



## An Initiative of NAAC-IQAC Saraswati Dental College, Lucknow

### EVENTS

- ♦ 26th Jan- Republic Day Celebration
- ♦ 27th Jan- Faculty Development Program on Research Methodology & Molecular Biology Research.
- ♦ 28th Jan- Tribute to Beloved Chairman Sir.
- ♦ 31st Jan- CDE Program on Minimal Invasive Implant Dentistry & Immediate Loading Esthetics & Function.
- ♦ 1st Feb- Basant Panchmi Celebration.
- ♦ 4th Feb- World Cancer Day
- ♦ 13th Feb- Oral & Maxillofacial Day
- ♦ 14th Feb- Pledge for Voting Dr. Anurag Singh Bhadouria, Sports Minister, Govt. of Uttar Pradesh.
- ♦ 17 Feb- Fresher's Party for BDS 2016-17 students.
- ♦ 27th Feb to 4th Mar- College Week Celebration "IMPRESSIONS—2017"
- ♦ 4th Mar- Inauguration of Integrated Department of Advanced Implantology.
- ♦ 5th to 9th Mar- Celebration of Endo Week.
- ♦ 22nd Mar- Declaration of University Results.
- ♦ 25th Mar- Lecture on Financial Planning.
- ♦ 30th Mar- Fourth and last Module for 1st batch of "Mastership in Laser Dentistry"

### IMPRESSIONS 2017



The College Week "IMPRESSIONS" 2017 was celebrated from 27th February to 4th March, 2017. It included an extravaganza of cultural, literary & sports events. The cultural program comprised various traditional and modern dances, songs, skits and fashion show. The literary events consisted of paper presentation, ad mad, quiz, debates and elocution. Football, cricket, volleyball, basketball & track events listed the sports events.







On 4th March, the culmination day of the IMPRESSIONS 2017, **Integrated Department of Advanced Implantology** was inaugurated by our Chief Guest, Maj. Gen. N. K. Sahoo, Commandant, Central Command Dental Centre, Lucknow Guest of Honor, Mrs. Sunita Aron, Sr. Resident Editor, Hindustan Times followed by Fashion Show , Prize Distribution.



## **WINNERS**

**BEST HOUSE** : Chawla  
**SPORTS SHIELD** : Chawla  
**CULTURAL SHIELD** : Tagore  
**LITERARY SHIELD** : Raman

**BEST PG BOY** : Dr. Abhimanyu Rohmetra  
**BEST PG GIRL** : Dr. Ankita Jaiswal



A CDE Program was organized the Dept. of Conservative on Minimal Invasive Implant Dentistry & Immediate Loading Esthetics & Function which was given by Dr. Paulo Varela (Monte de Caprica, Portugal).



On 13th Feb, Oral &Maxillofacial Surgery Day was celebrated along with a Yoga Demonstration on Meditation & Relaxation.



Fresher's Party was organized by Batch 2015-16 for the Batch 2016-17 on 17th February, 2017. Student came up with their talents and out of them a Mr. Fresher & Miss. Fresher was chosen.



Fourth and last module of 1st batch of "Mastership of Laser Dentistry" on 30th March 2017.



## TOPPERS

- ♦ **4th Year** —  
Vandita Raj 76.3%
- ♦ **3rd Year**— Saloni  
Verma 74.8%
- ♦ **1st Year** — Siddhi  
Shukla 75.8%

## Speaking Tree : To Succeed, You Need Concentration. ( By Swami Kriyananda)



On every level of mental activity, concentration is the key of success. The student is taking an exam but is distracted by a popular song running through his head. The businessman trying to write an important contract is worried over an argument he'd had with his wife. The judge is distracted by the teenager appearing before him as he resembles his own son. Lack of concentration means inefficiency. But what is not generally known is that a concentrated mind succeeds not only because it can solve problem with a greater dispatch, but also because problems have a way of somehow vanishing before its focused energies, without even required to be solved.

A concentrated mind often attracts opportunities for success that, to less focused (and therefore less successful) individuals, appear to come by sheer luck. Concentration awakens our power and channels them, dissolving obstacles in the path, attracting opportunities, insights, and inspirations. In many ways, concentration is the single most key to success.

What is concentration? Concentration implies, first, an ability to release one's mental and emotional energies from all other interests and involvements and, second, an ability to focus them on a single object or state of awareness. The techniques of concentration are like finger exercises on the piano, which enables one to play fluently but are no substitute for actual playing. Once your mind has become focused and quiet, it is time to forego the practice of technique, and offer your entire leads to awareness calmly upto God. Concentration leads naturally to that stage in which the will, no longer busily engaged in outward planning, can be uplifted in a pure act of becoming. Concentration, directed in this way, becomes ecstasy.

### Students Corner

## RACISM

My name is samarth, last month I turned twenty  
Passion and excitement, undoubtedly plenty,  
Aspiring to be a photographer, I chose Paris as my  
city,

My dreams got shattered till I talked to my land lady.

I hate a wasted journey and so I called her up,  
She picked up call and started asking me stuff,  
My name she asked, the boring conversation got  
started,

I had sensed it right, my color was what she wanted.

Getting a clue of me being an Indian, she said how  
dark?

I had not misheard..... Are u light or dark?

I had no clue what to speak next,

I wondered I better could have sent her a text.

Her ascent was clinical, crushing me in her light,  
As I replied Indian — the silence spread worldwide,  
'Hello', said I, are you listening to me madam,  
As if cold breeze was making her act as dumb.

I continued with my words, to make myself more clear,  
Madam madam, I said and phew she completely  
disappeared,

Down she kept the phone, my anger turned out,  
Again the black and white discrimination was quite  
loud.

How a man can be judged by the color of skin,  
Believe it or not this question becomes very eloquent.

I asked this question to every individual I met,  
Hope places in heaven are not on absurdity of races, I  
guess.

**SUBMITTED BY PARUL VERMA (BDS IV YEAR)**

## Editorial Board

### Faculty Members

Dr. RS Bedi : *Editor-in-Chief*  
Dr. Saumya Navit : *Managing Editor*  
Dr. Vivek Bains : *Editor*

### Student Members

Pranshu Mathur, Vatsalya Srivastava, Roli Dureha : *Interns*  
Parul Verma & Tuba Jamal : *4th Year*  
Aamna, Manveen Kaur & Meha Pillai : *3rd Year*