

SDC BULLETIN

Volume 11 Issue 1
January 2021



An Initiative of NAAC-IQAC
Saraswati Dental College, Lucknow



Events

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

On 5th 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.

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
Password- SDC2020

Date- 05-09-2020
Time- 12:00pm

SARASWATI DENTAL COLLEGE
LUCKNOW | NAAC 'A' ACCREDITED

2nd 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"

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

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

On 8th of September virtually on zoom meeting 2nd 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 17th 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

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

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

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

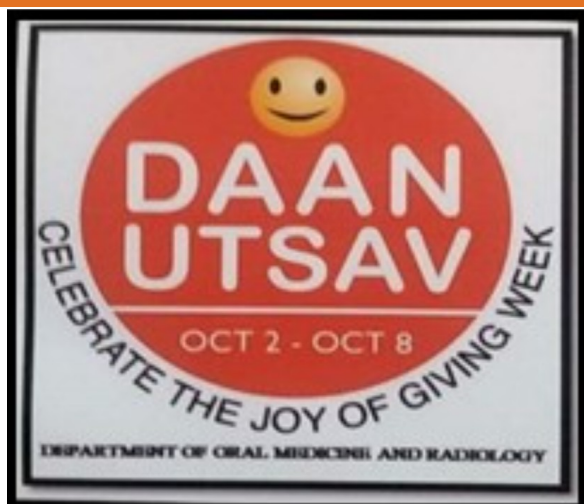
Time: 09:30 AM



Webinar: www.zoom.us

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
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.


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

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

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.


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

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

SARASWATI DENTAL COLLEGE

Celebrates

It's "22nd Founders Day" on 14th 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

LUCKNOW | NAAC 'A' ACCREDITED

PROFESSIONAL SKILL ENHANCEMENT PROGRAMME

Organized by
Alumni Association of Saraswati Dental College
Under the aegis of

Department of
Continuing Dental Education
On

"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
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: 1st December 2020
Day: Tuesday
Time: 10:00am- 11:00am
Venue: LT-1, SDC



Take the Lead & Pledge
your Support for
World AIDS Day,
December 1st.
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





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.


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



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





Webinar: 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







External Resource Person:
Dr. Megha 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.

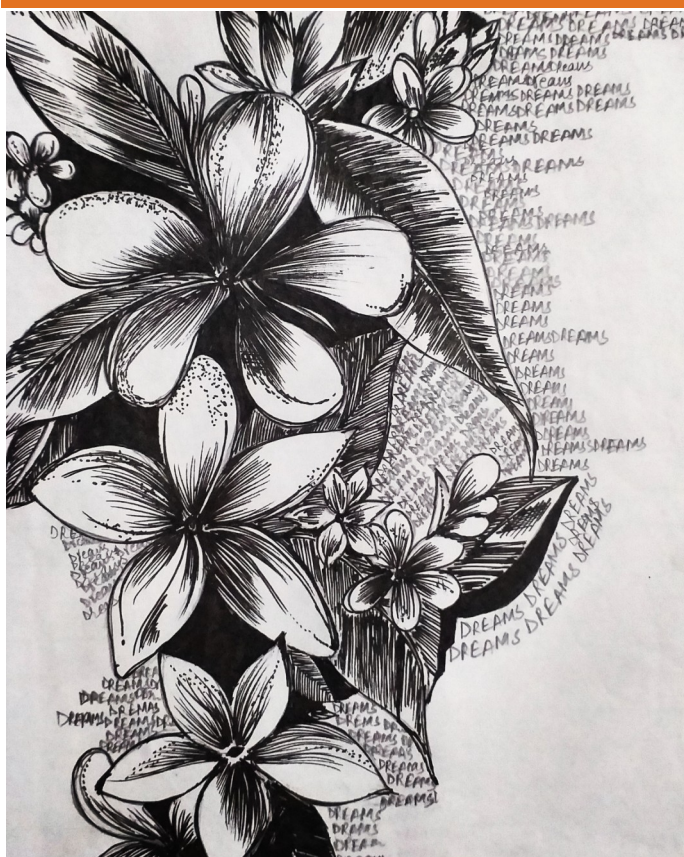
Date: 23/12/2020
Day : Wednesday
Time: 10:00 AM



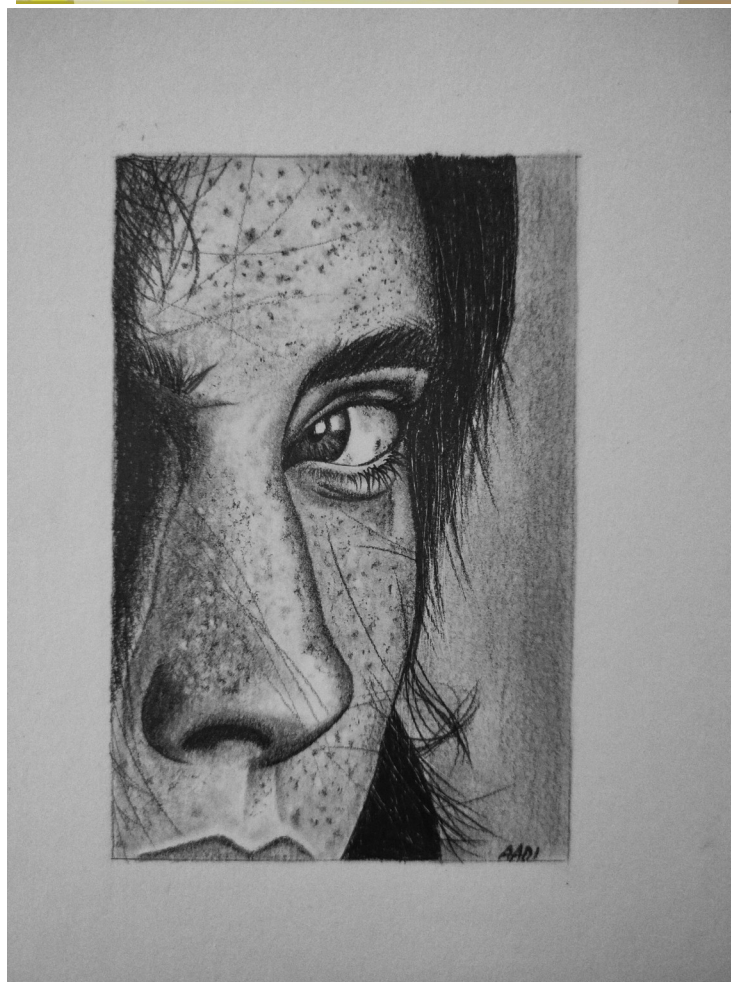
Webinar: www.zoom.us
Meeting ID: 5929321700
Password: SDC2020



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



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	:	<i>Editor-in-Chief</i>
Dr. Saumya Navit	:	<i>Managing Editor</i>
Dr. Vivek Bains	:	<i>Editor</i>
Dr. Akanksha Dubey	:	<i>Member</i>

Student Members

Jyotirmai	:	<i>3rd Year</i>
Prashu Kejariwal	:	<i>3rd Year</i>