

EDUCARE



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EDUCARE INSTITUTE OF DENTAL SCIENCES - KEY MILESTONES

2007 - Academic Launch

- Inauguration of the first BDS batch under the leadership of
- Dr. Ram Manohar, the founding principal.
- Operations began with 20 dental chairs.

2013 - BDS Recognition

- Recognized by the Ministry of Health and Family Welfare (MoHFW), New Delhi.

2014 - Increased Intake

- Student intake capacity was enhanced to 100 seats to meet growing demand.

2018 - Launch of Postgraduate Program in Prosthodontics

- Introduction of MDS in Prosthodontics, marking the beginning of postgraduate education.

2019 - Recognition Received

- Recognized for 100 seats by the Ministry of Health and Family Welfare (MoHFW), New Delhi.

2021 - PG Specializations Recognized and Expanded

- Recognition of MDS in Prosthodontics

New MDS specialties introduced:

- Orthodontics
- Periodontics
- Conservative Dentistry & Endodontics

2023 - Diploma Program Initiated

Launch of the Diploma in Dental Mechanics to address skill-based education needs.

2024 - Pediatric Dentistry Introduced

MDS in Pedodontics and Preventive Dentistry added to the postgraduate program.

Awards & Accreditations

- NAAC Accreditation - 'A' Grade
- Green Campus Award
- Eat Right Campus Certification

Collaborations & Exchange Programs

- National academic collaboration with Saveetha Dental College
- International academic collaboration with Belarusian State University
- Student exchange programs for academic and clinical exposure

Looking Ahead

- Further expansion of postgraduate programs
- Integration of advanced dental technologies.
- Continued infrastructure development.
- Proposed launch of a Pharmacy College offering B.Pharm and D.Pharm.



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EVENTS & ACTIVITIES:

Exciting happenings and engagements on campus.

Cheers to New Beginnings: Welcoming 2025 with Joy!



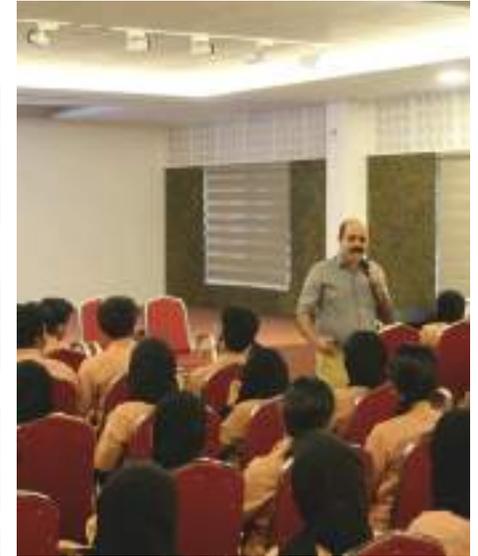
The New Year 2025 was celebrated with great enthusiasm by the first-year students, marking their first on-campus festivity. The celebration featured a lively cake-cutting ceremony, music, dance, and heartfelt New Year wishes exchanged among peers and faculty. The event fostered a sense of camaraderie, positivity, and togetherness, creating a warm and memorable start to the year. Faculty members joined the students, adding to the festive spirit and encouraging joyful interactions. The celebration served as a refreshing break and a motivational boost for the months ahead.

Marching Against TB: 100-Day Awareness Campaign



As part of the 100-Day TB Awareness Program, the Department of Public Health Dentistry and NSS Unit of Educare Institute of Dental Sciences, in association with the Malappuram Health Services and TB Cell, participated in a public awareness rally on January 3, 2025. The rally, held alongside nine other colleges, started from the Malappuram Collector's Office and concluded at the Malappuram Town Hall. The event aimed to spread awareness about tuberculosis—one of the world's deadliest infectious diseases—and its widespread impact. Faculty members and students actively participated in the event, which was followed by a powerful flash mob performance.

Script to Success: Motivational Session for First-Year Students



On January 6, 2025, a motivational session titled "Script to Success" was conducted at the Educare Institute of Dental Sciences. The session was led by Mr. Salim Perambra, Vijayabheri Coordinator, and was organized for the first-year BDS students. Held at the college auditorium at 10:00 AM, the program aimed to inspire and guide the new batch of students as they began their academic and professional journey in dentistry. The session was well-received and left a lasting impact on the attendees.



Shaping Futures in Dental Technology: Orientation Program for Dental Mechanic Students

On January 6, 2025, an orientation program was held at the Educare Institute of Dental Sciences for the newly admitted Dental Mechanic students of the 2024-27 batch. The session began at 9:30 AM and aimed to introduce students to the academic structure, facilities, and expectations of the course. It served as a welcoming platform for students as they embarked on their journey in dental technology.

Hands-On Learning : Educational Visit to Dent Care Lab

On January 17, 2025, students from Educare Institute of Dental Sciences visited Dent Care Lab, Muvattupuzha, for an educational tour aimed at providing practical exposure to prosthodontics. The visit offered valuable insights into removable and fixed prostheses, CAD/CAM technology, implants, aligners, and dental lab procedures. It was a truly enriching learning experience for all participants.



Crafting Smiles and Shaping Skills : World Prosthodontist Day Celebration

The Department of Prosthodontics celebrated World Prosthodontist Day on 23rd January 2025 with a series of engaging activities, including a quiz competition, a teeth arrangement contest, and interactive student participation, all aimed at enhancing academic knowledge and clinical skills. The event encouraged teamwork and creativity among students while fostering deeper interest in the specialty. Winners were recognized with certificates and prizes, boosting motivation and enthusiasm. Faculty members actively supported the participants, ensuring a well-organized and impactful program that highlighted the importance of prosthodontics in comprehensive dental care.





Empowering Educators : Faculty Development Session

On 24th January 2025, a Faculty Development Programme (FDP) was conducted at Educare Institute of Dental Sciences by Dr. Manjima S and Dr. Prasad Menon Rajagopal.

The session aimed to enhance pedagogical effectiveness, focusing on innovative teaching strategies and academic excellence. Faculty members actively participated in discussions on curriculum development, student engagement, and the integration of technology in dental education.

The program encouraged reflective teaching practices and emphasized continuous professional growth. The interactive nature of the FDP was well received and contributed to building a stronger academic foundation across departments.

Practical Training : Essentials in Emergency Care

On January 27, 28, and 29, 2025, the Educare Institute of Dental Sciences hosted a program on "Essentials in Emergency Care" at the College Auditorium. The sessions, held from 9:00 AM to 8:00 PM each day, focused on BLS/ALS, ECG basics, airway management, and IV cannulation. Inaugurated by Dr. K.R. Indushekar, Principal of Educare, the program featured experts such as Dr. Vijayanand B, Dr. R. Parsha Ramiku, Mr. Ashish John, and Mr. Kashiram E. It provided valuable hands-on training for all participants.



Awareness Through Action : Anandham - Arogyam Cancer Awareness Program

On February 3, 2025, students from Educare Institute of Dental Sciences participated in the "Anandham - Arogyam" Cancer Awareness Program held at Kunnummal Town, Malappuram. Organized by the Kerala State Health Department and District Medical Office, Malappuram, in collaboration with Educare Institute, the event aimed to raise public awareness about cervical and breast cancer. The program featured a student-led flash mob to capture public attention, followed by speeches from health officials and medical professionals. It was a significant step toward promoting early detection and prevention of cancer.



