



ASMIK CHRONICLE

SECOND EDITION

ASSOCIATION OF STOMATOLOGISTS AND MAXILLOFACIAL IMAGEOLOGISTS OF KERALA

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Dr Babu Mathew
Founder Member - ASMIK

I am extremely happy to learn that the second issue of The ASMIK Chronicle is now ready for release. The content and layout of the first issue were admirable. I congratulate the editor and her team for the effort taken to bring out such an informative issue. Our speciality today has grown to such an extent that it covers wide areas of Clinical Medicine, Diagnostic procedures, Imaging Technics, Genomics and Proteomics. I am sure that under the Present editorial team the upcoming issues of the chronicle will have a balanced profile, covering all these areas. My appreciation to all behind the creation.



Dr Raj A C
President ASMIK

It gives me immense pleasure to write this message for the latest edition of the ASMIK Chronicle, our platform to showcase the talents and activities of our esteemed members. This platform also serves to highlight ASMIK's ongoing initiatives and future plans.

ASMIK has been instrumental in contributing to society, supporting our members, and nurturing future graduates. Our dedicated members have organized public awareness initiatives, oral cancer awareness programs, and dental check-up camps. Webinars and palliative care courses have been offered to our members, and we've also hosted competitions and undergraduate conferences to inspire enthusiasm in the next generation of professionals in our field.

With the continued support of our members, there is much more we can achieve together.

I extend my heartfelt thanks to Dr. Arya S. Nalin and the entire editorial team for bringing out this edition of the ASMIK Chronicle on time.

Jai ASMIK! Jai India!



FROM THE EDITOR'S DESK

Dr Arya S Nalin

Dear Readers,

Welcome to this edition of the Asmik Chronicle! In these pages, we celebrate the creative spirit of our exceptional doctors—brilliant minds who excel in academia yet possess a rich tapestry of artistic and imaginative pursuits.

This issue shines a light on the non-academic talents and passions that our esteemed colleagues embrace. From poetry and visual arts to music and storytelling, we explore the diverse ways our doctors express their creativity. We believe these contributions enrich not only their lives but also the fabric of our community.

I want to extend my heartfelt thanks to the President and Secretary of Asmik for entrusting me with the privilege of editing this Chronicle. Your support and vision inspire me to ensure that we highlight the incredible creativity within our ranks. I invite you to delve into the inspiring stories and artistic endeavors shared here. Your thoughts and feedback are always welcome, as they help us cultivate a space that reflects the multifaceted nature of our contributors.

Thank you for joining us in celebrating the creative side of medicine. Enjoy the journey!



Dr Deepa MS
Secretary ASMIK

Dear ASMIK Members ,

I am delighted to share the second issue of Asmik Chronicle packed with informative articles, inspiring stories, and updates from our vibrant OMR community of Kerala.

Your dedication to sharing inspiring stories, thought-provoking articles, and captivating visuals has made the magazine a cherished resource for OMR community. We commend your efforts in Showcasing talented writers and artists. We look forward to continued collaboration and inspiring content. We have had a productive quarter marked by successful oral cancer screening camps and awareness programs, expert webinars, faculty enhancement programs, student enrichment programs etc. As we reflect on our journey, we're proud to acknowledge the significant growth and impact of our association in Kerala.

I extend warm greetings and appreciation to the editor Arya. S. Nalin and the editorial team for your tireless efforts and dedication in publishing this issue. As we continue to soar to new heights, we invite you to join the movement and take center stage in shaping the future of OMR Speciality.

We believe in the collective power of our community. Your unique skills, experiences, and perspectives are essential to driving innovation and excellence in OMR.



Dr L S Sreela
President Elect.

Dear Members,

I am deeply honored to address you as the President-elect of the Association of Stomatologists and Maxillofacial Imageologists of Kerala. I would like to extend my heartfelt appreciation to the editorial team for the tireless efforts in bringing out the latest issue of ASMIK Chronicle on time. Your dedication and commitment to quality are truly commendable. Releasing the newsletter at the national conference added immense value to the event, providing a valuable resource to attendees and showcasing the organization's achievements. Your hard work has helped to keep our community informed and engaged. As we embark on this new chapter, I am filled with optimism and commitment to advancing our field.

Our profession is at the forefront of critical advancements in oral health and Maxillofacial imaging, and it is through our collective expertise and dedication that we can continue to drive innovation and excellence. I look forward to working closely with each of you, embracing new challenges, and seizing opportunities to enhance our practices and patient care.

Together, let us strengthen our association, foster collaborative research, and support each other in our professional journey.

REFLECTIONS: MY JOURNEY AS A TEACHER



A note on personal memories may not be an ideal theme for a public platform. It may not elicit interest from many. Some may feel it is purely boisterous. Still, I would like to reflect on my journey as a teacher. Some are born teachers and some acquire the talent by training or learning from their own or others' mistakes. Ultimately, your student decides whether you are successful in your endeavor.

In my childhood, I decide that I will never be a teacher. Reason. My mother is a teacher and because of her, I had to face umpteen problems. Had to be punctual; all homework must be submitted on time; no mingling with boys (that was common for all girls irrespective of your mother being a teacher in the same school or not), not taking part in any of the extracurricular activities, etc, etc. The icing on the cake is I get lower marks for her subject, very important, biology. I think these are reasons enough for a kid to hate the career. Unfortunately, my gene defies my sentiment and I end up teaching.

My journey starts with teaching my kid brothers and telling stories to all my kid cousins. (Being the eldest of my generation gives me the duty to take care and right to take charge of every single kid born after me.....!!) Winning over kids starts with well-told stories that kindle the imagination of a growing mind. This trick always works. It works in teaching also.

