

# SDC BULLETIN

Volume 11 Issue 1  
January 2021



An Initiative of NAAC-IQAC  
Saraswati Dental College, Lucknow



## Events

- ◆ 5<sup>th</sup> September - Celebrated Teacher's Day
- ◆ 8<sup>th</sup> September - 2nd Lt. Col. T.S. Mathur Oration in Prosthodontics
- ◆ 17<sup>th</sup> September - Celebration of Vishkarma Jayanti
- ◆ 21<sup>st</sup> September - Webinar on "Impact of Covid19 on Healthcare Worker"
- ◆ 29<sup>th</sup> September - Webinar on "Intellectual Property Rights"
- ◆ 30<sup>th</sup> September - Webinar on "Oral Surgical Complications in Dental Practice"
- ◆ 1<sup>st</sup> October - Faculty Development Program
- ◆ 2<sup>nd</sup> - 8<sup>th</sup> October - Celebrated Daan Utsav
- ◆ 5<sup>th</sup> October - Online Orthodontics Awareness Program
- ◆ 16<sup>th</sup> October - Webinar on "Oral Medicine, Diagnosis & Radiology"
- ◆ 3<sup>rd</sup> November - Faculty Development Program
- ◆ 7<sup>th</sup> November - Celebrated National Tooth Brushing Day
- ◆ 8<sup>th</sup> November - Celebrated International Day of Radiology
- ◆ 9<sup>th</sup> November - Faculty Development Program
- ◆ 10<sup>th</sup> November - CDE on "Legal Aspect in Dental Practice & Consumer Protection Act"
- ◆ 14<sup>th</sup> November - Founder's Day Celebration
- ◆ 1<sup>st</sup> December - Celebrated World Aids Day & Communal Harmony
- ◆ 7<sup>th</sup> December - MoU with CSIR-NBRI for Collaborative Academic Research & Development
- ◆ 17<sup>th</sup> December - Inspirational Invigoration Talk on "Sagar se Sagarmantha"
- ◆ 19<sup>th</sup> December - Unnat Bharat Abhiyan
- ◆ 23<sup>rd</sup> December - Personality Development Program

On 5<sup>th</sup> of September the **TEACHER'S DAY CELEBRATION** was celebrated virtually by Saraswati Dental College in zoom meeting it was indeed a very interactive and heart whelming experience.

**HAPPY Teacher's DAY**

*"Better than a thousand days of diligent study is one day with a great teacher"*

*We, the students and alumni of Saraswati Dental College would like to cordially invite, the foundation and pillars of our knowledge- our respected management and beloved teachers to kindly join us for a 'virtual' teacher's day celebration and allow us to express our gratitude.*

Zoom Meeting ID 3143169122    Date- 05-09-2020  
Password- SDC2020    Time- 12:00pm



**SARASWATI DENTAL COLLEGE**

LUCKNOW | NAAC 'A' ACCREDITED

2<sup>nd</sup> LT. COL T.S. MATHUR ORATION IN PROSTHODONTICS

Organized by

Department of Continuing Dental Education  
In collaboration with Department of Prosthodontics

**"IMPACT OF ACADEMICS & RESEARCH ON CLINICAL PRACTICE"**



External Resource Person:

Dr Himanshu Aeran  
Director ,Principal,  
Professor & Head,  
Department of Prosthodontics & Oral Implantology,  
Seema Dental College & Hospital , Rishikesh.



Date: 08/09/2020  
Day : Tuesday  
Time: 11:00 AM



Join live on : Google Meet:  
Link: <https://meet.google.com/fnq-bwr-mdj>  
Code: fnq-bwr-mdj



Lt Col T.S. Mathur  
14th Nov. 1942 - 28th Jan. 2016

On 8<sup>th</sup> of September virtually on zoom meeting 2<sup>nd</sup> LT. Col T.S. Mathur Oration in Prosthodontics organised by Department of Continuing Dental Education in collaboration with Department of Prosthodontics on **"IMPACT OF ACADEMIC AND RESEARCH ON CLINICAL PRACTICE."**

On 17<sup>th</sup> September The Department of Oral Medicine and Radiology **"CELEBRATED VISHWAKARMA JYANTI."** It is a day of celebration of God Vishwakarma. We pray for a better future, safe working conditions and, above all, success in our respective fields. This day was celebrated by the department of Oral and Maxillofacial Surgery.