From Vision to Practice : Your Guide to Starting a Dental Clinic

On February 12, 2025, the Department of Public Health Dentistry, in collaboration with the Continuing Dental Education Unit, organized a program titled "Rewrite Your Stories: How to Set Up a Dental Practice" at the college auditorium. Held from 8:45 AM to 1:45 PM, the event was inaugurated by Dr. Arun Kumar, Head of the Department of Public Health Dentistry, and introduced by Dr. Siya, Senior Lecturer, Department of Oral Pathology. Dr. Civy V Pulayath led the session, offering valuable insights into the process of starting a dental clinic, including regulatory approvals, registrations, choosing a location, managing patients, and setting up equipment. The program was both inspiring and informative for all future dental professionals.



Inter-House Competitions 2025 : A Celebration of Talent and Teamwork

From February 13 to 23, 2025, Educare Institute of Dental Sciences hosted its annual Inter-House Competitions - Kaliyugam, with students representing four houses-Varahas, Bhairavas, Garudas, and Narasimhas. Over 11 days, events ranged from sports like cricket, volleyball, and kho-kho to cultural contests including debate, JAM, solo singing, and dance. The grand finale featured group performances and a fashion show. Varahas emerged as overall champions, with Bhairavas as runners-up. The competitions celebrated student talent and team spirit.

Spreading Smiles, Saving Lives: Oral Cancer Screening Week at Kodur

The Department of Public Health Dentistry participated in a week-long Oral Health and Oral Cancer Screening Programme from February 17 to 24, 2025, across all ward locations of Kodur Panchayath. Organized by the Family Health Centre, Kodur, under the Arogyabheri 2025 initiative, the programme aimed at the early detection and prevention of oral precancerous lesions. Oral examinations were conducted by trained faculty and interns, along with personalized counseling and referrals for further management when necessary. A total of 58 individuals were screened during the camp, many of whom gained valuable awareness of their oral health and associated risk factors.



Skill in Focus: Mastering Aesthetic Restoration

On February 19, 2025, the Department of Conservative Dentistry and Endodontics at Educare Institute of Dental Sciences conducted a workshop titled Mastering Aesthetic Restoration. Led by Dr. Shaikh Shafe Khalid Md Shakil, the session successfully trained interns in advanced techniques and best practices in aesthetic dental restorations. The workshop focused on smile design, material selection, and restorative procedures, aiming to enhance participants' clinical skills and commitment to patient care. It reflected the department's dedication to professional development and excellence in conservative dentistry.

Crowning Success: A Legacy of Academic Excellence

Dr. Anfiya Nazeer, a proud graduate of Educare Institute of Dental Sciences (EIDS), has been awarded the prestigious Dr. Sobha Sundareswaran Academic Excellence Award by the Kerala University of Health Sciences (KUHS) for her outstanding performance in Orthodontics. The award, presented by the Vice Chancellor of KUHS, Dr. Mohanan Kunnummal, is a testament to her academic excellence and dedication. Her remarkable achievement brings immense pride to the institution and serves as an inspiration to aspiring dental professionals.

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Creating Smiles, Spreading Awareness: National Periodontist Day



On February 23, National Periodontist Day was observed by the Department of Periodontics with great enthusiasm. As part of the celebration, a patient awareness video was released, focusing on the importance of gum health and the critical role of periodontists in maintaining oral hygiene. The video aimed to educate the public on periodontal diseases, early warning signs, preventive care, and the impact of gum health on overall well-being. It was shared widely across social media platforms, receiving positive feedback from both patients and peers.



Oral Pathology Day Celebration February 25, 2025

The Department of Oral and Maxillofacial Pathology at Educare Institute of Dental Sciences enthusiastically celebrated Oral Pathology Day on February 25, 2025. The event aimed to enhance student engagement and awareness in the field of oral pathology through creative and interactive learning experiences.

In an innovative approach to academic reinforcement, fun-filled activities such as a Treasure Hunt and Dumb Charades (Dumbsharas) were organized, thoughtfully designed to incorporate topics from the BDS syllabus. The Treasure Hunt challenged participants with subject-based clues, encouraging teamwork and quick recall of key concepts. Meanwhile, Dumb Charades brought out the students' enthusiasm and understanding of terminologies and disease names, making learning both memorable and enjoyable.

Power and Precision: Inter-Zone Throwball Tournament

On March 1, 2025, the girls' throwball team of Educare Institute of Dental Sciences participated in the Inter-Zone Throwball Competition held at Nehru College of Pharmacy, Pampady, Thiruvilwamala. The team showed great energy and teamwork, advancing to the quarter-finals. It was a proud moment of spirited competition and athletic excellence.



Smiles that Serve: Dentist's Day Celebration

On March 6, 2025, Educare Institute of Dental Sciences celebrated Dentist's Day with enthusiasm and pride. The event was inaugurated by Principal Dr. K.R. Indushekar and featured an awareness session highlighting the scope of dentistry, emerging technologies, and key tips for excellence in clinical practice. The celebration recognized the vital contributions of dental professionals to health and well-being.

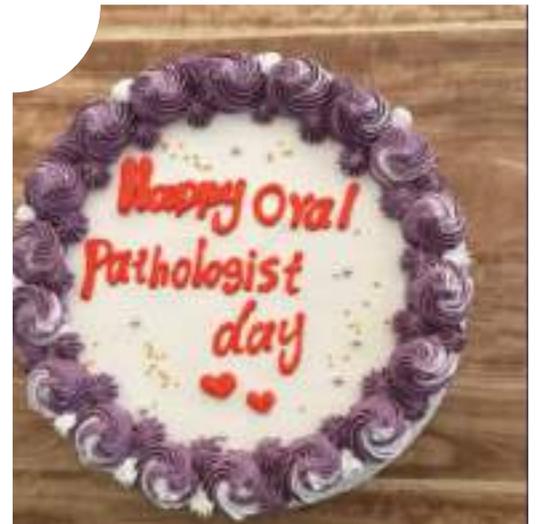


Unlocking Opportunities: E-Grants Orientation

An E-Grants orientation session was held on 06 March 2025 at Educare Institute of Dental Sciences to guide students through the application process for scholarships and grants. The session offered valuable insights into the eligibility criteria, required documentation, and steps for successful submission, ensuring students are well-informed and equipped to make the most of available government benefits.

Behind Every Diagnosis A Smile Saved : Oral Pathology Day

On National Oral Pathologist Day, the Department of Oral Pathology proudly celebrates the unwavering commitment of oral pathologists who play a vital role in diagnosing and managing oral diseases. Their expertise is crucial for early detection, accurate diagnosis, and effective treatment planning. With their dedication and precision, they contribute immensely to ensuring healthier smiles and improving patient outcomes every day.



Inspiring Women, Promoting Health: A Rally for Cancer Awareness

Keralam Malappuram, organized the Women's Day Celebration & Cancer Awareness Program on 8th March 2025 at Malappuram Town. The event featured a rally with 1001 women, performances by students from Educare Institute of Dental Sciences, and speeches by medical experts emphasizing cancer prevention through screenings and HPV vaccination. Educational materials were distributed, and many attendees expressed interest in future screenings, making the program a meaningful step in promoting women's health.



Elevating Voices: Women's Day Celebration

On March 8, 2025, Educare Institute of Dental Sciences celebrated International Women's Day with a program dedicated to recognizing and promoting women's empowerment. The event was inaugurated by Principal Dr. K.R. Indushekar and included an awareness session by Mr. Abdul Razak P., focusing on the importance of supporting women across all professional fields. The celebration served as a reminder of the vital role women play in shaping society and the workforce.