In this journey, the realization dawns that if you want to deliver your message clearly to somebody, the story must be linked with real life. Also, one may have to face questions and give answers. When one teaches that the sky is blue, one may also have to explain why the sky is not always blue and sometimes displays a play of colours in the blink of an eye. What I do not know I cannot explain. Ignorance is not a crime but a deficiency that can be amended - I become a voracious reader and consequently a narrator.

Then I realize that Mother Nature is the best teacher. But there is no mercy in her teaching style and she brings realization home to all by brutal methods where one may have to make amends.

Slowly revelation sets in: I like to teach, not because I know many things, but because I get to learn many things that way. As the adage goes 'To teach is to learn twice.'

Whether it is a primary school student (I love them most because they give instant gratification by calling you 'My teacher' with all ardour and adoration) or a UG or PG student your student needs a lot of attention. When I say attention, one must remember that "gen X" needs a different kind of attention than what previous generations wished for. All said and done what any student wishes is to understand and recognize him/her.

During my college days, as an NSS (National Service Scheme) volunteer, I choose to take tuition for convent school children. Alternating between classes the previous class children come in search of "the English teacher" defying all my delusions, and misconceptions of teaching putting both me and others in embarrassment.

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The end of the degree hallmarks the beginning of the next phase of life -wife, mother, and whatnot. Then comes the mother teacher - a compliment from kids 'You make things simple and easy.' No tuition teacher, period! The Albert Einstein inherent in me smiles and swells with pride. After all, he says 'make it simple, but not simpler.'

With the ambition to be a neurosurgeon interned down the depths of memory lane and Lost in the Mists of Time I decide to join B. Ed. course. With two primary school kids, it was no child's play. But the decision turns to be fruitful and a wee bit shocking when the college declares me best outgoing student of the year!!!!!!

After many schools in Thiruvananthapuram, teaching from primary classes to high school children it turns out to be a good prospect, so good that the parallel Engineering Institute decides that I could teach their first years! Life is truly mercurial and unpredictable!!!!!!

After two decades at the age of 'good young' 50 years, I appear in the new incarnation of a PG teacher - continuing for the past 18 years thanks to my students who make me learn more.

Finally, when more than one student says that you are my best and favourite teacher revelation sets in: MOTHERS CAN'T BE WRONG' BECAUSE THEY ARE THE BEST TEACHERS. Bowing humbly in front of all mothers, teachers, and MOTHER NATURE for all the blessings I have I present before you my slightly unusual journey as a teacher from being a reluctant teacher to what I am today.



Dr. Beena Varma R. B.Sc. B.Ed. M.D.S.
Emeritus Professor,
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The Role of Intelligence in Dentistry: A Holistic Approach to success

Dentistry is a demanding profession that requires a unique blend of cognitive abilities and practical skills. It is by God's grace and our inherent abilities that we possess the high levels of intelligence necessary to excel in this field. Without these, we wouldn't have achieved success or be active contributors to our professional community. Our reasoning abilities, memory power, knowledge, and visual-spatial processing skills are essential tools that enable us to thrive as dentists. However, these skills must be continuously polished and updated, or

The Importance of Ongoing Skill Development

In the ever-evolving field of dentistry, it is crucial to continuously work on our cognitive abilities. By doing so, we enhance our capacity to interact effectively with the real world—improving our perception, understanding, and decision-making. This, in turn, bolsters our reasoning and planning abilities, allowing us to respond more adeptly to real-world challenges and uncertainties. Learning and adaptation are key components of success in dentistry, where each case may present

Understanding Intelligence

Psychologists often define intelligence as the ability to understand and adapt to the environment using a combination of inherited abilities and learned experiences. Alfred Binet, a pioneer in intelligence testing, described intelligence as the ability to judge well, reason well, and act well. Similarly, Wagnon defined intelligence as the capacity to learn and adjust to relatively new and changing conditions.

Types of Intelligence

Howard Gardner's theory of multiple intelligences suggests that intelligence is not a singular entity but rather consists of various types that contribute to overall cognitive ability. These include:

Spatial Intelligence: The ability to visualize and manipulate objects in space.

Naturalist Intelligence: The capacity to understand and work with the natural world.

Musical Intelligence: The talent for rhythm, melody, and sound.

Bodily-Kinesthetic Intelligence: The ability to use one's body effectively.

Linguistic Intelligence: Proficiency in language and communication.

Logical-Mathematical Intelligence: The capacity for reasoning, problem-solving, and logical thinking.

Intrapersonal Intelligence: Self-awareness and the ability to understand one's own emotions.

Interpersonal Intelligence: The skill of understanding and interacting effectively with others.

The Role of Emotional Intelligence

While Gardner did not specifically list emotional intelligence as one of the types, it is evident that emotional intelligence is intertwined with each of these eight types. Emotional intelligence, a critical aspect of overall intelligence, refers to the ability to perceive, process, and

The Role of Emotional Intelligence

Emotional intelligence is not a singular trait but rather a combination of various components that work together to shape how individuals handle emotions. The five key components of emotional intelligence are:

Self-Awareness: Recognizing and understanding one's own emotions.

Self-Regulation: Managing and controlling one's emotional responses.

Motivation: Using emotions to stay driven and focused on goals.

Empathy: Understanding and sharing the feelings of others.

Social Skills: Navigating social situations and building strong relationships.

Conclusion

In dentistry, intelligence in all its forms—cognitive, emotional, and social—plays a critical role in our ability to succeed. By continually developing and refining these abilities, we ensure that we remain at the top of our field, capable of adapting to new challenges and providing the best possible care to our patients. As we grow in our profession, let us remember that our skills are a gift, one that must be nurtured and



Dr. Sheeba Padiath

In the depths where silence dwells,
I find a truth that seldom tells,
Surrounded yet so far apart,
A Crowd's embrace can miss the heart.

In hushed tones of introspection,
I hear the echoes of reflection.
While voices blend in distant song,
The silent chords where I belong.

Listen close to quiet's song,
In solitude, you'll find where you belong.
your inner call, your deepest need,
In silence, let your soul be freed.



