

SDC BULLETIN

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An Initiative of NAAC-IQAC Saraswati Dental College, Lucknow

Events

- 11TH JAN 2020 : LAUNCH OF ISAFE – 2020 THE SAFER INDIA CHALLENGE – UP EDITION
- 11TH JAN 2020 : BSM SCHOOL OF NURSING ORGANIZED LAMP LIGHTING CEREMONY OF NURSING STUDENTS OF BATCH- 2019-20
- 22ND JAN 2020 : CELEBRATED THE WORLD PROSTHODONTIST DAY
- 26TH JAN 2020 : CELEBRATED REPUBLIC DAY.
- 30TH JAN 2020 : COLLABORATION WITH UNNAT BHARAT ABHIYAN
- 30TH JAN 2020 : BASANT PANCHAMI POOJA
- 4TH FEB 2020 : WORLD CANCER DAY
- 9TH FEB 2020 : SARASWATI DENTAL COLLEGE IN COLLABORATION WITH DEPARTMENT OF PUBLIC HEALTH DENTISTRY
- 13TH FEB 2020 : GUEST LECTURE ON “PROSPECTS OF DENTAL JOBS IN ARMED FORCES”
- 14TH FEB 2020 : SARASWATI DENTAL COLLEGE IN COLLABORATION WITH EBSCO ORGANIZED GUEST LECTURE ON “EMPLOYABILITY SKILL IN THE STUDENTS”
- 22ND FEB 2020 : AWARD OF EXCELLENCE IESA 2020 AT BANGKOK, THAILAND
- 24TH FEB 2020 : CDE PROGRAM ON DENTAL ETHICS BY THE DEPARTMENT OF ORAL PATHOLOGY
- 25TH FEB 2020 : CDE PROGRAM ON ADVANCED IN PERIODONTAL SURGERIES BY DEPARTMENT OF PERIODONTICS
- 27TH & 28TH FEB 2020 : WORKSHOP ON “BASIC LIFE SUPPORT (AHA)” ORGANIZED BY THE DEPT. OF ORAL & MAXILLOFACIAL SURGERY
- 1ST MAR 2020 : DENTAL CHECK-UP & TREATMENT CAMP AT UP POLICE RADIO HEAD-QUARTER, MAHANAGAR
- 1ST MAR 2020 : COLLABORATION WITH INNER WHEEL CLUB, LUCKNOW ORGANIZED A PROGRAM
- 6TH MAR 2020 : COLLABORATION WITH DEPT. OF PUBLIC HEALTH DENTISTRY CELEBRATING “NATIONAL DENTIST DAY”
- 16TH MAR 2020 : GUEST LECTURE ON “BLEACHING” ORGANIZED BY THE DEPARTMENT OF CONSERVATIVE AND ENDODONTICS



BSM School of Nursing organized “**LAMP LIGHTING CEREMONY**” of Nursing students of Batch- 2019-20 which will be held at Saraswati Dental College, Lucknow on 11th Jan 2020.



The Department of Prosthodontics and Crown & Bridge at Saraswati Dental College, Lucknow, celebrated “**WORLD PROSTHODONTIST DAY**”, on 22nd January 2020, with great enthusiasm.



Saraswati Dental College, Lucknow in collaboration with **UNNAT BHARAT ABHIYAN** is taking an initiative to analyze the needs of rural population and to spread awareness and knowledge in population of village Papna Mau, Vikas Khand, Chinhat, Lucknow on 30th Jan 2020



The Institutional Guidance and Placement Committee had arranged a guest lecture on 13th February, 2020, on the topic of **“PROSPECTS OF DENTAL JOBS IN ARMED FORCES”** which was enlightened by the highly esteemed speaker **Rt. Maj. (Gen.) Dr. A.K. Nandi**.



Saraswati Dental College Lucknow has been bestowed as an **“OUTSTANDING DENTAL INSTITUTE IN ACADEMIC AND CLINICAL RESEARCH”** awarded amongst 22 countries for providing quality education and advance healthcare to its stakeholders at International Education Summit & Awards 2020 held at Bangkok , Thailand on 22nd February ,2020.



The Department of Periodontology, Saraswati Dental College, Lucknow organized a Continuing Dental Education Program on the topic **“ADVANCES IN PERIODONTAL SURGERIES”** on 25th February 2020. The Chief Guest for the program was **Maj. Gen. (Dr.) Subrata Roy** along with his team.