Building from Within: Personality Development Program

On March 11, 2025, a Personality Development Program on Self-Analysis and Self-Awareness was held at the Educare College Auditorium. The session aimed to promote personal growth and self-understanding among students. The program was inaugurated by Mr. Abdul Razak P., Administrative Officer, and the session was led by Mr. Jaleel Cholayil, a psychologist and trainer. Through a mix of informative presentations and interactive discussions, the event made a strong impact, encouraging students to reflect on their goals and potential. Plans are in place for future workshops and follow-up sessions to continue this journey of self-development.





Smart Studying : Motivation Session for Exam Success

On March 13, 2025, a motivational session titled Ace Your Exams with Smart Strategies was conducted at the Educare Institute of Dental Sciences auditorium. Sri. Salim Perambra, an eminent motivational speaker, addressed first-year supplementary students at 9:00 AM. He shared practical tips and valuable insights on how to study efficiently and approach exams with confidence, inspiring students to perform at their best.

Choreographed for a Cause : Spreading Awareness on Cancer Prevention

As part of the Cancer Mega Screening Camp, students of Educare Institute of Dental Sciences captivated the audience with a powerful flash mob, delivering a vibrant message on cancer prevention and the importance of early detection. Their spirited performance served as a creative and engaging medium to raise awareness, reflecting their strong commitment to public health and community outreach.



Restoring Excellence: Post and Core Workshop

On March 21, 2025, the Department of Prosthodontics at Educare Institute of Dental Sciences conducted a two-day workshop and lecture session titled Post and Core – The Last Frontier of Restorative Dentistry. Led by Dr. Menon Prasad Rajagopal, the program covered fundamentals of post space preparation, impression techniques, and both direct and indirect restoration methods. The event provided a comprehensive understanding of advanced restorative procedures through expert guidance and practical exposure.



Mehfil 2025: Iftar Celebration at Educare

On March 21, 2025, the students of Educare Institute of Dental Sciences organized Mehfil 2025, a grand Iftar celebration.

The event was graced by the presence of the Principal, Administrative Officer, faculty, and staff. A variety of delicious food items were shared, making the evening a memorable gathering of unity and joy, marking a successful celebration during the holy month of Ramadan.



Raising Awareness: World TB Day

On March 24, 2025, students from Educare Institute of Dental Sciences participated in the World TB Day awareness program organized by the District Health Services Department, Arogyakeralam, and the National Tuberculosis Elimination Program (NTEP) at Malappuram. The event aimed to reinforce public commitment toward tuberculosis prevention and elimination. It was inaugurated by M.K. Rafeeka, Panchayat President, and presided over by Sri V.R. Vinod, District Collector of Malappuram. Students from the 1st, 2nd, and 3rd years took part in the awareness rally. The program was coordinated by Mr. Jithesh E, NSS Programme Officer and Dr. Muhammed Sahil, Lecturer, Public Health Dentistry. Educare Institute of Dental Sciences was specially acknowledged for its enthusiastic involvement in the rally.

Strengthening Academic Bonds: MoU Signing with Saveetha Institute

On 26th March 2025, Educare Institute of Dental Sciences signed a Memorandum of Understanding (MoU) with Saveetha Institute, marking a significant step toward academic and research collaboration. The agreement aims to promote joint research initiatives, exchange of faculty and students, collaborative publications, and the hosting of workshops and scientific events. This partnership is expected to enhance access to advanced research infrastructure and foster a stronger academic and scientific culture at both institutions.



United Against Narcotics: Awareness and Oath-Taking Program

An Anti-Narcotics Awareness Program was held on April 7, 2025, at Educare Institute of Dental Sciences in observance of World Health Day 2025. The program was inaugurated by the Principal, Dr. Indushekar K R, who delivered the impactful message "On Dope... No Hope." Faculty and students participated in an oath-taking ceremony affirming their commitment to a drug-free lifestyle. Dr. Arun Kumar S, Professor of Public Health Dentistry, gave a briefing on the significance of World Health Day 2025, followed by a lecture titled "War on Drugs" by Dr. Najmunnisa K P, Senior Lecturer, Public Health Dentistry. The initiative aimed to raise awareness about the dangers of substance abuse and to promote a healthy, responsible campus environment.



Gearing Up for Quality: Building Foundations for QAS Accreditation

Prof. Dr. Assuma Beevi T M. V. conducted a special session on Preparedness for QAS as part of the Faculty Development Programme held on 15th April 2025. This was followed by a session on Institutional Self-Assessment and Gap Analysis for QAS Accreditation by Mr. Naseem M, Associate Professor, MIMS College of Nursing, Kozhikode. The programme focused on enhancing institutional readiness, identifying performance indicators, addressing compliance gaps, and fostering a culture of continuous quality improvement. Faculty members from various departments actively participated in the sessions.

Sharpening Minds, Celebrating Knowledge: Oral Medicine and Radiology Day

On April 24, 2025, the Department of Oral Medicine and Radiology celebrated Oral Medicine and Radiology Day with a vibrant quiz competition - Mediquiz 25 for students, designed to enhance their academic engagement and subject knowledge. The event tested students' understanding of diagnostic procedures, clinical reasoning, and recent advancements in the field. It fostered healthy competition, teamwork, and quick thinking among participants. It concluded with the announcement of winners and prize distribution, leaving students motivated and inspired.



Crafting Smarter Questions: Faculty Development Programme on Effective MCQ Preparation

A Faculty Development Programme was conducted on April 25, 2025, at the Orthodontics Seminar Hall, focusing on enhancing skills in effective MCQ preparation. Led by Dr. Aswathi T, Dr. Arun C B, and Dr. Siya K, the session guided faculty through best practices in constructing quality questions, avoiding common errors, and utilizing AI tools for analysis. The program aimed to improve assessment standards through smart evaluation strategies and modern technology integration.

Celebrating Excellence: Dr. Anfiya Nazeer Felicitated for Academic Achievement

On May 2, 2025, Educare Institute of Dental Sciences hosted a grand felicitation ceremony to honor Dr. Anfiya Nazeer for securing the first rank in the university MDS Orthodontics examination. The event was graced by Managing Director Mr. Nasser Kiliyamannil, Principal Dr. K.R. Indushekar, and Head of the Department Dr. Sam Paul. Dr. Anfiya's dedication and academic brilliance were widely applauded, and she was formally presented with a token of appreciation.

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Building Bridges: Parent Orientation and Meeting Strengthens Collaboration for Student Success



On May 2, 2025, the Parent Orientation and Meeting was successfully held at the college auditorium from 10:00 AM to 1:00 PM, uniting parents, faculty, and management. The event began with a warm welcome by Administrative Officer Mr. Abdul Razak P and an inaugural address by Managing Director Sri. Nasser Kiliyamannil. Key insights were shared by Dr. Ajay Kumar Haridas and Dr. Suhas R. Nayak, followed by an engaging session on the "Art of Parenting" led by Mr. Salim Perambra. The orientation featured live interactions where faculty and counselors addressed parents' queries, fostering transparency and trust.

