

TOWARDS TOMORROW

VOL. 1 | ISSUE DATE: APRIL 2022

THE JOURNEY FROM A VISHARAD TO A DENTIST

An inspirational story of
Mittali Jain

THE ADVENT OF ARTIFICIAL INTELLIGENCE IN DENTISTRY

A future prospective

GOA THROUGH A DIFFERENT LENS

Make travels much
easier for you



AMC Dental College, a beautiful campus following green initiatives is a wonderful combination of self-financed, Municipal Corporation run professional college providing wholesome education, along with rendering the most advanced treatment for dental diseases with compassion and care.

Present times demand from us, to continue to strive for progress through constructive engagement, to follow your passion and churn out the bright future of health care professionals in the world of growing challenges. Our students are the backbone of the institute. They are accepted, encouraged and cherished, as they are motivated to follow their passion along with their professional skills.

To nurture their creativity ,passion and to showcase their talents,I am pleased to introduce the first issue of our Biannual online Magazine "Towards tomorrow"

I appreciate and extend my gratitude to all my dedicated faculty members and ever-enthusiastic students for their commitment to better themselves in every aspect. I am sure the effort that we put in, as a team will be appreciated in times to come. I wish you all the very best!

Yours Sincerely,
Dr. Dolly Patel
Dean AMC Dental COLlege

WELCOME TO AMC DENTAL COLLEGE'S FIRST ISSUE OF ONLINE MAGAZINE



WORLD ORAL HEALTH DAY



World Oral Health Day is observed on 20th March every year dedicated to raising global awareness about better oral health and the importance of oral hygiene. The day also highlights the tools and knowledge people need to prioritize their oral health. The three-year theme (2021-2023) for World Oral Health Day is 'Be proud of your mouth'. AMC Dental College marked the occasion by hosting a rangoli competition as well as raising awareness about oral hygiene through a presentation and related demonstrations.

“BRUSH YOUR TEETH FOR A THOUSAND REASONS!”



COVID DUTY

A PROUD YET HUMBLING EXPERIENCE

- DR. ASHISH SHARMA



"The sky is not the limit; the mind that sees the sky is the limit". AMC Dental College has imitated this quote and all the students and staff members have envisaged this task of working in pandemic situation for Covid 19 infection. They have modified their minds and capacities to work beyond their horizons of dentistry to achieve this mammoth task in a prolific manner. They have been doing following Covid 19 duties and projects consecutively with full vigor and enthusiasm, whenever called for field duty to combat Covid 19 infection.

PROJECT 1: COVID 19 DUTY AT THIRTEEN CORONA CHECK POSTS IN CLUSTER QUARANTINED RED ZONE AREAS OF AHMEDABAD FROM 8 APRIL TO 20 APRIL 2020 BY INTERNS

In order to contain the further dissemination of corona virus infection, thirteen check posts were created in cluster quarantined containment red zone areas of the walled city in the wards of Jamalpur, Khadia, Dariyapur, Kalupur and Shahpur. These check posts were one of the constituent of a proactive approach by AMC called as EPIC approach consisting of Enhanced testing, Intensive surveillance, Proactive detection and Corona checkposts.

PROJECT 2: COVID 19 DUTY AT TWENTY THREE WARDS IN SOUTH, NORTHWEST, SOUTHWEST AND CENTRAL ZONE OF AHMEDABAD FROM 4 MAY TO 20 MAY 2020 BY INTERNS

The city of Ahmedabad was declared as hotspot for Corona Virus infection. The "Super Spreaders" in the city contracted corona virus infection to a larger extent in lesser time period. In order to contain the dissemination of corona virus infection in the community through "Super Spreaders", the Ahmedabad Municipal Corporation launched a massive campaign at various urban health centers and wards in different zones of Ahmedabad.