## SARASWATI DENTAL COLLEGE

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### FACULTY DEVELOPMENT PROGRAM

On

### “NATIONAL EDUCATION POLICY 2020”

Organized by

Department of Public Health Dentistry

With Unnat Bharat Abhiyan

Under the aegis of

Department of Continuing Dental Education



#### Resource Person:

Dr. Pallavi Singh  
B.D.S, M.D.S.  
Reader,  
Dept of Public Health Dentistry  
Principal Coordinator, for UBA  
Saraswati Dental College,  
Lucknow.

With National Education Policy 2020, we look forward to nurture students who are involved with National pride as well as sense of global well being & can truly become a global citizens. Through this faculty development program, the faculty will be sensitized on various provision of National Education Policy 2020.



Date: 21/09/2020  
Day : Monday  
Time: 11:00 AM



Webinar: [www.zoom.us](http://www.zoom.us)  
Meeting ID: 4691017123  
Password: SDC2020



## SARASWATI DENTAL COLLEGE

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### FACULTY DEVELOPMENT PROGRAM

On

### “INTELLECTUAL PROPERTY RIGHTS”

Organized by

Department of Prosthodontics

Under the aegis of

Department of Continuing Dental Education



#### External Resource Person:

Mr. Kalyan Santra  
Patents Lawyer,  
Chinsura, West Bengal.  
To be presented by:  
Dr.(Prof.) Arvind Tripathi  
HOD, Dept of Prosthodontics.  
Dean P.G. Studies & Research.  
SDC, Lucknow.

A creation, innovation or design borne out of individual or group intellect is in effect a property of that individual or group of individuals who possess the rights of ownership to such a product of intellect, protected by law. Any infringement of this ownership by any other individual or group is construed as a theft of intellectual property or plagiarism and is punishable by law. The content of this presentation will help you know a brief description of what is a patent, what can be patented in India etc.



Date: 29/09/2020  
Day : Tuesday  
Time: 1:00 PM



Webinar: [www.zoom.us](http://www.zoom.us)  
Meeting ID: 5929321700  
Password: SDC2020



## SARASWATI DENTAL COLLEGE

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क.रा.बी.नि.  
E.S.I.C.

### WEBINAR

On

### “Oral Surgical Complications in Dental Practice”

Organized by

Department of Oral & Maxillofacial Surgery

Under the aegis of

Department of Continuing Dental Education



#### Resource Person:

Dr Dharendra Srivastava  
B.D.S, M.D.S  
K.G.M.U, Lucknow .  
MOMS RCPS 2000 Royal college  
of Physicians and Surgeons of  
Glasgow, Fellow Indian Board  
of Oral and maxillofacial Surgery  
Ex Dean, Acharya, Oral and  
Maxillofacial Surgery, ESIC Dental  
College and Hospital, New Delhi.

Unexpected complications can occur either during the intraoperative or postoperative phase of any surgical procedure. The incidence of complications reported in literature range from 1-30.9%. However, complications can be managed or reduced by meticulous pre-operative assessment, treatment, planning, post operative care and early recognition will allow for timely provisions of appropriate and targeted therapy. This lecture will be helpful in understanding ways of prevention and management of oral surgical complications.