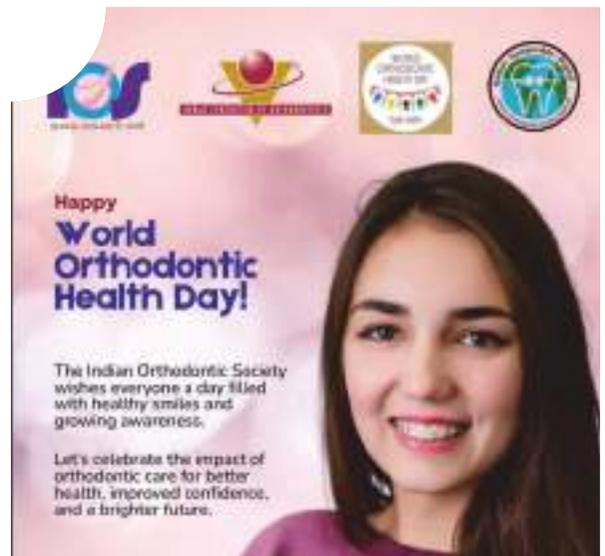


Promoting a Drug-Free Future: Anti-Narcotics Awareness Program

An Anti-Narcotics Awareness Program was held on May 8, 2025, at the Educare Dental College auditorium to promote a drug-free campus environment. The event was inaugurated by Mr. Sunilkumar S, Preventive Officer, Excise Range Office, Perintalmanna, who addressed the pressing issue of drug abuse among youth. Mrs. Najmunnisa, Nodal Preventive Officer, led engaging sessions focused on prevention strategies and awareness. The programme concluded with the Administrative Officer, Mr. Abdul Razak P, presenting a certificate of appreciation, followed by a vote of thanks delivered by Student Counselor, Mrs. Athira Ramesh. The initiative reaffirmed the institution's commitment to fostering a healthy, responsible, and drug-free academic community.

Smiles That Shine: World Orthodontic Health Day Celebrated with Joy

World Orthodontic Health Day was celebrated in the Department of Orthodontics with a cake-cutting ceremony and sweet distribution. As part of the event, a 'Best Smile Competition' was held on May 15 through photo entries. Ms. Nazin A K (2nd year BDS) won in the female category, and Dr. Vishnu Venugopal (PG student, Orthodontics) won in the male category. The official Instagram page of the Department of Orthodontics was launched by Managing Director Mr. Nasser Kiliyammannil, marking a new step in outreach and engagement with students and the wider community.



Strengthening Standards: QAS Documentation Workshop

An insightful session was conducted on May 16 to enhance awareness and understanding of the Quality Assurance System (QAS) documentation among faculty and staff. The workshop emphasized the importance of systematic record-keeping, adherence to accreditation standards, and sustaining institutional quality benchmarks to foster continuous improvement.

Hands-On Learning: Field Visit to Family Health Centre, Kottakkal

The Department of Public Health Dentistry organized a field visit to the Family Health Centre, Kottakkal, on 23rd May 2025 for Final Part I Supplementary students. Guided by Dr. Arun Kumar, HOD, Department of Public Health Dentistry, the students gained hands-on exposure to primary health care, observing outpatient services, immunization clinics, maternal and child health programs, and infection control measures. Dr. Nasheeda K, Medical Officer, and Mr. Saju Kumar, Health Inspector, provided insights into healthcare operations, encouraging students to engage, ask questions, and document their observations for academic study.

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Residentia 2025: Igniting Minds, Inspiring Research

Residentia 2025, conducted at Educare Institute of Dental Sciences on May 30, 2025, was a celebration of academic excellence and innovation in dental research. Postgraduate students from various departments presented their research work, highlighting original ideas, scientific depth, and dedication to evidence-based practice. The event provided an excellent platform for students to articulate their findings and share knowledge, fostering a spirit of inquiry and collaboration. Students were appreciated for their outstanding efforts in research and recognized for their commitment to advancing the field of dentistry.





United for a Cause: Pledge on No Tobacco Day to Promote a Healthier Tomorrow

As part of the No Tobacco Day campaign observed on May 31, faculty members of Educare Institute of Dental Sciences came together to take a pledge against tobacco use. The initiative aimed to promote a healthier lifestyle and raise awareness about the harmful effects of tobacco consumption. This collective effort reflects the institution's ongoing commitment to creating a tobacco-free environment and educating the community on the importance of preventive health practices.

Greening the Future: Educare Celebrates World Environment Day with Sapling Plantation Drive

Educare Institute of Dental Sciences observed World Environment Day with a meaningful initiative of planting saplings across the campus. Faculty, students, and staff came together to reaffirm their commitment to sustainability and environmental stewardship. The event served as a reminder of our shared responsibility in nurturing a greener, healthier planet for future generations.



CLINICOPATHOLOGICAL CONFERENCES



On 24th January 2025, the Department of Oral Pathology held an academic session moderated by Dr. Suhas R. Nayak, featuring a presentation by Dr. Siya K. The event fostered insightful discussions and enhanced the knowledge of attendees in the field of oral pathology.



On 18th March 2025, the Department of Oral and Maxillofacial Surgery conducted a Clinico-Pathological Conference on "Peripheral Ameloblastoma" moderated by Dr. Ajay Kumar Haridas, with Dr. Arun Kumar C.B as the speaker. The event provided an excellent platform for postgraduate students and faculty to engage in interactive learning, enhance clinical skills, and discuss recent advancements in oral and maxillofacial surgery.



On 30th May 2025, a Clinico-Pathological Conference titled "A Diagnostic Odyssey: Unveiling the Mystery of Mandibular Swelling" was presented by Dr. Sheethal and Dr. Fairouz, and moderated by Dr. Asaf. The session provided a comprehensive discussion on clinical presentation, diagnostic challenges, and pathological correlation, enhancing diagnostic acumen among students and faculty.

STAFF *Achievements*



Dr. Sreekanth Puthalath held the position of Co-Convener of the Scientific Committee for the 17th SPIK Annual Conference, SPIKCON 2025, which was held on the 26th and 27th of April 2025 at KMCT Dental College

Dr.Sreekanth Puthalath was the chairperson of the session by Dr.Padma .B. Prabhu(Additional Professor, Ophthalmology , Govt. Medical college, Kozhikode) on the topic 'Getting started with Artificial intelligence in dentistry: Tools and Utilities ' at the 17th SPIK Annual Conference,

Dr. Deepak Thomas was elected as the Secretary of SPIK at the 17th SPIK Annual Conference, SPIKCON 2025, which was held on the 26th and 27th of April 2025 at KMCT Dental College.



Dr. Deepak Thomas was elected as the Secretary and State executive member of IDA Smart City branch, Kochi for the year 2025.

Dr. Deepak Thomas was the chairperson of the session by Dr. G. Karthikeyan (Professor & Head, Academics, Periodontics, Saveetha dental college, Chennai) on the topic 'Occlusion and its role in periodontal management' at the 17th SPIK Annual Conference, SPIKCON 2025, which was held on the 26th and 27th of April 2025 at KMCT Dental College, Kozhikode.



Dr. Deepu Mathews delivered an insightful session on 'Oral health in Geriatrics' on February 16, 2025, as part of an online program conducted by Golden Age Wellness, highlighting practical strategies and the importance of maintaining oral hygiene among the elderly.



Dr. Riswana Khalid has been nominated in the esteemed category of Budding Dentist of the year at the Famdent Excellence in Dentistry Award 2025 conducted on January 18th at Mumbai.

STUDENT *Achievements*



▶ Dr. Safwana P.P secured second prize in the scientific paper presentation (case report category) at the 17th SPIK Annual Conference. The event was held at KMCT Dental College on April 26-27, 2025.



▶ Dr. Anagha Anil secured second prize in the Poster Presentation (Under Review category) at the 17th SPIK Annual Conference held at KMCT Dental College on 26th and 27th April 2025.



▶ Fathima Henna , 13th batch Intern, won the 1st prize in the e-poster competition on the topic "Gum Health and Systemic Diseases", conducted by SPIK as a part of Gum health day 2025.



▶ Fathima Najiya P, a 13th batch intern, won 3rd prize in the e-poster competition on the topic "Gum Health and Systemic Diseases", conducted by SPIK as a part of Gum health day 2025.

ACADEMIC ENGAGEMENTS

Learning and growing through participation.

