

SDC BULLETIN

Volume 11 Issue 2
May 2021



An Initiative of NAAC-IQAC
Saraswati Dental College, Lucknow



Events

- 5th January - Celebrated Protsahan Diwas
- 11th January - QCI Organizational Membership Certificate
- 12th January - Webinar on Traffic Awareness in a Smart City
- 16th January - Online Orientation Program
- 18th January - MoU Signed with NGO Jan Pragati
- 26th January - Celebrated Republic Day
- 5th February - Webinar on Together We Can : Prevention and Early Diagnosis of Oral Cancer
- 6th February - Webinar on Warning Symptoms and Signs of Cancer
- 6th February - MoU Signed with Red Cross Society
- 9th February - Webinar on Decision Making and Communication Skill Development
- 12th February - Webinar on Gender Equality
- 13th February - Add-On Program on Medical Emergencies in Dental Offices
- 16th February - MoU Signed with Shri Ram Swaroop University, Barabanki
- 20th February - CDE Program on Preamble to Palliative Care Concepts: Emphasizing Oral and Maxillofacial Care
- 23rd February - FDP on Oral Health Inequalities: Learning from the Past, Paving the Way for Future
- 25th February - Celebrated National Oral Pathologist Day
- 6th March - Celebrated National Dentist Day
- 8th March - Women Cell Conducted a Talk on Women in Leadership Achieving an Equal Future in a COVID 19 World
- 15th March - Orientation Program
- 20th March - Celebrated International Sleep Apnea Awareness Day
- 20th March - Development of Incubation Centre : SDC SPARK
- 24th March - Webinar on Orthodontic Study Group of Lucknow



We cordially invite you to celebrate Dr. Rajat Mathur's (President Saraswati Group of Institutions) Birthday on 5th January 2021 as

"PROTSAHAN DIWAS"

JOIN FOR VIRTUAL PARTY ON ZOOM AT 12:15 PM

Meeting ID: 5929321700
Password: SDC2020



Institutional Committee for Extra Curricular Activity (ICECA) successfully organized Online **"PROTSAHAN DIWAS"** on 5th January 2021 on the occasion of Birthday of **Dr. Rajat Mathur**, President Saraswati Group of Institutions.



Saraswati Dental College & Hospital is now an Organizational Member of **Quality Council of India** under the category of Professional Institution.



SARASWATI DENTAL COLLEGE
LUCKNOW, NAAC 'A' ACCREDITED

TRAFFIC AWARENESS IN A SMART CITY


DATE-12TH JANUARY, 2021
TIME- 1:00 PM

MODERATOR
Dr. Arvind Tripathi
(Dean PG Studies)
Chairman
Institutional Disaster
Management Committee
Saraswati Dental College

ORGANISING SECRETARY
Dr. Kamlesh Singh
(Professor)
Member Secretary
Institutional Disaster
Management Committee
Saraswati Dental College


PRESENTER
Dr. Shreya Mishra
Post Graduate Student
Saraswati Dental College

Meeting Details
Website: www.zoom.us
Meeting ID: 5929321700
Password: SDC2021



SARASWATI DENTAL COLLEGE & HOSPITAL
LUCKNOW | NAAC 'A' ACCREDITED

ONLINE INTRODUCTORY/ORIENTATION PROGRAMME & PARENTS TEACHER MEETING OF B.D.S 1ST YEAR (BATCH 2020-2021)



Date: 16/01/2021
Day : Saturday
Time: 10:30 AM




Webinar: www.zoom.us
Meeting ID: 5929321700
Password: SDC2021



An Memorandum of Understanding was signed on 18th January 2021 between Saraswati Dental College, Lucknow in collaboration with **(Department of Pedodontics and Public Health Dentistry)** with NGO i.e. **JanPragati** situated in Lucknow to provide good Dental Health Care and Awareness to the slum children and dwellers for better overall health.

On the occasion of **72nd Republic Day**, Institutional Committee for Extra Curricular Activity organized Flag Hoisting ceremony in the front lawn of SDC Campus at 9:00 A.M. **Dr. Rajat Mathur**, President, Saraswati Group of Institutions was the Chief Guest.