The Department of Oral & Maxillofacial Surgery, Saraswati Dental College, Lucknow organized a workshop cum hands-on on “**Basic Life Support**” certified by American Heart Association in association with IIEMS (Indian institute of emergency medical services) Delhi and SGPGI Lucknow.



A successful dental check-up and treatment camp organized by Saraswati Dental College in collaboration with Department of Public Health Dentistry at Uttar Pradesh Police Radio Headquarter, Mahanagar Lucknow on 1st March 2020. Inaugurated by DIG Telecom and Anti-Terrorist Squad.



Saraswati Dental College in collaboration with Department of Public Health Dentistry is marked to honour dentists all over the world for their role in keeping individual healthy and for giving them a beautiful smile on this “**NATIONAL DENTIST DAY**”. We thanks **Dr. Prof. MLB Bhatt** Vice Chancellor, KGMU and **Dr. Prof. GP Singh** Pro Vice Chancellor, KGMU who made this day remarkable with their esteemed presence.

Photograph

Digital Captivation of a moment on a paper

Which takes us back in our memory just over and over

It's technically a form of journey of many moments

Which begins in our eye when we see to them

Ever thought how powerful a piece of paper can be??

Well it can play the brain games through your eyes maybe

Telling our mind to go in past

Which can make us re-live those moments in our thoughts

Memories of childhood, vacations, marriages and lot more

They are mostly all packed in few albums in our drawer

An album to me is actually an anywhere door

Which when once open, can take you in your memory to the moment or a place you want to go

Few pictures popped

Old days rewind

Thinking of how good were those days

Brings a gentle smile on ur face

Oh! Now see that tiny piece of paper

Have taken control of your facial muscles

Now your mind had travelled back in the time

Realizing you all the changes you have been through till time

Some moments of grief also you may realize

But at the end you know isn't it this what is called life!

We can see our past, present & future in our photograph

In the form of few generations that we had passed

A photograph may look like to be still

But actually it's a gateway to thousands of motionial bliss

A single picture can say thousands of unspoken words

It just only takes the mind to see & heart to listen

Now oh no! That tiny piece of paper controlling your heart

When you suddenly see the picture of your crush

The heart beat started getting faster

And adrenaline rush in blood stream hasten

Then there come glimpse of some missed bonds

That you still wish it would had correspond

Brewing in the essence of your memory

Suddenly the eyes become wet effortlessly

This way the journey came to an end

In few moments back to your eyes again.

~By Jyotirmai

When I look through the window, I see

I see the sun scattering it's light ,
Flowers soaked up in its beam and caterpillars waiting for their first
flight

Leaves squeezing to hide the bright mighty, summer is there
Clubbed with corona fear .

Mask yourself from not just the sun toxic thoughts which run
through you it's time to mask them too.

Cheer, laugh and live every moon is some planet's sun sourcing
them light ,

Keep working your destination is not far from the sight .

— Shreya



YourQuote.in

For some it's just a collection of few words residing in the word book but for others it's a whole damn feeling that seldom leaves.

Hello folks!

Salwa, this side. This is my first ever blog and that too on one of my favourite topics. Since, I'm doing my Grad in medical so would prefer to start with the biological reason behind this—

Anxiety occurs due to the over-activity of the serotonin system. Serotonin is a neurotransmitter that is believed to regulate our mood and social behaviour. So, everytime this serotonin bud tries to be oversmart and hyperactive it gives you those tremors and panic attacks.

This was a heck lot of science, let's do some maths now. According to recent studies, Around 18% of the world population suffers from anxiety. So pal, you're no different. And there are so many fellas that ain't even aware of the symptoms. Basically, this 18% is the least we've got.

I know how those intrusive thoughts keep your head all locked and loaded or the irrational worries about the things that are never gonna happen or how you feel in the most unstable state in the midst of depressive or manic episodes.

But promise you, there's nothing worth diminishing your mental state. There is absolutely no shame in talking about the things that disturbs, it nowhere makes you less of a human or someone who can't fit in baseless societal norms.

Feeling a lot and over thinking about the same is okay, okay?(I'm an over-thinker too, so a virtual hi-five)

But what's not acceptable is letting yourself drown in those storms. Figure out what worries you and if it's too huge to solve, search for the one that might curb your musings. Concluding my blog with the quote of my favourite author—

" I GIVE MYSELF PERMISSION TO SUCK. I FIND THIS HUGELY LIBERATING"

— John Green

So, Burn every ounce of that thought which keeps on interfering with your mental health.



ADITYA KIRAN GUPTA 2019-2020
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