



# AADHYASHREE

A NEWSLETTER BY WOMEN

VOLUME 1 ISSUE 1

MARCH - 2018

RAJAH MUTHIAH DENTAL COLLEGE & HOSPITAL







Staffs ensemble on International women's day

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## EDITORS DESK

### A Happy Journey



**JOY is the word I would use to describe my experience in bringing this Newsletter “Aadhyashree”, meaning First power or the beginning. True to its meaning, it was a great start in 2017 for the women of RMDCH to celebrate International womens’ day for the first time. To my call, women folks responded with a kind of magnetic attraction. The desire to be part of an international community and an urge to express themselves was so much evident in the most compliant, cohesive and cognizant work force that was delivered to make the Women’s day celebration a success and it was fondly named as “Sthree Utsav 2017”. Unwilling to stop with this, the “Magalir Mattum team” decided to start a Newsletter which would be a collection of the thoughts of the students, staff and a showcase of their activities. As dental professionals we are truly empowered when we bring back comfort and recreate smiles in the lives of people. The articles , poems, pictures and events revealed their capabilities beyond dentistry. A famous quote says "A woman is like a tea bag—you never know how strong she is until she gets in hot water” and that I realized was very much true, with my women**

**With the fond patronage of the Dean and the support lent by the administration, the magazine is to be released on the March 8th of 2018.. We join the international community to PRESS FOR PROGRESS and make a positive change for women.**

**PROF. DR. SUMA KARTHIGEYAN**

### ACKNOWLEDGEMENT

We would like to thank our DEAN Dr.K.Rajasigamani MDS, RMDCH for his overwhelming support, we are extremely grateful to Dr.M.Arul MBA,Ph.D , Director, DDE Annamalai University, Dr.N.Karunakaran BE, MBA,ME,Ph. D. , Deputy Director, Innovation Centre, Annamalai University, Dr. C.S Rathinasabapathy ME,Ph.D., Assi. Director, Innovation Centre, Annamalai University.

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## WELCOMING OUR NEW DEAN



We, the “AADHYASHREE” team congratulate our charismatic and enthusiastic Dean Dr.K.Rajasigamani, MDS, for taking over as Dean, Faculty of Dentistry on 3<sup>rd</sup> JULY 2017.

ALL of us have dreams and goals, but it is a much easier task to complete when someone is there to guide us in the correct direction. It was his guidance and motivation given to the Sthree Utsav Team by our dean that lead to the inception of this news letter.





அண்ணாமலைப்

ANNAMALAI



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**Prof. S. Manian M.Sc., Ph.D.**  
Vice-Chancellor

### Message

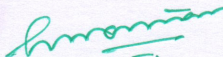
It gives me immense pleasure to write the foreword for the first issue of the newsletter AADHYASHREE published by the women faculty and the students of Rajah Muthiah Dental College and Hospital.

Women are incredible individuals and best defined by themselves. Traditions and societal beliefs have always undermined their strength and contribution to the society. As observed by Pandit Jawaharlal Nehru, "If you educate a man you educate an individual, but if you educate women, you educate a whole family. Women empowered means Mother India empowered."

Talking of Women's potential, Hillary Clinton has rightly observed, "Women are the largest untapped reservoir of talent in the world." Education is the milestone of women empowerment, because it enables them to respond to challenges positively in their life. I feel that with education women have started to confront and transform their traditional role in contemporary society.

Whenever women come together with a collective intention, it is a powerfully constructive endeavour. I congratulate the collective initiative taken by the women faculty and students of Rajah Muthiah Dental College and Hospital in bringing out this exclusive women's newsletter AADHYASHREE. I hope the newsletter will certainly showcase women's multidimensional capabilities both quantitatively and qualitatively.

I wish the AADHYASHREE team success in all their endeavours.

  
(S. MANIAN)



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Date : 27-02-2018



**Dr.K.ARUMUGAM, M.Sc., Ph.D.**  
Registrar i/c

### **MESSAGE**

Our country is looked upon in a strong feminine light as Bharat Mata. The universal mother is the deity or energy behind the country, its art, culture, yoga and spirituality. This positive energy that I see in the women of our country is Sthree Shakti.

As Michelle Obama has rightly observed, “The measure of any society is how it treats its women and girls.” Women have made strides in the last three decades, quietly breaking through the barrier of social compliance, both at home and workplace. They have excelled in every field and there is no arena which remains untouched--be it politics, sports, entertainment, social work, technology or health care.

The inherent quality of multitasking one sees in every woman has led to the conception of the newsletter AADHYASHRE by the women staff and students of Rajah Muthiah Dental College and Hospital. This newsletter proves that women are not only natural healers, but are full of creative talents and insights into the world at large.

It is time that all of us realise the power of “Sthree Shakti” and honour it in our society and family. The newsletter will certainly bring to light the creative talents of women.

I wish the AADHYASHRE team a grand success.