Dr Arya S Nalin
Managing director
Facets esthetic & wellness Aluva

മനോഹരമായ സായാഹ്നത്തിന്റെ കാഴ്ചകളിലൂടെ

ഓരോസ്ഥലത്തും പോകാൻ അതിന്റെതായ വർഷമുണ്ട്, ദിവസമുണ്ട് സമയമുണ്ട്. നമ്മളെ വിളിച്ചു അവിടേക്കു കൊണ്ടുപോകും. പെട്ടെന്ന് തോന്നിയതാണ്. കോളേജിൽ നിന്നുള്ള മടക്ക യാത്രയിൽ തിരുവനന്തപുരം മെഡിക്കൽ കോളേജ് ജംഗ്ഷൻ സിഗ്നലിൽ വച്ച് ഉളുർ വഴി വീട്ടിലേക്കു പോകുന്നതിനു പകരം കുമാരപുരത്തേക്കു പോകാൻ പെട്ടെന്ന് തോന്നി. അതുപോലെ ചെയ്തു. 2004 ൽ അസിസിയാ ഡെന്റൽ കോളേജ് കൊല്ലം ജോലി ചെയ്യുമ്പോൾ ആണ് ബാബു മാത്യു സാറിന്റെ കുമാരപുരം ജയ് നഗറിലെ വീട്ടിൽ പോയത്. ഏകദേശം 20 വർഷങ്ങൾക്കു മുൻപ്.

പലപ്പോഴും പറഞ്ഞിട്ട് വീട്ടിൽ ചെല്ലാൻ കഴിഞ്ഞില്ല. വന്നപ്പോൾ സാറിനെ കാണാനും പറ്റിയില്ല. 2024 ജൂലൈ 3 വൈകുന്നേരം 4 മണി. ക്ഷണിക്കാത്ത അതിഥിയെപ്പോലെ അല്പം ആശങ്കയോടെ ഞാൻ സാറിന്റെ വീട്ടിൽ എത്തുകയും ആദ്യം ഫോൺ ചെയ്യുകയും പിന്നീട് ബെൽ അടിക്കുകയും ചെയ്തു. സർ ഉച്ച മയക്കത്തിൽ ആണോ എന്നൊരു ആശങ്ക. സുസ്മേരാ വരുന്നായി, കടന്ന് വരു എന്നൊരു ശബ്ദം. ഞങ്ങൾ ഏകദേശം 1 മണിക്കൂർ സാറിന്റെ പഠനംകാലം, ഡെന്റൽ കോളേജ്, ഞങ്ങളു, അസിസിയാ കോളേജ് തുടങ്ങി 1968 മുതൽ ഉള്ള വിവരങ്ങൾ വിശേഷങ്ങൾ കൈമാറി.

സാറിന്റെ കൂടെ കിച്ചണിൽ പോയി ഞങ്ങൾ അല്പ സാർ എനിക്ക് കാപ്പി ഇട്ടു തന്നു. സ്വന്തം കൃഷിയിടത്തിൽ നിന്നും കൊണ്ടുവന്ന ചക്ക കൊണ്ട് സാർ ശരിയാക്കിയ ചക്ക വെട്ടിയത് തന്നു. സാറിന്റെ ദിനചര്യ, പുസ്തകങ്ങൾ, ആൽബങ്ങൾ, ഭക്ഷണക്രമം, യാത്രകൾ, വളർത്തു പക്ഷികൾ എന്നിവയെ കുറിച്ച് സംസാരിച്ചു. കഴിഞ്ഞ ക്രിസ്തുമസ് പ്രോഗ്രാം സാറിന്റെ വീട്ടിൽ വരാൻ പറ്റിയില്ല എന്ന് പറഞ്ഞപ്പോൾ അതിനെത്താഴോ നമുക്ക് ഓണത്തിന് ഒരു കുടിച്ചേരൽ നടത്താം എന്ന് പറഞ്ഞു. 5.30 മുതൽ നടക്കാൻ സാർ ഇറങ്ങാനുണ്ട്. ഒരു ഫോട്ടോ എടുത്താലോ എന്ന് ചോദിച്ചപ്പോൾ സന്തോഷത്തോടെ വരു ഇവിടെ ഇരുന്നു ത്രേസ്സാമക്കൊപ്പം എടുക്കാം എന്ന് പറഞ്ഞു. ഞങ്ങൾ അങ്ങനെ മാവത്തിനെ ഫോട്ടോക്കൊപ്പം പോസ് ചെയ്തു. മനസ്സിനൊപ്പം എന്റെ കണ്ണുകളും നിറഞ്ഞു.

പിന്നീട് വെളിയിൽ നിന്ന മാവിന്റെ അടുത്ത് ചുവട്ടിൽ അല്പ രണ്ടാം നിലയുടെ അടുത്തുള്ള മരക്കൊമ്പിൽ മാങ്ങയുടെ സമീപം, നിൽക്കാൻ ബുദ്ധിമുട്ടുണ്ടോ എന്ന ചോദ്യത്തിന് എടൊ എനിക്ക് ഇപ്പോഴും 23 വയസ്സാ എന്ന് പറഞ്ഞു. താഴെ വളർത്തു പക്ഷികളുടെ കളകളാരവം. സന്തോഷത്തോടെ സെൽഫി സാറിന്റെ ഫോണിൽ എടുത്തു. യാത്ര പറഞ്ഞു തൽകാലം പിരിഞ്ഞു. ഈ മനോഹര ദിവസം എന്നും ഓർമയിൽ സൂക്ഷിക്കും. സാറിന് എല്ലാവിധ ആയുരാരോഗ്യങ്ങളും നേരുന്നു. ദൈവം രക്ഷിക്കട്ടെ. പ്രാർത്ഥിക്കുന്നു. ഗുരുവന്ദനം. വളരെ ഹൃദ്യമായ അനുഭവം.