PROJECT 3: REAL TIME RT-PCR TESTING IN VARIOUS ZONES OF AHMEDABAD CITY BY POST GRADUATE STUDENTS AND INTERNS OF FROM 15 APRIL 2020 TO 20 DECEMBER 2020

Real time RT-PCR is a nuclear-derived method for detecting the presence of specific genetic material in any pathogen, including a virus. The students were given a place to do the testing in the Urban Health Center to work during a morning shift after which they had to report to the LG hospital for submitting the samples. Around 14354 samples were collected by the students for testing during this period. This was done in conjunction with Rapid antigen Testing in various zones of ahmedabad city by interns from 30th July 2020 to 11th January 2021.

PROJECT 4: 104 HELPLINE DUTY IN VARIOUS AREAS OF AHMEDABAD CITY BY POST GRADUATE STUDENTS AND INTERNS FROM 7 APRIL 2021 TILL 31 JULY 2021

The health helpline activity will provide all the necessary information and guidance on COVID 19. A covid emergency number has been provided by AMC to support the community by giving home service during pandemic

For the untiring work done by all the students, interns, postgraduates along with each and every person of AMCD during hard times of all three waves of COVID-19, Dean of AMC Dental College Dr. Dolly Patel along with representatives were felicitated with an award by the Ministry of Health and Family welfare, Government of Gujarat.





THE ADVENT OF ARTIFICIAL INTELLIGENCE

Technology is ever evolving and dentistry is no exception to this. The introduction of Artificial Intelligence has presented dentists with various boons, challenges and opportunities. To define AI in brief, Artificial intelligence (AI) refers to the simulation of human intelligence in machines that are programmed to think like humans and mimic their actions. AI has been further classified into Machine Intelligence and Deep Intelligence; DI is subcategorized into artificial Neural Network (ANN). Convolutional Neuronal Network is a sub-class of ANN and is the most widely used in dentistry.

Artificial Intelligence is employed in several branches of dentistry as follows:

- 1) Radiology: CNNs have shown promising ability to detect and identify anatomical structures. For example, they can detect dental caries at an incipient stage, which is more time efficient and beneficial to the patient.
- 2) Orthodontics: ANN's have been proven to show the predictability of certain treatment modalities. For instance, ANN can be utilized to ascertain the need for extractions in patients.
- 3) Endodontics: We are well aware of the various morphological variations that are encountered on a regular basis while performing a Root Canal Treatment. At times routine radiographs may fail us, in identifying these discrepancies; which will lead to a failed treatment. In order to overcome this AI has been used in cases to establish the accurate root configuration. This also reduces the need for exposure to radiation when compared with CBCT.
- 4) Oral Pathology: CNN has been shown to be a promising aid throughout the process of diagnosis of head and Neck cancer lesions. With specificity and accuracy at 78–81.8% and 80–83.3%, respectively. One study used a CNN algorithm to distinguish between 2 important maxillary tumors with similar radiologic appearance but different clinical properties: ameloblastomas and keratocystic odontogenic tumors.
- 5) Digital Scanners: Scanners will record a 3-Dimpression of the teeth and the surrounding structures along with the natural color of the teeth and the mucosa. It enables the dentist to choose the right shade for crowns or veneers or artificial teeth for prosthesis.

Despite all the potential, AI solutions have not by large entered routine clinical practice. In dentistry, for example, CNN's have only been adopted in research settings from 2015 onwards, mainly on dental radiographs, and the first applications involving these technologies are now entering the clinics. Additionally the instruments are extremely expensive, it requires a lot of training and experience.

Future of AI in Dentistry: AI in dentistry is in its infancy. We are just seeing the tip of an iceberg right now. AI is expected to launch many more technical appliances and advanced instruments in the near future. Eventually leading to quicker treatments, reduced number of patient visits, reduced over-treatment and minimal rates of failure.

How has AI influenced dentistry?



“For me dance is more than just an art form, it feels like meditation to me.”