**(K. Arumugam)**





“குழல்இனிதுயாழ்இனிதுஎன்பதம்மக்கள்  
மகளிர்சொல்கேளாதவர்”

March 8<sup>th</sup> has been marked as international women's day; however we live in a nation that equates women as mother nation, mother nature, mother tongue etc. Eras back itself our esteemed Tamil poet Mahakavisubramanyabarathiyar highlighted the gender equality as

“ஆணும்பெண்ணும்நிகரெனக்கொள்வதால்  
அறிவிலோங்கி,இவ்வையத்தழைக்குமாம்;

Those are the days are gone when people asked “அடுப்பூதும்பெண்களுக்குப்படிப்பேது” and today's women are rejoicing the dreams of the angry poet as

“பட்டங்கள்ஆள்வதும்சட்டங்கள்செய்வதும்  
பாரினில்பெண்கள்நடத்தவந்தோம்;  
எட்டுமறிவினில்ஆணுக்கிங்கேபெண்  
இளைப்பில்லைகாணென்றுகும்மியடி!”

In the present era, the contributions by women to the family, society, nation and science are remarkable and they set new heights in every field.

The importance of gender equality in education, employment and social setup is well defined today. I appreciate the effort of our woman faculty and students in bringing out this newsletter. I am sure that this newsletter will be a big platform to showcase the talents and achievement of women's of RMDCH.

I would like to quote “ஒன்றுபட்டால்உண்டுவாழ்வு” and I wish grand success for the team in organizing the event and publishing this newsletter.

Prof. Dr. K. Rajasigamani MDS  
Dean, Faculty of Dentistry



It gives immense pleasure for me to write a forword for the first issue of aadhyashree, a news letter by and for women doctors. The very fact that such a publication brought out is a cause for celebration for all those who care about gender equity and women empowerment. This was a time when social norms were impediments for women to contribute their talent to society. Women were to be seen , but not heard. Women were trapped in a vicious circle wherein social prejudice deprived them of opportunity preventing them from acquiring and practicing skills. Over the years, education and economic independence have contributed in empowering women.

The publication of aadhyashree demonstrates that women in our society have come a long way to be individuals in their own right. They may have been silent but not idle. They have demonstrated that once equal opportunity is provided they can excel in any profession. Aadhyashree is a sign of progress for women in our society and I hope it will be a forum for women professionals to voice their opinions and aspirations besides inspiring women to excel in their fields.

Dr. S. NAGINI M.Sc., Ph.D.,  
Professor, Biochemistry and Biotechnology  
Annamalai University



## “நான் என்னைநேசிக்கிறேன்”

தற்காத்துக் தற்கொண்டாற் பேணித் தகைசான்ற  
சொற்காத்துச் சோர்விலாள் பெண். (குறள் எண் 56)

பெண் என்பவள் தன்னையும் தன் கணவனின் பெருமையையும் காத்துக் கொள்ளும் மன உறுதி உடையவள் என்று பொய்யிற்புலவர் பல்லாயிரம் ஆண்டுகளுக்கு முன்பே கூறியது, அவள் கற்போடு தன்னலமும் பேணவேண்டும் என்பதைத்தானோ? நூற்றாண்டுகள் பலகடந்துவிட்டாலும் காலாவதியாகாதஒரே இயந்திரம் பெண் மட்டுமே!

ஷங்கரின் “2.0” ரோபோ எந்த VERSION –ஓ தெரியாது. ஆனால் இந்த அம்மா ரோபோ 24x7 மடல்தான்! எப்போதும் தன்னைச் சார்ந்திருக்கும் அனைவருக்கும் நலமே எண்ணுவவளுக்குத் தன்னை கவனித்துக் கொள்ள நேரமில்லை. ஓடியோடி உழைத்து ஓடாய்த் தேய்ந்து இறுதியில் ஏதேனும் ஒருநோயின் பிடிக்குள் சிக்கிக்கொண்டபிறகுதான், “உன் உடம்பை நீதானே பார்த்துக்கொள்ளவேண்டும்?” என்று ஆளுக்கொருபுறம் வரிந்துகட்டிக்கொண்டு வருவார்கள்.

ஏ.சிநீல்சனின் “Women of Tomorrow” என்ற ஆராய்ச்சியின் படி 87% இந்திய பெண்கள் ‘stress’ என்ற மன அழுத்தத்தில் இருப்பது தெரிகிறது.

இந்த அவசர யுகத்தில், எல்லாவற்றிலும் ‘perfection’ என்பதை நோக்கியே பயணிக்கும் நம்மில் பலருக்கு அது சாத்தியமில்லை. பணிபுரியுமிடத்தில் மேலதிகாரிகளின் கட்டுப்பாடு, உடனிருப்போரின் போட்டி, பொறாமை - கணவன், குழந்தைகள், பெரியவர்களின் எதிர்பார்ப்புகள், ஒழுங்கற்ற சமுதாயத்தின் பண்பற்ற போக்கு,.....

அப்பாடா!!! எல்லாம் சேர்ந்து அழுத்திட எதிர்த்துப் போராடும் வலுவற்றது ‘depression’ எனும் உளநோய்க்கு ஆளாகின்றனர், இன்றைய 30 முதல் 40 வயதுவரையிலுள்ள பெண்மணிகள். பழமைக்கும் புதுமைக்குமிடையில் உள்ள ‘Transition-period’ எனப்படும் நவீன உலகில் முதல் வாடிக்கையாளர்கள் இவர்கள். பாரம்பரியத்தை விட்டுக்கொடுக்கவும் முடியாமல், கலாச்சார மாற்றத்தை ஏற்றுக் கொள்ளவும் முடியாமல் இங்குமங்குமாய் ஊசலாடுகிறது இவர்கள் மனம். தங்களின் கணவர்கள், இலட்சியங்கள் என எல்லாவற்றையும், ஆற்று வெள்ளத்தில் சருகுபோல, வாழ்க்கை ஒட்டத்தின் வேகத்திற்குத் தொலைத்துவிட்டுப் பின் தம்மைத் தாமே நொந்து கொள்கின்றனர், அதற்கெல்லாம் தம் குடும்பச் சூழலும், பணிச்சமையுமே காரணம் என எண்ணி ஒரு கட்டத்தில் தம் கணவர் - குழந்தைகளை மேல் கோபம், எரிச்சல், பணியில் கவனமின்மை, பொறுமையிழத்தல் என தம் இயல்பிலிருந்து முற்றிலும் மாறுபட்டு, சோர்ந்துவிடுகின்றனர். வேரூன்றி நிற்கும் மரக்கிளைகளும், கனிகளும், மலர்களும் வேருக்குச் கமையாகுமா?

