



DAPM RV Dental College®

Affiliated to Rajiv Gandhi
University of Health Sciences,
Bengaluru

Recognised By Dental Council
of India

Vol. 4
Issue 5

Jan-Dec 2020

P E N D E N T

Newsletter by DAPM RV Dental College





FROM THE PRINCIPAL'S DESK

FROM PPEs TO DISRUPTIVE INNOVATIONS IN DENTISTRY

Dentistry has evolved manifold from the dental training in the 1980s to the present day disruptive innovations infiltrating the field of dentistry. From foot pedal and motor driven belt hand pieces to minimalistic use of arotors and ultrasonic scalers, to the present day disruptive innovations, dentistry has come a long way. A plethora of new technologies from digital dentistry to AI (artificial intelligence) will reshape the dentistry that will be practiced. The pandemic has changed our attire while practicing dentistry. The PPEs, face shields, N95 masks has made dentistry a very safe profession.

Disruptions in technology communications are reshaping medical care and dentistry. Digital dentistry with intraoral scanners, CAD CAM, Do it yourself (DIY) dentistry like orthodontic aligners, tooth whiteners and intraoral appliances are the order of the day.

As we retrospect how Covid pandemic has affected day-to-day life and the way dentistry is practised, we can look forward to the new avenues and advances that will make dentistry a much sought after profession.

Dr. Asha R Iyengar

Principal and Professor, Department of Oral Medicine and Radiology

From The Editor's Desk



The last two years have been very eventful with COVID affecting the entire world. It had a very devastating effect on all aspects of life be it social, financial, personal or health.

Fortunately, now the situation is looking bright with constant decline in the cases. I wish and hope that the situation will return to normalcy soon.

Education is one field which has evolved to a great extent over the last two years with online mode of teaching taking the centre stage. Both teachers and students have adapted to this change very well. Cheers to all of us!

From this year, our college magazine is going E-way as a conscious effort to do our bit towards the environment. Hope all of you enjoy this version.

To end on a positive note,

"In every crisis, doubt or confusion, take the higher path- the path of compassion, courage, understanding and love"- Amit Ray

A handwritten signature in black ink, appearing to read 'Sapna N'.

Dr. Sapna N

THE GRADUATION CEREMONY

Graduation, the commencement ceremony is rightfully called so because, it marks a new beginning. For the batch of 2020 graduates all over the world their new beginning was uncertain and almost unrecognisable. In the blink of an eye, it was a total upheaval, and we were hit by a paralysing global health crisis; the COVID-19 pandemic. With the entire world having adapted to a virtual life, we, here at D.A.P.M. RV Dental College wanted to commemorate the past five-year journey of our graduates in a modified yet conventional way.

The 24th convocation ceremony was held on 5th November 2020, with utmost precautions. All the dignitaries, staff and graduates were seated maintaining a 6 feet distance from each other and wore personal protective equipments at all times. The ceremony was preceded by Dr.YSR Murthy, Vice-Chancellor, RV University (Chief Guest), Dr.M.S. Prakash, Governing Council Chairman, D.A.P.M. RV Dental College & Hospital (Guest of Honour) and Dr. M.K.Panduranga Setty, President, RSST, who graced the occasion with his virtual presence.

The events for the day began with the auspicious ceremony of lighting the lamp followed by an invocation song to invoke the blessings of God, Almighty. The graduates were then awarded with the certificates and toppers were honoured with mementos. Dr. Anshita Tandon, the valedictorian of her batch was awarded a gold medal for her academic achievements and her parents were also felicitated. Succeeding this, the fresh graduates took the sacred Hippocrates Oath, wherein they pledged to be devoted to their patients and profession. Dr. Somanna M.V, on behalf of his batch fondly spoke about the past 5 years journey they spent in the college and how they managed to overcome all hurdles and celebrated every success together. The dignitaries were then called upon the stage to congratulate the graduates and motivate them for their future ventures. The evening ended with the graduates bidding farewell to their campus and their faculties who helped to nurture them into the young exuberant adults that they grew up to be.



LIGHTING THE LAMP CEREMONY



INVOCATION SONG



ADDRESS BY DR. SOMANNA M.V



ADDRESS BY CHIEF GUEST, DR.YSR MURTHY



WELCOME ADDRESS AND COLLEGE REPORT BY PRINCIPAL, DR. ASHA IYENGAR



ADDRESS BY GUEST OF HONOUR, DR.M.S.PRAKASH



DISTRIBUTING DEGREE CERTIFICATES TO NEW GRADUATES



FELICITATION OF DR.ANSHITA TANDON'S PARENTS



DISTRIBUTING DEGREE CERTIFICATES TO NEW GRADUATES



AWARDING THE GOLD MEDALIST, DR. ANSHITA TANDON



NEW GRADUATES TAKING THE HIPPOCRATES OATH



DISTRIBUTING MOMENTOES TO RANK HOLDERS



ADDRESS BY DR.M.K. PANDURANGA SETTY

THE GRADUATION CEREMONY

- Department of Public Health Dentistry, conducted a 2-day program on “Under Graduate Research Exposition 2020” at D.A.P.M. RV Dental College and Hospital on, 2nd & 3rd March 2020, in association with IDA Bangalore & NSS RGUHS



- Department of Public Health Dentistry, conducted a Faculty Development Program in association with NIMHANS Health Professional Education Unit, on the topic “Orientation to Mentoring” by Prof. Seema Mehrothra, (Positive Psychology Unit, NIMHANS) on 27th February, 2020 at D.A.P.M. RV Dental College and Hospital.

- Department of Public Health Dentistry, in association with NSS unit, conducted a group discussion on the topic of “Impact of Lockdown due to Covid-19 on Mental Health Considering the Upstream and Downstream Approach” on 8th August 2020, at D.A.P.M. RV Dental College and Hospital



- Department of Public Health Dentistry, in association with Department of Oral Medicine, conducted a program on “Infection Control in times of COVID 19 –Challenges and Institutional Perspective” by Dr. Dhruthil, Prosthodontist and adjunct faculty University of the Pacific Arthur A Dugani School of Dentistry, San Francisco, CA and Dr. Nagesh, former principal of D.A.P.M. RV Dental College, on 19th June 2020, at D.A.P.M. RV Dental College and Hospital.
- Department of Public Health Dentistry, in association with NSS activity conducted a program on the topic “Exploring Public Health Dentistry Through Multiple Choice Questions” on 16th September 2020, at D.A.P.M. RV Dental College and Hospital.
- Department of Public Health Dentistry, conducted a program in association with NSS activity, on the topic “Scattergories: Creative Thinking Category - Based Game” on 22nd September 2020, at D.A.P.M. RV Dental College and Hospital.
- Department of Public Health Dentistry, in association with NSS activity, conducted a program on - “Documentary- ‘United by Hope’. Covid -19 And It’s Effect On Different Sector - A Varied Perspective” on 24th September 2020, at D.A.P.M. RV Dental College and Hospital.

- Department of Public Health Dentistry, in association with NSS activity, conducted a program on - “Mock Parliament on National Medical Council Bill 2020” on 3rd October 2020, at D.A.P.M. RV Dental College and Hospital.
- Department of Public Health Dentistry, conducted a program in association with NSS activity on - “Covid -19 and the Challenges, A General Perspective” on 20th October 2020, at D.A.P.M. RV Dental College and Hospital.