Although, an avid dancer and accomplished Visharad, Mitali knew her true passion lied in dentistry. “It was a very tough decision for me to choose between two things I wanted the most”, says Mitali. Her brother underwent his orthodontic treatment when Mitali was 14 years old; her experience at the dental office was extremely blissful and opened her up to the idea of dentistry. It was the dentist’s patient management skills and lifestyle that appealed to her. This was then followed-up by her receiving her orthodontic treatment which solidified her intrigue in dentistry. She knew managing academics and extracurriculars was not going to be an easy feat but this did not scare her for a moment. She would wake up at 5am practice for 4 hours, attend school and later would again show up to dance class at 4pm and practiced till 10 in the night. The bond she shares with her guru, Shrimati Dhara Shah is something to take note of. Till this date they keep in touch and Mitali has thought about giving back to her dance career by teaching young kids when she can. Mitali is now just as passionate and dedicated towards dentistry and believes she will achieve great heights even in this chapter of her life.

Bharatnatyam is one of the 7 Indian classical dances, and is a dance for the lord and of the lord shares Mitali Jain. Mitali is a trained and certified Visharad in Bharatnatyam. Her journey starts in the city of Gandhidham at the age of 7, learning and honing in her skills at the Margam Academy of Dance. Unlike, most children Mitali enjoyed spending her time dancing her heart out, and finding her passion in an Indian dance form. Her unwavering dedication towards Bharatnatyam is emphasized when she met with a curveball extremely early on in her road to being a Visharad; after effortlessly working for 3 years her Guru disclosed to her that the degree she had been tirelessly working for would only be recognized by the state of Gujarat and not nationally. Although, this disheartened her, she picked herself up and decided on starting from square one with a different Guru- this meant re-doing all the three years again. This resilience is an inspiration to her peers and many more. After this there was no stopping Mitali, from achieving her dream and goal. Bharatnatyam taught me patience, discipline and gave me inner peace during difficult situations and this is why Mitali stuck with Bharatnatyam. It was the many emotions (9 to be exact) and depiction of drama through dance that attracted Mitali towards Bharatnatyam. Preparing for the Arangetram takes a total of 7 years of blood, sweat and tears (literally!), and the final 6 months are the most challenging. It was at this time Mitali faced another hurdle, her NEET exam was lined up just two days after her Visharad performance. She was lucky to have a guru who adjusted to her schedule and a strong back-up team of inspiring and supportive parents. Mitali talks about how her mother is a great dancer and shares the same affection as her. Mitali’s mother has helped her throughout the 11 years of her career as a dancer and she reminisces on the sweet memories they have together. Her Arangetram consisted of 7 dancers, performing in synchrony. Her Guru would record them, pause and check for alignment, and even if they faltered on one note, they had to repeat the entire set.

The journey from a Visharad to a Dentist

THE STORY OF MITALI JAIN



LET'S GET COOKIN'



Granola bars - Manali Patel

1. Take 1-cup oats and 1/2-cup almond & grind it.
2. In a bowl take the ground with 4 tbsp. butter, 1 tbsp. oil, 2 tbsp. honey/maple syrup, 3 tsp. flax seeds, 2 tsp. pumpkin seeds (optional), 2 tsp. sunflower seeds (optional), 1/2 tsp. nutmeg, 1/2 tsp. cinnamon powder and 1/2 cup chocolate chips and mix everything together.
3. If needed add some oil /butter to bind everything together till you can form it into a ball.
4. Take the mixture into any greased tray and add the mixture to it.
5. Spread it evenly to 1-inch thickness.
6. Freeze it for 4 hours or until set. Make pieces once sets.
7. Your delicious granola bars are ready to be consumed!