அமெரிக்காவின் ‘Fortune’ என்ற வணிகப் பத்திரிகை தனது சமீபத்திய பதிப்பொன்றில், அந்நாட்டின் வெற்றிப் பெண்மணிகள் சிலர் தம் குடும்பம் - தொழில் இரண்டையும் சிறப்பாகக் கையாளும் திறன் குறித்து அவர்களின் வழிமுறைகளை வெளியிட்டிருக்கிறது.

அவற்றுள் சில,

- ❖ “Time management “எனப்படும் திறமையான ‘காலநிர்வாகம்’
- ❖ வீடுஅலுவலகப் பணிகளை, அவற்றின் முக்கியத்துவ அடிப்படையில் திட்டமிடல்
- ❖ “Team work” எனப்படும் கூட்டுச் செயல்பாடுகள் வேலைகளை அனைவருக்கும் பிரித்துக் கொடுத்தால், வேலைகள் சீக்கிரம் முடிவதோடு, அனைவரின் பங்களிப்பையும் கொணரலாம்.
- ❖ தேவை ஏற்படும்போது, தோழியர், குடும்பத்துப் பெரியவர்கள், பணிப்பெண் எனச் சிலரின் உதவிகளைப் பெறுதல்.
- ❖ பிள்ளைகளை முடிந்தவரைத் தம் வேலைகளைத் தாமே செய்துகொள்ளப் பழக்குவது.
- ❖ எங்கும், எப்போதும், நம்மால் இயலாத ஒரு வேலைக்கு “No!” என்னால் இது முடியாது!” என்று முன் கூட்டியே சொல்லிவிடுவது தேவையற்ற மனக்கசப்பைத் தவிர்க்கும்.
- ❖ அனைத்திற்கும் மேலாக பிடித்த உணவு, உடை, இசை, சுற்றுலாக்கள், நண்பர்கள் உறவினர்களைச் சந்தித்தல்..... இவற்றோடு தமது உடல் நலம் பேண உடற்பயிற்சி, ஆரோக்கியமான உணவு, மருத்துவப் பரிசோதனை போன்றவற்றை தாமே செய்துகொள்வது மற்றவர் மேல் தேவையற்ற எதிர்பார்ப்பையும், பின்வரும் ஏமாற்றத்தையும் தவிர்க்கும் (மேற்கூறிய கட்டுரையில் ஒரு பெண்மணி, இரவு பத்துமணிக்கு உடற்பயிற்சி செய்வதாகக் கூறியிருக்கிறார்.
- ❖ இது போன்ற பல சாதாரணமான செயல்களால் ‘கடைசிரேபப் பதட்டத்தைத் தவிர்த்து நம்மைச் சுற்றி மகிழ்ச்சி அலைவீச்சு செய்யமுடியும்.
- ❖ “காற்றுள்ளபோதே தாற்றிக் கொள்” என்பதற்கிணங்க நமக்கென வாய்ப்புகள் அமையும் போது அவற்றைச் சரியாகப் பயன்படுத்திக் கொண்டால் மட்டுமே நம் இலக்கை எட்டமுடியும். தேவையற்ற காரணங்கள் சொல்வதை விடுத்து, “இது என் கனவு! என் இலட்சியம்!, நான் அடைந்தே தீருவேன்!” என்பதை மனதில் நிறுத்தி வெற்றிப் பாதையில் முன்னேறிச் செல்லவேண்டும்!
- ❖ மற்றவரின் ஏற்றத்திற்குப் பயன்படும் ஏனியைப் போல் அல்லாமல், பூமி செழிக்கப் பொழியும் மழைக்கு காரணமாகி, அம்மழையால் பயன்பெறும் மரம் போல், தாமும் வளர்ந்து, மற்றவரும் வாழ வழி செய்யவேண்டும். ‘பெருந்தியாகி’ என்று நான்கு சட்டத்திற்குள் மாலைக்கு நடுவே காட்சிப் பொருளாய் இருப்பதைவிட,
- ❖ “வாழ்வில் சாதித்தவள் இவள்” என்று நம் அடுத்த தலைமுறைப் பெண்களுக்கு வழிகாட்டியாய்த் திகழ்வதே பெருமையல்லவா?

Dr. C. Kalyani  
Lecturer Dept of Oral Pathology



## REMINISCING THE JOURNEY OF STHREE UTSAV 2017

All wavelengths in the spectrum of RMDCH congregated on the pink to mark and rejoice the state of womanhood – the historic 1st women's day celebration – STHREE UTSAV 2017.