ഒത്തിരി സ്നേഹത്തോടെ ആശിഷ് രാജശേഖരൻ



സുന്ദരപാണിധ്യപുരത്തെ സുരുകാന്തി പാടങ്ങൾ



തിരുവനന്തപുരം കല്ലാർ



മുന്നാർ പുത്തോട്ടം



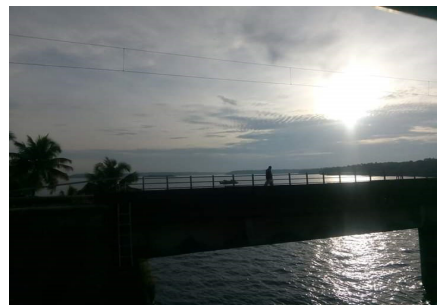
തിരുവനന്തപുരം നെയ്യാർ ഡാം പാർക്ക്



വയനാടൻ ചുരം



പാലക്കാടു മലമ്പുഴ പാർക്ക്



കൊല്ലം പെരുമൺ റെയിൽവേ പാലത്തിൽ നിന്ന്



ഡോ ആശിഷ് രാജശേഖരൻ
അഡീഷണൽ പ്രൊഫസർ
ഓറൽ മെഡിസിൻ & റേഡിയോളജി വിഭാഗം
സർക്കാർ ഡെന്റൽ കോളേജ്, തിരുവനന്തപുരം

INNOVATIONS IN ORAL CANCER AWARENESS

**Author: Dr. Gayathri P M,
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Malabar Dental College &
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Almost 7 million people die from cancer each year worldwide, making it the second most prevalent cause of death after coronary heart disease. The WHO estimates that about 35 million individuals worldwide are afflicted with cancer at this time. It is estimated that by 2025, there may be 10 million annual cancer deaths and 25 million new instances of cancer. Oral cancer accounts for 4-5% of these numbers. Therefore, raising community knowledge has become crucial to reducing the enormous number of patients and deaths. The two main risk factors for mouth cancer are alcohol and tobacco. Additional risk factors include the human papilloma virus (HPV), areca nut, and betel quid. Tobacco usage is connected to the majority of mouth cancer cases. Tobacco products such as cigarettes, cigars, pipes, bidis, and smokeless tobacco (such as snuff and chewing tobacco) all raise the risk of this kind of cancer. Longer periods of time spent consuming these substances carry significant dangers. The chance of developing oral cancer is increased when alcohol and smoke are combined. There is a higher chance of acquiring a secondary mouth cancer if you continue to smoke even after receiving therapy for oral cancer.

Reducing tobacco product use is the main objective in raising awareness of oral cancer, as it is the primary cause according to current research and statistics. This is definitely a task that can only be accomplished with efficient public-government coordination and developments in media technology.

USE OF SOCIAL MEDIA STRATEGY

The quickest and easiest approach to achieve the intended outcome may be through the strategic use of social media. The majority of users take their time browsing through the different content that social media platforms offer. This gives us the opportunity to use this platform to directly present the campaign to them. This can be achieved by developing a social media approach, such as a short film, that effectively communicates the causes, management, prognosis, and prevention of oral cancer.

INVEST IN PACKAGING

YouTubeers who post "Unboxing videos" are well-known for receiving a ton of likes. Experience packaging has a peculiar yet lucrative appeal. Therefore, taking into account the desire for unique packaging in addition to suggestions that discourage the use of drugs like tobacco would undoubtedly be beneficial.

RUN A CHALLENGE/GIVE AWAY

For a number of reasons, enticing people with a social media challenge or giveaway is a fantastic idea to raise awareness. Firstly, it fosters genuine relationships by getting individuals to talk about the concept of oral health. Additionally, it forces people to socialize with others. However, utilize a clear Call To Action (CTA) to encourage followers to interact. Introducing popular hashtags is among the simplest methods to achieve this. It is easy to direct visitors seeking for related postings on the advantages of quitting smoking and dental health by developing a specific hashtag, such as "#quit_smoking." Ask them to use the hashtag and begin adding it to the end of the posts.

RUN ONLINE ADS

Running online ads that cannot be skipped will be a great tool while discussing what social media can do in this aspect. This can help millions by providing awareness along with their search results. The best part is that they are just one click away from booking an appointment with the doctor, for those who are willing to quit the habit.

POSTERS/ ILLUSTRATIONS

Circulating posters, illustrations, diagrams, videos, cartoons etc through various platforms like either online or offline. Awareness through these mediums helps to create a greater impact than mere words.

SPONSOR EVENTS

Millions of people attend conferences, festivals and other large events every year. Promotion of health awareness campaign at these events can provide professional information that people will be able to take home so that they are introduced or re-introduced to the idea of quitting tobacco.

HOST-OFFLINE EXPERIENCES

With everyone living so much of their life online these days, some people still crave in-person experiences. By initiating programs by health workers collaborating with government authorities, we can offer this idea for hosting offline events. It need not be huge and extravagant. You can even have a pop-up shop or an intimate dinner event. It will highlight the products and services even more- advertisement over the packet.

NON-INVASIVE DIAGNOSTIC METHODS

In terms of technology, non-invasive diagnostic techniques are quite advantageous since most individuals are afraid of the traditional invasive investigative methods for oral cancer. A few examples are saliva-based oral cancer diagnosis tools, light-based oral cancer screening tools, portable oral cancer screening tests, etc. The Sree Chitra Tirunal Institute of Medical Sciences and Technology's homegrown handheld equipment, "Oral scan," is a groundbreaking development in this field. This handheld gadget aids in screening, the identification of oral malignancies, and guidance on biopsy sites. Accurate biopsy sites can prevent the need for additional biopsies in the future and eliminate errors, which lessens patient trauma and anxiety during investigative procedures.