NAAC 'A' ACCREDITED

SARASWATI DENTAL COLLEGE

DEPARTMENT OF ORAL & MAXILLOFACIAL PATHOLOGY
AND ORAL MICROBIOLOGY

In Collaboration with Institutional Alumni Committee

On the Occasion of



WORLD CANCER DAY

Webinar on

"Together We Can: Prevention and Early Diagnosis of Oral Cancer"

Dr. Amritaksha Bhattacharyya
Alumnus, Department of Oral Pathology & Microbiology,
Saraswati Dental College, Lucknow

Registrar, Department of Dentistry,
FAA Medical College & Hospital, Barpeta, Assam

SARASWATI DENTAL COLLEGE
LUCKNOW | NAAC 'A' ACCREDITED

ORAL CANCER AWARENESS PROGRAMME
on
WORLD CANCER DAY (I AM AND I WILL)

Organized by
Department of Oral & Maxillofacial Surgery


"WARNING SYMPTOMS AND SIGNS OF CANCER"
कैंसर के लक्षण और संकेतों की चेतावनी

External Resource Person:
Dr. Subrahharsh Singh
MBBS, MS (Medical College Kolkata), DNB
in surgical Oncology (Dharamshila
Cancer hospital Delhi)
Former resident doctor of AIIMS New
Delhi, SGPGI Lucknow, SGRRIMS
Dehradun.
Associate Consultant & Head, Breast and
Gynae Oncology in Medanta hospital,
Lucknow.

भारत में कुल मौखिक कैंसर मार विश्व का एक तिहाई से अधिक है और इनमें से अधिकांश का तीसरी और चौथी अवस्था में ही पता चल पाता है। 2025 तक सबसे खतरनाक बीमारियों में से एक कैंसर के मामलों की संख्या 15.7 लाख हो जाने की उम्मीद है। किसी भी देश को इतने भारी संख्या रोगियों की देख-भाल कराने के लिए न केवल उत्तम बुनियादी ढांचा बल्कि पर्याप्त संख्या डॉक्टरों की आवश्यकता होगी। आइये हम चर्चा करें कि हम कहाँ हैं और कितना इस बीमारी के लक्षण या संकेतों को समझते हैं और इसे रोकने के कितने उपायों को जानते हैं या इस बारे में क्या कर सकते हैं।

Date: 06/02/2021
Day : Saturday
Time: 10:00 AM

VENUE: LT- II
For Non Teaching Staff of SDC

SARASWATI DENTAL COLLEGE
LUCKNOW | NAAC 'A' ACCREDITED

WEBINAR
on
"Decision Making & Communication Skill Development"



Organized by
Department of Oral Medicine & Radiology
Under the aegis of
Department of Continuing Dental Education

External Resource Person:
Mrs. Achla Bhardwaj
Certified NLP Trainer -
ABNLP (American Board of
NLP, USA)
Certified Hypnotherapist
Certified Life Coach
Transformation Specialist

Mrs. Achla is a mind reprogramming specialist, who specializes in transforming human mindsets so that people start to achieve excellence in both personal & professional lives. The two very important skills needed in today's time according to her are, the first one is *taking right decisions*, because many a times life doesn't give you a second chance. The second one is, *the ability to communicate effectively*. Imagine how simple and easy life will be if you develop an ability to communicate in such a way that whatever you communicate is fully getting registered in your receiver's mind, with a desired response.