Within few minutes of invoking the deliberation of women's day celebration, effervescence from all segments ignited the mind-set to rationalize the progression. As lotus bloom sensing the sunshine, the women folklore of RMDCH expressed their compliant sensors to the vistas of Dr.Suma Karthigeyan which reached a crescendo on March 8th, 2017. Nothing would have been materialised without the constant encouragement and support of former Dean Dr. Krishnan.



Fanatical workforce segregated into 8 squads to execute an uphill struggle to culminate for an exhilarating 3 day fiesta. Though it was conceived for merry-making the events were chartered to embrace and unearth the hidden and submerged potentials. In tune to this, ladies displayed their array of attitude and aptitude and how else can one imagine about the ambiance rather than being resplendent.

To put on view the versatility of talents, off stage events were launched on 6th march. The contestants showcased their flair and flamboyance in events like cookery, mehandi design, hair styling, rangoli, face painting, vegetable carving.

The amphitheater shuddered to the echoes of music and dance as a corollary to embark with on-stage events on 7th march. Amongst the performances, the most anticipated fashion – show, enthralled the gathering into a varied echelon.





On fueling the possible ways to instill courage, confidence and determination by preceding competitions, the much – awaited concluding event was star studded and scintillating on 8th March . The spectators were in all ears to orations by Dr. N. Panchanatham on Emotional Intelligence and women, Dr.M.Prema on Myths and facts about breast cancer and Dr. Poongothai on Women Empowerment: the force within. The parlance of the speakers were inspiring and grey cell stimulating. The ultimate triumph of the event was when the crowd witnessed the felicitations to our fellow women Dr. Uma Devi and Dr.Poongothai for their yeoman’s service at the festivity. The flocks were euphoric and applause reverberated while rewarding the title holders selected by discrete panel of jury.

The cumulative efforts of these celebrations had beyond any shadow of doubt established among us, the roots of the theme for International woman day 2017 – “Be Bold for change” .

Dr. Arularasi Aberna, M.Sc., Ph.D.  
Lecturer in Microbiology

**To the rhythm and tunes..**



## KNOW ABOUT THIS GRAVE DISEASE - ORAL CANCER

Globally oral cancer is the Sixth most common cancer with an annual incidence of 3, 00,000 cases. The other disguising information about this cruel disease is 62% of cases are reported in the developing countries. India contributes major part for this percentage. The incidence of oral cancer in males in various countries is 10 cases per 1,00,000 population. Whereas in India, age adjusted rate of oral cancer is 20 per 1,00,000. Oral cancer is the third most common malignancy in males in India. The cancer burden is in gradual increase globally due to the adverse habits,



regular use of chemicals, nutritional deficiencies and also due to the biological agents. Among these etiological agents tobacco and areca nut are proved to be the prime cause of oral cancer.

The usage of tobacco and arecanut in the forms of custom made betel quid or commercial products is highly prevalent in our country, since it is deep rooted in our culture in certain parts from the ancient time. The present scenario is, the usage and addition of tobacco and arecanut product among younger generation is in an increasing phase due to the attractive advertisements and easy availability. In India, several market preparations are available, they are gutka, khaini, mawa, and pan that contains smokeless tobacco and areca nut. These products encompass 5000 toxic substances. The important culprits of these products are nicotine, carbon monoxide, tar and arecoline.

The media propagating these products are not much emphasising the adverse effects of these products to the society. The components present in the arecanut, smokeless and smoking tobacco acts as carcinogens, and the intake of alcohol is another factor which acts in synergistic manner for the development of oral cancer. The long-term exposure of oral cavity lining (oral mucosa) to these mutagens induce changes such as thinning of oral mucosa (oral sub-mucous fibrosis) and subsequently reduction in mouth opening, white patch (leukoplakia), red patch (erythroplakia) and combination of white and red patch (speckled leukoplakia). These mucosal changes in future on continuation of habits slowly transforms into carcinoma (Oral Cancer) in most of the occasions.

Oral cancer comprises of heterogenous group of lesions, and among them, Oral Squamous Cell Carcinoma accounts for 90%. It presents clinically as cauliflower like growth, fleshy mass, non-healing ulcer, ulceroproiflerative growth, velvety red lesion, and even in certain occasions as a mixed lesion. These lesions slowly march towards the draining lymph nodes and other organs in the distant sites via blood stream, if patient does not seek treatment in the early stage. The treatment strategies for oral cancers are surgery, radiation and chemotherapy, and surgery plays a prime in the eradication of tumour mass and subsequently radio and chemo therapies are incorporated to reduce the recurrence of oral cancer. In spite of the advancement in the treatment modalities the 5 years survival period remains unchanged due seeking for treatment at advanced stage. Therefore, the early detection and intervention will definitely improve the prognosis of the patients.

The proprietor of Manikchan group of companies in India, Rasiklal Manikchan Dhariwal, one who promoted the tobacco chewing habit also died on 24th October 2017 due to oral cancer. The incident of oral cancer in India could be reduced in coming years by implementing two measures 1) controlling the usage of areca nut and tobacco by the younger generation on creating awareness among them and 2) keeping an end for the tobacco marketing in our nation. We ladies might achieve cancer prevention to certain extent by inculcating the good habits in our growing children and monitoring them. "Prevent cancer and save our future generation"

Dr. Veeravarmal, MDS.,  
Professor,  
Oral Maxillofacial Pathology



## THE PENNED DOWN FEELINGS

### TRANSFORMATION

So many sperms  
On various conditions and terms  
Raced to get fertilized  
Among which only one got utilized.