Publications:



Dr. Safwana P. P, Dr. Deepak Thomas, Dr. Sreekanth Puthalath, Dr. Deepu Mathews, and Dr. Shahna N published a case report titled "Life line for hopeless teeth with combined Endodontic-periodontal lesion using guided tissue regeneration with octacalcium phosphate graft: A case report" in JSPIK, Issue 3, Vol. 16, December 2024.

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Dr. Deepak Thomas, Dr. Siya K, Dr. Shahna N, and Dr. Deepu Mathews published a clinical case report titled "Unveiling the Healing Process in Pyogenic Granuloma" in Smart Dentz, Journal of IDA Smart City, Volume 1, Issue 1.

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Dr. Maria Thomas, Dr. Deepak Thomas, Dr. Sreekanth Puthalath, Dr. Deepu Mathews, and Dr. Shahna N published a review article titled "Basic Understanding on Crown Lengthening – A Review" in Smart Dentz, Journal of IDA Smart City, Volume 1, Issue 1.

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Dr. Asifa, Dr. Sam Paul, Dr. Prince K. Chacko, and Dr. Varun Peter published a clinical case titled M-Spring-Assisted Midline Diastema Correction After Frenectomy in an Adult" in the Journal of Contemporary Clinical Practice (J Contemp Clin Pract. 2025;11(5):118–122).



Dr. Aiswarya, Dr. Sam Paul, Dr. Prince K. Chacko, and Dr. Varun Peter published a cephalometric study titled Angular Relationship Between the Palatal Plane and Anterior Cranial Base in Different Sagittal Skeletal Relationships in North Kerala Population in the International Journal of Research and Analytical Reviews.



Dr. Murshida, Dr. Sam Paul, Dr. Prince K. Chacko, and Dr. Varun Peter published a case report titled M- spring: A Boon to Orthodontist for Midline Diastema Correction in the International Journal of Research and Analytical Reviews.



Dr. Rahul Kappedath Kuttikkottil, Dr. Vipin Chempuzha Krishnadas, and Dr. Tisson Varghese Job published an original research article titled Volumetric Analysis of Different Obturating Techniques Using CBCT: An In-Vivo Study in the Journal of Pharmacy and Bioallied Sciences, March 2025.

CONFERENCES ATTENDED

Dr. Menon Prasad Rajagopal, Dr. Jyothsna M.K, and Dr. Athira, along with postgraduate participants Dr. Ameena A, Dr. Malavika M.S, Dr. Najla C.K, Dr. Varada M, Dr. Hena Jawahar, Dr. Raija Raju, Dr. Roopa Suresh, Dr. Ashok Menon, Dr. Aswathy T.P, and Dr. Yasin Rayan attended the 10th Indian Prosthodontic Society Kerala State Branch Conference, titled Going Digital: Bridging Tradition, was held from May 1–3, 2025, at Mercy Luxury Business Hotel, Kochi. Roopa Suresh, Dr. Ashok Menon, Dr. Aswathy T.P, and Dr. Yasin Rayan attended the 10th Indian Prosthodontic Society Kerala State Branch Conference, titled Going Digital: Bridging Tradition, was held from May 1–3, 2025, at Mercy Luxury Business Hotel, Kochi.

Dr. Safwana P. P, Dr. Lakshmi C, Dr. Anjoom C. T, Dr. Anagha Anil, Dr. Ummu Salma M. T, and Dr. Asha C attended the 17th SPIK Annual Conference (SPIKCON 2025) held at KMCT Dental College on 26th and 27th April 2025. Dr. Anagha Anil, Dr. Ummu Salma M. T, Dr. Ummu Salma P. T, and Dr. Asha C participated in the 23rd ISP PG Convention held at Biswa Bangla Convention Centre, Kolkata on 4th and 5th April 2025. Dr. Ummu Salma P. T and Dr. Asha C also attended the ISP PARICHAY 2025 conference conducted at Mahe Institute of Dental Sciences on 15th and 16th February 2025.

Dr Aswathy T participated as Delegate in the MCQ Workshop for Medical & Dental Sciences Faculty on 28/03/2025 conducted by Academic Staff College, Kerala University of Health Sciences at Govt. Medical College Kozhikode Dr Aswathy T and Dr Riswana Khalid attended CDE on Aligners in Mixed Dentition at Royal Dental College, in association with Association of Pediatric and Preventive Dentists (Kerala) Dr Aswathy T and Dr Riswana Khalid attended CDE on Aligners in Mixed Dentition at Royal Dental College, in association with Association of Pediatric and Preventive Dentists (Kerala)

Dr Surya presented a poster in ISPPD PG Convention Pedosoch February 2025. Dr Surya, Dr Mubeena and Dr Murshida attended PG Orientation programme Luminuos 24 at Amrita School of Dentistry Ernakulam. Dr Surya and Dr Murshida attended a clinical workshop on “The Magic of BioceramicS “at KMCT Dental college, Kozhikode on 11th March 2025. Dr Surya and Dr Murshida attended a clinical workshop on “The Magic of BioceramicS “at KMCT Dental college, Kozhikode on 11th March 2025. Dr Surya and Dr Murshida attended a clinical workshop on “The Magic of BioceramicS “at KMCT

Dr. Manjima S attended the “Grant Writing Workshop for the Faculty of Dental Colleges” organized by KUHS on 21st January 2025. The session focused on enhancing faculty skills in preparing effective research grant proposals and understanding funding processes. Dr. Manjima S attended the Reviewer’s Training Webinar organized by the Indian Academy of Oral Medicine and Radiology (IAOMR) on 27th and 28th February 2025. The program focused on improving peer review skills and enhancing the quality of scientific manuscript evaluations.

Dr. Irshad A, Dr. Aiswarya, Dr. Vishnu Gopal, Dr. Murshida, Dr. Asifa, Dr. Hiba Fathima T.P, Dr. Sajitha, and Dr. Rijin attended Revamp'25 - a one-day symposium organized by the dental education unit of P.S.M College of Dental Science and Research, held at Pearl Regency, Thrissur, on 19 January 2025. Dr. Irshad A and Dr. Aiswarya participated in the 28th IOS national PG students convention 2025, held from 20 to 23 February 2025 at Manav Rachana Dental College, SDS, MRIIRS, Faridabad. Dr. Irshad A, Dr. Aiswarya, Dr. Vishnu Gopal, Dr. Murshida, and Dr. Asifa took part in the A to Z in orthodontics program, conducted from 17 to 20 March 2025 at Al-Saj International Convention Centre, Trivandrum. Dr. Irshad A, Dr. Aiswarya, Dr. Vishnu Gopal, Dr. Murshida, and Dr. Asifa also attended the national integrated orthodontic skill workshop 2025, held from 21 to 23 March 2025 at Vinayaka Mission's Sankarachariyar Dental College, Vinayaka Mission's Research Foundation, Salem.

Dr. Prince K Chacko, Dr. Irshad A, Dr. Aiswarya, Dr. Vishnu Gopal, Dr. Murshida, and Dr. Asifa participated in a session on enhancing clinical efficiency with Damon passive self-ligation and Advansync2 class II corrector, conducted on 24 April 2025 at MAHE Institute of Dental Sciences and Hospital, Mahe, Kerala. Dr. Irshad A, Dr. Aiswarya, Dr. Hiba Fathima T.P, Dr. Sajidha, and Dr. Rijin attended a training on mastering the BaTR bracket system in orthodontics, held in Calicut on 28 April 2025. Dr. Vishnu Gopal, Dr. Asifa, and Dr. Murshida participated in the IOS zonal PG convention 2025 (south zone), held from 23 to 25 May 2025 at SRM Kattankulathur Dental College and Hospital, SRMIST, Chennai.