DEPARTMENT OF CONSERVATIVE DENTISTRY AND ENDODONTICS

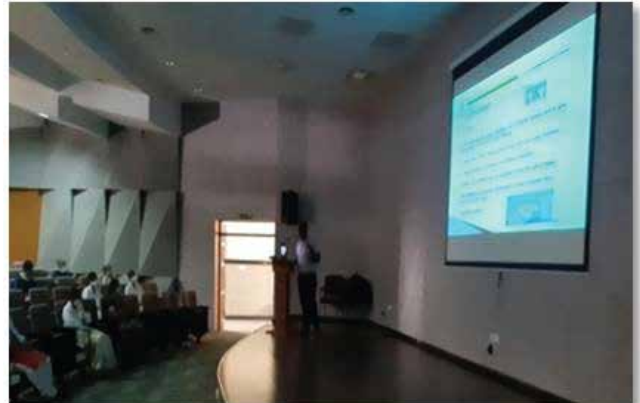
- A Symposium was conducted by the Department Of Conservative And Endodontics in association with 3M oral care, on 31st January 2020, on “Adhesive Dentistry” at the D.A.P.M RV Dental College and Hospital, Bangalore. The speakers for the day were Dr. Hidehiko Sano, Professor of HOKKAIDO University Graduate School of Dentistry, Department of Restorative Dentistry, (Japan) and Dr. YC Kwon, Scientific Affairs and Education Manager, 3M Oral Care, APAC, (Korea).



- A CDE program / webinar was conducted by the Department Of Conservative And Endodontics on 23rd September 2020, on the topic “MAGNIFICATION IN ENDODONTICS”. The speaker for the day was Dr. Vinod Kumar, (former Professor), Department of Conservative Dentistry & Endodontics, DSCDS. The program was attended by 110 participants at D.A.P.M. RV Dental College and Hospital



- A Lecture and a Hands-on Program was conducted on 01st October 2020 by the Department of Conservative and Endodontics, on the topic “ROTARY ENDODONTICS”. The speaker for the day was Dr. Anand from Dentsply. The program was attended by 40 participants from the Department of Conservative Dentistry & Department of Pedodontics at D.A.P.M. RV Dental College and Hospital.



- Department of Conservative and Endodontics, conducted a Webinar on “What next?”, by Dr. Vinod Kumar (consultant Endodontist), through Career Guidance Committee on 14th October 2020. The program was attended by 90 participants from D.A.P.M RV Dental College and other colleges as well.
- A CDE program / webinar was conducted by the Department of Conservative and Endodontics, on 16th December 2020, on the topic “DIGITAL DENTISTRY”. The speaker for the day was Dr. Shiva Shankar Mahadevan, Prosthodontist (MDS) by profession and Director of Confident Dental Lab, Bangalore. The program was attended by 153 participants at D.A.P.M. RV Dental College and Hospital.

DEPARTMENT OF ORAL MEDICINE AND RADIOLOGY

- Department of Oral Medicine and Radiology, conducted an E-Poster Competition on the topic “Reduce Plastic Usage In Dentistry” on 10th January 2020, at D.A.P.M. RV Dental College and Hospital.
- Department of Oral Medicine and Radiology, conducted a CDE program on “Tobacco Cessation Need For Integrated Health Care Intervention” by Dr. Prashanti Natela, Department of Mental Health Education, held on 29th January 2020, at D.A.P.M. RV Dental College and Hospital.
- Department conducted a CDE program on “Dental Management Of Patients With Gastrointestinal Disorders” by Dr. Virendra Sandur, Lead consultant, Department of Gastroenterology, RV Aster Hospital, held on 28th February 2020, at D.A.P.M. RV Dental College and Hospital.
- Department of Oral Medicine and Radiology, conducted a Webinar on the topic “Awareness About Sickle Cell Disease” by Dr. Megha Badarinath, Content Head, Crown edge learning Pvt. Ltd., held on 20th June 2020, at D.A.P.M. RV Dental College and Hospital.

- Department of Oral Medicine and Radiology, conducted an Online Scientific Program on “Dental Infection-Disease Management” by Dr. Rajesh Ramalingam, Medical Consultant, GSK Pharma, held on 24th June 2020, at D.A.P.M. RV Dental College and Hospital.
- Department of Oral Medicine and Radiology, in association with IDA (Karnataka), Bangalore, conducted a series of Webinar, on the topic “Orofacial Pain: A Clinical Perspective” by Dr. Priya Jayaraman, DDS, MPH, held from August to November 2020, with overall of 10 sessions at D.A.P.M. RV Dental College and Hospital



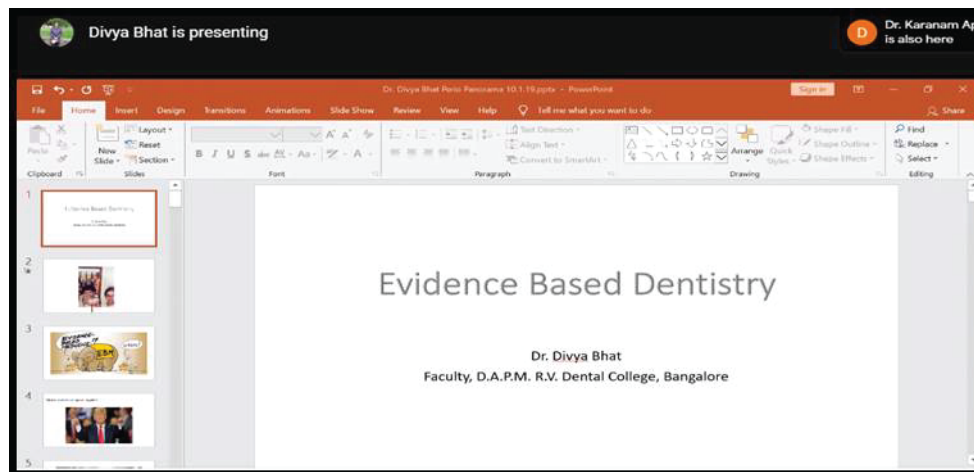
- Department of Oral Medicine and Radiology, conducted a program in association with IDA Bangalore, and in collaboration with HCG on the topic “Current Update On Diagnosis And Treatment of COVID 19” by Dr. Vishal Raon, Head and Neck Surgical Oncologist, Robotic Surgeon, Chief Head and Neck Surgical Oncological Services, HCG on 17th August 2020, at D.A.P.M. RV Dental College and Hospital.
- Department of Oral Medicine and Radiology, conducted a program in association with IDA, Bangalore, in collaboration with Narayana Health City, (Bangalore) on the topic “The Changing Landscapes Of Craniofacial Surgery And Obstructive Sleep Apnea” by Dr. Paul Christadas Salinz, Chief Craniomaxillofacial Surgery, Medical Director and Senior Vice President – Mazumdar Shaw Cancer Centre, held on 10th September 2020, at D.A.P.M. RV Dental College and Hospital.

DEPARTMENT OF PERIODONTICS

- A CDE program was conducted on 4th February 2020, by the Department of Periodontics, on the topic “Integrative Dentistry” by Dr. Vaibhavi Joshipura (Periodontist), and CEO of Inte Dent Healthcare Pvt. Ltd. A total of 112 participants attended the program conducted at D.A.P.M.R.V. Dental College and Hospital.



- A Webinar was conducted by the Department of Periodontics, on the topic “Evidence Based Dentistry”.It was held on 12th June, 2020.The speaker for the day was Dr. Divya Bhat, Senior Lecturer of the Department. A total of 63 participants had participated in this online programme.