The fertilized egg divided into cells  
Which into the uterus fell.  
Then began the formation of placenta  
That provides the nourishment agenda

Now that eight weeks have gone  
The little creature is soon to be born  
For the sperms and eggs  
Have transformed into arms and legs.

The little fingers and toes  
And the cute tip of the nose  
So many other structures form  
Under certain specific norms

Twelve weeks were boring  
Since the foetus was silently snoring  
You are no more going to feel sick  
Because the tiny tot has started to  
kick

Blinks, Heartbeats and finger prints  
That make our eyes glint  
And then comes the scan  
Where the baby is seen posting in a  
way none of us can

Just a few weeks more,  
For the creature to open the door  
As of wow, he performs sudden jerks,  
Or just a simple lirk

The most awaited day has come  
The happiest moment for a mum  
Because each and every life here,  
Is a transformation of the pain that  
women bear.

Booma Balan , CRRI

### MY ANGEL MOTHER

When I was down, there she was  
pushing me up....

When I was there up, she was smiling  
at me.....

From behind.....

She was there, every time I looked  
back.....

When I tumbled down, she held me.....

Taught me to walk

And when I started walking faster,

She gave me wings .... Let me fly....

She set me free, she made me

stronger.....

She instilled the best in me.....

There I was raising up and up.....

Growing INDEPENDENT day by  
day.....

And later when I looked back,

She wasn't there anymore....

For me to depend on....

And now when I look up....

I could sense her smiling at me

And there she is watching over me.....

MY ANGEL MOTHER

Vaishnavi .R

Ist year PG

Dept of prothodontics

### PRAYER FOR DENTISTS

Dear god, I pray  
For sharp eyes to see,  
That I may do all procedures  
correctly

And detect any anomaly,  
Hands that grasp or hold firmly,  
To work fearlessly and skillfully,  
A mouth that talks patiently and  
wisely,

A mind that discerns right and  
wrong,

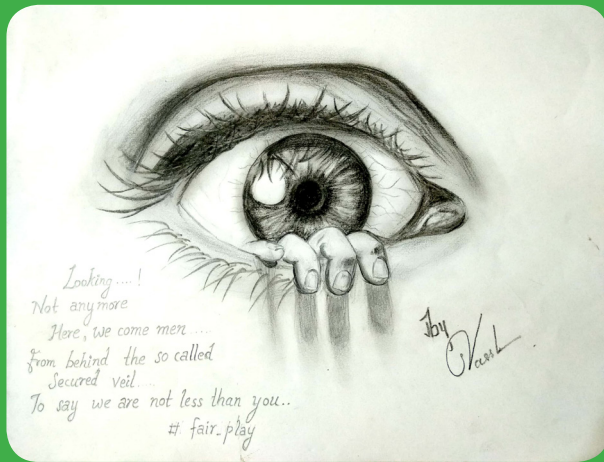
A heart that is kind and strong,  
To make this world a wonderful  
place,

By creating beautiful smiles and a  
happy face.

-Kerena joseline Charles  
BDS - III YEAR



# THE PENNED DOWN FEELINGS



## Fair Play

*Temptation has the power  
Make you relish the pleasure of  
Achieving your dream  
Not by mere magic .....but  
By an agent named  
OBSESSION by the lazy ones.....  
Which the determined had named  
HARDWORK.....!!!!!!!*

*Even in the 21st century,  
The word ADVANTAGE  
Sounds synonymous with  
FEMININE*

*We are tagged "selfish"  
When we try to remain silent  
Just to maintain our self respect*

*As Preteen Daughter asked her  
"what is abuse.....??"  
The mother smiled and remained  
silent*

*Aware of her BEAUTY  
Which was BRUISED.....!!!!*

*Getting changed is different  
From making changes.....  
While one is forced on you  
The other remains as  
Your choice  
ALWAYS BE YOU.....!!!*

*Change is witnessed when  
"do not go beyond your limits"  
Is been replaced with  
"do not limit with whatever is  
Presented before you"*

Varsha K,I BDS

## "INNOCENT'S LAMENTATION"

*Human dentition!  
Wow ,what a creation  
For its health prevention  
I never needed anyone's consultation!*

*But there came some horrible situation  
Most soft drinks resulted in erosion  
And heavy mastication  
Ended in some attrition.*

*Sweet gives me salivation  
But by last tooth's cavitation  
Which needed restroration  
Gave some pain sensation as a caution.*

*With a heart of frustration  
And fear of extraction  
Towards severe brushing went my  
attention*

*Oh, it resulted in abrasion  
Yet, I never needed anyone's  
consultation!*

*With my own knowledge and education  
I attempted heavy water fluoridation.  
But, to the worries as a addition  
My teeth got pigmentation.  
What a big botheration  
Yet I never needed anyone's consultation!*

*My smile was a terrification  
Due to my extreme malocclusion  
But I never bothered on its correction  
And avoided my bill tension  
As I never needed anyone's consultation!*

*I waited for wisdom tooth eruption  
It underwent impaction  
Which needed surgical excision  
To avoid any problem evolution.  
Yet I never needed anyone's  
consultation!*

*I was injured in an occasion  
With anterior teeth exfoliation  
Which affected my phonation  
And lended me a mental depression.  
Atlast it come to my notification  
That I needed someone's consultation.*

*After a deep consideration  
I came to a conclusion that  
For the preservation of ideal dentition  
And a better oral condition  
Non cannot live without a 'Dentist's  
intervention!'*

A.Nivedha BDS-III YEAR

## GLORIES OF RMDCH WOMEN FACULTIES

Dr. Suma Karthikeyan giving Guest Lecture at SRMC, Chennai (PG Convention)



Dr. Veeravarmal and Dr. Deepasree in Pathoscope



Our sweet 'gynaikes' besides accompanying the students for these gatherings and competitions were also bestowed with the honour of judging their presentations. Continued learning and updating themselves are idealities of good teachers.