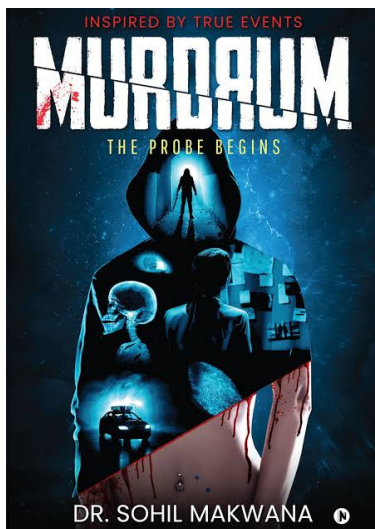
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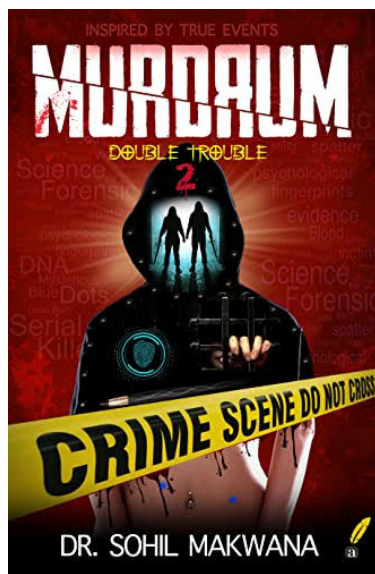
BOOK REVIEW

BY: DR. CHIRAG RUDAKIA



MURDRUM: THE PROBE BEGINS (BY: DR. SOHIL MAKWANA)

Murdrum part 1 is an absolute page-turner for fictional crime lovers. The killing of pregnant women with distinguished marks sets the stage. This leads to a cascading spiral of events to catch the killer. The know-how of the police manual working and advances in forensic science reflects the deep research undertaken by the writer, Dr Sohail Makwana. The psychology behind the killer's mindset and the past ghosts of the investigator makes the depth of the characters intriguing. The book ends with the murder of a police officer and the killer still at large, this keeps the readers on their toes and wanting to know more; hence leaving them eagerly awaiting for the next book. There was not a single dull moment. I would recommend this book without a shadow of doubt.



MURDRUM 2: DOUBLE TROUBLE (BY: DR. SOHIL MAKWANA)

With the expectations soaring high after finishing Murdrum part 1, the second part kicks up on same high tempo and thrill ride. The characters live up to the mark and their inter relations just amazes us to give a dazzling ending. The socio psychology behind the murderer and hunter is nicely exploited and laid bare. You can shortlist, Dr Sohail Makwana among frontrunner rising stars for thriller fiction. Being the second part- the curiosity of the reader is answered perfectly, this is did not disappoint my high expectations. Its a must read!

“COVER TO COVER”

Dentists -in-making and Literature Enthusiasts have now found a common ground at the AMC Dental College, with launch of "Cover to Cover", the first of its kind student-led Literature Club. Inaugurated on March 5, 2020 during the 10th Anniversary year of the college, by two ardent book lovers - Dr Dolly Patel, the Dean along with Prof. Dr Chirag Rudakia. The club currently meets monthly to chart its activities like books and cinema based discussions, ice breaker rounds, fun games and book exchanges. Be it the saga of Jonathan Seagull's flight or the turmoils of Hassan and Amir's friendship - AMCD's lit Club is an open space to express your inner book nerd with like minded peers!

GOA THROUGH A DIFFERENT LENS!

- HETVI BHAVSAR

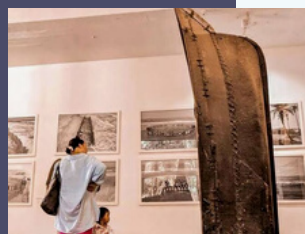
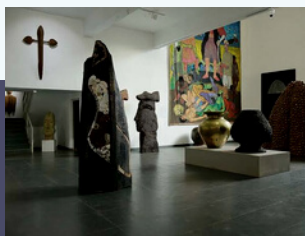
I went for the infamous Goa trip with a friend, and ironically the most cherished experiences from the trip were not hopping dance clubs and sun basking on the shore; of all, it was a visit to a museum.

Museum of Goa (MoG) is located in the beautiful and rustic neighborhood of Pilerne district in North Goa. Although, the museum is located in the industrial part of the town, the route to reach the destination is picturesque; one might feel as though they have teleported to the higher altitudes of North India as a serpentine stretch opens through the canopies of deciduous vegetation of teak and sal.