Date: 30/09/2020  
Day : Wednesday  
Time: 11:00 AM



Webinar: [www.zoom.us](http://www.zoom.us)  
Meeting ID: 5929321700  
Password: SDC2020



## SARASWATI DENTAL COLLEGE

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### FACULTY DEVELOPMENT PROGRAM

On

### “SELFCARE & MINDFULNESS PRACTICE FOR PROFESSIONALS”

Organized by

Department of Oral Pathology

Under the aegis of

Department of Continuing Dental Education



#### External Resource Person:

Dr. Rachita Sharma,  
PhD, LPC-S, CRC  
Assistant Clinical Professor and  
Clinical Director, Department of  
Rehabilitation and Health  
Services.  
University of North Texas,  
Denton..

This presentation will be on Self-Care, especially as it pertains to the Covid 19 pandemic and will cover the objectives like -

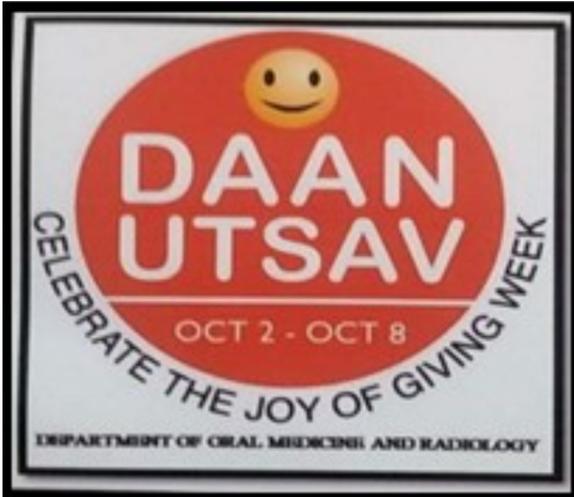
How to recognize signs of burnout in professional settings,  
Introduction to the value of self-care and different ways of building intentional self-care practice,  
Introduction to Mindfulness practice and its benefits, which will help faculty and students to cope from current situation.



Date: 01/10/2020  
Day : Thursday  
Time: 09:30 AM



Webinar: [www.zoom.us](http://www.zoom.us)  
Meeting ID: 5929321700  
Password: SDC2020



“DAAN UTSAV” formerly known as the “JOY OF GIVING” which is celebrated entire week every year covering Gandhi Jayanti by engaging people through the act of giving – money, time, resources and skills. The department of Oral Medicine and Radiology celebrated the entire week from 2nd to 8th October 2020 by giving items of utility (clothes, utensils, and money) to the people in need.



## SARASWATI DENTAL COLLEGE

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### WEBINAR

On

**“Oral Medicine, Diagnosis and Radiology - Shattering The Myth”**

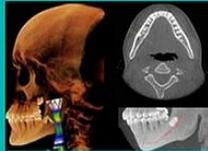
*Organized by*

**Department of Oral Medicine & Radiology**

**“Elevating People Is Our Tradition”**

*Under the aegis of*

**Department of Continuing Dental Education**





**External Resource Person:** Dr. Shweta Pandit, B.D.S, M.D.S (Oral Medicine & Radiology) Batch 2013-14 SDC, Lucknow  
Orofit Dental Expert Nashik  
Tobacco Cessation Expert (IDA)  
Certification in CBCT (IDA)

Oral Medicine & Radiology (OMDR), a branch that is actually a Gateway to Dentistry. This subject is an interesting amalgamation of two gripping branches, Medicine and Radiology, which are actually whole in itself. So, about OMDR what you know is just the "tip of an iceberg". A well curated discipline, forming the understructure and generating the substructure of dental practice is needed to be unveiled. This session is to widen your arena of understanding and to gauge your ideas about the subject.