Dr. Kavitha Jayavel honoured for resource person in implant workshop from Dr. A. Thangavelu, also seen is Dr. Murugan



Dr. Thara, Dr. Thamaraiselvi, Dr. Indumathi in IDA Dental camp



Department of Periodontia Organised Periodontal Updates – CDE Programme. Guest speaker Dr. Poornima Kumar (Centre) with Dr. Lakshmisree, Dr. Siji, Dr. Kavitha and Dr Jayapradha



Dr. Arularasi Aberna emerged out with the best presentation award for her oration at the International Conference on Interdisciplinary interaction on 'Non communicable diseases' in September 2017. She also participated in a national workshop on peer Review publications.



## 'Femme' Best of Fest

Stars sparkle in the night. But our RMDCH stars shone in daylights too and flashed out their exceptional talents...not only in academics, but in arts and sports sector as well! Yep!! Their striking performances stunned the audience and the judging panel and thus fetched up a feast of prizes and awards which escalated the pride of this great University and credited to its zenith.

2017 was a splendid year for Annamalains as it brought home a sweep of victories from various contests and conferences. Moksha, MIDAS, IAOMR at Karpaga Vinayaga dental college and Pathscope are few among them where our girls set the gatherings into tremble with their remarkable presentations. RMDCH bagged off the maximum number of prizes among six other colleges at Pathscope 2017.

**MOKSHA** ( March 2017 at Sri Venkateswara dental college) ....Yes our girls liberally came out of their shells for some phenomenal presentations. 'ANNAMALAINS' stood up as monstrous participants in contests of all categories and of course did not fail to sack in a few prizes. Pooja ( II BDS) – her paper was awarded the third best. Chandrakantha III BDS got a bronze medal for her third best paper and... Advaita aimed her javelin to the maximum distance for the first place here.

**MIDAS** ( Dec 2017 at Ramachandra dental college) It wasn't an usual year end for our college. Scientific sessions were the prime interest of our girls and as expected they proved their best for securing many 'first' prizes and a lot more. Aiswarya and Durga (CRRIs) with their paramount academic knowledge, blasted out the right answers and hence emerged as winners of the Quiz at MIDAS. Rubasoundari of II BDS secured the third prize for her paper. Merularini, III BDS got the best paper award and Sangkeetha the third place. Srinidhi.R. won the second prize.

**Endowment state level MEDAL EXAM in July 2017** at Adhiparasakthi dental college was a real test for their academic excellence. Annamalains scored the highest in many categories and thus came out with maximum number of prizes. Janani of III BDS scored the highest in her group. S.Sowmiya of II BDS got the second place in her category. Durga –CRRI, Sivasankari, Sowmithra devi and Pragathi-Final BDS were the other winners. Sivasankari also won a prize for the best paper at IAOMR at Karpaga Vinayaga dental college.

**IDC at Mumbai in February 2017**, Workshop at Saveetha dental college, Fifth annual Surgery workshop and student convention at Tagore dental college, IDA meet at Chennai Ramachandra dental college, The Pedo fest and The Perio fiesta at Indira Gandhi dental college were some other gatherings that had noticeable participation from RMDCH.

**Perio fiesta** was again a winning front for our girls with P. Shanmugapriya CRRI winning a debate on Web based learning ( one of her team members was Balakumar III BDS) and Sweththa V.K of final BDS, the best case report award. Aathiba and Gayatri got the second places for their poster and paper respectively, followed by Haritha and Brindha with third places for their posters. Sweththa also won the best paper award at the student convention at Tagore Dental college. M.Nivedhitha of Final BDS also won a prize for the best paper at the same.

'**Sangamam**' an inter college fest at Karpaga Vinayaga Institute of Dental Sciences, in January 2018 was yet another domain for our students to showcase their talents. Not only scientific papers and posters .... but Rangoli, Drawing, photography, short film making and sport events like carom, chess, throw ball, tennikoit, discus, relay and athletics had a massive participation from RMDCH. The present CRRI batch is a real jackpot to our college, for their sincerity, hard work and versatility. R.Durga and V.Aiswarya (CRRIs) won the first and third prizes for their scientific papers. Aiswarya proved her excellence in capturing the best photograph and of course the first prize for it. Mullai arasi (CRRI) with her team won the third prize in

short film category. B.Deepa 's (CRRRI) pencil sketching was chosen the second best. A one of its kind table clinic, a working model of PCR was showcased by our enthusiastic CRRIs – Aarthi, Booma, Anitha and Bhavithra .Hi! We've got a bunch of fresh talents too! Yeah!! Banupriya and Mohanapriya from IBDS got the best paper award here. Keep rocking girls!