START FROM THE BASE

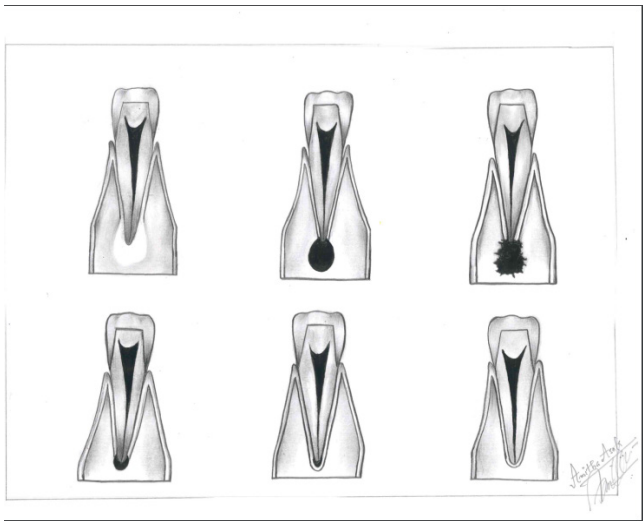
Dental campuses can be equipped with projections of oral cancer awareness starting from installing a television in the reception that displays commercials/ short films to give awareness. In clinics, with the use of an intra oral camera, we can project the oral tissues to a screen in front of the patient and make them understand the differences between healthy and unhealthy tissues.

It is important to start from the base. Health related topics should be included in the school curriculum to develop a habit from early childhood like 'watch your mouth' program. It will help the people to understand and also make them aware of their oral health. That would presumably be the greatest contribution to the preventive part of the disease. This can be done once a month/ once in two weeks. Children can be made to pledge allegiance to a tobacco- less community. Policies supervised by the government, such as the declaration of subsidies for individuals who give up smoking and the financing of public awareness programs, role plays, camps, posters, and rallies that serve as ongoing reminders, will guarantee that people do not continue to move closer to this fatal illness in the future. It is crucial that people remember that oral cancer is preventable and may be easily identified in its early stages. This will allow them to get screened quickly, receive timely assistance to finish their recovery and rehabilitation, and go on to lead independent lives.

എന്റെ പീഡോ പേഷ്യന്റ്

അന്ന് പീഡോ പ്രാക്ടിക്കൽ എക്സാം ആയിരുന്നു. കോളേജിൽ പേഷ്യന്റ് കുറവായതിനാൽ അടുത്തുള്ള ഒരു ഓർഫനേജിൽ നിന്നായിരുന്നു ഞങ്ങളുടെ പീഡോ പേഷ്യന്റിനെ എന്നെത്തേപ്പോലെയാണെന്നും കൊണ്ടുവന്നത്. ടൂർ വന്ന ലാഘവത്തോടെ തിളക്കമാർന്ന കണ്ണുകളുമായി കുഞ്ഞുങ്ങളെല്ലാം ഡിപ്പാർട്ട്മെന്റിലേക്ക് കയറി വന്നു. അങ്ങനെ എനിക്ക് അലോട്ട് ചെയ്ത കുട്ടിയുമായി ഡെന്റൽ ചെയർലേക്കു ഞാൻ പാഞ്ഞെത്തി. കണ്ടിട്ട് ഒരു തല്ലിപ്പൊളി ചെയ്യണമെന്നു പോലുമുണ്ടായിരുന്നു; ചെമ്പിച്ച മുടിയും, മുഖത്ത് വെള്ളപ്പാടുകളും, പിണങ്ങി നിൽക്കുന്ന മുൻനിരയിലെ പല്ലുകളും അവന്റെ കണ്ണുകൾ ഡിപ്പാർട്ട്മെന്റിലുള്ള കളിപ്പാട്ടങ്ങളിലേക്ക് ഓടിക്കളിച്ചു കൊണ്ടേയിരുന്നു. ഇടയ്ക്ക് എന്റെ കോൺസെൻട്രേഷൻ കളയുന്നതിനായി എന്തൊക്കെയോ തമിഴ് മലയാളം കലർന്ന ഭാഷയിൽ ചോദിക്കുന്നുണ്ട്. 'ഈ ചെയ്യണമെന്നു മിണ്ടാതിരുന്നു'കൂടെ' എന്റെ സ്വാർത്ഥ മനസ്സും ബഹളം കൂടി. സമയം കടന്നു പോയി, കുറച്ചു നേരമായി പുളളിക്കാരൻ അടുത്ത ചെയറിലിരിക്കുന്ന കറുത്ത കണ്ണട വെച്ചു കുട്ടിയെയും, അതിന്റെ അമ്മയെയും സ്കാൻ ചെയ്യുകയാണ്. പക്ഷേ അവിടെയും ചോദ്യം എന്നോടായിരുന്നു 'ആ കുട്ടിയുടെ അമ്മയാണോ ആ കണ്ണാടി വാങ്ങിച്ചു നൽകിയത്?' 'അറിയില്ല' ഞാൻ ഒറ്റവാക്കിൽ ഉത്തരം നൽകി. അങ്ങനെ പരീക്ഷ കഴിഞ്ഞു,,, കുട്ടികൾക്കെല്ലാം ബിരിയാണി നൽകി ആ വർഷത്തെ കലാപരിപാടി അവസാനിപ്പിക്കുകയാണ്. പോകുമ്പോൾ ഒട്ടും പ്രതീക്ഷിക്കാതെ അവൻ എന്റെ അടുത്തേക്കോടി വന്നു, തിളക്കമാർന്ന കണ്ണുകളുമായി പറഞ്ഞു, 'താങ്കന് അക്ക'. പക്ഷേ ആ നന്ദി പറച്ചിൽ എന്നെ വളരെയധികം ചെറുതാക്കി കളഞ്ഞു. സത്യത്തിൽ അതുവരെയെനിക്ക് ആ കുഞ്ഞിനോട് യാതൊരു ആത്മാർത്ഥതയും തോന്നിയിട്ടില്ലായിരുന്നു, എക്സാമിന് വന്നൊരു പേഷ്യന്റ് മാത്രമായിരുന്നു അവനെനിക്ക്; കുറ്റങ്ങൾ മാത്രമേ അന്നെനിക്ക് കാണുവാൻ കഴിഞ്ഞുള്ളൂ. പക്ഷേ വഴിയെ കാഴ്ചപ്പാടുകൾ മാറി, ആ പേഷ്യന്റ് വെറുമൊരു തല്ലിപ്പൊളി ചെയ്യണൻ മാത്രമല്ലായിരുന്നുവെന്ന് ഞാൻ മനസ്സിലാക്കി. അതിനേല്ലാം പുറമേ അവന്റെ കുഞ്ഞിപ്പല്ലുകളെ ഉൾ മാനുവോൾ ഉറക്കെ ബഹളം കൂട്ടുവാനോ, കൈകൾ വച്ച് തടുക്കുവാനോ അവൻ ശ്രമിച്ചില്ല. ഇത്തരത്തിലുള്ള ബോധവും ഒരു വലിയ മനസ്സും ആ കുഞ്ഞിനുണ്ടായിരുന്നു. കൂടാതെ അവന്റെ അമ്മയുണ്ടായിരുന്നുവെങ്കിൽ കണ്ണാടി വാങ്ങിച്ചു നൽകുമായിരുന്നുവെന്നു വിങ്ങുന്ന ഒരു നിഷ്കളങ്ക മനസ്സും അവനുണ്ടായിരുന്നു. പക്ഷേ അന്നെനിക്ക് ഇതൊന്നും കാണുവാൻ കഴിഞ്ഞിരുന്നില്ല, എന്നാൽ ഇന്ന് കാഴ്ചപ്പാടുകൾ വളരെ അധികം മാറിയിരിക്കുന്നു അങ്ങനെ ആദ്യമായി കടപ്പാട് തോന്നിയ എന്റെ പേഷ്യന്റ്, എന്റെ പീഡോ പേഷ്യന്റ്.