Date: 09/02/2021
Day: Tuesday
Time: 11:00 AM

Webinar: www.zoom.us
Meeting ID: 5929321700
Password: SDC2021

SARASWATI DENTAL COLLEGE
LUCKNOW | NAAC 'A' ACCREDITED

WEBINAR
on
"Gender Equality"

Organized by
Department of Oral Medicine & Radiology
"Elevating People Is Our Tradition"
Department Alumni Event

External Resource Person:
Dr. Sonia Gulia
B.D.S., M.D.S
(Oral Medicine &
Radiology) Batch 2016-17
SDC, Lucknow
Private practitioner

Gender equality is a matter of human rights and social justice. Everything is not "only male" and "only female" as both genders have the equal potential to be valuable. Globally, gender parity is observed mainly in Economic Participation and Opportunity, Educational Attainment, Health and Survival and Political Empowerment. India has made significant strides in addressing gender inequalities, especially in the areas of political participation, education, legal rights and constantly progressing towards the twin goals of gender equality and women empowerment. Still, we need to balance up our minds, generations and judgments in our gender-sensitive society so that solidarity, opportunities and responsibilities are shared by women and men in equal measures. This session will unveil the issue of gender equality in India and existing gender bias in our dentistry where women are struggling both ways as dental professional and as patients.

Date: 12/02/2021
Day: Friday
Time: 02:00 PM

Webinar: www.zoom.us
Meeting ID: 5313203074
Password: OMR2021



SARASWATI DENTAL COLLEGE

LUCKNOW | NAAC 'A' ACCREDITED



Add-On Programme

On The Occasion Of

International Oral and Maxillofacial Surgery Day

On

“Medical Emergencies in Dental Office”

Organized by

Department of Oral and Maxillofacial Surgery



External Resource Person:

Dr. (Major) Vishal Arora
Professor and Head,
Department of Anaesthesiology,
Saraswati Medical College, Unnao.

Members of the dental team have a duty of care to ensure that they provide an effective and safe service to their patients. The satisfactory performance in a medical emergency in the dental practice has wide-ranging implications in terms of equipment, training, standards of care, clinical governance, risk management and clinical audit. Today's lecture is designed to train students regarding most common emergencies encountered in dental practice and proper protocol for the management of these emergencies. Lets join together to make ourselves better in providing emergency services to our patients.



Date: 13/02/2021

Day : Saturday

Time: 9:30AM Onwards



Offline Lecture

Venue : Lecture Theatre 02

For Interns and all Post-graduates



A Memorandum of Understanding was signed on 16th February 2021 between Saraswati Dental College, Lucknow and Shri Ram Swaroop University, Barabanki for common interest in teaching, training and research in field of material testing, laboratory, facilitating Faculty Development Program, library and collaborative research. **Dr. Rajat Mathur**, President, SDC and **Prof. Dr. AK Singh**, Vice Chancellor, Shri Ram Swaroop University signed the MOU in New Conference Hall of Saraswati Dental College



NAAC 'A' ACCREDITED

ONLINE CONTINUING DENTAL EDUCATION

Organized By

Department of Oral Medicine and Radiology

SARASWATI DENTAL COLLEGE

On

**Preamble to Palliative Care Concepts:
Emphasizing Oral and Maxillofacial Care**

20th February, 2021

Organizing Committee

Chief Patron Mrs. Madhu Mathur, Chairperson

Patrons Dr. Rajat Mathur, President
Mr. Charit Mathur, Director Finance
Mrs. Smita Mathur, Director SHRC & BSMN
Mrs. Ritu Mathur, Director HRD & Marketing

Co-Patron Prof. (Dr.) K. N Dubey, Principal

Organizing Chairman Dr. Sunira Chandra
Organizing Secretary Dr. Siddharth Kumar Singh
Scientific Convener Dr. Shrutti Sinha
Treasurer Dr. Mahendra Kumar Singh



SARASWATI DENTAL COLLEGE

LUCKNOW | NAAC 'A' ACCREDITED

Faculty Development Programme

on

“Oral Health Inequalities: Learning from the Past, Paving the Way for Future”

Organized by

Alumni Association of Saraswati Dental College

Under the aegis of

Department of Continuing Dental Education



External Resource Person:
Dr. Manu Raj Mathur
(B.D.S. Batch 1999-2004)
BDS MPH PhD
Department of Public Health,
Policy and Systems
University of Liverpool,
United Kingdom

Despite being largely preventable, oral diseases are among the most prevalent diseases globally affecting over 3.5 billion people. Oral diseases disproportionately affect poorer and marginalised groups in society, being closely linked to socioeconomic status and the broader social determinants of health. The talk will present an analysis of reasons for the neglect of oral health in the global south, highlighting the need for change of the current way of providing oral health care and to develop sound recommendations on how to overcome the dramatic inequities and gaps in access to oral health care especially in low and middle income countries.