**Date:** 16/10/2020  
**Day :** Friday  
**Time:** 02:00 PM



**Webinar:** [www.zoom.us](http://www.zoom.us)  
**Meeting ID:** 5929321700  
**Password:** SDC2020



**SARASWATI DENTAL COLLEGE**  
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**FACULTY DEVELOPMENT PROGRAM**  
On  
*"Soft tissue lasers to enhance your day to day practice"*  
Organized by  
Saraswati Dental College Alumni Association  
Under the aegis of  
Department of Continuing Dental Education

**External Resource Person:**  
Dr Shweta Mathur Lal  
BDS (Batch 1998-99) SDC,  
Lucknow  
Associate Fellowship in Laser  
Dentistry, World Clinical Laser  
Institute, USA.  
Consultant at Apollo Hospitals,  
Noida, U.P., India.

Lasers in dentistry is one of the latest innovations that we need to incorporate in daily dental practice. Lasers reduce surgical insult and thereby render a boom in your patient base and clinical remuneration. This presentation is a bank of my personal cases, just to assert: Lasers is a dentist's best friend, let's find out how, in this session.

 **Date:** 03/11/2020  
**Day :** Tuesday  
**Time:** 10:30 AM

 **Webinar:** www.zoom.us  
**Meeting ID:** 5929321700  
**Password:** SDC2020



**SARASWATI DENTAL COLLEGE**  
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**FACULTY DEVELOPMENT PROGRAM**  
On  
**"Understanding Occlusion: The Easy Way !!!"**  
Organized by  
Saraswati Dental College Alumni Association  
Under the aegis of  
Department of Continuing Dental Education

**External Resource Person:**  
Dr. Ajit Vikram Parihar  
Professor at Faculty of Dental  
Sciences, IMS, BHU, Varanasi.  
B.D.S. (Batch 1998-99)  
Saraswati Dental College,  
Lucknow .  
M.D.S. , G.D.C, Ahmedabad.  
Ph.D. BHU, Varanasi  
India.

Majority of our colleagues leave dental school with lots of fear and confusion regarding Occlusion, so the knowledge they gain there is either very superficial or insufficient to be applied clinically. In this interactive session we would try to understand the basics of occlusion important to us clinically and how they can be incorporated in our daily practice. This will include The initial occlusion checkup: The Dawson Hold, Locating the Hinge, Face Bow Transfer, Recording Centric, checking for interference, Occlusal Adjustments.

 **Date :** 09/11/2020  
**Day :** Monday  
**Time:** 11:30 AM

 **Webinar:** www.zoom.us  
**Meeting ID:** 5929321700  
**Password:** SDC2020



**SARASWATI DENTAL COLLEGE**

*Celebrates*

**It's "22<sup>nd</sup> Founders Day" on 14<sup>th</sup> November, 2020  
In the Loving Memory of its  
Beloved Founder Chairman  
Late Col. (Dr.) T.S. Mathur**



**With a Declaration on  
"Role of Defence Services in Motivating Youth"  
with Lt. Gen. (Retd.) Vimal Arora  
PSVM, AVSM, VSM as Chief Guest**

233, Tiwari Ganj, Faizabad Road, Lucknow.  
Website - sdcindia.ac.in  
Phone No.: 9795500444, 9889195610, 9889474907, 8189063699

On 14th of November Saraswati Dental College celebrated its **"22nd FOUNDERS DAY"** the loving memory of its beloved Founder Chairman Late Col (Dr) T.S Mathur with a declamation on **"Role of Defence Service in Motivating Youth."**



**SARASWATI DENTAL COLLEGE**  
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**PROFESSIONAL SKILL ENHANCEMENT PROGRAMME**

Organized by  
**Alumni Association of Saraswati Dental College**  
Under the aegis of  
**Department of Continuing Dental Education**

**"Ridge Split Techniques"**

External Resource Person:

**DR. VIKRANT JAIN**  
B.D.S. (Batch 2000-2004) SDC, Lko  
Masters & Fellow ICDI (USA)  
Currently working as Consultant Implantologist. He has been extensively trained nationally and internationally on various dental implant procedures and has acquired excellence in the field of implantology. He has conducted various hands on courses and live surgical interactive teaching at various dental practices & Conferences.