Dr. Farsana Thasni presented a paper titled “ Comparative Evaluation of Shear Bond Strength of Laser and Bur Assisted Dentinal Adhesion of Various Adhesive Systems: An In Vitro Study” at the 25th IACDE National PG Convention, held in Agra from April 4th to 6th, 2025. Dr. Parvathy VB and Dr. Raseena presented a paper on “Nonsurgical Management of a Large Cystic Lesion and Open Apex Using PRF and Biodentine as Apical Barrier – A Case Report” at the 25th IACDE National PG Convention, held in Agra from April 4th to 6th, 2025. Dr. Shamseena I and Hasna K presented a paper on “Pulpal Biomarkers – A Critical Review” at the same convention. Dr. Fathima Shahana Valiyillath and Dr. Sirajudheen K presented a paper on “Mines of Cytokines: A Treasure Trove in Pulpal and Periapical Diseases” at the event. Their contributions added valuable insights to the convention.

CAMPUS *Spotlight*

SHOWCASING THE VIBRANT LIFE OF OUR CAMPUS.



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 January to June 2025.



TOTAL CAMPUS CONDUCTED: **30**

TOTAL BENEFICIARIES: **1397**



Dr. Vidya Manoharan
Department of Pedodontics
and Preventive Dentistry



GASP during SLEEP OSAS in KIDS

Sleep is considered as a fundamental necessity for a normal development in childhood. Obstructive Sleep Apnea (OSA) in children is characterized by episodic upper airway obstruction that occurs during sleep.

❖ **Prevalence:**

Paediatric Obstructive Sleep Apnea syndrome (OSAS): 3% Approx. in children.

95% of diagnosed is due to complete or partial collapse of the upper airway, resulting in arousal from sleep or 3% or more oxygen desaturation.

❖ **Incidence:**

Peaks between 2 to 8 years of age.

❖ **Aetiology:**

Adenotonsillar hypertrophy is the

most common cause of OSAS in children, and obesity, hypotonic neuromuscular diseases, and craniofacial anomalies are other major risk factors.

The severity can be increased in those with obesity and tobacco exposure.

❖ **The Alarm:**

Untreated paediatric OSAS can result in serious morbidity in neurobehavioral, cardiovascular, and somatic growth and development.

Many studies have shown evidence for clear associations between OSAS and hyperactivity, attention deficit, and other behavioural problems such as social withdrawal or aggression.

❖ **Clinical History:**

Children can present in ways that often differ from the classic adult OSA presentation, most notably resulting in behavioral changes. Parents often endorse a history of snoring, mouth breathing, witnessed apneas, frequent nighttime awakenings, and secondary nocturnal enuresis.

❖ **Clinical Examination:**

On physical examination, may appear tired or fatigued or may exhibit a hyperactive state. An exam may reveal "allergic shiners," swollen nasal mucosa, micrognathia, macroglossia, high arched palate, adenoidal facies, or hypertrophied tonsils. Additionally, hyponasal



hypopneic episodes per hour of sleep. An AHI of 1 or greater is abnormal in children up to 13 years old.

❖ Management:

Mild OSA can be managed with watchful waiting with lifestyle modification, anti-inflammatory medications and close follow-up.

Moderate to severe sleep apnea needs surgery or positive airway therapy. A therapeutic trial of leukotriene inhibitors (montelukast) may be appropriate for pediatric patients who are diagnosed with mild to moderate OSA. Systemic glucocorticoids are not effective in the treatment of pediatric OSA.

However, intranasal steroid treatment for six weeks has been shown to improve the AHI and can also be considered a treatment option for patients with mild to moderate OSA. If there is adenotonsillar hypertrophy, the most effective treatment is adenotonsillectomy (A&T). This is

recommended for most patients with an AHI of more than 9 events/hour and those with mild or moderate disease with significant symptoms.

❖ Other Options:

Continuous positive airway pressure (CPAP) is another potential treatment option. While this is the first-line treatment in adults, there are limitations to the use of PAP in children. Compliance can be difficult for children, and the use of the same mask over time has the potential to change the facial structure.

Orthodontic correction of class II deformities has been shown to be a valuable option and can be performed either through rapid palatal expansion or through oral devices with promote mandibular advancement. Rapid palatal expansion can be an effective measure through widening of the oropharyngeal space, resulting in an increased total nasal volume.

Myofunctional therapy is a new era of study in the treatment of both paediatric and adult OSA. This consists of retraining the muscles of the oral cavity and oropharyngeal structures, as well as proper tongue positioning.

To Conclude, Paediatric OSAS has been commonly overlooked and underdiagnosed by both parents and clinician until now. Patient populations that are at a higher risk of having OSA have an increased risk of neurocognitive disability later in life compared to their peers if OSA is left untreated. If identified and managed promptly, patients will not suffer long-term consequences or complications of paediatric OSA.



 **Dr. Sheela Poojary**
MDS- Oral Pathology & Microbiology



Demystifying Research: From Curiosity to Contribution

Many undergraduate students think research is solely for postgraduates or professionals. But in reality, research, no matter how small, can help shape a student's journey. Research is not just meant for students with good grades. It is meant for all those students with a question in their mind, a willingness to learn and a desire to explore.

So where do you begin?

The first step in research is curiosity. Often, it starts with a question you might come across during your clinical hours or classroom learning. That question can spark an idea worth exploring.

The next step is choosing a research topic. It is not rocket science; choose something that relates to your academic level or subject of interest. Ask yourself: What type of study would I enjoy? It could be an observational study, a clinical study or an experimental study on samples. Choose what excites you the most.

The next step is to check the feasibility of your study. Do you have enough participants? Does your study need larger funding?

Do you have the required materials and equipment for your study? Can the project be completed within the given timeframe? All these questions will help you avoid road-blocks later.

Do a quick search on platforms like PubMed and Google Scholar to see if your idea has already been studied before. Has the topic been explored before? Can you modify the study for a better impact? Discuss your concept with your guide. They can help you shape it better. It always saves time and effort in the long run.

From gathering data to writing your final report, the research journey demands dedication and personal growth. But it is more than just academic learning. Research teaches you resilience, teamwork, confidence and the ability to persevere through setbacks. No research is small or unimportant. The time and effort it takes deserves recognition, not judgement.

Whether you're just starting or already midway, what truly counts is your intent and consistency. You don't need to have everything figured out at the outset. What fuels research is a sense of curiosity and a commitment to the process. Fortunately, you are in the right institution, one that values sincerity over noise and offers a bias-free environment for dedicated learners to thrive. With these in place, guidance, mentorship, and learning will follow naturally as you progress.

Like any meaningful journey, there will be challenges along the way. When that happens, don't get discouraged. Let your work speak for you. Staying committed and consistent makes a lasting difference. As the saying goes: You don't have to be great to start, but you have to start to be great.





RAMYA.V.P
Department of Microbiology



THE DYNAMIC INTERACTION BETWEEN CANCER AND THE IMMUNE SYSTEM

While the immune system can destroy malignant cells and inhibit tumour development, it can also promote tumour growth by selecting immune-resistant cancer cell variants and creating conditions favourable to tumour progression. Conventional treatments like surgery, chemotherapy, and radiation often fail to eliminate all cancer cells and may weaken the immune system further, reducing its ability to control the disease. Cancer can thus be seen both as a cause and a result of immune system malfunction.