Date: 23/02/2021

Day : Tuesday

Time: 12:30 PM (IST) / 7 AM (GMT)



Webinar: www.zoom.us

Meeting ID: 5929321700

Password: SDC2021



Dentist day was celebrated in the Department of Orthodontics & Dentofacial Orthopaedics on 6th March 2021. A tooth making competition, “**Best out of Waste**” was organized by the department for the post-graduate students. Toothpastes and Key rings were distributed to the patients and a motivational video was also shown to them.



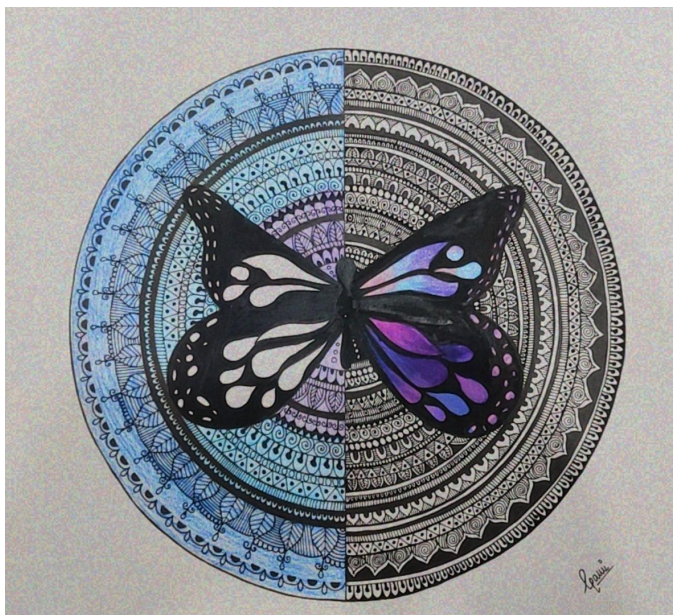
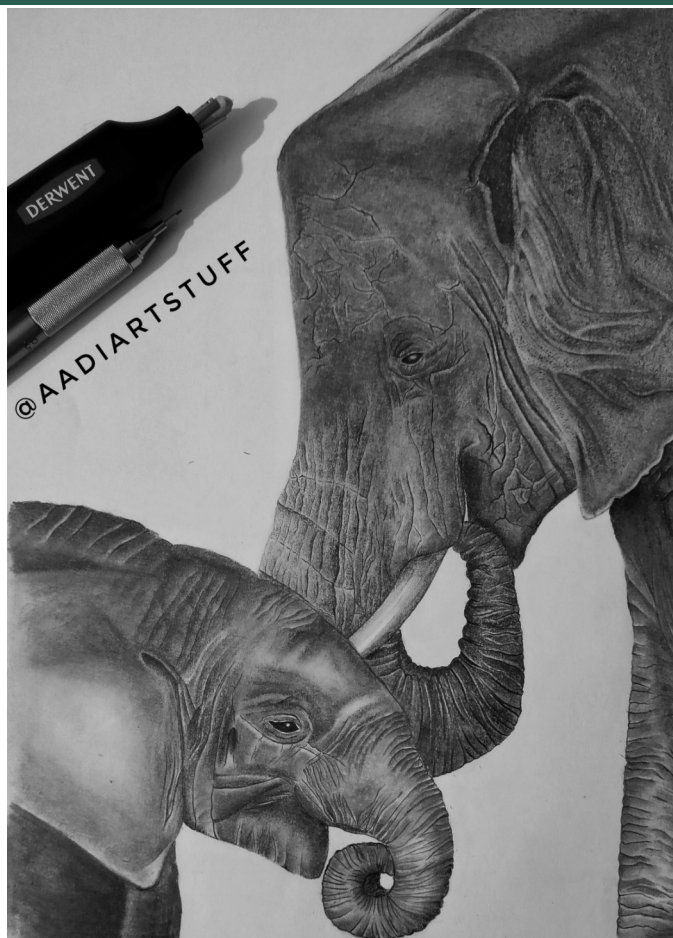
Orientation Program was organized by the Institutional Library & Learning Resource Committee (ILLRC) for all the newly inducted undergraduate students (Batch 2020-21) from 2:00 pm to 3:30 pm at Central Library on 15th March, 2021. **Prof. (Dr.) Arvind Tripathi**, (Dean P.G Studies and Research) welcome all the ILLRC members and the undergraduate students. **Prof. (Dr.) Kunal Shah** (Member Secretary – ILLRC) updated all the students about the functioning of the library, services offered and the library manual. A total number of 70 undergraduate students were benefited by this Orientation Program.