Dr Anchitha Krishna
GDC Kottayam

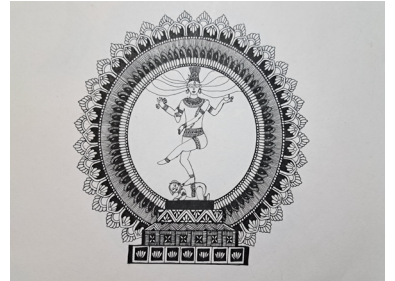
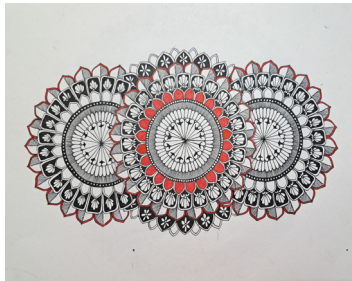


Pencil Sketch by:
Dr Amita Ashok
Dr Shabil Mohammed

SOLIVAGANT

Falling like a raindrop to my inner soul, a scavenger of my destiny;
Yet, I am a wanderer, a hapless shepherd, keen to be in my haven.
I'm not I meant to be, but when did this migration ends.
Waiting for the season to change and my flower to bloom.
Ascertain the roots to liberty is my paramount obsession.
To propel out my mind's fear and flaunt it's singularity.
To roam around like a winter breeze, fondling any aching scars.
To survive the world's hideous puzzle and crack the shell of my insecurities.
To doze off under the moonlight, flying behind my countless dreams.
To sail away and scream aloud, I'm unbound, a solivagant.

Dr Gouri Parvathy
Amritha School of Dentistry



Artistic instincts of

Dr Megha B
Senior Lecturer

Mahe Institute of Dental Sciences and Hospital

"Nature's artistry revealed: Intricate patterns of pista shells on display."



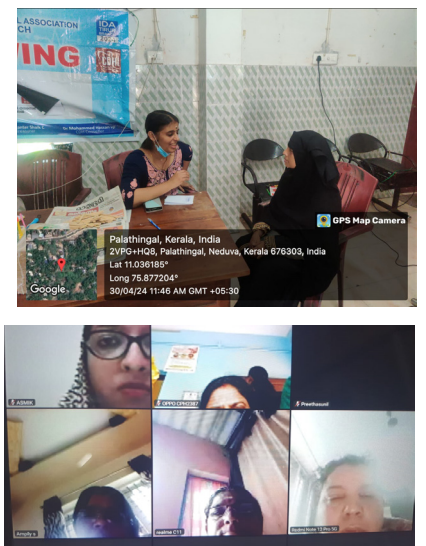
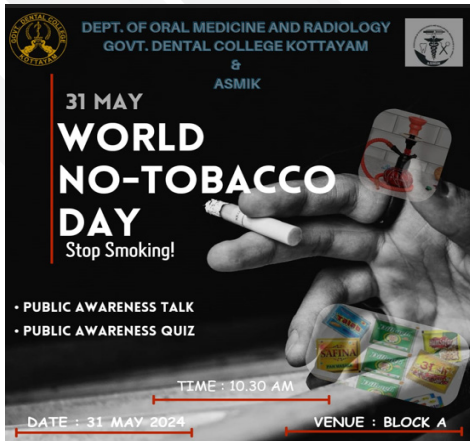
Pista shell crafts with dental wax beads