DEPARTMENT OF PROSTHODONTICS

- The Department of Prosthodontics, celebrated “Prosthodontist’s day” on 22nd January 2020. A lecture was given on the topic “Scope of Prosthodontics” which was attended by 250 participants. The program had 4 guest speakers who were the alumni of D.A.P.M RV Dental College Institution. The lectures were followed by Mad Ads competition for students.



- The Department of Prosthodontics, in association with Indian Prosthodontic Society, Bangalore branch, conducted a Conference and Master Class on, "Prosthodontic Vision" held from 14th - 16th February 2020 with 17 guest speakers.



- The Department of Prosthodontics, conducted a Webinar, at DAPM RV Dental college and Hospital. The speaker for the program was Mrs. Sushma Verma, Yoga Therapist.



A total of 230 participants attended the program. The learning objective of this program was, how to handle the present pandemic situation by being both mentally and physically strong. It was a very fruitful interactive session.

DEPARTMENT OF ORAL AND MAXILLOFACIAL SURGERY

- The 13th of February every year is celebrated as the “International Oral and Maxillofacial Surgeons day”, to commemorate AOMSI's first meeting held on this date in 1969. The theme this year was "Raise the awareness and share your uniqueness to the world". An E-Poster competition was conducted for undergraduate students, and the Judges & Speakers were Dr. Sunil V, Dr. Girish M S, Dr. Jayanth and Dr. Srinidhi, at D.A.P.M RV Dental College and Hospital.



- The Department of Oral And Maxillofacial Surgery, at D.A.P.M RV Dental College had organized a Webinar on the topic “PUBLISH OR PERISH! IS IT RELEVANT EVEN TODAY?” on 21st September 2020. The speaker for the day was, Dr. Murali Chakravarthy, Department of Anaesthesia, Fortis Hospital, Bannerghatta, Bangalore.
- The Department of Oral and Maxillofacial Surgery, had organized a Webinar, on the topic “NEGLIGENCE IN DENTAL PRACTICE ” on 19th December 2020, by Dr. Kedarnath, (Oral & Maxillofacial Surgeon) at D.A.P.M RV Dental College and Hospital.

DEPARTMENT OF ORTHODONTICS AND DENTOFACIAL ORTHOPAEDICS



- The Department of Orthodontics, conducted a CDE program, on the topic “INVISALIGN RESEARCH PROGRAMME” by Dr. How Kim Chuang, Director of the Malaysian Health Promotion Board, Malaysian Dental Association, Malaysia, on 14th October 2020, at D.A.P.M.R.V. Dental College and Hospital

DEPARTMENT OF PEDODONTICS



- Department of Pedodontics, conducted a Master Class Program on the topic “PEDO-SCAN A PRE-EXAMINATION REVIEW” on 27th & 28th February 2020. The lecture was given by Dr. Dhanu, President, Indian society of Pedodontics and Preventive Dentistry at D.A.P.M RV Dental College and Hospital.

- Department of Pedodontics, conducted a webinar on the topic “RESEARCH METHODOLOGY & BIOSTATISTICS” by Dr. Nagesh Lakshminarayan, Professor and Head, Dr. Puja C. Yavagal, Professor, Dr. Shyam Sivasamy, Associate Professor of Department of Public Health Dentistry, held on 28th & 29th December, 2020, at DAPM RV Dental College and Hospital



DEPARTMENT OF

PEDO
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HOSPITAL INFECTION CONTROL COMMITTEE

- The Hospital Infection Control Committee, conducted a CDE program on the topic “Awareness program on COVID-19”.The lecture was delivered by Dr. M.B Bharathi (Prof. and Head, Department of General Pathology) on 13th March 2020, at D.A.P.M. RV Dental College and Hospital.



- The Committee conducted a Workshop on “Training On Hand – Hygiene – Demonstration, For All Health Care Workers” by Dr. M.B Bharathi (Prof, and Head, Department of General Pathology) on 14th March 2020, at D.A.P.M. RV Dental College and Hospital .
- The Committee conducted a CDE program on “How To Live With COVID 19 And Be Safe (@Workplace And Otherwise)” by Dr. M.B Bharathi (Prof. and Head, Department of General Pathology) on 20th May 2020, D.A.P.M. RV Dental College and Hospital.
- The committee, conducted a CDE program, on the topic “Covid-19 And Social Well-Being” by Dr. M.B Bharathi (Prof, and Head, Department of General Pathology) on 17th June 2020, at D.A.P.M. RV Dental College and Hospital.





- The committee, conducted a CDE program on the topic “Sequence of Donning And Doffing of PPE” by Dr. M.B Bharathi (Prof. and Head, Department of General Pathology) on 24th June, 2020, at D.A.P.M. RV Dental College and Hospital.



- The committee conducted a CDE program on the topic “COVID -19 THE PANDEMIC”, and the lecture was given by Dr. M.B Bharathi (Prof, and Head, Department of General Pathology) on 17th August 2020, at D.A.P.M. RV Dental College and Hospital.

THE POET'S CORNER

Dentists by day, poets by night!

BURIED DREAMS

"I aspire to become an astronaut, mom", he said
as he hit the hay,
He had dreams to achieve someday,
But death was on his way,
To take him away,
I longed for him to stay,
I strived to keep the obstacle at bay,
But I failed to stop the devil's play.

- HARISHREE J, 1ST BDS

PETRICHOR

Nature our earth's very own asset is
the most admirable of all the things
The very thought of it is so appealing
And brings me immense happiness

Heeding to the angelic voice of fauna
I step into the world of joy
I walk further and further deeper away
lost in its astounding scenery

Gazing at the amazing cascade
I silently listen to its burbling
Nothing ever can be more awesome
than walking amidst nature's arms
The showers in the forest adds to its alluring
beauty
And here I wait till the rain stops for petrichor

- SHREYANKA MALLIKARJUN 1ST BDS

Chinna chirunavvu chaalu.....
Sheham prarambhum kavadaniki
Chinna matta chalu.....
Penu yudham padadaaniki
Chinna chuupu chalu.....
Bandalanu nilapadaaniki
Okha snehitudu chalu.....
Mana jivitam maripo daaniki

- LAHARI, 1ST BDS

Nenu ninu chusina modati shanam na
madini nenu adiga, nuvena na tholi vupuri ani....
Nenu nitho matladina appudu nenu
telusukunna, nuvena priyasakhi ani.....
Nenu nitho gadipinapudu telisindi, mana
bandham ippudidi kadu ani.....
Nenu chanipote ardamindi, nuvvu kuda natho
vastav ani.....

- LAHARI, 1ST BDS

EVENING TO REMEMBER

It's been a while since we explored
Almost as if there's a force keeping us bound
I wonder what its like outside
Little pretty flowers poking out of the evergreen
grass
Pleasant chirps soothing our sinful ears
Butterflies uncovering sweet nectars and trading
pollen
Tiny dew drops snoozing on the resting meadow
Almost as though the sky encountered rage
A meagre drop of drizzle falls upon my cheek
Escorted by a furious storm
I sat there while the raindrops merged down my
skin
Inhaling the scent while the rain thumped down
the soil
Oblivious of the surrounding I let my mind wander
Vulnerable to the thoughts and emotions
I found myself slowly drifting into a dream
Caught up with portrayals I'm impotent to remem-
ber.