Ridge split procedure is used in day to day Implant practice. This technique is easy to do with little training and can work wonders in cases with deficient bone width. A surgeon divides the bone into two vertical halves using the elasticity of the bone to create enough space so that implant(s) can be easily placed in between them thus providing adequate bone all around the implant.



Date: 04/12/2020  
Day : Friday  
Time: 10:30 AM



Webinar: [www.zoom.us](http://www.zoom.us)  
Meeting ID: 5929321700  
Password: SDC2020



**SARASWATI DENTAL COLLEGE, LUCKNOW**  
NAAC 'A' ACCREDITED



**GUEST LECTURE**  
Organized by  
**DEPARTMENT OF PUBLIC HEALTH DENTISTRY & SARASWATI HOSPITAL & RESEARCH CENTRE**  
Observes  
**WORLD AIDS DAY**  
**'ENDING THE HIV/AIDS EPIDEMIC THROUGH RESILIENCE & IMPACT'**



**Resource Person:**  
**Dr (Prof) KL Dange**  
Head & Professor  
Dept. of Physiology



Date: 1<sup>st</sup> December 2020  
Day: Tuesday  
Time: 10:00am- 11:00am  
Venue: LT-1, SDC



Take the Lead & Pledge  
your Support for  
**World AIDS Day,**  
December 1<sup>st</sup>,  
Stand up. (Make a difference)



On 7th of December A **"MEMORANDUM OF UNDERSTANDING"** was signed between CSIR-NBRI, Lucknow and Saraswati Dental College, Lucknow to have collaborative academic development program, intellectual property rights and financial arrangements for various research areas of mutual interest.



On 14th December Saraswati Dental College Lucknow with Department of Public Health dentistry “UNNAT BHARAT ABHIYAN” National Service Scheme and awareness program on covid-19 and its prevention was organised in Panchayat Bhawan of village Sarthara. Distribution of mouth mask sanitizer and toothpaste was done in general population.

**SARASWATI DENTAL COLLEGE**  
LUCKNOW | NAAC 'A' ACCREDITED

**INSPIRATIONAL INVIGORATING TALK**  
*Under the*  
**LIGHT HOUSE SERIES**  
on  
**“SAGAR SE SAGARMATHA”**  
*Organized by*  
**Internal Quality Assurance Cell**

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**Resource Person:**  
Cdr. Abhishek Kankan, NM (Gallantry)  
An alumni of IIM Indore; Defence Services Staff College (DSSC), Wellington; Naval College of Engineering, Lonavla and Rashtriya Indian Military College (RIMC), Dehradun. A Mechanical engineer with Masters in Defence & Strategy and MBA, he has done an executive program in Project Execution from Cranfield School of Management, UK.

The talk on “Sagar se Sagarmatha” promises to take you through a unique experience from bode of Dolphins to the land of Yeti where the speaker endeavored to overcome unfathomable situations in the face of extreme challenges, ‘Dead Zone’, hostile terrain, unforeseen dangers, and dynamically changing scenarios etc. The speaker will share aspects concerning, death phobia, human behavior, decision making, mind control, anoxia, resilient leadership under difficult conditions. With breathtaking pictures, candid videos and straight from the heart sharing, of a lifetime experience.

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**Date:** 17/12/2020  
**Day :** Thursday  
**Time:** 11:00 AM

**Webinar:** [www.zoom.us](http://www.zoom.us)  
**Meeting ID:** 5929321700  
**Password:** SDC2020

**Webinar:** [www.zoom.us](http://www.zoom.us)  
**Meeting ID:** 5929321700  
**Password:** SDC2020

**SARASWATI DENTAL COLLEGE**  
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**Personality Development Programme**  
on  
**“Managing Anxiety in Dental Office”**  
*Organized by*  
**Alumni Association of Saraswati Dental College**  
*Under the aegis of*  
**Department of Continuing Dental Education**

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**External Resource Person:**  
Dr. Meepha Mathur  
(B.D.S. Batch 2000-2006)  
Masters of Arts in Counseling Psychology, 2011  
Business Owner,  
Psychotherapist and Life Coach.  
Concord, U.S.A.