Inflammatory cells play a crucial role in cancer progression. During early tumour development, cytotoxic immune cells eliminate highly immunogenic cancer cells, allowing less detectable variants to survive. Over time, immune cells like tumour-associated macrophages (TAMs), neutrophils (TANs), and dendritic cells

contribute to cancer proliferation through angiogenesis, tissue remodeling, and immune suppression. These cells release factors such as cytokines and matrix-degrading enzymes, creating an environment that supports tumour growth, invasion, and metastasis.

A key immunosuppressive mechanism in cancer involves the enzyme IDO (indoleamine 2,3-dioxygenase). Produced by certain immune cells, IDO depletes tryptophan and creates immunosuppressive metabolites that weaken T-cell responses. This enzyme not only suppresses immune surveillance but is also linked to the inactivation of tumour suppressor genes like Bin1. By promoting T-cell anergy and apoptosis, IDO supports tumour escape and metastatic spread, making it a critical target in immuno-oncology research.

Despite these challenges, the immune system remains a powerful defence against cancer. Immune surveillance involves continuous monitoring of cells for abnormalities. Receptors like NKG2D on NK cells and T cells detect and help destroy precancerous cells. Harnessing this ability, immunotherapy has emerged as a promising treatment. Strategies include monoclonal antibodies, cancer vaccines, cytokines, and CAR T-cell therapy—all designed to boost or guide the immune system to recognize and eliminate cancer more effectively.





Frames & Footnotes: Visual Narratives by *Dr. Sreekanth Puthalath*





 Fathima Zuhra
Librarian

നമ്മുടെ ലൈബ്രറി

രണ്ടു നിലകളിലായി 400 ലധികം വായനക്കാർക്ക് ഒരേസമയം ഇരുന്ന് വായിക്കാനുള്ള അതിവിശാലമായ ഒരു ലൈബ്രറിയാണ് educare ലൈബ്രറി. വായനക്കാരുടെ അറിവ് വികസിപ്പിക്കുക എന്ന ഒരു ലക്ഷ്യത്തോടെയാണ് ഇത് നിർമ്മിച്ചിട്ടുള്ളത്. അതുകൊണ്ട് തന്നെ ഓരോ ദിവസവും ധാരാളം വായനക്കാർ ഈ ലൈബ്രറിയിൽ വന്നുപോവുന്നു. ഓരോ വായനക്കാർക്കും അവരുടെ പഠനത്തിന് ആവശ്യമായ സൗകര്യങ്ങൾ ഏർപ്പെടുത്തിയിട്ടുണ്ട്.

അതിൽ ഏറ്റവും പ്രധാനപ്പെട്ടത് ദേശീയ അന്തർദേശീയ ടെക്സ്റ്റ്ബുക്കുകളാണ്. ഹാർഡ് കോപ്പിക് പുറമെ സോഫ്റ്റ് കോപ്പികളും സിഡി കളക്ഷനുകളും ഓൺലൈൻ സൗകര്യങ്ങളും ഏർപ്പെടുത്തിയിട്ടുണ്ട്. അതുപോലെതന്നെ കോളേജ് നടത്തിവരുന്ന ചോദ്യ പേപ്പറുകൾ കൂടാതെ യൂണിവേഴ്സിറ്റി നടത്തിവരുന്ന ചോദ്യ പേപ്പ

റുകൾ എല്ലാം ലൈബ്രറി ശേഖരിച്ചു വെക്കുന്നതിലൂടെ വായനക്കാരുടെ ഉയർച്ചയെയും വളർച്ചയെയും വളരെയധികം സഹായിക്കുന്നു.

അതുപോലെ ലൈബ്രറിയിൽ dissertations, synopsis database. E-Books. E- Journals. Online സൗകര്യങ്ങൾ എന്നിവ പിജി സ്റ്റുഡന്റ്സിനെയും ഫാക്കൾട്ടി മെമ്പേഴ്സിനെയും ഉപകാരപ്പെടുത്തുന്ന രീതിയിൽ നമ്മുടെ ലൈബ്രറി സൗകര്യം ഏർപ്പെടുത്തിയിട്ടുണ്ട്. കൂടാതെ റഫറൻസ് പുസ്തകങ്ങളും, news papers, dental magazines, health magazines, newsletters എ

ന്നിവ ലൈബ്രറിയിൽ ഡിസ്പ്ലേ ചെയ്തിരിക്കുന്നു.. അത് വായിക്കുന്നതിലൂടെ ധാരാളം പുതിയ അറിവുകൾ വികസിപ്പിച്ചെടുക്കാൻ വായനക്കാർക്ക് സാധിക്കുന്നു.

അന്തർദേശീയ തലത്തിൽ വളരെയധികം ഗുണനിലവാരമുള്ള ഒരു സോഫ്റ്റ്വെയർ തന്നെയാണ് നമ്മുടെ ലൈബ്രറിക്കുള്ളത്. അത് നമ്മുടെ ലൈബ്രറിയുടെ സെർക്യൂലേഷൻ വളരെ എളുപ്പമാക്കാൻ സഹായിക്കുന്നു.. കൂടാതെ ലൈബ്രറി മെമ്പർഷിപ്പിന് ഏറ്റവും സൗകര്യവും ഉപകാരവും ആയി അത് കണക്കാക്കുന്നു.

കൂടാതെ ലൈബ്രറി വിസിറ്റിംഗ് റിപ്പോർട്ടുകൾ എളുപ്പമാകുന്നതിനു വേണ്ടി നമ്മുടെ ലൈബ്രറിയിൽ ബാർകോഡ് സെറ്റ് ചെയ്ത ഐഡി കാർഡുകൾ ഉപയോഗിച്ചുകൊണ്ടാണ് ഓരോ വായനക്കാരും ലൈബ്രറിയിലേക്ക് പ്രവേശിക്കുന്നത്. ഭാവിയിൽ ഇനിയും ധാരാളം സൗകര്യങ്ങളോടുകൂടിയ ഒരു ലൈബ്രറി ആയി മാറട്ടെ നമ്മുടെ educare ലൈബ്രറി...



Tooth or Dare?

A Silly Dental Quiz

1. Why did the dentist plant floss in his garden?

- A) He heard it was mint to grow
- B) He wanted to extract roots
- C) He thought plaque grows like weeds
- D) He misunderstood what a "floss-ophy" degree was

2. What do you call a tooth that lies?

- A) A de-cay-ful one
- B) A moliar
- C) A fibrous incisor
- D) A bicuspidious liar



3. Why did the toothbrush break up with the toothpaste?

- A) It got too clingy
- B) It couldn't handle the pressure
- C) It was tired of the same old routine
- D) It caught it brushing with someone else

4. What's the most rebellious dental instrument?

- A) The scaler - always crossing the line
- B) The explorer - never stays in bounds
- C) The suction - just sucks at everything
- D) The mouth mirror - reflects too much on life

5. Why don't molars gossip?

- A) They're grounded in their roots
- B) They're all talk and no bite
- C) They keep things on the down occlusion
- D) They don't want to be plaque-listed

6. What's a dentist's spirit animal?

- A) A molar bear
- B) A floss-pher ant
- C) A plaque-to-pus
- D) A tooth fairy with clinical attachments

7. Why did the cavity go to therapy?

- A) It was feeling hollow
- B) It had abandonment issues from fluoride
- C) It wanted to fill the emptiness
- D) The dentist ghosted it

8. What does the floss say after a night out?

- A) "I'm totally unraveling."
- B) "That was minty fresh chaos."
- C) "I tied one on... literally."
- D) "I'm in between things right now."

9. What did the dentist say to the donut

- A) "You're full of holes and empty promises."
- B) "You need a filling."
- C) "We can't sugarcoat this anymore."
- D) "You're why I'm in this profession."