- SANIKA, 1ST BDS

STERN AS A HAWK AND SWEET AS HONEY

What you always want,
Is never yours!
Your dire aspiration,
Is a steam of kettle.
For once it's yours,
The next ...puff

I knew it would hurt,
If I let you touch.
Baby! but I'm a self destructor,
Like the charms of woman,
an enticement with a siren.
You touch, you burn,
You don't your torment .

For I stand watching,
in the wrecked no-man's land.
Waiting for that one dunderhead,
to make a wise decision
A trick. Or treat.

Little munchkin wishes for,
Knight in shining armour.
Little did she know I would,
Turn him into an ogre.
I have no mercy,
All which turned into ashes.

- SAHANA, 2ND BDS

A RAY OF HOPE

Stop! Wait! Don't panic!
One step at a time
One day at a time
One page at a time

I walk through the tunnel
It's pitch dark, not a ray of light
I can't see a thing
Not the roof, not the floor, not the walls
I walk
One step at a time
One day at a time
One page at a time

Ouch! What's that?
I stumble upon something, something hard
I quickly regain my balance

I bend down to pick it up
It feels like a stone
I'm about to throw it away, but I hold on
I continue to walk
One step at a time
One day at a time
One page at a time

I wonder if there is another path that could lead
me to light
Maybe there is, but I'll never know or will I?

Now I'm almost beginning to drag myself
No water, no food, no hope, no dreams
But I go on
One step at a time
One day at a time
One page at a time

I suddenly slam into something
It blocks my path
The thought of it being the end of the tunnel gives
me an adrenaline rush
I push it hard
It doesn't budge
I try again harder and harder and harder, with all
my might and strength

Suddenly, I fall on my knees
My eyes flutter
Warmth and light coarse through my veins
I look up and stare right at the sun
My eyes flicker
I sit there clutching my stone

I open my hand
And the glint of hope lights me up
The light hitting each and every part

- SHREYA V KASHYAP, 1ST BDS

ಸೊಬಗು

ಹನಿ-ಹನಿಯಾಗಿ ಇಳಿದು ಬಂದಳು ಮಳೆ
ಘಮ-ಘಮಿಸಿ ಸಂಭ್ರಮಿಸಿದಳು ಇಳೆ
ಬೆರಗಿನಾ ಚುಮು-ಚುಮು ಬೆಳಕಿನಲ್ಲಿ
ಸೋಂಪಿನ ನವಿರು- ನವಿರುತಂಗಾಳಿಯಲ್ಲಿ
ತೇಲಿ ಬಂದ ಹಕ್ಕಿಗಳ ಚಿಲಿಪಿಲಿ ಕಲರವದಲ್ಲಿ
ತೂಗಿ ನಿಂತಳು ಲತೆ ಒನವು-ವಯ್ಯಾರದಲ್ಲಿ

ಕಣ್ಣೆರೆದು ನೋಡೆ ಮಿಂಚುವ ಬೆಳಕಿನ ಹೊಳವು
ಮನಸೆಳೆಯಿತು, ಗರಿಗೆದರಿತು ನೂರು ನೆನಪು
ಅಂಗಳದಿ ನಿಂತು ನೋಡೆ ಎಲ್ಲೆಡೆ ಹಸಿರಿನ ತೋರಣ
ಚೆಲುವು ಬೀರುವ ಬಣ್ಣಬಣ್ಣದ ಹೂಗಳ ಓರಣ
ಮುದಗೊಂಡ ಮನದಲ್ಲಿ ಭಾವನೆಗಳ ಹೂರಣ

ಅದೇನೋ ಇಂದು ಎಂದಿನ ಹಾಗೇ ಒಂದು ದಿನ
ಅದರೇತೋ ಉಲ್ಲಾಸದಿ ಸಂಭ್ರಮಿಸಿತು ಮನ
ಲವಲವಿಕೆಯಲ್ಲಿ ಮೂಡಿತೆನೋ ಹೊಸತನ
ಒಗರು ನುಂಗಿ ಸೊಗಡು ಸವಿಯೇ ಅದುವೇ ಜೀವನ

- ಡಾ.ಭಾರತಿ ಎಂ.ಬಿ.

ಪ್ರಾಧ್ಯಾಪಕರು,
ರೋಗ ನಿಧಾನ ಶಾಸ್ತ್ರ ಹಾಗೂ ಸೂಕ್ಷ್ಮಜೀವಶಾಸ್ತ್ರ ವಿಭಾಗ
ಡಿ.ಎ.ಪಾಂಡು ಮೆಮೋರಿಯಲ್ ಆರ್.ವಿ.ದಂತ ಮಹಾವಿದ್ಯಾಲಯ
ಬೆಂಗಳೂರು

AWARDS AND ACHIEVEMENTS OF STAFF



Dr. Asha R Iyengar

Principal and Professor, Department of Oral Medicine and Radiology

- ◆ Nominated as the Treasurer, Karnataka branch, Indian Academy of Oral Medicine & Radiology on 12th January 2020.
- ◆ Key Judge and Moderator in video making competition at National Virtual Scientific Fiesta X-PERT International Day of Radiology held on 9th November 2020.
- ◆ Invited as speaker and delivered a talk on the topic “Know More About White Patches In Your Mouth” in the You tube channel “Tooth talk with your Dentist” hosted by Mrs.Rekha, on 23rd October 2020.
- ◆ Chaired an international webinar on “Diagnosis and Recent Management of Non-Odontogenic Orofacial Pain” organised by Rungta College of Dental Sciences and Research, Chhattisgarh on 29th July 2020.

Dr. Dinesh M R

Professor, Department of Orthodontics and Dentofacial Orthopaedics



- ◆ Nominated as the Dean of Faculty of Dentistry, Rajiv Gandhi University of Health Sciences for a period of 2 years from 2018 to 2020.
- ◆ Nominated as the Member of Board of Studies (Dental Subjects) of Sri Siddhartha Academy of Higher Education, Tumkur from 2019 to 2020.
- ◆ Member of Scientific Committee for the Silver Jubilee Celebrations 2020 at Rajiv Gandhi University of Health Sciences.
- ◆ Appointed as the Member of Board of Studies at Faculty of Dental Sciences, Ramaiah University of Applied Sciences, Bangalore for the academic year 2019 -2020.
- ◆ Significantly contributed in opening a 200 bed facility at COVID Care centre in Bangalore and has also donated an ambulance for COVID Warriors.
- ◆ Member of Academic Counsel - NMKRV



Dr. Shashikala

Former Vice Principal, Professor, Department of Conservative Dentistry & Endodontics

- ◆ Nominated as EC member for the year 2019-2020 for IACDE – Karnataka Association of Conservative and Endodontics

Dr. Bharathi M B

Professor and Head, Department of General Pathology and Microbiology

- ◆ Invited as Speaker at the Pedo Scan Pre-Examination Review conducted on 27th and 28th February 2020 on the topics “Inflammation, Wound Healing and Thrombosis”.
- ◆ Head of HICC, DMET and IRB - DAPM RVDC



Dr. Murali

Professor, Department of Conservative Dentistry & Endodontics

- ◆ Was nominated as the Member of the Editorial board of SRM University.
- ◆ Was nominated as the Member of Dental materials group of International Association of Dental Research and International Association of Dental Traumatology.
- ◆ Was a Guest Speaker at Adarsh Academy of Dental Excellence on 07th August 2020 and gave a lecture on the topic “Overview on restorative dentistry”.
- ◆ Was a Guest Speaker of a live webinar on 1st November 2020 at The Triumph Centre for Excellence in Dentistry, Chennai and gave a lecture on “Overview of endodontics for general dental practice”.
- ◆ Member on the review board of Journal of Conservative Dentistry.