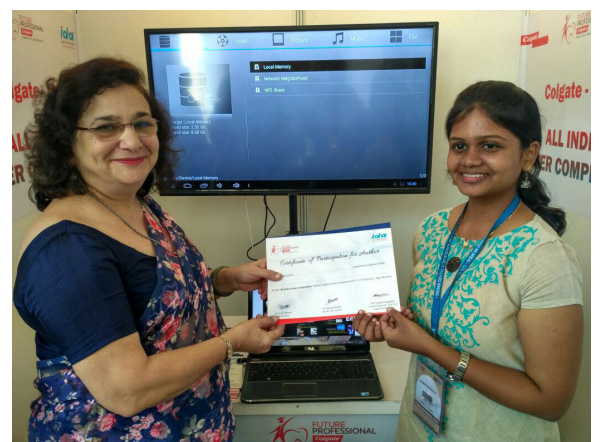


Received Certificate at National level



### Post Graduates' activities

Our Postgraduate girls who are already known for their never drowning enthusiasm, spirit and learning aspiration which keeps them in pace with their male counterparts took an active participation in many conferences and workshops related to their respective specialities throughout the year. Here are a few glimpses of them!



Postgraduates doing poster presentation in Natioanl level Conference







## Women Excellence in Sports

Sports have always been the winning zone for our 'fitness fairies'. N.Revathi our CRRI has been a valuable player of Annamalai's football team and her contribution in lifting up the team to the finals of the Inter university football tournament (...) is a truth that no one could deny. Her feet are meant not only for kicking off balls to the nets but for running on the tracks too. She also won prizes in relay, shotput and discus throw at the Sangamam that were added stones to her crown. Not only Revathi, but we have many other sport queens in our college like Advaita of III BDS who came out with the first places both in Javelin and discus throws in the inter-university level sports meet and also won in Javelin at Chengalpattu sport meet. One more fresh entry into the frisky gang is C.Madhumitha of the I BDS who won the third place in the Relay sport at the Sangamam.

The NSS unit of Annamalai University is an actively functioning sector and engages students from various faculties in many useful programmes of social concern and service. Our RMDCH NSS wing, under the guidance of Dr.Thamaraiselvi, besides routine scheduled programmes has also motivated our students to participate in Elocution, skit and Thirukkural recitation competitions and our girls won many prizes for their fantabulous performances.

No doubt..this would be a kickstart for more and more victories for RMDCH in the upcoming days of 2018. Need to fill up more pages of winning smilies and trophies girlzzz!!



Dr. Revathy CRRI in finals in Inter University Foot Ball Tournament



Advaita of III BDS who came out with the first places both in Javelin and discus throws

## CLINICAL SOCIETY MEETING & ANNUAL STUDENTS TRAINING IN ACADEMY AND RESEARCH (STARS)

The clinical society meeting, where the Post graduates and Under graduates interact and present interesting clinical data was held in RMDC&H on 01.03.2017 and 13.09.2017. The meetings were chaired by Dr.Suma Karthigeyan, H.O.D, Dr.V.Veeravarmal and Dr.K.Ramya. Ten participants from various departments presented papers.

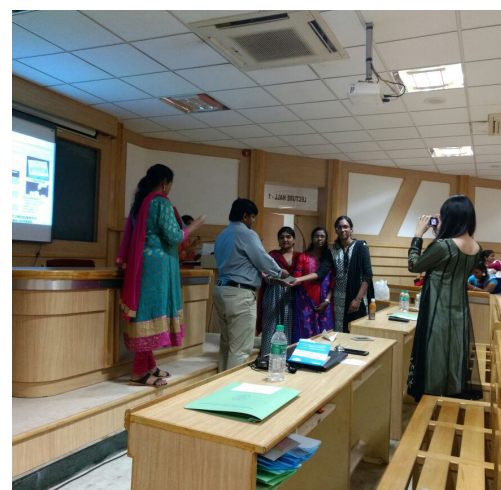
S.NO	TOPIC	PRESENTERS
1	Geriatric nutrition	Dr.S.Arun Priyadharshini, PG
2	Primary suturing of severe facial soft tissue injury	S.Dharini, II BDS
3	Manifestations of an aggressive tumour in younger age groups - A surgical dilemma	Siva Sankari, II BDS
4	T-Scan – Occlusal analysis system	Dr. Manjula &Dr. Leelavathi CRRI
5	3D Printed scaffolds in dental implant procedures	Vytheeswari & Yazhini III BDS
6	Immediate Provisional – A case report	E.Nivedha Priyadharshini CRRI
7	Dental implants for adolescents - A case report	B.Shanmukapriya, CRRI
8	Ozone – Dentistry towards greenery	G.Janani, III BDS
9	Bicoronal flaps in craniomaxillofacial trauma	R.Amirthaa Varshini , PG
10	Precaution during dental treatment in Systemic diseases	R.Supraja, CRRI

The annual Students Training in Academy and Research (STARS) was held in R.M.D.C & H on 24.11.2017 and 25.11.2017. The meeting was chaired by Dr.V. Veeravarmal, Dr.S.Bhavani, Dr.M.Deepasree, Dr.G.Kalarani, Dr.J.Kavitha, Dr.Varsha.K.Pavithran,Dr.G.K.Dhivya Priya & Dr.K.Ramya.