Pista shell craft- kanikonna

Dr Anchitha Krishna
GDC Kottayam

ASMIK PHOTOBANK



കേരള കാമുദി
Ernakulam 23 May 2024

വായ്പുള്ളിലെ ക്യാൻസർ തടയാൻ ബോധവൽക്കരണം

ആലുവ: വായ്പുള്ളിലെ ക്യാൻസർ ഉൾപ്പെടെയുള്ള ഗുരുതര രോഗങ്ങൾ തടയുന്നതിനായി ജനങ്ങളെ ബോധവൽക്കരിക്കുകയെന്ന ലക്ഷ്യത്തോടെ ഓറൽ മെഡിസിൻ ആൻഡ് റേഡിയോളജി സെക്ഷൻ അസോസിയേഷൻ (എ.എസ്.എം.ആ.കെ) നാഷണൽ ഹെൽത്ത് മിഷനുമായി ചേർന്ന് ആശാ പ്രവർത്തകർക്കായി സംസ്ഥാന തലത്തിൽ പരിശീലന ക്ലാസ്സംഘടിപ്പിച്ചു. എ.എസ്.എം.ആ.കെ സംസ്ഥാന പ്രസിഡന്റ് ഡോ. എ.സി. രാജ്, സെക്രട്ടറി ഡോ. എം.എസ്. ദീപ, ട്രഷറർ ഡോ. ആര്യ എസ്. നളിൻ, നാഷണൽ ഹെൽത്ത് മിഷൻ സംസ്ഥാന മേധാവി സീന എന്നിവരുടെ നേതൃത്വത്തിലാണ് പദ്ധതി നടപ്പാക്കുന്നത്.

KERALA KAUMUDI EPAPER
Clipping Kerala Kaumudi - Ernakulam



അർബുദ പ്രതിരോധം: ഗ്രാമത്തെ തെന്തടുകുളം

ആലുവ വായിലെ അർബുദ വിമുക്ത പദ്ധതിയുടെ ഭാഗമായി സംസ്ഥാനത്തെ ഒരു ഗ്രാമത്തെ തെന്തടുകുളം ഓഫ് മെഡിസിൻ ആൻഡ് റേഡിയോളജി സ്പെഷ്യാലിസ്റ്റുകളുടെ സഹകരണത്തോടെ അസോസിയേഷൻ ഓഫ് ഡെന്റൽ റേഡിയോളജിസ്റ്റ്സ് ആൻഡ് മാക്സിഫേഷ്യൽ ഇമേജോളജിസ്റ്റ്സ് ഓഫ് കേരള സംസ്ഥാന സമ്മേ



ളം തീരുമാനിച്ചു. ഇതിന്റെ ഭാഗമായി കേരളത്തിലെമ്പാടും വിവിധ ബോധവൽക്കരണ പ്രവർത്തനങ്ങൾ നടത്തും. ഭാരവാഹികൾ: ഡോ. എ.സി. രാജ് (പ്രസി.), ഡോ. എം.എസ്. ദീപ (സെക്ര.), ഡോ. ആരു എസ്. നളിൻ (ട്രഷ്യൂ).

23/03/2024 ALUVA-ANGAMALY-KALADY Pg 07

STATEWIDE AWARENESS PROGRAMME
For ASHA WORKERS
Tobacco Associated Oral Diseases
20th -31st MAY 2024
INAGURATION
20-05-2024 : 3:00 PM

Shri Mohammed Hanish IAS
Principal Secretary
Health & Family welfare
FELICITATION: DR ANITA BALAN

PRESIDENT: Dr Raj AC, HON SECRETARY: Dr MS Deepa, TREASURER: Dr Arya S Nalin

IDA Malabar CDH Wing
BRANCH PROJECT SREDHA

Tobacco Intervention Programme

A TRAINING PROGRAMME FOR DENTISTS- CAN MAKE YOUR CLINIC AS A TCCU (TOBACCO CESSATION COUNSELLING UNIT)

On May 31st at FDA Hall @ 7:00 pm
REGISTER NOW @ 9387426548
FREE AWARENESS POSTER, BOOKLET AND VIDEO

Trained by:
Dr. JOSEPH JOHNY MDS
ASSOCIATE PROFESSOR AND HEAD,
DEPARTMENT OF ORAL MEDICINE AND RADIOLOGY
SREE ANJANEYA DENTAL COLLEGE
MUDANKALLUR, KOZHIKODE

Dr Harish Kumar V V, President, IDA Malabar, Dr Sameera G Nair, Hon. Secretary, IDA Malabar, Dr Navajyothi M N, CDH Governor

ASSOCIATION OF STOMATOLOGISTS & MAXILLOFACIAL IMAGEOLOGISTS OF KERALA

Are you interested in ensuring the quality and credibility of research? Whether you're a seasoned researcher, a budding academic, this webinar is designed to be informative and engaging.

1. General principles to be followed during peer review process.
2. How to give a constructive review that will help authors and editors.
3. Specific guidelines for reviewing original studies and case reports.

CRITICAL PEER REVIEW- AN OVERVIEW

DR. JAYANTHI. P
Professor
Oral & Maxillofacial Pathology
Assess College of Dental Sciences & Research

MEMBERS ONLY FRIDAY JUL 27 08 PM

CLIVE WEBINAR

Follow of Indian Association of Oral & Maxillofacial Pathologists (IAOMP)
• PhD guide of Kerala University of Health Sciences (KUHS).
• Assistant Editor of JOMFP, JIDA, KJL.
• Reviewer in Journal of Oral Pathology & Medicine, Archives of Oral Biology.
• She is an invited faculty for research methodology workshops at various institutions across Kerala & TN.