Dr. N. Kalavathy

Professor and Head, Department of Prosthodontics

- ◆ Was the Guest of Honour & Chairman Scientific at 3rd Global Dental Implant Symposium of Maxi course, Bengaluru, held on 29th February 2020, by ITC Group Bengaluru.
- ◆ Reviewer for Ph.D research, RGUHS
- ◆ Pre Ph.D theory external examiner for Vinayaka Mission Deemed University, Salem





Dr. Sunil Vasudev

Professor and Head, Department of Oral and Maxillofacial Surgery

- ◆ Organised E-Poster Competition for Final Year BDS Students & Internees of DAPMRV Dental College on the occasion of “International Oral & Maxillofacial Surgeons Day” on 13th February 2020 for which he was one of the Judges along with Dr. Girish M S, Dr. Srinidhi and Dr. Jayanth.
- ◆ Hosted a Webinar on “Publish or Perish – Is it Relevant Even Today” on 21st September 2020. Speaker for the day – Dr Murali Chakravarthy, Anaesthesiologist from Fortis Hospital, Bannerghatta Road.
- ◆ Hosted a Webinar on “Negligence in Dental Practice” on 19th December 2020. Speaker for the day – Dr Kedarnath, Professor & Head, Department of Dentistry, Kodagu Institute of Medical Sciences.



Dr. Keshava Prasad B S

Professor & Head, Department of Conservative Dentistry & Endodontics

- ◆ Was the Chief coordinator (Scientific committee), Organising committee member and Chairperson (Scientific Session)- for BASIC and RAPID RECAP 2020.
- ◆ Appointed as the Reviewer for RGUHS Journal of Dental Sciences, World Journal of Dentistry and International Journal of Research.
- ◆ Appointed as the Reviewer and Editorial Board member for Journal of Restorative Dentistry and Endodontics, ACE Karnataka.



Dr. Suchetha A

Professor and Head, Department of Periodontology

- ◆ Nominated as the Editor-in-chief for the RGUHS Dental Journal for a period of 2 years from June 2019 to May 2023.
- ◆ Hosted a CDE program for the undergraduates, interns, postgraduates and staffs of RV Dental college, on “Integrative Dentistry” on 4th February 2020. Speaker for the day - Dr Vaibhavi Joshipura (MDS).
- ◆ Hosted a Webinar on the topic “Evidence based medicine” on 12th June 2020.



Dr. Harikiran A G

Professor and Head, Department of Public Health Dentistry

- ◆ Facilitated the Prestigious, “Dr. Pandurangi Memorial Award” with Rashtreeya Sikshana Samithi Trust.
- ◆ Advisory Board Member, Karnataka State Dental Council, 2020 - till date
- ◆ CDH Officer, IDA, Bengaluru 2019 - 2021. He is a member of the Advisory Core Committee, Rajiv Gandhi Institute of Public Health from February 2013 - till date



Dr. Sapna N

Reader, Department of Periodontology

- ◆ Invited as the Guest speaker at Perio-Panorama, Rapid review for post graduate students on 28th - 30th January 2020, held at Dayanand Sagar College of Dental Sciences, Bangalore, and delivered a talk on "Interdisciplinary Periodontics"



Dr. Deepak S

Reader, Department of Oral and Maxillofacial Surgery

- ◆ Invited as Speaker for Keynote Lecture at AOMSI Masterclass, organised by Goa State Chapter of AOMSI and Goa Dental College & Hospital, Bambolin, Goa between 17th to 20th February, 2020 on the topic "General Anaesthesia and Intra-Operative Monitoring".
- ◆ Invited as Speaker for Keynote Lecture and Hands-On Course at K.V.G Dental College & Hospital, Sullia on 13th January 2020, and delivered a talk on the topic "Advanced Surgical Procedures in Implantology".
- ◆ Moderator For Panel Discussion at The International Congress of Oral Implantology – South Asian Congress at Colombo, Sri Lanka between 23rd Jan 2020 to 25th Jan 2020 on the topic "Digital Planning in Implantology".
- ◆ Invited as Speaker & Resource Person for Dentium Academy Intensive Course On Implants, at Bangalore between 30th Jan to 2nd Feb 2020.
- ◆ Chairperson at South Asian Society for Oral & Maxillofacial Implantology and First India – Japan Collaborative Symposium" At NIMHANS Convention Centre, Bangalore on 5th Feb 2020.



Dr. Vanamala

Reader, Department of Conservative Dentistry & Endodontics

- ◆ Delivered a guest lecture at "BASIC RECAP", at KLE Dental College, Bengaluru on 7th & 8th March 2020 on the topic "Developmental Disturbances in tooth tissues & age changes - its relevance in restorative dentistry & endodontics".
- ◆ External expert evaluator for table clinic presentation "Setting up of the armamentarium and understanding the procedure for pre-clinical work".
- ◆ Appointed as the NIRF Nodal officer for the year 2019 - 2020.
- ◆ Was the Reviewer for RGUHS Journal of Dental Sciences.



Dr. Sheela

Reader, Department of Conservative Dentistry & Endodontics

- ◆ Reviewer for Dental Essence Journal, Gujarat University and RGUHS Journal of Dental Sciences, Bengaluru.



Dr. Mitha Shetty

Reader, Department of Prosthodontics

- ◆ Was the Chairperson and Moderator at the Conference and Master class program titled "Prosthodontic Vision 2020" organized by D.A.P.M. R.V Dental College, with IPS Bengaluru branch from 14th to 16th February 2020

Dr. Jyotsna S

Reader, Department of Public Health Dentistry

- ◆ Appointed as the Executive Council Member of Academy of Health Professional Educators 2019 till date.
- ◆ Nominated as the Core Committee Member, Curriculum Review Committee of Indian Association of Public Health Dentistry, 2019 till date.
- ◆ Has completed the International Certificate Course in Bioethics from UNESCO, Bioethics Chair, University of Haifa from December 2019 to June 2020.
- ◆ Has received the Best Paper-award at the Health and Humanities International Conference held at Sri Siddhartha Institute of Medical Sciences and Research Centre, Tumkur, held on 10th to 12th September 2020.



Dr. P. Roshan Kumar

Reader, Department of Prosthodontics

- ◆ Was the Chairperson and Speaker at the Conference and Master Class program titled "Prosthodontic Vision 2020" organized by DAPM RV Dental College with IPS Bengaluru branch from 14th to 16th February 2020.
- ◆ Was a Panellist for the Short Panel Discussion on an 1st live webinar on "Surveying – The Forgotten Treatment Aid under the banner of 'PROSTHOPEDIA 2020'" organized by Dept. of Prosthodontics, Dr. Harivansh Singh, Judge Institute of Dental Sciences & Hospital, Punjab University, Chandigarh.

Dr. Suma S

Reader, Department of Oral Pathology and Microbiology

- ◆ Has successfully attended and completed a 5-day online Faculty Development Programme on "Enhancing Teachers' Teaching Skills" conducted by RV Teachers' College, from 8th to 11th December 2020.