S.NO	PRESENTERS	TOPIC
1	Dr. S.KANMANI PREETHI PG	Temporary anchorage device - A boon to Orthodontics
2	Dr. K.SARIKA PG	Fruitful result of EAR Management of Class III Malocclusion
3	Dr. D.KAVITHA PG	Canine Disimpaction “Unveiling the hidden”
4	Dr. R.VAISHNAVI PG	Single complete denture -An Organized approach
5	Dr. T.PREETHI MEENATCHI PG	Corticotomy assisted space closure-a revised technique - A clinical case report
6	Dr. C.SHANMUGA SANKARI PG	Periodontio - integrated implant a - revolutionary concept
7	Dr. R.DHIVYA PG	Transconjunctival approach in zygomatico maxillary complex fracture - An esthetic outcome
8	Dr. RENI ANJALIN . J PG	Enamel - Renal Syndrome - A case report
9	Dr. A. ELAKIYAA PG	Odontogenic tumor - A case report
10	Dr. RABIA BASREE PG	Moebius Syndrome - A case report
11	Dr. N.VARSHINI PG	The jiggles and wiggles to baffle the brain
12	Dr. V.POORNIMA PG	Prosthetic rehabilitation for a patient with ectodermal dysplasia - A case report
13	Dr. R.NARAYANI PG	From bright stars to dental chairs
14	Dr. R.SIVARANJANI PG	Minimal invasive periodontal surgery - review
15	P.AISHWARYA III BDS	Odontogenic tumor in the wall of the developmental cyst -is it a co-incidence



S.NO	PRESENTERS	TOPIC
16	S.MERULARINI III BDS	Invasive aspergillosis
17	G.SANGEETHA III BDS	Maxillary sinus - role of dentist
18	B.CHANDRAKANTHA III BDS	A common odontogenic tumor of an unusual site
19	G.JANANI III BDS	Danta swasthiya
20	R.SRINITHI III BDS	Early reduction of caries
21	R.SRIGAYATHRI III BDS	Do and dont's of periapical surgery
22	ADVAITHA NARAYANAN III BDS	Tooth split in mandibular third molar
23	M.HARINI IV BDS	Management and protocol of sialolithiasis
24	V K. SWETHA IV BDS	Fat changes - The fate of multiple gingival recession
25	P.NUSRATH MAAJEETHA CRRI	Tuberculous lymphadenitis - A case report
26	E.DIVYA CRRI	Inorganic polyphosphate (Poly-P)
27	A.ATHIBA RASHIDA CRRI	Prevalance of occlusal interference in a group of young adult population - A pilot study





## People's Health in People's Hands



As a part of our community health services, we strive to improve the health and well being of public and taking services to where people live, work and go to school. We explore the oral health needs, conduct health fairs and help people quit unhealthy habits and eat better.

Last year, a total of 10 oral health screening and treatment camps were carried out across Cuddalore and Nagapattinam districts. Overall 2939 people were benefited from these programs. In parallel to these community programs, 20th March 2017 marked the occasion of World Oral Health Day in which pregnant women and new mothers were enlightened about their good oral health habits as well as their newborns oral health care



WE CONTINUE OUR MISSION TO ADDRESS THE ORAL HEALTH DISPARITIES AND REBUILD OUR COMMUNITY WITH A FOCUS ON HEALTH EQUITY.





Exactly a month ago, I was irked by something I saw online. The hashtag 'me too' has been doing its round on the internet. Me too flooded the internet to castigate sexual harassment and assault. In the wake of misogynistic behavior of film producer Harvey Weinstein, actress Alyssa Milano -tweeted "All women to let on their harassment experience with the phrase me too", so that women might give a proper sense of the magnitude of the problem. A few hours later, a bunch of women reeled off of how they were also persecuted sexually. A few days later, the me too had gone to a humongous extent, where 45% of social media used in United States had a friend, who posted using the term, me too, I was rattled when I saw my facebook feed filled with the hashtag. Some were celebrities and others were women from my circle. Majority of the women have gone through assault at some point in their lifetime. The count of women being ill-treated held me perplexed. The number seemed to be something I haven't envisioned. If the number of women who have been assaulted is massive. Then rationally the number of men who are misogynistic is also massive. The whole 'me too' episode not only traumatized but also made me prudent. I made my mind up that if I or any women around me were ever was assaulted, I am going to speak up and encourage my fellow beings to confide it to a trusted friend or family. Next time, if a man misbehaves with you, show resistance. And if catastrophically things went out of hand, do not cry over it. Resurrect from ashes like a phoenix and fight the guy who ill-treated you. Lodge a complaint with the help of women around you and let that male chauvinist know that he cannot treat a woman for granted, the next time his puny mind tries to do anything of that sort he should hesitate and be scared of the aftermath. How long are we going to be prejudiced and be taken for granted? It's high time we react to it and whinge about it as we are the sun that dispels the darkness of the unlettered and we are the stream of consciousness for the unthinking fool.

-G. Varshini, I BDS



Sometimes prayer doesn't change the situation but it changes our attitude towards situation & gives us hope which changes our entire life.

-S.Sonia (I BDS)

### AN ART WITH ORTHO WIRE

This field not only increases  
the esthetics in face  
Life also becomes beautiful  
when we realise the art  
behind this field  
Dear budding women  
LOVE YOUR CAREER

-Aftha Ghani (III BDS)





Feel the  
Love of Mother in  
God ...