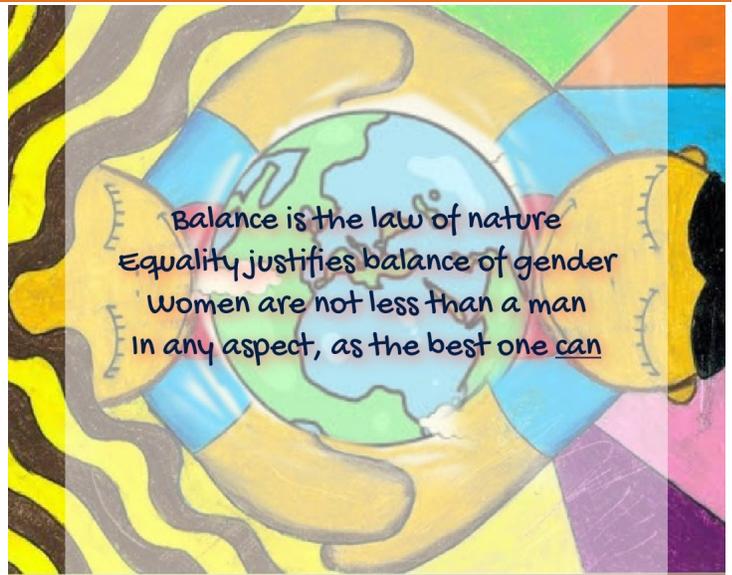
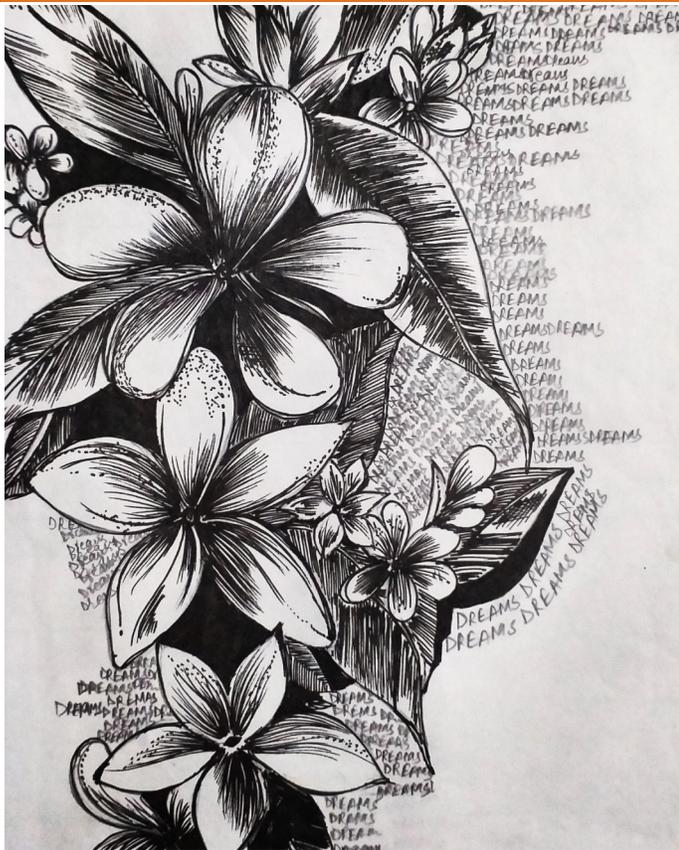
One of the best things a Doctor can do for their patients is to make them feel at calm and that too when the patient are experiencing dental pain. When you see a patient for the first time, it is at that moment that they are deciding if they want to continue seeing you as their dentist or not. Today's session will talk about Dental Anxiety and how you can manage it when your patients experience it in the dental chair. It is also important to note that a patient's experience in your clinic relates to word of mouth advertising. This session will also focus on some key parameters that you can use to increase patient retentions by connecting with them on a psychological level.