Dr. Sarita Y

Reader, Department of Oral Pathology and Microbiology

- ◆ Has successfully attended and completed a 5-day online Faculty Development Programme on "Enhancing Teachers' Teaching Skills" conducted by RV Teachers' College, from 8th to 11th December 2020.



Dr. Deepti Vadavi

Reader, Department of Public Health Dentistry

- ◆ Nominated as the Core Committee Member, Curriculum Review Committee of Indian Association of Public Health Dentistry 2019 till date.
- ◆ Has completed the International Certificate course in Bioethics from UNESCO, Bioethics Chair, University of Haifa from December 2019 to June 2020.



Dr. Archana K Sanketh

Reader, Department of Prosthodontics

- ◆ Was the Chairperson at the conference and master class program titled "Prosthodontic Vision 2020" organized by D.A.P.M.R.V. Dental College with IPS Bengaluru branch from 14th to 16th February 2020.



Dr. Diyya Bhat

Lecturer, Department of Periodontology

- ◆ Presented a Webinar on the topic "Evidence Based Dentistry" on 12th June 2020.



Dr. Roopa M

Lecturer, Department of Prosthodontics

- ◆ Attended a free dental camp on 26th and 27th January 2020 at Chikkamagalur and Sringeri and treated around 300 patients.
- ◆ Presented E- poster on "Oral hygiene in children" at ISPPD Teacher's Week Celebration Contest, Guru Drushti 2020, organised by, Krishna Institute of Medical Sciences, School of Dental Sciences, Karad, Maharashtra on 1st October 2020 and won Best Poster for the same.



Dr. Sahana M S

Lecturer, Department of Oral and Maxillofacial Surgery

- ◆ Awarded the "Certificate Of Fellowship Of Oral Implantology" by the Brånemark Osseointegration Centre India (BOCI), An Associate Branemark Osseointegration Center, Sweden on 15th July, 2020.
- ◆ Has attended and successfully completed a 5-day online Faculty Development Programme on "Enhancing Teachers' Teaching Skills" conducted by RV Teachers' College, from 23rd to 27th November 2020.

FROM THE PICASSOS OF BVDC

We don't just hold mouth mirrors!

By our staff

DR. MITHA SHETTY (FACULTY AT DEPARTMENT OF PROSTHODONTICS)



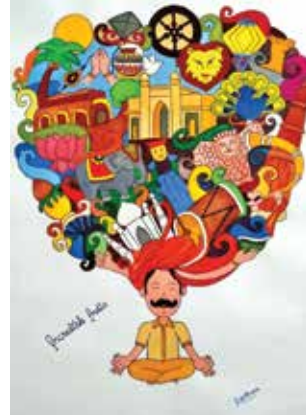
DR. SUMA (FACULTY AT DEPARTMENT OF ORAL AND MAXILLOFACIAL PATHOLOGY)



DR. SAHANA M.S (FACULTY AT DEPARTMENT OF ORAL AND MAXILLOFACIAL SURGERY)



By our students



HARSHITA MUNDRA (3rd YEAR MDS PG, DEPARTMENT OF PROSTHODONTICS)

MADHUSHREE (INTERN)

KEERTHANA (2nd YEAR BDS)

PRAJNA (2nd YEAR BDS)

SUMEET (2nd YEAR BDS)

BIMBASRI (1st YEAR BDS)

DEEPTISHREE (1ST YEAR BDS)



Dr. Rameshwari B, PG student

PG student, Department of Periodontics, was awarded Consolation Prize for Slogan Competition conducted by Teerthanker Mahaveer Dental College and Research Centre, Moradabad on 1st August 2020.



Dr. Freeda Ampotti, PG student

Department of Periodontics, presented a Poster titled “EFFECT OF PERIODONTAL THERAPY ON HEMATOLOGICAL PARAMETERS IN SMOKERS AND NON-SMOKERS WITH PERIODONTITIS” at the World Dental Conference 2020, held in October 2020. She was awarded First Prize.



Dr. Reshmi V Nair, PG student

Department of Periodontics, presented a Poster titled “EFFECT OF PERIODONTAL THERAPY ON HEMATOLOGICAL PARAMETERS IN SMOKERS AND NON-SMOKERS WITH PERIODONTITIS” at the World Dental Conference 2020 held in October 2020. She was awarded First Prize.



Dr. Swati George, PG student

Department of Periodontics, presented a Paper titled “SURGICAL MANAGEMENT OF ORAL LEUKOPLAKIA BY FREE GINGIVAL GRAFT”, at the World Dental Conference 2020. She was awarded the First Prize.



Dr. Huma, PG student

Department of Public Health Dentistry, presented a Paper on “TRAINING PROGRAMS FOR CANCER & ORAL CANCER AS ADOPTED BY COMMUNITY HEALTH WORKERS IN INDIA & GLOBALLY: A SWOT ANALYSIS” at Kalinga Institute of Dental Sciences, Bhubaneswar. (KIDS WEBCON CHAPTER- 2) on 28th to 30th October, 2020. She was awarded Second Best Scientific Paper.



Dr. Harshita, Dr. Rutuja and Dr. Ramyashree

PG students

Department of Prosthodontics, presented “SPEECH GENERATING APPLIANCE – BRIDGING THE GAP OF COMMUNICATION” at 22nd IPS PG Convention, Kochi held on 6th -8th March 2020. They have won Best Table Clinic for the session.



Dr. Ramyashree Dr. Rutuja

PG students

Department of Prosthodontics, presented a Paper, on “NOVEL TECHNIQUES TO CARRY FORWARD THE PINK ESTHETICS:

A REVIEW” at 48th IPS Conference, Nagpur held on 3rd - 6th December 2020. They have been awarded ‘Best in Session Paper Presentation’.



Dr. Dimple, PG student

Department of Public Health Dentistry, presented a Poster on “OBLIGATIONS OF INDIAN SCHOOLS TOWARDS CHILD HEALTH: A REGULATORY REVIEW” at Kalinga Institute of Dental Sciences, Bhubaneswar. (KIDS WEBCON CHAPTER- 2) on 28th to 30th October, 2020. She was awarded First Best Scientific Poster.



Dr. Karishma Sirimulla, PG student

Department of Pedodontics, presented a Paper on, “REMINEALIZATION OF SIMULATED CARIOUS LESION – AN EXPLORATIVE EX-VIVO STUDY” and has won Second Best Scientific Paper at KIDS - WEBCON 2020, KIIT, Bhubaneshwar, Odisha, held on 30th-31st July 2020.



Dr. Dileep, PG student

Department of Conservative Dentistry and Endodontics, has won appreciation and recognition for volunteering as a member of “Youth for Seva” and supporting Vidhyachetana Project for furthering the cause of education. He has also won appreciation for conducting many Hands-on Workshops through “Youth for Seva” for making eco-friendly ganesha idols.



Ms. Trisha, UG student

II BDS student, has won First prize in Nail Art at 'Kalaakrithi' held from 24th July 2020 to 2nd August 2020 in "World Telugu Cultural Fest- An online fest" organized by TANA and 100+ Telugu associations all around the World.



Ms. Amayabhavya Choudhary, UG student

III BDS, student of our college has won appreciation and recognition for heading the fundraising team for 'Covid Fund Relief', Bangalore organized by World Youth Heart Federation and Medical Students Council of India, which got featured in Forbes, India.

STUDENT ACHIEVEMENTS

OUR READERS

Grab a mug of coffee and begin....