10. What happens when you mix laughing gas with a joke ?

- A) You get a numb chuckle
- B) The punchline gets extracted
- C) It becomes hilariously painless
- D) The whole operatory cracks up

ANSWER KEY

- 1, worg ot tnm saw ti draeh eH
- 2, railom A
- 3, esle enoyemos htiw gnihsut ti thgauc tl
- 4, gnihtyreve ta skcus tsuj - noitcus ehT
- 5, detsil-euqalp eb ot tnaw t'nod yehT
- 6, raeb ralom A
- 7, ssenitpme eht lliF ot detnaw tl
- 8, ".gnilevarnu yllatot m'I"
- 9, ".gnillif a deen uoY"
- 10, pu skcarc yrotarepo elohw ehT



 Dr. Deepu Mathews
Panickal



THE GREATEST MOVIE OF ALL TIME

The Shawshank Redemption is often called the greatest movie of all time. The movie has an Internet Movie Database rating of 9.3/10 with over 3.1 million votes, the highest for any film since the last 17 years. It tells a powerful story of hope, justice, and never giving up. The main character, Andy Dufresne, is wrongly sent to prison for murder. Inside Shawshank, he faces cruelty, abuse, and a corrupt warden who uses Andy's skills for illegal work. But Andy stays strong and smart, never losing hope.

One of its most important messages is that no corrupt system lasts forever. Andy works quietly for years, pretending to follow the rules while secretly planning his escape. He uses his intelligence and patience to expose the warden's crimes. In the end, the same system that tried to crush him falls apart. Justice may take time, but it always arrives.



The film also shows the power of hope. Andy never gives up, even when everything seems hopeless. His famous line, Get busy living or get busy dying, reminds us that no matter how bad life gets, we always have a choice. His belief in hope changes his friend Red, who once thought hope was dangerous but later finds freedom because of it.

Why is The Shawshank Redemption considered the best? It has an amazing story, unforgettable characters, deep emotions, and brilliant acting. The film's beautiful music, storytelling, and inspiring message make it unforgettable. It's not just a prison story-it's a story about life, hope, and never giving up.

“Hope is a good thing, maybe the best of things-and no good thing ever dies”.



HALL OF FAME:

Recognizing Academic Achievers



Congratulations!



DR. ANFIYA NAZEER

On achieving Distinction in MDS Part II Exam (Orthodontical) December 2024. Congratulations to all our Postgraduate students for their marvelous achievement.



Congratulations
On Your Outstanding Achievement in MDS NEET Examination

 Dr. Arathy K RANK 127	 Dr. Ramshida RANK 225	 Dr. Nicky Susan RANK 466
 Dr. Greeshma Suresh RANK 135	 Dr. Nourmy Noushad RANK 831	



CONGRATULATIONS



Ms. Karthika Suresh
(House surgeon)

For Securing TOPPER at All India Level BDS final year Exam 2023-24 in the Specialty of PUBLIC HEALTH DENTISTRY.



Congratulations!

 NAZNIN A K *****	 SUMANA SHIRIN *****
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DISTINCTION HOLDERS
Your hard work and dedication have truly paid off. We're proud of your success.



Congratulations!



JOBIKA JOBOY

On achieving Distinction in Final BDS Part I University Examination held in Jan 2025.

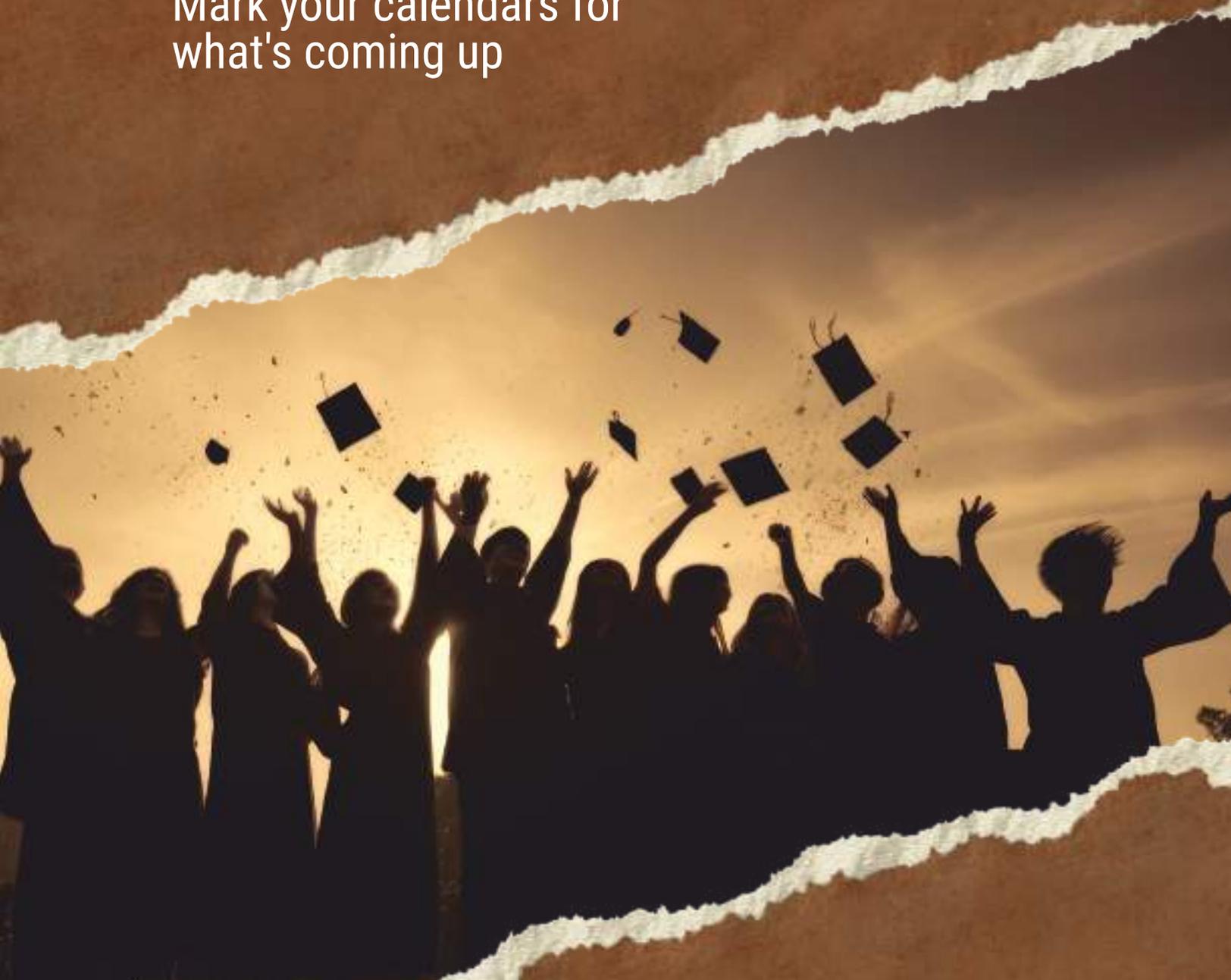
Alumni Column: Voices Beyond the Campus

The 2008 batch of Educare Institute of Dental Sciences reunited for a nostalgic celebration that brought back the spirit of their college days. The event was filled with warm hugs, shared laughter, and heartfelt conversations that bridged the years gone by. From revisiting old classrooms to clicking group photos and recounting unforgettable moments, the reunion served as a beautiful reminder of how far they've come and how strong the roots remain. It was more than just a gathering; it was a celebration of friendship, growth, and the everlasting connection to their alma mater.



UPCOMING EVENTS:

Mark your calendars for
what's coming up



Convocation

Sep 2025

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

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