Department of Prosthodontics Crown and Bridge celebrated the **International Sleep Apnea Awareness Day** to enlighten all the present about the highly prevalent yet under diagnosed condition i.e. sleep apnea.



Saraswati Dental College under the aegis of Institutional placement and guidance committee aims to promote and support technology-based entrepreneurship spirit among the graduated and graduating students of SDC and also the dentists from all over the country, by development of **Incubation Centre** in the college. The Incubation Centre was established in the month of January 2019 with the objective of developing skills in professionals to accomplish not only to become entrepreneurs but also employment generators. Further the Incubation centre has been renamed as '**SDC SPARK**' and shifted to new office space in the third floor of SDC as '**SDC SPARK**' which was inaugurated on 20th March 2021 by **Dr. (Prof.) Alok Dhawan Director**, Centre for Biomedical Research at Lucknow and **Dr. Rajat Mathur**, President SDC. **Dr. KN Dubey**, Principal SDC, **Dr. Saumya Navit**, Vice Principal SDC, Office bearers of Incubation.



LET IT GO...

*It's sad, that some things fades over
 Whether is place, memory, friendship or relation
 They say everything happen for a purpose
 This might be the time you need to ponder on yourself
 So... take a deep breath & give a moment to you
 Now feel, how important you are to you
 Don't you think, you are enough in yourself?
 Then why crushing over something which is now totally worthless
 I understood it might be hard
 But something needs to be done from letting you tearing apart
 It happens, because life is not so easy
 But it doesn't mean that you can't be breezy
 Things fade away with time
 It doesn't bound you to be in quarantine
 I know there might be good memories too
 But how can you forget that was also because of you
 You are confident enough to lead your own way
 But sticking back to that same day old thing not gonna take you far away
 You remember your far old dreams and desires?
 Deep down still you know you can accomplish all because you have the
 potential that higher
 So.. So.. Step ahead and let it go
 Because what was holding you back has faded a long ago.*

~By Jyotirmai

TAKE ME THERE

- Arish Khan

Take me where the sky bows and kisses the ocean,
 Somewhere between the dream and reality.
 Where the silver waves passionately marry the golden sand,
 Where the reddish-orange sky is the holy vermillion,
 Where the inspiring beach stones embellish the marriage pavilion,
 Where the twirling fireflies are the true-blue bridesmaids,
 Where the feelings are flawless and the beauty is bonafide.
 Take me there.
 Let me witness the warmth of unalloyed emotions,
 Let me witness the intimacy of undying love.
 Take me where my soul finds tranquillity,
 Somewhere between the dream and reality.
 Where my faith is restored in humanity and love,
 Where the leaves of emotions aren't rusted and shoved,
 Where the buds of relations are vibrant enough to combat cuts and wounds,
 Where there is no obsession in the aura and the breeze is sublime,
 And where only the shadows are dark but souls chime.
 Take me there.
 Let me witness the incarnation of unwavering allegiance,
 Let me witness the phenomenal adherence among folks,
 A space between the dream and reality, I escape.
 THANK YOU

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	:	3 rd Year
Prashu Kejariwal	:	3 rd Year