CORNER

The joy of learning

Dr. Divya Bhat, Faculty at Department of Periodontology

A child musters courage and stands on his two wobbly feet to take that glorious first step. His face lights up with pure, undiluted glee. That, my friends, is the joy of learning!

This joy is what drove early man to lighting that first fire and which drives us now to clone ourselves. An inherent curiosity and drive to face challenges is what defines us and what has made us rapidly climb the evolutionary ladder.

It all begins either from a desire from within or a force from without. The first steps are always difficult. There is a sinking feeling and a temptation to give up. But we persevere. Bit by bit we chip off the diamond in the rough. Some days we cry in frustration. Some days we are kinder to ourselves. But at the end of it all, we learn, we grow, we achieve what we set out to do. We become masters of what we chose to learn and the skill becomes second nature to us.

Covid has forced us to learn a whole new set of skills. Students and teachers alike have been forced to learn new technologies and applications. We probably first fought it, then accepted it and now it is a part of who we are. We have imbibed all the skills so far, with the same grit and determination, from bending that wire that wouldn't bend and carving the wax that couldn't be carved.

This desire to learn is what makes our lives meaningful, gives us purpose. I hope all of us keep that spark alive and always have the joy of learning.

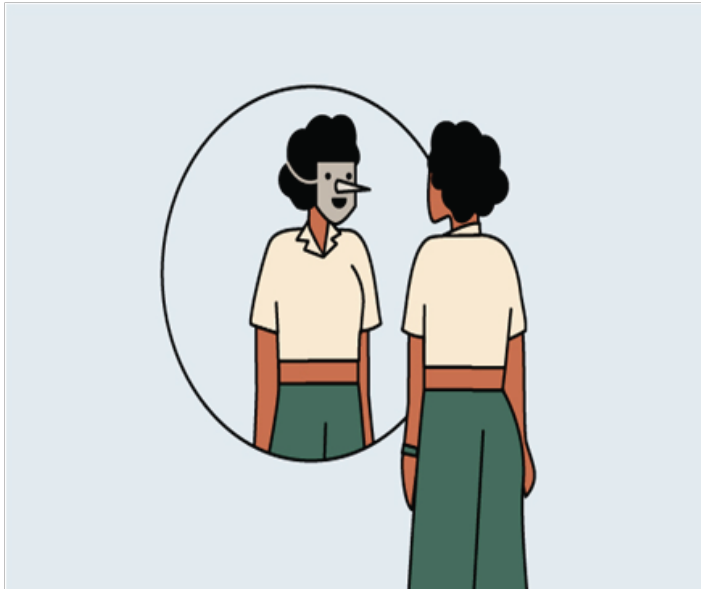
Decoding Imposter Syndrome

Rithika Pai, 2nd BDS

Anjali stepped into her new college. Each step she took made her feel anxious and guilty. Deep down Anjali sensed that her admission into the college was sheer luck and that she was not as smart as her classmates. She kept asking herself, "do I really deserve to be here?"

Have you ever felt the same as Anjali? Don't worry, this is not uncommon. An estimated 70% of the population have undergone this feeling at some point in their lives. Even Einstein is said to have encountered this phenomenon. This is known as the Imposter Syndrome or simply Impostorism. Although termed a 'syndrome', it is not a mental disorder but merely an experience.

Impostorism is this overwhelming feeling of insecurity and self doubt. People going through this think of themselves as fraudsters who have tricked the world. As a result they are constantly afraid of being called out by others. These feelings aggravate when one encounters a failure, no matter how small it is.



The History:

In 1978, Psychologists Dr Suzanne Imes and Dr Pauline Clance, noticed an 'internal feeling of intellectual phoniness amongst high achieving women'. They described it as Imposter syndrome. It was initially believed that only women undergo this feeling. Research has now shown the prevalence of impostorism in people from all walks of life, across gender, race, religion and professions. However, individuals constantly oppressed like those who had a difficult childhood, or belonging to minority communities, are slightly more prone to impostorism.

The signs:

A few common signs amongst imposters are-

- Constant self doubt and feeling of inadequacy - Not being confident about their work.
- Being a perfectionist- Never satisfied with their achievements and brooding over failures and mistakes.
- Fear of judgement and discovery- Being extremely anxious of not living upto expectations and being found out by peers
- Berating success- Attributing success to external factors and luck. Often engaging in negative self-talk.



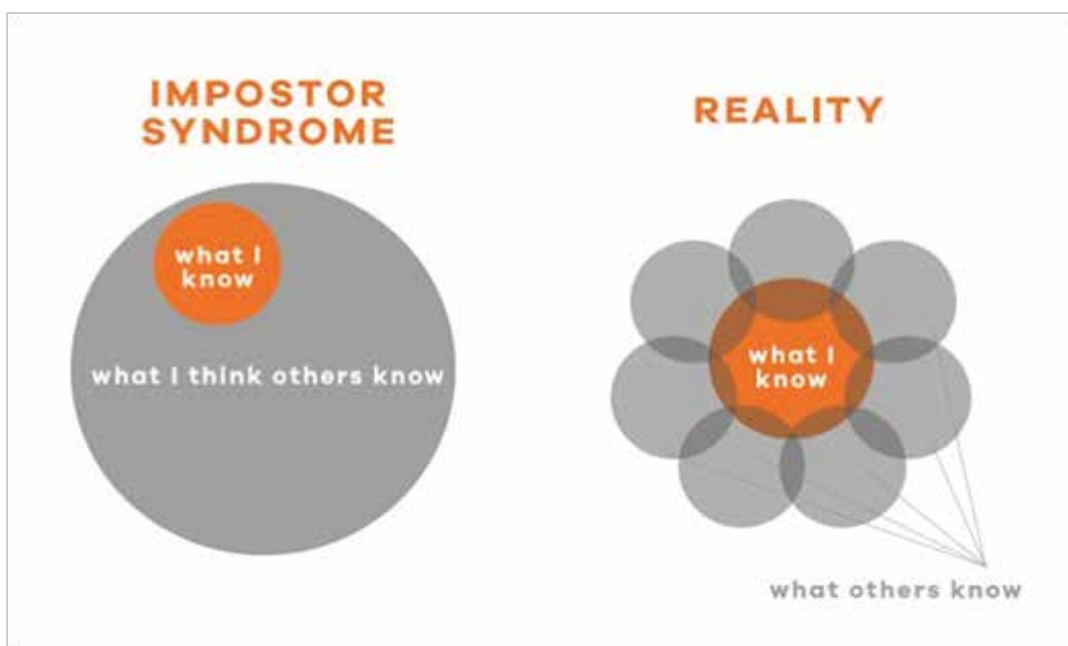
Why should Imposter syndrome be addressed?

People suffering from impostorism simply refuse to believe in themselves and their potential. This has a very bad impact on their mental health, as it increases the chances of having depression and anxiety. Besides, an imposter may end up denting his/her own career as-

- They fail to grab opportunities thinking they are not cut out for better work.
- Overburden themselves in order to keep up with the expectations.
- They have trouble asking others for help and often end up working alone. This is because they assume they are the only ones not knowing something, and asking for help would mean getting humiliated and being 'found out'.
- They keep impossibly high goals and are disappointed when they are not able to reach it.

How to beat Impostorism?

- Acknowledge your feelings-The first step in overcoming anything is to recognise it. You can document all the episodes of this experience and then analyse them one by one. By doing this, you might find that there was no need to bother so much about them at all.
- Know that no one knows it all- One of the major trigger factors for impostorism is the belief that everyone around you is more knowledgeable. The truth is beautifully explained in the diagram below.



