimated star formation rate).

A person somewhere will have smiled for the first time today, and someone else will have just accomplished a lifelong dream.



Vinitha Balan

ഏതെന്ത് മൃതത്

ഒരു നിശ കൂടി വേരറ്റു വീണ്ണു
 ഒരു പകലെന്ന നോക്കിചിരിച്ചു
 ഒരു നിശ്വാസത്തിൻ പകർച്ചയിൽ
 ഒരു വട്ടം കൂടിത്തൊൻ നോക്കിനിന്നു
 എവിടെയെന്ത് സ്വപ്നത്തിൻ പായ് വരവി
 എവിടെയെന്ത് ചിന്തയുടെ സുഖസ്വപ്നം
 എവിടെ തൊക്ലയെന്നം
 എങ്ങോട്ടു പോയ്യാരെന്നം
 ഒരുപാടുനോക്കി തൊൻ പാതവടിയിൽ
 ഒരുപാടിരുന്നു തൊൻ ഉമ്മറത്തിണ്ണയിൽ
 ഒരുനാൾ വരും ഏതെന്ത് മൃതത് ...
 ഒരുപാടു നാളത്തെ ഭഗ്നസ്വപ്നം
 വിളിഭക്തൃ തൊന്നാദ്യം നോക്കിയപ്പോൾ
 വിശ്വാസിമനാനന്ദത്തെ സ്തംഭിച്ചു തൊൻ
 അതെന്തെന്ത് മൃതതായിരുന്നില്ലോ
 അവളെന്ന മന്നില്ലല്ലോ



Meet the New Leadership

ESU THARANG 2K25



Union Inauguration
Tharang 2k25..

Stay Tuned For: **Amalgam 2k25**

Editorial team

Chief editor

Dr. Deepu Mathews Panickal

Sub editor

Dr. Siya K

Associate editors -

Dr. Jyothsna M K

Dr. Aswathi T

Mr. Jithesh

Mrs. Remya VP

Department Incharges-

**Dr. Athira, Dr. Riswana Khalid, Dr. Prachodh CA,
Dr. Rahul K K, Dr. Shahana N, Dr. Arunkumar CB,
Dr. Muhammed Sahil, Dr Stephy Sebastian,
Miss Divya TK**

Proof reading-

Dr. Vidya Manoharan

Dr. Varun Peter



Congratulations

RESEARCH APPRECIATION AWARD OF KUHS



ARDRA S



ANUSREE A

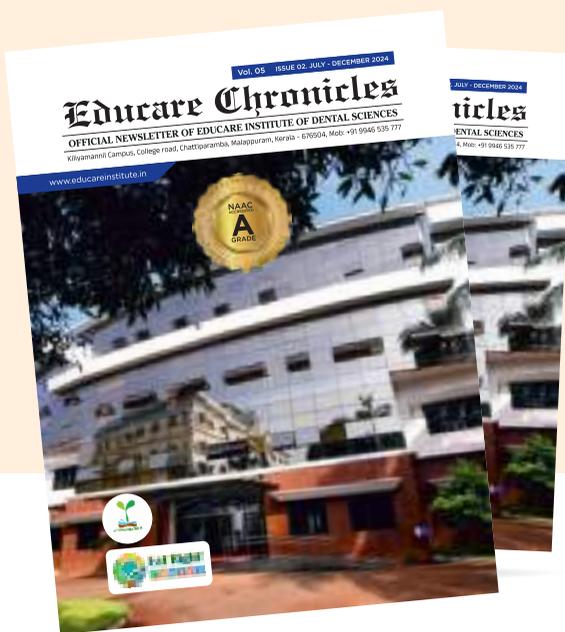


Dr. POOJARY SHEELA



Dr. SIYA K

On receiving approval for research from KUHS under the guidance of Dr Poojary Sheela and Dr Siya K from department of Oral pathology and Microbiology.
Researchers : Anusree A and Ardra S



Educare Chronicles

Vol. 05 ISSUE 02. JULY - DECEMBER 2024

If you want to shine like a sun,
first burn like a sun.

————— A. P. J. Abdul Kalam



www.educareinstitute.in