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**Date:** 23/12/2020  
**Day :** Wednesday  
**Time:** 10:00 AM

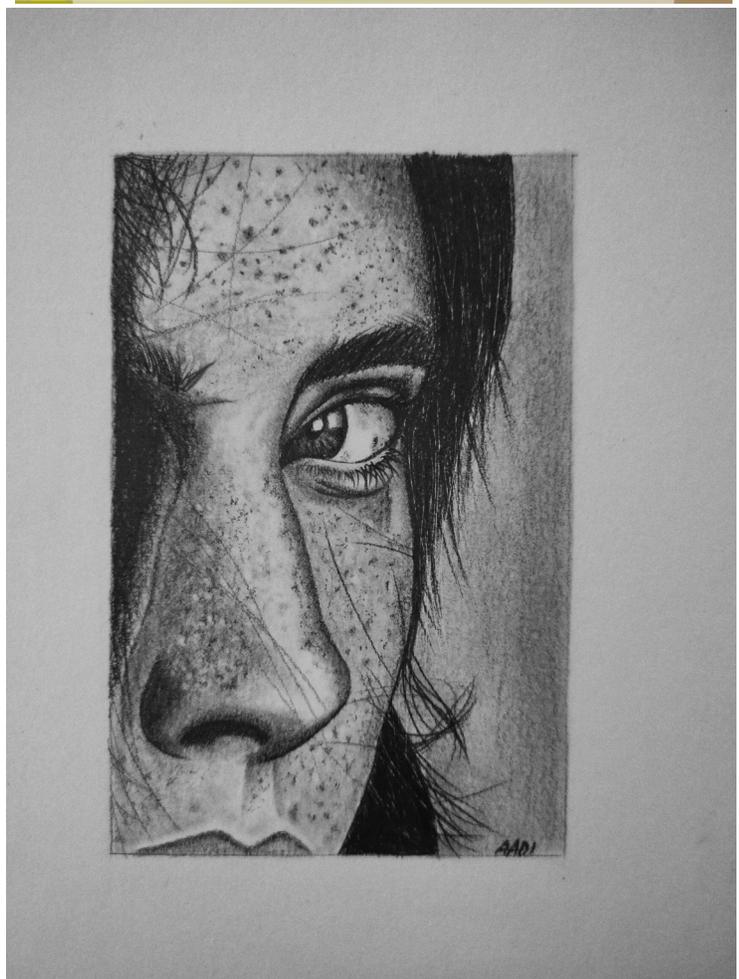
**Webinar:** [www.zoom.us](http://www.zoom.us)  
**Meeting ID:** 5929321700  
**Password:** SDC2020

**Webinar:** [www.zoom.us](http://www.zoom.us)  
**Meeting ID:** 5929321700  
**Password:** SDC2020



Balance is the law of nature  
 Equality justifies balance of gender  
 Women are not less than a man  
 In any aspect, as the best one can

We spend third of our lives asleep, there's a lot of time spent dreaming, reflecting on our waking life! We don't create any of the images we see in our dreams. Every face that we see, every building or landscape is something that we have seen before, even if everything is a bit out of context! If we are dreaming of flowers, we are most likely in a happy place, which is full of nature and all of the most beautiful things in life. So, if we are in a dream and there are flowers all around, we are probably pretty content in our lives, where we don't have troubles, more positive thoughts running through our minds. After all flowers are beautiful.



**Faculty Members**

- Dr. K.N. Dubey : *Editor-in-Chief*
- Dr. Saumya Navit : *Managing Editor*
- Dr. Vivek Bains : *Editor*
- Dr. Akanksha Dubey : *Member*

**Student Members**

- Jyotirmai : *3rd Year*
- Prashu Kejariwal : *3rd Year*