- Speak about it- This will help you understand why others think you are good. Also you would realise how common the feeling is and shed your wall.
- Overcome perfectionism- Set realistic goals and embrace mistakes.
- And most importantly, be kind to yourself.

Remember you are not alone. I have experienced impostorism too, and I know it's not very easy to shatter it. But it is possible! Stop attributing your success to external factors and take ownership. Embrace your triumph and take note of your positive side, while still working on your weaknesses.

The Sewage Soldier

Darshan Gowda,
4th BDS



Comparison is our second nature, it's instinctive, it's Cathartic, at times counterproductive ,but most of the times it mirrors the societal dichotomy. Comparison of unjust situations always irks beneficiaries and such comparisons are ought to happen.

Have you ever compared deaths ? I know comparing deaths sounds hellish and certainly not gladdening but death is biased and when something is not egalitarian it's very organic to compare. Sometimes when you're having random thoughts and you know some of them are absurdly impracticable but you continue to brood.

One day when I was perusing through some online news and I read about the deaths of soldiers and manual scavengers on the same page, I started comparing their deaths,well it was more of juxtaposing things.

We Indians blindly idolize and love the army, warts and all we oversee all the human rights violations, maiming and rapes. The only justification you get is 'they die for us', yes they sacrifice their precious lives for us and we owe them that idolatry, but so do manual scavengers.

They die carrying our ghastly faecal matter, they weren't supposed to carry or die or maybe they were only supposed to quietly carry the faeces without dying. It's hard to find people who touch everything we don't wanna touch these days . One dies inhaling CS_2 from the grenades and other one dies inhaling H_2S from the sewage, not much difference in how it kills them, but their deaths are poles apart.

A dead soldier is wrapped in national emblems and eulogized . His mortal remains are charioted in beastly army trucks whereas a dead manual scavenger is wrapped in hospital rags and gets a corporation vehicle at the best a Jalopy. A soldier's death gets all the attention in world through mass media coverage ,Whatsapp forwards , large scale dp changing sprees and celebratory mourning parades whereas the news about the dead menial manual scavenger is nonchalantly placed in page four of a local newspaper.

One acquires martyrdom through his death whereas the other one quietly settles as a fatality.

A soldier gets insignias and titles posthumously. His death comes with a promise of respect and salutes.

Another fascinating thing about the soldier's death is it's alluring aura and how people aspire to die like a soldier, people don't mind their children dying like them, but how many of us envisage to die like the sewage man.? I'm sure no one. Both of them died ,both of them died serving people but the adulation they receive is disproportionate. When death is seen through the prism of cold flag waving nationalism we're compelled to respect the soldier more, but if we see them through the prism of humanity then we see two men who died unjustly, servicing their countrymen.

I somewhere strongly feel that their deaths are not organic deceases. A soldier's death is craved, it is something that sparks nationalism. I know it's dispiriting that we need someone to die for our country love to be ignited, but that's how it is. His death is fuelled by mass hysterical jingoism and xenophobia. There's sadness and sadism there's condolence and commemoration, it's more like you want a person to die but you also want him immortalized, it's something like a gleeful candle march for a sad incident.



On the other hand the sewage man's death is due to the vicious cycle of oppression, the system that thrives on allocation and stigmatization.

A diabolical system that surprisingly flourishes when its existence is slyly denied. It's also substantially fuelled by helplessness and poverty.

Almost everybody who dies touching human excreta is from the oppressed classes. That's something that needs urgent contemplation. Maybe that's why their cold deaths are quiet and casual. The soldier's killing has the sanction of nationalism and war mongering whereas the killing of the manual scavenger comes with a religious consent, a consent which is pretty much improbable.

Manual scavenging was banned in 2013 but that hasn't deterred its prevalence. I feel it has got something to do with our apathetic ignorance and greasy reluctance to correct the system. We kind of like how things are and we don't have a problem with its perpetuity despite its illegality. We read about Dalits being dismembered, disenfranchised and their dehumanisation every single day. We see casteist slurs being hurled at them, but we conveniently choose not to speak, we see them bleed and burn but even our rare utterances are always against the reservation they rightfully get for years of discrimination. Our gangrenous hearts should proliferate atleast an iota of empathy because in the process of their dehumanisation lies ours. The least we can do is to listen and empathize.

As writer Arundhati Roy once pointed out "There's really no such thing as the 'voiceless'. They are deliberately silenced or preferably unheard".

JAI BHIM!

Research Projects

	DEPARTMENT	COMPLETED	ONGOING
1	Department of Oral Medicine and Radiology	3	2
2	Department of Pedodontics and Preventive Dentistry	3	6
3	Department of Prosthodontics and Crown & Bridge	7	3
4	Department of Oral & Maxillofacial Surgery	3	4
5	Department of Orthodontics and Dentofacial Orthopaedics	5	10
6	Department of Conservative Dentistry & Endodontics	5	10
7	Department of Periodontology	9	3

Research Collaborations

Our institution has various Research Collaboration with the following Research Institutes:

- Indian Institute of Sciences, Bangalore.
- Bangalore, R.V College of Engineering, Bangalore.
- K L E College of Pharmacy, Bangalore.
- Invisalign Align Tech, USA.
- Christ University, Bangalore
- SRM Dental College, Chennai.
- Madhav Diabetes Centre, Chennai.
- Yannic Life Sciences, Hyderabad.
- NITK, Suratkal
- Nanovatts Techno Labs, Bangalore.

Can you answer it?!

If a plane crashes on the border between the United States and Canada, where do they bury the survivors?

Two mothers and two daughters went out to eat, everyone ate one slice of pizza, yet only three slices were eaten. How's that possible?

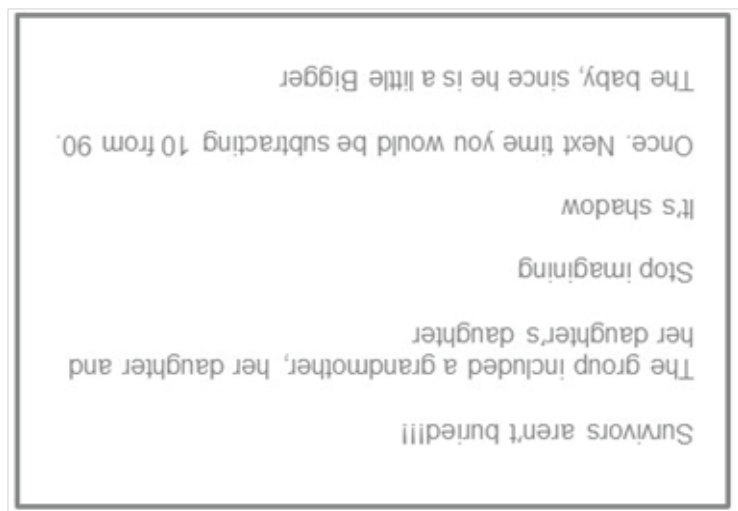
Imagine you're in a room that's filling up with water quickly. There are no windows or doors. How do you get out?

What's as big as an elephant but weighs absolutely nothing?

How many times can you subtract 10 from 100?

Who is bigger, Mr. Bigger, Mrs. Bigger, or their baby?

B AMBARISH KAMATH, 2nd BDS





PHOTOGRAPHY BY : SHREYA KASHYAP, 1ST BDS



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