Museum of Goa (MoG) was founded by Subodh Kerkar in 2015, who was a general physician for the first innings of his life, thereafter turned into an artist fulltime. His journey began with utilizing watercolors as his primary medium and painting on the streets of Goa. It was during his trips to the museums in Europe that he fell in love with modern day contemporary installations. The trade & commerce of the bygone era, which he depicts by juxtaposing the cultural fabric of the land, inspire many of his installations. Would you believe that our spice loving country was a part of our trade with Brazil? Mr. Kerkar refers to himself an Ocean Artist- for him Ocean is both his Mentor & Muse. To pay homage to the Ocean, "Mighty Creator & Nurturer of life", Mr. Kerkar did human installation with the fishermen, which in my opinion is his Magnum Opus.



'Wall of Hope' is an artwork by Mr. Kerkar to spread awareness about plastic management using discarded plastic bottles & plastic net. Good art has the potential to start a dialogue amongst people and also give a new perspective and ideation on events held in past. Mr. Subodh Kerkar is surely an inspiration in a manner that it is, 'Never Too Late' to start afresh and invest in ideas you believe in, however unconventional it might appear.



MoG means 'love' in the regional language- Konkani, this institution and its founders believe love and empathy is the only way forward as a community, with that aim in mind they provide a collaborative platform for artists eager to voice-out through their art, educational seminars for artists/non-artists, events for children to explore art as a medium to express and programs for underprivileged providing tools & knowledge that even art can be considered as a career option. Art is a powerful means of communication and storytelling, being a witness to this museum; I got a peak into the journey of Goa as a state, and the cultural exchange/s, which shape the state and its people. This place should definitely be on anybody's list to visit when in Goa if they want to see Goa beyond beaches and bevvv.

AMCD ILLUMINATI SPORTS WEEK - 2022

GIRLS FORMAL CRICKET

Interns (Mitsu,zarna,moksha,chahak,rutu,shaiha)

STAFF INFORMAL CRICKET

Prostho B(zarna,chahak,khushali mam,ronak sir, ravi sir, sachin bhai)

SUPER 6 CRICKET

Bhavya and team(adit,fenil,ishan,vrutik,sanket)

SUPER 6 FOOTBALL

Mohit and team (Akhilesh, Aryan, Smit, jayesh)

SUPER 6 VOLLEYBALL GIRLS

Moksha and team(mahek,shaisha,payal,sonali,krishna)

GIRLS FORMAL VOLLEYBALL

Spartans (Zarna, Chahak, Moksha, bhavya, Prerna, Janvi)

INFORMAL CRICKET

spartans (moksha,zarna,rutu,mihir,jainil,vinay)

TUG OF WAR

3rd year(smit,jash,bhavya,shlok,jayesh)

TOW (GIRLS FORMAL)

Toral and Payal

VOLLEYBALL SUPER 6

Shlok and team(gunjan bhai,kishan,urva,parth,ashvin)

FORMAL BOYS VOLLEYBALL

3rd year(akhilesh,mohit,shlok,parth, pranav,ajendra)

INFORMAL VOLLEYBALL

2nd yr(aniket, kishan,poojan,arpit,jinal,pranjal)



BADMINTON (BOYS SINGLES)

Jainil

BADMINTON (BOYS DOUBLES)

Kaustubh sir & Ravi sir

BADMINTON (GIRLS SINGLES)

Uttara

BADMINTON (GIRLS DOUBLES)

Uttara and Krishna

BADMINTON (MIX DOUBLES)

Ansh & Krishna

CARROM

Jainil & Vinay

TT (BOYS DOUBLES)

Chirag sir & Ravi sir

TT (BOYS SINGLES)

Chirag sir

TT (GIRLS DOUBLES)

Uttara & Krishna

TT (GIRLS SINGLES)

Uttara

TT (MIX DOUBLES)

Uttara & Abhishek

THE ARTWORK

-Helly Soni