Design Study
New Research-Inspired
Article Published
Peer Review
Submit for Publication
Draft Article

Research Process

Dr Raj AC, Dr Deepa MS, Dr Arya S Nalin
PRESIDENT HON SECRETARY TREASURER

MAHE INSTITUTE OF DENTAL SCIENCES AND HOSPITAL, CHALAKKARA, MAHE

DEPARTMENT OF ORAL MEDICINE AND RADIOLOGY
CDE PROGRAMME

TOBACCO RELATED ORAL LESIONS

GUEST SPEAKER
DR. HARIS PS
PROFESSOR,
DEPARTMENT OF ORAL MEDICINE AND RADIOLOGY, GDC, CALICUT

DATE: 31.05.2024
TIME: 9:00AM - 10:30AM
VENUE: NAVATARA AUDITORIUM

IDA MALABAR BRANCH CDH WING
IDA KSB CDH & ASMIK
(Association of Stomatologists and Maxillofacial Imageologist of Kerala)

ORAL CANCER SCREENING & AWARENESS CAMP

Faculty
Dr Divya K D
JICA Member
Assistant Professor
Oral Medicine & Radiology
GDC Kozhikode

FOR MIGRANT LABOURERS AT
Peekay Steel Castings (P) Ltd
Nallalam, Kozhikode

On 28th April 2024 from 9:30 am to 1:30 pm

Dr Harish Kumar V V, President, IDA Malabar, Dr Sameera G Nair, Hon. Secretary, IDA Malabar, Dr Navajyothi M N, CDH Governor

PROUD
--- TO BE AN ---

OMR SPECIALIST

National Oral Medicine and Radiology Day

ANAND DENTAL COLLEGE & HOSPITAL
MUVATTUPUZHA
WORLD RADIOLOGY DAY CELEBRATIONS
NOVEMBER 8, 2022

01 PHOTOGRAPHY CONTEST
SUBMITTERS - 22
THEME: "TANTALUSGRAPHY"
ENTRY DEADLINE: 05-11-2022

02 TOPIC EDUCATION COMPETITION
"TANTALUS 2022"
ENTRIES ON 05-11-2022
BEST 5 ENTRIES WILL BE SELECTED FOR GRAND PRIZES ON NOV 8TH

INDIAN EDUCATION SYSTEM
PAST, PRESENT & FUTURE

WORLD RADIOLOGY DAY CELEBRATIONS
ON NOV 8TH
THE SECTOR'S GATHERING

Indian Dental Association
Tirur Branch CDH Wing & ASMIK Conducts
Ida KSB Project Vayavsmitham
CSD PROGRAM - 12

ORAL CANCER SCREENING CAMP-CLASS & DENTAL CHECK UP

In Association with ASMIK
(Association of Stomatologists & Maxillofacial Imageologists of Kerala),
MAGICS - NGO,
Parappanangadi Municipality Sayamprabha Home, Palathungal

30 APRIL 2024
TUESDAY 9:30 am to 12:30 pm

IN ACCORDANCE WITH ORAL CANCER AWARENESS MONTH APRIL

Camp- Class Coordinator
Dr LITHARA MENON MDS
JICA Member
Associate Professor, Dept of Oral Medicine & Radiology, Sri Dental College, Sullia, Varanasi

Dr Mohammed Faisal, President, Dr Fameeha, Secretary, Dr Shikhar Shikhar C, Treasurer, Dr Mohammed Hassan ul, CDH Coordinator

പുകയില നിങ്ങളുടെ വായിൽ എന്താണ് ചെയ്യുന്നത്?

- ഹാർഡ് ടിക്യൂറേഷൻ
- മോണിറ്റർ ചെയ്ത വായിൽ പുകയില പുകയുടെ മോണിറ്റർ ചെയ്ത വായിൽ
- റബ്ബർ
- പെരി-ഇംപ്ലാന്റിംഗ്
- കറപിരിച്ച പല്ലുകളും ഫിറ്റിംഗുകളും
- പല്ലിന്റെ മേൽഭാഗം

ASMIK&NHM - State Wide Awareness Program for ASHA Workers

Muvattupuzha, Kerala, India
94473, India
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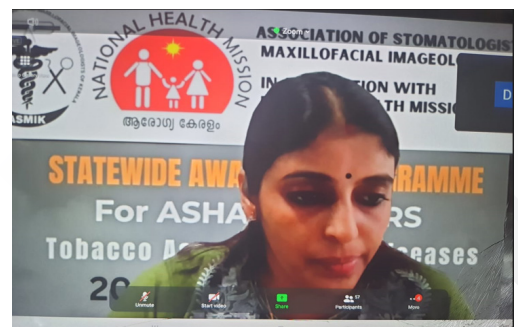
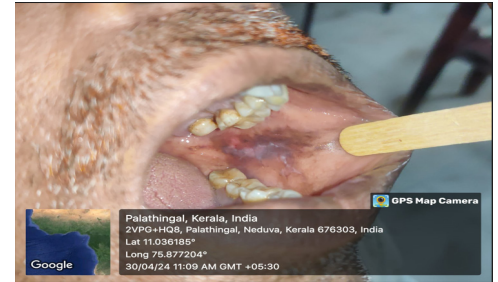
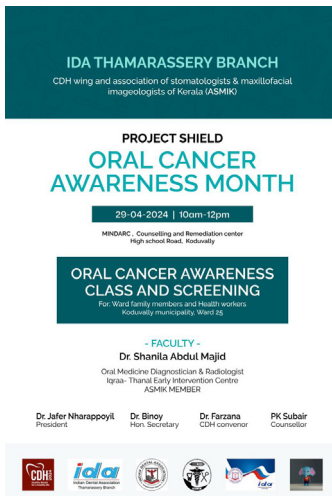
IDA MALABAR BRANCH CDH WING
IDA KSB CDH & ASMIK
(Association of Stomatologists and Maxillofacial Imageologist of Kerala)

ORAL CANCER SCREENING & AWARENESS CAMP

FOR MIGRANT LABOURERS AT
Peekay Steel Castings (P) Ltd
Nallalam, Kozhikode

On 28th April 2024 from 9:30 am to 1:30 pm

Dr Harish Kumar V V, President, IDA Malabar, Dr Sameera G Nair, Hon. Secretary, IDA Malabar, Dr Navajyothi M N, CDH Governor



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